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# From The Editor's Desk

Dear readers Welcome to the March Edition of Doctors Hub! This month, we are pleased to welcome a team of Doctors on board to share their wisdom on all you could possibly want to know about how your health impacts your routine. For many dietitians, offering services is probably one of the most lucrative ways to build their businesses, as they're reaching patients who prefer to receive nutrition counseling remotely or don't have a means of visiting face-to-face. But we are fortunate enough to bring our readers A Nutritionist who is well adverse with all the pros & cons of diet & it's supplements. From this health issues you are likely to face, and how to prevent them.

We were happy to interact with Dr. Rupali Bhalero MD HOMEOPATHY, talks about benefits of Homeopathy. Furthermore, you will read India's leading Nutritionist & Diet Consultant interview or call it an interaction with the leading Nutritionist. The one with Dt. NIKITA Aggarwal, Speaks on Diet & Nutrition. To help you have your healthiest time ever, we've packed this magazine full of seasonal advice so you can stay cool & fit. See our top tips for a healthy barbecue, learn how to connect with the earth and improve your health and make sure you're protecting your skin with our guidance.



Apart from this, renowned occupational therapist Ms Kamia Narang she is a new age therapist. A Certified Occupational therapist with extensive experience in handling issues like speech disorder & other Lifestyle related disorders. We look forward to your observations & views on the edition. You can directly send your valuable suggestions at doctorshub4@gmail.com. Please enjoy the issue!

**LEENA K. Sehgal**

Editor

# In This Issue

on the cover

Covid pandemic taught us immunity of patient or susceptibility is important aspect in management of disease. Homoeopathy medicines works by enhancing immunity of patient to fight against infection

**Dr.Rupali. Bhalerao, MD (Hom)**

Wellbeing Homoeopathy Clinic & Research Centre



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Finally, as a therapist dealing with special needs kids, it is the energy, smile and warmth of the children that keeps me going and manage my work.

**Kamia Narang**

Founder and Head Occupational Therapist  
First Steps Pediatric Occupational Therapy Clinic

Today, root canal treatment saves many teeth that would otherwise be lost.

**Dr. Sweta Bajaj**

BDS. Gold Medalist. | Regno A 7786 |  
Owner and founder of Floss and Gloss Dental Studio  
On Pannel of Air India.



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**Nikita Agarwal**

Founder and practicing dietician at the  
Life Health and Nutrition Clinic.



# CAN I GET PREGNANT AT MY AGE?

## Lets know how Age Affects Fertility



In these modern times, it's no surprise that more and more young women are choosing to delay pregnancy until later on in life. In fact, some 10- 20% of women are now giving birth to children after the age of 35.

But do these women have the same chance of getting pregnant as young women? Or does a woman's ability to get pregnant decline after a certain age? Get the facts on that so-called "biological clock" and whether time is really running out!

When a girl is born, she is already equipped with all the eggs she will ever use – over 1 million to be exact (although this number declines to about 300,000 after puberty). However as women age, so too do their eggs, causing them to become increasingly susceptible to abnormalities – which is why younger women have less of a chance of giving birth to babies with genetic birth defects, such as Down's Syndrome. They also have a reduced the risk of miscarriage, which is most commonly caused by egg abnormalities.

### Getting Pregnant After Age 30

Statistically speaking, the chances of pregnancy for women over 30 start to decline by about 3.5% per year. This rate continues to increase after the age of 40. After 45, however, experts say it is virtually impossible for a woman to conceive using exclusively her own eggs.

One possible reason for this lowered rate of fertility is a change in the pituitary gland's production of Follicle Stimulating Hormone (FSH) – the hormone that is responsible for the development of eggs during the menstrual cycle. As women age and their ability to become pregnant declines,

Levels of FSH start to rise ↑

Antral follicle count (AFC) falls ↓

### Dr Garima Kaur

MBBS, MS, MICO, Dip Lap/Endoscopy Gynae  
Fellow in Reproductive Medicine, Advanced FOGSI recognised IVF training  
Diploma in Infertility Ultrasound (Gold Medallist)  
<https://drgarimakaur.business.site/>



Levels of Anti MULLERIAN hormone AMH falls ↓

#### Levels of Anti MULLERIAN hormone AMH falls ↓

Age	AMH levels	Age	AMH levels
17-20	4-9 ng/mL	45-50	0.2-1.5 ng/mL
20-25	2-8 ng/mL	51-60	0.2-1.5 ng/mL
25-30	2-6 ng/mL		
30-35	1-5 ng/mL		
35-40	0.5-5 ng/mL		
40-45	0.4-2.4 ng/mL		



That's why women over the age of 35 will generally undergo a fertility evaluation if they do not conceive after 6 months of having unprotected sex.

#### The Good News: The Advantages of Middle aged Motherhood

First and foremost, for women who have decided to wait until later on in life to begin having a family,

You have the advantage of having added wisdom, stability and likely even financial security. More time to foster a healthy relationship with your partner that will ensure your child a life of good parenting.

Furthermore, though many women over 35 do not experience trouble conceiving, for those who do, there simply has never been a more promising time for becoming pregnant. With so many recent medical advances in infertility treatments, there are more options than ever available to women of all ages

who are having difficulty conceiving. From the more standard medical options to Individualized therapies, you're sure to find one that's right for you!

**Brand value:** Started with Obstetrics and Gynae practice about 14 years ago with Arshiya clinic, Pitampura having association with Max hospitals (Pitampura and Shalimar bagh). Thereafter to the advent of widescale subfertility, chose to go a level higher with BLISS IVF at Arshiya Clinic catering to provide best services and Individualised fertility solutions according to requirements of patients.

We have also built a very approachable, accessible and online platform system enabling patients to reach out directly; sometimes to the IVF Incharge doctor herself and enabling queries to be raised on website with very shortened response time.

**Triggered interest:** As I have mentioned during my gynae practice I was seeing so many patients who were genuinely in need of infertility treatment, but were misled by so many different opinions and online literature which further triggered their anxieties and I had to counsel them sometimes so as to alleviate their stress. Stress in turn contributed further to their persisting problems, so I thought of starting with this motto of proper guidance and appropriate treatment for this percentage of population who require best of the medical assistance in my capabilities and in their domain.

We are soon planning to come up with satellite clinic in Paschim vihar area as well under the ambit of BLISS IVF, under the highly qualified guidance of Dr K D Nayar sir wish to go beyond fixed blanket treatment protocols and trying newer therapies for which I am in the process of reviewing literature and conducting randomised controlled trials.



# Covid pandemic taught us immunity of patient or susceptibility is important aspect in management of disease. Homoeopathy medicines works by enhancing immunity of patient to fight against infection



**Dr. Rupali. Bhalerao, MD (Hom)**

Wellbeing Homoeopathy Clinic & Research Centre

## **1-When did you set up your wellbeing Homoeopathy clinic?**

Wellbeing Homoeopathy Clinic & Research Centre is set up in 2015 and Teleconsultation practice is initiated from 2020 during Covid-19 pandemic in view of social distancing guidelines & support patients in unprecedented time.

## **2-What is your area of particular specialization?**

I have done my M.D.(Hom) in pediatrics speciality, I am particularly interested in treating pediatric disorders like Delayed milestones, Autism, ADHD, Adenoiditis, Tonsillitis, Recurrent URTI etc in children and had experience in treating teenage problems, female disorders like Fibroid, PCOD, Infertility, Hair fall etc.

Homoeopathy is also effective in management Geriatrics disorders like Parkinson's, Alzheimer's diseases & palliative care etc.

## **3-What is your USP?**

**WELLBEING HOMOEOPATHY-** Taking Care of Emotional & Physical Wellbeing.

Homoeopathy works well in psychosomatic disorders, these psychosomatic disorder is any illness which has no definite physical or physiological cause, but instead is triggered by stress, anxiety or any other kind of mental conflict.

Post pandemic there is rise in these illnesses related

to anxiety, stress etc. It also reduces immunity of the person and which causes further catching of infections or development of diseases. Homoeopathy helps to handle stress/Anxiety and prevent its effect on physical health.

## **4-Any information as to how and when do you acquire your medical degree? And where from?**

Basically I am from Maharashtra, Homoeopathy is in our family. My father and Uncle is Homoeopath and further I studied my BHMS Degree from D.K.M.M. Homoeopathy Medical College, Aurangabad and M.D (Hom) from S.K.H. Homoeopathy Medical College, Beed, Maharashtra.

Worked previously as Research Associate at Central Council for Research in Homoeopathy, autonomous organization of Government of India and now working as Homoeopathy Consultant at National Commission for Homoeopathy, Govt. of India. Along with my practice I have expertise in Clinical Research in Homoeopathy.

## **5-Do you think the scientific community will ever embrace or even accept homeopathy?**

Yes, Scientific Community has to accept Homoeopathy because now concrete evidence is available for effectiveness/efficacy of Homoeopathy beyond placebo effect. There is huge gap in what is patient's choice for health problem and the health care provided to him. We



need to practice integrative medicine wherein medicines (Allopathy, Ayurveda, Homoeopathy etc) are provided in integrative manner as per patients need & which benefits him most.

Scientificity of any health care system need to be evaluated based on its principles and methods. There can't be same yardstick to measure scientificity of all health care systems. Each system has its own benefits & limitations.

In view of inadequate evidence of standard of care in various diseases, Ayush systems are accepted by public all over. Homoeopathy being the second largest system of medicine used world over, it's utility need to be explored on scientific footings.

#### **6-Tell us something about Homoeopathy?**

Across the world, Homoeopathy Medicine is either the mainstay of health care delivery or serves as a complement to it. Health systems around the world are experiencing increased levels of chronic illness and escalating health care costs. Patients and health care providers alike are demanding that health care services be revitalized, with a stronger emphasis on individualized, person-centered care.

Homoeopathy offers individualized, person-centered care for chronic illnesses, adjuvant to standard of care in improving quality of life, in reducing death rate, prolongation of quality life etc.

Covid pandemic taught us that, immunity of patient or susceptibility is important aspect in management of disease. Homoeopathy medicines works by enhancing immunity of patient to fight against infection.

#### **7-How long have you been in practice?**

Since last 12 years I am in Homoeopathy practice, Wellbeing Homoeopathy Clinic is set up in 2015.

#### **8-What is your vision for your Clinics for the next 5 and 10 years from now?**

In next 5 years, hope to expand the functioning of clinic in different parts of Delhi. Currently it is Dwarka. More focus is on patient care and patient satisfaction while management of their ailments with Homoeopathy.

#### **9-What are you future plans for providing any additional services in near or not-so-near future?**

Want to utilize my expertise for social cause through Wellbeing Homoeopathy Clinic for Children with Autism, ADHS, Anxiety neurosis, Depression etc. Homoeopathy is effective in management of mental disorders, this need to be utilized in children with such needs.

#### **10-What advice do you want to give your juniors?**

My advice is to perceive Homoeopathy practice with patience, it will be learning for lifetime. One must devote sufficient time in acquiring knowledge constantly to provide required quality care to patients.

Explore the area of scope of our system of medicine and accept the limitation to guide patient properly.

#### **11-Is Homeopathy can cure all type of chronic diseases"**

Not necessarily, it depend on the stage of disease and state of patient but in most of chronic illness Homoeopathy has good prospects from within. Quality of life of patient shall definitely be taken care with adjuvant homoeopathy with whatever treatment modality opted for chronic disease.

#### **12-Any message for our mammoth, even large & growing readership of Doctors Hub Magazine?**

We often neglect our emotional health while taking care of physical health. We all need to understand that our most of the physical problems are related to our disturbance at emotional level.

So take good care of yourself in this testing pandemic times with safe & gentle care of Homoeopathy.

## Kamia Narang

Founder and Head Occupational Therapist  
First Steps Pediatric Occupational Therapy Clinic



**Finally, as a therapist dealing with special needs kids, it is the energy, smile and warmth of the children that keeps me going and manage my work.**



### 1. Tell us something about First Steps Pediatric Occupational Therapy Clinic?

Thank you for this opportunity to speak with you and share about our work and the impact we are having on the lives of children across Delhi. I started First Steps Pediatric Therapy Clinic back in January 2012. It has been 10 years since we have been serving children with special needs and their families. We believe in cultivating the multidimensional abilities of each child by creating an environment that nurtures their young minds and inspires their spirit.

At First Steps, we let children be their fun-loving selves and help parents understand and cope with the challenges of their special situation.

Our mission is to provide the best care and therapy to the families of children with special needs. We believe that each child perceives the world differently and has unique needs. Our team of trained therapists, work tirelessly to make sure that we craft and curate the best therapy program that helps improve all aspects of a child's development.

### 2. What do Occupational Therapists do and what helped you become a successful occupational therapist?

Occupational therapists help children and adults acquire (or regain) the skills needed to perform the activities or

"occupations"- of daily life, for example, writing, getting dressed etc. I have always been passionate about working with kids, who have neurodevelopmental delays or other conditions which leads to gross and fine motor issues. Working with children gives me joy and being able to support the family who is dealing with a lot allows me to feel purposeful!

Since the early days, I have been motivated and inspired to give my best in every situation. I had dreamt of becoming a physician, but when I got admission to my Occupational Therapy program and started working with the special needs children, I knew this was my calling. The purity of a child and the beautiful innocence they carry makes me give my best effort in helping them improve in their physical, mental and emotional states.

I can attribute my success as an occupational therapist to three major factors -

1. My Hard Work and Commitment - I am putting hard work as the first thing because you cannot produce any results till you are committed to working hard and giving your best to your work. Occupational Therapy is a very demanding profession as we have to assist children to do activities that they cannot do, yet. The therapists who are committed to putting in the necessary work to bring

about a change in children are the ones who succeed in this profession.

2. My Team - The team that I have built over the last decade has always believed in the values of excellence, discipline, and hard work. Today, I have a team of four occupational therapists, two special educators, and two speech therapists. I can proudly say that each one of them does their best work and is always eager to work more!

3. My Family - The support that my family has always given to allow me to do my best at work has played an instrumental role in the success of my clinic. My husband supports me in my journey and is also a strategic partner in helping me brainstorm ideas that I can implement at the clinic.

### 3. What work experience do you have that is relevant to occupational therapy?

I have always been a studious person and dedicated to my improvement as a person and a professional. I received a Gold Medal during my Bachelors in Occupational Therapy for holding the first position in the four-year program across our university.

I started my professional career at the Child Development Clinic in Lok Nayak Jai Prakash Hospital, Delhi. The four years I worked there were instrumental

in setting me up for success as an Occupational Therapist. I worked in a multi-disciplinary team, attending to hundreds of kids with special needs each month. It was a rewarding experience.

After leaving my job, I got into private practice and opened my first clinic in East Delhi where I used to live. I spent a couple of years building my practice in that part of the city and then we moved to Dwarka.

To upgrade myself as a professional and add to my knowledge and expertise, I went through Sensory Integration Therapy program from the University of Southern California, United States of America. I am one of the few therapists in the city who practice and have a fully functional Sensory Integration therapy unit.

I am also certified in Handwriting Without Tears program and Trained in

weekly discussions about our kids with special needs, we tweak programs as required and update the parents regularly by sharing reports and having discussions.

At the clinic, we are committed to enabling each child and helping them develop physically, socially and emotionally. We provide the following services -

1. Occupational Therapy
2. Sensory Integration Therapy
3. Handwriting Without Tears
4. Special Education
5. Speech Therapy
6. Oral Placement Therapy
7. Play Therapy
8. Group Therapy

to the highest level of functioning for the children.

Over the last decade, First Steps has developed a brand where parents hear about us through word of mouth and come to our clinic from South Delhi, West Delhi, and even Gurgaon.

Your readers can benefit from our services by becoming aware of the cases we attend to and then making sure that they are referred to a specialty Occupational Therapy clinic at the earliest. In all cases, it is highly critical that the child's therapy starts as early as possible. Early intervention plays a critical role in the recovery and quick improvement of the child.

I also want to share that in a child's progress and growth, the family and the parents also have a critical role to play. We make sure that we share all the relevant information with the parents and bring them in as partners in helping the child improve.

#### **7. What are the different cases that you attend to?**

At our clinic, we work with children who have one of the following diagnoses -

1. Autism Spectrum - Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by impaired social communication skills, restricted and repetitive behaviors, and isolated areas of interest. The assessment of children with ASD begins by interviewing the parents/caregivers to understand the child's strength and limitations. Then we evaluate the child's current developmental level, focussing especially on their social, communication, cognitive, sensory and motor skills. OT aims to improve their ability to self-regulate emotions, participate in social interactions and overall quality of life.
2. ADD/ADHD - Attention Deficit Hyperactivity Disorder - Children with ADHD usually have difficulty regulating, prioritizing, or switching attention, and get easily distracted. Using sensory integration therapy, occupational therapists aim to develop the child's sensory processing capabilities and reorganize their sensory system as a whole. OT targets specific skills that are impacted by ADHD including sustaining attention, sensory modulation and executive functioning.
3. Cerebral Palsy - Children with cerebral palsy can greatly benefit from therapy techniques like NDT(Neurodevelopmental Therapy) aimed to increase motor function and



using BrainGym26. I have an Advanced Diploma in Learning Disability. Over the last decade, I have built a team of therapists, special educators, and speech therapists to bring the best-in-class services to my kids with special needs and support their parents.

#### **4. What is your opinion on how an occupational therapy team should function?**

A team needs to work like a well-oiled machine. We are a multi-disciplinary team where an occupational therapist, the special educators, and the speech therapists collaborate and work together to set realistic goals for each individual child.

The team needs to stay constantly updated about the new treatment innovations, keep their knowledge updated, and also coordinate their treatment plans to make sure the progress of the child stays on course and accelerated.

At our clinic, we do this by having

#### **5.What do you think are the three most important skills necessary for success in occupational therapy?**

We believe in uniquely crafted therapy for each child with a personal touch. At First Steps, we let children be their fun-loving selves and help parents understand and cope with the challenges of their special situation.

According to me, there are three very critical skills necessary to be successful in Occupational Therapy -

1. Compassion
2. Patience
3. Competence

#### **6. How can your practice add value to our readers?**

We are a team that is fully committed to serving our kids and their families to our highest potential. We leave no stone unturned to make sure that we deliver the impact, stay on course and commit



lessen limitations. We also assess if a child with CP has the need for splints, or adaptive equipment like modified pencil grip, specialised feeding utensils and seating and positioning equipment.

4. Down's Syndrome - Occupational therapists are quite adept at creating treatment programs for children with Down's Syndrome, which can help them learn handwriting, keyboarding, drawing, etc. These activities are extremely beneficial for children who desire to be independent.
  5. Development Delays - For children with developmental delays or a known physical or mental condition associated with a high probability of delays, occupational therapy can help improve their motor, cognitive, sensory processing, communication, and play skills.
  6. Learning Disorders - An occupational therapist can work with a child, their school and parents to provide treatment, advice, strategies and techniques to minimise the effects of a learning difficulty on everyday life. OTs help kids with SLD develop new skills, modify the activity or modify the environment to suit each child's learning style.
- Other conditions where OTs can help the child include -
7. Physical Disabilities
  8. Neuromuscular Impairments
  9. Sensory Processing Difficulties
  10. Traumatic injuries to the brain or spinal cord

### 8. What do you think the therapist's role would be like in this setting?

In pediatric setting, an Occupational Therapist should treat the child holistically. Not only does a therapist need to evaluate a child's development but also consider a child's interaction at school, home, and with their peers. The therapist should assess the strengths and weaknesses of a child, environmental limitations, and suggest effective treatment strategies, which include modifying the environment if necessary.

### 9. What are the factors of effective occupational therapy?

Occupational Therapy for children is a highly demanding field. It puts strain on the therapist physically, emotionally and mentally. To maneuver a child and assist them in activities requires a lot of strength and effort. The exercises and the activities are also highly demanding. The other side of emotional and mental demands is also excruciating.

To be an effective occupational therapist, one needs to be driven and passionate about their work. This is the first requirement. It is also critical that you keep developing yourself as a professional. Learning should never end. Every new case presents with its own set of challenges. As they say, every child is unique and so is their treatment plan.

The other important thing is that as a therapist you have to be measuring small improvements in the child. All pediatric cases need long term occupational therapy and sometimes it is hard to evaluate the progress over time. The therapist needs to be strong in their assessment initially and then at regular intervals to make sure that the child is improving and parents are also involved in that improvement. It is important to keep all stakeholders motivated.

### 10. Describe how you address concerns from a frustrated patient or the patient's family.

As I was earlier sharing, every child presents its own set of challenges and are typically long term cases. The parents have already been to multiple doctors and therapists. Being a parent is not easy, and being the parent of a special child is even more complex. The financial burden, the slowness of improvement and anxiety of the future are things that frustrate the parent. Parents are also filled with guilt and confusion. There are loads of queries that arise in their minds while raising a child.

We address the parents and family concerns by being there for the parents and also educating them about their child's condition and giving them right guidance as to what should be the best approach for managing their child's condition and the challenges faced by the parent with everyday tasks. We also don't push the parents out of our sessions, but want them to be partners. In our clinic, parents are allowed to sit in through the session to see how the child is doing.

Our parents always have my direct number so that they can message their queries or call me on a one on one level. The parents speak with the therapists regularly to understand the progress of the child, review challenges and also partner in the therapy program. We do share the home exercise or activity plan with the parent so that they can support the child's development.

I highly recommend that parents of kids with special needs develop an ideal support system. The father and the mother need to learn to communicate effectively. They should find friends in other parents who have kids with special needs and develop an open and effective



communication line.

Many times the mental trauma of raising a special needs child is overwhelming. In India, the conversation around Mental Health is still evolving. I highly recommend that we make this the norm. The parents when needed should take the help of psychologists and therapists to help them find strategies to cope with the overwhelming nature of raising their child.

### 11. Tell me about a standardized assessment you have used.

Being a therapist trained in sensory integration, I have used SIPT (Sensory Integration and Praxis Tests) to assess sensory processing challenges in children with Learning Disabilities. The SIPT is a battery of standardized, norm-referenced tests designed to measure the sensory integration processes that underlie learning and behavior in children 4 to 9 years of age. The 17 tests assess visual perception, somatosensory and vestibular processing, and various types of praxis. Extensive training is required to administer and interpret the SIPT.

I would also like to share that I am the country lead for a new standardized test in development known as EASI (Evaluation in Ayres Sensory Integration). We have collected more than 150 normative data sets across India. This global initiative has given me an opportunity to lead therapists across the country and make a meaningful contribution to the profession.

### 12. Can you tell us more about children with Sensory Integrations issues? How will a parent know if their child is suffering from the same?

A child with sensory integration/processing issue will be -

- Overly sensitive or under reactive to

touch, movement, sights or sounds in the environment. For instance, a child who covers his ears when there is a lot of noise around.

- Might have unusually high or low activity levels
- Gets easily distracted or is difficult to engage in tasks
- Delayed in speech, motor skills or academic achievement
- Coordination problems; appears to be clumsy
- Difficulty learning new tasks
- Difficulty with transitions between activities or environments
- Immature social skills



- Difficulty calming self
- Lack of self-control or impulsive

It is important to understand that we learn about our environment and make sense of this world around us through our senses. So many children with neurodevelopmental issues can present with learning challenges because of their underlying sensory processing challenges. Such children will highly benefit from Occupational therapy intervention using a sensory integration approach. At First Steps, we are fully equipped with a SI setup.

### 13. How do you cope with an overwhelming workload?

The overwhelming workload not only leads to physical exhaustion, but also mental and emotional. I personally have had my ups and downs in managing the workload. There are few things that have helped me over time -

1. Delegate and build a team - The team is an enabler. Until and unless a clinic has a strong team, it cannot

grow. I have been able to hire my team young and develop them over time. They have learned a lot and grown by working at the clinic. They get independence and ownership and have metrics that they have to be accountable for. They help me manage the workload.

2. Disconnect - Over the weekends, starting Saturday afternoon till about Sunday, I am completely involved with my family and self care. I make sure that this time is used well to rejuvenate, re-energize and refresh myself. I go out with my husband and kids to relax.
3. Meditation and Yoga - I was not a believer in meditation but overtime the overwhelming nature of my work has made me be more aware of the mental trauma it causes. During the Covid years and lockdowns, I have experienced tremendous hardships by staying away from work and the uncertainty. My mental health suffered. My daily practice of meditation and yoga have helped me bounce back and find better control. It is a journey where I am still a work in progress.

Finally, as a therapist dealing with special needs kids, it is the energy, smile and warmth of the children that keeps me going and manage my work.

### 14. What kind of management style suits your personality and your work style?

I have a consultative management style. I trust my team to execute well but I build partnerships to bring out the best ideas. We work together as a high-performing team. Each member is responsible for their key performance metrics. I try to create an environment of high performance as we deal with really special clients, our clients are kids with special needs. They need our best, our skills and our full attention.

### 15. What is an effective method you have used to determine realistic rehabilitation goals for patients?

Setting realistic goals is very important. It is especially important to understand the parents perspective and what is important to them and make them equal partner while goal-setting. Every child brings a new set of challenges and opportunities. At the clinic, we do a full assessment including history taking, interviewing the parent and evaluating the child's strength and limitations and his/her current developmental level.

An effective method for goal setting is writing SMART goals, i.e, goals should be specific, measurable, achievable, relevant and time-based (short-term or

long-term).

### 16. How have you helped coach or mentor young therapists? What kind of progress did you observe?

During my time at Lok Nayak Hospital and then at my clinics over the last decade, I have always tried to mentor and groom young talent. I have hired people who have been really young and in early part of their professional journey and thus need a seasoned therapist to provide guidance. It is always a joy to see young professionals grow and deliver impact through their work.

A few of our current therapists joined us during their internships or during the final year of their Occupational Therapy program and have grown with us and are now leading the charge on the progress of different cases.

### 17. How would you apply new technology or information to your position? How do you stay up-to-date on new technology relevant to occupational therapy?

In our treatment protocols, we use evidence based practice to create plans. I am a member of AIOTA (All India Occupational Therapy Association) and AOTA (American Occupational Therapy Association) which gives me access to the latest research and published articles through which we keep our clinical practice updated.

During the Covid pandemic and the multiple lockdowns, we evolved our approach and ability to provide therapy options. We went online and started catering to children through Zoom sessions (teletherapy). This in a way provided us the opportunity to expand our scope and see patients who are not from our state.

Therapy delivered online empowered parents to get deeply connected with their children and also make them capable of supporting the child's therapy needs.

### 18. Tell me about a time you feel you truly made a difference in someone's life?

With every child we handle, I think we make a tremendous difference in a child's life and in the lives of their parents. It is a big responsibility to handle children and their needs.

Many years ago, in 2014-2015, I had the parents of a child with West Syndrome come to me. They had given up all hopes of their child's recovery because every doctor they went to said that there is no hope and he will never get better.

For those who are not aware of





West Syndrome, it is a constellation of symptoms characterized by epileptic/infantile spasms, abnormal brain wave patterns called hypsarrhythmia and intellectual disability. The spasms that occur may range from violent jackknife movements where the whole body bends in half, or they may be no more than a mild twitching of the shoulder or eye changes.

When the child came to us, he was unable to hold his head or even sit. We worked with him really hard and gave it our everything. Within 12-14 months, the child was discharged from therapy once he started walking independently. It was a really an emotional moment and a memorable experience of my professional career.

#### 19. What do you enjoy most about occupational therapy?

The best part about my role as an occupational therapist is that I get to work with children every day. Their purity, smiles and warmth mesmerizes me. I truly believe that being an occupational therapist allows me to be creative and bring out of the box ideas to make activities meaningful for our children. I also get to support children in their development and create a nurturing environment for the families as well.

The challenges of working as an OT keep you on your toes. The kids with needs behave like kids and keep demanding more love, attention and creativity to keep them engaged and challenged at the same time.

#### 20. What is your biggest weakness?

My biggest weakness is that I get emotionally involved with my clients. They are such pure, cute and wonderful

children that I tend to get over involved. It acts both like a weakness and a strength. On one hand, it allows me to give my best to them because I am emotionally connected. I want to heal them. Help them develop faster.

But when the recovery is slow then I get frustrated. I also start to question myself. My logical brain then helps me become aware of the reality and look at it with a balanced view.

#### 21. Where do you see yourself in 5 years' time?

The last two years have added unprecedented change and uncertainty to our lives and so when someone asks this question, the first response is to give it a laugh. But on a serious note, there are multiple things I and we as a team want to do. Firstly, I want to grow the current clinic and team to make it a autonomous unit that can keep functioning with less effort from me. Once this is stabilized, then I want to put my attention on building a program that can support parents across the country in providing them with structured resources and tools to enhance their child's growth.

I also plan to start a YouTube channel and a Podcast to bring about awareness on children with special needs and their therapies. The right resources, delivered at the right time can change the course for our special needs children.

#### 22. Tell me about the most difficult patient you have worked with?

No child is difficult, but sometimes their behaviors can be very challenging to deal with. I can give you examples of many children with Autism who present with difficult and challenging behaviors. For instance, a child who engages in physical

aggression such as hitting, spitting, biting, pushing, etc. might pose threat to not only others around the child but the child himself. Such children are difficult to handle since we only have an hour long session each day to work with the child. Thus, in our work we try to empower the parents by educating them about the strategies they can implement at home to reduce the child's aggressive behavior.

#### 23. Any message for our mammoth & even large & growing readership of Doctors Hub Magazine?

To the growing audience of Doctors Hub magazine, I want to share with you all that we have to as a society stop using the word disability. Anyone who is born with physical or mental challenges is specially abled in some way or the other. It is the collective effort and support of society that will transform this thinking and the future of those with special needs.

Our clinic is a small step to serve our children with special needs. If you see any child who has any issues, refer them to us so that through early intervention and guidance we can help them recover fully and achieve as much independence as they can.



## WHAT IS A ROOT-CANAL TREATMENT?

Root canal treatment is the removal of the tooth's pulp, a small, thread-like tissue in the center of the tooth. Once the damaged, diseased or dead pulp is removed, the remaining space is cleaned, shaped and filled. This procedure seals off the root canal. Years ago, teeth with diseased or injured pulps were removed. Today, root canal treatment saves many teeth that would otherwise be lost.

The most common causes of pulp damage or death are:

A cracked tooth

A deep cavity

An injury to a tooth, such as a severe knock to the tooth, either recent or in the past.

Once the pulp is infected or dead, if left untreated, pus can build up at the root tip in the jawbone, forming an abscess. An abscess can destroy the bone surrounding the tooth and cause pain

## HOW IS ROOT-CANAL DONE?

Root canal treatment consists of several steps that take place over several office visits, depending on the situation. These steps are:

First, an opening is made through the back of a front tooth or the crown of a molar or pre-molar.

After the diseased pulp is removed (a pulpectomy), the pulp chamber and root canals are cleaned, enlarged and shaped in preparation for being filled.

If more than one visit is needed, a temporary filling is placed in the crown opening to protect the tooth between dental visits.

The temporary filling is removed and the pulp chamber and root canal permanently filled. A tapered, rubbery material called gutta-percha is inserted into each of the canals and is often sealed into place with cement. Sometimes a metal or plastic rod is placed in the canal for structural support.

In the final step, a crown is usually placed over the tooth to restore its natural shape and appearance. If the tooth is very broken down, a post may be required to build it up prior to placing a crown.

# Today, root canal treatment saves many teeth that would otherwise be lost.



## HOW LONG WILL THE RESTORED TOOTH LAST?

Your treated and restored tooth/teeth can last a lifetime with proper care. Because tooth decay can still occur in treated teeth, good oral hygiene and regular dental exams are necessary to prevent further problems.

As there is no longer a pulp keeping

the tooth alive, root-treated teeth can become brittle and are more prone to fracture. This is an important consideration when deciding whether to crown or fill a tooth after root canal treatment.

To determine the success or failure of root canal treatment, the most relied-upon method is to compare new X-rays with those taken prior to treatment.

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# Over To YOU

HOW TO

DIETITIAN JASLEEN KAUR

## Future-proof YOUR HEALTH

DIETITIAN JASLEEN KAUR LOOKS AT FIVE CHALLENGES WOMEN FACE AS THEY AGE AND HOW LIFESTYLE AND DIET ARE KEY TO HELPING STACK THE ODDS IN FAVOUR OF GOOD HEALTH

We're living longer than we used to but, according to a new report this summer, Indian women have the second lowest level of life expectancy in Western Europe.

According to a study by Public Health India, females in the India can now expect to live for 82 years and nine months, but this is three years less than those in others who have the longest lifespan. The reason is linked to Indian women smoking heavily after World War II – it should come as no huge surprise that we reap what we sew when it comes to health.

Even if we can now look forward to greater longevity

thanks to a reduction in smoking, new heart treatments, drugs such as statins to reduce cholesterol and blood pressure medication, that doesn't necessarily guarantee that those final years will be spent enjoying life to the full. The study revealed that British women spend an average of 19 years in poor health.

So, as we journey through our middle to latter stages of life, what are some of the main health challenges we face and what should we be doing to ensure we remain in tip-top condition for as long as possible? Here, we explain what you can do to stay healthy.

### OSTEOPOROSIS

Osteoporosis presents one of the greatest health risks. Half of women over the age of 50 experience fractures, mostly due to low bone strength – twice as many as men.

Risk factors include an early menopause, low BMI (body mass index), long-term steroid use, a family history or heavy smoking.

"Fluctuations in hormones, especially the lack of oestrogen during menopause can leave you prone to weaker bones and fractures later in life. A healthy, balanced diet, regular exercise, stopping smoking, reduced alcohol intake and soaking up some of the sun's rays (vitamin D) can help reduce your risk of osteoporosis."

a diet rich in calcium and fruit and vegetables is ideal and "to reduce the rate of natural bone loss, you can do regular weight-bearing exercise and muscle-strengthening activities, such as brisk walking, moderate-resistance weightlifting, heavy gardening and stair climbing".

# DIETIAN JASLEEN KAUR'S JUST DIET CLINIC



## MENTAL HEALTH

Rarely a week goes by without mental health issues hitting the headlines and women of the 'sandwich generation' – those raising children and looking after elderly parents while trying to hold down a job – are particularly at risk.

According to the charity, the Mental Health Foundation, women are more likely than men to have a common mental health problem and are almost twice as likely to be diagnosed with anxiety disorders.

Dt. Jasleen says, "Stress really is a silent killer. Stress hormones such as cortisol circulate round the body and impact both our physical and mental health. Mindfulness, meditation and exercise all have positive effects on our bodies and making these part of your daily regime can really help."

Dt. Jasleen advises, "Eat a balanced diet, exercise, keep in touch with people who are important to you, and find time to do things you enjoy. Physical activity can go a long way towards helping you manage your stress levels – yoga is a good place to start and is known to reduce stress, lower blood pressure and lower your heart rate. Ditch the double espresso and your daily Facebook scan for a cup of chamomile tea and 10 minutes of thoughtful meditation."

## HIGH BLOOD PRESSURE

As we age, our blood pressure can creep up, putting us at greater risk of serious illness so it is vital to keep it under control.

If your blood pressure is consistently above the normal reading of 140/90 mm Hg, you may need to take medication and reassess your lifestyle habits.

Dt. Jasleen says, "A healthy blood pressure reduces the risk of strokes and heart attacks in the long run. High blood pressure can be prevented or reduced by eating well, maintaining a healthy weight/BMI, regular exercise and not smoking. It is imperative to address these lifestyle factors early in order to prevent the need for life-long blood pressure tablets!"

Dt. Jasleen recommends aiming for a BMI of 20-25. "This can be achieved by regular exercise and eating a healthy diet rich in whole grains, fruits, vegetables and low-fat dairy products. Avoiding foods with high saturated fats and sugar can aid weight loss and reducing sodium can go a long way to lowering your blood pressure. Alcohol and unhealthy foods are often consumed together, so reducing intake to no more than one unit a day can be helpful for maintaining a healthy weight and reducing blood pressure."



Breast cancer is the most common cancer in women in the India, with one in eight receiving a positive diagnosis and four in five of those cases after hitting 50.

"It's normal for breast tissue to become less glandular and more fatty as you get older, which makes them feel less firm and full," says Dt. Jasleen. "With age, there's also an increasing risk of abnormal growths in the breast. These are often harmless breast lumps, like cysts, but they can also be a sign of serious conditions like breast cancer, so if you notice any abnormalities, you should always report to your GP straight away."

"The national screening programme for breast cancer invites women for mammograms every three years between the ages of 50-70 and it is important to attend these appointments. Learning to examine your own breasts is an important skill to have and practise at home, and checking yourself monthly is sensible so you are more likely to notice any changes to your body if you are familiar with it."

Maintaining a healthy weight and stubbing out cigarettes for good are also known to reduce the risk.

## HEART DISEASE

According to the Indian Heart Foundation, one in four women die of heart and circulatory disease and a big problem is that many do not realise they are at risk.

"If your blood pressure or cholesterol level is higher than it should be, the risk of heart disease and stroke is increased," explains Dr Verma. "It's important to address coronary risk factors and, with smoking being the most significant, it's never been more important to discuss stopping with your GP, practice nurse or pharmacist. A cholesterol blood test should be done when you reach 40, and it important to reach a normal level which can sometimes be achieved through a diet low in saturated fats and regular exercise alone."

"To protect your heart, you need to try and do 30 minutes of exercise for most days of the week. I would recommend engaging in moderate-intensity aerobic activity, such as walking, jogging, cycling, swimming or dancing."







**DR. AKANKSHA YADAV** Phd, MSc (FN & D) MIDA, MNSI  
**DR. AKANKSHA'S DIET & NUTRITION CLINIC**  
**BARK "N" LEAVES**

Dr. Akanksha (Doctorate and Post Graduate in Food, Nutrition and Dietetics) is an eminent healthcare professional working as a Dietician & Nutritionist at Jankapuri, Delhi NCR, India. She has over 11 years of experience in the field of Nutrition, Dietetics & Health care sector both as a professional and academician. She has achieved excellence in various areas of nutrition pertaining to life cycle nutrition, weight management and associated medical problems. Her vision is to render the most advanced



and scientifically proven diet therapy for weight management & for cutting down associated diseases. Her area of expertise expands from Clinical Nutrition & Dietetics, Functional and Health Foods to Value added product formulation and Nutrient Analysis, Intervention studies and Food Product Standardization & Processing.

Dr. Akanksha is actively working as a Mentor and Trainer for dieticians and nutritionists across Delhi NCR. She has published many research and review articles on diet, nutrition & health in the journals of National and International repute. Also an author of Practical Manual of Nutrition and Dietetics available at amazon and various book stores. She also has a wide range of experience in conducting nutrition related examinations as an expert. Apart from her academic endeavors, she is also an active member and panelist in well-known universities having judged

## IMMUNITY BOOSTING HEALTHY DIET

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innumerable competitions in her area of expertise. She has participated in many conferences as an expert. Dr. Akanksha is a strong supporter of promoting lifestyle modification programs for health and wellness at various events and platforms like University, medical college, clubs and health care sectors. She is also an active member of renowned Dietetic associations like Indian Dietetic Association, Delhi chapter and Nutrition Society of India.

### Immunity Boosting Healthy Diet

The immune system is a means of protection against the damaging effects of noxious, which cause infection in our bodies. An immune system is a form of protection consisting of, thymus, spleen, lymph nodes and some specific immunity cells. Immunity is a complex and redundant system that requires all nutrients for proper functioning. One of the factors that affect natural resistance is nutrition. The dietary factors that cause harm to immunity functions are either deficient intake of macronutrient elements (fat, carbohydrate and protein) or deficiency in some specific micronutrient elements (vitamin, mineral and water).

Balanced nutrition, especially in adequate protein intake vitamin and mineral enhances the resistance against infections. It was essential to have adequate and balanced nutrition for healthy growth and developments. Nutrition's role in immune system functions can't be ignored. That is to say, however healthy our nourishment is, the stronger immune system we possess.

Some nutritional elements, such as complex carbohydrates, proteins, prebiotics, probiotics, antioxidants, iron, copper, selenium, and zinc have special benefits on immunity functions. It has been proved that fresh fish, fruits, dark green leafy and other vegetables, mushrooms, garlic, black pepper, ginger, honey, herbal teas, omega 3 fatty acids (plentifully available in salmon, mackerel flaxseed, legumes, and walnuts.) yogurt and seaweed stimulate the T-cells and other immune cells.

Every individual should have an adequate and balanced diet with sufficient amount of vitamins and minerals in order to have functional immune system.

Provision of these nutritional elements through natural foods will prevent a person from the side effects of overuse.

Weight-loss programs, in which less than 1200 kilocalorie foods is consumed effect the immunity functions, for this reason, these extremely unhealthy so-called fast weight-loss diets should be avoided.

A healthy immune system lets us feel well to look well and lets us use our energy more efficiently. Remaining away from the stressful factors, approaching life and events positively, keeping away from smoking and drinking, adequate and balanced nutrition and regular exercising are among the supports we can give to our immune system. However, sometimes, these supports become insufficient and we may need some strengthening outsourcing for our immune system. This support should be preferred through natural nutrients rather than medications. For a proper nourishment program, it is advised to seek professional help from a dietician/nutritionist. It's vital to have a balanced diet for strengthening the immune system and reduce the risks of catching infections. Consequently, in order to boost the immune system, reduce the risks of diseases and stay healthy, natural defense system of our organism should be strengthened.

To achieve healthy immunity boosting diet plans, feel free to consult Dr. Akanksha's Diet & Nutrition Clinic at Jankapuri, Delhi.

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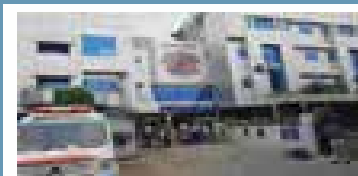
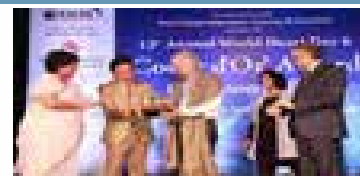
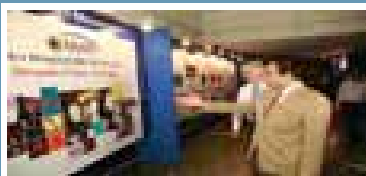


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**DR PRIYANKA SHARMA**, a qualified practicing homeopath in Paschim Vihar, Delhi. It's been 10 years since she started the practice and over these years she had many experiences when patients want to get their doubts about homeopathy cleared before starting their treatment. So, she felt it's her duty to clarify the common myths prevailing in the society about homeopathy up to the best of her knowledge.

**HOMOEOPATHY** - Being the second largest system of medicine practiced all over the world, there are many misconceptions about it which prevail. Innumerable cases have been cured with but its efficacy is still doubted by some prejudiced people. The fact is that people have many false notions about homeopathy. Even among the non-homeopathic medical brethren it is misunderstood or is not taken to that level of understanding. Awareness about homeopathy is restricted only to the beneficiaries of it.

## Dr. Priyanka Sharma, Homeopathic Physician



**Myth:** Homeopathy is a slow system & that it takes a long time to cure or relieve the diseases.

**Fact:** Homeopathy is not a slow system but cure and relief depends upon stage at which the patient is approaching for homeopathic treatment. In patients with chronic diseases without any prior suppression, the duration of treatment may be long, however, with suppressions, it takes a longer time to cure. "Earlier the approach- faster the relief" is the rule.

**Myth:** Homeopathy is only for chronic ailments & is not effective in acute diseases.

**Fact:** Except for a few medical emergencies which require immediate hospitalization and speciality care, homeopathy can treat acute cases like fever, cold, vomiting, diarrhea etc effectively with instant relief. The notion that homeopathy works well in chronic cases is true but it works equally well in acute cases too with the additional advantage that the recurrence of acute problems like that of tonsillitis, recurrent cold and coughs, frequent skin allergies is markedly reduced by the use of constitutional homeopathic medications. Homeopathy has excellent medicines to treat acute diseases like colic, diarrhoea, headache, cough, toothache, viral fevers etc.

**Myth:** Nowadays, people with scientific backgrounds believe that Homeopathy is merely a 'placebo medicine' & that Homeopathic medicines are only placebos!

**Fact:** I myself being a science student, believe that any hypothesis must be supported by proofs before becoming acceptable. Homeopathy too has a very strong scientific basis. Homeopathic medicines undergoes a process called potentisation in which ultra-dilutions are prepared with dynamic conversion of crude drug substances. Most of the time,

controversy comes about the ultra-dilution being beyond the avogadro's number, but those dilutions have been clinically proven on human beings. There is a regulating body, the Central Council of Research in Homeopathy, which monitors these research works and keeps record of these trials with scientific evidence. Homeopathy is a proven therapy, used successfully for last 200 years in over 170 countries; supported by scientific studies. It shows once ignorance if one believes that homeopathy is placebo.

**Myth:** Homeopathy is a simple herbal medicine.

**Fact:** Not really. Homeopathy is much more than being just a herbal medicine. It has medicines sourced from herbs, mineral chemicals s. , animal products, organisms, etc. And, very importantly, it is backed by a sophisticated method of medicine preparation, sound scientific principles and deep philosophy.

**Myth:** Homeopathic medicines contains steroids and heavy metals

**Fact:** In homeopathy there is no place for steroids. Since all the source materials undergo process of potentisation and trituration there won't be even a trace of crude metal/element in it. Homeopathic pharmacies follow strict standardization and quality control systems before delivering medicines to the consumer.

**Myth:** All medicines are same given as small and white pills.

**Fact:** Homeopathic medicines are prepared in an alcohol base. The white sugar globules or pills are only a medium or vehicle for the transport of the medicine into the body. The liquid medicine is dispensed in the sugar globules that are made from lactose. Similarly, homeopathic medicines are also dispensed in lactose powder & water.



**Dr. Priyanka's**  
HOMOEOPATHIC CLINIC

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## HOMEOPATHY

**Mythic** Homeopathy can't be used with other conventional medicines.

**Fact:** Around 80% of patients who approach homeopathy will be already taking some or other medicines for different ailments like Diabetes, Hypertension, IHD; so it is not a constraint to use conventional medicines along with homeopathy. If really there is some interference, homeopathic physician will give the instruction of how much time should be given between both medicines.

**Mythic** Homeopathy always aggravates the disease condition when start taking it.

**Fact:** It is a myth. It does not happen to all cases. But if medicine is repeated more than the need, or the potency chosen is higher than required by the patient then there is a medicinal aggravation or increase in the complaints, but these symptoms would subside on its own as soon as that medicine is withdrawn and the right potency is administered for the curative action.

In any chronic disease, the selection of remedies will be based on the disease condition and the susceptibility of the patient so unwanted aggravations can be avoided. In some cases where the patient approaches homeopathy after some suppressive treatments, homeopathic medicines will bring them to the surface before cure.

**Mythic** Homeopathy is against surgery.

**Fact:** Not really!! Surgery is a part of homeopathy. Interestingly, some of the surgical diseases (like piles, fissure, tonsillitis, etc.) can be cured without surgery. However, Homeopathy is not always an alternative for surgical conditions. We have our own scope and limitations in treating a purely surgical case like removal of a foreign body, Myocardial infarction etc.

**Mythic** Self-medication is harmless in Homeopathy

**Fact:** Very wrong idea. Each and every homeopathic drug has its wide range of action and application. Knowing and administering few drugs by its name without knowing its pharmacology will cause unwanted side effects in long duration. So it is always wise to consult a homeopathic doctor for a homeopathic treatment.

**Mythic** Homeopathy doesn't require any diagnosis and investigation in treating diseases.

**Fact:** Like other systems homeopathy also requires proper diagnosis and investigations if needed in a particular case.

**Mythic** Too many restrictions in food and life-style habits are put while taking homeopathic treatment.

**Fact:** Restrictions always comes as general management to particular disease condition. E.g. Avoiding sweets in diabetes and avoiding oily and fried food in patients having high cholesterol levels. Avoiding strong coffee, strong smelling balms & smoking immediately after taking medicines will help faster action of homeopathic medicines.

**Mythic** Homeopathy can only help functional problems such as pain, weakness.

**Fact:** Homeopathy has proved its efficacy for the treatment of structural pathology. Numerous documented cases where the reversal of the structural pathology has taken place indicating the depth of homeopathy action. Clinical studies on diseases like hepatitis, renal calculi, cancer, tumours, fibroids, polyps have shown improvement with homeopathic medicines.

**Mythic** Homeopathy is a miracle medicine and it cures every disease under the sun.

**Fact:** Homeopathy is no panacea. It has its own scope and set of limitations. Few examples of areas where homeopathy can offer cure are Allergic disorders, Asthma, ENT, Female disorders like Menstrual troubles and Hormonal disorders, Infertility, Skin disorders like Eczema, Psoriasis, Urticaria, Mental disorders, Psycho-somatic disorders like IBS, Hyperacidity syndrome, Headaches, Respiratory infections and Stress. Disease where irreversible structural changes have taken place like malignancies and AIDS Homeopathy is given to improve the quality of life.

**Mythic** Vitamins & mineral supplements, iron- tonic, etc. should not be taken during homeopathic treatment.

**Fact:** Can be taken. Tonics and supplements are part of homeopathic treatment. These were some of the myths & facts which I wanted to share with all of you. Hope it was of help and that any treatment demands complete faith of the patients to showcase its full potential. Homeopathy aims to help the patients achieve freedom from limitations in their lives and to reach a level of health where they can live a better life.



**Dr. Priyanka's**  
HOMOEOPATHIC CLINIC

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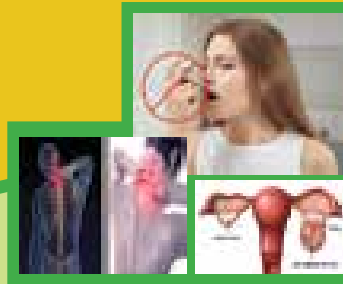
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# Ankylosing Spondylitis (Asthimajjagata Vata)

## SIGNS & SYMPTOMS

**A**NKYLOSING SPONDYLITIS (AS) is a form of chronic inflammation of the spine and the sacroiliac joints. Chronic inflammation in these areas causes pain and stiffness in and around the spine. Over time, chronic spinal inflammation can lead to a complete cementing together (fusion) of the vertebrae, a process referred to as ankylosis. Ankylosis leads to loss of mobility of the spine and the condition known as bamboo spine.

Ankylosing spondylitis is also a systemic disease which can affect other tissues, throughout the body. Accordingly, it can cause inflammation or injury to other joints away from the spine, as well as to other organs, such as the eyes, heart, lungs, and kidneys. Ankylosing spondylitis shares many features with several other arthritis conditions such as psoriatic arthritis, reactive arthritis (formerly called Reiter's disease), and arthritis associated with Crohn's disease and ulcerative colitis. Each of these arthritic conditions can cause disease and inflammation in the spine, other joints, eyes, skin, mouth, and various organs. In view of their similarities and tendency to cause inflammation of the spine, these conditions are collectively referred to as "Spondylo arthropathies".

Ankylosing spondylitis is considered one of the many rheumatic diseases because it can cause symptoms involving muscles and joints.

### Introduction

Ankylosing spondylitis (AS) is a chronic inflammatory disorder that primarily involves the spine, sacroiliac joints and the axial skeleton. There is also a variable involvement of peripheral joints and articular structures. Musculoskeletal pain, stiffness, and immobility of spine due to AS is a major burden. Unavailability of satisfactory treatment leads to permanent deformity in this disease. There is a need to search satisfactory treatment available in other medical system.

A patient with AS is treated with Ayurvedic management of Amavata. The manifestation of Vata Vyadhi (different disease due to Vata dosha) is prominent in fully established AS. In AS; the enthesal fibrocartilage is the major target of the immune system, and there may be destructive synovitis. The myxoid subchondral bone marrow is mainly affected. There is the destruction of nearby articular tissues or joint tissues as disease progresses. The new and original cartilages are replaced by bone

- Gradually progressive lower back pain along with stiffening and deformity of the spine and hip .
- The patient may have several episodes of lower back pain which woke him up at night, followed by spinal stiffness in the morning.
- The patient may also have pain and stiffness in the bilateral shoulder, hip, knee, and ankle joints.
- Neck movements may be restricted, and both upper limbs may have limited movement.
- The patient may found to be anxious with disturbed sleep, moderate appetite, Vishmagni (unstable digestive functions), Krura Kosta (bowel hard to purgate) with normal micturition.
- The examination may reveal kyphosis, stooping forward position of the neck and flexion deformity of both hip joints.
- There can be a loss of lateral and anterior flexions of lumbar spine and tenderness over the sacroiliac joint

through fusion. This causes fusion of the joint bones that causes stiffness and immobility. This fusion leads to bamboo spine formation, a hallmark of AS. Ayurveda interprets these changes as vitiated Vata dosha that affect Asthi dhathu (bones) or Asthimajja gata vata (Vata disorder involving bone and bone marrow)..

#### Diagnostic focus and assessment-

The patient may complaint of continuous joint pain, kyphosis, scoliosis, limping, fatigue, weight loss, and severely disturbed sleep. These symptoms can be compared with symptoms of Asthimajja gata vata as Asthibheda (stabbing pains in bones), Parva bheda (pain in joints of fingers) Sandhishoola (pain in joints), Mamsa kshaya (depletion of muscular tissue) and Bala kshaya (decreased vitality and strength), Aswapana (sleeplessness) and Satataruka (continuous pain) are the manifestation of Asthimajja gata vata . Adhyasthi (Fusion of syndesmophytes) is the manifestation of Asthipradoshavikara (Diseases of bones) . Vinamata (bending of the body as kyphosis) is the manifestation of Majjavritavata . Amavata and Vatarakta (various diseases of the rheumatic spectrum) is the differential diagnosis .

X-ray of vertebral column may show a complete fusion of vertebral bodies and other associated areas can also be ossified which will produce a characteristic bamboo spine appearance.

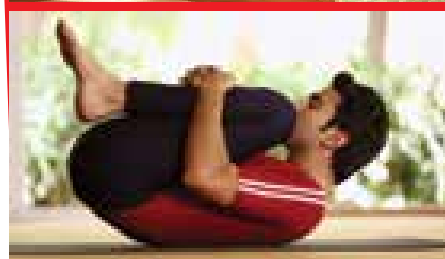
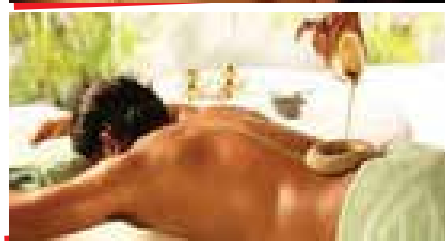
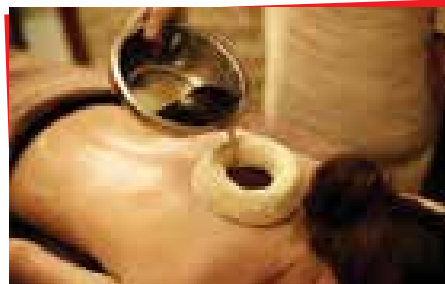
Scoliosis of the dorsal spine with convexity towards right side was seen. X-ray of hip joints can reveal bilateral sacroiliitis of both sacroiliac joints.

There is no direct test to diagnose AS. A clinical examination, MRI and X-ray studies of the spine, which show characteristic spinal changes and sacroiliitis, and a simple genetic marker blood test are the major diagnostic tools. A drawback of X-ray diagnosis is the signs and symptoms of AS have usually been established as long as 8–10 years prior to X-ray-evident changes occurring on a plain film X-ray, which means a delay of as long as 10 years before adequate therapies can be introduced. Options for earlier diagnosis are tomography and magnetic resonance imaging of the sacroiliac joints, but the reliability of these tests is still unclear.

During acute inflammatory periods, AS patients will sometimes show an increase in the blood concentration of C-reactive protein (CRP) and an increase in the erythrocyte sedimentation rate (ESR), but there are many with AS whose CRP and ESR rates do not increase, so normal CRP and ESR results do not

## DIET & LIFESTYLE ADVICE

- Ensuring proper evacuation of bowels. Constipation should be avoided at all cost.
- Include ghee in your diet.
- Applying heat on affected areas will help to relieve pain and stiffness.
- Take light foods and avoid excess oily foods and curds.
- Avoid day sleeping.
- Yoga asanas such as Pawana muktasana, Bhujangasana, Dhanurasana, Paschimottanasana, Vakrasana are beneficial for this disease.
- Practice Pranayama such as Nadi shodhana, Chandrabhedhi Sheethali & Bhramari.



always correspond with the amount of inflammation a person actually has. Sometimes people with AS have normal level results, yet are experiencing a significant amount of inflammation in their bodies.

Variations of the HLA-B gene increase the risk of developing Ankylosing spondylitis, although it is not a diagnostic test. Those with the HLA-B27 variant are at a higher risk than the general population of developing the disorder. HLA-B27, demonstrated

in a blood test, can occasionally help with diagnosis, but in itself is not diagnostic of AS in a person with back pain. Over 95% of people that have been diagnosed with AS are HLA-B27 positive, although this ratio varies from population to population.

#### Therapeutic focus and assessment

According to Ayurveda, ankylosing spondylitis is caused due to aggravated vata causing an imbalance in vata dosha. This imbalance causes a type of arthritis of the spine and may even lead to disability in the long term. In this autoimmune disorder the disc between the vertebrae gets swollen up causing limitation of movement. This problem generally starts in late adolescence.

Ayurvedic treatment involves detoxification and elimination of toxins and the prescription of the right diet, lifestyle and herbal preparations. Also Panchakarma techniques such as kati vasti, sarvangadhara and patrapinda svedana is beneficial in this disorder.

As rheumatic pains are caused to the formation of toxins (ama) in the body, Ayurvedic treatment aims at digesting the ama by giving herbs and balancing aggravated vata. Herbs like dry ginger (saunth), guggul, turmeric, fenugreek, ashwagandha and giloy are effective in managing ankylosing spondylitis.

Snehana (oleation), Svedana (sudation), Vasti and Mridu Virechana (mild purgation) are the line of treatment in Vata Vyadhi as indicated in Charaka Samhita. Tiktadi Kshira Basti is also indicated for any bone pathology in Charaka Samhita. After Mridu Virechana, the patient is treated with Shalishastika Pinda Svedana (sudation with medicated cooked bolus of rice), kati vasti, patra pind sweda, pizichil and Mustadi Yapan Basti (enema with medicated milk) with Anuvasana (enema with medicated oil) as Karma Basti (a 30 days schedule) along with combination of oral Ayurvedic drugs and Pratimarsha nasya (a type of Ayurvedic nasal therapy).

#### Follow up and outcomes-

Spinal mobility, stiffness, fatigue, pain, and acute phase reactants can be reduced after treatment. There will be an improvement in functional capacity and overall condition of the patient. The movement range of upper limbs and neck will be significantly improved.

This combined Ayurvedic treatment of above mentioned oral Ayurvedic drugs and Panchakarma procedures are helpful in treating the patient of AS. This approach may be taken into consideration for further treatment and research work for AS.





## NIKITA AGARWAL

Founder and practicing dietician at the Life Health and Nutrition Clinic.

She has specialized in weight management, child nutrition and clinical nutrition guiding patients with lifestyle specific disorders such as Diabetes, PCOD and Thyroid.

Her USP is her special customised diet plan suggesting easy to incorporate solutions that has helped a large number of patients overcome chronic health disorders.

Her clientele ranges across the globe: from all over India, UK, USA, Australia, Canada, Singapore, the Netherlands to name a few.

Her patients' age group also varies from as young as 7 years to 75 years old senior citizens and even involves people from HRD Ministry, army and CRPF.

She is the recipient of several awards and recognition for her sterling contribution to health management. Some of them being:

# Felicitated by VLCC in recognition for outstanding performance in the health care industry.

# Official diet consultant and jury member of APA MISS INDIA 2017

# Awarded by former chief minister of Delhi Mrs Sheela Dixit

# Millenium Brilliance Award 2018 by Bollywood celebrity Shilpa Shetty

# Jury choice award for Best Dietician in India 2018

# Best International dietician for diabetes and PCOD 2019

### 1) How much does diet really play into healthy hair, clear skin, and strong nails?

Diet plays a major role in the health of your hair, skin and nails. Inclusion of essential fatty acids, especially omega 3s, help to keep them strong and shiny. Vitamin E & Vitamin B are also great sources of right nutrition for them. Foods rich in Omega 3 include Salmon, Tuna & other fatty fish, flaxseed oil, walnuts & almonds. Foods with Vitamin B include bananas, potatoes, spinach, meat, poultry & dairy products. Protein is also very important for keeping your hair, skin and

nails healthy. Apart from fish, chicken and eggs, soy products are also rich in protein.

### 2) Low-fat vs. low-carb diet for weight loss, your views?

The debate over low fat vs low carb diet for weight loss has been going on for decades. Several studies have been carried on which majorly have come out favouring low carb diets not only in terms of weight loss but also in other medical issues. Two major reasons of choosing low carb diet over low fat diet are- the high protein content and the appetite



suppressing effects it has on the person-leading to automatic reduction in calories consumption. Still, my take on the topic would be to find an eating pattern that meets our nutrition requirements, manages our calorie input below our calorie output and is still enjoyable.

### 3) What's the one food you would tell your clients to stop eating?

From health point of view, there are many food items that we should avoid. These include artificial sweeteners, microwave popcorn, processed meat, reduced fat peanuts butter, margarine, frozen food, canned foods, packed juices, sausages, hotdogs, noodles, burgers, doughnuts, soft drinks, desserts (with or without sugar), refined grains. Well, I would ask my clients to stop eating foods high in trans fats. Trans fats raise the bad (LDL) cholesterol levels & lower the good (HDL) cholesterol levels. This increases the risk of heart diseases and stroke. It also increases the risk of developing type 2 diabetes.

### 4) What's the one best piece of nutritional advice you can give?

The best piece of nutritional advice I can give is that good nutrition is good for you and your family. Eat well balanced food and adapt a healthy lifestyle because it is not only the eating habits but a complete lifestyle change that results in the betterment of the society.

### 5) What kind of diet would you prescribe to a patient who was trying to lose weight?

The goal of any diet program should be to ensure simple changes that result in a healthy weight loss which can be maintained for the rest of their life. One should focus on changing the daily routine by introducing habits like eating more fruits & vegetables, working out at least 5 times a week, setting achievable goals, etc. A sample diet, for weight loss would be like -

Bf : 1 cup milk & 1.5 cup curried with a handful of nuts & 1 fruit

Lunch : Salad and a bowl of cooked veggies with a cup of curd

Din : 1 cup mix fruits and a bread slice with a cup of green tea

Snacks : salad or fruits or nuts

\* If you crave for sweets, opt for a few spoons of low fat yogurt or dark chocolate.

### 6) What kind of diet would you prescribe for a patient who was trying to gain weight?

For a weight gain patient, the most important nutrient is protein. Eat plenty of protein. High protein foods include non vegetarian foods such as meat, fish, eggs, full fat dietary products, legumes, nuts etc. Whey protein is a good protein supplement. Choose whole grain breads, pastas and cereals, fruits and vegetables. Try variety of smoothies and shakes. Eat smaller meals more often. Exercise to build muscles. Try to be stress free and get enough sleep.



### 7) Should teenagers take a vitamin supplement to meet their energy level up?

Vitamins are of two types- fat soluble and water soluble. The fat soluble Vitamins -A, D, E, K dissolve in fat and can be stored in the body. The water soluble Vitamins -C & B complex dissolve in water but cannot be stored in the body. So this has to be supplied on a daily basis. When it comes to Vitamin supplements, teenagers are more keen to take them to keep their energy levels up & to keep themselves fit for after school activities. However, my take is that if teenagers are eating a healthy diet, staying hydrated and getting enough sleep, supplements can be kept at bay.

Eating a variety of foods is the best way to get all the vitamins and minerals & skip supplements.

### 8) What proportion of meal is best for a teenager? 3 large meals over a day or a 6 small meals a day?

A teenager's typical day comprises of going to school, sports practice, full day classes, extracurricular activities, homework, friends, late bedtime. To top it all hormonal changes & growth spurts play a significant role. Teenagers need lot of energy to fuel their day, to uplift their mood & learning and sustain their physical energy.

Small frequent healthy meals are a good source of energy which helps promote brain function, balance emotional, hormonal and physical needs. Small frequent meals also take care of the nutritional balance.

### 9) what is the most important point to remember in nutrition?

The most important point to remember in Nutrition is that there is no shortcut to health. A complete lifestyle change and sticking to it on a day to day basis, being disciplined with food and exercise is the key to success.

### 10) Why Anti-oxidants are important for our body?

Antioxidants protect our cells against the harmful effects of free radicals (unstable, unpaired molecules that harm our cellular structure resulting in destruction of our body). Our body generates antioxidants naturally such as cellular antioxidant glutathione.

Our diet is an essential source of antioxidants. Foods rich in Vitamin C & vitamin E are great sources of antioxidants. Vegetables, fruits especially berries and beverages like tea and coffee are great sources for the same.

### 11) What is your go-to method for counselling individuals and groups on good nutrition and eating habits?

A method of 'copy-paste' does not apply to all individuals and groups. Each person or group is having its own problems. Superficially it may appear same but a 'one-on-one' interaction is required for counselling on good nutrition and eating habits. Keeping the key points intact, we need to go deep into finding the problem and solution to make a person healthy.



## 12) What areas of medical nutrition therapy are you most interested in?

Though dealing with patients having diabetes, thyroid and PCOD are my forte yet, I believe that I find my peace and solace in comforting patients of any area by modifying their lifestyle completely and the turning the tables for them. People have innumerable medical conditions all around the globe and most of them are related to their diet and unhealthy lifestyle. I intend to assist any and everyone by the knowledge empowered upon me.

## 13) Why did you choose to pursue a career as a Dietitian and Nutritionist?

I have always been blessed with great mentors, have seen the world very closely through their experiences. The way they have always stood by me whenever I needed them (and they still do), have inculcated this virtue in me too to some extent. Having the inclination towards both learning and helping the society, I landed up becoming a dietitian.

## 14) What are the absolute healthiest foods that you recommend eating daily?

There are no 'absolute healthy foods'. We should have a balanced meal which covers every section of nutrition (both macronutrients and micronutrients). But if I have to recommend, I would suggest for adequate amount of water and a handful of nuts daily.

## 15) Explain what is the

## difference between dietitian and nutritionist?

All dieticians are nutritionists but all nutritionists are not dietitians.

A dietitian must have a bachelor's degree, go through an accredited nutrition program, must do internship of atleast 450 hours, pass the national level exam and complete continuing education units to maintain credentials.

A nutritionist, on the other hand, does not require any formal education, internship or exams. Anyone can call themselves nutritionist who work with food and nutritional services, aiming to prevent diseases related to nutrients deficiencies.

## 16) If you don't drink milk because of lactose intolerance where you can get calcium?

Sources of calcium apart from milk are white beans, black eyes peas, soybean based foods like soya nuts and tofu, dried figs, almonds, bokchoy, spinach, kale, broccoli, papaya, orange, salmon, sesame seeds & chia seeds.

## 17) Explain what is good and bad fat?

We all need some fat in our diet to help provide energy, for healthy brain functions & cell growth. Dietary fats also help our bodies absorb & use fat soluble vitamins (A - D - E - K). Fats can be classified into good fat and bad fat. Sources of good fats are nuts, vegetable oil, flaxseed, (peanut & almond)

butter, green leaves & avocado. They help in improving cholesterol levels, reduce heart disease & stroke, reduces risk of diabetes, promotes healthy nerve activities, improves vitamin absorption & promote cell development. Bad fats found in red meat, high fat dairy products like whole milk, butter, cheese, junk foods, increase weight, causes heart disease, cancer, raises bad cholesterol, lowers good cholesterol & causes stroke.

## 18) What facilities do you offer your patients?

I provide natural diet plans to my clients both online & in-person. The tailor-made diet plans are based on individual medical condition that the person is facing, on their food preferences and also their work schedule is kept in mind before asking them to follow my instructions.

## 19) What is your vision for your Clinic for the next 5 to 10 years from now?

Currently I am having clients all over the globe and the chain is strong enough (based on power of words) that will continue to connect further with more & more people. The only flaw that I find is that my online clients do not get to meet me. I would like to open more of my clinics all over India & abroad in next 10 years so that I can overcome even this shortcoming.

## 20) Any message for our mammoth & even large & growing readership of Doctors Hub Magazine?

Doctor Hub Magazine is doing great in the field of health & overall well being of individuals and society. A great round of applause & accolades for them. With sincerity & integrity, they are sure to go places in no time. All my praises & wishes for a great future ahead.





# The Best Foods for Athletes

To find out more about these and other topics, Doctors Hub spoke with Priya verma , a dietitian What follows are edited and summarized excerpts from our conversation.

**Q. In your review, you write that “carbohydrates are the predominant and critical substrate for working muscles” and that “the availability of carbohydrates, rather than fat, wins gold medals.” So athletes should be eating and drinking carbs?**

A. Broadly speaking, if you had to stretch a big umbrella over the whole sports world and say, what dietary approach will bring the most performance benefits to the most types of athletes, then, yes, a high-carb diet would usually be the answer.

**Q. In practical terms, how much carbohydrate are we talking about, especially during competition?**

A. Based on what we know now, it looks like 30 to 60 grams of carbohydrates per hour during endurance events lasting several hours would be the sweet spot for most athletes. [For reference, a typical packet of a sports gel contains around 30 grams of carbohydrates, as does a banana or most single-serving bottles of sports drinks.

**Q. Some people, including me, might find it difficult to**

**stomach so much food or drink during a race. Any advice?**

A. Train your gut, just like you train your muscles. In the buildup to an event, practice with the foods or drinks you plan to have during the event, adding more, slowly. Some people find that combining multiple kinds of carbs, like glucose with fructose, are more tolerable than either one alone, probably because they are metabolized along slightly different pathways in the body. It's also clear that you can swish sports drinks around in your mouth and spit without swallowing and your brain will interpret this as meaning you have more energy available. I think that's fascinating and it can be useful, if you can't stomach more carbs just then.

**Q. The big controversy in sports nutrition right now seems to involve high-fat diets, which some people claim are better for performance than high-carb diets. Do we know whether one approach is really better for athletes?**

A. Dt Priya “the issue is so much more complicated than the Twittersverse would have people believe.” Carbohydrates remain muscles' preferred fuel choice during exercise, she explained, because they can be metabolized so quickly. But our bodies contain much larger stores of fat than carbohydrates, so it makes intuitive sense that we might want to become better able to use that substantial fuel source, perhaps by eating a low-carbohydrate, high-fat diet.

**Q. But in the real world, do high-fat diets improve performance?**

A. It depends on what kind of event someone competes in. In long, relatively low-intensity events like ultramarathons, fat might provide enough fuel. But even then, if someone wants to sprint at the end, they are going to need carbohydrates for that burst of exertion. For more intense events, there is evidence that high-fat diets impair performance. In our research with elite race walkers, we found that after they went on a high-fat diet, they could not train as hard and their competitive results suffered.

**Q. So athletes shouldn't try high-fat diets?**

A. I wouldn't say that at all. Some athletes love them. And we know that high-fat diets stimulate different molecular changes in the muscles than high-carb diets, some of which could be beneficial for performance.

A practical compromise approach that allows competitors' bodies to adjust to using both carbohydrates and fats efficiently, Dt.Priya continued, involves a technique called “train-high, sleep-low,” during which an athlete works out strenuously in the afternoon to deplete his or her body of carbohydrate stores, eats a high-fat, low-carbohydrate dinner, completes a long, slow workout in the morning, and then consumes a gloriously large, high-carbohydrate breakfast before training vigorously again. Dt. Priya this technique occasionally into her own training for marathons and other events, she says.

**Q. What about protein?**

A. That's an interesting topic. We know that most athletes need more protein than the standard dietary allowances call for, to help in muscle repair. But we also are learning, by studying athletes, how important sufficient protein is likely to be for non-athletes, especially older people, if they want to maintain muscle mass.

**Q. With all the emerging science about nutrition and sports, what overall advice would you give a recreational athlete about how to eat?**

A. Talk to a dietitian. I think many recreational athletes get caught up in trends and forget the basics. If you are an Olympic athlete, then, yes, the minutiae of your diet's composition and timing are very consequential. The rest of us should concentrate on simple, healthy eating.





# PANCHKARMA -

## An alternative to knee replacement surgery.....

### Sandhigata Vata(Osteo Arthritis)-

**O**steoarthritis (degenerative joint disease or osteoarthrosis) is the most common form of arthritis, affecting millions of people around the world. Often called wear-and-tear arthritis, osteoarthritis occurs when the protective cartilage on the ends of bones wears down over time. It causes pain, swelling and reduced motion in your joints.

Osteoarthritis (OA) can occur in any joint, but usually it affects your hands, knees, hips or spine. Osteoarthritis involves the entire joint, including the nearby muscles, underlying bone, ligaments, joint lining (synovium), and the joint cover (capsule). A variety of causes—hereditary, developmental, metabolic, and mechanical—may initiate processes leading to loss of cartilage.

Osteoarthritis mostly affects cartilage, the hard but slippery tissue that covers the ends of bones where they meet to form a joint. Healthy cartilage allows bones to glide over one another. It also absorbs energy from the shock of physical movement. In osteoarthritis, the surface layer of cartilage breaks and wears away. This allows bones under the

cartilage to rub together, causing pain, swelling, and loss of motion of the joint. Over time, the joint may lose its normal shape. Also, small deposits of bone—called osteophytes or bone spurs—may grow on the edges of the joint. Bits of bone or cartilage can break off and float inside the joint space. This causes more pain and damage.

Unlike some other forms of arthritis, such as rheumatoid arthritis, osteoarthritis affects only joint function. It does not affect skin tissue, the lungs, the eyes, or the blood vessels.

### Signs and symptoms

Osteoarthritis symptoms often develop slowly and worsen over time. Signs and symptoms of osteoarthritis include:

• **Pain • Tenderness • Stiffness • Loss of flexibility • Grating sensation.**

### Bone spurst

Osteoarthritis is a disease of the joints. Unlike many other forms of arthritis that are systemic illnesses (conditions that affect multiple areas of the body or the entire body), such as rheumatoid arthritis and systemic lupus, osteoarthritis does not affect other organs of the body like skin tissue, the lungs, the eyes, or

## RISK FACTORS

Factors that increase your risk of osteoarthritis include:

**Older age** – The risk of osteoarthritis increases with age.

**Sex** – Women are more likely to develop osteoarthritis, though it isn't clear why.

**Bone deformities** – Some people are born with malformed joints or defective cartilage, which can increase the risk of osteoarthritis.

**Joint injuries** – Injuries, such as those that occur when playing sports or from an accident, may increase the risk of osteoarthritis.

**Obesity** – Carrying more body weight places more stress on your weight-bearing joints, such as your knees.

**Sedentary lifestyle** – Cartilage depends on joint use for its nutrition.

**Certain occupations** – If your job includes tasks that place repetitive stress on a particular joint that may predispose that joint toward eventually developing osteoarthritis.

**Other diseases** – Having diabetes, underactive thyroid, gout or Paget's disease of bone can increase your risk of developing osteoarthritis.

the blood vessels. The most common symptom of osteoarthritis is pain in the affected joint(s) after repetitive use. Joint pain of osteoarthritis is usually worse later in the day. There can be swelling, warmth, and creaking of the affected joints. Pain and stiffness of the joints can also occur after long periods of inactivity (for example, sitting in a theater). In severe osteoarthritis, complete loss of the cartilage cushion causes friction between bones, causing pain even at rest or pain with limited motion.

Symptoms of osteoarthritis vary greatly from patient to patient. Some patients can be debilitated by their symptoms. On the other hand, others may have remarkably few symptoms in spite of dramatic degeneration of the joints apparent on X-rays. Symptoms also can be intermittent. It is not unusual for patients with osteoarthritis of the finger joints of the hands and knees to have years of pain-free intervals between symptoms.

Osteoarthritis of the knees is often associated with excess upper body weight, with obesity, or a history of repeated injury and/or joint surgery. Progressive cartilage degeneration of the knee joints can lead to deformity and outward curvature of the knees, which is referred to as being "bowlegged." People with osteoarthritis of the weight-bearing joints (such as the knees) can develop a limp. The limping can worsen as more cartilage degenerates. In some patients, the pain, limping, and joint dysfunction may not respond to medications or other

conservative measures.

Osteoarthritis of the cervical spine or lumbar spine causes pain in the neck or low back. Bony spurs, called osteophytes, that form along the arthritic spine can irritate spinal nerves, causing severe pain that can radiate from the spine as well as numbness and tingling of the affected parts of the body.

Osteoarthritis causes the formation of hard, bony enlargements of the small joints of the fingers. Classic bony enlargement of the small joint at the end of the fingers is called a Heberden's node. The bony deformity is a result of the bone spurs from the osteoarthritis in that joint. Another common bony knob (node) occurs at the middle joint of the fingers in many patients with osteoarthritis and is called a Bouchard's node. Heberden's and Bouchard's nodes may not be painful, but they are often associated with limitation of motion of the joint. The characteristic appearances of these finger nodes can be helpful in diagnosing osteoarthritis. Osteoarthritis of the joint at the base of the big toe of the foot leads to the formation of a bunion. Osteoarthritis of the fingers and the toes may have a genetic basis and can be found in numerous female members of some families.

#### Family history

#### Diagnosis

Most often doctors detect OA based on the typical symptoms (described earlier) and on results of the physical exam.

X-rays are still the main diagnostic tool however arthroscopy, ultrasound, MRI, CT scan etc. are used specially for experimental studies and not recommended for routine clinical use. X-rays can show the extent of joint deterioration, including narrowing of joint space, thinning or erosion of bone, excess fluid in the joint, and bone spurs or other abnormalities.

There is no blood test for the diagnosis of osteoarthritis. Blood tests are performed to exclude diseases that can cause secondary osteoarthritis, as well as to exclude other arthritis conditions that can mimic osteoarthritis.

#### Ayurveda Management

Ayurveda has a holistic approach to healthcare with roots in ancient India. According to Ayurveda, Osteoarthritis occurs due to aggravation of Vata Dosha and is known as "Sandhivata" (sandhi=joint).

The vata (one of the three bio-regulating principles of the body) is aggravated by various reasons like improper diet, over exertion, injury,

exposure to cold & intake of cold items, suppression of natural urges, staying awake at night, stress, depression etc. Apart from these, aging is a primary cause as vata predominance in body increases as age of the person advances towards old age. Individuals with the Vata Prakruti are also more prone for the Sandhivata.

Vata is rooksha (dry) in nature. When Vata get vitiated in any of the joints, dries up the lubricating synovial fluid inside the joint capsule, degenerates the joints and causes the destruction of the cartilage.

Sandhivata gradually worsens with time, and no cure exists. But Sandhivata treatments can prevent the progression of the disease, relieve pain, rejuvenates damaged cartilages, and improves the joint lubrication, function & strength.

Sandhivata treatment includes both Samana chikitsa and shodhan chikitsa. Shamana chikitsa includes Ayurveda oral medicines and external applications. Shodana chikitsa includes Ayurveda Panchakarma and Kayakalpa therapies for detoxification and rejuvenation. Healthy diet habits & life style are equally important in maintaining the joint health.

## PANCHAKARMA

1. Abhyanga: A gentle herbal oil massage to body which helps in relaxation and improves blood circulation. Ayurvedic oils (Taila) used for massage of affected joint which reduces pain in joint, balances the vata.
2. Swedan: Herbal steam with ayurvedic herbs which removes the rigid toxins from the body loosens the muscles
3. Janu Vasti: Knee joint is called as the Janu Sandhi in Sanskrit; hence the name Janu Basti. Specially prepared medicated oil is kept over knee joint with herbal paste boundary
4. Basti / Vasti: (cleansing enemas): Basti: Medicated enema which aims to balance the vata dosha of body. Also helps in healing of degeneration of joints

Here medicines are given through anal route. As the large intestine is the main place of Vata, So it is the treatment of choice for maximum neurological disorders, caused by aggravated Vata. In this type of Vasti herbal decoctions constitutes the major part of the medicine.

5. Patra Potali swedan (Elakizhi): A type of sudation (Swedan) where fresh leaves of herbs are fried in oil, tied into boluses (Pottali), dipped in warm oil and applied all over the body for specific time. This procedure has been proven effective in reducing acute pain in arthritis.
6. Shalishasti pinda swedan (Navarakizhi): A type of sudation (Swedan) in which a special rice is cooked with ayurvedic herbs and milk, made into boluses (Pottali) and rubbed over the body in a systematic way after abhyanga. It helps in restoring the body vitality and thus shows effect in Arthritis.

At Arogyam Ayurveda, we provide very effective treatment for Sandhivata. Early diagnosis and treatment is the key to controlling Sandhivata-osteoarthritis. Panchakarma procedures require around 3 – 4 weeks depending on the joint involved and patient can expect significant benefit within this period.

Our goal of managing Sandhivata-osteoarthritis includes controlling/relieving pain, maintaining and improving range of movement and stability of affected joints and limiting functional impairment.

Joint pain can be caused either due to mechanical or physical factors such as over use or physical trauma or injuries to the joints. While there are many remedies and treatment approaches, you can turn to panchakarma for major relief.

Panchakarma is a therapy that has the objective to purify and detoxify the body. The therapy can help one get rid of many chronic diseases and also works as preventive treatment. Ayurveda describes panchakarma as more than a healing system. It is a combination of science and art of appropriate living to achieve longevity. Ayurveda prescribes Panchakarma for cleansing of body toxins, balancing all tridosha's (Vata, Pitta and Kapha – three bio energies for body constitution).

Yoga Various forms of yogasana have been taught which helps in restoring the mobility and give strength to the muscles.

Proper care along with Ayurvedic medicines and Panchakarma can surely avoid knee replacement surgery.....

Arthritis is primarily a Vata disorder due to which pain is more. Arthritis is mainly caused due to either excess of ama (a toxic by product due to improper digestion) accumulated at the weak joints like knee joint etc (Aama Vata) or degenerative changes in the joint (Sandhigata vata), along with disequilibrium of vata, inhibits joint function, mobility and causing pain..

Osteoarthritis is a degenerative joint disease occurs due to aggravation of Vata and is known as Sandhigata vata.

#### TREATMENT

At Arogyam Ayurveda we provide complete care & treatment for Arthritis and knee pain by following methods:

#### AYURVEDIC TREATMENT-

• Treats Osteoarthritis •  
Relieves knee pain • Strengthens muscle

Balances Sleshaka Kapha, which regulates the synovial fluid in the joint, which is necessary for proper lubrication of the joint.



## TIPS FOR KEEPING ENERGY LEVELS UP DURING HOLIDAYS

Plain and simple, the holidays can get exhausting! While they are such a happy time of year, you may find yourself spending way too much money on gifts, saying yes to every party you're invited to, and eating and drinking at multiple happy hours a week. It gets exhausting and can definitely throw you off any health regimen you had going. People often talk about letting themselves go from November through December, and then getting back into the swing of things come the new year. While it can feel good to let loose sometimes, we can also go overboard! It's best to try and stay balanced throughout the holiday season so that you still feel great physically and mentally. Four tips on making mindful decisions to keep your energy levels up during the holidays

### Movement

With the holidays come all of the holiday events that end up taking over your calendar. You're out late having fun multiple times a week and the next thing you know it's been two weeks since you exercised in any way. Make yourself a priority here! If you feel yourself going into a downward spiral, it's going to seep into other aspects of your life. Get up a little earlier even just to walk 30 minutes on the treadmill or outside (depending on where you live). Don't let your body get sluggish — moving your body multiple times a week is a great way to stay in shape and maintain your good energy!

### Hydration

As mentioned earlier, the holiday season brings a lot of events and late nights out. When you're consuming a few cocktails at night, it's then multiple cups of coffee during the day to stay awake at work, it's



**Dt. Ina Mishra**  
**Dietitian, NutriVeda**

extremely important to drink water! The extra cups of coffee during the day are only going to get you so far until you hit the ultimate energy crash. Hydration has a major effect on energy levels and overall brain function, so drink up!

### Nutritious Foods

Make sure you're filling your body with all the nutrients it needs. As soon as the holidays hit, there always seems to be cookies in the office, cocktails served everywhere and delicious food options in front of your face. While we should all be treating ourselves in some way, make sure you're still fueling up with nutritious, full meals instead of snacking all day long. Fill yourself with a variety of fruits, vegetables, protein foods, whole grains and healthy fats to help keep your energy levels up during this busy season!



### Sleep

Most people take sleep for granted, but this is a huge factor into how you feel and the level at which your body is functioning. The holidays are an extremely busy time and that can definitely take a toll on you. Lack of sleep can result in feeling lethargic, slow and grumpy. If you feel yourself starting to feel run down, make sure to hop in bed earlier than usual to get some extra rest!

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# Give a chance to ayurveda, we shall treat you in the most authentic and effective way: Dr. Dinesh Bhardwaj, Active Ayu Life

## 1- Please tell something about yourself & When did you set up your clinic?

When I started my practice, there was not much respect given to a physiotherapist as it was considered as the niche to a neuro or orthopedic doctor. It was thought that they only refer patient to a physiotherapist.

## 2. What unique challenges and rewards come from working with your patients in an independent alternative healthcare setting?

When I started my independent clinic, it raised many eyebrows. People used to ask me how would I bear this huge running expense without a tie-up with any orthopedic or neurologist doctor.

## 3- Why did you become a Physiotherapist and why do you believe you are good at it?

But when patients started coming to me and getting relief, positivity of my 'active life clinic' started to spread. I started getting appreciation from my patients & they started referring their friends, relatives & family members to me. By now, I have treated so many doctors and their relatives, I am getting their appreciation and referrals. By god's grace, everything started falling into right place for me.

Active ayu life has been a well

accomplished dream project for me. It has been nurtured to blend modern advanced physical therapy treatment with ancient ayurvedic panchkarma treatment. We have developed a treatment approach intended to provide a complete health care ranging from spine alignment, body posture correction, detoxification, cleansing & nourishment of body, immunity boosting, weight loss, etc. at a single place. our holistic approach is not only focusing on treating whole body pains but also in providing complete wellbeing to our clients.

I had seen my mother and sister suffering from rheumatoid arthritis. So I have closely noticed their disease progression, ill effects of medicines, & role of physiotherapy in their conditions. It inspired me a lot to take up this drug-free noble profession.

## 4-How do you determine a treatment plan?

The treatment plan is the road map that a patient will follow on his or her journey through treatment. It is always moving and changing according to the patient prognosis. We have 9 different treatment options such as Osteopathy, Chiropractic Ultra-Align, Dry-Needling, Acupuncture, Acupressure, Kinesiology Taping, Physiotherapy (Electrotherapy, Exercise Therapy, Manual Therapy), Ayurveda medicines, Ayurvedic Panchkarma,

Massage (Ayurveda/Medical/Sports), Cupping therapy (4 types), Leech therapy, Yoga, Psychological counseling, etc. Each one of these is a vast and complete field in itself. We have smartly combined all of these in our treatment protocol to give the best result to our patients in minimum time period. We thoroughly assess the patient and decide what treatment is most fitting for his needs and create a personalized treatment plan accordingly.

## 5-How do you manage obese patients?

Obese individual often have complex bio-psychosocial barriers to physical activity participation. Since more than 62% of our general OPD patients are obese, we have customized a special exercise regimen which is result oriented and easy to perform for those clients. Additionally, we have specialized ayurvedic treatment called Udhwardanam combined with diet plan which is highly effective in weight loss.

## 6- How would you say physical therapy affects the outcome of athletes returning to sports?

I think it can be really instrumental. Our special treatments like Spine Alignment, Musculo-Kinetic-Chain Release therapy, Sports massage, Kinesiology Taping, Dry Needling, Cupping Therapy not only help our athlete patients to recover faster but also improves their performance. Recently our client could lift 10 kgs extra which helped her win gold medal in heavyweight championship at a National event.

## 7. Can you describe a client care anecdote that exemplifies your naturopathic healthcare practice?

Recently a patient from South Delhi got relief in just 3 visits from her severe back pain with radiating pain down the leg due to disc herniation at L4-L5 and L5-S1 levels. She had tried everything including medications, injections, acupuncture, acupressure and Physiotherapy at various places before visiting us. Testimonials from such patients explain our treatment quality. Their reviews are driving force behind our energy and confidence.

## 8. What are some of the trends that you see in alternative and naturopathic & ayurvedic healthcare which could help students plan for the future?

Our modern lifestyle and environmental condition has become poor. This has certainly increased the number of patients. Diabetes, obesity, arthritis, body pains, heart related conditions being the most common conditions. Patients are very tired of taking all those medicines. They want a better solution to their

conditions. This provides an opportunity to alternative treatment like naturopathy, Ayurveda, Physiotherapy, yoga to serve the patient. There is going to be a boom in this sector. Doctors in future will not give any medicines. We should focus on making the body to heal of its own.

#### 9-In What Ways your clinic is different from its competitors?

At Active Ayu Life we use world's most advance sigma ultra-align technology which is very new in India. It's 1st time in West Delhi and only 8th machine in whole country till date. It can assess, diagnose and treat the Spine condition in one go. The range of treatment options

we provide and the way all the diseases/ disorders are treated, is unique in itself. A patient can get all these facilities at one place.

#### 10-What is your vision for your Clinic for the next 5 to 10 years from now?

We have always focused on 'Quickest Results, Permanent Relief'. We have put lot of efforts on developing our treatment plan which can save patients from unnecessary Surgeries, Injections, Medications, bed rest, etc. Our vision will be the same in coming years too, i.e., to provide a complete treatment at one place. Currently we have centre in West Delhi zone only. In coming years we will

be opening such centers in all zones and expanding it to Gurugram and Noida too so that more and more patients can get benefit from this.

#### 11-Any message for our mammoth and even large & growing readership of Dwarka Helpline Newspaper?

I am a great admirer of Dwarka Helpline Newspaper. I have been lucky enough to get associated with it. Got to read some Inspirational interview of highly respectful doctors and their wonderful experiences. This newspaper is a great platform for general public as well. I offer my whole support to it and wish all the best for your growth.

## 10 Ways to Promote Kids' Healthy Eating Habits

### 1 Don't Ban Junk Food Outright

Once kids get their first taste of crunchy, sweet or salty foods, it's hard to get them unhooked, parents should limit the number of treats that kids are allowed to eat each day, rather than ban these foods completely. That way, kids won't be as tempted to want what they can't have. Parents should also avoid restricting desserts or other treats as punishment for bad behavior, because this can lead to an unhealthy relationship with food.

### 2 Encourage Them to Eat Smart at School

Look over your child's school lunch options — many schools provide a printout of each month's lunch menu. Go over each day's meal choices with your child, and challenge him or her to identify the healthiest option. That way, your child will be aware of all the selections they have to choose from, and will gain experience in making nutritious food decisions.

### 3 Avoid Buying Unhealthy Foods in Bulk

If you want to buy a treat, buy the smallest possible package of that food, instead of the economy bulk-sized packages. For example, buying a bulk pack of small, single-serving bags of cheesy popcorn is better than buying one massive, bulk-size bag of the popcorn.

### 4 Warn Kids About Drinking Calories

While tweens and teenagers may be aware of which unhealthy foods are packed with calories, they may be oblivious to how many empty calories they consume daily from sugary drinks. To help kids develop a healthy liquid calorie habit from an early age, give your toddler plenty of water and plain milk to avoid getting them used to sugary juice or chocolate milk. If you do give them juice, give them 100 percent fruit juice and water it down, mixing equal parts water and juice.

### 5 Promote Fruits and Veggies at Dinner

When cooking dinner, always make sure to have one healthy item that your child likes and will eat. Cook a limited amount of the meal's starch dish, such as potatoes.



To further entice your picky eater to try a healthy, vegetable-rich dish, let them watch you prepare it and allow them to add in some ingredients themselves under your supervision.

### 6 Set a Good Example

It may seem that your kids — especially teenagers — often do the exact opposite of your healthy-eating advice, but in fact, your opinion and actions make a big impact on how they view nutrition. Preschoolers especially love to copy what their parents do, and are likely to mimic your meal preferences and willingness to try new foods. Eat snacks and meals with your child whenever possible, so they see how much you enjoy eating fruits and vegetables, and make mealtime fun by trying new foods together. If you have older kids, discourage them from making a “yuck” face when eating vegetables or talking negatively about a certain dish around a younger child at the dinner table. Even you should also avoid discussing your food preferences.

### 7 Start with Small Portions

Use smaller plates, bowls and a utensil for your child to eat with, and allow them to serve themselves when they are old enough to safely do so. You can begin this practice when

they are 3 to 5 years old, and start with allowing them to take a serving of salad or some other non-hot food from small bowl that you hold for them. This will make them feel “like a grown-up,” while helping them learn to measure out how much they want to eat and understand portion size. Encourage them to take one serving at a time and go back for seconds only if they are still hungry.

## 8 Help Them Recognize When They've Eaten Enough

Remind your children to stop eating once they begin to feel full. Do not urge them to finish all the food on their plate, and do not praise them for completely clearing their plate.

Instead, tell them that it's best to only eat as much as they want at that time, and that the leftovers can be finished later when they become hungry again. Allow your child to stop eating when they feel that they are full, even if you sometimes feel that they have not eaten enough. Making them eat when they are no longer hungry can lead to unhealthy overeating habits.

## 9 Stick to a Strict Meal and Snack Schedule

Keeping to a regular meal and snack time schedule discourages kids from grazing throughout the day, or becoming too hungry in between meals, which can cause them to compensate by overeating later.

Most children require three meals and one or two snacks a day, but consult with your child's pediatrician, doctor or nutritionist if you're worried that they're overeating or not eating enough.

And although it's important to stick to an eating schedule, do not pressure your child into eating if they sometimes say that they are not hungry at mealtime.

If your child skips a meal, do not let them “make up for it” with candy or cookies. Instead, offer a healthy snack, such as apples or baby carrots, and make sure that they eat enough at their next full meal.

## 10 Nutritious New Foods: Try, Try Again

Don't be discouraged if your toddler stubbornly turns away from mashed broccoli or strained peas. It takes time for children to learn to like a new food's taste and texture. Offer a new food many times, as it can take up to a dozen tries for a child to decide they like a certain food.

To help a picky eater or rebellious teen feel more in control of their food choices — and therefore be more likely to eat the healthy meals you dish out — pose food questions as an option. For example, ask “Which would you prefer at dinner: cucumbers or tomatoes?” instead of “Do you want tomatoes as a dinner side dish?”

**F**at loss or Weight loss are two most excessively used words when it comes to our body and so called perfect shape. The weight of our body includes water weight, bone weight, muscle weight and fat weight so when you aim for fat loss make sure that you are losing fat weight only which in particular is very difficult for majority of us to comprehend. Hence being in this profession, I shall give more emphasis on ideal weight loss programme which should understand balance between loss of fat holding on to as much muscle tissues as possible then a program which is not flexible at all.

### The story :

Like all successful demonstration of talent on stage has theory to back it, very similarly understanding different virtues of theory associated with weight loss is very important. In more clearer set of words to know Food we take and how it effect our body is very critical. There are no fatty foods as such instead of fatty foods there are fattening metabolism which we develop by consuming refined food like white rice, white flour, sugar etc. Hence when we eat after analyzing constituents of our own body, we can certainly have optimum health which eventually is perfect shape for you.

### The best way to loose weight :

After understanding different bodies and their metabolism, I can surely highlight following points :

- Detoxification of body organs like Liver, kidney and lungs with help of herbs and supplements

# WEIGHT LOSS: AN INTRIGUING BUT SIMPLE PUZZLE TO SOLVE



- Rejuvenate organs i.e. Nourishing every body cell by taking raw vegetables and fruits
- Follow a sensible and holistic diet plan coordinating with your body needs

For more cumulative and sorted approach in what to eat and what not to eat, we can also look in to following few basic know how of food we need to opt for and surprisingly it is not very hard to follow at all :

- Eat Wheat bread and make chapatis and brown rice a part of life

- Drink Plenty of water
- Do not skip your meals, 3 times a day
- Switch to soya milk instead of whole milk
- Use of painkillers, antibodies and steroids slows down the weight loss process

Remember, ideal weight is commitment towards better and fitter you for life. Every one's body and his or her ideal body weight is different.

“EVERY ONE IS BEAUTIFUL .IT IS JUST THAT WE WANT TO LIVE LONGER “



# How to Care for Your Thyroid

**T**he thyroid is a butterfly-shaped gland that sits at the base of our neck. The word “thyroid” comes from the Greek word for “shield,” and this powerful little gland is truly one of our great defenders, as it orchestrates an intricate web of essential interactions in the body.

The thyroid produces thyroid hormone, which is like a master switch of your body. Every single cell in the body has thyroid hormone receptors found on its DNA.

This little gland packs a powerful punch!

Here are 5 things you might not know about the thyroid:

## **1 The thyroid is the central gear in your body’s metabolism.**

Thyroid function intimately impacts the basal metabolic rate, cardiovascular system, bone metabolism, hormone production, glucose metabolism, red blood cell production, protein metabolism, cholesterol metabolism, gastrointestinal function, liver function, gall bladder and brain function. To keep your body in top condition, make sure that your thyroid is working optimally.

## **2 The thyroid gland is vulnerable to toxins.**

Many known environmental disruptors such as heavy metals, pesticides and plastic compounds promote goiter activity and can wreak havoc on the thyroid. Think twice before eating foods sprayed with pesticides and using plastics- it might hurt your thyroid.

## **3 Medications can disrupt thyroid hormone metabolism.**

Thyroid physiology is vulnerable to cross-reactions with many medications including anti-inflammatory medications, antibiotics, antidepressants, cholesterol-lowering medications, antacids, pain medications, and diabetes medications. Talk to your doctor about the potential side effects that your prescription medications can have on your thyroid.

## **4 Thyroid hormones influence the immune system.**

Thyroid hormones exhibit influences on cellular messenger systems that affect T and B cell activity, cell death, and many other immune system functions. Think about your thyroid the next time that you are fighting a cold--it’s fighting with you! Make sure that your Vitamin D levels are optimal, as vitamin D is one of the main regulators of a healthy immune system.

## **5 Many vitamins and minerals are necessary for proper thyroid metabolism.**

Vitamin A, selenium, the B vitamins, iodine, and vitamin D, and zinc are some of the vitamins and minerals that are necessary to ensure healthy thyroid function. To optimize your thyroid’s health make sure that you eat a balanced diet that includes the vitamins and minerals needed to keep the thyroid in tip-top shape.

# Considering Spine Surgery? What You Need to Know

**T**he news that you may need spinal surgery can cause many emotions: hope that you may find more pain relief, fear about the procedure and recovery, and confusion about what to do next. Before you make a decision, take steps to empower yourself by learning everything you can about your condition, the treatment options, and your surgeon.

## Know the cause of your pain

Identifying the cause of your pain is different than finding out what is anatomically wrong with your back. For example, you may have a herniated disc that shows up on an MRI scan, but if that is not the cause of your pain, then surgery for the herniated disc (usually a microdiscectomy) will not help you find pain relief. You, and your doctors, should be able to articulate the precise pain generator before surgery is even considered.

Many practitioners believe that one of the most common causes of “failed back surgery syndrome” (continued pain after surgery) is an improper diagnosis prior to surgery. To learn more, see Failed Back Surgery Syndrome (FBSS).

## Get a referral to a good spine surgeon

Ask your current treating physician to refer one or more good spine surgeons. Because there's no perfect way to evaluate and compare surgeon competencies, your physician will likely have to use word of mouth and anecdotal data.

Referring physicians can get a sense of the surgeon's qualifications through knowing whether a surgeon has been fellowship trained in spine surgery, the number of back surgeries performed by the surgeon, and whether spine surgery is a significant part of the surgeon's practice. And don't be afraid to ask your physician if he or she let the spine surgeon do surgery on one of his or her own family members.

## Be well prepared for your medical consultation

When you're in pain, it can be difficult to describe your situation to your doctor in a complete, concise, and accurate manner. Meeting a spine surgeon can also be overwhelming and intimidating.



Researching likely questions ahead of time can help. Be prepared to discuss your medical history (including your family's history), details about your pain, and your expectations about the surgery itself and its results.

## Evaluate the referred spine surgeon

Prior to the first visit, a patient can start evaluating a particular spine surgeon by going to a spine surgeon's webpage (which should list training, areas of specialty, practice philosophy, etc.) and to professional medical associations' websites that list information on spine surgeons who are members. We recommend that you look for surgeons who are board certified or board eligible and who focus on spine medicine (e.g., at least 1/3 to 1/2 of the surgeon's practice is devoted to spine medicine).

## Reaffirm your decision to have spine surgery—or not

The decision about whether or not to undergo back surgery for chronic pain is almost always up to the patient. Your surgeon should be able to give you enough information about the pros and cons of the procedure to help you decide.

There are many highly effective surgical and non-surgical options to treat a variety of spinal conditions. But only you can decide if the particular procedure, with its scope, healing time, and expected rate of pain relief, and the particular spine surgeon are right for you.

## Half of all road accidents result in death or serious injuries

At least 50 per cent of all the road



crashes result in either fatalities or grievous injuries, according to latest government data. Over 1.46 lakh people died in road crashes in India last year. The Road Accidents in India (2015) report shows that out of little over five lakh crashes, nearly 1.32 lakh were fatal ones and another 1.2 lakh resulted in grievous injuries. “Many of the seriously injured may be becoming permanently disabled. Such injuries have huge implications on families and in many cases they are pushed to poverty,” said road safety expert Rohit Baluja.

According to estimates of Asian Development Bank, seven out of 10 crash victims' families suffer decrease in income and two-third of victims' families take loans to cover income loss.

## Excessive Working May Up Anxiety, Depression Risk: Study

Are you a workaholic? If so, you may be at an increased risk of having psychiatric disorders like anxiety and depression, warns a new study, suggesting that taking work to the extreme may be a sign of deeper psychological or emotional issues. The findings showed that workaholics are at greater risk of anxiety, depression and disorders such as attention-deficit/hyperactivity disorder (ADHD), -- a chronic condition including attention difficulty, hyperactivity and impulsiveness -- obsessive-compulsive disorder (OCD) -- excessive thoughts that lead to repetitive behaviours. “Workaholics scored higher on all the psychiatric symptoms than non-workaholics,” said Cecilie Schou Andreassen, researcher and clinical psychologist specialist at the University of Bergen (UiB) in Norway.

Among the study participants, 32.7 percent workaholics met criteria for ADHD in contrast to 12.7 percent non-workaholics. While 25.6 percent workaholics fulfilled the criteria for OCD, only 8.7 percent among non-workaholics were found at risk. Anxiety was seen in 33.8 percent workaholics and 11.9 percent in non-workaholics. 8.9 percent people met criteria for depression among workaholics and only 2.6 per cent among non-workaholics. “Whether this reflects overlapping genetic vulnerabilities, disorders leading to workaholism or, conversely, workaholism causing such disorders, remain uncertain,” Andreassen explained. For the study, published in the journal PLOS One, the team examined the associations between workaholism and psychiatric disorders among 16,426 working adults. The results clearly highlight the importance of further investigating neurobiological deviations related to workaholic behaviour, the researchers concluded.

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# Allergic Rhinitis

Allergic Rhinitis or hay fever is an allergic response to specific allergens in the air. There is irritation and inflammation of the mucous membrane inside the nose.

## Signs and Symptoms

- Sneezing,
- Runny nose,
- Post nasal dripping,
- Watery Eyes,
- Swelling around the eye,
- Itching in eyes, nose, throat,
- Headache or heaviness in head,

## Causes

Mainly the allergen is pollen from trees, flowers, grass and weeds. Many people have allergies to dust, mites, animal dander, molds. Allergy to pollen is seasonal and patients come to me during spring and summer season while patients allergic to dust mites, animal dander, molds have symptoms all the time. Some people do have food allergies which causes the triggering of allergic reaction.

Family history is important as allergies run in families. When these allergies becomes chronic then even sinuses and ears get affected and people complain of sinusitis and ear infections. The discharge from nose which was watery before becomes thick and yellowish green.

Stress can also be one of the cause for allergic rhinitis. Anger, anxiety, emotional trauma causes the immune system to overreact. Many young patients are coming to me these days who are not able to cope up with their stress. There is tremendous anxiety in them which causes their immune system to overreact hence, they suffer from allergic rhinitis.

## AGGRAVATING FACTORS

- Humidity, Wind
- Air pollution
- Perfumes
- Fumes
- Cigarettes
- smoke
- Change of temperature like from warm to cold or cold to warm
- Patients do complain of sneezing especially during morning when they wake up.

## INVESTIGATION

- Complete Blood Count
- Serum IgE levels
- RAST Test (Radio allegro sorbent test), Skin prick test

## PREVENTION

Once you know the causative factor keep yourself away from it. Keep your clothes, bed sheets, cupboards dust free. While dusting or sweeping the floor cover your nose. Keep your air conditioning unit clean. Wash your hands immediately after patting any animal.

## TREATMENT

In modern medicine Antihistamines and Corticosteroids are given. Nasal decongestants are also given to reduce the nasal congestion. Anti-histamines have side effects the most notable one being drowsiness.

Prolonged use of steroids can further weaken the immune system. In homoeopathy, we take the totality of symptoms and then prescribe the medicine. In chronic cases, constitutional medicine is prescribed. The homoeopathic medicine is selected after taking the full case history which includes the physical and mental make-up with family history and past history of the patient. We stimulate the bodies own immune system to fight



**Dr. RUCHI UTTAM KAUSHIK**

against the allergens. During the treatment you will see that the attacks of allergic rhinitis reduces in terms of intensity and frequency and as the immune system gets stronger you will be cured.

## SOME HOMOEOPATHIC MEDICINES WHICH ARE COMMONLY USED

- **Allium Cepa** – The watery discharge from the nose is thin and acid. The discharge from the eyes is bland. Violent sneezing. Patient is aggravated in warm room and evening and gets ameliorated in open air.
- **Arsenic Album** – There is copious watery and excoriating discharges from the nose. There is also acid burning discharges from eyes. Patient complains of restlessness, anxiety and weakness. Thirst is increased.
- **Natrum mur** – Sneezing with thin and watery discharge from nose and resembles white of an egg. There is intense dryness of mouth.
- **Anundo** – There is intense itching in the palate and nose. Sense of smell becomes diminished.
- **Euphrasia** – There is acid and burning discharge from the eyes and bland discharge from the nose. Sensation as if sand in the eyes.

## By Dr.Ruchi Uttam Kaushik

The author is practicing homoeopathy since 14 years and holds expertise in treating allergic rhinitis, sinusitis, asthma, tonsillitis, hair fall, menstrual disorders. She is the member of International Homoeopathic Foundation and South Delhi Homoeopathic Association. She is also the clinical nutritionist.

**NOTE- Readers are requested not to self medicate with above medicines.**



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# Daily Aspirin - More Benefit Than Risk?

**M**any people take a low dose of aspirin every day to lower their risk of a further heart attack or stroke, or if they have a high risk of either. While the anticipated benefit is a lower chance of vascular disease, taking daily aspirin is not without danger: for instance it raises the risk of internal bleeding. Hence the important need to discuss beforehand with the doctor.

People in middle age, a daily dose of aspirin can cut the risk of developing several cancers, with effects starting after only two to three years rather than the ten or so previously thought.

Nevertheless, the balance of the pros and cons may alter in the light of their evidence, because not only does low dose aspirin therapy appear to increase the pros, it may also reduce the cons, in that the researchers found the risk of internal bleeding reduced with time.

At the very least, it means future evidence-based guidelines cannot ignore the use of aspirin for prevention of vascular disease in isolation from cancer prevention, they conclude. Other authorities have also been quick to respond to the new studies. In the UK, the NHS's answer to the question "Should I start taking aspirin?" is. "Overall, aspirin is a highly effective medical treatment when used appropriately, but it is not yet a drug that should be taken unsupervised on a daily basis, even at low doses."

When we bleed, platelets in the blood build up at the site of the wound, forming a plug that stops further blood loss. But this clotting can also happen inside blood vessels, such as when a fatty deposit in a narrow artery bursts. At the site of the burst, blood platelets clump into a clot that can block the artery and stop blood flow to the brain or heart, resulting in a stroke or heart attack. Aspirin reduces the ability of the platelets to clump, thereby lowering the risk of having a heart attack or stroke. The risk of bleeding also tends to be higher

in older people, those with a history of stomach ulcers, and people already taking medication or who have conditions that increase the risk of bleeding. Daily aspirin use also increases the risk of developing a stomach ulcer. And, for anyone with a bleeding ulcer, taking aspirin will cause it to bleed more, perhaps to a life-threatening extent, say experts at the Mayo Clinic in the US.



# How to Live a Healthy & Active life, Naturally

Strength, immunity and mobility are important factors for a healthy and happy life. In the current competitive environment, our diet is often neglected due to lack of time and increased stress. As a result, the body does not get the balanced nutrition that is required to stay healthy. A condition that is commonly triggered by insufficient nutrition and compromised lifestyle is Rheumatism. This includes disorders marked by inflammation, degeneration or metabolic derangement of the connective tissues of the body especially the joints and accompanied by pain, stiffness or limited mobility.

These ailments are mostly triggered by the deficiency of Vitamin D in the body. Food products alone cannot adequately fulfill the requirement of Vitamin D, which is crucial to maintain proper bone structure and also to prevent and treat

various diseases. Under such conditions, dietary or nutritional supplements play an important role in protection against disease. They not only eliminate deficiency, but also prevent future illness along with balancing the body chemistry. They are safe and can be taken during childhood, pregnancy and old age.

Dr. S.P.S. Bakshi, CMD, Bakson Group, says that homoeopathy is a safe option for the management of Rheumatism for its remarkable benefits. It offers remedies that enhance physical function and quality of life. Dietary or nutritional supplements, patient education, weight reduction, physiotherapy (hot pack, paraffin bath, knee or elbow caps), yoga and massages are recommended together in the management of rheumatism. Modern day medications for pain reduction like analgesics and steroids are essential for immediate relief from severe pain but cannot be relied upon in the long run as

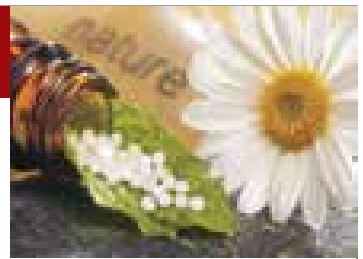
their continued use may cause serious side effects especially in the gastrointestinal tract and kidneys.

Some of the commonly prescribed Homoeopathic medicines are:

**Bakson's Rheum Aid Tablets and Syrup:** For joint pains, stiffness and swelling. It also maintains mobility. Adults should take 1 tablet and 1-tablespoon syrup 3 times a day. Children should take 1 tablet (paediatric pack) and 1-teaspoon syrup, thrice daily.

**Bakson's Rheum Aid Gel & Oil:** For joints, muscles & soft tissue, sprains, stiff neck/back and sciatica. Non-greasy oil easily absorbed into the skin after hot fomentation. Apply gently, 2 – 3 times daily on clean, dried affected portion. Fast acting gel for localized application to be applied twice daily.

**Bakson's Vitamin D Plus Tablets:** It is a health supplement in the form of multivitamin with a special focus on



Vitamin D. These tablets also contain Vitamin A, B, C and E, which are essential for supporting and maintaining general health and well being. One can get most of the nutrients required by the body for proper functioning along with other other benefits like growth and development, boosting the immunity, healthy skin and good vision. 1 tablet should be taken once a day.

All medicines should be taken under the supervision of a Homoeopathic Medical Practitioner only.

For further queries / appointment call:  
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**Dr. S.P.S. Bakshi**

D.H.M.S.

CMD, Bakson Group

*Former President*

• Central Council of Homoeopathy  
Ministry of Health & Family Welfare  
Govt. of India

• Homoeopathic Medical Association of India

*Former Vice Chairman*

Board of Homoeopathic  
System of Medicine

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- Dr. S.P.S. Bakshi

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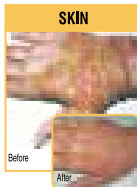
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Polyp, Nasal  
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Recurrent Cough &  
Cold, Sinusitis,  
Sneezing, Sore  
Throat, Wheezing



### SKIN



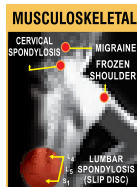
Acne (Pimples),  
Allergic Rashes,  
Hair Fall, Atopic  
Dermatitis, Cracks,  
Dandruff, Eczema,  
Hyper-Pigmentation,  
Lichen Planus,  
Patches, Psoriasis,  
Seborrheic Dermatitis,  
Urticaria

### DIGESTIVE



Food Allergy,  
Lactose Intolerance,  
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# BLESSINGS FROM THE GODS: FENGSHUI WORLD

Entering a Chinese home or office you're sure to find at least one of the Chinese gods of wealth prominently displayed ...and although they are not often worshipped in a religious fashion they are important symbols of wealth aspiration. Here are just a few of the most popular that you should be aware of. The presence of the wealth gods in the home creates the energy of wealth.

## FUK, LUK, SAU

Probably the most popular are the three star gods, Fuk Luk and Sau, which translated literally means wealth, affluence and longevity and implicit in their presence in your home is protection against premature death (longevity luck) and serious illness, plenty of good fortune & prosperity and of course good relationship luck.

These three gods representing the main aspects of good fortune always stand together. Fu'k, the God of Happiness, is taller than the other two gods and always stands in the center, L'uk, the God of High Rank holds the scepter of authority and stands on the right and Sau, the God of Longevity with his domed head, walking stick and carrying a peach stands on the left.

The dining room is an excellent place to display them so that every time you sit down to eat you and your family receive good chi from them. In fact in my home I actually have two lovely well-crafted sets, which I have specifically placed in certain locations. One set is placed on the sideboard in the dining room facing northeast which is the sitting direction of my home and another set is placed outside facing southeast and overlooking the north pond. So you see I have one set of F'uk, L'uk Sau facing a west group direction and the other set facing an east group direction...so all family members benefit!

So these three deities should definitely have a place in your home if you believe in feng shui... as they signify your personal inner desires and aspirations and grant you protection. F'uk L'uk Sau benefits everyone, even if you are not of Chinese descent, so I urge you to invite them into your home today.

**We all breathe the same air, then why do I have asthma?**

You may call it one of the vagaries of living in a



city where we have all lifestyle comforts of modern day at our disposal, but one... the comfort of clean healthy air!

There seems to be nothing wrong with us and our lifestyle, still we are a target of allergies. Allergies that can crop up in any form, in the form of Asthma, Bronchitis, Sinusitis, Allergic cough in the respiratory tract or as eczema rashes on the skin, leaving you baffled, itchy, exhausted, tired and desperate to pinpoint the origin of this allergy. The origin is hard to find and even harder to accept that it is your own body that is reacting so sharply to the environment. Most people suffering from allergy often feel short-changed wondering as to how come the person sitting next to them is healthy while they are coughing and sneezing away.... The reason is obvious, one person's immunity is higher than the others'.

Allergies manifest in various forms on the body. The more you try to suppress it with an anti-allergic medications, the more are the chances that it will show up elsewhere on the body. With some medication, your allergic cough may one day give way to itchiness on the skin only to move further from skin to your joints and bones. Its like trying to hold a very powerful enemy in a small containment, the enemy is sure to find its way out.

The best way will be to give an outlet to the enemy by understanding the root cause of this trouble.

When our body is exposed to an allergen, it gets into a defensive mode by producing more mucous. To combat this excess mucous, you take an inhaler shot, the mucous dries up instantly but stays where it is. More such episodes and your airways start getting clogged and narrow with mucous remains. As they become narrow, you press hard to breathe in the required amount of oxygen resulting in wheezing, tightness in the chest and breathlessness.

What if you had a cleaning brush that could sweep this mucous off your airways and lung cavities....? This is where a natural therapy called salt therapy comes in. 99.9% NaCl that is sprayed in the salt room enters your airways and starts to react with the mucous present there. Mucous starts melting and leaving your body through sputum. You get clean

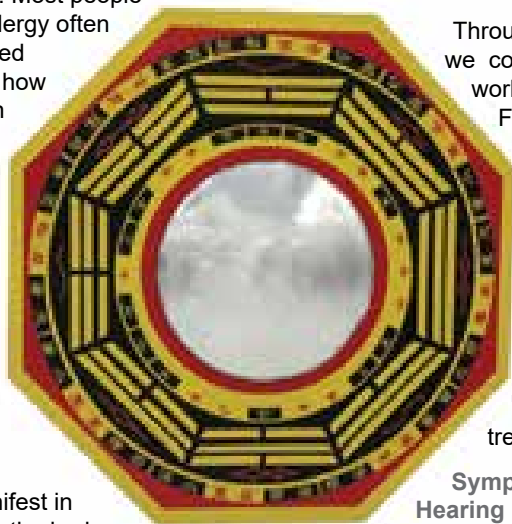
airways, the allergy causing mucous is gone and you are back to breathing normally again. And the best part is that your lungs are soaking in more oxygen restoring body immunity.

Salt therapy is a simple yet scientific solution to your asthma and allergies with no side effects!

**By Anju Chandna**

The author is the co-founder of SRT India – The Salt Room Therapy Chain

Upgrade your Hearing ! New Cherry Blossoms



Through our hearing, we connect to the world around us.

For example, we communicate with our friends. Move around safely in traffic. And relax with the music we enjoy. So it's no wonder that the impact of poor hearing on a person is tremendous

**Symptoms of Hearing Loss:  
TEST YOURSELF ---**

Asking people to repeat

- Strained personal relationships ... denial
- Misunderstanding conversations
- Social withdrawal
- Fatigue and stress
- Poor understanding of instructions in children
- Child Not responding to environment sounds, or not turning when sound is made
- Turning up the volume on TV too loud
- Difficulty in hearing telephone conversations.
- Difficulty in understanding the people in social gatherings

Inability in understanding speech in meetings, court-rooms, big halls, and classrooms.

**Why you need to wear two Hearing Aids?**

- Better understanding of Speech
- Better understanding in group and even noisy situations
- Better ability to tell the direction sounds are coming from

- Better sound quality
- Greater listening comfort
- Hearing is less tiring and more pleasant
- Keeping both ears active preserves speech understanding in both ears
- Effective Tinnitus masking

**Neurophysiological Support for Binaural interaction:**

It suggests the possibility of any damage to the peripheral auditory system may also lead to a disruption of the multi-level processing that is critical for analysis by the central auditory system. Thus, use of hearing aids to the level of the cochleae is deemed critical.

**Hearing loss in Children with neurological dysfunction:**

Generally when a child is said to be having hearing loss, it is assumed that the child is deaf. However, a majority of children having neurological dysfunction present mild to moderate degrees of hearing impairment. Presence of even mild hearing impairment in a child can be harmful to language and overall development. Hence even milder hearing loss should not be ignored. In such cases referral to an audiologist is necessary.

**Using a hearing aid in children - a note :**

Hearing aids are prescribed to individuals with hearing impairment for whom, medical help is not possible. A careful hearing/listening training is essential. Hearing sounds through a hearing aid is different from hearing through the natural channel (ear). For this reason, the child should, be repeatedly exposed to various sounds and listen to them through the hearing aid. Later on speech sounds and words can be introduced.

Even if the child is already wearing a hearing aid, a referral to an audiologist every 6 months for hearing re-evaluation and follow up is necessary.

**Preservation of integrity:**

The integrity of a sensory system depends on external stimulation. Studies on children's development showed that appropriate sensory stimulation, especially between the age of 0 to 2 years is critical for the proper development in later years. These studies illustrate the importance of hearing proper speech, language, and cognitive skills of the children, as well as providing the rationale for the early identification, intervention, and binaural hearing fit for hearing loss in children.

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**T**hrough our hearing, we connect to the world around us. For example, we communicate with our friends. Move around safely in traffic. And relax with the music we enjoy. So it's no wonder that the impact of poor hearing on a person is tremendous

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## Sunaina Khetarpal- Nutritionist

She has done P.G. Diploma in Dietetics from Punjab University (training-PGIMER, Chandigarh)  
M. Sc. (Food & Nutrition)  
Dietetic Educator  
Member of Indian Dietetics Association

- She has appeared on various programmes on the national television and private television channels.
- Aaina-The Images Doordarshan (National)
- Delhi Aapke - Fit Delhi.
- She has shared the space with Mr. Anish Bachchan and Sania Mirza as a brand ambassador on all the leading newspapers in different languages.
- She has Judged, STARPLUS MASTERCHEF- HINDUSTAN ANOKHI (Twice)
- Her work has been published on facebook-The Smart Indian Woman Club for her work in the field of nutrition.
- Her page on facebook is by the name of Health is wealth.
- She is a blog writer including facebook group Nutrition Talk.
- She has an expertise in weight loss programmes, renal, diabetes and heart diseases, paediatric nutrition.
- She runs her own clinic with the name of Sunaina's Health is Wealth.
- She has delivered lectures on health in several MNCs (Naggaro, Walmart, Standard chartered bank, Hero moto Corp, and many more) various eminent schools like (Mothers pride, holy heart, childrens paradise, and many more).
- She is associated with MOM N ME the complete mom store and give presentation on child health.



**LOSE  
WEIGHT**  
Feel great!

# EAT HEALTHY FOR FIT BODY & GLOWING SKIN

## Q1. When did you realize you want to be a dietitian?

**Sunaina:** Perhaps this was a sheer coincidence, my friend introduced this course to me. It was fascinating. It was kind of love at first sight... hahaha... but Yes! I was pretty sure, I want to do this course and pursue it as a career in long term. With sheer luck and hard work, I became a Dietitian.

## Q2. How do you keep current on the changing science of nutrition?

**Sunaina:** I am a greedy person as far as knowledge is concerned, I want to learn more. I am an avid reader and a learner. Nutrition is a vast field of science. Every time I feel I need to learn more. Everyday new researches are coming up. So, a learner in me take me to the various CNE (i.e Continuing Nutrition Programs) conducted by the IDA. Also I go through various medical/nutrition journals and read nutrition books by various National and International Authors. I have joined some nutrition groups run by various dietitians across the world and always brush up my knowledge shared and imparted by them.

## Q3. What do you think the most important traits/ qualities for a dietitian and nutritionist to have?

**Sunaina:** A Dietitian or a Nutritionist should possess the traits like Humility, Empathy, Relief, Punctuality, Confidence, originality. She should be competent enough to deal with cultural differences. She needs to be dedicated towards her work and clients. She needs to be patient and have great communication skills. Above all that she should love her profession and have passion to learn more and always try to give her best.

## Q4. What kind of diet would you prescribe to a patient who was trying to lose weight?

**Sunaina:** The motto of clinic is to prepare the diet plans that can be easily followed at home. We prepare the plans keeping in mind the likes and dislikes and personal preferences of the client. Discipline is the key to success. In simpler words a "Diet from your diet". I enforce the idea of lifestyle management. My Diet plans are based on the lines of Balanced Diet. I try to include all the food groups keeping in mind the likes, dislikes, religious beliefs, working schedule, physical activities, culture, and most importantly food availability. Discipline is a key to success. Discipline rules the body as well. One needs to be disciplined with the eating habits and patterns. I prefer giving nutrition education to the clients, so that they could utilize it later in life as well. Not all the information floating on internet is authentic. So I always told them not to make themselves Guinea pig & try and test every XYZ diet on themselves. I prefer to give them a balanced diet that can be maintained throughout the life. One piece of advice for all my clients is to love yourself. Don't be obsessed with weight & weighing scale. They have to check their weight only once in a week whenever they are asked to do so. We tend to gain weight when input of energy is more and output is less. This imbalance of energy results in weight gain. We try to increase the BMR of the clients through proper balanced diet and exercise regime or simple walk. With the lifestyle changes they start losing weight. It's the effort of a client that works. I take myself as a coach or nutrition educator, all hard work lies with clients themselves.

## Q5. How would you describe your counselling style?

**Sunaina:** When you have any health hazard, it signifies that you are not healthy. Healthy in real sense is when you are physically, emotionally, psychologically, socially, physiologically fit. When I have to counsel a client I check all the investigations a client has gone through as it gives me an overview of his/her physiological condition. I always connect with my clients so that his/her should be comfortable and explain the reason behind the certain complications. I need the trust of my client only then he/she would be able to talk about all the known and unknown causes. I also refer one "Happiness Quotient Test" that give me an overview of how happy is contented my client is! I have to be very patient to listen to the questions, queries, doubts - the clients have in their mind. I have to make them realize that every individual is different. What works for the others may or may not work for them. We all have different metabolic rate and different underlying causes. As I work with various corporates, media companies, schools, hospital NGOs and I find stress rules everywhere. They have night shifts, long working hours, sedentary life styles, work pressure, long commuting hours. All these lead to stress and unhealthy life style. Here the counselling method is different from counselling a house wife or a child. So I usually keep some nutrition education aids. Kids needs to be at an ease. You have to be very patient and at the same time you have to counsel them according to their age. They are free birds and it's difficult to put them in cage of healthy eating. They need to understand the importance of healthy diet. So I usually keep some nutrition education aids or visual aids like charts, flash cards and other things to make them understand. So counselling methods are usually client centred.

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#### Q6. Can you give nutrition tips for PCOS sufferers?

**Sunaina:** With an increasing obesity and stress hormonal changes do occur. The bad news in 1 into child bearing age women is suffering from PCOS. The PCOS is characterised by hormonal imbalance involving not only the reproductive hormones like estrogen and testosterone but also hormones that regulate blood sugar, fat storage and appetite. Symptoms of PCOS may include painful or irregular periods, acne, abnormal hair growth, increased appetite, weight gain or difficulty in losing weight and can lead to heart disease, diabetes and infertility. But the good news is, it is treatable with diet and life style management. The nutritional tips for PCOS clients are as follows:

- Avoid sugar and refined carbohydrates.
- Add good amount of fibre in your diet.
- Add proteins to your diet. Vegetable proteins would help you a lot. Cut down on dairy products. Don't completely avoid them.
- Eat small frequent meals.
- Check out for Vitamin D3 levels. If they are low, go for Vitamin D3 supplements.
- Add omega-3 rich foods in your diet that include flax seeds, olives, nuts and sea food.

#### Q7. How much does diet really play into healthy Hair, clear skin and strong nails?

**Sunaina:** Diet plays an important role in order to maintain healthy hair, skin and nails. They need good supply of proteins, vitamins and minerals as well as antioxidants. Along with this, pollution plays a major role leaving us with lifeless hair, dry skin and brittle nails. Here the diet comes as a saviour. The diet that is rich in Biotin. A wonder vitamin also known as Vitamin H. Deficiency of this Biotin causes hair loss and lifeless hair. Also it is required for the beautiful healthy skin. Sources: Bananas, Beans, Cauliflower, Eggs, Lentils, Peanuts and Salmon. The next wonder nutrient is Zinc. The deficiency of this nutrient can cause hair dryness and loss of hair. So make sure that your diet should have an ample amount of Zinc in it. Food source: Spinach, Pumpkin seeds, Nuts, Mushrooms, Oysters, Lamb and Wheat germ.

**Vitamin A:** This nutrient we usually admire for the healthy eyes. But this antioxidant is also required for the healthy skin and hair too. The damage caused to the skin cells by pollutants and stress can be cells revived by eating foods rich in Vitamin A.

**Food sources:** Sweet Potato, Papaya, Squashes, Green leafy vegetables, Carrot, Bell Peppers.

**Proteins:** You need good protein diet if you want to have great lustrous hair, shiny skin and beautiful strong nails. This nutrient is a building block for the growing of hair as well as maintaining them.

**Food Source:** Eggs, Milk and its products, Beans, Pulses, Nuts.

**Iron:** If there is not enough iron in the diet, hair may become dry, lock shies and even begin to fall out. A protein called ferritin is known to cause these problems because it is essential for the process of storing and releasing iron to all the parts of the body. As iron is an integral part of haemoglobin, if you have low Hb, you tend to have brittle, dry nails and Hb provides oxygen to the nails as well. Again, Your skin would look pale, dull and lifeless if you have Iron deficiency Anaemia that is low Haemoglobin(Hb). To get a better skin, hair and nails, you need to have good amount of iron rich foods in your diet that are: Dried fruits, Red meat and poultry, Soya-bean, Spinach, Pumpkin seeds, Rajmah, Wheat germ and Fortified cereals.

#### Q8. Are All Intermittent Fasting Methods equally useful?

**Sunaina:** Intermittent fasting is not for everyone. It is not something that anyone and everyone needs to do. We have a tradition of fasting in India. It is synonymous to weekly shut down for maintenance work. You can't eat solid foods, but you can have liquids like juice (vegetables), tea, coffee, soups and other non-alcoholic beverages. In Ayurveda and Naturopathy it is usually practised to keep the fast to detoxify the body but it depends on individual needs. It helps to cut down the calories or to maintain the calories per day or a week. There are several intermittent fasting methods ruling the chart. But as I said, each and every method is not for you. Ask your dietitian to plan something really healthy for you. You can opt for 3 day detox diet which usually include liquids and after that solid foods (healthy) are added intermittently. These help to control the calories that one takes in a day/weeks. Always choose a method that suits your life style and makes your life easier. Don't force yourself to do anything that is trending as it is not going to work. As all the intermittent fasting methods have phases. Fasting and Feeding phase. So eat wisely when you are feeding phase. Please note Diabetics, heart patients and kidney patients should avoid such fasting methods.

#### Q9. What's the one piece of nutritional advice you can give?

**Sunaina:** The one nutritional advice I want to give is Eat seasonal foods. Don't get mad over the current trends and the exotic foods/imported foods. Avoid Breads and Biscuits as much as you can. Fruits are healthier than juices. As they give you fibre and juices are laden with sugar. Avoid packed and preserved food. Have home cooked healthy and nutritious food. Ha-ha... I know this is not one piece advice but a bunch of it. But I can't help it, as I am in a habit of telling these to all my clients. Sorry.... Readers...



#### Q10. Low-Carb Diet VS. Low Fat Diet?

**Sunaina:** To be honest, I partially believe in both. In other words, I believe in the total caloric balance than shifting my clients to a particular diet. For weight loss, we do choose such diets intermittently but in long run, you can't follow either. You need to go for a healthy balanced diet. Studies have found that weight loss achieved on low carbohydrate diets was associated with the duration of the diet and the restriction of energy intake but not with restriction of carbohydrates.

#### Q11. What areas of Medical Nutrition Therapy interest you the most? Why?

**Sunaina:** The areas of MNT that interest me more are Diabetes and Obesity. India has become the Diabetes capital of the world. Gestational Diabetes, IDDM, and NIDDM all these types are becoming so much common these days. I always keep this in mind, while planning the diet for a pregnant women, so as to keep away from Gestational Diabetes. Even, I usually organise camps in my hospital as well as clinic to give awareness about diabetes. My both parents are diabetic. It is always there in my mind how to keep it at bay. As I am prone to it. I know if my Genes have to prove their point, it would come, but I can keep it at bay with my healthy life style. Diabetes is the mother of other diseases like Diabetic Neuropathy, Heart diseases, Neuropathy and others. We women are safe from heart diseases till menopause. But diabetes can eat away our protective shield and we are at risk of heart disease as well. Obesity, of course is one of the major problem that gives birth to other non-communicable diseases. My main concern is childhood obesity. I am worried as well as happy at the same time, when parents came up with their obese kids and ask for their diet plans. I am concerned to see their age and the underlying factor for obesity among. At the same time, parents are alarmed with their increasing weight and Opt for a dietitian to help them out.

#### Q12. Where do you see yourself 5 years from now?

**Sunaina:** AHHHH... This one I cannot predict. But yes, I really want to work hard and see my clients happy and healthy. I would love to promote activities, camps and would write a book on healthy living and do some TV shows on the same. My areas of interest is to work for underprivileged children so as to combat malnutrition.

#### Q13. Speaking of Immunity, have you ever worked with clients who have Autoimmune diseases?

**Sunaina:** Yes, of course being in a multi specialty hospital, we in counter patients with different diseases. It has widen my area of working. It has given me an opportunity to learn more and has given me insight into various areas of nutrition. In fact dealing with such clients, have made me realize the importance of nutrition to a greater extent. I have dealt with Celiac Patients, Rheumatic Arthritis patients, IBD patients and IDDM patients.

#### Q14. Why are Antioxidants are important for your body?

**Sunaina:** Antioxidants are the substances that combat with the health hazards caused by the free radicals the villains that are produced by the pollution, stress and unhealthy cooking practices. Antioxidants bind with them and throw them out of the body. They are a kind of defence system. These free radicals increase the risk of heart diseases, cancer, ageing, asthma, and skin issues. A diet rich in antioxidants like tocopherols, flavonoids, carotenoids, and acrobats decreases the above risks. The inclusion of antioxidant rich diet is great for lustrous hair and healthy and glowing skin. Vitamin A, E, C and Coenzyme Q10 are powerful antioxidants. Foods rich in antioxidants are Yellow, orange and red fruits and vegetables, berries, dark green leafy vegetables, green tea, green coffee, wine, quinoa, oats, whole grains and others.



#### Q15. What are the absolute healthiest foods that you recommend eating daily?

**Sunaina:**

• The healthiest food one should include are:

- Fruits: Two servings per day
- Vegetables: Three servings per day
- Whole Grains
- Fluids like Coconut water, Cheech, Green coffee, unstrained vegetable juices.
- Fibre as Bran.





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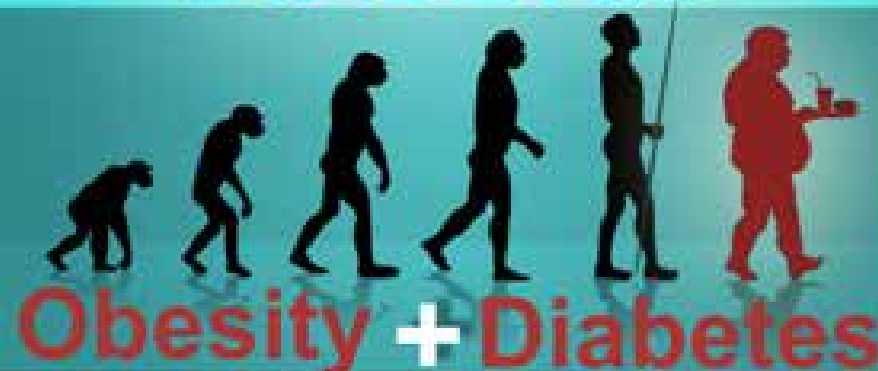
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# DON'T BE DELUSIONAL ABOUT DIABETES



**W**hy is Type 2 diabetes becoming a global epidemic, and is it just a coincidence that its rise is joined by another global epidemic—obesity? Could it be that the two are linked in some way, and if so, how? Dr. B.M. Makkar, a diabetologist and Obesity Specialist helps you to lose some weight & get better guidance In fighting with Diabetes

## The Role of Insulin Resistance in the Obesity-diabetes Link

Understanding insulin resistance is fundamental to answering the obesity-diabetes link question. The pancreas produces insulin, which helps the sugar we eat become fuel for cells in the muscles, fat and liver to use for energy. Insulin resistance, however, reduces the ability of these cells to use the sugar for energy. This is more likely to occur in people who are overweight or obese since excess fat makes the cells less responsive to insulin, causing insulin resistance. There is also scientific evidence showing that fat cells are more insulin-resistant than muscle cells. In other words,



## DR. MAKKAR'S DIABETES & OBESITY CENTRE

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**Dr. BRIJ MOHAN MAKKAR**

MD,FIAMS,FICP,FRSSDI,  
FRCP(Glasg),FACP(USA),FACE(USA)

The weight management program offered by Diabetes & Obesity Centre is a multidisciplinary, medically supervised weight loss program for achieving healthy weight in overweight and obese patients.

### The philosophy.....

Our treatment philosophy is based on the knowledge that obesity is disease that results from complex interplay between a number of genetic influences & environmental factors and is not simply due to a lack of self-control in over-eating. Scientific studies have demonstrated that obesity may lead to serious medical problems e.g., diabetes, high blood pressure, high cholesterol, ischaemic heart disease, angina & heart attacks, sleep apnea (spells of arrest of breathing during sleep), and osteoarthritis, and even some type of cancers. And even more important is to know that even if you lose about 7-10% of body weight your health improves by 90%.

### The strategy.....

The weight loss program at our centre is physician-monitored and involves team approach to obesity management. The goal is to improve health through sustained weight loss, based on reasonable long-term goals and also to reduce the risk of future complications.

### The goals.....

To endure success of any program, one needs to target realistic goals which are achievable and sustainable. And we know from the scientific studies that even if you lose about 7-10% of body weight your health improves by 90%.

### The design.....

The program is designed with the overweight patient being the focus of care and the weight loss team working synergistically to provide medically supervised weight loss therapy customized to patient needs, and at the same time training the patient for sustaining the weight loss on long term basis.

### The focus.....

To have a successful weight loss it is important to have a program which not only focuses on immediate weight loss but also has an inbuilt focus on prevention of weight gain, which is absolutely necessary for any successful weight loss program. And this is possible only thru induction of long term changes in individual behavior relating to eating habits, food choices, exercise habits etc. This aspect of obesity management is well taken care in the weight management program at our centre.

### The team.....

To implement successful weight management program we have a team of obesity expert, nutritionists and counselors who help you in understanding your problem, work out informed solutions customized to your individual needs, and partner with you in your weight management to achieve a healthy weight and overall healthy body.

### The compliance.....

In order to ensure compliance and achieve high rates of success we have devised health check packages customized to the needs of obese & overweight patients which not only help you achieving the health goals but also provides economy on long term basis.

insulin is less effective in people who are overweight or obese, causing glucose in the bloodstream to remain high.

There are several contributing factors to insulin resistance, not all of which are weight-related. Some can be controlled, while others cannot. Genetics, age and ethnicity all play a part. Medications like steroids can interfere with the insulin mechanism. Lifestyle factors such as alcohol intake, smoking, exercise level and stress also play a key role, and there's a cardiovascular connection too; individuals with high blood pressure and cholesterol are more prone to diabetes.

Yet the one overarching indicator that outshines all other factors in terms of whether you'll develop insulin resistance is your body weight. Nearly one-third of all American adults are obese, and the number of obese children has tripled in the last four decades. Indeed, obesity is the single best predictor of whether a person will develop Type 2 diabetes. If you are overweight or obese (characterized by a body mass index [BMI] greater than 30), you have an exponentially higher risk of developing diabetes during your lifetime. In fact, almost 90 percent of people with Type 2 diabetes are overweight or obese.

### How Obesity Contributes to Diabetes

People with a BMI above 30 are 80 times more likely to develop Type 2 diabetes than people with a BMI under 22. Why is this? If we look more closely, it isn't necessarily the weight itself that contributes to diabetes, but where it is stored in the body. Body fat can be classified according to two locations—visceral or subcutaneous.

- **Visceral fat** is stored inside the belly area and wraps around the walls of internal organs, which means it can't easily be removed by typical diets or exercise.
- **Subcutaneous fat** is found right beneath the skin and is what you can physically measure when taking your waist circumference—the so-called "love handles."

Visceral fat is the type that increases the risk of developing serious health problems such as diabetes. While subcutaneous fat isn't as dangerous in general, when it comes to the belly area, both types of fat are present, so a growing belly can be a sign that one or both types of fat are increasing in the stomach region, raising your risk for diabetes.

Ultimately, the weight around the midsection is the type we need to watch when it comes to preventing or controlling diabetes. People with excess abdominal fat (see table) are much more prone to developing Type 2 diabetes because abdominal fat cells release inflammatory chemicals that reduce the body's ability to incorporate and utilize insulin.

It isn't just where body fat (also known as adipose) is stored, but also the type of fat being stored. There are two kinds of adipose (fat) tissues.

- **Brown adipose tissues** are, as you might expect, dark brown in color. They are linked with many blood vessels and associated with calorie burning, heat production and energy balance.
- **White adipose**, on the other hand, is responsible for storing energy and accumulates excessively in obesity. In a healthy body, muscles, fat tissue and the liver absorb glucose from the bloodstream. White adipose supports this process of glucose regulation, which in turn helps reduce the risk of obesity and diabetes. However, when white adipose becomes excessively thick, its ability to help regulate glucose levels is disrupted.

Understanding fat and how it is stored in the body can be useful if you are embarking on a weight-management regimen to prevent or control diabetes.

### The Obesity-diabetes Link Starts Young

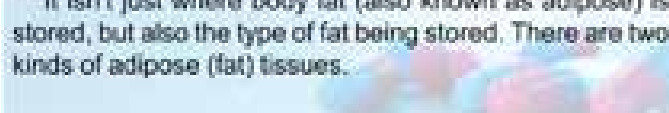
The risk of developing Type 2 diabetes by age 25 quadruples in obese children. One large study in the United Kingdom examined electronic health records from 1994 to 2013 for nearly 370,000 children ages 2 to 15 for high BMI values indicative of childhood obesity. Researchers then looked at the diagnoses of either Type 1 or Type 2 diabetes up to age 25 in those same people. Obese children had four times the risk of developing Type 2 diabetes by age 25 compared to those children with a normal BMI during childhood.

Historically, Type 2 diabetes had been considered an adult disease, but currently, Type 2 diabetes in children is being diagnosed at an alarming rate, with doctors attributing it to obesity, unhealthy diets and lack of physical activity. Obesity is also an indicator of childhood Type 1 diabetes. Although Type 1 is an autoimmune disorder, factors such as obesity and insulin resistance further complicate the condition. In one study comprised of nearly 100,000 children who were monitored for weight changes during the first year of life, overweight and obese babies had a positive correlation with increased Type 1 diabetes incidence. The heavier the child, the younger the age of diabetes diagnosis. Although insulin resistance is not the main driver for Type 1 diabetes, this study shows that obesity does play a role and could explain why more children are developing both types of diabetes.

### The Sleep Connection

The link between obesity and diabetes isn't straightforward because other factors can exacerbate the link. Sleep is one area where this is particularly the case. Sleep is vital to so many of the body's core functions, including insulin regulation. Untreated sleep issues like sleep apnea, which is more common in overweight people, can increase the risk of developing obesity, which in turn increases the risk for insulin resistance and Type 2 diabetes.

Abdominal fat and overall obesity are the two biggest risk factors for developing sleep apnea because the excess fat in the pharynx (the part of the throat behind the mouth and



**DIABETES RISK BY WAIST CIRCUMFERENCE (INCHES)**

DIABETES RISK	LOW	HIGH	VERY HIGH
Men	Less than 37	37 – 40	Greater than 40
Women	Less than 31.5	31.5 – 35	Greater than 35

nasal cavity) is more likely to block the airways. A cascade effect occurs in that obese people are more likely to develop obstructive sleep apnea, with even moderate sleep apnea disrupting metabolic processes and increasing the risk of developing diabetes.

Endocrinologists point out that poor sleep negatively affects blood sugar levels and also disrupts many other bodily processes like cholesterol and blood pressure. These problems are much worse in obese individuals. Unfortunately, many people with Type 2 diabetes do suffer from poor sleep. Both the quantity of sleep as well as the quality matter in this equation. People who get too little sleep (less than six hours) or too much (more than nine hours) are more prone to Type 2 diabetes. Indeed, a British study of approximately 4,500 children showed that insufficient sleep was associated with three risk factors for Type 2 diabetes: higher BMI, increased insulin resistance and elevated glucose readings.

### Prediabetes and Metabolic Syndrome

Researchers have another theory that obesity leads to prediabetes, a condition characterized by elevated blood glucose levels that are not high enough to make a diabetes diagnosis. The number of people with prediabetes is rising sharply—at least 84 million people in the U.S. had it in 2015. Over time, prediabetes causes the body's cells to start losing the ability to uptake insulin. In fact, most people with prediabetes end up developing Type 2 diabetes within 10 years.

Metabolic syndrome, a related condition, is a com-

### INTERESTING FACT

#### The Obesity-Diabetes-Memory Link

Type 2 diabetes has been linked to memory loss, and researchers now believe this could be related to increased weight in many people with Type 2 diabetes. People who are overweight or obese have been found to develop thinner grey matter in parts of the brain related to memory. Not only could weight management help with your diabetes, but it could also improve your memory.

plex set of risk factors including excess abdominal fat, high blood pressure, elevated triglycerides, low HDL or "good" cholesterol and high blood sugar levels. Many obese people suffer from this condition, which dramatically raises their chances of developing diabetes, among many other illnesses. In fact, having multiple metabolic syndrome risk factors leads to a five-fold increase in your risk for diabetes.

Metabolic syndrome, also called Syndrome X or obesity syndrome, is hereditary, and as you get older, the risk gets higher. It's very common among Native Americans, African Americans, Hispanics and Asians—some of the same ethnicities that are more prone to diabetes. Doctors aren't sure exactly why metabolic syndrome develops, but two of the biggest indicators are obesity (particularly abdominal fat) and insulin resistance.

### What Can I Do?

Obesity is the single biggest predictor of Type 2 diabetes, but fortunately, even small weight-related changes are very effective. Losing as little as five to 10 percent of your weight has been found to result in drastic improvements in overall health and well-being, which in turn reduce diabetes risk. If you weigh 200 pounds, lose 10 and see what happens. Diet interventions to reduce carbohydrates can be very effective. Get moving too—moderate walking for as little as 20 minutes per day can rev up your metabolism. Studies in which people employed these measures showed as much as a 60 percent reduction in the development of diabetes.

If you already have prediabetes or full-blown Type 2 diabetes, stay focused and stay positive. You can make many lifestyle changes to your diet and exercise routine to prevent the situation from getting any worse. The same measures mentioned above will work even if you've already been diagnosed. Indeed, increasing evidence shows that weight loss can actually reverse Type 2 diabetes.

The fact that weight and diabetes are so intertwined is a good thing, even if it might not seem so. It gives many of us some control over how we can avoid or manage diabetes. Indeed, the more we learn about how the link between these two conditions, the more empowered we are to tackle them head-on in pursuit of better health and well-being.

### OBESITY: FACT FROM FICTION

#### Q Overweight is the same as obesity

Being overweight is not the same as being obese. Overweight may simply be a result of having heavy bones or muscle mass, or even high body water content, but not necessarily fat. Obesity, on the other hand, refers only to having too much adipose tissue or fat in the body. Both conditions, however, refer to having weight or fat that is in excess of what is considered healthy for your height.

#### Q An ideal weight is a healthy weight

Some people assume that they are unhealthy or "too fat" when their weight doesn't fall in the ideal range. A healthy weight is computed based on your height, weight and other factors. On the other hand, your ideal weight is often based on your personal preference and how you want your physique to appear. For obese people, losing five or 10 percent of their weight can already be healthy (or healthier) because it can reduce the risk of developing certain health problems. So, always try to aim for a healthy weight, rather than your ideal weight—they aren't necessarily the same thing.

#### Q Obesity is detected through shrinking clothes and extra pounds

Some people assume they are overweight or obese when their clothes feel tighter, the scale shows they've gained weight or their waist feels wider than before. Although these signs show that you have gained some weight, they do not automatically mean you are obese.

# DiABETES





# Ayurveda & Nervous System

One of the most complex systems responsible for governing the human body is the Nervous System. The Nervous system is a network of cells called neurons that transmit signals to all parts of the body. It regulates the interaction between the external world and the internal system, as well as coordinates between the trillions of cells within our body. As per Ayurveda, the main dosha that controls the nervous system is the vata dosha. Saying this does not undermine the importance of the other doshas, as they interact with each other and are interdependent. For example, when we eat, the vata dosha is responsible for the movement of the food to the digestive tract, the kapha dosha lubricates it and the pitta dosha aids digestion.

However, vata is considered to be of prime importance with regard to the nervous system. The vata dosha represents movement, and is identified with the prana vayu (one of the five types of vata that resides in the head and governs reasoning, learning, creativity, reception of information, interpretation of and reaction to signals, consciousness). One of the prime indications of vata imbalance for sensitive people is anxiety. Anxiety can arrest our creativity and attention significantly. Unresolved anxiety can convert into chronic debilitating stress. Vata needs a balance between stability and movement to be effective. All Ayurvedic treatments mainly aim at restoring and stabilizing the balance of the tridosha (as per the condition is governed by the dosha).

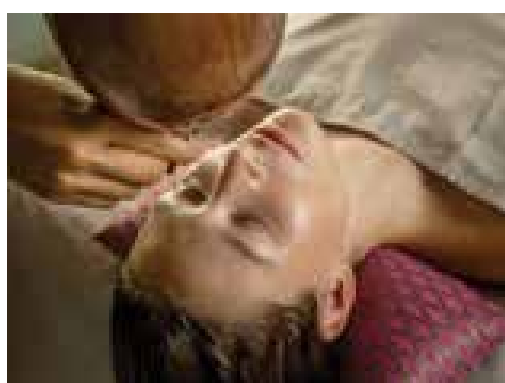
Regular practice of dantha dhavana, mukha prakashalana, gandoosha, abhyanga, vyayam, pratimarsha nasyam, dhoomapanam, nidra etc are treatments that are very effective in treating nervous system disorders. Panchakarma also plays an important role in restoring health and vitality. Shirotarpana, nasyam, shirodhara, shiropichu, etc. are highly useful in treating depression, hair loss, headache, migraine and other ENT diseases.

According to Ayurveda 'dosha dhathu mala moolam hi sareerem' - i.e. the essentials that make up the human body are the doshas (body humors), dhatus (tissues) and malas (waste). Our improper choices made regarding lifestyle and food habits, cause imbalance in the dosha, dhatu and mala, thus causing all problems. To maintain the dosha in their proper manner, one should follow regulated lifestyle and food habits. Also, undertaking cleansing therapies often helps the body get rid of the toxins that tend to accumulate in the body owing to various internal and external factors. This, combined with yoga and meditation, help restore peace and calm to the mind and body.

## Headache

Headache (Shirshool) is a term commonly used for pain felt anywhere in the head. It is observed as a symptom in most of the diseases. The diseases in which headache is the prime symptom are named as shiroroga in Ayurveda

Headaches can be triggered due to various reasons such as insomnia, high blood pressure, weak eyesight, sinusitis, hunger, anemia, emotional stress and digestive disorders. Headaches caused due to tension are the most common in type. The pain usually is constant but often radiates forward from the occipital region. It is characterized by a dull ache or tight feeling of pain. It is characteristically less severe in early part of the day and aggravates as the day continues. The main reason for this headache is emotional strain and anxiety that causes the muscles of head and neck to contract excessively.



## Ayurvedic Treatments for Headache

Ayurveda states that headache is primarily caused due to a sensitive nervous system and an impaired digestive system. A sensitive nervous system impacts and reduces the body's energy. Due to diminished energy, the ability of the body to fight against problems is diminished. This can cause toxins to accumulate in the mind channels, thus triggering headaches. Improper diet and lifestyle vitiates the pitta dosha. The aggravation of the pitta dosha impacts the digestive system, thus leading to production of digestive impurities. When these impurities accumulate in the mind channels, headaches are triggered. Ayurvedic treatments not only help relieve pain, but also treat the root cause. The treatments focus on calming the nervous system to restore the balance of the vata dosha and improving the digestive system to balance the pitta dosha and arrest the accumulation of toxins.



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Diploma in Reproductive medicine (Germany)  
Diploma in Minimal Access Surgery  
Formerly-Consultant IVF specialist,  
Bourn Hall Clinic, Cambridge, UK  
Asst. Prof. Lady Hardinge Medical College, Delhi

**Dr PRAKASH GHOSH**  
Director & Fertility Specialist  
MBBS, MS (D&G), M Med Sci - ART (Nottingham, UK)  
Diploma in Reproductive Medicine (Germany)  
Specialist Training in Reproductive Medicine (Singapore)  
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**Contact: 01127436843, +919899237133**

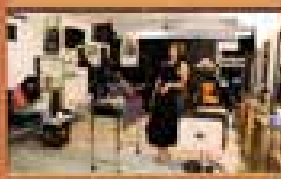
E-mail: [elixirfertility@gmail.com](mailto:elixirfertility@gmail.com), Website: [www.elixirfertility.com](http://www.elixirfertility.com)

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E-mail: [carewellindia@gmail.com](mailto:carewellindia@gmail.com), Web: [carewellindia.com](http://carewellindia.com)

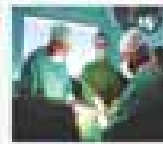


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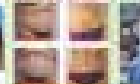
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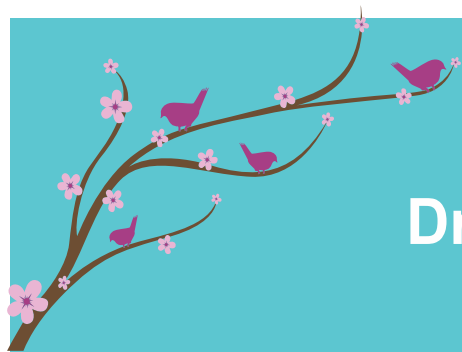
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# Fertility Preservation Before Cancer Treatment:

## Dr. Puneet K. Kochhar , Director, Elixir Fertility Centre

**T**he diagnosis of cancer comes as a shock for most people. For men and women undergoing cancer treatment at a young age, it is even more devastating to learn that cancer treatment can cause temporary or permanent infertility.

For some, being able to have a child in future would be the last thing on the mind while undergoing cancer treatment. However, it is important to realize the fact that a simple measure like sperm freezing can help many men facing problems conceiving post cancer treatment. For women undergoing cancer treatment, fertility preservation involves a bit more but is nevertheless an option that gives them a chance to have a child post-treatment when their ovaries may not be producing an egg.

### GETTING PREGNANT DURING CANCER TREATMENT SHOULD BE AVOIDED

It is important to know that you should prevent pregnancy during chemotherapy or radiation treatment and for at least six months after treatment. Although cancer treatment may lower a man's sperm count or cause a woman's menstrual period to stop, a pregnancy may still be possible. Chemotherapy drugs and radiation to the pelvis cause genetic changes in sperm and oocytes (eggs). Embryos with genetic damage often miscarry early in pregnancy. There is also a risk of having a baby with a birth defect.

By six to 12 months after cancer treatment, the sperm that were exposed to chemotherapy or radiation have all been ejaculated and it is safe to try for conception naturally. In fact, both the eggs and the stem cells that produce sperm have some ability to repair genetic damage during the first several years after cancer treatment.

### How does cancer treatment affect fertility in women?

Some cancer treatments, such as a hysterectomy, cause permanent infertility in women at any age. Total body irradiation causes very high rates of infertility, but a few young women have had babies afterward.

Another cause of infertility in women is premature ovarian failure, which is when menopause occurs before a woman is 40. Premature ovarian failure happens when both ovaries are surgically removed, and may also occur if the ovaries are damaged by chemotherapy. High-dose chemotherapy is more destructive than lower doses.

Chemotherapy with alkylation agents, such as cyclophosphamide, is very toxic and can directly damage the ovaries. Radiation to the ovaries also can be damaging, resulting in temporary or per-

Younger women and those who had lower doses of chemotherapy or radiation therapy are more likely to regain menstrual periods, though they may not occur regularly. Women over 35 are less likely to recover their fertility. This may be because a woman in her 30s has fewer eggs in reserve, so a larger percentage of eggs are destroyed. However, even young women are at risk for early infertility and menopause because eggs in the ovaries may be damaged or killed by cancer treatment.

Thus, fertility after cancer treatment will be affected by age at the time of cancer treatment, especially for women; type of treatment; the type and dose of chemotherapy drugs used; amount and target area of radiation; type and extent of surgery; whether one or multiple cancer treatments are used; and how long treatment lasts.

### How does cancer treatment affect fertility in men?

Cancer treatment can cause temporary or permanent infertility in men. Permanent infertility can result if a cancer treatment eliminates all stem cells in the testes that produce new, mature sperm cells. This can happen if both testes are removed in a surgery, if the testes get a high dose of radiation, or if very high doses of alkylating chemotherapy drugs are given.

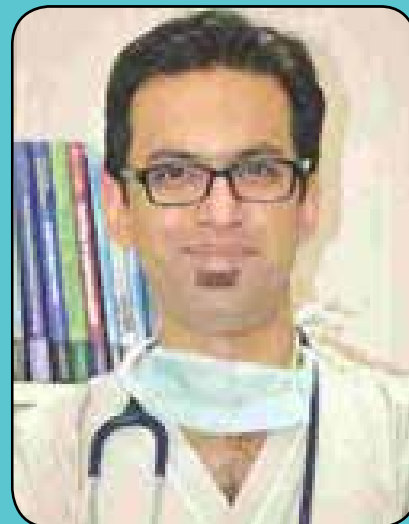
Men with testicular cancer, who are typically young, are likely to be infertile before they are diagnosed with cancer, but about half recover good fertility despite having a testicle removed and undergoing chemotherapy. However, if fertility does recover, there may still be some damage to the sperm.

### PRESERVING FERTILITY IN WOMEN

There are several ways to try to preserve fertility in women, which include:

**Embryo Freezing:** Eggs are removed from the patient and fertilized (in an IVF laboratory) with the sperm of a partner or donor. The resulting embryos are then frozen and stored. It takes about two weeks from the start of a woman's menstrual cycle to get the eggs; waiting may be a problem with a fast-growing cancer like acute leukemia.

**Egg freezing:** Some women opt to have the eggs frozen unfertilized, particularly if they are not in a committed relationship. Later, the eggs can be thawed and IVF attempted. Egg freezing has lower success rates than embryo freezing, and has resulted in fewer than 200 live births around the world.



**Dr Pranay GHosh**

Director & consultant Fertility specialist  
MBBs, Ms, M.Med.sci – art (nottingham, uK), F.Mas  
specialist training in reproductive Medicine (singapore)  
Diploma in reproductive Medicine (Germany)



**Dr (Mrs) Puneet K Kochhar**

consultant Gynecologist & IVF specialist  
MBBs, MD, DnB, MrcoG (London, uK), MlcoG  
Diploma in reproductive Medicine (Germany)  
Diploma in Minimal access surgery

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#### Dr. Sachinder Jain Nawal

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International Postgraduate Pediatric Certificate  
(Australia) Fellowship Respiratory (American  
Academy of Pediatrics)

Child Specialist & Bronchoscopist

Appointment:-08588844701

### CHEST SPECIALIST

#### Dr. Shalini Jain Nawal

M.B.B.S, DTCD, DNB  
(Gold Medalist )  
Chest Specialist &  
Bronchoscopist

Appointment:-08588844702



**DR.B.M.MAKKAR**  
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