

MEDICAL TOURISM

A Complete Magazine on Healthcare in Asia

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DPU Super Speciality Hospital, Pimpri, Pune, India
Leading the way in
Global Healthcare Excellence



Medical Tourism

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29 Jan - 1 Feb 2024, Dubai



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28-30 March, 2024 | Chennai Trade Centre, Nandambakkam, TN

Leading the way in global healthcare excellence



Over the past three decades, DPU Super Specialty Hospital, Pimpri, Pune in India has carved a niche for itself as one of the most **Prestigious and Trusted** hospitals in India. With a strong focus on **Patient-Centric Care** and an uncompromised commitment to **Healthcare Excellence**, the hospital has touched millions of lives so far.

A pioneer in India's healthcare landscape, the hospital has become a strong force to reckon with for its ethical patient-focused ethos amongst international patients as well.

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- » 2,000 + Expert Staff

The hospital has accreditations from **NABH (National Accreditation Board for Hospitals & Healthcare Providers)** and **NABL (National Accreditation Board for Testing and**

the hospital has experienced unprecedented rise through various Specialities and Super specialties as well as the establishment of different Centres of Excellence, which have been making strides in **IVF, Dermatology treatments, Multi-Organ transplantation and Robotic surgeries** amongst others.



Calibration Laboratories), and follows international benchmarks that are performance-driven as well as patient-centric, strongly backed by evidence-based medical expertise. It has also been certified as a **Green Hospital by Association of Healthcare Providers India (AHPI)**.

The hospital has achieved a solid reputation for its clinical excellence and trust factor under the able leadership of **Dr. Yashraj P. Patil** – Trustee and Treasurer of Dr. D.Y. Patil Vidyapeeth (Deemed to be University), Pimpri, Pune. Under his visionary leadership,

"Today, we are trusted by millions of patients as a reputed hospital where patients are not just treated, but cared for with respect, empathy and compassion. Through a strong focus on innovation and technological agility, we have established an unparalleled legacy in the field of healthcare and patient care. Every day, we work ceaselessly towards reinforcing this trust that people have placed in us, so that we are able to make a positive difference to the health and lives of more and more patients and their loved ones. We are proud to say that we have built a truly world-class Super speciality hospital that has set a new standard in the world of healthcare" said Dr. Yashraj Patil.

India's leading IVF and Endoscopy Centre:

The hospital boasts of an ultra-modern IVF Centre, which is revolutionizing the field of In Vitro Fertilization (IVF) through their state-of-the-art offerings, dedicated to providing incomparable and personalized reproductive and fertility health care to the patients. As one of the Most Advanced IVF and Endoscopy Centres in India, it is sought after, globally as well, with patients coming in from such locations as Norway, Iran, Saudi Arabia, Qatar and Bahrain. The hospital is renowned for providing the best fertility care, from maintaining the highest medical, scientific and academic standards and supporting patients through every stage of their journey to parenthood.

With the high-tech Embryology lab at the heart of the centre, DPU Super Specialty Hospital, Pimpri, Pune is the **first hospital in the city of Pune to use the 'Time lapse imaging' for the best Embryo selection.**



Revolutionizing the field of Dermatology:

The hospital's Dermatology department has a strong focus on cutting-edge technology, and it ensures that their patients receive the best dermatology treatment possible. Their commitment to excellence in patient care is reflected in their continuous efforts to strengthen their infrastructure through latest dermatological equipment and machines.

The hospital recently procured the pioneering **Anti-ageing Fotona Laser Machine** and **Fotona StarWalker® MaQX**, with its groundbreaking third-generation ASP technology, both of which have significantly enhanced the hospital's clinical capabilities and have empowered them to set new standards in innovation, productivity, and patient safety and satisfaction. The hospital provides highly specialised and modern treatments, including hair transplants.



Driving excellence through Multi-organ transplants:



Today, DPU Super Specialty Hospital, Pimpri, Pune is considered one of the Best Organ Transplant Hospitals in India today, with an exemplary track record of successfully performing rare organ transplants including pancreas transplants. The hospital has the unique distinction of being one of

the few hospitals across the country to have performed **successful Combined Heart-Lung transplants.** The hospital has successfully completed **336, and counting, highly complex multi-organ transplants that include transplants** of Kidney, Lung, Liver, Heart, Pancreas and Cornea. Several international patients from across the globe have benefitted by our groundbreaking organ transplant expertise.

Dr.Yashraj envisions positioning India as a global healthcare destination through strategic collaborations, strengthening the footprint of medical tourists to benefit from the exceptional care of the hospital. The establishment of an International Patient Desk exemplifies this ambition, catering to personalized needs of international patients.

The hospital today stands as a beacon of hope, showcasing the power of passion, innovation and unparalleled healthcare excellence.

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RNI No. KERBIL/2016/68979

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CULTIVATING MENTAL HEALTH FOR A THRIVING SOCIETY

India is one of the most sought after destinations for Medical Tourism, offering high-quality healthcare at affordable prices. With a strong healthcare system, skilled doctors, and modern facilities, India is popular among patients who want medical treatment and a vacation. The influx of medical tourists from the Middle East, Africa, United States, and United Kingdom is on the rise. Cities like Delhi, Mumbai, Chennai, Hyderabad, Bangalore, and Kolkata have become major hubs for medical tourism. The Indian government has taken steps to support medical travel, including a special visa category and financial aid for authorized tourism providers. Each year, around 2 million patients from 78 countries visit India, generating \$6 billion in revenue. The government's Heal in India initiative aims to increase this to \$13 billion by 2026.

Kerala, the southern state of India has become a popular healthcare tourism destination in Asia due to its excellent medical facilities, traditional medicine expertise, skilled professionals, affordable healthcare options, and well-developed tourism infrastructure. Kerala Tourism stands out for its unique combination of Ayurveda and Modern Medicine. Along with the choice of their desired treatment, travelers can partake in wellness activities such as yoga, meditation, etc. With an annual influx of over 500,000 foreign patients, the health tourism industry in the state is experiencing a remarkable growth rate of 25% to 30%.

The latest edition of Medical Tourism Magazine delves into the realm of Mental Health Issues and their effective remedies. Mental health encompasses far more than just the absence of illness; it plays a vital role in our personal and societal well-being. It is an undeniable reality that the incidence of mental health disorders is increasing worldwide.

According to the World Health Organization, mental health conditions and substance use disorders have increased by 13% in the past decade, accounting for 1 in 5 years lived with disability. Approximately 20% of children and adolescents worldwide are affected by mental health conditions, with suicide being the second leading cause of death among 15-29-year-olds. In post-conflict settings, one in five individuals experience mental health conditions.

Mental health often goes unnoticed and receives inadequate attention from societies and healthcare systems, resulting in a lack of essential care and support for individuals in need. As a consequence, many people silently suffer, experiencing violations of their human rights and negative effects on their daily lives. Nevertheless, it is crucial to challenge this prevailing narrative and recognize the potential for positive transformation and enhancement of mental health globally.

In addition, we have also incorporated various informative narratives for your perusal. A thought-provoking conversation with eminent surgeon Dr. Subramania Iyer regarding Robotic Surgery, an in-depth exploration of Stroke, and a descriptive account of Alzheimer's disease, among others, are included here.

Join us as we embark on a remarkable journey in 2024 supporting societies worldwide with invaluable and genuine insights into efficient healthcare and harmonious living. We are thrilled to announce that our publication has been chosen as a Media partner for the prestigious Medical Tourism Pavilion at ITB-Berlin this year. This remarkable recognition on a global stage truly highlights the excellence of our magazine.

AP Jayadevan
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Printed, published and owned by
Benny Thomas
FM Media Technologies Pvt. Ltd,
Penta Square, Opp.Kavitha,
MG Road, Cochin -682016,
Kerala, India.
Editor: Benny Thomas

Printed at Sterling Print
House Pvt Ltd, Door No.
49/1849, Ponekkara-
Cheranellur Road,Aims,
Ponekkara P.O,
Cochin-682041,
Ph: 0484 2800406.

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Dubai to host 'Arab Health 2024' in January

Dubai will host the 2024 Arab Health event, which will take place from January 29 to February 1. The event will have an expanded site and attract a growing international presence, with over 3,450 exhibitors and more than 110,000 healthcare professionals expected to attend from 180 countries. The Dubai World Trade Centre will provide an extended area for the event. The focus of the exhibition

will be on the future of healthcare, with new features such as the Smart Hospital and Interoperability Zone, as well as the UAE student-focused competition, Cre8. Returning features include the Future Health Summit and the Transformation Zone. The show theme for 2024 is 'Connecting Minds, Transforming Healthcare', and will highlight game-changing technologies in the UAE and globally.

The Smart Hospital and Interoperability Zone in the Healthcare Transformation Zone showcases the future of healthcare through live demonstrations of cutting-edge medical equipment integrated with various technologies. Arab Health also introduces the Cre8 competition, challenging UAE students to devise innovative solutions for healthcare problems. The Future Health Summit provides a platform for government officials and healthcare CEOs to network and gain insights into advancements in the industry. Medical professionals attending Arab Health 2024 have access to 10 Continuing Medical Education conferences covering various specialties.

Arab Health 2024 will be supported by various government entities, including the UAE Ministry of Health and Prevention, the Government of Dubai, the Dubai Health Authority, the Department of Health, and the Dubai Healthcare City Authority.

ITB Berlin-The premier platform for the Global Travel Industry

ITB Berlin, the World's Leading Travel Trade Show, is an annual event that brings together the top players in the international tourism industry. Since its inception in 1966, ITB Berlin has been at the forefront of innovation and has established itself as the premier platform for the global travel industry. This event is organized by Messe Berlin GmbH.

With its extensive range of products and services from over 180 countries and territories, ITB Berlin offers a unique opportunity for networking and collaboration. It serves as the central hub for communication and marketing, making it the largest service trade show for the travel industry. ITB Berlin's organized structure ensures easy navigation for attendees. The exhibition halls



are divided not only by geographical regions but also by market segments, focusing on the most important tourism tracks. This allows participants to efficiently explore and connect with the relevant sectors of the industry.

We are proud to announce that ITB Berlin Expo has chosen our two renowned magazines, namely **'Ayurveda & Health Tourism'** and **'Medical Tourism'**, as their esteemed Media Partners.

THE MOST AWAITED HEALTHCARE B2B REVERSE BUYER SELLER MEET



28-30 March, 2024 | Chennai Trade Centre, Nandambakkam, TN

Sanjeevani represents the essence of life, providing vigor and resilience to everything it touches. India Heals, a health and wellness initiative backed by the Ministry of Commerce and Industry and coordinated by the Services Export Promotion Council (SEPC), highlights India's potential as a premier Healing and Wellness destination. This initiative serves as a platform to globally promote Indian Healthcare Services and foster enduring partnerships between nations, thereby unlocking

a multitude of business prospects within the healthcare industry. The Department of Commerce, Ministry of Commerce and Industry, Government of India, in collaboration with the Services Exports Promotion Council (SEPC), is organizing and endorsing the upcoming "SANJEEVANI 2024" edition of India Heals.

The INDIA HEALS 2020 achieved great success as it garnered participation from approximately 26 countries, 93 Overseas delegates, over 55 exhibitors, and facilitated more than 2000 structured B2B Meetings and 80 MOUs. Looking ahead, the forthcoming event "SANJEEVANI 2024" will serve as a platform for fostering enduring partnerships among nations in the

champion and focus Healthcare Services Sectors.

The Buyers Seller Meets have a specific focus and objective of bringing together stakeholders from over 40 countries. These meetings provide a platform for participants to establish connections with reliable hospitals, wellness centers, and AYUSH Centers that possess NABH / JCI accreditation.

SANJEEVANI's primary objective is to enhance ethical healthcare practices that are in high demand across the globe. Furthermore, these establishments will receive international visitors to personally witness the outstanding standards set by the Indian Healthcare Sector. The ultimate goal of SANJEEVANI 2024 is to integrate traditional medicine into mainstream healthcare.

Risk of cardiovascular disease in the long run following traumatic brain injury: Says a Recent Review



The long-term consequences of traumatic brain injury (TBI) on neurological and psychiatric function have been extensively studied and established. However, recent research has shed light on unexpected medical complications, such as cardiovascular disease (CVD), that can arise as a result of TBI.

A recent review published in the Lancet Neurology examined the existing body of research on this surprising connection. In addition to summarizing the findings of various studies, the review also proposed potential mechanisms that could explain the association between TBI and cardiovascular disease.

TBI is highly prevalent among individuals involved in contact sports, military personnel, and the general population. While it is widely recognized that brain injuries can lead to neurological and psychiatric issues, evidence from studies on individuals who have experienced single or repetitive brain injuries suggests an underexplored link between TBI and the development of chronic cardiovascular diseases and risk factors for cardiovascular disease.

Several studies have demonstrated that individuals without pre-existing comorbidities who suffer from TBI have a significantly higher risk of developing chronic cardiovascular disease compared to those without TBI. Similar observations in military and professional American-style football cohorts suggest that modifiable cardiovascular risk factors may play a role in mediating the relationship between brain injury and chronic neurological diseases.

By gaining a better understanding of the risk of cardiovascular disease following TBI and implementing a proactive and targeted screening program, it may be possible to reduce long-term morbidity and mortality in individuals with TBI, ultimately improving their quality of life.



In 2023, Medlab Middle East, the MENA region’s largest medical laboratory exhibition and congress achieved an impressive milestone by securing AED1.9 billion worth of deals, making it a record-breaking year for the event. As a result of this success, the organizers, Informa Markets, are gearing up for the 2024 edition of the exhibition and congress.

Scheduled to take place from 5-8 February at the Dubai World Trade Centre, the upcoming event will introduce exciting new features, such as the Next Gen Medicine zone. This dedicated area will highlight the potential of early disease detection and preventive medicine. With an expected increase in both visitor and exhibitor numbers, the 2024 edition is anticipated to attract over 30,000 visitors and 900 exhibitors, representing a 20% growth in exhibitor participation compared to the previous year.

The conference aims to unite leading professionals from various industries, researchers, and healthcare practitioners specializing in medical innovation and precision medicine. With a primary focus on the revolutionary possibilities of early disease detection and preventive medicine, the conference will delve into the exploration of state-of-the-art technologies and methodologies.

Attendees can anticipate a diverse range of discus-

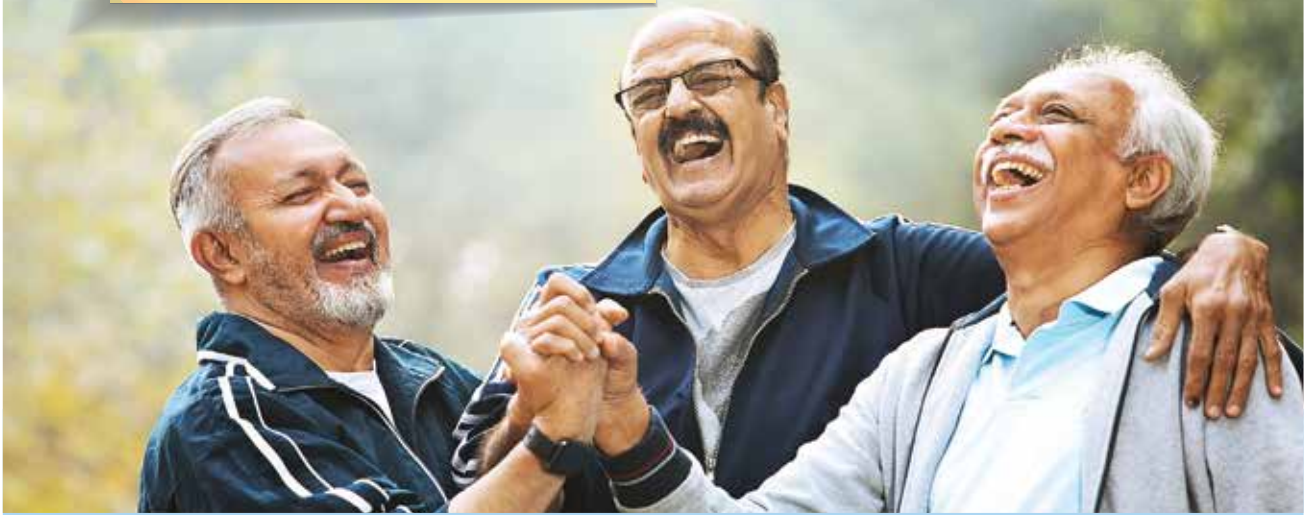
sions and presentations that will offer valuable insights into the most recent advancements in genomics, proteomics, and innovative biomarkers for various medical conditions. Additionally, an exciting scientific poster competition has been introduced, offering a variety of prizes for the winners.

Anticipate exciting additions at the 2024 Expo:

- Explore the Genomics & Regenerative Medicine zone, showcasing the latest breakthroughs in medical technology.
- Immerse yourself in the NextGen Medicine Conference, where we delve into the era of precision medicine.
- Experience the Lab Furniture and Fittings zone, dedicated to showcasing cutting-edge laboratory interiors, design, furniture, and fittings.
- Witness the expansion with more exhibitors and the introduction of Za'abeel Hall 7, a brand new hall.
- Discover The Village, a vibrant space to eat, drink, and socialize.
- Engage in Industry Workshops, witness new product launches, and much more.

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Hydroxychloroquine could have caused 17,000 deaths during Covid, study finds



A recent study conducted by French researchers suggests that hydroxychloroquine may have been responsible for approximately 17,000 deaths during the initial wave of the Covid-19 pandemic. Despite the lack of evidence supporting its clinical benefits, the anti-malaria drug was prescribed to some Covid-19 patients who were hospitalized at the time. The study, published in the *Biomedicine & Pharmacotherapy* journal, highlights the potential adverse effects of hydroxychloroquine, such as

heart rhythm disorders, and its use as a substitute for other effective treatments.

The researchers analyzed hospitalization data from six countries, including France, Belgium, Italy, Spain, Turkey, and the U.S., and estimated the increased risk of death associated with the drug. However, it is important to note that the actual number of deaths may be even higher, as the study only focused on a limited timeframe and a select group of countries.

Hydroxychloroquine gained attention, in part, due to the endorsement of French virologist Didier Raoult, but its efficacy and safety have been a subject of controversy. Former U.S. President Donald Trump also expressed optimism about the drug, referring to it as a potential "miracle cure."

NRIs returning to India for specialized medical care

India is currently experiencing a notable surge in the number of Non-Resident Indians (NRIs) who are coming back to the country for specialized medical treatments, specifically in the fields of dental care, dermatology, orthopedics, and hair care. According to a report by IANS, the majority of these NRIs are from the US, UK, Australia, Canada, Germany, and New Zealand.



Industry experts have identified two main factors that attract NRIs to choose India for their healthcare needs: lower costs and greater accessibility. They explain that healthcare systems in other countries often present challenges, such as long waiting periods in countries that rely on public health schemes or exorbitant expenses for private healthcare. In contrast, India's renowned healthcare facilities make it an appealing choice for NRIs.

The most sought-after treatments by NRIs include dental implants, root canal treatments, tooth cleaning, and ayurvedic therapies. These treatments are not only effective but also offered in the form of family packages and individual care packages, making them appealing to a wider audience.

The influx of NRIs returning to India for medical treatments is particularly high during the December-January holiday season, with an estimated 18% of NRIs traveling to India during this time. The change in temperature in non-tropical countries often leads to various health concerns, resulting in an increased demand for preventive and corrective treatments.

98th IMA national conference 'Tharang' held at Thiruvananthapuram



Over the course of three days, there were 100 lectures and debates, along with the presentation of 400 research papers on various health topics. The conference featured seminars on science, public health, management conclave, young doctors conclave, student parliament, global meet, and editors meet. Additionally, there were exhibitions of artwork and books by doctors, as well as cultural programs.

The conference was inaugurated by Chief Minister Pinarayi Vijayan, with the presence of Union Minister V Muraleedharan, Shashi Tharoor MP, N K Premachandran MP, and other notable figures from the political, medical, and cultural fields.

The 98th national conference of the Indian Medical Association (IMA), named Tharang, took place in Kovalam, Thiruvananthapuram from December 26 to 28. This was the second time the city hosted the conference since 1956. Organized by the Thiruvananthapuram branch of the IMA, the conference saw a participation of 5,000 doctors, 100 junior doctors, and medical students.

Keralite becomes the new national president of the IMA.



R.V. Asokan, a native of Kerala, has taken up the position of national president of the Indian Medical Association (IMA). Dr. Asokan has previously served as the IMA national secretary and as president and secretary of the State chapter. The vice-presidents include Gunasekharan from Tamil Nadu, Shivkumar Utture from Maharashtra, Suresh Gutta from Telangana, and Ashok Sharda from Rajasthan. Anil Kumar Naik from Gujarat holds the position of national secretary general. Munish Prabhakar from Haryana, Prakash Lalchandani from Delhi, M. Venkatachalapathy from Karnataka, and Pradeep Kumar Nemani from West Bengal are the joint secretaries, while Shitij Bali from Delhi serves as the finance secretary.

These newly appointed office-bearers officially assumed their roles during the 98th national conference of the IMA held in Kovalam.

ROBOTIC TECHNOLOGY ENHANCES QUALITY AND SAFETY OF SURGICAL PROCEDURES



Robotic surgery, also known as robot-assisted surgery, is a minimally invasive technique that utilizes specialized robotic systems to assist surgeons in performing procedures with unparalleled precision and control. These systems consist of robotic arms equipped with surgical instruments, a surgical console operated by the surgeon, and a high-definition vision system that offers a magnified 3D view of the surgical site. Unlike traditional open surgery and conventional laparoscopy, robotic surgery combines the skills of the surgeon with robotic technology to enhance the quality and safety of procedures. The roots of robotic surgery can be traced back to the mid-20th century when the concept of using machines in surgery first emerged.

Dr Subramania Iyer, Professor and Chairman, Plastic/Reconstructive Surgery, Head and Neck Surgery at Amrita Hospital and Amrita School of Medicine, Kochi and Faridabad, in an interview to Medical Tourism Magazine, imparts his knowledge and expertise on the subject of robotic surgery, providing valuable insights for our readers.

Interview by: **AP Jayadevan**

Q *What motivated you to specialize in robotic surgery, and how has it impacted your career?*

Robotic surgery has revolutionized the field of surgery by providing surgeons with enhanced precision and expanding the possibilities for managing complex and challenging cases. Personally, what captivated me about this technology is its ability to perform surgeries without the need for large incisions, resulting in less visible scars. Additionally, the surgical robot serves as a valuable assistant to the surgeon, tirelessly executing procedures even during lengthy operations. In my area of expertise, the use of robots is particularly prominent in the treatment of throat cancers, where they enable the removal of tumors through the mouth, eliminating the need for extensive external wounds. This approach also facilitates a quicker recovery of swallowing and speech functions for patients. Furthermore, robots have proven to be invaluable in providing remote access for the removal of thyroid nodules, minimizing the occurrence of neck scars.

Q *Can you explain the role of the surgeon during a robotic surgery procedure?*

A surgical robot serves as a mere assistant to the surgeon, incapable of completely replacing the surgeon's role. Each surgical robot consists of two components: the surgical arm and the console. The surgeon utilizes the console to direct the movements of the surgical arms, which subsequently execute the instructed actions.



Q *Can you provide a concise overview of the Da Vinci Surgical System, Rosa (Robotic Surgical Assistant), and Mako Robotic-Arm Assisted Knee and Hip Replacement Surgery?*

There have been three robotic systems that have been widely used around the world for some time now. These systems are the Davinci system, ROSA, and the Mako system. Each of these systems has its own specific areas of usefulness and applications. The Da Vinci robot is the most commonly used system globally, particularly for intra-abdominal surgery, where it has revolutionized the approach to laparoscopic surgery. The current widely used model is the XI, which features four robotic work arms. One arm is used to introduce a telescope for visualizing the organs, while the other arms carry various holding and cutting tools. The visualization of abdominal organs is exceptional, and this minimally invasive approach allows for bloodless surgery through small incisions. Additionally, the Da Vinci Robot can also be utilized for transoral surgery, where only three arms are used.

The MAKO robot, developed by the Stryker Corporation, was specifically designed to assist in knee and hip replacement surgeries. Stryker, a leader in the field of instrumentation, created this system to enable orthopedic joint surgeons to precisely place prosthetic joints. The process begins with CT scan images being fed into the Robotic console, where computer software generates 3D images. This virtual surgical planning allows the surgeon to accurately plan the placement of the prosthesis. During the actual surgery, the robot further aids the surgeon in ensuring the prosthesis is placed correctly.

On the other hand, ROSA was developed to assist in neurosurgical procedures, particularly in navigating and placing electrodes accurately in the brain. The use of ROSA has expanded to various surgical procedures within the brain, such as epilepsy surgery and endoscopic skull base surgery.

Q *Can you explain the process of selecting patients for robotic surgery and the criteria you consider?*

The selection of patients for robotic surgery primarily depends on the patient's medical condition and the specific surgical procedure required.

Q *How do you prepare patients for robotic surgery, both physically and mentally?*

All surgical procedures cannot be performed using a robot. Therefore, an initial assessment must be made to determine if the specific procedure being considered for the patient is suitable for robotic surgery. If it is deemed appropriate, the option of robotic surgery is then discussed with the patient and their family. Despite its advantages of being faster and more efficient, robotic surgery is also more costly compared to standard procedures. Therefore, the cost implications

need to be thoroughly discussed with the patient prior to making a decision.

After the decision to proceed with robotic surgery, the patient's preparation and administration of anesthesia follow the same protocol as any other standard surgery. The surgical procedure can only take place in the designated theater where the robot is stationed, which may require some waiting time to secure a slot as multiple teams could be utilizing it.

Q *What are the potential risks or complications associated with robotic surgical procedures?*

Overall, robotic surgery is typically regarded as a safe procedure without any expected complications resulting from the use of robots. However, it is crucial to recognize that surgical procedures inherently come with their own potential complications, which can also be present in robotic surgery.

Q *How does robotic surgery enhance precision and minimize risks compared to traditional surgical methods?*

The precision offered by robots used in surgical practice is the defining characteristic. In addition, the Da Vinci robot provides excellent magnified 3D visualization, which further enhances the quality of surgery. The four arms of the Da Vinci robot have a level of dexterity that far surpasses that of human hands and fingers. The structures within the surgeon's field of vision are seen in 3D mode, allowing the surgeon at the console to visualize them as if they were directly seen with their own eyes. The field of vision can be adjusted to different angles and magnified as needed, enabling the surgeon to have a much clearer view of the structures and thus saving vital structures from potential damage.

In the case of MAKO and ROSA robots, precision is achieved by utilizing guidance from images obtained

through scans. These images are inputted into the robots' computer systems, allowing for precise surgical planning to be conducted prior to the actual surgery. These plans then prove to be invaluable during the surgery itself, as the robotic arms are guided by this pre-planned strategy.

Q *How has robotic surgery evolved over the years, and what breakthroughs have you witnessed firsthand?*

The progress in the design and development of robots is advancing rapidly. The latest version of the Da Vinci system introduces a single port system, where all four arms pass through a single tube, enabling the surgeon to utilize a single opening. In addition to these three robotic systems, there are numerous others that have either been released for use or are currently in the trial phase. These new designs cater to specific areas of application, indicating a broader range of specialized work that can be expected in the future. The high cost of robotic procedures, which currently hinders universal application, may also decrease with the introduction of newer and more compact robots.

Q *What advice would you give to aspiring doctors who are interested in specializing in robotic surgery?*

Currently, individuals who are eager to receive education in robotic surgery must participate in training sessions that involve simulated surgical procedures. These workshops utilize models or animals for the purpose of training. These workshops can be found in various centers. Additionally, collaborating with a skilled robotic surgeon could prove advantageous. The emerging robotic systems have unique operational methods that are based on their mechanisms. Therefore, continuous training with these systems may also be necessary in order to stay updated with the advancements being made in the field of surgical robots.



Dr. Subramania Iyer, M.S., M.Ch. FRCS, Professor and Chairman of Plastic and Reconstructive Surgery, Head and Neck Surgery, Oncology, and Craniomaxillofacial Surgery at the Amrita Institute of Medical Sciences; completed his MS degree from the AIIMS, New Delhi, and his MCh in Plastic Surgery from the University of Calicut. Dr. Iyer gained

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ened awareness of the present moment, offering individuals a refuge from the turbulence of anxious thoughts. Integrating mindfulness into daily life serves as a foundational step in reducing anxiety and fostering a profound sense of inner calm.

- **Lifestyle modifications:** The intricate link between lifestyle and mental health cannot be overstated. Adequate sleep, regular exercise and a balanced diet contribute significantly to overall well-being. My collaborative work with clients involves tailoring sustainable lifestyle changes to their unique needs, recognizing the role of holistic well-being in anxiety management.

- **Medication when necessary:** In instances where symptoms are severe, judiciously prescribed medication can be a valuable component of the treatment plan. Anti-anxiety medications and antidepressants, when used in conjunction with other therapeutic interventions, provide relief and create a pathway for sustainable healing.

- **Social support and connection:** Building and maintaining robust social connections is integral to mental health. The power of support groups and group therapy in fostering a sense of belonging cannot be overstated. Through shared experiences, individuals realize they are not alone in their struggles, breaking the shackles of isolation that often accompany anxiety.

- **Self-care practices:** The promotion of self-care is not merely a suggestion but a crucial prescription for mental well-being. Encouraging clients to establish self-care rituals, prioritize activities that bring joy, and practice self-compassion forms a foundational aspect of my therapeutic approach.

Understanding anxiety and panic

At its core, anxiety is a universal human emotion. However, when it transcends the boundaries of normal stress, it can manifest as a persistent force, characterized by excessive worry, restlessness, and an overwhelming sense of impending doom. Alongside anxiety, panic attacks are intense episodes of fear, often accompanied by physiological symptoms such as a racing heart, shortness of breath, and chest pain. Distinguishing between everyday stress and clinical anxiety is crucial for both individuals and practitioners, forming the foundation for effective remedial strategies.

The causes of anxiety and panic

Anxiety and panic disorders are intricate conditions influenced by a multitude of factors. From genetic predispositions and brain chemistry to personality traits and life experiences, the roots of these disorders are deeply entwined.

Recognizing the unique combination of elements contributing to an individual's anxiety is a delicate yet essential process. My approach as a practitioner emphasizes the need for a personalized strategy that considers the specific circumstances and characteristics shaping these mental health challenges.

Remedial measures

- **Cognitive-Behavioral Therapy (CBT):** At the forefront of evidence-based interventions for anxiety and panic disorders is Cognitive-Behavioral Therapy (CBT). This approach focuses on identifying and restructuring negative thought patterns, equipping individuals with practical tools to manage their emotions effectively. The collaborative nature of CBT empowers individuals to navigate the complexities of their mental landscape and enact positive change.

- **Mindfulness and meditation:** In the pursuit of mental well-being, mindfulness and meditation emerge as powerful practices. These techniques cultivate height-

Exploring the nuances:

Beyond these foundational remedial measures, it's essential to explore the nuances of anxiety and panic. From the impact of childhood experiences on the development of anxiety to the role of cultural factors in shaping an individual's mental health journey, a comprehensive understanding requires us to navigate the intricate interplay of various elements.

- **Childhood experiences and anxiety:** The imprint of childhood experiences on mental health is profound. Traumatic events or adverse childhood experiences (ACEs) can significantly contribute to the development of anxiety disorders. Acknowledging and addressing these early-life influences is paramount in creating effective therapeutic interventions.

- **Cultural factors in mental health:** Recognizing the role of cultural factors in shaping an individual's experience of anxiety is an area often overlooked. Cultural stigma surrounding mental health, differing attitudes toward seeking help, and unique cultural stressors all influence how anxiety manifests and is managed. Tailoring interventions to respect and incorporate cultural nuances is essential for effective treatment.

- **The role of technology in anxiety:** In the digital age, the impact of technology on mental health is a burgeoning concern. Social media, constant connectivity and information overload contribute to heightened stress levels and exacerbate anxiety. Navigating the role of technology in an individual's life becomes a crucial aspect of addressing and managing anxiety in the contemporary world.

- **The mind-body**

connection: The intricate connection between the mind and body is a focal point in understanding anxiety and panic. Stress manifests not only in thoughts and emotions but also in physical symptoms. Exploring holistic approaches that integrate mental and physical well-being can provide a more comprehensive and effective path to healing.

A holistic approach to healing:

As we delve deeper into the multifaceted nature of anxiety and panic, it becomes evident that a holistic approach is essential for lasting healing. Beyond individual therapeutic interventions, the integration of multiple strategies ensures a comprehensive and tailored response to the diverse needs of individuals facing these challenges.

- **Integration of therapeutic modalities:** Recognizing the diversity of human experiences, integrating various therapeutic modalities is crucial. While CBT provides practical tools for managing thoughts, incorporating psychodynamic or expressive therapies can unearth deeper-rooted issues, fostering a more holistic understanding and resolution.



- **Collaboration with medical professionals:** Collaborating with medical professionals, including psychiatrists and primary care physicians, ensures a comprehensive approach to treatment. This collaboration allows for a nuanced understanding of the biological aspects of anxiety and facilitates a holistic treatment plan that addresses both psychological and physiological dimensions.

- **Community-based interventions:** Extending beyond individual therapy, community-based interventions play a pivotal role in fostering mental health. Community support groups, educational workshops, and awareness campaigns contribute to reducing stigma and creating a supportive environment for individuals facing anxiety and panic disorders.

- **Education and prevention:** Proactive measures in education and prevention are fundamental in reducing the prevalence of anxiety and panic disorders. Raising awareness about mental health, teaching coping skills in schools and creating workplace environments that prioritize mental well-being contribute to a societal shift toward proactive mental health care.

● **Research and innovation:** The landscape of mental health is dynamic and ongoing research is vital for advancing our understanding and treatment options. Investing in research initiatives, supporting innovative approaches, and continually refining therapeutic strategies contribute to the evolution of mental health care.

The intersection of physical and mental health:

A holistic approach to anxiety and panic must acknowledge the intricate interplay between physical and mental health. The mind-body connection is a pivotal aspect often underestimated in traditional mental health paradigms. Understanding how physical health influences mental well-being and vice versa allows for a more comprehensive and effective approach to treatment.

● **Exercise and mental health:** Regular physical activity has been consistently linked to improved mental health. Exercise releases endorphins, reduces stress hormones, and fosters a sense of well-being. Incorporating personalized exercise plans into the treatment of anxiety is a holistic strategy that acknowledges the interconnected nature of physical and mental health.



● **Nutrition and mental well-being:** The role of nutrition in mental health cannot be overstated. A balanced diet provides the essential nutrients needed for optimal brain function. Exploring the impact of diet on anxiety and incorporating nutritional

interventions into treatment plans aligns with the holistic philosophy of addressing the entire well-being of an individual.

● **Sleep hygiene and anxiety:** Sleep is a cornerstone of mental health, and disruptions in sleep patterns are closely linked to anxiety disorders. Addressing sleep hygiene, exploring sleep-related interventions, and understanding the bidirectional relationship between anxiety and sleep contribute to a more comprehensive treatment approach.

● **Mind-body practices:** Integrating mind-body practices, such as yoga and tai chi, acknowledges the profound connection between mental and physical well-being. These practices not only offer physical benefits but also cultivate mindfulness and relaxation, creating a holistic approach to anxiety management.

As we navigate the expansive terrain of anxiety and panic, it becomes evident that a holistic and multifaceted approach is paramount for lasting healing and well-being. From evidence-based therapeutic interventions to understanding the impact of childhood experiences, cultural factors, and

the role of technology, this comprehensive exploration aims to provide a nuanced perspective.

A holistic approach recognizes the individuality of each person's mental health journey, tailoring interventions to their unique needs and circumstances. It acknowledges the interplay between physical and mental health, the importance of community support, and the ongoing evolution of mental health care through research and innovation.

Through my years of experience, academic achievements and the founding of MindTribe, I remain committed to advancing the discourse on mental health. By unraveling the complexities of anxiety and panic and exploring a holistic approach to well-being, we pave the way for transformative journeys toward healing and resilience.

In the tapestry of mental health, each thread represents a unique aspect of an individual's experience. As we weave together evidence-based practices, cultural sensitivity, and an understanding of the mind-body connection, we create a rich and comprehensive narrative that empowers individuals to face the challenges of anxiety and panic with resilience and hope.

Author:

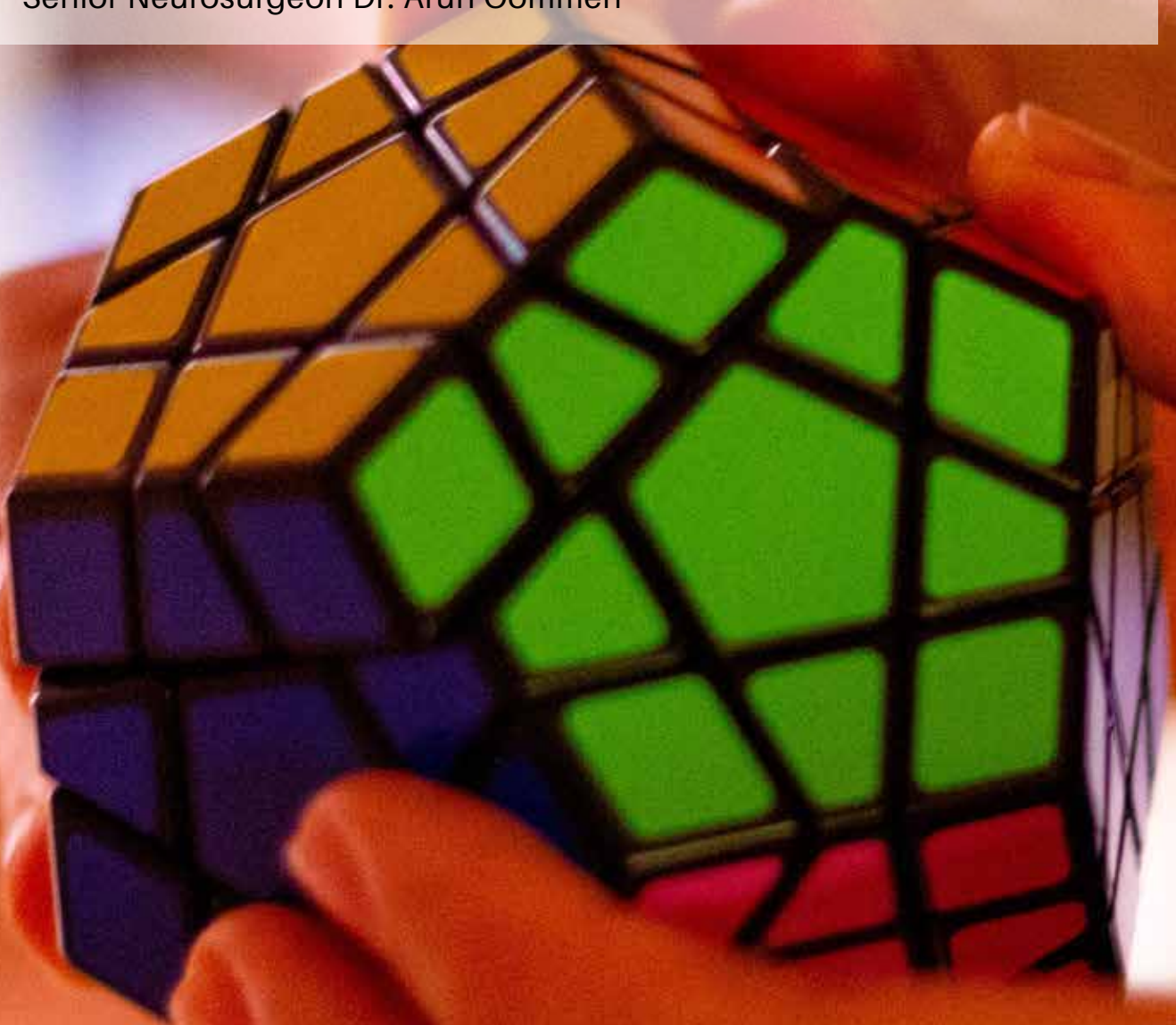
Dr. Prerna Kohli has been a contributor in the area of mental health for over 27 years and works towards de-stigmatization of Mental health across the world. Dr. Kohli is a published author and an intensive research scholar.

You can learn more about Dr. Prerna Kohli from https://en.wikipedia.org/wiki/Prerna_Kohli

<http://www.drprernakohli.in/>

BRAIN WORKOUTS BOOST BRAIN FUNCTIONING

Discovering and acquiring new knowledge and skills can have a profound impact on the health of our brain, as extensive research suggests. In fact, it has been scientifically proven that engaging in learning activities can help reduce the risk of dementia and brain degeneration, says Senior Neurosurgeon Dr. Arun Oommen





Dr. Arun Oommen
 Lakeshore Hospital, Kochi

Mathew, a talented football player, faced a temporary setback due to a minor accident during a game. Despite his active nature, he was forced to take a break and rest. However, he refused to remain idle for long. While seated, he noticed a Rubik's Cube in his room and became intrigued by the challenge of solving it. Through persistent effort, he eventually succeeded. Inspired by this accomplishment, he began engaging in various mental exercises and challenging puzzles. Remarkably, after just two months of rest, Mathew experienced improved speed, reflexes, and overall performance in football. This phenomenon is not unique to Mathew; many individuals encounter similar experiences in their daily lives. By developing or acquiring new skills, they enhance their abilities and excel in their respective fields.

Discovering and acquiring new knowledge and skills can have a profound impact on the health of our brain, as extensive research suggests. In fact, it has been scientifically proven that engaging in learning activities can help reduce the risk of dementia and brain degeneration.

Our brains possess a remarkable ability known as neuroplasticity, which enables them to adapt and grow throughout our lives. By engaging in activities such as learning a new language or playing a musical instrument from a young age, we can enhance the development and functionality of our brains as we age. Engaging in challenging learning experiences keeps our brains active, improving their speed and processing capabilities. Therefore, it is crucial to continuously seek out opportunities to acquire new skills.

Engaging in a new and demanding activity is a positive process that not only helps us build and maintain cognitive skills but also stimulates our brain's overall functioning. When we pursue new skills aligned with our passions or talents, the positive impact on our brain becomes even more pronounced. Our areas of strength and potential can be better understood by nurturing and cultivating our innate talents. In essence, engaging in a "brain workout" through continuous learning and skill acquisition is essential for optimal brain health and development.



Science discovered that individuals aged 60 to 90 who participated in novel and intricate activities like digital photography or quilting performed better on long-term memory tests compared to those who engaged in more familiar activities like reading or crossword puzzles.

4. Maintain variety

To maximize brain training, it is important to maintain a diverse range of activities. By regularly switching between different tasks and challenges, we prevent our brains from becoming stagnant and encourage continuous growth and development.

Continuous training is a crucial practice that yields numerous benefits. Engaging in regular training sessions not only enhances brain activity but also improves overall mental health. The act of practicing something repeatedly stimulates the brain, leading to increased brain function and improvement over time.

Learning a new skill, in particular, offers significant mental health advantages. Neuroscientists have discovered that acquiring a new skill causes physical changes in the brain's structure. By stimulating neurons, the brain forms additional neural pathways. As these pathways multiply, the transmission of stimuli becomes faster. Moreover, the production of myelin, which acts as a protective coating for axons and neurons, increases with practice. This denser myelin aids in faster and more efficient learning.

The formation of more neural pathways, coupled with increased myelin, allows electrical impulses to travel swiftly, enabling the brain to process information more rapidly. Consequently, this facilitates the development of skills at an accelerated pace. The more we learn, the more diverse our cognitive abili-

To optimize brain training, it is essential to adhere to these four principles:

1. Expand your skill set

In order to enhance brain function, it is crucial to continuously acquire new skills. By selecting skills that align with our passions or interests, we can reap even greater benefits. The more skills we acquire, the more advantageous it is for our brain's overall performance.

2. Embrace challenges

Our brains thrive on new challenges. By actively seeking out and embracing challenges, we stimulate the development of our brain. As we tackle increasingly difficult tasks, our brain naturally becomes stronger and more resilient.

3. Embrace complexity

Engaging in complex activities not only provides excitement but also encourages our brains to employ specific cognitive processes such as problem-solving and creative thinking. A study conducted by Psychological

ties become, resulting in quicker responses from our brains.

Furthermore, continuous learning serves as a defense mechanism against the ageing process. It promotes neuroplasticity, which refers to the brain's ability to create new neural pathways. This, in turn, helps to stave off dementia to some extent. As we age, the importance of learning becomes increasingly evident as it safeguards the brain from degeneration.

In conclusion, practicing continuous training not only enhances brain activity but also provides various mental health benefits. Learning new skills improves brain health, memory, and cognitive function. By engaging in regular training, we can protect our brains from aging and promote neuroplasticity, ultimately leading to a healthier and more resilient mind.

Acquiring a new skill enhances our ability to connect with others. It enables us to navigate through various situations and prevents the loneliness that often accompanies

aging. This means it pushes us beyond our comfort zone and encourages us to explore unfamiliar territories. By adapting to changes, acquiring new skills, and progressing in our careers, we can have a greater impact on the lives of others.

Remaining relevant in today's fast-paced world is crucial. To avoid being left behind, we must adapt and keep up with the changes. This is where continuous learning and professional development come into play.

If you're unsure about what to focus on, take a moment to reflect on your childhood interests and passions. What subjects or activities have always captivated your attention?

The gratification of acquiring new knowledge and skills, whether for personal enjoyment or professional growth, undoubtedly brings immense happiness and fulfillment.

The process of aging naturally leads to a decline in myelin, which is why it becomes more difficult to acquire new skills as we grow older. However, it is important to note that the brain has the ability to continue growing and developing at any age. By learning new skills later in life, we can stimulate the regrowth of myelin, which in turn enhances brain power.

Demyelination, on the other hand, refers to the loss of myelin while the axons remain intact. This can occur as a result of diseases that damage the myelin sheaths or the cells responsible for their formation. It is crucial to distinguish these diseases from conditions where the formation of myelin is impaired, known as dysmyelination. While demyelinated axons may eventually shrink and deteriorate, demyelinating diseases do not involve the degradation of myelin before axonal degeneration.

Furthermore, demyelination has been suggested to play a role in the progressive degeneration of brain cells and central nervous systems in

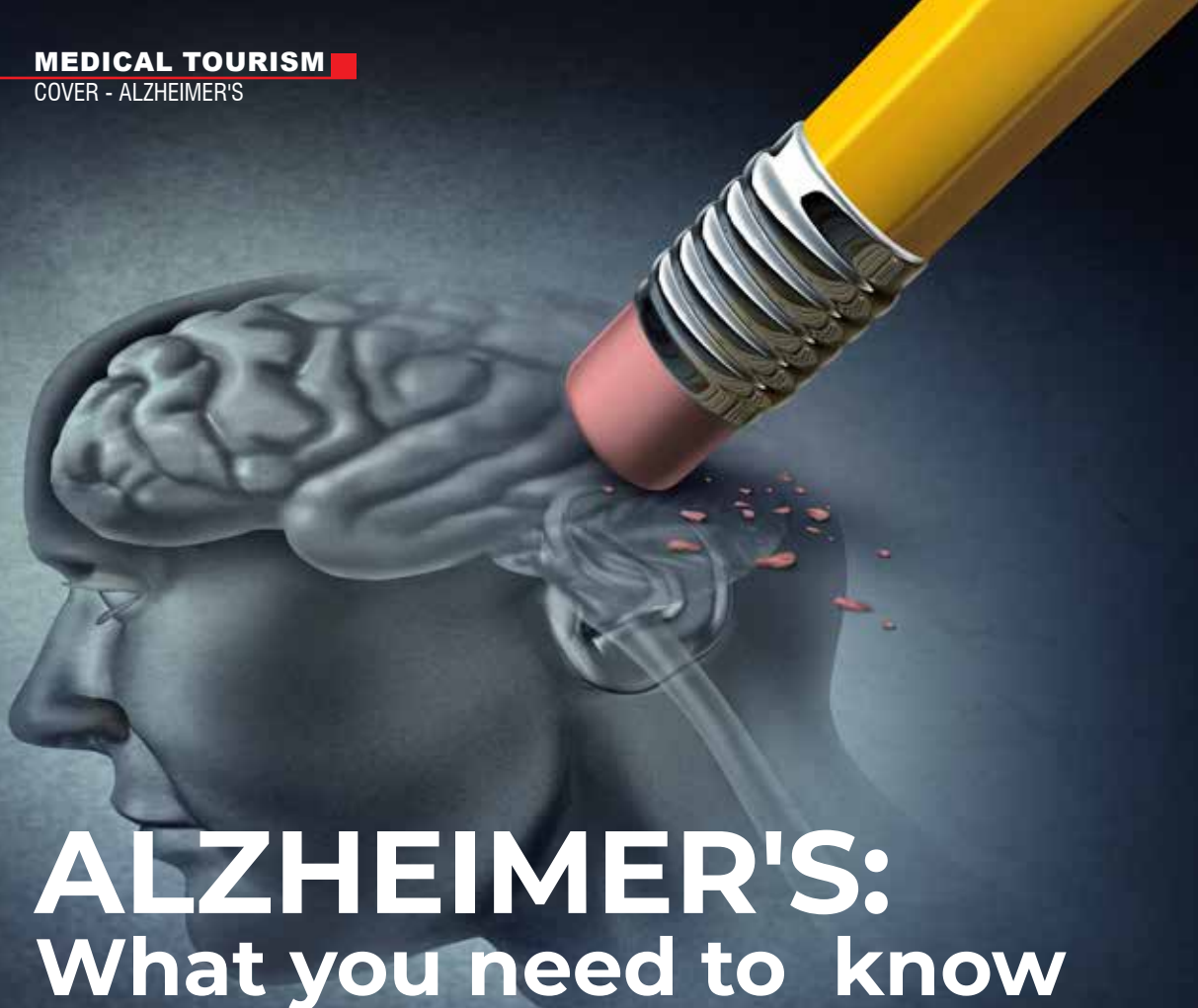
Alzheimer's and dementia. Therefore, many researchers believe that by promoting the growth of myelin through brain training and challenging skills, it may be possible to partially prevent dementia and improve memory.

It is important to remember that just like our bodies become stronger through exercise, the brain also becomes stronger the more we utilize it.



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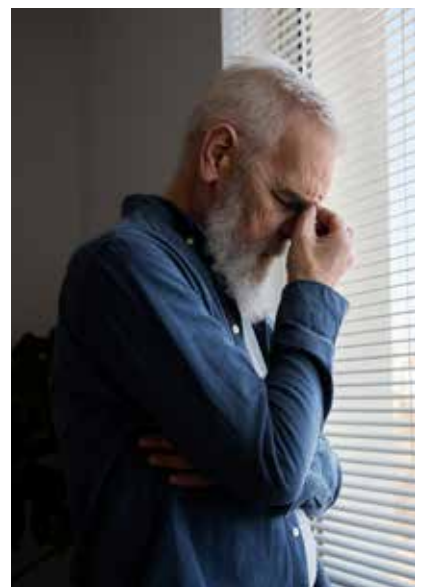
ALZHEIMER'S: What you need to know

Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities.

Alzheimer's begins slowly. It first involves the parts of the brain that control thought, memory and language. People with Alzheimer's may have trouble remembering things that happened recently or names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age. Many, but not all, people with MCI will develop Alzheimer's.

In Alzheimer's over time, symptoms get worse. People may not recognize family members. They may have trouble speaking, reading or writing. They may forget how to brush their teeth or comb their hair. Later on, they may become anxious or aggressive, or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

Alzheimer's usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease. No treatment can stop the disease. However, some drugs may help keep symptoms from getting worse for a limited time.



What are the early signs of Alzheimer's disease?

Memory problems are typically one of the first signs of Alzheimer's disease, though different people may have different initial symptoms. A decline in other aspects of thinking, such as finding the right words, vision/spatial issues, and impaired reasoning or judgment, may also signal the very early stages of Alzheimer's disease.

Mild cognitive impairment, or MCI, is a condition that can also be an early sign of Alzheimer's disease — but not everyone with MCI will develop Alzheimer's. In addition to memory problems, movement difficulties and problems with the sense of smell have been linked to MCI. If you have MCI, it's important to see a doctor or specialist regularly to monitor any changes in memory or thinking.

What are the stages of Alzheimer's disease?

Alzheimer's disease progresses in several stages: preclinical, early (also called mild), middle (moderate), and late (severe). During the preclinical stage of Alzheimer's disease, people seem to be symptom-free, but toxic changes are taking place in the brain. A person in the early stage of Alzheimer's may exhibit the signs listed above.

As Alzheimer's disease progresses to the middle stage, memory loss and confusion grow worse, and people may have problems recognizing family and friends. As Alzheimer's disease becomes more severe, people lose the ability to communicate. They may sleep more, lose weight, and have trouble swallowing. Eventually, they need total care.

What are the causes of Alzheimer's disease?

Scientists do not yet fully understand what causes Alzheimer's disease in most people. In early-onset Alzheimer's, which occurs between a person's 30s and mid-60s, there may be a genetic component. Late-onset Alzheimer's, which usually develops in a person's mid-60s, arises from a complex series of age-related brain changes that occur over decades. The causes probably include a mix of these changes, along with genetic, environmental, and lifestyle factors. These factors affect each person differently.



Down syndrome, a genetic condition, increases a person's risk of developing Alzheimer's disease. Estimates suggest that 50% or more of people with Down syndrome will develop Alzheimer's disease and may begin to show symptoms in their 40s.

Is Alzheimer's disease hereditary?

Just because a family member has Alzheimer's disease does not mean that you will get it, too. Most cases of Alzheimer's are late-onset. This form of the disease occurs in a person's mid-60s and is not linked to a specific change in genes. However, genetic factors appear to increase a

person's risk of developing late-onset Alzheimer's.

Early-onset Alzheimer's disease, which is rare, can be caused by genetic variants, or changes in certain genes. If one of the genetic variants is passed down, the child will usually - but not always- have the disease. For other cases of early-onset Alzheimer's, research shows other genetic components are involved.

Is there a cure for Alzheimer's disease?

Currently, there is no cure for Alzheimer's disease. Some sources claim that products such as coconut oil or dietary supplements can cure or delay Alzheimer's. However, there is no scientific evidence to support these claims.

The U.S. Food and Drug Administration (FDA) has approved several drugs to treat people with Alzheimer's disease, and certain medicines and interventions may help control behavioral symptoms.

Is there a way to prevent Alzheimer's disease?

Currently, there is no definitive evidence about what can prevent Alzheimer's disease or age-related cognitive decline. What we do know is that a healthy lifestyle — one that includes a healthy diet, physical activity, appropriate weight, and control of high blood pressure — can lower the risk of certain chronic diseases and boost overall health and well-being. Scientists are very interested in the possibility that a healthy lifestyle might delay, slow down, or even prevent Alzheimer's. They are also studying the role of social activity and intellectual stimulation in Alzheimer's disease risk.

Source:

NIH: National Institute on Aging

STRESS AND YOU

Stress—and sometimes feeling anxious—is a natural and normal experience for everyone, including children and teenagers. But when those feelings last a long time or occur frequently, that’s cause for concern. A look at the symptoms of stress among youngsters and how to reduce it

According to Dr. Krystal Lewis, Ph.D., a licensed clinical psychologist in the National Institute of Mental Health Intramural Research Program, US, it’s important to know the difference between stress and anxiety.

Stress is the body’s reaction to danger or excitement, including positive things such as an upcoming party or a vacation. Stress causes the body to release hormones that can raise blood pressure, heart rate, or blood sugar.

Anxiety is the body’s or mind’s response to stress, even when there are no current stressors. Dr. Lewis said this often comes from the fear of a future outcome that may not even happen. For example, you may be worried

about getting into college or an important exam: “You already had the test, but you’re still feeling anxious... You’re worried about the next test now.”

She said it’s important to remind adolescents that it is normal to feel pressure to be perfect or perform well. However, failure is a part of life. If a teen is so concerned with not making mistakes that anxiety gets in the way of them enjoying life or causes prolonged physical symptoms, that could become a clinical problem.

“When you’re able to create a schedule and you know what’s upcoming, that can help you to manage stress and anxiety by minimizing the unknown, says ” Dr. Lewis.





At-home stress coping strategies for teens

A teen's environment can contribute to them developing an anxiety disorder, so in addition to exploring treatment options, it's important to take simple steps to decrease their risk.

Sleep

Make sure they are getting enough! Eight to 10 hours of sleep per night are recommended for teens ages 13 to 18. Stick to a regular bedtime and make their sleep space as calm as possible.

Physical activity

This can be gentle, such as yoga or walking, or more intense, like running or playing team sports. Exercise causes the body to release endorphins, which are hormones that can relieve pain and reduce symptoms of anxiety. It also helps take their mind off whatever is causing them stress.

Balanced diet and hydration

Eating regular, healthy meals and drinking plenty of water can improve energy and focus throughout the day. They may want to limit caffeinated beverages such as soft drinks or coffee and other foods that can cause physical symptoms of stress or discomfort.

Meditation and breathing exercises

These don't have to be complicated or take a lot of time. They can spend a few minutes being still and quiet, listening to their breathing, and letting their mind clear. They can also download a mobile app or listen to meditation playlists to guide them in a relaxation exercise.

Having a schedule or routine is also important for adolescents. Sometimes it's less about creating a schedule and more about modifying the schedule you already have.

"Schedules are useful in that they help create a routine, and it gives them something to look forward to," Dr. Lewis said. "When you're able to create a schedule and you know what's upcoming, that can help you to manage stress and anxiety by minimizing the unknown."

Just make sure that schedule also includes time for fun and relaxation!

Source: National Institute of Mental Health (NIMH), US

Physical symptoms of stress and anxiety include headaches, trouble sleeping, digestive issues, or muscle pain. If left untreated, these symptoms can damage the body and lead to other mental health issues, including anxiety disorders.

A mental health professional can diagnose an anxiety disorder, which may require treatment such as therapy or medication.

We don't know what causes anxiety disorders, but risk factors include a family history of the condition or other mental illness and a person's brain biology and chemistry. Some physical health conditions, such as thyroid problems or arrhythmia, can also lead to anxiety disorders. Experiencing traumatic events is a risk factor as well.

For adolescents, stress and anxiety can be hard to talk about. Some signs that a teen is struggling may include noticeable changes in appetite and sleep, aggression, irritability, difficulty concentrating, avoiding social activities, and engaging in self-harm or having thoughts of suicide.

MENTAL HEALTH ISSUES AND REMEDIES

from an Ayurvedic Point of View



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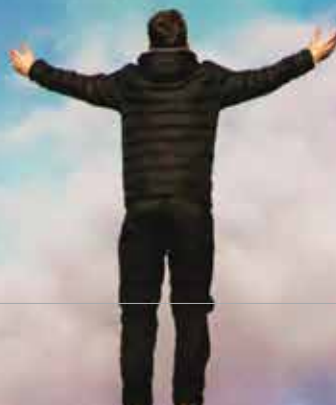


Dr. Anjali A.

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According to Ayurveda, we develop disease because of two factors that usually go together; externally, a wrong relationship with environmental forces like food or climate and, internally, a wrong movement of internal energies brought about by disharmonious thoughts and emotions. Resolving these two factors is the movement of Ayurvedic healing that occurs both on the outside and on the inside.

David Frawley



Health is a priceless asset that every individual possesses. The importance of both physical and mental health is immeasurable. As per the World Health Organization, mental health is defined as a state of complete well-being where individuals are aware of their own capabilities, effectively handle the normal pressures of life, perform productively, contribute to society, and experience overall satisfaction.

Our mental health, which encompasses our emotional, psychological, and social well-being, greatly influences our thoughts, emotions, behaviors, stress management, relationships, and decision-making. It plays a crucial role in our overall well-being, and its significance has been increasingly recognized in recent years.

Ayurveda's Unique Perspectives on Mental Health

Globally, many patients in general practice lack proper identification, diagnosis, and treatment for mental health conditions. The solution lies in adopting a patient-centered

approach that considers the overall well-being of individuals, including their physical, mental, social, and spiritual aspects.

Ayurveda, a holistic science, plays a crucial role in this shift. While modern medicine provides valuable insights and treatments, ancient systems like Ayurveda offer unique perspectives on mental health. According to Ayurveda, the mind acts as a bridge between the senses and the soul, governing sensory and functional activities of the body. It possesses qualities that resonate with various emotions experienced in life.

Prajnaparadha - The Root Cause of Diseases

Prajnaparadha refers to the errors in thinking that cause inappropriate actions, leading to imbalances in the body. Ayurveda uses this term to explain the three main factors that cause diseases. The root of these wrong choices and behaviors can be traced back to an individual's own intellectual mistakes, making it a fundamental cause of illnesses.

It occurs when we knowingly choose to go against what we know is good for us. For example, we may understand the importance of exercise, hydration, and spending time in nature, but we often make excuses or postpone these practices due to our busy schedules. This constant disregard for our body's wisdom leads to internal conflict, which can negatively affect our mental well-being, happiness, and overall wellness over time.

The Oneness of Life and Its Environment

Ayurveda maintains a fundamental belief that the constitution of humans is essentially identical to that of the world, although in different combinations and proportions. In this context, the term "elements" refers to the five Mahabhutas: Akasa (space), Vayu (air), Tejas (fire), Aap (water), and Prithvi (earth). According to Ayurveda, all forms, substances, and species are composed of these elements, albeit in varying degrees. These elements come together to create the three humors of Vata, Pitta, and Kapha (also known as the Tridoshas), which form the basis of Ayurvedic philosophy.

The Three fundamental energies called 'Doshas' (Biological humors)

Mental imbalances are often considered a result of disturbances in the doshas - Vata, Pitta, and Kapha - which are the fundamental energies that govern various physiological and psychological functions in the body.

Here's a brief explanation of each dosha:

1. Vata: Vata, composed of the elements air and space, is responsible for all movement in the body,





and nerve impulses. Vata governs bodily functions such as digestion, elimination, and the movement of thoughts in the mind. When in balance, Vata promotes creativity, flexibility, and vitality. An excess of Vata can lead to issues like anxiety, dryness, constipation, and insomnia.

2. Pitta: Pitta, composed of fire and water, governs metabolism, digestion, and transformation in the body. Pitta is responsible for maintaining body temperature, regulating hormones, and promoting intelligence and understanding. When in balance, Pitta promotes courage, intelligence, and a strong digestion. An excess of Pitta can lead to issues like anger, inflammation, heartburn, and skin rashes.

3. Kapha: Kapha, composed of earth and water, provides structure, stability, and lubrication to the body. Kapha governs growth, strength, and immunity. It also plays a role in maintaining emotional stability and a sense of calmness. When in balance, Kapha promotes strength, endurance, and a stable mind. An excess of Kapha can lead to issues like weight gain, congestion, lethargy, and attachment.

Each person possesses a distinct blend of these doshas, which governs their physical and mental attributes. The equilibrium or imbalance of these doshas impacts our overall wellness and vitality.

and sustain the dosha's equilibrium by implementing diverse lifestyle practices, dietary preferences, herbal treatments, and therapies. It is crucial to comprehend your dosha constitution and make suitable adaptations to uphold optimal health.

The Concept of 'Mind' in Ayurveda

Ayurveda recognizes the interconnectedness of the mind and body, with each exerting influence on the other. Within Ayurveda, the mind holds significant importance in overall health and wellness. It is closely intertwined with consciousness and plays a vital role in maintaining both physical and mental equilibrium.

Three 'Guna's that constitute the mind

Ayurveda identifies three fundamental qualities or Gunas that

jas, and Tamas. Sattva embodies purity, clarity, and harmony, Rajas embodies activity, passion, and restlessness, while Tamas embodies inertia, darkness, and dullness. These Gunas shape our thoughts, emotions, and behaviors.

According to Ayurveda, the three Gunas or qualities exist in all aspects of creation, including our minds, bodies, and the world around us. These Gunas influence our thoughts, emotions, behaviors, and overall well-being.

1. Satva: Satva represents purity, harmony, balance, and clarity. It is associated with qualities such as peace, love, compassion, joy, and wisdom. When Satva is predominant, it leads to a calm and focused mind, positive emotions, and a sense of well-being. Satva is considered the highest Guna and is essential for spiritual growth and self-realization.



2. Rajas: Rajas is associated with activity, passion, restlessness, and ambition. It is characterized by qualities like desire, attachment, ego, and agitation. When Rajas is dominant, it can lead to a restless mind, impulsive behavior, and a constant need for stimulation. While Rajas can drive us to achieve goals, excessive Rajas can lead to stress, anxiety, and imbalance.

3. Tamas: Tamas represents inertia, darkness, and ignorance. It is associated with qualities like laziness, dullness, confusion, and lethargy. When Tamas is predominant, it can lead to a lack of motivation, procrastination, and a clouded mind. Excessive Tamas can result in physical and mental stagnation, depression, and a lack of clarity.

Ayurveda aims to promote Sattva by adopting a 'sattvic' lifestyle, which includes a balanced diet, regular exercise, Meditation, Pranayama, positive relationships, and engaging in activities that promote harmony and well-being. A person who possesses virtuous qualities, a lucid perspective, and a serene and compassionate demeanor towards all living beings is referred to as a 'sattvic' individual.

It's important to note that these Gunas are not fixed and can fluctuate based on various factors such as diet, lifestyle, environment, and our own efforts. A balanced state of the Gunas is crucial for overall health and mental well being.

Agni - The Metabolic Energy

Agni, one of the most important concepts in Ayurvedic medicine, refers to the digestive fire or metabolic energy within our body. It is responsible for the digestion, absorption, and assimilation of food, as well as the transformation of nutrients into energy and waste



products. According to Ayurveda, a balanced and strong Agni is essential for maintaining optimal health.

One can maintain a balanced Agni through proper diet, lifestyle, and herbal remedies. Some general tips for supporting healthy Agni include: 1. Eating freshly cooked, warm, and easily digestible meals. 2. Avoiding overeating and eating heavy, processed, or incompatible food combinations. 3. Practicing regular physical exercise to stimulate Agni. 4. Managing stress and maintaining a calm and peaceful mind. 5. Incorporating digestive spices such as ginger, cumin, coriander, and fennel in your meals. 6. Following a daily routine (dinacharya) that aligns with your body's natural rhythms.

It is crucial to acknowledge that the notion of Agni in Ayurveda is all-encompassing, encompassing

not just physical digestion but also mental and emotional digestion. By nurturing and harmonizing Agni, individuals can also promote their mental well-being.

Ayurvedic Management of Psychiatric Disorders

According to Ayurveda, mental health is closely related to the balance of doshas (Vata, Pitta, and Kapha), the state of agni (digestive fire), and the overall well-being of an individual.

Here are some key aspects of managing psychiatric disorders in Ayurveda:

1. Understanding the Doshas: Ayurveda recognizes that imbalances in the doshas can contribute to mental health issues.



Vata imbalance can lead to anxiety, fear, and insomnia. Pitta imbalance can manifest as anger, irritability, and aggression. Kapha imbalance can result in depression, lethargy, and lack of motivation. Identifying the dominant dosha involved helps in tailoring the treatment approach.

2. Lifestyle Modifications: Ayurveda emphasizes the importance of a balanced lifestyle for mental well-being. This includes following a regular daily routine (dinacharya), practicing stress management techniques like yoga and meditation, getting adequate sleep, and engaging in regular exercise.

3. Dietary Considerations: Ayurveda recommends consuming a sattvic diet, which includes fresh fruits, vegetables, whole grains, and dairy products. Avoiding processed foods, excessive caffeine, alcohol, and spicy or oily foods can also be beneficial.

4. Herbal Remedies: Ayurveda utilizes various herbs and herbal formulations to support mental health. Some commonly used herbs include Brahmi (*Bacopa monnieri*), Ashwagandha (*Withania somnifera*), Jatamansi (*Nardostachys jatamansi*), and Shankpushpi (*Convolvulus pluricaulis*). These herbs can help reduce anxiety, improve sleep, and promote overall mental well-being.

5. Panchakarma: Panchakarma, a set of detoxification procedures in Ayurveda, can be beneficial for certain psychiatric disorders. It helps eliminate toxins from the body and balance the doshas. Panchakarma therapies like Shirodhara (pouring of medicated oil on the forehead) and Nasya (nasal administration of medicated oils) are commonly used.

6. Counseling and Psychotherapy: Ayurveda recognizes the importance of addressing psychological and emotional aspects of mental health. Counseling, psychotherapy, and techniques like Pranayama (breathing exercises) and Mantra chanting can be incorporated to support.

Embracing Harmony: The Ayurveda Way

In Ayurveda, the imbalanced mind is treated using a comprehensive method that focuses on restoring harmony to the doshas, enhancing the digestive system, embracing an appropriate diet and lifestyle, effectively managing stress, and fostering emotional wellness.

Ayurveda offers a full spectrum of alternative diagnostic models and therapies. Ayurveda's approach to psychology treats each patient as a unique individual. Practitioners build unique treatment plans for each patient incorporating the whole individual as body, mind and spirit. More research into Ayurveda's classical psychology is needed to illuminate the efficacy of its many therapies.



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Can sitting on wallet cause back problems?



Yes, it's true. Sitting on a wallet all day could be adding to your back woes. That's in part because sitting that way places your body in a lopsided position, with one hip higher than the other. This can throw your spine out of alignment. It may also put extra pressure on the pads (disks) between your vertebrae and on your sciatic nerve, the nerve that begins in your lower back and branches off down your hips, buttocks and each leg, says Mayo Clinic

Sometimes, people who sit on their wallets for several hours start to notice a tingling or pain that radiates from the buttocks and down a leg. This condition even has a name: wallet sciatica, sometimes called wallet neuritis or fat wallet syndrome. The condition develops when a wallet compresses the sciatic nerve in the buttocks.

To protect your back, consider removing your wallet from your back pocket before sitting. Or keep it out of your back pocket altogether. If you think you may be



experiencing the symptoms of wallet sciatica, talk to your doctor. Removing your wallet when you're sitting may relieve your discomfort.

Mayo Clinic

These fruits boost anti-inflammatory activity

Fruits are nature's original desserts. And naturally sweet fruits are essential in protecting our bodies from disease. Eating at least one-and-a-half to two cups of diverse fruits every day can boost antioxidant activity. Fruits are particularly abundant in anti-inflammatory compounds, which are important in protecting our bodies from heart disease, diabetes, and certain forms of cancer and bowel disease.

How to get enough healthful fruits in your diet? One strategy is to eat with the seasons, choosing grapes and stone fruits in the summer, apples and pears in the fall, persimmons and pomegranates in the winter, and citrus and cherries in the spring, say experts at Harvard Medical School.

While all fruits tend to be rich in disease-protective nutrients, some have received particular attention in the nutrition world for their anti-inflammatory benefits. They suggest:

Berries



From strawberries and blackberries to cranberries and blueberries, these gemlike fruits are particularly potent in antioxidant and anti-inflammatory activity. Along with fiber and vitamin C, berries possess

plant pigment phytochemicals, such as anthocyanins and ellagic acid, which may be behind their health benefits. Studies have linked increased berry consumption with lower risks of heart disease, Alzheimer's disease, and diabetes.

Apples



Maybe it's true what they say about an apple a day. A study of nearly 35,000 women, found that consumption of this fruit—along with its relative, pears—was linked with a lower risk of death from heart disease. The star components of apples—fiber, vitamin C, pectin, and polyphenols—have been associated, primarily in animal studies, with anti-inflammatory effects and an increase in beneficial microbes in the gut.

Stone fruits



Cherries, peaches, apricots, and plums are all examples of stone fruits. These fruits contain fiber, vitamin C, potassium, and a variety of phytochemicals associated with their colors. For example, cherries have garnered the lion's share of the research among stone fruits.

Some studies suggest that cherries can reduce pain and soreness after exercise as well as a reduced risk of gout attacks. The high levels of phenolic compounds in cherries, which have been linked to reduced inflammation, may be behind those benefits.

Citrus



Oranges, grapefruit, lemons, and limes are famously rich in vitamin C. They also contain fiber, potassium, calcium, B vitamins, copper, and anti-inflammatory phytochemicals such as flavonoids and carot-

enoids. Though there is little human research on citrus, the nutrients found in citrus fruits have been associated with heart-protective effects.

Pomegranates



Those tiny pomegranate seeds contain big rewards of vitamins C and K, potassium, fiber, and potent phytochemicals such as anthocyanin and resveratrol.

These nutrients may be behind the potential benefits of eating pomegranates.

Grapes



These succulent fruits are bursting with fiber, vitamins C and K, and powerful phytochemicals.



Practicing Yoga- Tips for Beginners

Yoga is an ancient practice that can bring about positive transformations on physical, mental, and spiritual levels. To fully reap the benefits of regular Yoga practice, it is essential to seek guidance from a knowledgeable and experienced Yoga teacher who is dedicated to the practice. Different opinions may arise on the right approach, so it is crucial to find a teacher with sufficient expertise. The essence of Yoga is to connect the individual with the universal, leading to self-realization. By learning from a seasoned practitioner, you can exceed your expectations. These practices hold profound significance, not only in terms of physical toning and strengthening but also in purifying and activating the body's energy centers known as Chakras. Understanding which asanas to perform, in what sequence, for how long, and at what time, as well as knowing who is suitable for specific asanas and who should avoid them, underscores the importance of learning from an experienced master.

Four Stages of Asana Practice

Yoga asanas have a specific methodology for practice, consisting of four stages: the common points, the starting pose, the absolute posture, and the returning stage. The absolute posture is further divided into relevant sub-sections, all of which are crucial. It is essential to perform each movement correctly from the beginning to the end. Every asana incorporates a specific breathing rhythm that holds great importance. These rhythmic

movements require the control of certain muscles, exerting pressure in specific areas, stretching some muscles, loosening others, and focusing on particular regions. The variations in each asana lie in these aspects. Any significant deviation from the proper methodology can potentially cause harm to your body and mind. Therefore, it is imperative to have a skilled instructor to guide you.

Yoga is having therapeutic effects

Various types of yoga exercises target different areas of the body, so it is important to understand the correct posture and the associated benefits. Sequences of asanas are designed to be followed, with some postures serving as relaxation poses, counter poses, or transitional poses. It is crucial to avoid certain asanas if one has specific health conditions, as there are also specific asanas recommended for particular diseases. After surgery, there are limitations on practicing asanas. However, it is essential to remember that individual variations exist due to differences in body structure and temperaments.

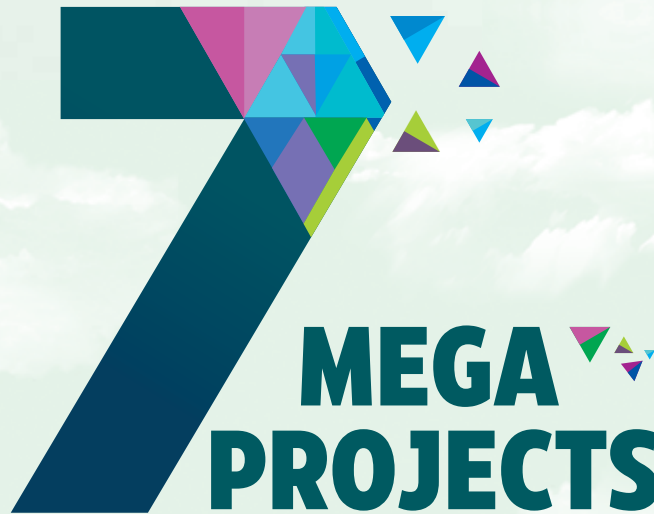
Practicing yoga without the guidance of an expert can pose potential risks. It is crucial to have an experienced yoga master who possesses extensive knowledge of both the science of yoga and human anatomy, including its functions. Without this awareness, one may inadvertently harm their body and even their mind.



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Mental well-being through HEALTHY DIET



Princy Gigo

Director & Consultant Dietitian,
Longevity Diet Clinic

In recent years, the relationship between diet and mental health has gained increasing attention from researchers, health professionals and the general public. Evidence suggests that what we eat not only influences our physical well-being but also has a profound impact on our mental and emotional health. As the prevalence of mental health disorders continues to rise, understanding the role of diet in promoting mental well-being has become a critical area of study. This article explores the intricate link between diet and mental health and offers insights into how dietary choices can positively influence our psychological and emotional state.

By **Princy Gigo**, Specialist for Normal & Therapeutic Diet Consultations.



The gut-brain connection

The gut-brain connection, often referred to as the "gut-brain axis," highlights the bidirectional communication between the gastrointestinal system and the central nervous system. Emerging research has demonstrated that the health of the gut microbiota, comprised of trillions of microorganisms residing in the digestive tract, plays a pivotal role in influencing brain function and mental health. The gut microbiota is involved in the production of neurotransmitters such as serotonin and dopamine,



which are essential for regulating mood and emotions. Moreover, the gut microbiota also contributes to the synthesis of various vitamins and neuroactive compounds that impact cognitive function and mental well-being.

Impact of nutrient deficiencies

A balanced and nutritious diet is essential for supporting optimal mental health. Nutrient deficiencies, such as those of omega-3 fatty acids, B vitamins, zinc, and magnesium, have been associated with an increased risk of developing mental health disorders, including

depression, anxiety, and cognitive impairments. For instance, omega-3 fatty acids, commonly found in fatty fish, flaxseeds, and walnuts, play a crucial role in maintaining the structural integrity of brain cells and have been linked to improved mood and reduced risk of depression.

Inflammation and mental health

Chronic inflammation has been implicated in the development of various mental health conditions, including depression and anxiety. Certain dietary patterns, such as those high in processed foods,

refined sugars, and unhealthy fats, can contribute to systemic inflammation. Conversely, a diet rich in anti-inflammatory foods, such as fruits, vegetables, whole grains, and healthy fats, has been shown to help reduce inflammation and support a healthy immune response, which may have positive implications for mental well-being.

The role of probiotics

Probiotics, beneficial bacteria found in fermented foods like yogurt, kefir, and kimchi, have gained attention for their potential to positively impact mental health. Studies have suggested that probiotics may

help modulate the gut microbiota, reduce inflammation, and influence brain function through the gut-brain axis. While further research is needed, incorporating probiotic-rich foods into one's diet may offer potential benefits for mental well-being.

Practical dietary recommendations

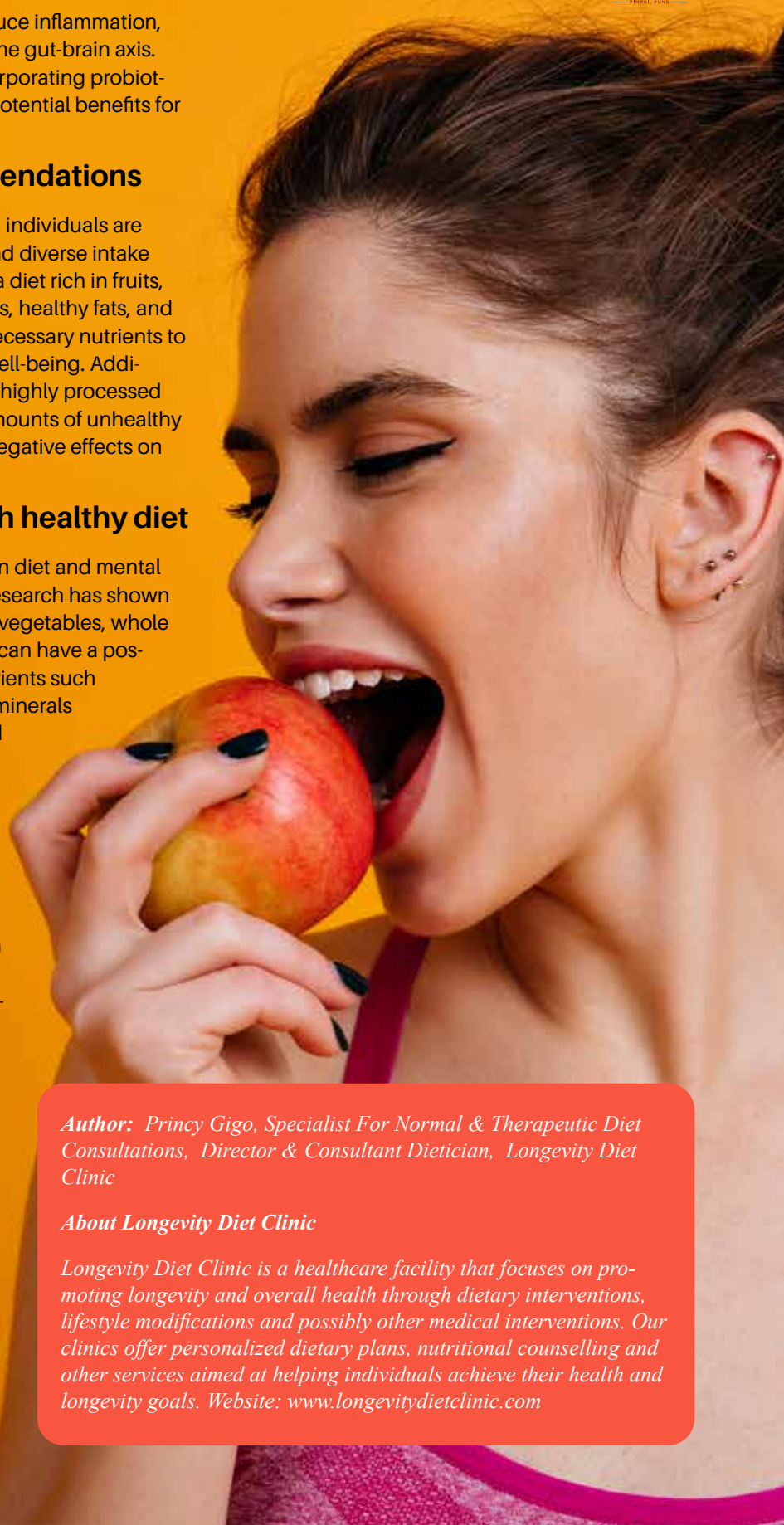
To support mental health through diet, individuals are encouraged to prioritize a balanced and diverse intake of nutrient-dense foods. Emphasizing a diet rich in fruits, vegetables, whole grains, lean proteins, healthy fats, and omega-3 fatty acids can provide the necessary nutrients to promote brain health and emotional well-being. Additionally, reducing the consumption of highly processed foods, added sugars, and excessive amounts of unhealthy fats is advisable to mitigate potential negative effects on mental health.

Mental well-being through healthy diet

In conclusion, the relationship between diet and mental health is complex and multifaceted. Research has shown that a well-balanced diet, rich in fruits, vegetables, whole grains, lean proteins, and healthy fats, can have a positive impact on mental well-being. Nutrients such as omega-3 fatty acids, vitamins, and minerals play a crucial role in brain function and mood regulation.

Conversely, diets high in processed foods, sugars, and unhealthy fats have been associated with an increased risk of mental health disorders such as depression and anxiety. Additionally, factors such as gut health and inflammation may also influence the connection between diet and mental well-being.

While the existing evidence suggests a strong link between diet and mental health, it is important to recognize that individual responses to specific foods and dietary patterns can vary. Therefore, personalized approaches to nutrition and mental health are essential. Incorporating a healthy diet as part of a holistic approach to mental wellness, alongside other lifestyle factors such as physical activity, sleep, and stress management, is crucial for overall well-being.



Author: *Princy Gigo, Specialist For Normal & Therapeutic Diet Consultations, Director & Consultant Dietician, Longevity Diet Clinic*

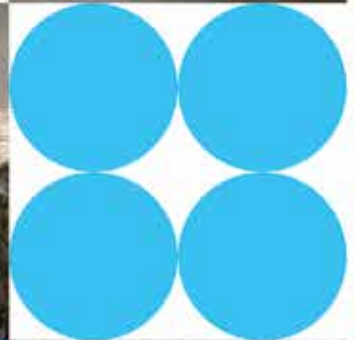
About Longevity Diet Clinic

Longevity Diet Clinic is a healthcare facility that focuses on promoting longevity and overall health through dietary interventions, lifestyle modifications and possibly other medical interventions. Our clinics offer personalized dietary plans, nutritional counselling and other services aimed at helping individuals achieve their health and longevity goals. Website: www.longevitydietclinic.com



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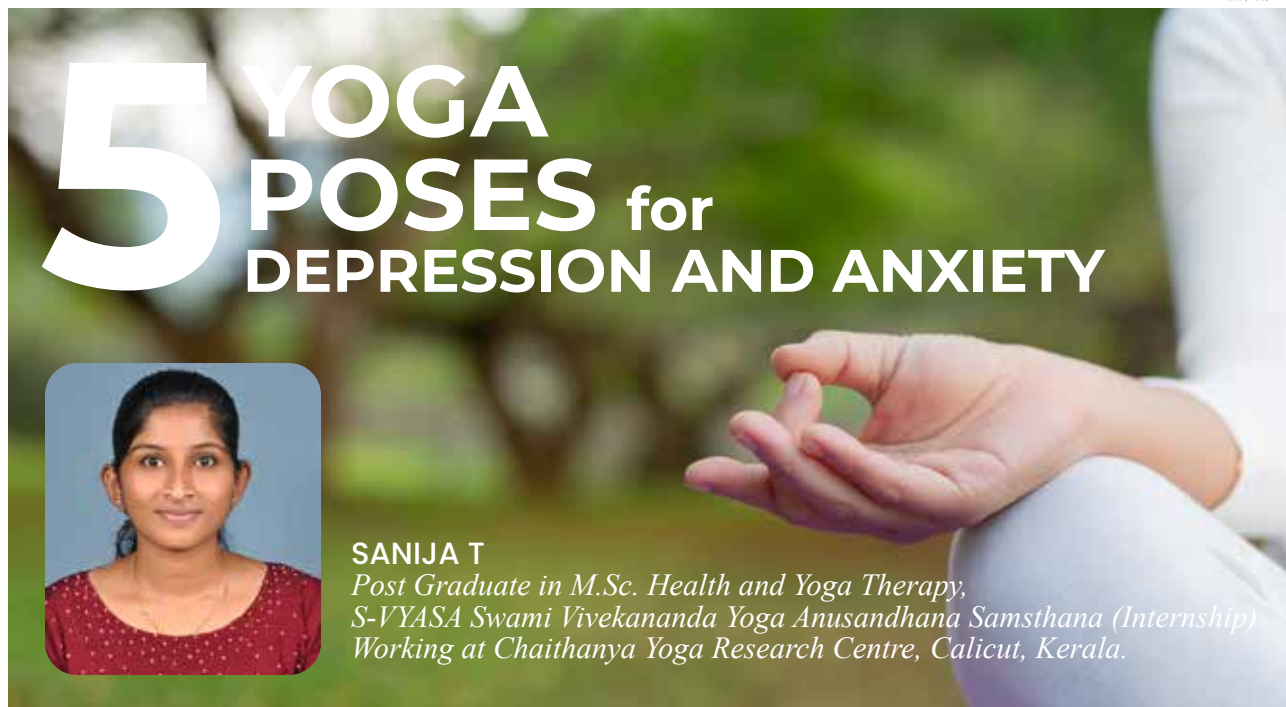
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SANIJA T

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The tranquility, joy, and calmness that follow a satisfying yoga session are unparalleled. Newcomers to yoga are often surprised by the heightened sense of happiness they experience. This is because physical activity naturally boosts serotonin levels in our brains, inducing feelings of well-being. Yoga sets itself apart from other exercises by adopting a unique and relaxed approach to fitness. It increases heart rate to elevate mood while simultaneously calming through meditation and breathing techniques, making it ideal for anxiety. Certain yoga poses are particularly effective in addressing anxiety and depression. Remember to maintain a steady and deep breath throughout your practice to cultivate composure during challenging moments.

1. SUKHASANA (Easy Pose)



The practice of Sukhasana involves sitting on the floor with crossed legs and a straight spine, which is commonly seen during meditation. While it may not be traditionally considered a yoga pose, Sukhasana can be a valuable tool for addressing anxiety, depression, and chronic stress.

In this position, the connection between the base of your spine and the earth promotes a deep sense of grounding. Additionally, the symmetrical nature of Sukhasana helps to center your being. These two elements combined work together to alleviate anxiety by instilling a feeling of stability and resilience.

Moreover, Sukhasana can also assist in combating depression. By sitting upright with proper posture, you can experience a heightened sense of mental clarity, self-assurance, and inner strength.

Here is a step-by-step guide on how to perform Sukhasana:

1. Find a comfortable spot on the floor or a yoga mat and cross your legs.
2. Ensure that your torso is aligned with your hips, maintaining a straight and firm spine.
3. Lengthen your tailbone, creating a sense of grounding.
4. Gently move your shoulders back and down, allowing for a relaxed posture.
5. Rest your arms on your knees, finding a comfortable position.
6. Close your eyes and begin taking deep, relaxed breaths.
7. Direct your focus towards your heart, allowing your attention to settle there.
8. You can remain in this position for as long as you desire.

While practicing Sukhasana, you have the option to recite a mantra or observe your breath. Both of these techniques are effective in maintaining a clear and focused mind.

2. ADHO MUKHA SVANASANA (Downward Facing Dog Pose)

Adho Mukha Svanasana, also known as downward-facing dog pose, is an inversion asana that is often incorporated into a flowing sequence of poses, particularly in Surya Namaskar, the Salute to the Sun. This asana is widely



practiced in modern yoga as a form of exercise. Its benefits are well-known and for good reason. Not only does it lengthen the spine and strengthen the arms,

shoulders, and legs, but it also improves blood circulation to the brain. By increasing the flow of blood to this area, we can experience heightened energy levels and mental clarity, which enables us to effectively manage stressful or anxiety-inducing situations.

To perform the downward-facing dog pose, follow these steps:

1. Begin on all fours with a flat back.
2. Lift your hips upward by pressing your toes into the ground.
3. Straighten your legs and arms.
4. Press your hands into the ground to lift your hips higher.
5. Your body should form an inverted V-shape.
6. If you feel tightness in your legs, it is acceptable to bend your knees.
7. After holding the pose for a few breaths, gently release it.

3. UTTANASANA (Standing Forward Fold Pose)

You may already be familiar with the standing forward fold pose, even if you're not aware of it. Another way to describe it is simply touching your toes. This pose is great for relieving tension in the neck, shoulders, and back, while also improving blood flow to the brain. Regularly practicing the standing forward fold pose can leave you feeling amazing.



Here's how to do it:

1. Stand up straight with your hands at your sides.
2. Place your hands on your hips and slightly bend your knees as you bend forward.
3. Try to touch your chest to your thighs; if you can't, bend your knees a bit more.
4. Lower your hands and grab your ankles.
5. Stay in this position for a few breaths before slowly standing back up.

4. BALASANA (Child pose)

Child's pose is a deeply restorative and comforting position in yoga. It provides a sense of grounding and support, which can be especially beneficial during times of anxiety and depression. Additionally, child's pose helps to release



tension in the spine, promoting a sense of calm and relaxation.

To practice child's pose, follow these steps:

1. Begin by kneeling on your mat, with your big toes touching and your knees slightly wider than your hips.
2. Slowly bend forward, extending your arms and chest forward.
3. Rest your head on your mat or a blanket, and stretch your arms above your head.
4. Take deep breaths in this position for as long as you'd like, before gently sitting back up.

Remember to listen to your body and adjust the pose as needed to ensure your comfort and safety.

5. SAVASANA (Corpse Pose)



Savasana, also known as the Corpse Pose, is a gentle and comforting posture in yoga. It offers

a meditative experience that helps to calm the mind, alleviate stress, anxiety, and depression, and bring clarity to your thoughts. While the physical aspect of this pose is relatively easy, mastering the mental aspect can be challenging. However, by maintaining focus on your breath or a mantra, you can achieve deep states of tranquility and happiness.

Typically performed at the end of a yoga session, Savasana allows you to integrate the energy and insights gained during your practice.

To practice Savasana, follow these steps:

1. Lie flat on your mat, facing upwards.
2. Place your arms a few inches away from your body, palms facing upwards.
3. Keep your knees slightly apart and your toes pointing outward.
4. Close your eyes and consciously relax each part of your body, starting from your toes and moving upwards.
5. Once you have relaxed every body part, breathe slowly and deeply from your belly.
6. Stay in this pose for as long as you desire.
7. When you are ready to finish, gently roll onto your right side and take a moment before getting up.

Remember, Savasana is a valuable pose that allows you to find peace and rejuvenation. Practice it regularly to experience its full benefits.

Caution: It is always better to do Asanas under the guidance of an expert.

Prevent or reduce 'AIRPLANE EAR'

For many air travelers, takeoffs and landings cause uncomfortable pressure in their inner ear, a phenomenon called "airplane ear." The medical name for airplane ear is ear barotrauma, or barotitis media. It refers to the stress exerted on your eardrum, eustachian tube and other ear structures when air pressure in your middle ear and air pressure in the environment are out of balance.

However, this condition can also occur when riding in an elevator, descending to the depths of a swimming pool, or engaging in scuba diving activities. It is worth noting that ear barotrauma is the prevailing type of barotrauma. Typically, this condition is temporary in nature and can be alleviated through self-care or when there is a cessation of air and water pressure fluctuations.

Signs and symptoms may include pain in one ear, slight hearing loss or a stuffy feeling in both ears. This is caused by your eardrum bulging outward or retracting inward as a result of the change in pressure.

Any condition that can interfere with the normal function of the middle ear can increase the risk of airplane ear. This would include a stuffy nose, an allergy, a cold or a throat infection. Not all colds require a change in travel plans. However, a severe cold or an ear infection may be a reason to change or delay a flight.

Home remedies

- Use a decongestant. Take a decongestant about 30 minutes to an hour before takeoff and 30 minutes to an hour before landing. This may prevent blockage of your eustachian tube. If you have heart disease, a heart rhythm disorder or high blood pressure or if you've experienced possible medication interactions, avoid taking an oral decongestant.
- During the flight, suck on candy or chew gum. This encourages swallowing, which helps open your eustachian tube.
- Don't sleep during ascents and descents. If you're awake during ascents and descents, you can do the necessary self-care techniques when you feel pressure on your ears.
- Try the Valsalva maneuver to unplug your ears. Gently blow, as if blowing your nose, while pinching your nostrils



and keeping your mouth closed. If you can swallow at the same time, it's more helpful. Repeat several times to equalize the pressure between your ears and the airplane cabin.

- Look for specially designed filtered earplugs. These earplugs slowly equalize the pressure against your eardrum during ascents and descents. You can purchase these at drugstores, airport gift shops or your local hearing clinic.
- Give infants and children fluid. Drinking fluids during ascent and descent encourages swallowing. Give the child a bottle or pacifier to encourage swallowing. Decongestants should not be used in infants or young children.

Usually, you can do things on your own to treat airplane ear. If discomfort, fullness or muffled hearing lasts more than a few hours or if you experience any severe signs or symptoms, seek help.

Information courtesy: **Mayo Clinic**

The patient should also be cautious about “infectious diseases” as all procedures have some risk of infection that include” wound infections, bloodstream infections, donor-derived infections (in the case of transplantations or transfusions), and diseases such as Hepatitis B, Hepatitis C and HIV.

They also have to be cautious about antimicrobial resistance. highly drug-resistant bacteria and fungi which cause disease outbreaks among medical tourists. Antimicrobial resistance happens when germs develop the ability to not respond to drugs such as antibiotics used to treat infections. Antimicrobial resistance is a global problem. If healthcare facilities in another country do not have adequate infection control practices, patients could be at risk for getting a drug-resistant infection.

Ensure the quality of care. In some health facilities, counterfeit medicines and lower quality medical devices may be used.

Communicating with staff at the destination and healthcare facility is very important. If one does not speak or understand the language of the care giver staffs, it may lead to misunderstandings about his/her care.

Air travel immediately after surgery can cause blood clots and deep vein thrombosis. Delaying air travel for 10-14 days following major surgeries will minimize risks associated with changes in atmospheric pressure.

Before you travel

- Get a pre-travel consultation. See your healthcare provider or a travel medicine clinician at least 4-6 weeks before the trip to discuss general information for healthy travel and learn about specific risks you may face because of your health



status, the procedure, and travel before and after the procedure.

- Obtain international travel health insurance that covers medical evacuation back to your country.
- Find out what activities are not recommended around the time of the medical procedure, such as swimming or hiking, and plan accordingly.

Maintain your health and medical records

- Bring copies of your medical records with you, including results of lab tests and other tests related to your condition and care. Inform the medical staff at your destination of allergies you may have.
- Pack a travel health kit with your prescription and over-the-counter

medicines in their original packaging. Bring enough medicine to last your whole trip, plus a little extra in case of delays. Also, bring copies of all your prescriptions and a list of medications you take, including their brand names, generic names, manufacturers, and dosages.

- Get copies of all your medical records from the medical facility at your destination before you return home, health insurance policies to determine what, if anything, is covered and plan for the possibility of paying for additional care out-of-pocket.
- Supplemental travel health insurance may also be available to cover follow-up or emergency care from procedures received abroad.

Source: Centers for Disease Control and Prevention (CDC)

BEWARE OF STROKE

A stroke or brain attack happens when there is a loss of blood flow to part of the brain. Your brain cells cannot get the oxygen and nutrients they need from blood, and they start to die within a few minutes. This can cause lasting brain damage, long-term disability, or even death. If you think that you or someone else is having a stroke, reach the doctor right away. Immediate treatment may save someone's life and increase the chances for successful rehabilitation and recovery.





What are the types of stroke?

There are two types of stroke:

1. Ischemic stroke is caused by a blood clot that blocks or plugs a blood vessel in the brain. This is the most common type; about 80% of strokes are ischemic.
2. Hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain

Another condition that's similar to a stroke is a transient ischemic attack (TIA). It's sometimes called a "mini-stroke." TIAs happen when the blood supply to the brain is blocked for a short time. The damage to the brain cells isn't permanent, but if you have had a TIA, you are at a much higher risk of having a stroke.

Who is at risk for a stroke?

Certain factors can raise your risk of a stroke. The major risk factors include:

- High blood pressure. This is the primary risk factor for a stroke.
- Diabetes.
- Heart diseases. Atrial fibrillation and other heart diseases can cause blood clots that lead to stroke.
- Smoking. When you smoke, you damage your blood vessels and raise your blood pressure.
- A personal or family history of stroke or TIA.

- Age. Your risk of stroke increases as you get older.
- Race and ethnicity. African Americans have a higher risk of stroke.

There are also other factors that are linked to a higher risk of stroke, such as:

- Alcohol and illegal drug use
- Not getting enough physical activity
- High cholesterol.
- Unhealthy diet
- Having obesity

What are the symptoms of stroke?

The symptoms of stroke often happen quickly. They include:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking, or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden difficulty walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

How are strokes diagnosed?

To make a diagnosis, your health care provider will ask you about your symptoms and medical history. And will do a physical exam, including a check of:

- Your mental alertness
- Your coordination and balance
- Any numbness or weakness in your face, arms, and legs
- Any trouble speaking and seeing clearly
- Run some tests, which may include
- Diagnostic imaging of the brain, such as a CT scan or MRI
- Heart tests, which can help detect heart problems or blood clots that may have led to a stroke. Possible tests include an electrocardiogram (EKG) and an echocardiography.

What are the treatments for stroke?

Treatments for stroke include medicines, surgery, and rehabilitation. Which treatments you get depend on the type of stroke and the stage of treatment.

The different stages are:

- Acute treatment, to try to stop a stroke while it is happening
- Post-stroke rehabilitation, to overcome the disabilities caused by the stroke
- Prevention, to prevent a first stroke or, if you have already had one, prevent another stroke

Acute treatments for ischemic stroke are usually medicines:

- You may get tPA, (tissue plasminogen activator), a medicine to dissolve the blood clot. You can only get this medicine within 4 hours of when your symptoms started. The sooner you can get it, the better your chance of recovery.



- If you cannot get that medicine, you may get medicine that helps stop platelets from clumping together to form blood clots. Or you may get a blood thinner to keep existing clots from getting bigger.
- If you have carotid artery disease, you may also need a procedure to open your blocked carotid artery
- Acute treatments for hemorrhagic stroke focus on stopping the bleeding. The first step is to find the cause of bleeding in the brain. The next step is to control it.
- If high blood pressure is the cause of bleeding, you may be given blood pressure medicines.
- If an aneurysm is the cause, you may need aneurysm clipping or coil embolization. These are surgeries to prevent further leaking of blood from the aneurysm. It also can help prevent the aneurysm from bursting again.



- If an arteriovenous malformation (AVM) is the cause of a stroke, you may need an AVM repair. An AVM is a tangle of faulty arteries and veins that can rupture within the brain. An AVM repair may be done through

- Surgery
- Injecting a substance into the blood vessels of the AVM to block blood flow
- Radiation to shrink the blood vessels of the AVM

Stroke rehabilitation can help you relearn skills you lost because of the damage. The goal is to help you become as independent as possible and to have the best possible quality of life.

Prevention of another stroke is also important, since having a stroke increases the risk of getting another one. Prevention may include heart-healthy lifestyle changes and medicines.

Can strokes be prevented?

If you have already had a stroke or are at risk of having a stroke, you can make some heart-healthy lifestyle changes to try to prevent a future stroke:

- Eating a heart-healthy diet
- Aiming for a healthy weight
- Managing stress
- Getting regular physical activity
- Managing your blood pressure and cholesterol levels

If these changes aren't enough, you may need medicine to control your risk factors.

Source: NIH: National Institute of Neurological Disorders and Stroke

ANAEMIA

Sreenidhi Sagar



- Bleeding from the intestines. Some conditions of the gut can bleed enough to cause anaemia.
- A poor or a restricted diet, may not contain enough iron
- Other conditions such as rheumatoid arthritis and kidney failure, leukaemia, thalassaemia

Symptoms

- Easy fatigue and loss of energy
- Unusually rapid heart beat, particularly with exercise
- Shortness of breath and headache, particularly with exercise
- Poor concentration
- Pale skin
- Dry and flaky nails
- Angular chelosis - ulcers in the corner of the mouth
- Atrophic glossitis - very smooth tongue
- Leg cramps
- Insomnia
- Sensitivity to cold temperatures

Other symptoms are associated with specific forms of anaemia.

Treatment

- Include foods rich in iron, vitamin B12/folic acid depending upon your nutrient deficiency.
- Take supplements with your doctor's advice.

Anaemia During Pregnancy

Pregnancy leads to an increase in blood production in order to support the development of the baby. However, if you are not receiving

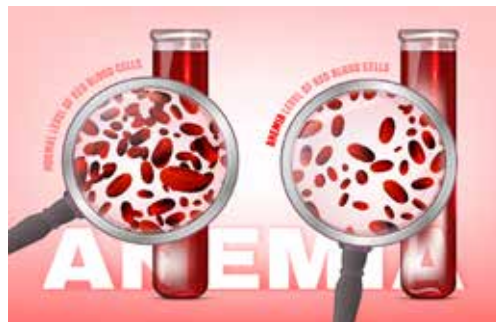
Anaemia is a medical condition characterized by a decreased number of red blood cells in the bloodstream. It is a widespread ailment that affects people worldwide. The primary cause of anaemia is iron deficiency, which is the most common nutritional deficiency globally. In addition to iron deficiency, various infections associated with poor hygiene, sanitation, safe water, and water management also play a significant role in contributing to anaemia.

Causes

The main causes of anaemia are nutritional and infectious.

- Iron deficiency anaemia
- Lack of certain vitamins such as folic acid and vitamin B12.
- Lack of iron is the most common cause of anaemia
- Pregnancy or childhood growth spurts are times when you need more iron than usual.
- Poor absorption of iron may occur with some gut diseases

sufficient iron or other essential nutrients, your body may struggle to produce an adequate amount of red blood cells required for this additional blood. It is common to experience mild anaemia during pregnancy. However, if your iron or vitamin levels are low, or due to other factors, you may develop more severe anaemia. Anaemia can result in feelings of fatigue and weakness. If left untreated, it can also elevate the risk of serious complications such as preterm delivery.



DIETARY GUIDELINES

IRON RICH FOODS:

| CEREALS | VEGETABLES | FRUITS | OIL SEEDS | MILK & MILK PRODUCTS |
|---|---|--|-------------------------------|------------------------------|
| Brown Rice Rice Flakes (White, Brown) Sorghum, Wheat Germ Barley | Cauliflower Lotus Stem Broccoli, Green Peas Turkey Berry | Dates Watermelon | Pumpkin Seeds Sesame Seeds | Soy Milk Tofu |
| PULSES | GREENS | NUTS & DRY FRUITS | SUGARS | POULTRY |
| Soya Lentils Kidney Beans Chick Peas Black Eyed Peas | Spinach Amaranth Drumstick Leaves | Almonds Cashew Nuts Peanuts Prunes Raisins Dried Figs | Jaggery Date Palm | Liver Chicken Egg Yolk |



- For proper absorption for iron include foods rich in vitamin C like oranges, amla, guava, strawberries, kiwi, bell peppers, broccoli, cauliflower
- Include foods rich in iron-non-vegetarian sources/ good quality of plant foods.
- Choose protein foods like - pulses, legumes, nuts, lean meat
- Limit coffee/tea
- Avoid colas

VITAMIN B12 RICH FOODS:

- Liver
- Milk and milk products (yogurt, cheese)
- Whole Eggs
- Shrimp
- Crab
- Fish varieties like Mackerel (Kanangkeluthi), Sardines (Mathi meen), Halibut (Potha), Tuna (Soorai), Cod (Panna)

| MEAT | LEGUMES | GRAINS | VEGETABLES | FRUITS | NUTS & SEEDS |
|-----------------------------|--|--------------|---|---|---|
| Liver Kidney Egg Yolk | Green Peas, Soybeans Black Eyes Peas Kidney Beans Lentils Yellow Dhal Green Gram Dhal | Whole Grains | Sweet Potato Spinach, Broccoli Beetroot, Cabbage Ladies Finger Cauliflower Corn, Carrots | Banana Oranges Peaches Strawberries Avocado | Almonds Peanuts Flax Seeds Pumpkin Seeds |

About the author

Sreenidhi Sagar, a nutrition consultant, helps people lead healthier lives through food. With experience at Apollo Hospital, she believes in the healing power of the right diet and has guided many clients to better health without medication.

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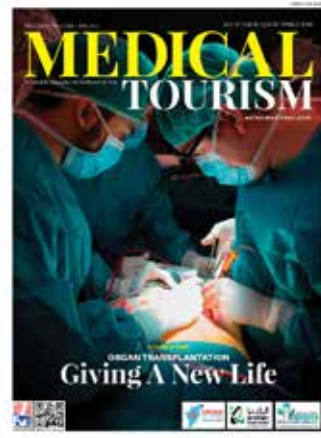
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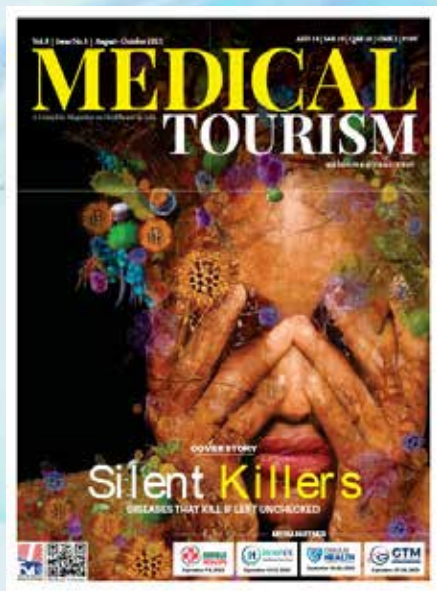
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والخطوة التالية هي السيطرة عليها.

● إذا كان ارتفاع ضغط الدم هو سبب النزيف، فقد يتم إعطاؤك أدوية لضغط الدم.

● إذا كان تمدد الأوعية الدموية هو السبب، فقد تحتاج إلى قص تمدد الأوعية الدموية أو الانصمام اللولبي. هذه هي العمليات الجراحية لمنع المزيد من تسرب الدم من تمدد الأوعية الدموية. كما يمكن أن يساعد في منع تمدد الأوعية الدموية من الانفجار مرة أخرى.

● إذا كان التشوه الشرياني الوريدي (AVM) هو سبب السكتة الدماغية، فقد تحتاج إلى إصلاح التشوه الشرياني الوريدي. التشوه الشرياني الوريدي عبارة عن مجموعة متشابكة من الشرايين والأوردة المعيبة التي يمكن أن تتمزق داخل الدماغ. يمكن إجراء إصلاح التشوه الشرياني الوريدي من خلال

● الجراحة

● حقن مادة في الأوعية الدموية للتشوه الشرياني الوريدي لمنع تدفق الدم

● الإشعاع لتقليص الأوعية الدموية للتشوه الشرياني الوريدي

يمكن أن تساعدك إعادة تأهيل السكتة الدماغية على إعادة تعلم المهارات التي فقدتها بسبب الضرر. الهدف هو مساعدتك على أن تصبح مستقلاً قدر الإمكان وأن تتمتع بأفضل نوعية حياة ممكنة.

من المهم أيضًا الوقاية من الإصابة بسكتة دماغية أخرى، لأن الإصابة بسكتة دماغية تزيد من خطر الإصابة بسكتة دماغية أخرى. قد تشمل الوقاية تغييرات في نمط الحياة الصحي للقلب والأوعية.

هل يمكن الوقاية من السكتات الدماغية؟

إذا كنت قد أصبت بالفعل بسكتة دماغية أو كنت معرضًا لخطر الإصابة بسكتة دماغية، فيمكنك إجراء بعض التغييرات في نمط الحياة الصحي للقلب لمحاولة منع حدوث سكتة دماغية في المستقبل:

● تناول نظام غذائي صحي للقلب

● تهدف إلى وزن صحي

● إدارة الإجهاد

● ممارسة النشاط البدني بانتظام

● إدارة ضغط الدم ومستويات الكوليسترول

إذا لم تكن هذه التغييرات كافية، فقد تحتاج إلى دواء للتحكم في عوامل الخطر لديك.

المصدر: المعاهد الوطنية للصحة: المعهد الوطني للاضطرابات العصبية والسكتة الدماغية



يعمل على إذابة جلطة الدم. يمكنك الحصول على هذا الدواء فقط خلال 4 ساعات من بدء الأعراض. كلما تمكنت من الحصول عليه مبكرًا تزيد فرصتك في التعافي.

● إذا لم تتمكن من الحصول على هذا الدواء فقد تحصل على دواء يساعد على منع الصفائح الدموية من التكتل معًا لتكوين جلطات دموية. أو قد تحصل على مخفف الدم لمنع تضخم الجلطات الموجودة.

● إذا كنت مصابًا بمرض الشريان السباتي فقد تحتاج أيضًا إلى إجراء لفتح الشريان السباتي المسدود

**تركز العلاجات الحادة للسكتة الدماغية
النزفية على وقف النزيف. الخطوة الأولى
هي العثور على سبب النزيف في الدماغ.**



المراحل المختلفة هي:

- العلاج الحاد لمحاولة إيقاف السكتة الدماغية أثناء حدوثها
- إعادة التأهيل بعد السكتة الدماغية للتغلب على الإعاقات الناجمة عن السكتة الدماغية
- الوقاية لمنع حدوث سكتة دماغية أخرى، أو إذا كنت قد أصبت بها بالفعل لمنع حدوث سكتة دماغية أخرى

عادةً ما تكون العلاجات الحادة للسكتة الإسكيمية هي الأدوية:

- قد تحصل على منشط البلازمينوجين النسيجي (TPA)، وهو دواء

- التنسيق والتوازن الخاص بك
- أي خدر أو ضعف في الوجه والذراعين والساقين
- أي مشكلة في التحدث والرؤية بوضوح
- إجراء بعض الاختبارات والتي قد تشمل
- التصوير التشخيصي للدماغ مثل الأشعة المقطعية (CT) أو التصوير بالرنين المغناطيسي (MRI)
- اختبارات القلب التي يمكن أن تساعد في الكشف عن مشاكل القلب أو جلطات الدم التي قد تؤدي إلى السكتة الدماغية. تشمل الاختبارات المحتملة مخطط كهربية القلب (EKG) وتخطيط صدى القلب.

ما هي علاجات السكتة الدماغية؟

تشمل علاجات السكتة الدماغية الأدوية والجراحة وإعادة التأهيل. تعتمد العلاجات التي تحصل عليها على نوع السكتة الدماغية ومرحلة العلاج.



- تاريخ شخصي أو عائلي للإصابة بالسكتة الدماغية أو TIA.
- العمر . يزداد خطر إصابتك بالسكتة الدماغية مع تقدمك في السن .
- السلالة والعرق . الأمريكيون من أصل أفريقي لديهم خطر أكبر للإصابة بالسكتة الدماغية .

هناك أيضًا عوامل أخرى ترتبط بارتفاع خطر الإصابة بالسكتة الدماغية، مثل:

- تعاطي الكحول والمخدرات غير المشروعة
- عدم ممارسة النشاط البدني الكافي
- عالي الدهون .
- نظام غذائي غير صحي
- الإصابة بالسمنة

ما هي أعراض السكتة الدماغية؟

- غالبًا ما تحدث أعراض السكتة الدماغية بسرعة. وهي تشمل :
- الخدر أو الضعف المفاجئ في الوجه أو الذراع أو الساق (خاصة في جانب واحد من الجسم)

- ارتباك مفاجئ أو صعوبة في التحدث أو فهم الكلام
- صعوبة مفاجئة في الرؤية في إحدى العينين أو كليهما
- صعوبة مفاجئة في المشي والدوخة وفقدان التوازن أو التنسيق
- صداع شديد مفاجئ من دون سبب معروف

كيف يتم تشخيص السكتات الدماغية؟

- سوف يسألك مقدم الرعاية الصحية عن الأعراض والتاريخ الطبي لإجراء التشخيص . وسيتم إجراء فحص جسدي بما في ذلك:
- اليقظة العقلية الخاصة بك

ما هي أنواع السكتة الدماغية؟ هناك نوعان من السكتات الدماغية:

1 تحدث السكتة الإسكيمية بسبب جلطة دموية تسد أو تعوق وعاء دمويًا في الدماغ . هذا أكثر الأنواع شيوعاً؛ تكون حوالي 80% من السكتات الدماغية إسكيمية .

2 السكتة الدماغية النزفية تحدث بسبب تمزق الأوعية الدموية ونزيفها في الدماغ

هناك حالة أخرى تشبه السكتة الدماغية وهي النوبة الإسكيمية العابرة (TIA)

. يُطلق عليها أحياناً اسم "السكتة الدماغية الصغيرة". تحدث حالات TIA عندما يتم سد تدفق الدم إلى الدماغ لفترة قصيرة. إن الضرر الذي يلحق بخلايا الدماغ ليس دائماً، ولكن إذا كنت قد أصبت بالنوبة الإسكيمية العابرة (TIA) فأنت أكثر عرضة لخطر الإصابة بسكتة دماغية.

من هو المعرض لخطر الإصابة بالسكتة الدماغية؟

يمكن أن تزيد عوامل معينة من خطر الإصابة بالسكتة الدماغية. وعوامل الخطر الرئيسية تشمل:

- ضغط دم مرتفع. وهذا هو عامل الخطر الأساسي للسكتة الدماغية.
- السكري .
- أمراض القلب. يمكن أن يسبب الإنقباض العضلي الأذيني وأمراض القلب الأخرى جلطات دموية تؤدي إلى السكتة الدماغية.
- التدخين. عندما تدخن فإنك تلحق الضرر بالأوعية الدموية وترفع ضغط الدم.

احذر من السكتة الدماغية

تحدث السكتة الدماغية أو نوبة الدماغ عندما يكون هناك فقدان لتدفق الدم إلى جزء من الدماغ. لا تستطيع خلايا دماغك الحصول على الأكسجين والمواد المغذية التي تحتاجها من الدم، وتبدأ أن تموت في غضون دقائق قليلة. يمكن أن يسبب هذا تلفًا دائمًا في الدماغ أو إعاقة طويلة الأمد أو حتى الموت. إذا كنت تعتقد أنك أو أي شخص آخر مصاب بسكتة دماغية، فتوجه إلى الطبيب على الفور. إن العلاج الفوري قد ينقذ حياة شخص ما ويزيد من فرص إعادة التأهيل والتعافي بنجاح.



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غير الصحية بزيادة خطر الإصابة باضطرابات الصحة العقلية مثل الاكتئاب والقلق. وبالإضافة إلى ذلك قد تؤثر العوامل مثل صحة الأمعاء والالتهابات أيضًا على العلاقة بين النظام الغذائي والصحة العقلية.

وفي حين أن الأدلة الموجودة تشير إلى وجود صلة قوية بين النظام الغذائي والصحة العقلية، فمن المهم أن ندرك أن الاستجابات الفردية للأطعمة والأنماط الغذائية المعينة يمكن أن تختلف. ولذلك، فإن النهج الشخصي للتغذية والصحة العقلية أمر ضروري. إن دمج نظام غذائي صحي كجزء من نهج شامل للصحة العقلية، إلى جانب عوامل نمط الحياة الأخرى مثل النشاط البدني والنوم وإدارة الإجهاد أمر بالغ الأهمية للرفاهية العامة.

المؤلف: برينسي جيجو، أخصائي استشارات النظام الغذائي الطبيعي والعلاجي، مدير واستشاري تغذية، عيادة النظام الغذائي لونغيفيتي (Longevity Diet Clinic)

حول عيادة النظام الغذائي لونغيفيتي (Longevity Diet Clinic)

عيادة النظام الغذائي لونغيفيتي (Longevity Diet Clinic) هي منشأة للرعاية الصحية تركز على تعزيز طول العمر والصحة العامة من خلال التدخلات الغذائية وتعديلات نمط الحياة وربما التدخلات الطبية الأخرى. تقدم عيادتنا خططًا غذائية شخصية واستشارات غذائية وخدمات أخرى تهدف إلى مساعدة الأفراد على تحقيق أهدافهم

الصحية وطول العمر. الموقع الإلكتروني: www.longevitydietclinic.com



تعتبر ضرورية لتنظيم المزاج والعواطف. علاوة على ذلك، تساهم الكائنات الحية الدقيقة في الأمعاء أيضًا في تخليق العديد من الفيتامينات والمركبات العصبية التي تؤثر على الوظيفة الإدراكية والصحة العقلية

تأثير نقص المغذيات

إن اتباع نظام غذائي متوازن ومغذي ضروري لدعم الصحة العقلية المثالية. يكون نقص العناصر الغذائية، مثل أحماض أوميغا 3 الدهنية وفيتامينات ب والزنك والمغنيسيوم، مرتبطًا بزيادة خطر الإصابة باضطرابات الصحة العقلية، بما في ذلك الاكتئاب والقلق والضعف الإدراكي. على سبيل المثال، تلعب أحماض أوميغا 3 الدهنية الموجودة عادة في الأسماك الدهنية وبذور الكتان والجوز، دورًا حاسمًا في الحفاظ على السلامة الهيكلية لخلايا الدماغ وترتبط بتحسين الحالة المزاجية وتقليل خطر الإصابة بالاكتئاب.

الالتهاب والصحة العقلية

وقد تورط الالتهاب المزمن في تطور حالات الصحة العقلية المختلفة، بما في ذلك الاكتئاب والقلق. يمكن أن تساهم بعض الأنماط الغذائية مثل تلك التي تحتوي على نسبة عالية من الأطعمة المصنعة والسكريات المكررة والدهون غير الصحية في حدوث التهاب جهازي. وعلى العكس من ذلك تبين أن اتباع نظام غذائي غني بالأطعمة المضادة للالتهابات مثل الفواكه والخضروات والحبوب الكاملة والدهون الصحية يساعد في تقليل الالتهاب ودعم الاستجابة المناعية الصحية، مما قد يكون له آثار إيجابية على الصحة العقلية.

دور البروبيوتيك

البروبيوتيك هي بكتيريا مفيدة موجودة في الأطعمة المخمرة مثل الزبادي والكفير والكمبوتشي التي جلبت الاهتمام لقدرتها على التأثير بشكل إيجابي على الصحة العقلية. تشير الدراسات إلى أن البروبيوتيك قد يساعد في تعديل ميكروبات الأمعاء وتقليل الالتهاب والتأثير على وظائف المخ من خلال محور الأمعاء والدماغ. وفي حين أن هناك حاجة إلى مزيد من البحث، فإن دمج الأطعمة الغنية بالبروبيوتيك في النظام الغذائي للفرد قد يوفر فوائد محتملة للصحة العقلية.

توصيات غذائية عملية

يتم تشجيع الأفراد على إعطاء الأولوية لتناول كمية متوازنة ومتنوعة من الأطعمة الغنية بالعناصر الغذائية لدعم الصحة العقلية من خلال النظام الغذائي. إن التركيز على نظام غذائي غني بالفواكه والخضروات والحبوب الكاملة والبروتينات الخالية من الدهون والدهون الصحية وأحماض أوميغا 3 الدهنية يمكن أن يوفر العناصر الغذائية اللازمة لتعزيز صحة الدماغ والرفاهية العاطفية. وبالإضافة إلى ذلك، يُنصح بتقليل استهلاك الأطعمة عالية المعالجة والسكريات المضافة والكميات المفرطة من الدهون غير الصحية للتخفيف من الآثار السلبية المحتملة على الصحة العقلية.

الصحة العقلية من خلال النظام الغذائي الصحي

وفي الختام إن العلاقة بين النظام الغذائي والصحة العقلية معقدة ومتعددة الأوجه. أظهرت الأبحاث أن اتباع نظام غذائي متوازن غني بالفواكه والخضروات والحبوب الكاملة والبروتينات الخالية من الدهون والدهون الصحية، يمكن أن يكون له تأثير إيجابي على الصحة العقلية. تلعب العناصر الغذائية مثل أحماض أوميغا 3 الدهنية والفيتامينات والمعادن دورًا حاسمًا في وظائف المخ وتنظيم الحالة المزاجية.

وعلى العكس من ذلك ارتبطت الأنظمة الغذائية الغنية بالأطعمة المصنعة والسكريات والدهون



اتصال الأمعاء بالدماغ

إن الاتصال بين الأمعاء والدماغ والذي يشار إليه غالبًا باسم "محور الدماغ والأمعاء"، يسلط الضوء على الاتصال ثنائي الاتجاه بين الجهاز الهضمي والجهاز العصبي المركزي. أثبتت الأبحاث الناشئة أن صحة الكائنات الحية الدقيقة في الأمعاء، التي تتكون من تريليونات من الكائنات الحية الدقيقة الموجودة في الجهاز الهضمي، تلعب دورًا محوريًا في التأثير على وظائف المخ والصحة العقلية. وتشارك الكائنات الحية الدقيقة في الأمعاء في إنتاج الناقلات العصبية مثل السيروتونين والدوبامين، والتي

النظام الغذائي والصحة العقلية الصحة العقلية عن طريق النظام الغذائي الصحي



في السنوات الأخيرة اكتسبت العلاقة بين النظام الغذائي والصحة العقلية اهتماماً متزايداً من الباحثين والمهنيين الصحيين وعامة الناس. تشير الأدلة إلى أن ما نأكله لا يؤثر فقط على صحتنا الجسدية، بل له أيضاً تأثير عميق على صحتنا العقلية والعاطفية. مع استمرار ارتفاع معدل انتشار اضطرابات الصحة العقلية، أصبح فهم دور النظام الغذائي في تعزيز الصحة العقلية مجالاً بالغ الأهمية للدراسة. يستكشف هذا المقال العلاقة المعقدة بين النظام الغذائي والصحة العقلية ويقدم نظرة ثاقبة حول كيفية تأثير الخيارات الغذائية بشكل إيجابي على حالتنا النفسية والعاطفية. بقلم برينسي جيجو أخصائي استشارات النظام الغذائي الطبيعي والعلاجي



برينسي جيجو

مستشفى ومركز صحي صحم للعلاج الايورفيدي ش م م Saham Ayurvedic Hospital & Health Center LLC



شاندرهاسن مينون
مدير المستشفى

لمسة الشفاء



الرياضية و الأمراض الجلدية و السكتة الدماغية
من خلال برنامج إعادة تأهيل متكامل و شامل .

ويقول: " نحن نقدم علاجات مخصصة
للمرضى بناءً على احتياجاتهم ، ولم يعد سكان
دول مجلس التعاون الخليجي بحاجة للذهاب
لأماكن أخرى لتلقي علاجات الأيورفيدا و
إعادة التأهيل ."



مستشفى ومركز صحي صحم للعلاج الأيورفيدي ش م م

ص.ب ٣٨٠٢ ، روي ١١٢

مسقط، سلطنة عمان

واتساب: ٩٩٢٣٠٠٥٥ - ٩٦٨ (العيادة)

(كشك التسويق، أفليوز مول) ٧٧١٥ ٣٣٣٥ - ٩٦٨

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السيد أشيش مينون

مدير التسويق وتطوير الأعمال

٧٧١٥ ٣٣٣٥ - ٩٦٨

Email: asishmenon@sahamayurhospital.com

وعلى الرغم من أن مستشفى ومركز صحي
صحم للعلاج الايورفيدي يقدم خدمات الرعاية
بالتابع التقليدي الأصيل ، إلا انه مجهز على
أحدث طراز من نوعه حيث تحتوي تخصصاته
على علاج جميع أنواع التهابات المفاصل بما في
ذلك هشاشة العظام في الركب و الروماتيزم و
الجلطات و السكتات الدماغية و مشاكل العمود
الفكري وغيرها .

تقوم إدارة المستشفى بتخطيط إنشاء أقسام
منفصلة لتقديم خدمات مكثفه للعلاج الطبيعي و
إعادة التأهيل و علاجات الأيورفيدا . وكما يتم
التخطيط ايضاً بإنشاء المطاعم الراقية و أماكن
للترفيه و هايبر ماركت و أماكن مخصصة
للصلاة للرجال والنساء و مساح العلاج المائي
للرجال والنساء .

ولدى المستشفى أيضاً عيادة في مسقط في
الصاروج شاطئ القرم ، والتي تقدم جميع
العلاجات المتكاملة مثل علاجات الأيورفيدا و
العلاج الطبيعي و إعادة التأهيل و علاج النطق .
و تخطط العيادة أيضاً لتوسيع مجال علاج
النطق ليشمل خدمات متعددة من خلال نمج
علاج النطق مع العلاجات المهنية و السلوكية .

يقول: مدير المستشفى شاندرها حسن مينون
أن إنشاء مستشفى أيورفيدي كان مهمة صعبة
للعناية. لأن اغلب الناس لا يدركون أن الأيورفيدا
يمكنها علاج التهاب المفاصل و الإصابات

يعد مستشفى ومركز صحي صحم للعلاج
الايورفيدي أول مستشفى في سلطنة عُمان ودول
مجلس التعاون الخليجي و تبلغ مساحته ٥٠ ألف
متر مربع . وتم افتتاحه في ولاية صحم في
عام ٢٠٢١ . و يتميز المستشفى بموقع يسهل
الوصول إليه .

لقد تم تصميم مستشفى ومركز صحي صحم
للعلاج الايورفيدي على طراز مؤسسات الأيورفيدا
الصحية الشهيرة في ولاية كيرالا الهندية .

ويتميز بتعدد تخصصاته ويقدم مجموعة واسعة
من علاجات الأيورفيدا و العلاجات المكملة
ذات علاقة بالصحة و اللياقة البدنية. كما أن
لديه أقساماً مخصصة للعلاج الطبيعي و إعادة
التأهيل و علاج النطق وشاملة ايضاً العلاجات
الزيتية و اليوغا .



والإنجاز سواء للمتعة الشخصية أو النمو المهني،

تؤدي عملية الشيخوخة بشكل طبيعي إلى انخفاض الماييلين، ولهذا السبب يصبح الصعب اكتساب مهارات جديدة مع تقدمنا في السن. ومع ذلك فمن المهم أن نلاحظ أن الدماغ لديه القدرة على مواصلة النمو والتطور في أي عمر. ومن خلال تعلم مهارات جديدة في وقت لاحق من الحياة، يمكننا تحفيز إعادة نمو الماييلين والذي بدوره يعزز قوة الدماغ.

من ناحية أخرى تشير إزالة الماييلين إلى فقدان الماييلين بينما تظل المحاور سليمة. يمكن أن يحدث هذا نتيجة للأمراض التي تلحق الضرر بأغصان الماييلين أو الخلايا المسؤولة عن تكوينها. ومن المهم التمييز بين هذه الأمراض والحالات التي يضعف فيها تكوين الماييلين، والمعروفة باسم خلل الماييلين. في حين أن المحاور منزوعة الماييلين قد تتقلص وتدهور في النهاية، فإن أمراض إزالة الماييلين لا تنطوي على تدهور الماييلين قبل تنكس المحاور العصبية.

علاوة على ذلك يُعتقد أن إزالة الماييلين تلعب دورًا في التدهور التدريجي لخلايا المخ والجهاز العصبي المركزي في مرض الزهايمر والخرف. لذلك يعتقد العديد من الباحثين أنه من خلال تعزيز نمو الماييلين عن طريق تدريب الدماغ والمهارات الصعبة، قد يكون من الممكن منع الخرف جزئيًا وتحسين الذاكرة.

من المهم أن نتذكر أنه مثلما تصبح أجسامنا أقوى من خلال التمارين الرياضية، يصبح الدماغ أيضًا أقوى كلما زاد استخدامنا له.

المؤلف:

الدكتور أرون أومين، بكالوريوس في الطب والجراحة، ماجستير (الجراحة العامة)، MCh (جراحة الأعصاب)، MRCS Ed (المملكة المتحدة)، ماجستير إدارة الأعمال (إدارة المستشفيات)، ENLS (الرعاية الحرجة للأعصاب)، هو جراح الأعصاب الأول في مستشفى ليكشور، كوتشي

المعلومات بسرعة أكبر. وبالتالي فإن هذا يسهل تطوير المهارات بوتيرة متسارعة. كلما تعلمنا أكثر أصبحت قدرتنا المعرفية أكثر تنوعًا، مما يؤدي إلى استجابات أسرع من أدمغتنا.

علاوة على ذلك، يعد التعلم المستمر بمثابة آلية دفاع ضد عملية الشيخوخة. إنه يعزز المرونة العصبية والتي تشير إلى قدرة الدماغ على إنشاء مسارات عصبية جديدة. وهذا بدوره يساعد على درء الخرف إلى حد ما. مع تقدمنا في السن تصبح أهمية التعلم واضحة بشكل متزايد لأنه يحمي الدماغ من الانحطاط.

وفي الختام، فإن ممارسة التدريب المستمر لا تعزز نشاط الدماغ فحسب، بل توفر أيضًا فوائد مختلفة للصحة العقلية. يؤدي تعلم مهارات جديدة إلى تحسين صحة الدماغ والذاكرة والوظيفة الإدراكية. ومن خلال الانخراط في التدريب المنتظم يمكننا حماية أدمغتنا من الشيخوخة وتعزيز المرونة العصبية، مما يؤدي في النهاية إلى عقل أكثر صحة ومرونة.

إن اكتساب مهارة جديدة يعزز قدرتنا على التواصل مع الآخرين. إنها تمكننا من التنقل عبر المواقف المختلفة وتمنع الشعور بالوحدة الذي غالبًا ما يصاحب الشيخوخة. وهذا يعني أنه يدفعنا إلى ما هو أبعد من منطقة راحتنا ويشجعنا على استكشاف مناطق غير مألوقة. وعن طريق التكيف مع التغييرات واكتساب مهارات جديدة والتقدم في حياتنا المهنية يمكننا أن يكون لنا تأثير أكبر على حياة الآخرين.

إن الحفاظ على أهميتك أمر بالغ الأهمية في عالم اليوم سريع الخطى. ولتجنب التخلف عن الركب، يجب علينا التكيف ومواكبة التغييرات. وهنا يأتي دور التعلم المستمر والتطوير المهني. إذا لم تكن متأكدًا مما يجب التركيز عليه، توقف للحظة للتفكير في اهتماماتك وشغفك في طفولتك. ما هي المواضيع أو الأنشطة التي جذبت انتباهك دائمًا؟

إن الإشباع الناتج عن اكتساب معارف ومهارات جديدة يجلب بلا شك قدرًا هائلًا من السعادة



متنوعة من الأنشطة. ومن خلال التبديل بانتظام بين المهام والتحديات المختلفة نمنع أدمغتنا من الركود ونشجع النمو والتطور المستمر.

التدريب المستمر هو ممارسة حاسمة تعود بفوائد عديدة. إن المشاركة في جلسات التدريب المنتظمة لا تعزز نشاط الدماغ فحسب، بل تعمل أيضًا على تحسين الصحة العقلية بشكل عام. وإن ممارسة شيء ما بشكل متكرر يحفز الدماغ، مما يؤدي إلى زيادة وظائف المخ وتحسينها بمرور الوقت.

إن تعلم مهارة جديدة يوفر فوائد كبيرة للصحة العقلية على وجه الخصوص. وقد اكتشف علماء الأعصاب أن اكتساب مهارة جديدة يسبب تغييرات جسدية في بنية الدماغ. ومن خلال تحفيز الخلايا العصبية يشكل الدماغ مسارات عصبية إضافية. ومع تكاثر هذه المسارات يصبح انتقال المحفزات أسرع. علاوة على ذلك فإن إنتاج الماييلين الذي يعمل كطبقة واقية للمحاور العصبية والخلايا العصبية يتزايد مع الممارسة. يساعد هذا الماييلين الأكثر كثافة في التعلم بشكل أسرع وأكثر كفاءة.

إن تكوين المزيد من المسارات العصبية، إلى جانب زيادة الماييلين، يسمح للنبضات الكهربائية بالانتقال بسرعة، مما يمكّن الدماغ من معالجة



الأمر، يعد الانخراط في "تمرين الدماغ" عن طريق التعلم المستمر واكتساب المهارات أمرًا ضروريًا لصحة الدماغ ونموه الأمثل.

لتحسين تدريب الدماغ، من الضروري الالتزام بهذه المبادئ الأربعة:

1 - قم بتوسيع مجموعة المهارات الخاصة بك

من أجل تعزيز وظائف المخ من الضروري اكتساب مهارات جديدة بشكل مستمر. وعن طريق اختيار المهارات التي تتوافق مع شغفنا أو اهتماماتنا، يمكننا جني فوائد أكبر. كلما نكتسب المزيد من المهارات كانت مفيدة للأداء العام لعقلنا.

2- قم باحتضان التحديات

إن أدمغتنا تزدهر في مواجهة التحديات الجديدة. وعن طريق البحث بنشاط عن التحديات واحتضانها فإننا نحفز نمو دماغنا. وعندما نتعامل مع المهام الصعبة بشكل متزايد يصبح دماغنا أقوى وأكثر مرونة بشكل طبيعي.

3- قم باحتضان التعقيد

إن الانخراط في الأنشطة المعقدة لا يوفر الإثارة فحسب، بل يشجع أدمغتنا أيضًا على توظيف عمليات معرفية محددة مثل حل المشكلات والتفكير الإبداعي. اكتشفت دراسة أجرتها مجلة علم النفس أن الأفراد الذين تتراوح أعمارهم بين 60 إلى 90 عامًا والذين شاركوا في أنشطة جديدة ومعقدة مثل التصوير الرقمي أو خياطة اللحف كان أداءهم أفضل في اختبارات الذاكرة طويلة المدى مقارنة بأولئك الذين شاركوا في أنشطة مألوفة مثل القراءة أو الكلمات المتقاطعة.

4- قم بالحفاظ على التنوع

لتحقيق أقصى قدر من تدريب الدماغ، من المهم الحفاظ على مجموعة

ماثيو، لاعب كرة قدم موهوب، قد واجه انتكاسة مؤقتة بسبب حادث بسيط أثناء المباراة. وعلى الرغم من طبيعته النشطة فقد اضطر إلى أخذ الفراغ والراحة. ولكنه رفض البقاء خاملًا لفترة طويلة. لاحظ وجود مكعب روبيك في غرفته أثناء جلوسه وأصبح مفتونًا بالتحدي المتمثل في حله. ومن خلال الجهد المتواصل نجح في النهاية. متأثرًا بهذا الإنجاز بدأ في ممارسة العديد من التمارين الذهنية والألعاب الصعبة. ومن اللافت للنظر أنه بعد شهرين فقط من الراحة شهد ماثيو تحسنًا في السرعة وردود الفعل والأداء العام في كرة القدم. ليست هذه الظاهرة مقتصرًا على ماثيو؛ يواجه العديد من الأفراد تجارب مماثلة في حياتهم اليومية. فإنهم يعززون قدراتهم ويتفوقون في مجالات تخصصهم عن طريق التطوير أو اكتساب المهارات الجديدة.

إن اكتشاف واكتساب المعرفة والمهارات الجديدة يمكن أن يكون له تأثير عميق على صحة دماغنا، كما تشير الأبحاث الواسعة. وفي الواقع لقد ثبت علميًا أن الانخراط في أنشطة التعلم يمكن أن يساعد في تقليل خطر الإصابة بالخرف وانحطاط الدماغ.

تمتلك أدمغتنا قدرة رائعة تُعرف بالمرونة العصبية والتي تمكنها من التكيف والنمو طوال حياتنا. وعن طريق الانخراط في أنشطة مثل تعلم لغة جديدة أو العزف على آلة موسيقية منذ سن مبكرة، يمكننا تعزيز تطور ووظائف أدمغتنا مع تقدمنا في العمر. إن الانخراط في تجارب التعلم الصعبة يبقي أدمغتنا نشطة ويحسن سرعتها وقدراتها على المعالجة. لذلك من الضروري القيام بالبحث المستمر عن فرص اكتساب مهارات جديدة.

إن الانخراط في نشاط جديد ومتطلب هو عملية إيجابية لا تساعدنا على بناء المهارات المعرفية والحفاظ عليها فحسب، بل تحفز أيضًا أداء دماغنا بشكل عام. عندما نسعى لمهارات جديدة تتماشى مع شغفنا أو مواهبنا، يصبح التأثير الإيجابي على دماغنا أكثر وضوحًا. يمكن فهم مجالات قوتنا وإمكاناتنا بشكل أفضل من خلال رعاية مواهبنا الفطرية وتمييزها. وفي جوهر

تمارين الدماغ تعزز وظيفة الدماغ

"إن اكتشاف واكتساب المعرفة والمهارات الجديدة يمكن أن يكون له تأثير عميق على صحة دماغنا، كما تشير الأبحاث الواسعة. وفي الواقع لقد ثبت علمياً أن الانخراط في أنشطة التعلم يمكن أن يساعد في تقليل خطر الإصابة بالخرف وانحطاط الدماغ"، كما يقول كبير جراحي الأعصاب الدكتور أرون أومين.



الدكتور أرون أومين

- الوعي الذهني والتأمل: ، يظهر الوعي الذهني والتأمل كمارسيتين قويتين في السعي لتحقيق الصحة العقلية. تعمل هذه التقنيات على تنمية الوعي المتزايد باللحظة الحالية مما يوفر للأفراد ملجأ من اضطراب الأفكار القلقة. يعد دمج اليقظة الذهنية في الحياة اليومية بمثابة خطوة أساسية في تقليل القلق وتعزيز الشعور العميق بالهدوء الداخلي.
- تعديلات نمط الحياة: لا يمكن المبالغة في التأكيد على العلاقة المعقدة بين نمط الحياة والصحة العقلية. يساهم النوم الكافي وممارسة التمارين الرياضية بانتظام واتباع نظام غذائي متوازن بشكل كبير في الصحة العامة. يتضمن عملي التعاوني مع العملاء تصميم تغييرات مستدامة في نمط الحياة لتناسب احتياجاتهم الفريدة مع الاعتراف بدور الرفاهية الشاملة في علاج القلق.

- الدواء عند الضرورة: في الحالات التي تكون فيها الأعراض شديدة يمكن أن يكون الدواء الموصوف بحكمة عنصرًا قيمًا في خطة العلاج. الأدوية المضادة للقلق ومضادات الاكتئاب عند استخدامها مع التدخلات العلاجية الأخرى توفر الراحة وتخلق طريقًا للشفاء المستدام
- الدعم الاجتماعي والتواصل: يعد بناء روابط اجتماعية قوية والحفاظ عليها جزءًا لا يتجزأ من الصحة العقلية. لا يمكن المبالغة في قوة مجموعات الدعم والعلاج الجماعي في تعزيز الشعور بالانتماء. يدرك الأفراد أنهم ليسوا وحدهم في صراعاتهم عن طريق التجارب المشتركة ويكسرون أغلال العزلة التي غالبًا ما تصاحب القلق.
- ممارسات الرعاية الذاتية: إن تعزيز الرعاية الذاتية ليس مجرد اقتراح بل هو وصفة حاسمة للصحة العقلية. يشكل تشجيع العملاء على إنشاء طقوس الرعاية الذاتية وتحديد أولويات الأنشطة التي تجلب السعادة وممارسة التعاطف مع الذات جانبًا أساسيًا في نهجنا العلاجي.

ستكشاف الفروق الدقيقة:

- ومن الضروري استكشاف الفروق الدقيقة بين القلق والذعر إلى جانب هذه الإجراءات العلاجية الأساسية. يتطلب الفهم الشامل من التفاعل المعقد بين العناصر المختلفة بدءًا من تأثير تجارب الطفولة على تطور القلق إلى دور العوامل الثقافية في تشكيل رحلة الصحة العقلية للفرد.
- تجارب الطفولة والقلق: إن سمة تجارب الطفولة على الصحة النفسية عميقة. يمكن أن تساهم الأحداث المؤلمة أو تجارب الطفولة السلبية (ACES) بشكل كبير في تطور اضطرابات القلق. يعد الاعتراف بهذه التأثيرات المبكرة للحياة ومعالجتها أمرًا بالغ الأهمية في إنشاء تدخلات علاجية فعالة.
- العوامل الثقافية في الصحة العقلية: إن إدراك دور العوامل الثقافية في تشكيل تجربة الفرد مع القلق هو مجال غالبًا ما يتم تجاهله. تؤثر الوصمة الثقافية المحيطة بالصحة العقلية والمواقف المختلفة تجاه طلب المساعدة والضغطات الثقافية الفريدة على كيفية ظهور القلق وكيفية علاجه. يعد تصميم التدخلات لاحترام الفروق الثقافية ودمجها أمرًا ضروريًا للعلاج الفعال.



الفهم عن القلق والذعر

القلق في جوهره هو عاطفة إنسانية عالمية. ومع ذلك عندما يتجاوز حدود التوتر الطبيعي فإنه يمكن أن يظهر كقوة مستمرة تتميز بالقلق المفرط والأرق والشعور الساحق بالهلاك الوشيك. وإلى جانب القلق فإن نوبات الذعر هي نوبات شديدة من الخوف وغالبًا ما تكون مصحوبة بأعراض فيسيولوجية مثل تسارع ضربات القلب وضيق التنفس وألم في الصدر. يعد التمييز بين التوتر اليومي والقلق السريري أمرًا بالغ الأهمية لكل من الأفراد والممارسين، حيث يشكل الأساس لاستراتيجيات علاجية فعالة.

أسباب القلق والذعر

إن اضطرابات القلق والذعر هي حالات معقدة تتأثر بالعديد من العوامل. تتشابه جذور هذه الاضطرابات بشكل عميق من الاستعداد الوراثي وكيمياء الدماغ إلى السمات الشخصية وتجارب الحياة. إن التعرف على المزيج الفريد من العناصر التي تساهم في قلق الفرد هو عملية دقيقة ولكنها ضرورية. يؤكد نهجنا كالممارسة على الحاجة إلى استراتيجية شخصية تأخذ في الاعتبار الظروف والخصائص المحددة التي تشكل هذه التحديات الصحية العقلية.

الإجراءات العلاجية

- العلاج السلوكي المعرفي (CBT) يأتي العلاج السلوكي المعرفي (CBT) في طليعة التدخلات القائمة على الأدلة لعلاج اضطرابات القلق والذعر. ويركز هذا النهج على تحديد أنماط التفكير السلبي وإعادة هيكلتها، وتزويد الأفراد بالأدوات العملية لإدارة عواطفهم بفعالية. إن الطبيعة التعاونية للعلاج السلوكي المعرفي تمكن الأفراد من التنقل في تعقيدات المشهد العقلي الخاص بهم وإحداث تغيير إيجابي.

كشف القلق والذعر: استكشاف شامل للصحة العقلية



الدكتورة بريرنا كوهلي
(ماجستير الفلسفة، دكتوراه)،
أخصائية علم النفس السريري،
مؤسسة MindTribe.in

إنه قد تزايد انتشار المخاوف المتعلقة بالصحة العقلية في العالم الحديث ، مما يسلب الضوء على حالات مثل اضطرابات القلق والذعر. وبصفتها عالمة نفسية محنكة وحاصلة على أربع ميداليات ذهبية ومؤسسة MindTribe تشجع بريرنا كوهلي في استكشاف واسع النطاق للقلق والذعر، وتتعمق في تعقيداتها وتقدم خارطة طريق لاتخاذ تدابير علاجية فعالة. وإن هدفها هو المساهمة في فهم دقيق لهذه التحديات الصحة العقلية مع ثلاثة عقود من الخبرة وتقديم رؤى لتعزيز الصحة العقلية الدائمة.

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تمتية الصحة العقلية لمجتمع مزدهر

تعد الهند الوجهة الأولى للسياحة الطبية حيث تقدم رعاية صحية عالية الجودة وبأسعار معقولة. بفضل نظام الرعاية الصحية القوي والأطباء المهرة والمرافق الحديثة، تحظى الهند بشعبية كبيرة بين المرضى الذين يريدون العلاج الطبي والإجازة. يتزايد تدفق السياح الطبيين من الشرق الأوسط وأفريقيا والولايات المتحدة والمملكة المتحدة. أصبحت المدن مثل دلهي ومومباي وتشيناي وحيدر أباد وبنغالور وكولكاتا مراكز رئيسية للسياحة الطبية. اتخذت الحكومة الهندية خطوات لدعم السياحة الطبية، بما في ذلك فئة التأشيرة الخاصة والمساعدة المالية لمقدمي السياحة المعتمدين. في كل عام يزور الهند حوالي مليوني مريض من 78 دولة، مما يحقق عائدات بقيمة 6 مليارات دولار. وتهدف مبادرة "الشفاء في الهند" التي أطلقتها الحكومة إلى زيادة هذا المبلغ إلى 13 مليار دولار بحلول عام 2026.

أصبحت ولاية كيرالا، ولاية جنوب الهند، وجهة سياحية شهيرة للرعاية الصحية في آسيا بسبب مرافقها الطبية الممتازة وخبرة الطب التقليدي والمهنيين المهرة وخيارات الرعاية الصحية بأسعار معقولة والبنية التحتية السياحية المتطورة. تتميز سياحة كيرالا بمزيجها الفريد من الأيورفيدا والطب الحديث. إلى جانب اختيار العلاج المرغوب فيه يمكن للمسافرين المشاركة في الأنشطة الصحية مثل اليوغا والتأمل وما إلى ذلك. ومع التدفق السنوي لأكثر من 500000 مريض أجنبي تشهد صناعة السياحة الصحية في الولاية معدل نمو ملحوظ يبلغ 25% إلى 30%.

يتطرق العدد الأخير من مجلة السياحة الطبية إلى موضوعات الصحة العقلية وعلاجاتها الفعالة. تشمل الصحة العقلية ما هو أكثر بكثير من مجرد غياب المرض؛ إنه يلعب دورًا حيويًا في رفاهيتنا الشخصية والمجتمعية. إنها حقيقة لا يمكن إنكارها أن معدل الإصابة باضطرابات الصحة العقلية يتزايد في جميع أنحاء العالم.

وفقًا لمنظمة الصحة العالمية، زادت حالات الصحة العقلية واضطرابات تعاطي المخدرات بنسبة 13% في العقد الماضي، وهو ما يمثل شخصًا واحدًا من كل 5 سنوات يعيش مع الإعاقة. ويتأثر ما يقرب من 20% من الأطفال والمراهقين في جميع أنحاء العالم بحالات الصحة العقلية، ويشكل الانتحار السبب الرئيسي الثاني للوفاة بين الأشخاص الذين تتراوح أعمارهم بين 15 و29 عامًا. في حالات ما بعد النزاع، يعاني واحد من كل خمسة أفراد من حالات تتعلق بالصحة العقلية.

غالبًا ما تمر الصحة العقلية دون أن يلاحظها أحد ولا تحظى باهتمام كافٍ من المجتمعات وأنظمة الرعاية الصحية، مما يؤدي إلى نقص الرعاية والدعم الأساسيين للأفراد المحتاجين. ونتيجة لذلك، يعاني العديد من الأشخاص بصمت، ويعانون من انتهاكات حقوق الإنسان الخاصة بهم ومن الآثار السلبية على حياتهم اليومية. ومع ذلك، فمن الأهمية القيام بتحدي هذا السرد السائد والاعتراف بإمكانية التحول الإيجابي وتعزيز الصحة العقلية على مستوى العالم.

بالإضافة إلى ذلك، قمنا أيضًا بدمج العديد من الروايات المفيدة للاطلاع عليها. يتم تضمين محادثة مثيرة للتفكير مع الجراح البارز الدكتور سورامانيا آير فيما يتعلق بالجراحة الروبوتية، واستكشاف متعمق للسكتة الدماغية، ووصف وصفي لمرض الزهايمر، من بين أمور أخرى، مدرجة هنا.

الرجاء الانضمام إلينا ونحن نبدأ رحلة رائعة في عام 2024 لدعم المجتمعات في جميع أنحاء العالم برؤى حقيقية لا تقدر بثمن حول الرعاية الصحية الفعالة والحياة المتناغمة. يسعدنا أن نعلن أنه تم اختيار منشوراتنا كشریک إعلامي لجنحة السياحة الطبية المرموق في ITB-Berlin هذا العام. إن هذا التقدير الرائع على الساحة العالمية يسلط الضوء حقًا على تميز مجلتنا.

أي بي جيايديفان،

منسق التحرير.

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Printed, published and owned by
Benny Thomas
FM Media Technologies Pvt. Ltd,
Penta Square, Opp.Kavitha,
MG Road, Cochin -682016,
Kerala, India.
Editor: Benny Thomas

Printed at Sterling Print
House Pvt Ltd, Door No.
49/1849, Ponekkara-
Cheranellur Road,Aims,
Ponekkara P.O,
Cochin-682041,
Ph: 0484 2800406.

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إحداث الثورة في مجال طب الأمراض الجلدية:

يركز قسم الأمراض الجلدية بالمستشفى بشدة على أحدث التقنيات، ويضمن قسمه للأمراض الجلدية حصول مرضاه على أفضل علاج ممكن للأمراض الجلدية. وينعكس التزامهم بالتميز في رعاية المرضى في جهودهم المستمرة لتعزيز بنيتهم التحتية بواسطة أحدث المعدات والآلات لطب الأمراض الجلدية.

قام المستشفى مؤخرًا بشراء جهاز الليزر فوتونا (Fotona Laser Machine) الرائد لمكافحة الشيخوخة وجهاز فوتونا ستار والكر (Fotona StarWalker® MaQX) مع تقنية ASP الرائدة من الجيل الثالث، وكلاهما قد قام بشكل كبير بتعزيز القدرات السريرية للمستشفى وتمكين وضع معايير جديدة في الابتكار والإنتاجية وسلامة المرضى ورضاهم. يقدم المستشفى علاجات متخصصة وحديثة للغاية، بما في ذلك عمليات زراعة الشعر.

مركز التلقيح الصناعي والمناظير



قيادة التميز من خلال عمليات زرع الأعضاء المتعددة:

اليوم يعتبر مستشفى دي بي يو التخصصي الممتاز، بيمبري، بونيه، أحد أفضل مستشفيات زراعة الأعضاء في الهند، مع سجل حافل من النجاح في إجراء عمليات زرع الأعضاء النادرة بما في ذلك زراعة البنكرياس. يتميز المستشفى بكونه واحدًا من المستشفيات القليلة في جميع أنحاء البلاد التي أجرت عمليات زرع القلب والرئة المشتركة ناجحة. أكمل المستشفى بنجاح 336 عملية زرع أعضاء متعددة معقدة للغاية، بما في ذلك عمليات زرع الكلى والرئة والكبد والقلب والبنكرياس والقرنية. لقد استفاد العديد من المرضى الدوليين من جميع أنحاء العالم من خبرتنا الرائدة في مجال زراعة الأعضاء.

علاوة على ذلك يتصور الدكتور ياشراج عرض الهند كوجهة عالمية للرعاية الصحية من خلال التعاون الاستراتيجي وتعزيز أثر القدم للسياح الطبيين للاستفادة من الرعاية الاستثنائية للمستشفى. إن إنشاء مكتب للمرضى الدوليين يجسد هذا الطموح، حيث يلبي الاحتياجات الشخصية للمرضى الدوليين. يكون المستشفى اليوم منارة للأمل حيث يعرض قوة الشغف والابتكار والتميز الذي لا مثيل له في الرعاية الصحية.

فوتونا ستار والكر MaQX



نظام الليزر فوتونا الأكثر تقدمًا في العالم وافتتاح ليزر مكافحة للشيخوخة (ليزر فوتونا)



ستار والكر ASP



مستشفى دي بي يو سوبر التخصصي الممتاز بيمبري، بونيه

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لمزيد من التفاصيل يرجى زيارة موقعنا على الانترنت



يقوم بقيادة الطريق في التميز العالمي في الرعاية الصحية

إن مستشفى دي بي يو التخصصي الممتاز، بيمبري، بونيه، الهند قد رسخ مكانة لنفسه باعتباره واحداً من أكثر المستشفيات المرموقة والموثوقة في الهند على مدى العقود الثلاثة الماضية. ومع التركيز القوي على الرعاية التي تتمحور حول المريض والالتزام التام بالتميز في الرعاية الصحية، فقد أثر المستشفى على حياة الملايين من الأشخاص حتى الآن.

إن المستشفى الرائد في مجال الرعاية الصحية في الهند قد أصبح قوة قوية يحسب لها حساب بسبب روحه الأخلاقية التي تركز على المريض بين المرضى الدوليين أيضاً.

30 عامًا من الإرث

57 تخصصات وتخصصات فائقة

970,000 قدم مربع من المساحة الممتدة

2,011 سرير

175 سرير رعاية حرجة

1,000 طبيب من ذوي الخبرة والسمعة الطبية

+10 مراكز التميز

30 غرفة عمليات حديثة للغاية

2000 موظف من الخبراء

حصل المستشفى على اعتمادات من NABH (مجلس الاعتماد الوطني للمستشفيات ومقدمي الرعاية الصحية) و NABL (مجلس الاعتماد الوطني لمختبرات الاختبار والمعايرة)، ويتبع المعايير الدولية التي تعتمد على الأداء وتتمحور حول المريض

وتعاطف وحنو. وقد قمنا بتأسيس إرث لا مثيل له في مجال الرعاية الصحية وعناية المرضى عن طريق التركيز القوي على الابتكار والسرعة التكنولوجية. نعمل كل يوم بلا توقف من أجل تعزيز هذه الثقة التي وضعها الناس فينا، حتى نتمكن من إحداث تغيير إيجابي في صحة وحياة المزيد والمزيد من المرضى وأحبائهم. نحن فخورون بأن نقول أننا قمنا ببناء مستشفى متخصص للغاية على مستوى عالمي والذي وضع معيارًا جديدًا في عالم الرعاية الصحية". - كما يقول الدكتور بإسراج باتيل



٣٢ غرفة عمليات معيارية



+175 سريرًا للآي سي يو (وحدة العناية المركزة) ووحدة العناية بالقلب



مركز التلقيح الصناعي والتنظير الرائد في الهند:

يفتخر المستشفى بمركز أطفال الأنابيب الحديث للغاية، والذي يحدث ثورة في مجال الخصيب في المختبر (IVF) من خلال تقديماتهم الحديثة والمخصصة لتوفير رعاية صحية إيجابية وخصوبة شخصية لا تضاهي للمرضى. وباعتباره واحدًا من مراكز التلقيح الصناعي والتنظير الأكثر تقدمًا في الهند، فهو مطلوب على المستوى العالمي أيضًا، حيث يأتي المرضى من مواقع مثل النرويج وإيران والمملكة العربية السعودية وقطر والبحرين. يشتهر المستشفى بتقديم أفضل رعاية للخصوبة، بدءًا من الحفاظ على أعلى المعايير الطبية والعلمية والأكاديمية ودعم المرضى خلال كل مرحلة من رحلتهم إلى الأبوة.

مع وجود مختبر علم الأجنة عالي التقنية في قلب المركز، يعد مستشفى دي بي يو التخصصي الممتاز، بيمبري، بونيه، أول مستشفى في مدينة بونيه يستخدم "التصوير بالفاصل الزمني" لاختيار أفضل الأجنة.

وتدعمها بقوة الخبرة الطبية القائمة على الأدلة - كما تم اعتماده كمستشفى أخضر من قبل رابطة مقدمي الرعاية الصحية في الهند (AHPI).

حقق المستشفى سمعة طبية لتمييزه السريري وعامل الثقة تحت القيادة القديرة للدكتور بإسراج بي باتيل - الوصي وأمين صندوق لمؤسسة الدكتور دي. باتيل فيديبايث (تعتبر جامعة)، بيمبري، بونيه. وقد شهد المستشفى ارتفاعًا غير مسبوق تحت قيادته الحكيمة من خلال العديد من التخصصات والتخصصات الفائقة بالإضافة إلى إنشاء مراكز التميز المختلفة، والتي خطت خطوات كبيرة في التلقيح الاصطناعي وعلاجات الأمراض الجلدية وزراعة الأعضاء المتعددة والعمليات الجراحية الروبوتية وغيرها.

"اليوم يثق بنا ملايين المرضى باعتبارنا مستشفى حسن السمعة، حيث لا يتم علاج المرضى فحسب، بل يتم الرعاية بهم باحترام

السياحة الطبية

شريك العدد

مستشفى دي بي يو التخصصي الممتاز، بيمبري، بونيه، الهند
يقوم بقيادة الطريق في التميز العالمي
في الرعاية الصحية

