

# MEDIFIELD

Issue - 1

October 2022

Health Journal

*Worried  
about winter  
Joint Pains?*

**Diabetes**

**A major global concern**



# Jodarin



## GEL

“To get rid of your Joint pain”



Rapid relief  
from joint pain  
& swelling

**Chronic knee Pain**  
**Low back Pain**  
**Joint Pain**



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Volume 1

Issue 1

## MEDIFIELD

*Herbal products at par  
with modern medicines  
through application of  
scientific approach.*

## MEDIFIELD

*Strives hard to blend the ancient wisdom of  
Ayurveda & Scientific methods to produce  
better results.*

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### Articles from Doctors

Interested doctors can contribute their articles to be published  
in Medifield Health journal

### Disclaimer:

This publication is a reference volume for medical professionals and  
for private circulation only.  
Do consult your Doctor for any health issue

# Worried about winter joint pains?



**Dr. Amod Manocha**

**Do winters remind you of painful stiff joints and reduced mobility? Do they remind you of the phrase “feeling under the weather”?**

**T**emperatures have started to dip with winters just round the corner. In the journey of life one may not even remember when the association of winter shifts from festivities to joint pains. **Coping with pain in cold winter months requires extra efforts to avoid the worsening spiral of immobility and increasing pain.** This problem is not limited to a certain age, with sedentary lifestyle contributing to the increasing incidence across ages.

It's not only the joint pains which flare up, but other pain conditions such as **muscular pains, backaches, headaches, neck pain, nerve pains, fibromyalgia etc** may experience similar increase. Scientific studies exploring the relationship between pain and weather have had little consensus, regardless this is commonly observed in clinical practice. Various factors such as low temperature, atmospheric

pressure, immunological changes, altered blood flow etc have been implicated but none conclusively held responsible.

**There are studies demonstrating that the cold, damp weather has the greatest impact on pain.** Other studies suggest that it is the change in local climate which our bodies react to rather than the absolute temperature. Regardless, one may appreciate that it's not easy to evaluate the relationship as multiple factors including temperature, sunshine, atmospheric pressure, humidity, diet etc change at the same time. Besides the direct weather effects, indirect effects on activity levels and mood can have a secondary impact.

**Tips to prevent pain surgeries in winter**

From a practical perspective, it is best to focus on what we can influence like simple lifestyle changes. Here are some suggestions



### Regular exercise

In winters, shorted days and cold can make us less inclined to be active. The resulting immobility not only promotes stiffness, pain, but also weight gain. Reduced physical activity even for a few weeks can adversely affect muscle mass and strength. Exercise has a beneficial impact on metabolism and promotes the release of essential body chemicals. This produces a sense of well-being and increased blood flow to muscles and joints can help combat inflammation, stiffness and pain.

Warm up prior to starting exercises helps the body to gear up for more strenuous activity thereby reducing the chances of injury. Its best to start with regular, slow exercises under the guidance of professionals, keeping in mind one's pain issues and fitness levels. The workouts can be gradually increased once the body adapts to the new activity levels. This concept, termed as pacing, where you avoid doing too much too soon, is regularly promoted by experienced medical professionals. Generally light aerobic workouts, swimming, stationary

bikes and walking are good exercise options. Simple strategies like having an exercise buddy helps to stay on track and motivated. Adverse outdoor weather conditions can be overcome by using indoor facilities such as a gym.

### Maintain a healthy body weight

One can easily fall victim to the indulgences of the festivities & holiday season by overeating. Keeping a healthy body weight enhances mobility and reduces undue pressure on joints, making a significant difference to pain levels. A balanced, healthy, natural diet containing essential mineral and vitamins such as calcium, vitamin D can play a role in supporting your joints & bones. Vitamin D has an important role in bone mineralisation, muscle function and nerve growth and with reducing daylight the oral intake becomes important. Vitamin D supplementation can reduce the risk of fractures and sensitivity to pain especially in the elderly.

### Dress sensibly and stay warm

**Jodarin**  
GEL

**M**  
Integrity in Transactions

Rapid relief from joint pain & swelling

**Chronic knee Pain**  
**Low back Pain**  
**Joint Pain**

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Dressing up using the right gear not only keeps one warm but also promotes ease of motion. Heavy, bulky clothing restricts activity and is difficult to wear. One may achieve same warmth by using multiple less bulky layers, which have added advantage of ease of removing when in warmer temperatures. Body parts with comparatively less natural insulation such as hands and feet can be protected by simple gear such as by using gloves and socks. This is more relevant if one is troubled by hand or feet arthritis and cold extremities.

back pain can significantly impair quality of life. Sometimes these are accepted as part of aging, stopping individuals from exploring treatment options.

Pain persisting beyond the period of healing is called chronic pain and it does not always signify on-going damage. Lives of chronic pain sufferers often encompass around managing pain. Studies evaluating the Global Burden of Diseases have found chronic pain conditions amongst the leading causes of disability with approximately 20% of people worldwide suffering from chronic pain.

Chronic pain is a separate disease altogether and is often not taken seriously despite considerable advances in the therapeutic treatment options. An experienced specialist with focus on holistic management, rather than just treating the disease, can help you achieve good outcomes.

**Pain management** is a separate speciality. Specialists dealing with chronic pain conditions on routine basis have a good understanding of underlying mechanisms and ways of reducing the impact on life. Multi-disciplinary approach utilising specialists from different fields working together have a better chance of restore functioning and improving quality of life.



Heat therapy can help by promoting elasticity and blood flow of tissues reducing pain and stiffness. Simple measures such as warm baths and a hot water bottle can often make a big difference. Maintaining a comfortable room temperature helps by promoting activity.

#### **Seek early help**

As we all have experienced injuries hurt more in cold temperatures and icy conditions as seen in northern India can make one more prone to falls and accidents. Do not ignore your pain issues. Even a simple knee or

**Open the Door to  
Safety:  
Awareness is the  
Key!**





**World Diabetes Day is observed on November 14 every year. Diabetes is one of the major global concern, which is now turning into an epidemic with more than 463 million adults affected by diabetes.**

Diabetes is one of the major global concern, which is now turning into an epidemic with more than 463 million adults affected by diabetes. It has nearly quadrupled since past two decades, growing from 4.7% to 8.5%. According to experts, it is sharply rising in rural and urban India due to change in lifestyle and eating habits. Diabetes is also a major cause of chronic diseases like blindness, kidney failure, heart attack, stroke and lower limb amputation. So, there is an immediate need to pay attention to the growing concerns about the health threats posed by this. On the occasion of World Diabetes Day, November 14, 2021 we would like to share inputs from experts and doctors –

**Dr. A Ramachandran, President, India Diabetes Research Foundation, & Chairman, Dr. A. Ramachandran's Diabetes Hospitals Chennai**

Diabetes affects 74 million people in India thereby making our country the 'Diabetes Capital' of the world. On an average, diabetes reduces life

expectancy by 4-10 years increasing the risk of death due to other co-morbidities associated with diabetes. These co-morbidities include heart attacks, kidney failures and infections. The COVID-19 pandemic has underlined the vulnerability of people with diabetes. People with diabetes are at an increased risk of COVID-19 and death especially those with those suffering from diabetes-related complications. The risk is also enhanced due to social conditions in disadvantaged communities who have minimal access to healthcare. In India, the first step to breaking these barriers is to make healthcare accessible and affordable for the general population. Along with this, we must educate people about managing their diabetes on a day-to-day basis.

**Dr. CH Vasanth Kumar, Senior Consultant Physician at Apollo Hospitals, Hyderabad**

According to the ninth edition of International Diabetes Federation's 'Diabetes Atlas', nearly 134.3 million people in India are expected

to have diabetes. It also highlights the fact that there is an alarming increase in cases of diabetes among children and senior citizens. Diabetes complications are looming large with one out of every ten adults being diagnosed with diabetes. Insulin is a hormone that regulates the amount of glucose in blood, the lack of insulin causes diabetes. So, it is important to make people aware about the importance of insulin therapy during diabetes treatment. Insulin therapy helps prevent diabetes complications by keeping your blood sugar within your target range.

**Dr. C. S. Yajnik, Director of the Diabetes Unit, King Edward Memorial Hospital and Research Centre in Pune**

With 77 million people living with diabetes, India is close to becoming diabetes capital of the world. How did we manage to do this while struggling to treat undernutrition?


Diabetes is brought on by unhealthy diet, sedentary lifestyle and stress in people who are predisposed. Predisposition can be partly genetic for which there is no treatment. Recent research has shown that predisposition can


also come from undernutrition when growing in the mother's womb or pregnancy diabetes. These two conditions are in plenty in India, and may be prevented or treated effectively. If we improve the nutrition and metabolism of the young, it will benefit not only them but also their children. This will fulfill the dream of 'Swastha Bharat'. On the World Diabetes Day which is also the Children's Day, let us pledge to improve the health of the young.

**Dr. Sushil Jindal, eminent Endocrinologist and Diabetologist of Central India**

"India ranks second for the highest diabetic population in the world, with one in every six diabetics in the world being an Indian. It is one of the very few metabolic diseases which can affect nearly every organ system in the body. As these numbers continue to increase, it is has become extremely important to ensure an efficient public healthcare system in India. Targeting the right people at the right time with the right course of treatment, we can prevent at least a third of people from developing severe complications from the disease.

# Shugreek Tablets for Diabetes





**BNEFITS :**


- Helps in normalizing Blood Glucose Level. (Glycemic Control).
- Protects Pancreas, Liver & Kidney.
- Helps in Metabolism of Cholesterol.
- Useful in Excessive Thirst, Urination & Fatigue.
- Restores Quality of Life.
- Made from Pure, Natural Botanical Extracts.

**INDICATIONS :**

Type II Diabetes, Madhumeha, UTI, Prameha, Nephritis, Vrikkashota

**DOSSAGE :**

Glucose level more than 200mg/dl... 1-2 Tablets  
2-3 times a day or as directed by the Physician.  
Glucose level less than 200mg/dl... 1 tablet 2-3 times a day or as directed by the Physician.



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Nutrition clinic  
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We as humans have survived millions of years throughout human history majorly on plants. Although an omnivore diet is acceptable in the present age with emphasis on proteins being the most important building block of life, **A plant-based diet on the contrary provides necessary macro and micro nutrients that are not only clean but also which supports your immune system.** Plants have essential nutrients that can be readily absorbed from other foods. A variety of vitamins and minerals, phytochemicals and antioxidants in plants helps nourish your cells to achieve optimal health and brings the body in balance so that your immune system can function at its best. A vegetarian / Vegan diet finds its origins in Vedic history. A quick peep into the history explains the wisdom behind this practice.

Plant based diet and lifestyle helps to clean the system, helps reverse diseases and reach optimal health. There's excellent scientific evidence that many chronic diseases can be prevented, controlled, or even reversed with a whole-food, plant-based diet.

### **Hinduism supports a vegetarian way of life:**

Hinduism has the most profound connection with a vegetarian way of life and the strongest claim to fostering and supporting it. In the ancient Vedic period (between 1500 and 500 BCE), although the laws allowed the consumption of some kinds of meat, vegetarianism was encouraged. Hinduism yields several foundations for vegetarianism as the Vedas, the oldest and sacred texts of Hinduism, assert that all creatures manifest the same life force and therefore merit equal care and compassion.

A number of Hindu texts place injunctions against meat eating and others like the Ramayana and Mahabharata advocate for a vegetarian diet. **In Hinduism, killing a cow is traditionally considered a sin.** Vegetarianism has been a constant practice and also deemed mandatory



changing your nutrition is a powerful way to live longer, help the environment, and reduce your risk of getting sick.

### **Many chronic diseases can be prevented**

There's excellent scientific evidence that many chronic diseases can be prevented, controlled, or even reversed with a whole-food, plant-based diet. Scientific research highlighted in the landmark book *The China Study* shows that a plant-based diet can

reduce the risk of type-2 diabetes, heart disease, certain types of cancer, and other major illnesses. Many people also report bigger fitness payoffs, more energy, reduced inflammation, and better health outcomes after making the switch.

### **Ways to get started with a plant-based diet: .**

1. **Eat lots of vegetables.** Fill half your plate with vegetables at lunch and dinner. Make sure you include plenty of colors in choosing your vegetables. Enjoy vegetables as a snack, juice, gravies, Sambar, chutneys, palya and poriyal
2. Have smaller amounts of meat. And slowly **transition into zero animal foods.**
3. **Choose good fats.** Fats in cold pressed oils, coconut nuts and nut butters, flaxseeds, and avocados are particularly healthy choices.
4. We Indians love our veggies with curry leaves and coriander as garnish. **Greens** on their own like Amaranth, Methi, Palak, Mustard greens, Mint(Pudina) are great with Rice and Chapatis. Our practice of **eating millets adds to the fibre and carb intake.**
5. **Building a meal around a salad.** Fill a bowl with salad greens such as carrots, cucumbers, tomatoes, knol kol, beetroot, onions, capsicum, greens, lettuce, and use more crunchy and juicy veggies, fruits and nuts.
6. **Eating fruit for dessert.** A ripe, juicy peach, a refreshing slice of watermelon, or a crisp apple will satisfy your craving for a sweet bite after a meal.

for Hindu yogis, both for the practitioners of Hatha Yoga and for the disciples of the Vaishnava schools of Bhakti Yoga (especially the Gaudiya Vaishnavas). A bhakta (devotee) offers all his food to Vishnu or Krishna as prasada before eating it.

**Only vegetarian food can be accepted as prasada.** According to Yogic thought, **Sattvik food (pure or having good impact on body) is meant to calm and purify the mind “enabling it to function at its maximum potential” and keep the body healthy.** Sattvik foods consist of “cereals, fresh fruit, vegetables, legumes, nuts, sprouted seeds, whole grains and milk taken from a cow, which is allowed to have a natural birth, life and death including natural food, after satiating the needs of milk of its calf”. But the present farming practices of dairy is nowhere close to this principle.

Shankar Narayan suggests that the origin of vegetarianism in India developed from the idea that balance needed to be restored. Along with the development in civilisation, savagery also increased and those who were helpless and voiceless among both humans and non-human animals were more and more exploited and killed to satiate human needs and greed thus disturbing the balance of nature. But there were also many serious attempts to bring back sanity and restore balance from time to time. The idea of living in harmony with nature became central to the rulers and kings.

**One of the most powerful steps you can take to improve your health, boost energy levels, and prevent chronic diseases is to move to a plant-based diet.** You know that science shows



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*Keep diabetes at bay - Stop the silent killer*

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# Asthma Diet

What you eat  
definitely makes a  
difference

Normal

Asthma



**Ms. Pavithra N Raj**  
Chief Dietician  
Columbia Asia Referral Hospital

A good diet is an important part to treat asthma. Just like regular workouts, a healthy diet is good for everyone. That goes for people with asthma too. Asthma is a chronic condition triggered by certain allergens that cause breathlessness, wheezing and coughing by affecting the lungs. According to a study conducted by WHO, today, **about 235 million people around the world suffer from asthma**. There are two major causes of asthma: environmental and genetic.

## Food to be avoided

Certain foods, such as milk, eggs, peanuts, soy, wheat, fish and shellfish, and food additives can trigger asthma symptoms. It is best to avoid these foods if they trigger an asthma attack.

## Food to be consumed:

- **Turmeric:** A pinch of turmeric boiled with milk and taken warm not only reduces inflammation in body, but also keeps the body hot from within.
- **Honey:** Honey is considered warm. It contains small quantities of antigens found in flowers and helps in building up immunity. Protects from wheezing and coughing.
- **Ginger:** It contains antioxidants that helps to build strong resistance. If taken daily in small quantities, it not only keeps the body warm but also cures mild fever, acidity, common cold, cough and aids digestion.
- **Ghee:** Ghee is rich in antioxidants and acts as an aid in the absorption of vitamins and minerals from other foods. It is good for skin, hair

and also helps in tissue building process. Onions deep fried in ghee and mixed with pepper when taken hot, cures cough.

- **Garlic:** Garlic becomes an essential item to be included in food as it not only controls blood pressure and ensures proper flow of blood, but also keeps the body warm and energetic.
- **Tulsi:** Rich in vitamin A, C, calcium, zinc and iron. Tulsi helps body to fight diseases like cough, cold, sinusitis, pneumonia and all respiratory disorders. It is also a powerful antiseptic and anti-malarial agent. Tulsi with pepper and honey in empty stomach, is an excellent remedy for cough and cold.
- **Pepper:** Pepper with its anti-oxidant and anti-bacterial properties is very beneficial. Besides keeping the body warm it also cures cold, cough and sinusitis.
- **Saffron:** Saffron or Kesari has been hailed as the source of beauty and health since times immemorial. When consumed with milk, it increases body's resistance and when mixed with cream and applied on face it makes skin clean, spotless and radiant.
- **Nuts:** Nuts are a natural source of antioxidants and are rich in vitamins and minerals. Powdered nuts taken with milk and honey is the best way to keep body warm from within.
- **Coffee:** Caffeine is a bronchodilator that may improve airflow. Black tea might be beneficial as well.
- **Flax seeds:** Flax seeds are high in omega-3 fatty acids as well as magnesium. Omega-3 have a beneficial effect on asthma



# Natural ingredients help our body to heal



**Natural ingredients in Ayurveda helps our body to heal from within. Natural ingredients should be used in right manner and right quantity also.**

**Dr Onkar Rajiv Bilgi**

There are five elements and three ether energies which govern the body's health. We fall ill or age salty then there is imbalance of the above element and ether energy. During the day first 4 hours is earth ether energy, later 4 hours is fire ether energy or later 4 has dominance of Air based ether energy. It's difficult to lay down the details of each pattern here but in short first is heavy, later heat dominating and last is more mobile or movement based or non-inertia based. Same in natural ingredients when consumed in morning can act in a way and different action can be seen when consumed in evening.

Natural ingredients act differently when used in food and differently when used in Ayurvedic preparation. In Ayurveda we say Food expresses its properties more in guts and Herbs can express it right from when they enter the body. Natural ingredients should be used in right manner and right quantity also.

**Natural ingredients that improves health**

**1. Water-** water is most important natural ingredient and is like neutral medium. it takes up the properties of whatever we infuse it with. With ginger it helps in digestion with its heat

properties and with cardamom it is cooling yet helping in digestion. Try and use water wisely too much of alkaline water will not help us nor too much acidic. Avoid too alkaline water before meals.

**2. Coconut oil-** healing fats in coconut oil all know about it. Best thing is to have it early morning with a pinch of pepper in it empty stomach

**3. Pepper-** helps in digestion and absorption of food. It is a most useful natural ingredient available to keep our system metabolism going in right direction

**4. Aloe Vera-** cooling nature and has healing properties, has good anti oxidants in it

**5. Ginger-** best natural ingredient to improve immunity, can be best used with jaggery and pinch of pepper

**6. Coriander seeds-** helps to cool the body but yet keep up with the metabolism of the body.

**7. Cumin seeds -** digestive and carminative

**8. Turmeric-** helps to build good immunity, helps cells to regulate their energy flow

**9. Betel leaf-** helps in digestion, it's a medium to take other ingredients to

right full cell tissues.

It is easy to plan a balance diet and lifestyle using the natural ingredients around it. Nature has its own course to turn around, a season to season change or annual change all are gradual and we need to enjoy them. Same way Ayurveda can help along with these natural ingredients to make that change happen for good with in your body and mind as aging is a process but the experience, we accumulate through the journey are priceless.



# Few health tips to keep your joints and muscles strong:



- Vitamins and minerals rich food: Diet must include fresh fruits and vegetables. For those who consume non-vegetarian diet, fish liver oil is a good source of vitamins required for bone health.
- Drink plenty of water: It is good to have 1-2 litres of water every day, it helps avoid muscle aches. Further, this helps in proper digestion and limits constipation; thus water is crucial for a healthy living.
- 30 min walk/ jog daily for a minimum of 5 days/week.

Developing healthy habits in the daily routines from childhood will help keep you fit for years.

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# Five immunity boosting herbs to keep diseases at bay

**B**uilding a healthy immune system has become essential to lead a healthy life. A strong immune system is the most precious thing that a person can own. However, if wondering how to boost your immunity this season against diseases? Switch to the miraculous solutions that Ayurveda provides.

**Moringa** Moringa herb has innumerable benefits as it contains all essential nutrients that are necessitated to improve immunity. The moringa leaves are also very rich in terms of nutrition value. It's an excellent source of vitamins A, B, C, E and minerals such as potassium, iron, calcium and amino acids.



Moringa contains 7 times more Vitamin C than oranges. Vitamin C is the chief nutrient to build strong immunity. During the coronavirus pandemic, it should be the go-to herb for immunity strengthening.

**Ashwagandha** Ashwagandha is a powerful Ayurvedic herb that has been used in various medications. It is good for physical as well as mental health. Stress lowers the immune response and makes the body vulnerable to viral infections. Ashwagandha can help to decrease stress levels. It is also rich in antioxidants and helps in boosting immunity, energy and the enhancement of stamina. We can consume ashwagandha in the form of tablets or powder during this pandemic to reduce the risk of contracting the coronavirus infection.



**Tulsi/ Holy Basil** Tulsi or basil is a powerful germicide. Its anti-infective and anti-asthmatic properties

work wonders to maintain our respiratory system. Because of its phytochemicals and antioxidants, it can effectively locate germs, bacteria and viruses the moment they enter our body and destroy them. Also, Tulsi is rich in zinc and Vitamin C. Hence acts as a natural immunity booster and keeps diseases at bay. It has immense anti-bacterial, anti-viral and anti-fungal properties which protect us from a variety of ailments.

**Turmeric** Turmeric is used as a common spice added to foods in India, commonly known as Haldi. It has been used by Ayurvedic healers as medicine since olden times. Turmeric is a powerful spice, as it contains many components that can help fight ailments. It contains curcumin – a phytochemical that can remove toxins from our body and strengthen our immune system to fight off viruses. It has anti-inflammatory and powerful antioxidant properties, protects our body by reducing the risk of heart disease and cancer. Its anti-bacterial, anti-viral, and anti-fungal properties protect us from a variety of viruses.



**Ginger** Ginger is a well-known herb that is commonly used in cooking, especially in Asian countries. It has been an age-old remedy for the flu and the common cold. It can also be effective against coronavirus. Ginger has antioxidant and anti-inflammatory properties. It contains gingerol – an antioxidant that can power up our immune system and kill viruses. Ginger is especially good in preventing respiratory tract infections. The herb helps to stimulate metabolism, reduce the risk of heart diseases, improves mental health and helps to boost immunity.



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