

NHI Dialogue



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डाक्टर श्रीधर द्विवेदी, डाक्टर लोकेश गुप्ता, वरिष्ठ हृदय रोग विशेषज्ञ
नेशनल हार्ट इंस्टिट्यूट, नई दिल्ली-110065

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Editorial Voice

Dear friends!

Welcome Monsoon 2020 by taking good care of yourself.

Monsoons come & go, but this year we specially wish for you a double dose of health and happiness topped with loads of good fortune. Have a safe and great year ahead.

Please continue to send your valuable comments and suggestions ...

Hope you enjoy reading and keep in top fitness!

Your's

Executive Editor/Desk Editor

drvs1994@rediffmail.com
contact@nationalheartinstitute.com
contact@nhi.in

'Once you choose hope, anything's possible.'

**There are many on the front lines, who while risking their lives,
are making sure we are safe. We need to be thankful for all of them!**





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For advertisements contact :

Executive Editor / Desk Editor
drvs1994@rediffmail.com
contact@nationalheartinstitute.com
contact@nhi.in

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BE SAFE! STAY SAFE!

Ms. Simarjeet Kaur, Senior Dietician, National Heart Institute

During the Flu or viral season, many of your mates might get sick but some would stand tall even when everyone in their home is sick with the flu. It's all about the body's immune system. The immune system is the first line of defense of our body against an alien microorganism entering the body. Stronger your immune system, lesser would be the chance of you falling ill. But then again, having a strong immune system doesn't make you invincible.

With little change in your diet and routine, you can ensure that your immune system is strong enough to protect you against the infection.

A healthy immune system reduces your chance of viral infection and flu. With these natural ways to boost the immune system, you can achieve a healthy immune system.

1. **CITRUS FRUITS:** Most people turn to vitamin C after they've caught a cold. That's because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells. **The popular citrus fruits to fight infections include:**

- Grapefruit
- Oranges
- Lemons
- Sweet limes
- Amla



Because your body doesn't produce or store it, you need daily vitamin C for continued health. Almost all citrus fruits are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.

2. **RED BELL PEPPERS:** If you think citrus fruits have the most vitamin C of any fruit or vegetable, think again, red bell peppers contain twice as much vitamin C as citrus fruit. They're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help maintain healthy skin. Beta carotene helps keep your eyes and skin healthy.

3. **BROCCOLI:** It is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as many other

antioxidants and fiber, broccoli is one of the healthiest vegetables you can put on your table. The key to keeping its power intact is to cook it as little as possible — or better yet, not at all.

4. **GARLIC:** It is found in almost every cuisine in the world. It adds a little zing to food and it's a must-have for your health. Early civilizations recognized its value in fighting infections; garlic may also help lower blood pressure and slow down hardening of the arteries.

5. **GINGER:** It may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. Ginger may also help decrease nausea. Ginger packs some heat in the form of gingerol, a relative of capsaicin. It also help decrease chronic pain and may possess cholesterol-lowering properties.

6. **SPINACH:** Spinach made our list not just because it's rich in vitamin C. It's also packed with numerous antioxidants and beta carotene, which may increase the infection-fighting ability of our immune systems. Similar to broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients. However, light cooking enhances its vitamin A and allows other nutrients to be released from oxalic acid.

7. **YOGURT:** Look for yogurts that have "live and active cultures" printed on the label, like Greek yogurt. These cultures may stimulate your immune system to help fight diseases. Try to get plain yogurts rather than the kinds that are preflavored and loaded with sugar. You can sweeten plain yogurt yourself with healthy fruits and a drizzle of honey instead. Yogurt can also be a great source of vitamin D, so try to select brands fortified with vitamin D. Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.

8. **ALMONDS:** When it comes to preventing and fighting off colds, vitamin E tends to take a backseat to vitamin C. However,

vitamin E is key to a healthy immune system. It's a fat-soluble vitamin, meaning it requires the presence of fat to be absorbed properly. Nuts, such as almonds, are packed with the vitamin and also have healthy fats. A half-cup serving, which is about 46 whole, shelled almonds, provides nearly 100 percent of the recommended daily amount of vitamin E.

9. **TURMERIC:** You may know turmeric as a key ingredient in many curries. But this bright yellow, bitter spice has also been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis. Also, the high concentrations of curcumin, which gives turmeric its distinctive color, can help decrease exercise-induced muscle damage.
10. **GREEN TEA:** Both green and black teas are packed with flavonoids, a type of antioxidant. Where green tea really excels is in its levels of epigallocatechin gallate, or EGCG, another powerful antioxidant. EGCG has been shown to enhance immune function. The fermentation process black tea goes through destroys a lot of the EGCG. Green tea, on the other hand, is steamed and not fermented, so the EGCG is preserved.
11. **PAPAYA:** Papaya is another fruit loaded with vitamin C. You can find 224 percent of the daily recommended amount of vitamin C in a single papaya. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects. Papayas have decent amounts of potassium, B vitamins, and folate, all of which are beneficial to your overall health.
12. **KIWI:** Like papayas, kiwis are naturally full of a ton of essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C boosts white blood cells to fight infection, while kiwi's other nutrients keep the rest of your body functioning properly.
13. **POULTRY:** When you're sick, chicken soup is more than just a feel-good food with a placebo effect. It helps improve symptoms of a cold and also helps protect you from getting sick in the first place. Poultry, such as chicken and turkey, is high in vitamin B-6. About 100gm of light

turkey or chicken meat contains 40 to 50 percent of your daily recommended amount of B6.

Vitamin B-6 is an important player in many of the chemical reactions that happen in the body. It's also vital to the formation of new and healthy red blood cells. Stock or broth made by boiling chicken bones contains gelatin, chondroitin, and other nutrients helpful for gut healing and immunity.

14. **SUNFLOWER SEEDS:** They are full of nutrients including phosphorous, magnesium, and vitamin B-6. They're also incredibly high in vitamin E, a powerful antioxidant. Vitamin E is important in regulating and maintaining immune system function. Other foods with high amounts of vitamin E include avocados and dark leafy greens.
15. **SHELLFISH:** It isn't what jumps to mind for many who are trying to boost their immune system, but some types of shellfish are packed with zinc. Zinc doesn't get as much attention as many other vitamins and minerals, but our bodies need it so that our immune cells can function as intended.

Varieties of shellfish that are high in zinc include:

- Crab
- Clams
- Lobster
- Mussels



Keep in mind that you don't want to have more than the daily recommended amount of zinc in your diet. For adult men, it's 11 milligrams (mg), and for women, it's 8 mg. Too much zinc can actually inhibit immune system function.

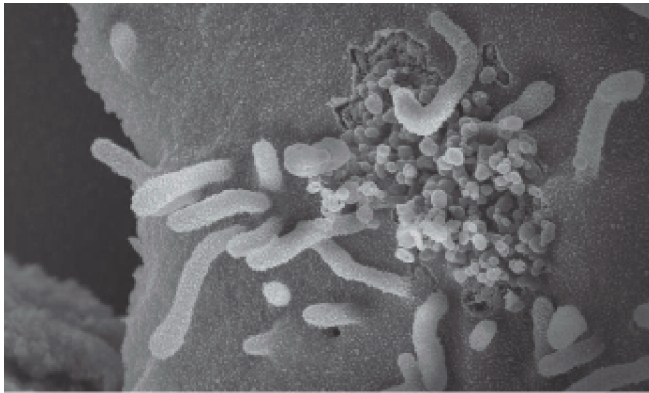
More ways to prevent the flu: Variety is the key to proper nutrition. Eating just one of these foods won't be enough to help fight off the flu, even if you eat it constantly. Pay attention to serving sizes and recommended daily intake so that you don't get too much of a single vitamin and too little of others.

Eating right is a great start, and there are other things you can do to protect you and your family from the flu, cold, and other illnesses. Start with these flu prevention basics and the flu vaccine and decide whether it's right for you.



COVID-19: ARE WE DEALING IT RIGHT?

Dr. Sumit Mukerji, Sr. Consultant (Homeopathy) Visiting
Dr. Rashi Prakash, Associate Physician (Homeopathy)



Earlier this year, the March issue of *Lancet* wrote, “During the past 3 weeks, new major epidemic foci of coronavirus disease 2019 (COVID-19), some without traceable origin, have been identified and are rapidly expanding in Europe, North America, Asia, and the Middle East, with the first confirmed cases being identified in African and Latin American countries”.

Another excerpt from the article says “On the basis of ‘alarming levels of spread and severity, and by the alarming levels of inaction’, on March 11, 2020, the Director-General of WHO characterized the COVID-19 situation as a pandemic”

Further in the same article it said, “Most national response strategies include varying levels of contact tracing and self-isolation or quarantine; promotion of public health measures, including hand washing, respiratory etiquette, and social distancing; preparation of health systems for a surge of severely ill patients who require isolation, oxygen, and mechanical ventilation; strengthening health facility infection prevention and control, with special attention to nursing home facilities; and postponement or cancellation of large-scale public gatherings.”

Despite all these preparations, Covid-19 is still very much on the rise and the need for a sound, structured and strong healthcare system is becoming more and more pronounced. This is especially true in our case where the Indian healthcare system ‘apparently’ looks all geared up for the battle.

However, while fighting a virulent virus does seem to be a valiant attempt on part of India but with a failing economy and a nearly collapsing healthcare system, India needs to level up in terms of strategy and implementation policies covering an entire population of 130 crore nationals.

When we address widespread diseases like Covid-19 with the terms ‘Epidemic’ and ‘Pandemic’, we are actually dealing with deadly diseases which spread speedily in large areas and affect a huge chunk of the population at the same time. While theoretically, the Indian healthcare system

does take a pragmatic approach towards tackling all forms of diseases through a separate field of community medicine subdivided into primary, secondary and tertiary healthcare, we must ponder upon the question, how far are we able to implement the theoretical distinctions, when it comes to practically battling with the dreaded virus.

With the continuously transforming strategies, vacillating policies, and changing rules on a daily basis, the patient and his family continue to remain the ultimate sufferers. The overburdened medical and paramedical staff is another factor behind the compromised quality of health care currently being provided by us despite the fact that Indian medical system is one of the most equipped systems in the world, when it comes to dealing with critical situations, in terms of quality right from the impartment of medical education to the impartment of treatment of the most complicated ailments.

The administrative bodies, not just in India but all around the world are trying their best to tackle the disease but the current times demand that the task of taking care of healthcare management be given to the medical fraternity that understands that the strength of the field of medicine at such critical times, lies in working in unison and not by subjugating ourselves to the unrelenting pressures of the legal system. The difference of opinion between the economists, experts of the legal framework and the medical

specialists, has been evident ever since the question of saving lives or saving economies came up. And undoubtedly, both share equal significance for a country, yet we should not be reluctant in admitting that ultimately life does hold a place above economy. As per Lancet,

“By March 16, 2020, the number of cases of COVID-19 outside China had increased drastically and the number of affected countries, states, or territories reporting infections to WHO was 143.” Thereafter, none of us are unaware of the continuously rising number of cases in India and abroad.

And here we are, in the month of June, 2020, still in the midst of planning strategies and policies and why the delay in pushing the disease back? Because the administration has multiple aspects to look into, prior to the life of an ailing person.

With a well demonstrated efficacy in dealing with the erratically changing symptomatology, as in case of Covid-19, Homeopathy has time and again proved to be a successful therapy, which can tackle the viral pandemic at the grass root or the primary level of the three tier healthcare system, that exists in India too. But unfortunately the existence of this three tier healthcare system is only in the books. The sole impediment to making the system functional in rural areas, suburbs and the urban areas, is the disapproval, the denial of the administration in trusting the logics of the pathy.

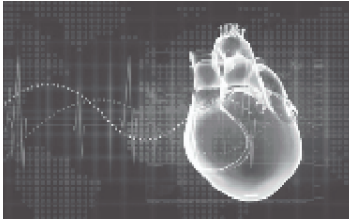
In the current situation when almost all trials by the first line of defense, by the conventional system of medicine are collapsing, the last resort has been plasma therapy which indeed showed drastic benefits. Studies and researches on developing drugs and vaccinations are in progress. But once again, the concept of vaccination with the same substance that causes a disease, belongs to Homeopathy. And then the direct question is - if a certain concept of one pathy does show positive results, why are we hesitant in accepting that going beyond our egos arising from the different streams of medicine we practice, we can work in parallel to alleviate the dreadful disease by utilizing the boons of all streams of medicine and build an even stronger healthcare system to protect those who have inadvertently become the victims of a virus which is in some manner, our own creation.

At the level of hospitals, delineating covid-19 wards and allotment of staff is the first step. But what next? Are we ready to let people die just because the wards were full, just because there were no beds because we had to admit every single patient who tested positive because we couldn't timely screen the mild cases to reduce the number of those who needed a bed, a ventilator and life support?

It would take just one visualization on our part, of the ideal scenario, for the healthcare system to streamline itself - where streams of AYUSH, capable of dealing very efficiently with mild cases of Covid-19 through simple oral medicines, can function as the first line of defense for screening as well as treating the milder cases. This reduces the burden on the already overworked conventional medical community at the secondary level, left with just the moderate cases to deal with. Further the tertiary tier would then be left with just the most critical cases to tackle. This is especially beneficial for hospitals, nursing homes, health care units as they form the one stop solution for every person as well as his family and direct contacts, who test positive for covid-19.

But first each one of us needs to ask our own selves-At this point of time, where does our loyalty lie-towards our monetary gains, towards our political gains, or towards our ethics and morality? Where should we focus-ego that keeps us apart or the oath that we took-to save a life that brings us together against the deadly disease of COVID-19?





STRESS AND CARDIAC RHYTHM DISORDERS

Dr. Anirban Kundu* Dr. O. P. Yadava**

* Consultant Cardiac Surgeon, National Heart Institute

** CEO & Chief Consultant Cardiac Surgeon, National Heart Institute

Stress is now an inescapable part of modern urban life. Along with other lifestyle diseases like Diabetes, Hypertension, smoking and raised cholesterol levels, stress has come to be associated with heart disease, mainly Coronary Artery Disease (CAD). Though much has been researched and written about the latter, abnormalities in cardiac rhythm have also been known to be associated with stress. Stress can take many forms, expressing as hostility, anger, depression, etc, which may be the result of extraneous circumstances. Regardless of the cause or form of stress, certain common pathways operate to cause these rhythm disorders. How does stress exert damage to the cardiac electrical conduction system, leading to irregular, disordered rhythm?

The heart is supplied by two sets of nerves: the **sympathetic** and **parasympathetic** nervous system. Both these constitute what is known as the **autonomic nervous system**. The former is responsible for the response of the heart rate to stressful situations, manifested by increased heart rate, force of contractions of the heart muscle and narrowing of the blood vessels in an effort to increase the blood supply to the organ supplied. These effects are mediated by certain hormones called **Catecholamines**, that are secreted by the adrenal glands that sit on either kidney (Figure 1), in response to stimulation by the sympathetic nervous system.

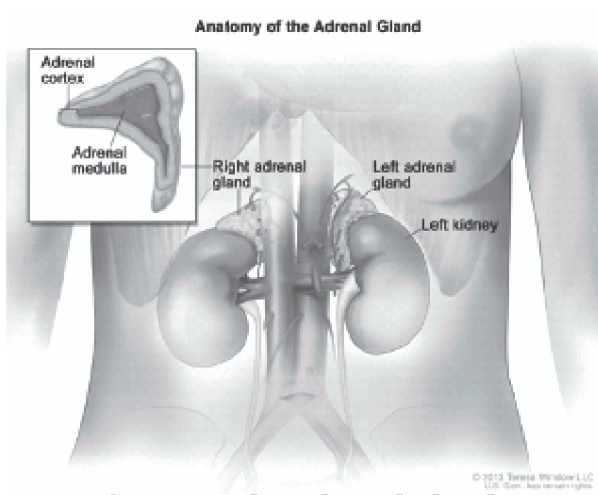


Figure 1: The adrenal glands.

The second system results in the opposite effect, that is, slowing of the heart rate and reduction in force of contraction of heart muscle. Obviously, anything that stimulates the former system results in increased heart rate and chance of rhythm disorders. During stress-induced autonomic nervous system activity, the heart rate rises, and may even lead to life-threatening ventricular rhythm disorders. Psychological stress has also been shown to cause ECG abnormalities in the “T” wave (see figure 2), which is a predictor of future ventricular rhythm disorders.

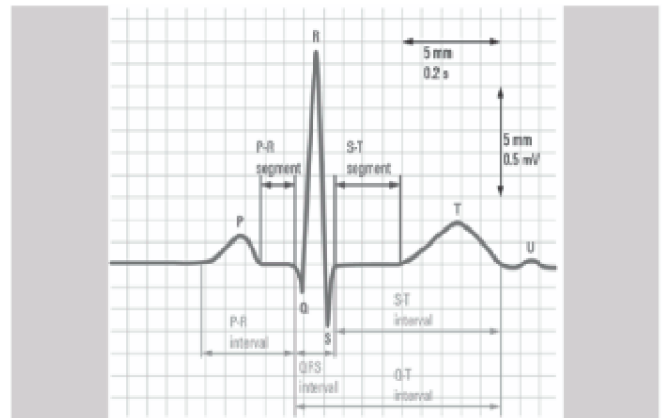


Figure 2: Normal Human Electrocardiogram (ECG)

Even a situation of chronic stress can trigger off electrical instability of the heart muscle, leading to further ECG abnormalities in the “QT” segment (Figure 2), thus predisposing the individual to potentially fatal ventricular abnormal beats.

Another, far commoner rhythm disorder is Atrial Fibrillation (AF), which involves the upper chambers of the heart (atria, figure 3). Here, the atria contract in a disordered, irregular fashion, with an irregular response by the lower chambers, the ventricles. The ventricular rate is what determines the individual’s clinical presentation. A fast ventricular rate may result in a fall in blood pressure, giddiness or even loss of consciousness. A slower rate may only cause a sense of uneasiness or palpitation.

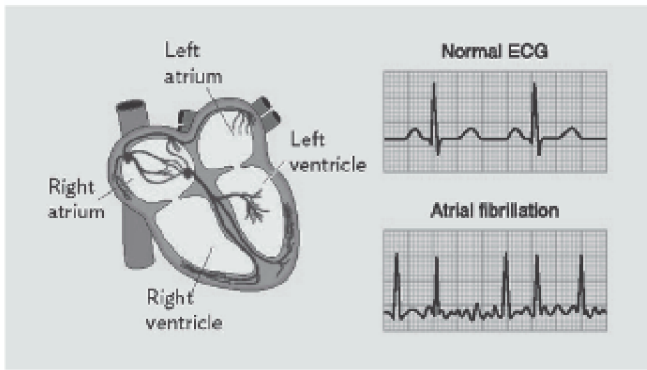


Figure 3: Pictorial representation of the heart along with a normal ECG and AF.

This disorder is relatively less fatal than those involving the ventricles or lower chambers. However, it can lead to other, equally dangerous consequences, like strokes (or brain attacks) from clot formation in the atria, which may get dislodged and migrate to the brain vessels. A similar event involving the limb vessels may lead to limb loss. Many authors have pointed to the existence of a Brain-Heart Axis to explain the association of stress and AF. Studies have shown that anxiety and depression are strongly associated with AF. However, it is not easy to say whether anxiety and depression actually *cause* AF. Patients with AF tend to have impaired cardiac function, are symptomatic, have to take medications or undergo procedures, and have limitations on daily living activities resulting in depression and anxiety and subsequent poorer quality of life. Additionally, predisposing intrapersonal factors such as a pessimistic outlook or poor illness management style can further contribute to depression or anxiety. The patient's perception of his or her AF can also contribute to the depression and anxiety. Perceiving AF illness as confusing, unpredictable and having the potential for complications can result in higher levels of depression and anxiety in patients. All this leads to a self-perpetuating vicious cycle of depression and anxiety/AF/more depression and anxiety.

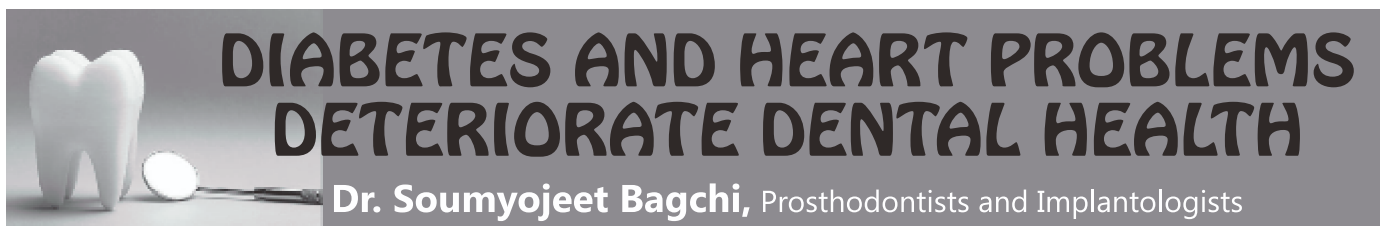
This in some measure may explain the variable susceptibility of certain individuals to stress-related rhythm disorders. Certain "arrhythmia areas" of the brain are known to be susceptible to the sympathetic stimulation triggered by stress, which in turn, trigger a cascade of reactions leading to the changes in rhythm. Is this response true for all human exposed to

stress? Obviously no, because not everyone exposed to the same stress levels go on to develop rhythm disorders as described. This then begs the question: is there a certain personality "type" that is vulnerable to these stress-induced rhythm disorders? Or is there a genetic basis to the response at the molecular level to stress, that determines the subsequent risk of developing rhythm disorders? Unfortunately, these questions are still the subject of research, the first answerable by psychologists and the second by molecular geneticists!

In conclusion, it is quite apparent that stress has a strong *association* with cardiac rhythm disorders, some of which are potentially life-threatening. No matter the cause of rhythm disorders, it would serve us well if we could at least manage (if not eliminate) the one modifiable factor in this : stress. Whether a simplistic cause-effect relation can be ascribed is a matter of debate and research. However, it is clear that stress per se is detrimental to cardiac and mental health, and should be dealt with accordingly. Some steps suggested by the Mayo Clinic, USA may be of help at an individual level:

1. **Take a 'timeout.'** Although it may seem cliched, counting to 10 before reacting really can defuse your temper.
2. **Get some space.** Take a break from the person you are angry with until your frustrations subside a bit.
3. Once you are calm, **express your anger.** It's healthy to express your frustration in a non confrontational way. Stewing in your own flames can make the situation worse.
4. **Get some exercise.** Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run.
5. **Think carefully** before you say anything. Otherwise, you're likely to say something you'll regret. It can be helpful to write down what you want to say so that you can stick to the issues.
6. **Identify solutions** to the situation. Instead of focusing on what made you mad, work with the person who angered you to resolve the issue at hand.

7. **Use 'I' statements** when describing the problem. This will help you to avoid criticizing or placing blame, which can make the other person angry or resentful - and increase tension. For instance, say, "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework."
8. **Don't hold a grudge.** If you can forgive the other person, it will help you both. Even if other person does not deserve forgiveness, you deserve peace, so forgive him. It's unrealistic to expect everyone to behave exactly as you want.
9. **Use humor** to release tensions. Lightening up can help diffuse tension. Don't use sarcasm, though - it can hurt feelings and make things worse.
10. **Practice relaxation skills.** Learning skills to relax and de-stress can also help control your temper when it may flare up. Practice our very own time-tested YOGA, deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "Take it easy." Other proven ways to ease anger include listening to music, writing in a journal and gardening.



Diabetes can lead to excess cholesterol building up in the bloodstream, raising the risk of heart disease. Bacteria and inflammation in the gums may escape into the blood system and cause blockages in the blood vessels, which reduce blood flow to the heart. High blood sugar levels may affect the time the gums take to heal.

These 10 tips and facts will help you to maintain good dental health:

- Brush your teeth last thing at night and at one other time in the day; the most important brush is the one at the end of the day.
- You should use small brushes or floss once a day to remove the plaque from in-between your teeth, preferably before tooth brushing.
- Fluoride in toothpaste keeps the teeth strong and prevents dental decay.
- To prevent dental decay, you should reduce the frequency of sugary snacks and carbonated drinks.
- After brushing spit out don't rinse the excess toothpaste away - this will keep fluoride on your teeth.
- The mechanics of brushing your teeth makes it better at removing dental plaque and maintaining healthy gums than using mouthwash.
- Water is the only drink that you should take to bed at night.
- A timer can be useful to make sure you brush for a full 2 minutes.
- If you are diagnosed with gum (periodontal) disease, you blood sugar control may be more difficult to manage, but effective gum treatment can help to improve it.
- Your teeth and gums should be checked by a Dentist at least once a year; the Dentist will advise how often you should attend the Dentist or hygienist for treatment.

Skin Care in Diabetes

Dr Vinay Kumar

Senior Consultant Dermatologist, NHI, New Delhi

Email: vnykmrrr123@gmail.com Website: www.yourskinmyconcern.com

93 199 299 00

For over half of the diabetics, one of the compelling reasons to seek professional help is issues involving skin and its appendages like hairs and nails. These issues are responsible for considerable discomfort, financial outgo, and disability. With a steady increase in the number of diabetics at local and global scales, the burden due to skin related problems too is on the rise. It is pertinent to mention here that most of such problems are preventable, and that too by adopting simple measures that are within easy reach of practically every diabetic. Awareness about why and how skin problems occur, the role of timely intervention, and proactive approach can easily cut down the said burden. Through this communication, our goal is to empower every diabetic with self help measures so that they either stay clear or can handle their skin concerns in a deft manner.

Best practices

Here are some of the proven practices with an established potential to cut down skin care related burden in the diabetics:



Diet and weight management



Pursuing physical activity and exercise



Regular medication



Periodic laboratory control



Physician supervision

Routine skin care in a diabetic

Let us first take up routine skin care for the stage when skin and its related structures are not affected by any condition.

Keeping one's blood sugar within normal range is the foremost requirement for every diabetic.

One should choose to be a non smoker. Say 'no' to tobacco in any form.



Smoking

At least one daily bath is strongly recommended. The water used for bathing in cold weather should be lukewarm, rather than hot. One must perform manual cleaning using hands and avoid scrubbing using abrasive agents. After bathing, the body folds and areas between toes and fingers must be thoroughly dried. Drying helps prevent fungal infections.



Moisturization of dry skin

One may blow dry body one's body folds like armpits, groin, under breast area, and spaces between toes and fingers to ensure complete evaporation of moisture. A non fragrant soap, shampoo or a bath gel may be used occasionally and sparingly. Soaps used for bathing should be mild. After bathing, the skin should be patted dry rather than rubbing with a towel.



Frequent hand washing

Deodorants and perfumes are better avoided by diabetics. Volatile chemicals are likelier to result in an allergic response. A moisturizer or a mild lubricant may be used after bath. One may use a room humidifier while staying indoors.



Using volatile and fragrant cosmetics

Prolonged sun exposure should be avoided. If somehow that is not feasible, one can use sun protection using a sun screen with an SPF of 30 or higher.

Scalp hair should be washed regularly and styled with a brush rather than a comb. Dyeing of hair is to be deferred to minimize the risk of an allergic reaction. Diabetic patients should avoid hair procedures as they run a greater risk of complications.



Using hair brush with wide bristles

Nails should be pared straight across the end with just a little of nail plate overhanging the underlying skin. The free edges of nails should be trimmed and rounded off.



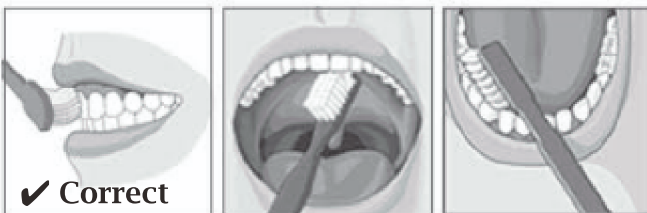
Nail paring

The exposed parts like face, hands and feet should always be kept clean. It is highly recommended to wash hands after coming in contact with any surface or article suspected to be contaminated with germs, dirt, chemicals, or unknown ingredients. Garments should be well fitted, that is dress should be neither too loose nor too tight. Undergarments must to be changed at least once daily. The best choice of fabric for diabetics is pure cotton as cotton is breathable and facilitates ventilation.



Tight fitting garments

Every diabetic should adopt a habit of brushing and flossing teeth after every meal. They should also stay alert to any abnormal changes in mouth, teeth, tongue, and gums. Mouth cleansers may be used, but are not necessary.



Teeth brushing



Barefoot walking

The diabetics should avoid tattooing, swimming and engaging in water sports due to higher risk of infections.

Massaging of body is encouraged and should be carried out employing the direction of movement of hands from farther ends of limbs towards trunk as such a movement promotes blood flow towards heart.

Diabetics are recommended to wear soft and porous cotton socks for most of the day and more so when engaging in activities like sports and exercise.



Wearing cotton socks

Diabetics should use footwear that is well fitting, with a good arch support, broad toe area, and without high heels. It is highly advisable for diabetics to self inspect their feet at least once daily in good light.



Daily self-inspection of feet

The footwear should be examined and their insides cleaned before and after every use. The points to be noted at each inspection should include presence of any rash, loss of sensation, thickening, and presence of sores. The areas between the toes need to be examined carefully for any maceration and soreness.

The inner lining of genitals areas needs very simple but a daily care. Cleaning should be done with fresh clean water and excess moisture swabbed off after the process. Oiling, chemical disinfection, or use of creams is not required in routine care.

Care of the insulin injection site is mandatory for every diabetic. This includes a daily inspection, proper disinfection, use of correct syringe and needle, and employing proper technique of injection.

Skin care for unhealthy diabetic skin

Injuries that are not too deep should not be left open and attended promptly by cleaning, disinfection, and covering with sterile gauze pads.



Minor cuts left open

Skin allergies can be handled by avoidance of contact with products known to cause them. In doubtful cases, potential allergy causing agents can be detected using patch testing.

Boils on the skin should not be burst open, but treated by incision and drainage, followed by regular change of dressing under cover of appropriate antibiotics and painkillers.



Popping of boils

Pre existing skin diseases need to be factored into formulating a prescription for diabetics. It is important to note that diabetics are more prone to catch infections and have slower healing. Systemic as well as locally applied steroids must be used conservatively since these chemicals reduce local and general capacity to fight disease.

Suggested skin first aid kit for diabetics

The following items are the basic requirement for an emergency kit that must be readily available for use by any potential or established diabetic:

- Cleansing tissue and solution (Cotton and diluted Cetrimide solution)
- Gauze pads (Folded dressing pads)
- Antibiotic cream (Mupirocin or Fusidic Acid)
- Hypoallergenic or Micropore tape (1cm or 2.5 cm wide)
- Moisturizer (Cream or lotion)

Out take

Skin involvement in diabetes is not only frequent, but is also more intense and slower to heal. Diabetes control is the mainstay for a healthy skin. Other significant measures to keep skin problems at bay include self-inspection, a healthy lifestyle, regular checkup, and knowing when to seek expert guidance. Most skin conditions in diabetes are easy to prevent. Such problems require prompt and targeted intervention, whenever needed.

Armed with the foregone knowledge and a proactive approach, no diabetic should ever have to experience discomfort on account of skin concerns!

Best wishes!

KNOW YOUR COVID-19

Dr. Adarsh Kumar, Sr. Consultant- Internal Medicine, NHI

COVID-19 is a respiratory condition caused by a coronavirus. Some people are infected but don't notice any symptoms. Most people will have mild symptoms and get better on their own. But about 1 in 6 will have severe problems, such as trouble breathing. The odds of more serious symptoms are higher if you're older or have another health condition like diabetes or heart disease.

Here's what to look for if you think you might have COVID-19.

Common Symptoms

Researchers in China found that the most common symptoms among people who were hospitalized with COVID-19 include:

- Fever: 99%
- Fatigue: 70%
- A dry cough: 59%
- Loss of appetite: 40%
- Body aches: 35%
- Shortness of breath: 31%
- Mucus or phlegm: 27%

Symptoms usually begin 2 to 14 days after you come into contact with the virus.

Other symptoms may include:

- Many unusual symptoms of Covid-19 have been observed. These may differ even in different members of the same family.
- The CDC has recently added 3 new symptoms to its list of symptoms of Coronavirus: Congestion or runny nose, nausea or vomiting and diarrhea
- Isolated sudden loss of taste and/or smell is Covid, unless proved otherwise. However, bitter and sour tastes are retained. This symptom may be intermittent and may last for up to 2 months. It occurs more commonly in females. Such patients have not become serious.
- Isolated diarrhea may occur; the affected person may be a super spreader and may be the first person to be infected; more

common in women. This is small intestine Covid. Such patients have not become serious.

- Constipation has been observed.
- Covid cystitis: low grade persistent fever or no fever, increased frequency of urination, urinalysis may show 50-60 pus cells, but culture is negative and total leukocyte count may be normal. No antibiotics are needed as it resolves spontaneously.
- If the patient comes before 9 days, this is acute viral response. If the patient comes after 9 days and is not hospitalized, this is post-Covid syndrome, which may manifest as low grade exertional afternoon rise of temperature or chills without rigors x 6 weeks. Give high doses of Vitamin C, D and zinc x 3 days OR give colchicine or hydroxychloroquine (HCQ) twice daily. This fever is because the virus causes some thermostat dysregulation.
- Neurological complications like encephalitis, meningoencephalitis have been observed in ICU patients. Prognosis is not good.
- Skin lesions may occur - small blister/s, scratch-like lesion, bruise; more in females
- Eye involvement: Conjunctivitis may occur.
- Covid toes, presenting as gout-like symptoms. Such patients may test negative in the beginning, but may test positive late
- Covid may present as calf pain (muscle pain - myositis), which responds only to mefenamic acid, naproxen, nimesulide or indomethacin.
- Leukocyte count <1000 signifies serious illness; high monocyte count is a new observation - may be indicative of prolonged inflammatory response
- SLE-like manifestations may be seen (high ESR, low CRP)
- If CRP >100, such patients invariably have pneumonia; get a CT chest done for these patients.

- Backache, which responds to naproxen; ISA (inflammatory spondyloarthropathy) like or Behcet's like or Ritter-like phenomenon
- Other symptoms such as tinnitus, persistent sore throat, nausea and vomiting, exertional tachycardia, urinary pain, menstrual pain have also been seen.
- A new phenomenon of delayed hypoxia has been observed by Day 15-17 with sudden deterioration; all high risk patients must be given anti-thrombotic treatment, DVT prophylaxis to prevent delayed hypoxia.
- In Tamil Nadu, almost all deaths have been occurring early morning; hence, absolute bed rest for all patients. Most patients have sympathetic overactivity - hypoxia, exertional tachycardia, which can precipitate early morning acute myocardial infarction. Ivabradine may be considered in patients with exertional tachycardia.
- ENT manifestations: herpes zoster oticus, Ramsay Hunt syndrome, anosmia, acute peritonsillitis.
- Covid-19 spares joints.
- Coinfections of dengue, chikungunya, TB may occur. This may be a dangerous combination.
- Covid positive patients have false positive Typhidot due to cross reaction.
- If a Covid-positive patient has symptoms like joint pain, retro-orbital headache, laryngitis, exertional tachycardia, look for coinfections or underlying disease. E.g., if retro-orbital headache look for co-existing dengue; if exertional tachycardia, look for underlying coronary artery disease; if persistent shortness of breath, look for small airway obstruction.
- Do not ignore isolated skin manifestations, even small rashes. These should be investigated as first sign of Covid infection.
- RT PCR test may be positive for up to 50 days; but the patient becomes non-contagious after 9 days as the virus becomes non-replicating.
- Covid-19 causes lymphopenia, low CD4 count (HIV-like symptoms). A question was raised that could diarrhea, aseptic cystitis, ear manifestations, secondary viral manifestations be a presentation of low CD4 count? If yes, there may be an upsurge of lymphoma cases. Patients with low CD4 count should be given combination of lopinavir and ritonavir.

With best compliments from



VINAYAK PHARMA

Basement Floor, C-123, Lajpat Nagar I
New Delhi-110 024. Phone : 9810461036 / 65658629
E-mail : vinayakpharma@indiatimes.com

नमन डाक्टर सिनहा



10 मार्च 2020 – कल रात होली जल चुकी थी। कोरोना विषाणु के आतंक से आज घर के बाहर बिलकुल नहीं निकला। शाम ढलते ढलते एन एच आई से कृष्णदत्त जी का फोन आया। उनकी आवाज में असाधारण कम्पन

मिश्रित दुःख के भाव थे। मन को थाम कर मैंने उनकी बात सुनी। उन्होंने मन को हिला देने वाली, स्तंभित करने वाली खबर दी – डाक्टर विजय कुमार सिनहा नहीं रहे। क्षण भर कानों को विश्वास नहीं हुआ। अभी इसी रविवार को प्रातः 9 बजे जामपुर शिव मंदिर के सामने श्री विग्रह के समक्ष उनसे भेंट हुई थी। दरस परस हुआ। दूसरे दिन सोमवार 9 तारीख को फिर सबेरे दूसरी मंजिल पर भेंट—मुलाकात हुई। और आज यह हृदय विदारक समाचार। जीवन कितना क्षण भंगुर है ? हृदय सर्जन हृदयाघात में चले गये।

काल का घटना कर्म देखिये। पाँच मार्च को हृदयाघात और डायबिटीज से पीड़ित साठ वर्षीया 'ख' जिसके हृदय की तीनों प्रमुख नलिकायें बंद थी उन्हें बाईपास हेतु भर्ती करते हैं। दूसरे दिन छह मार्च को उसका सफलता पूर्वक बाईपास करने के उपरान्त शनिवार और रविवार पुनः आते हैं। रविवार के ही दिन मेरी उनसे प्रातः साढ़े आठ बजे मंदिर के पास भेंट होती है। सोमवार नौ मार्च को हम लोग फिर मिलते हैं। दस को होली है। उस दिन ड्यूटी पर उपस्थित डाक्टर शिवांगी से अपने मरीज 'ख' के विषय में बातचीत करते हैं। उचित निर्देश देते हैं। सेक्टर शिवांगी को एक बार नहीं, दो बार नहीं बल्कि तीन बार 'ईश्वर तुम्हारा भला करे, ईश्वर तुम्हारा भला करे, ईश्वर तुम्हारा भला करे' कह कर उसे आशीर्वाद देते हैं। शायद उन्हें आगे होने वाली घटना का कुछ पूर्वाभास हो। नहा धो कर कुर्सी पर बैठते हैं। हृदय प्रदेश में कुछ पीड़ा होती है जिसके उपशमन के लिए एक गोली सोर्बिट्रेट (हृदय पीड़ा के लिए) और एक गोली पेंटोसिड (अम्लशामक) लेते हैं। इसके बाद कुर्सी पर ही लुढ़क गए। चिरनिद्रा में चले गये। इसे कहते हैं बैठे बैठे चल दिये। देह त्याग कर आध्यात्मिक यत्र पर चले

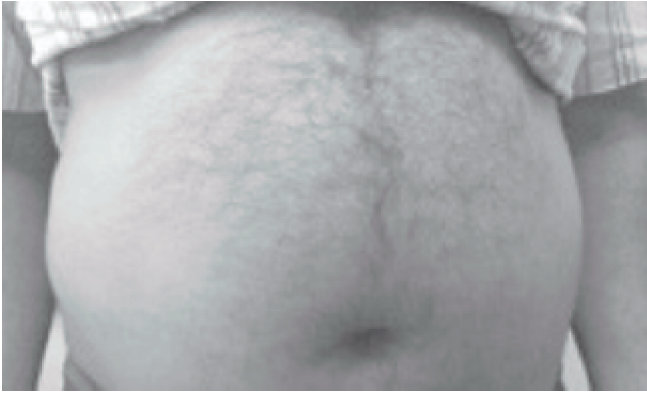
जाना। उनके मरीज ने जब यह स्तब्ध कर देने वाला सुना तो कहा 'मुझे तो जिन्दा खड़े कर गये पर खुद चले गये'। इसी प्रकार परिवार के लोग तथा अन्य आत्मीय जनउनके इस अचानक महाप्रयाण पर शोकाकुल हैं किन्तु वे अनंत यात्रा पर हैं। यह हुआ 'बिछुरत एक प्राण हरि लेहीं'।

डाक्टर सिनहा अत्यंत सात्विक विचारों के प्राणी थे। मजे की बात यह थी उन्हें कोई ऐब नहीं—सिगरेट—शराब से दूर। इकहरा बदन। आध्यात्मिक प्रवृत्ति के शांत व्यक्ति। प्रत्यक्षतः साधु वृत्ति के चिकित्सक। मेरा उनसे सर्व प्रथम परिचय एन एच आई आने पर 2011 में हुआ। एन एच आई में मेरी उनसे नयी नयी मुलाकात थी। एक दिन मैंने उन्हें दोनों हाथों में थैला लेकर ओ टी की तरफ जल्दी जल्दी जाते हुए देखा। मैंने पूछा डाक्टर सिन्हा इन झोलों में क्या भर कर रक्खा है? वे मुस्कराकर बोले इसमें स्पेशल मसाला दो से हैं जो मैं होली फैमली अस्पताल की कैटिन से लाया हूँ। आपरेशन कक्ष के अपने समस्त सहयोगियों के साथ इनका आनंद लूँगा। यह घटना उनके व्यवहारिक और सहृदय होने का अकाट्य साक्ष्य है। उनकी एक और बात जो मेरे हृदय को छू गयी वह थी – ऐसा कुछ भी मत कीजिये जिससे मरीज का रंच मात्र भी अहित हो। विचारों में साम्यता होने के कारण धीरे धीरे वह सम्बन्ध प्रगाढ़ता में बदल गया। कोई कल्पना कर सकता है की ऐसे व्यक्ति का अचानक पलायन हो जायेगा। क्या कोई विश्वास कर सकता है की डाक्टर सिनहा अचानक चले जायेंगे प्पर काल के विधान को कौन टाल सकता है। ईश्वर उनके शोक संतप्त परिवार को इस निरभ्र वज्रपात को सहने की क्षमता प्रदान करे। प्रभु से इसी प्रणत निवेदन के साथ नमन डाक्टर सिनहा।

Professor (Dr.) Shridhar Dwivedi
MBBS, MD, PhD, FAMS, FRCP (U.K.) FIACS
(Canada)
Senior Consultant Cardiologist] National
Heart Institute
Professor of Eminence, D.P.S.R. University
Adjunct Professor, H.I.M.S.R.
E-mail: shridhar.dwivedi@gmail-com
Telephone: 91 (0) 9818929659

अपनाईये अच्छी जीवन शैली,
सेहत चादर कभी न होगी मैली।

पेट अब बड़ा घड़ा हो गया है



एक स्थूलकाय भद्र ने आते ही कहा,
पेट बड़ा घड़ा हो गया है,
फूलता चला जा रहा है,
अंदर लुटिया के समान है,
बाहर तनी हुई चादर सरीखा है।
आसन्न डायबिटीज के मरीज का,
यह कथन कितना सटीक था,
उसकी गर्दन पीठ पर,
अनेक काली धारिया थी।
त्वचा पर एकोथेनसिस नाइग्रीकैंस,
ये रेखायें मानो कह रही थी,
इन्स्युलिन प्रतिरोध कितना जबरदस्त था,
डायबिटीज आने में अब कुछ ही देर थी।
शुगर की सुगबुगाहट शुरू हो गयी है,
आखिर पेट अब बड़ा घड़ा हो गया है।

12 मार्च 2020।



Professor (Dr.) Shridhar Dwivedi
MBBS, MD, PhD, FAMS, FRCP (U.K.) FIACS
(Canada)
Senior Consultant Cardiologist] National
Heart Institute
Professor of Eminence, D.P.S.R. University
Adjunct Professor, H.I.M.S.R.
E-mail: shridhar.dwivedi@gmail-com
Telephone: 91 (0) 9818929659

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कोरोना से जंग

कोरोना से ऐसे हम जीतेंगे जंग
आज की सच्चाई,
कोरोना के खिलाफ,
यह जंग लम्बी है,
महीनों चलनी है,
दुश्मन अदृश्य है,
औषधि न हाथ है,
बचाव ही साथ है।
न्यूजीलैंड की मिसाल,
हम सबके सामने है,
तीन चीजों का सख्ती से पालन कर,
आज वह कोरोना मुक्त है।
सफाई हाथों की रखनी है,
नाक मुंह ढकना है,
आपस में दूरी रखनी है

सुरक्षा अपनी करनी है।
कोरोना से ऐसे हम जीतेंगे जंग।।
यही है आज का शिष्टाचार,
कोरोना हराने का हथियार,
आप ही अपनी है सरकार,
और न है कोई दरकार।
वृद्ध हों या रोगी आतुर,
दिल बी पी कैंसर या शुगर,
घर पर रहें न बढ़ाये मर्ज,
आपके अपने भी हैं फर्ज।
बस घुसने में धक्कामुक्की,
मंदिर मस्जिद में भीड़-भाड़,
मदिरालय में लंबी कतार,
कोरोना से ऐसी नूराकुशती।

ऐसे जीतेंगे कोरोना की जंग?
कैसे जीतेंगे कोरोना की जंग,
करेंगे जब ऐसा हुड़दंग,
हम अपनी सेहत के मालिक,
रख ध्यान बने खुद के खालिक।
माना जान है जहान है,
सूत्र यह महान है,
पर बचाव के साथ,
आजीविका लहान है।
यह युद्ध बहुत ही पेचीदा,
खुद योद्धा ही हो रहे तंग,
स्वच्छता मास्क दूरी शुभदा,
ये तीन विजय के अंग जंग।
कोरोना से ऐसे हम जीतेंगे जंग।।

कोरोना काल में कुछ मुहावरों के अर्थ बदल गये कुछ नये गढ़े गये:

मुहावरे किसी विशेष परिस्थिति या काल की उपज होती है जिसके पीछे समाज का एक लम्बा अनुभव छिपा होता है। वह सत्यता और संवेदनशीलता की कसौटी पर खरा उतरता है तभी सम्पूर्ण समाज को स्वीकार होता है अन्यथा कुछ समय बाद उसे लोग भुला देते हैं। कोविड—उन्नीस की महाआपदा में पूरे विश्व को बहुत विषम और दिल को मथ देने वाला अनुभव हुए हैं। भारतीय समाज की बहुत सी पुरानी और स्थापित कहावतों में से कुछ बहुत सटीक सिद्ध हुई है तो कुछ संदेह के घेरे में भी हैं। कुछ नए अनुभव हुए जिसे लोगों ने नए मुहावरों का रूप दिया। आइये उन पर एक सरसरी निगाह डाल लें :

1. मुंह छिपाना या मुंह चुराना—पहले बुरा माना जाता था पर कोविड काल में मुंह ढक रखना या मुंह छिपाना इस विषाणु से बचने का प्रमुख उपाय है।
2. गले मिलना — आज कल गले मिलना या किसी अत्यंत स्नेह वश अपने बाहुवो में भर लेना / अंक में भर लेना कोरोना को खुला निमंत्रण देने के समान माना जाता है ८
3. हाथ मिलाना — कोरोना महाआपदा के बीच हाथ मिलाना बहुत बड़ी त्रासदी का कारन बन सकता है। हाथ मिलाने की अपेक्षा नमस्कार करना ज्यादा श्रेष्ठ और निरापद तरीका है। मत मिलाइये हाथ किसी से भी। अब बड़े बड़े राजनीतिज्ञ या राजे महाराजे भी अपने अति विशिष्ट मेहमानों का स्वागत नमस्ते की मुद्रा में करते हैं।
4. निकट आना — इस समय किसी को निकट बुला कर या उसके निकट जाकर बात करना खतरे से खाली नहीं है। कोरोना काल में निकट आना या निकट जाना दोनो खतरनाक है।
5. गला साफ करना — पूर्व में गला साफ करना बहुत अच्छी दृष्टि से नहीं देखा जाता था पर अब बदली परिस्थिति में हर आदमी को प्रतिदिन दो बार नमक के गरारे से गाला साफ करना अच्छा माना जाता है।
6. काँटों का ताज पहनना — यद्यपि राजमुकुट / ताज को काँटों भरा ताज समझा जाता है। यह भली भाँति जानते हुए भी सभी लोग इस ताज पाने के लिए लालायित रहते हैं उसके लिए चाहे कितने ही पापड़ क्यों न बेलने पड़े। पर आज के दिन बिरला ही ऐसा कोई आदमी होगा जो 'कोरोना का काँटों भरा मुकुट' धारण करना चाहेगा। याद रहे की सूक्ष्मातिसूक्ष्म कोरोना विषाणु का बाहरी स्वरूप काँटों भरे ताज के सरीखा होता है। (चित्र)
7. सटला तो गइला — यह कोरोना काल का नया मुहावरा है। बिहार के पुलिस महानिरीक्षक ने इसी बात को बहुत ही सुंदर लोकभाषा में प्रस्तुत किया। आपने आपस में सुरक्षित दूरी नहीं रखी तो कोरोना संक्रमण से आप बच नहीं सकते। बीमारी आपकी प्रतीक्षा कर रही है।
8. राजद्वारे श्मशाने च यह तिष्ठति स बान्धवः — इसका सीधा सादा अर्थ है सरकारी दफ्तरों / कचहरी / पुलिस कार्यालय या श्मशान महायात्रा में जो व्यक्ति आपके साथ खड़ा हो वो या तो आपका भाई — बंधु होगा या कोई बड़ा परम मित्र। परन्तु आज ऐसी स्थिति आ गयी है की यदि दुर्भाग्य से आपके अपने माता — पिता या भाई बहन या पुत्र—पुत्री की मृत्यु हो जाए तो शायद आप भी उनके अंतिम क्षणों में शरीक न हो सकें। प्रसिद्ध महाअभिनेता ऋषि कपूर की अंत्येष्टि में उनकी एक मात्र पुत्री अंतिम दर्शन न कर सकी उन्हें वीडियो — दर्शन से संतोष करना पड़ा। एक अन्य लब्ध — प्रतिष्ठित अत्यंत शीर्षस्थ प्रोफेसर का एकमात्र पुत्र उनकी अंत्येष्टि में भाग न ले सका। दिल्ली के किसी पत्रकार के घर में उसके पिता और माँ का कोरोना के कारण मृत्यु हुई और उनका पार्थिव शरीर घर पड़ा हुआ है। कोई उठाने वाला नहीं। मृत शव वाहन एम्बुलेंस के लिये उच्च अधिकारियों को फोन पर फोन कर रहा है परन्तु कोई सुनवाई नहीं। इसका वीडियो सामाजिक संचार सूत्रों पर खूब वाइरल हो रहा है। परन्तु कोई खोज खबर लेने वाला नहीं। जब इतनी बड़ी हस्तियों का यह हाल है तो सामान्य व्यक्तियों का क्या पुरसा हाल होगा सोचने — विचारने की बात है। किसी की अंतिम यात्रा में उसके अपने पुत्र — पुत्री ही न आ सकें तो अन्य बंधु — बांधव या मित्रों की कौन कहे?
10. थाली बजाना / थाली पीटना — कोविड काल के पूर्व (मार्च 2020 से पहले) थाली बजाना या थाली पीटना शुभ अवसर का प्रतीक था। घर में नये शिशु विशेषतः पुत्र जन्म के बाद खुशी मनाने का तरीका परन्तु अब इसे अशुभ कोरोना के विरुद्ध लड़ाई लड़ने के संकल्प का द्योतक अथवा अपने राजनीतिक विरोधी के विरुद्ध मोर्चा खोलने का संकेत के रूप में प्रयोग किया जा रहा है। इसका एक ज्वलंत उदाहरण अभी जून में ही मुख्यमंत्री नीतीश कुमार के खिलाफ विरोधी नेता तेजस्वी यादव और उनकी माता राबड़ी देवी द्वारा सार्वजनिक तरीके से थाली बजा कर प्रस्तुत किया था।
11. 'एकांत या देहांत'
12. 'कोरोना में एकांतवास, अति उत्तम अस अज्ञातवास'
13. 'लाकतंत्र या लोकतंत्र' (सौजन्य: 'आजतक टी वी')
14. किसी ने बनारसी अंदाज में कोरोना से बचने का तरीका किसी ने कुछ इस प्रकार व्यक्त किया: 'गुरु चपल रहा खाट पे, नाही त भेट होई घाट पे'।
15. आप के पास तीन विकल्प है : घर में रहना, हॉस्पिटल में रहना, फोटो फ्रेम में रहना। (सौजन्य : डाक्टर अनूप मोहता)
16. 'घर पर रहें सुरक्षित रहें'।
17. अत्यंत संकट में सहज शत्रु भी सामूहिक दुश्मन से निपटने के लिए मित्र हो जाते हैं जैसे सांप और मोर, हिरन और शेर। सुकवि बिहारी का इस विषय में एक प्रसिद्ध दोहा है — 'कहलाने एकत बसत अहि मयूर मृग बाघ, जगत तपोवन सो भयो दीरघ दाघ निदाघ।' यहाँ पर इन पशु पक्षियों के लिये साझा शत्रु है झुलसाने वाली प्रचंड गर्मी। परन्तु आश्चर्य है की कोरोना महासंकट की इस विकट बेला में भी कुछ लोग इस असाधारण विषाणु से सामूहिक रूप से निपटने की अपेक्षा अपने निजी हित साधन और छुद्र राजनीति में लिप्त हैं।



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बहुत प्राचीन कहावत है—‘जैसा खाये अन्न वैसा होवे तन—मन’ अर्थात् जैसा हम भोजन करते हैं उसी प्रकार हमारा शरीर और मन—मस्तिष्क बलवान या निर्बल बनता है। दूसरे शब्दों में कहें तो हमारे स्वास्थ्य की कुंजी बहुत कुछ हमारे खान—पान पर निर्भर होती है। इसी बात को गीता में इस प्रकार से बताया गया है:

‘युक्ताहार विहारस्य युक्त चेष्टस्य कर्मसु, युक्त स्वप्ना व बोधस्य योगो भवति दुःखः’। अर्थात् सुखी और स्वस्थ जीवन के लिए उपयुक्त भोजन, सही व्यायाम, अपने कर्तव्य का उचित पालन, समय पर सोना और समय पर जगना चाहिए। यही योग है। इस प्रकार का जीवन जीने वाला व्यक्ति कभी दुख को प्राप्त नहीं होता। इस श्लोक के अनुसार स्वस्थ जीवन की पहली आवश्यकता है—उपयुक्त और उचित भोजन।

स्वाभाविक ही प्रश्न यह उठता है सही और उपयुक्त भोजन क्या है ?

(1) सही और उपयुक्त भोजन: ऐसा भोजन जो सुपाच्य हो, जल्दी पच जाये, पचने के बाद हमें ऊर्जा दे, शरीर में किसी प्रकार की विसंगति (रक्त में कोलेस्ट्रॉल की अधिकता, शर्करा में वृद्धि, ब्लड प्रेशर में बढ़ोत्तरी या शरीर के कोशाओं में दाह ध्वजन की स्थिति) न उत्पन्न करे। ऐसा भोजन हमें फल—फूलों, वनस्पतियों से प्राप्त होता है (चित्र 1)। साधारणतया ऐसे भोज्य पदार्थ प्राकृतिक स्रोतों से प्राप्त होते हैं। इनमें पोषक तत्वों के अतिरिक्त प्रचुर मात्रा में प्रतिऑक्सीकारक (एंटीऑक्सीडेंट) रसायन होते हैं जो शरीर में दाह नहीं उत्पन्न होने देते। ऐसे भोजन औषधि का काम करते हैं। औषधि के समान होता है। (देखें तालिका 1)। इसका एक ज्वलंत उदाहरण है अनार। अनार के विषय में बहुत ही रोचक हटन हुई।

मेरे एक स्नेही मित्र ने मुझे यह बताया की उसका कई महीनों से परेशान करने वाला कब्ज अनार के नियमित सेवन से ठीक हो गया तो मेरा माथा टनक गया। इसके बाद मैंने अनार के वैज्ञानिक पक्ष का अध्ययन करने का मन बनाया। सबसे पहले मैंने औषधीय वृक्षों पर केंद्र से प्रकाशित ‘Indian Medicinal Plants’ पुस्तक का अवलोकन किया। अनार को संस्कृत में दाडिम कहा जाता है। इसका वानस्पतिक नाम प्यूनिका ग्रेनेटम है। इसके पुष्प खुन की भांति लाल होते हैं इसलिए इसे लोहित पुष्पक भी कहते हैं (चित्र)। आयुर्वेदीय ग्रंथों के अनुसार इसका मूल, पुष्प, फल, वल्कल और बीज विभिन्न रोगों में प्रयुक्त होता है। लोक व्यवहार में हम इसके फल/बीज का सर्वाधिक उपयोग करते हैं। इसके महत्वपूर्ण अवयवों में एंटीऑक्सीडेंट गुण, विटामिन बी परिवार के कई सदस्य, एमीनो एसिड, पॉलीफिनॉल द्रव्य, प्यूनीसिक एसिड, तथा फाइटोइस्ट्रोजेन प्रभूत मात्रा में पाये जाते हैं। इतने लाभकारी अवयवों के कारण इसे कई प्रकार के रोगों में खाने की आयुर्वेद में सलाह दी गई है।

आचार्य चरक ने इसे ‘हृद्यं कफ पित्त वरोधि च’ कहा है अर्थात् हृदय, खांसी, पित्त की बीमारियों में यह लाभ कारी है। एक दूसरे विद्वान ने इसे ‘हृत्कंठ मुख रोगघ्न’ बताया है। इसके अनुसार यह हृदय और मुख रोगों में उपयोगी है। कैवल्य निघण्टु का मत है — ‘अम्लम तु द्विविधं ज्ञेय रूक्षामलं सिन्धु चक्रकक्रमं, स्वादु त्रिदोष तूड दाह ज्वर हृद्रोगं उपशमनं।’ अर्थात् अनार का सेवन अम्ल की अधिकता, त्रिदोष जनित रोगों और हृदय रोगों में अत्यंत फलदायी होता है।

अब जरा रासायनिक भोजन के विषय में विचार कर लें :

(2) खराब रासायनिक भोजन: ऐसा भोजन जो शरीर में दाह उत्पन्न करे। शरीर के अंदर शक्कर की मात्रा (डायबिटीज) बढ़ाये। चर्बी का भंडार बढ़ाये (तौंद और मोटापा)। ब्लड प्रेशर (हाइपरटेंशन) में वृद्धि करे। विभिन्न प्रकार के असंचारी रोगों जैसे मोटापा, यकृत के ऊपर चिकनाई की मोती पर्त, दिल की रक्त नलिकाओं के अंदर चिकनी का अम्बार जो आगे चल कर हृदयाघात (हार्ट अटैक) को जन्म देता है, पक्षाघात (लकवा), कैंसर विशेषतः—यकृत, बड़ी आंत (कोलन), अग्नाशय के कैंसर, असमय में बुढ़ापा, स्मृति भ्रंश, आदि को जन्म दे बढ़ावा दे।

उदाहरण: बिस्कट, पिज्जा, मैदा या महीन आटे से बने पदार्थ, बर्गर, समोसा, छोला, भटूरे, कोका कोला, प्रसंस्कारित पदार्थ या पेय, नाइट्रोसामीन युक्त चटनी—सास, डीप फ्रिज में बहुत दिनों के रखे भोज्य पदार्थ, मांसाहार, अल्कोहल युक्त पेय।

रासायनिक भोजन के विरुद्ध अकाट्य साक्ष्य: एक अध्ययन के अनुसार कुछ लोगों को मुफ्त में यथेष्ट इच्छानुकूल भर—पेट मैकडॉनल्ड कंपनी का बर्गर खाने को दिया गया। पंद्रह दिनों के बाद जब उनके जिगर (यकृत) की अल्ट्रासाउंड द्वारा परीक्षा की गयी तो जिगर के ऊपर और अंदर चिकनाई की मोती परत जमी हुई थी। ज्ञात रहे यही चिकनाई की सतह बाद में यकृत प्रदाह, सिरोसिस तथा यकृत कैंसर का कारण बनती है। जिन व्यक्तियों ने अपने घर का साधारण भोजन किया उनके यकृत पर ऐसी कोई चिकनाई नहीं जमी। यकृत के ऊपर इस चिकनाईको दूर होने में करीब तीन महीने का समय लगा। आप कल्पना कर सकते हैं जो लोग रोज ऐसे रासायनिक भोजन को खा रहे हैं वे अपने यकृत और शरीर के अन्य महत्वपूर्ण अंगों पर कितना जुल्म ढा रहे हैं और



अनेक प्रकार की भयानक बीमारियों को स्वतः निमंत्रण दे रहे हैं। आ बैलमुझे मार वाली स्थिति।

इस विषय में एक और तथ्य विचार में रखना अत्यंत आवश्यक है। सूचना क्रान्ति, टी वी, इंटरनेट, मल्टीमीडिया, निःशुल्क सोशल वेब साइट्स, आक्रामक विज्ञापन की कृपा से धनी व्यक्तियों के साथ निर्धन लोग भी अब तरह तरह के तुरंत भोजन और प्रोसेस्ड ध्यैकेज्ड भोजन खाने के अभ्यस्त हो गये हैं। इस सन्दर्भ में दो उदाहरण पर्याप्त होंगे। रविवार का दिन था। सुबह के 7 बजे होंगे। सड़क के दोनों ओर झाड़ू लग रही थी। जबरदस्त धूल-गुबार उठ रही थी। नाक पर हाथ लगा कर सांस रोक कर आगे बढ़ रहा था। देखता हूँ मैले कुचौले वस्त्रों में एक युवती अपने नन्हे शिशु के साथ कटोरा रख कर सड़क के कोने पर बैठी है। उसके बाल बिखरे हुए थे। शिशु कुपोषित और अर्ध नग्न था। सहसा उसने उसने बच्चे को खाने के लिए झोले से बिस्किट और ओये के वेफर्स दिये। ध्यान देने की बात यह थी की बिस्किट और ओये दोनों ही रासायनिक भोजन थे जिससे उस नन्हे शिशु को नुकसान पहुँचने की पूरी आशंका थी। इसी तरह की एक दूसरी घटना में मैंने दो छोटे छोटे बच्चों को ओये पफ्स कहते हुए देखा (चित्र-2)। जाहिर था की ये पफ्स उनके माता-पिता ने दिया होगा। इन अभिभावकों को सपने में भी यह नहीं अनुमान नहीं होगा के 'ओये' के विषमय रसायन इन बच्चों के विकास के लिए भविष्य में कितने खतरनाक सिद्ध होंगे। इसी प्रकार के विषमपूर्ण रासायनिक खाद्य पदार्थों की कतार हमें रात्रिकालीन बी पी ओ कार्यालयों के सामने दिखाई देती है जहाँ इन कार्यालयों में काम करने वाले युवक-युवतियाँ ऐसे तुरंत खाद्य पदार्थों का सेवन करते हैं और अपना स्वास्थ्य अनजाने में नष्ट करते हैं। यहाँ काम करने वाले किशोर-युवक अपने स्वास्थ्य को कई भौति से कष्ट पहुँचाते हैं-रात भर जागने के कारण उनकी जैविक घड़ी खराब हो जाती है फलतः उनका कोलेस्ट्रॉल, ब्लड प्रेशर और ब्लड सुगर बढ़ जाता है, दूसरा रासायनिक भोजन भी जिगर, दिल, कोलन को खराब करता है और तीसरा रात जागने के लिये ये लोग बहुधा मादक पदार्थों जैसे धूम्रपान, तम्बाकू या मदिरा आदि का सेवन करते हैं जो भी स्वास्थ्य के दृष्टिकोण से हानिकारक सिद्ध होती है।



ये समस्त दृष्टांत इसी बात की ओर संकेत करता है की रासायनिक भोजन का कुफल हमें गरीब निर्धन वर्ग में असंचारी रोगों जैसे डायबिटीज, ब्लड प्रेशर, कैंसर तथा हृदय रोगों के भयावह महामारी के रूप में देखने को मिलता है।

भोजन के विषय में कुछ और बातों पर गौर कर लें :

भोजन विरोधाभास (फूड पैराडॉक्स)

हम अपने घर में साफ वातावरण में अधिकतर स्वास्थ्यकर भोजन करते हैं परन्तु बाहर निकलते ही कार्यालय, होटल, रेस्ट्रा या रेल तथा वायुयान, यात्रा में सब प्रकार के रासायनिक भोजन जिसमें मुख्यतया क्रीम युक्त बिस्किट, ट्रांसफैट सेभरे चिप्स, वैफर, पिज्जा, बर्गर, समोसा, छोला, भटूरे, कोका कोला, प्रसंस्कारित पदार्थ या

पेय, नाइट्रोसामीन युक्त चटनी-सास, डीप फ्रिज में बहुत दिनों के रखे भोज्य पदार्थ, मांसाहार, अल्कोहल युक्त पेय सहर्ष स्वीकार करते हैं। यही नहीं होटल, रेस्ट्रा, रेल और वायुयान में बहुत बड़ी मात्रा में भोजन छोड़ देते हैं जो अधिकतर व्यर्थ जाता है और किसी के काम नहीं आता। ऐसे देश में जहाँ वंचित लोग भूखे सो जाने पर विवश हो, अनेक जीव-जंतु भोजन के लिए लालायित हों वहाँ इस प्रकार भोजन का अपव्यय कितना क्रूर विरोधाभास है।

सावधानी : बाजारू सामान खरीदने और खाने का पहले उसके अंदर क्या क्या तत्व हैं इसकी पूरी जानकारी ले ले। उसके रैपर को ध्यान से पढ़िए। कहीं उसके अंदर कैंसर कारक, शक्कर बढ़ाने वाले, अवांछनीय स्तर की ट्रांस-चिकनाई या नमक तो नहीं है। प्रच्छन्न रूप में अल्कोहल तो नहीं है। यदि हाँ तो ऐसे पदार्थ कदापि न ले।

संक्षेप में खाते समय हमें इस सुभाषित को हमेशा ध्यान में रखना चाहिये :

**कम खाना,
गम खाना,
सब्जी फल खाना,
जंक मत खाना,
सेहतमंद खाना।**

सन्दर्भ :

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