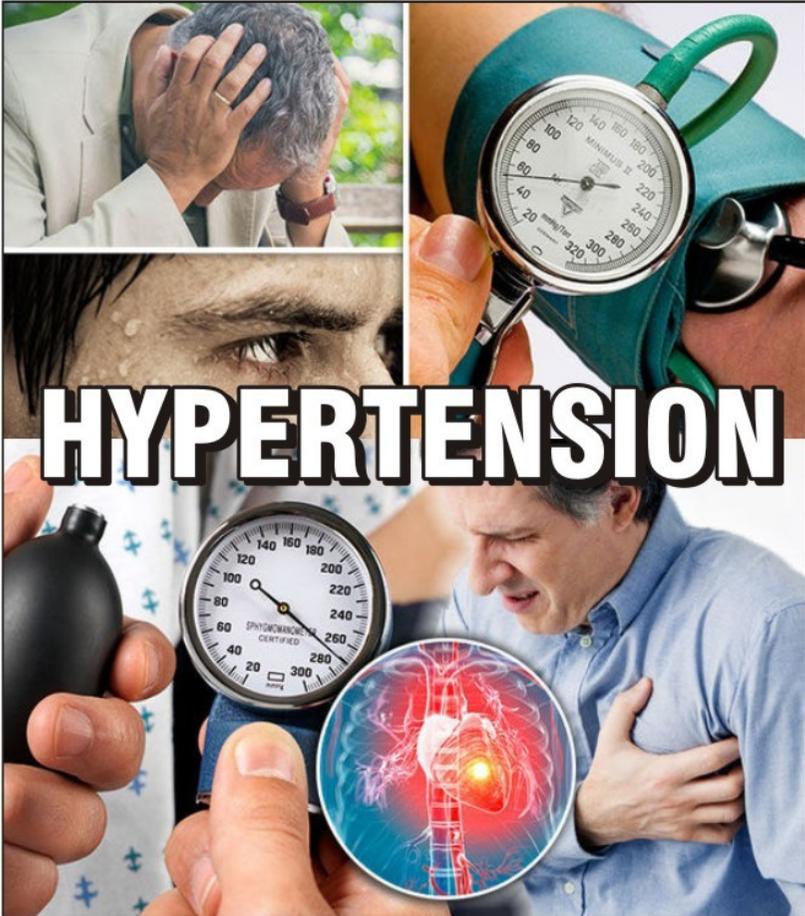


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HYPERTENSION

HYPERTENSION

High blood pressure (BP) is a major public health problem in India and its prevalence is rapidly increasing among both urban and rural populations. In fact, hypertension is the most prevalent chronic disease in India.

The prevalence of hypertension ranges from 20-40% in urban adults and 12-17% among rural adults. The number of people with hypertension is projected to increase from 118 million in 2000 to 214 million in 2025, with nearly equal numbers of men and women.

A survey of 26,000 adults in South India showed a hypertension prevalence of 20% (men 23% and women 17%) but 67% of those with hypertension were unaware of their diagnosis. Majority of hypertensive subjects still remain undetected and the control of hypertension is also inadequate. This calls for urgent prevention and control measures for hypertension.

Reducing blood pressure can decrease cardiovascular risk and this can be achieved by lifestyle measures in mild cases and should be the initial approach to hypertension management in all cases. This includes dietary interventions weight reduction, tobacco cessation, and physical activity.

Dietary interventions include; reducing salt, increasing potassium, and alcohol avoidance. But unlike in Western countries, stress management is often given greater emphasis in India.

A number of safe and effective medications are available for treatment of high blood pressure. These include older molecules such as thiazide diuretics, beta-blocking agents, calcium channel blockers (CCB) and newer molecules, such as, angiotensin converting enzyme (ACE) inhibitors, and angiotensin receptor blockers (ARB). In view of the recent clinical trials data, some international guidelines suggest that CCB, ACE inhibitors or ARB and not beta-blockers or diuretics should be the initial therapy in hypertension management.¹ The former however, are much more expensive and beyond the affordability in many poor income countries.

Because of the heightened risk, the recommended targets are lower for all Indians <130/85 and <120/80 for those with diabetes or heart failure.

Comprehensive hypertension management should focus not only on reducing the blood pressure, but reducing the cardiovascular risk by lifestyle measures, lipid management, smoking cessation, and regular exercise.

Suffering from hypertension? Tips to keep in mind

1. Buy in a digital BP monitor and use it regularly to check your blood pressure at home. Here are tips on how to choose a blood pressure monitor. Also, get your blood pressure tested at a hospital (from an expert or a qualified professional) once a year or during your regular health check-ups at a

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doctor's clinic.

2. Rush to a hospital immediately if your blood pressure exceeds 180/120 mm Hg as it is a sign of hypertensive crisis. Also, if you experience symptoms of low blood pressure such as fainting, headache, dizziness, or fatigue, then do consult your doctor.
3. Eat a healthy diet low in sodium and fats to control your blood pressure along with regular intake of medicines and timely health checkups. Also, include lots of fresh fruits and vegetables in your diet and say no to sweetened beverages and processed foods.
4. Ideally, it is advised to exercise 30 – 45 minutes at least five times a day which includes brisk walking and strenuous workouts. For older individuals, it is recommended to perform physical activities at least

twice a week. This is because it not only improves your blood circulation but also helps to control your blood pressure and lowers your risk of heart disease.

5. Limit the intake of alcohol as excessive drinking can increase the risk of hypertension. Also quit smoking as it can reduce the overall risk of cardiovascular diseases, a complication of high blood pressure.
6. If stress is the cause of high blood pressure, stress management should be considered as an effective intervention. Some of the techniques that can help to calm your mind and body and relieve stress include indulging in hobbies, playing a sport, joining a swim class or dance class or performing yoga and meditation.

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Diabetes Epidemic in India



India is facing a twin burden of under-nutrition and over-nutrition: it figures prominently both in the hunger map of the world as well as being the diabetes capital of the world. A country experiencing rapid socioeconomic progress and urbanization, India carries the highest burden of diabetes with escalating prevalence in both urban and rural populations.

India is facing an epidemic of diabetes, with high prevalence in urban areas. Over the past 30 years, the prevalence of diabetes has increased to 12-18% in urban India and 3-6% in rural India with significant regional variations. These rates in India are 50-80% higher than China (10%).

Another 14% having prediabetes a harbinger of future diabetes is as high as diabetes in Indians.

The difference in prevalence of diabetes across India could be due to dissimilar levels of urbanization and lifestyle factors such as different diets and varying obesity levels.

Significant determinants of diabetes are age, body-mass index (BMI), waist-hip ratio, low physical activity, and family history of diabetes. The driving forces behind the epidemic are urbanization (30%) and economic development with resultant increase in GDP, sedentary lifestyle, western diet, and fast food diet on a background of genetic susceptibility. The prevalence of both diabetes and prediabetes increases by age with 60% of Indians having diabetes or

prediabetes by age 60.

While some genes confer increased susceptibility to diabetes among Indians, other genes that are protective in Europeans do not appear to protect Indians.

Indians develop diabetes at a younger age and those younger than 45 years accounts for 36% of all diabetics in India. Longer duration of diabetes leads to greater complications and this could threaten the national economy.

Given that 80% of diabetics will die from cardiovascular disease (CVD), the medical and socioeconomic costs will be insurmountable unless urgent steps are taken to prevent or ameliorate the CVD complications which are higher among Indians than other populations.

CVD risk is primarily due to elevated lipids and blood pressure (much more than elevated blood sugar). Unfortunately, management of blood pressure and cholesterol remains dismally poor among diabetics in India.

The latest data shows a prevalence of diabetes in excess of 25% in most states.

The major challenge is to translate current knowledge into prevention programs throughout the community and the country.

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Cardiovascular Disease in Women in India

Heart diseases are now the leading cause of fatalities in men and women world over and also in India. The risk of heart diseases to both sexes is high, but heart diseases affect men and women differently. Over one crore annual deaths are reported in India and cardiovascular diseases cause 20.3% deaths in men and 16.9 % deaths in women.

Each year more women die of heart disease than men, yet heart disease and related risk factors are often overlooked in women. Symptoms of coronary artery disease and heart attack, for example, are often different in women than men.

Heart disease risk factors for women:

Although several traditional risk factors for coronary artery disease - such as high cholesterol, high blood pressure and obesity - affect women and men, other factors may play a greater role in the development of heart disease in women. For example, risk factors may include:

- ★ Women with diabetes are at higher risk of heart disease than are men with diabetes.
- ★ Mental stress and depression. Women's hearts are affected by stress and depression more than men's.
- ★ In women, smoking is a greater risk factor for heart disease in women than it is in men.
- ★ A lack of physical activity is a major risk factor for heart disease, and some research has found women to be more inactive than men.
- ★ Low levels of estrogen after menopause pose a significant risk factor for developing cardiovascular disease in the smaller blood vessels.
- ★ Certain chemotherapy drugs and radiation therapy for cancer. Some chemotherapy drugs and radiation therapies, such as those used to treat breast cancer, may increase

the risk of cardiovascular disease.

- ★ Pregnancy complications. High blood pressure or diabetes during pregnancy can increase women's long-term risk of high blood pressure and diabetes and increase the risk of development of heart disease in mothers.

What is Coronary Artery Disease (CAD) -

Coronary artery disease is the most common type of heart disease. It develops when your coronary arteries, which are fuel lines to supply blood and oxygen to the heart, become damaged or diseased.

When your coronary arteries become narrowed or blocked, it means there is less blood flow to the heart; in some cases, atherosclerotic plaque can rupture and blood flow is abruptly and completely blocked. CAD can lead to:

- ★ Chest pain (angina)
- ★ Heart Attack or Myocardial infraction
- ★ Breathlessness on exertion/ heart failure
- ★ Heart Rhythm problems manifesting as palpitations

Women tend to have different and more subtle symptoms and are treated less aggressively compared to men.

What can women do to reduce the risk of heart disease?

Women can make several lifestyle changes to reduce the risk of heart disease, such as:

- ★ Quit or don't start smoking.
- ★ Regular Exercise.
- ★ Maintain a healthy weight.
- ★ Eat a healthy diet that includes whole grains, a variety of fruits and vegetables, low-fat or fat-free dairy products, and lean meats. Avoid saturated or trans fat, added sugars, and high amounts of salt.

Remember a woman's lifetime risk of dying from heart disease is eight times greater than that of breast cancer!

Preparations and Preventive Measures to decrease COVID-19

An easy way to decrease SARS-CoV-2 infection rates is to avoid virus exposure. People from India should avoid traveling to countries highly affected with the virus, practice proper hygiene, and avoid consuming food that is not home cooked.

Necessary preventive measures, such as wearing a mask, regular hand washing, and avoiding direct contact with infected persons, should also be practiced. Ministry of AYUSH also provided guidelines to use conventional preventive and treatment strategies to increase immunity against COVID-19. The best ways of preventing COVID-19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. The Ministry of AYUSH is committed to help the nation with the large resource of time-tested traditional knowledge practiced in this continent for the benefit of mankind.

All the standing instructions issued by Health authorities (Ministry of Health & Family Welfare, World Health Organization and state and local health authorities) are to be adhered completely and Ayurveda Management may stand as 'ADD ON' to the present contemporary line of management.

The medicines recommended here are based on Essential Drugs List, Standard Treatment Guidelines, Ayurvedic Pharmacopoeia of India, Ministry of AYUSH Govt. of India along with considerations from other recommendations issued by various health authorities across India.

The practicing Vaidya has to have his / her own discretion in selecting medicines based on the stage of the disease, symptom complex and availability of the drugs in their locality. Use of Mask, Hand Sanitization, Social/Physical

distancing to break the chain healthy nutritious diet and measures of improving immunity and all other general health care measures are to be advised as per the guidelines issued by health authorities from time to time.

Preventive Measures :

1. Stay aware of the latest information on the COVID-19 outbreak available on official websites of national public health authorities. Follow advice given by your healthcare provider, your national health authorities or your employer on how to protect yourself and others from COVID-19.
2. **Hygiene (a)** Wash hands frequently with an alcohol-based hand rub or wash them with soap and water. Washing hands with soap and water or using alcohol-based hand rub kills viruses that may be on hands **(b)** Physical touch and shaking hands to greet are to be avoided **(c)** Spitting in the public is discouraged **(d)** Frequent touching of eyes, nose and mouth that can pick up viruses is to be avoided. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can cause infection **(e)** Usage of gloves can be encouraged whenever possible **(f)** Practicing good respiratory hygiene is to be encouraged. This means covering mouth and nose with bent elbow or tissue paper / handkerchief when one cough or sneeze. After coughing or sneezing dispose of the tissue paper / wash the handkerchief.
3. **Social Distancing**
(a) Advice maintaining social distance of at least 1 meter (3 feet) with anyone who is coughing or

sneezing. Advice also not to go into crowded places like parks, markets and religious places.

- b. Advice to stay home to the best possible extent and reschedule traveling, if any.
- c. If anyone has fever, cough and difficulty breathing, advice to consult a physician immediately and all instructions are to be followed meticulously.
4. Additional care is to be observed in case of elderly, children, or if the individual is immunocompromised or with comorbidities or in case of women during and after childbirth.
5. Proper nutrition is to be ensured through freshly cooked hot food considering individuals digestive power. Intake of comfortable warm fluids boiled with medicinal herbs (preferably Shunthi, Dalchini, Trikatu) should be used as a regular drink to maintain hydration.

6. Cope up with stress.

It is normal to feel stressed, scared or angry during the lockdown period. Talking to people can help to cope with stress. Contact friends and family as frequently as possible. Encourage maintaining a healthy lifestyle. Proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends can be encouraged. Also encourage reading books, listening to light music as per the interest to counter stress.

Avoid smoking and consumption of alcohol or other drugs to deal with stress. Consultations can be provided, if physical and mental health needs are required. Child's reactions are to be encouraged to be addressed in a supportive way. Let their concerns be listened carefully and extra time, love and attention to be given.

8. Exercise and meditation, daily practice of Yogasana, Pranayama for at least 30 minutes as advised by Ministry of AYUSH is to be



practiced.

9. Adequate sleep of 7-8 hours at night is essential and should be encouraged. Preferably, advice to avoid day time sleep.

Future Perspectives: Infections caused by these viruses are an enormous global health threat. Govt. is taking necessary preventive measures to reduce viral transmission. Second, ICMR and the Ministry of AYUSH provided guidelines to use conventional preventive and treatment strategies to increase immunity against COVID-19. These guidelines could help reduce the severity of the viral infection in elderly patients and increase life expectancy. The recent report from the director of ICMR mentioned that India would undergo randomized controlled trials using convalescent plasma of completely recovered COVID-19 patients. India has expertise in specialized medical/pharmaceutical industries with production facilities, and the government has established fast-tracking research to develop rapid diagnostic test kits and vaccines at low cost. In addition, the Serum Institute of India started developing a vaccine against SARS-CoV-2 infection. Until we obtain an appropriate vaccine, it is highly recommended that we screen the red zoned areas to stop further transmission of the virus.



Conjunctivitis

Conjunctivitis is also known as Pink eye. It's an inflammation caused by bacterial or viral infection of the transparent membrane known as conjunctiva that outlines one's eyelid and covers the white part of one's eyeball. There may also be burning, pain, scratchiness or itchiness. When small blood vessels in the conjunctiva become inflamed by an allergic reaction, they become more visible. It may affect one or both eyes. Conjunctivitis rarely affects one's vision. Treatments of Conjunctivitis can help ease the discomfort and limit its spread.

SYMPTOMS

The symptoms of conjunctivitis are:

- A gritty feeling and Tearing
- Redness and Itching
- A discharge that forms a crust during the night which may prevent one's eyes from opening in the morning

CAUSES

Viruses: The most common cause of viral conjunctivitis is Adenovirus. Herpetic keratoconjunctivitis can be serious and requires treatment with acyclovir.

Bacteria: The most common causes of acute bacterial conjunctivitis are *Streptococcus pneumoniae*, *Staphylococcus aureus*, and *Haemophilus influenzae*. Though very rare, hyper acute cases are usually caused by *N. meningitidis* or *Neisseria gonorrhoeae*. Chronic cases of bacterial conjunctivitis are those which last

longer than 3 weeks and are generally caused by *Staphylococcus aureus*, *Moraxella lacunata* or gram-negative enteric flora.

Allergies: Conjunctivitis may also be caused by allergens such as Balsam of Peru, cosmetics, pollen, smoke, perfumes, dust mites and eye drops. Allergies may vary from person to person.

A chemical splash or a foreign object in the eye: Irritation from a chemical splash or a foreign object in one's eye is also associated with conjunctivitis.

COMPLICATIONS

In both adults and children, pink eye can cause inflammation in the cornea. This can affect vision. Itchiness, redness and burning of eyes are the most common complications of conjunctivitis. The eye may drain a clear or slightly thick, whitish liquid. Eye pain may also occur sometimes. Mild sensitivity to light called photophobia may also be occur as a temporary complication of a pink eye. Change of vision can also appear as a complication of conjunctivitis. This problem occurs mainly if, one wears contact lenses or has any other medical problem related to the eyes.

DIAGNOSIS

A doctor can usually diagnose conjunctivitis by asking questions about one's symptoms.

Sometimes the doctor can use a cotton swab to take some fluid from

around one's eye so that, it can be tested for bacteria or other infections. Swabs for bacterial culture are an absolute necessity if, the history and signs suggest bacterial conjunctivitis but there is no reaction to topical antibiotics. Cultures are not usually, taken or needed as most cases get resolved either with time or typical antibiotics. A patch test is done to identify the causative allergen in the case where conjunctivitis is caused by allergy.

TREATMENT

More than half of the bacterial conjunctivitis cases clear up in one to two weeks without treatment. Use of an antibiotic may speed up the healing process.

One's doctor may prescribe different types of treatment for different types

of conjunctivitis. Various antibiotics, eye drops or ointments can be given for allergic and bacterial conjunctivitis. But a doctor may prescribe an antiviral medication if one's condition is caused by the herpes simplex virus. Ointments may blur one's vision for up to 20 minutes after application. One should follow the doctor's instructions and use the antibiotics for the complete time period it's being prescribed for. This prevents the infection from recurring. Medication used in conjunctivitis are: A combination of mast cell stabilizers and antihistamines are used mainly for allergic conjunctivitis. Steroids, decongestants and antiinflammatory eye drops control inflammation. Antiviral medications are used for viral conjunctivitis.

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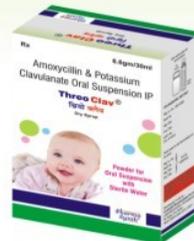
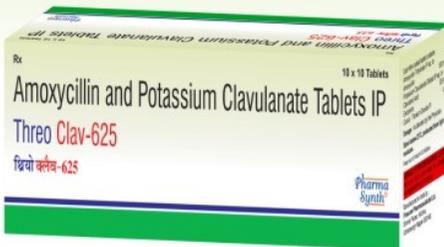
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Amazing Benefits of Gardening on Health Even



Even a meagre positive influence can take us miles, can pave the path to progress. Gardening is one such activity that leaves a very positive influence on us as the level of Cortisol, a stress hormone is reduced. Anyone with a green thumb will tell you what pleasure nurturing a plant delivers. To see a tiny seed bloom into a fully-grown plant involves a deep sense of love, satisfaction and care.

Not only mental and emotional, gardening has a host of other benefits that impacts our physical health as well.

Effect of gardening on health:

A good form of exercise

- Gardening is a pretty good exercise. All those walking up and down the garden, planting, watering and pruning the trees make you fit and active than ever before.
- Gathering dry leaves by a rake or pushing a lawn mower makes your muscles work thus providing a great cardio workout.
- 2 to 3 hours of gardening is equal to an hour in the gym.

Positive influence on diet

- When you grow your own vegetables in your garden, you automatically tend to be conscious about the overall diet. You can't wait to taste your own veggies or fruits.

- A healthy salad for lunch from your own garden will always have the nutrient value devoid of harmful chemicals or pesticides.

Positive effect on brain

- Gardening is a good way of brain stimulation. The benefits appear to spring from a combination of being aware of the natural surroundings, the physical activity and obviously the cognitive stimulation.
- To build the therapeutic properties of your own garden, it is better to aim for a combination of scented and flowering plants and food-producing plants to nurture all the senses.

Strong Immune System & bone health

- Consistent exposure to soil and the bacteria present in it strengthens the immune system.
- Gardening outdoor gives you ample exposure to sunlight thus paving the way for plenty of Vitamin D which is crucial for maintain bone health.

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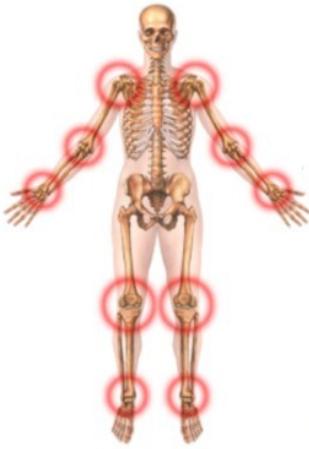
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- थकान, बुखार और वजन घटना
- प्रारंभिक रहेयूमेटॉइड आर्थराइटिस विशेष रूप से पहले छोटे जोड़ों को प्रभावित करता है खासकर उन जोड़ों को जो हमारे हाथ और पैरों की उंगलियों के जोड़ों को प्रभावित करते हैं। जैसे रोग की प्रगति होती है, लक्षण अक्सर कलाई, कोहनी, घुटने, टखने, कूल्हों और कंधों में फैल जाते हैं।

कारण :- जब प्रतिरक्षा प्रणाली सिनोवियम (झिल्ली जो जोड़ों के चारों ओर होती है) पर हमला करती है तब रहेयूमेटॉइड आर्थराइटिस होता है। जिसके परिणामस्वरूप सूजन सिनोवियम की चौड़ाई बढ़ा देती है और जोड़ों के भीतर के कार्टिलेज और हड्डी को नष्ट कर देती है। जोड़ों को पकड़ने वाले टेंडन और लिगामेंट कमजोर और खिंच जाते हैं। धीरे-धीरे, जोड़ अपना आकार और मार्गरेखा (एलाइनमेंट)

खा देते हैं।

निदान (डायग्नोसिस):- इसे प्राथमिक चरण में निदान (डायग्नोस) करना मुश्किल होता है क्योंकि शरीर में लक्षण ज्यादातर अनुपस्थित होते हैं। डॉक्टर जोड़ों में सूजन, लालिमा, गर्मी, जसगता और मांसपेशियों की ताकत की जाँच करता है। ब्लड टेस्ट जैसे ईएसआर, सीआरपी किये जाते हैं, जो शरीर की सूजन की प्रक्रिया की उपस्थिति का संकेत दे सकते हैं। एकस-रे जोड़ों में रहेयूमेटॉइड आर्थराइटिस की प्रगति को ट्रैक करने में मदद करता है। एम आर आई और अल्ट्रासाउंड टेस्ट डॉक्टर को शरीर में रोग की गंभीरता का पता लगाने में मदद करता है।

इलाज:- रहेयूमेटॉइड आर्थराइटिस के लिए कोई इलाज नहीं है। मुख्य उपचार सूजन को नियंत्रित करना और रहेयूमेटॉइड आर्थराइटिस का कम या खत्म करना है। उपचार में ज्यादातर दवाएँ, व्यावसायिक या शारीरिक थेरेपी और नियमित व्यायाम शामिल हैं। कुछ लोगों को जोड़ों के नुकसान को सही करने के लिए सर्जरी की जरूरत होती है। प्रारंभिक उपचार अच्छे परिणाम देते हैं।

दवाएं :- एन.एस.ए.आई.डी.- नॉन स्टेरॉइडल एंटी इन्फ्लेमेटरी दवाएं (एन.एस.ए.आई.डी.) दर्द और सूजन को कम करती हैं। ओवर - द - काउंटर - एन.एस.ए.आई.डी. में आइबूप्रोफेन और नेपराक्सन सोडियम शामिल हैं।

स्टेरॉयड- कॉर्टिकोस्टेरॉइड दवाएँ जैसे प्रेडिसोन सूजन और दर्द को कम करती हैं और जोड़ों के नुकसान को कम करती हैं।

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