

# MEDIFIELD

Issue - 3



December 2022

Health Journal

Ways to build strong bones as you age

## Rheumatoid Arthritis



Diabetes leads to reduced fertility rates



# 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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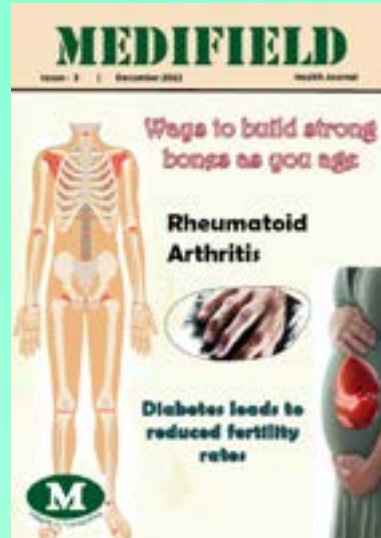
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Volume 1

Issue 3

## 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

# Ways to build strong bones as you age

**As you  
grow older you  
should take steps that  
positively impact your  
bones and overall  
health.**

**O**ur bones and joints make the basic support structure of our body and play a vital role in protecting our organs, maintaining our muscles, and storing calcium. Thus, bone care is essential for our bodies. Till 30 years of age, our body attains its peak bone mass, and our bone formation exceeds the bone breakdown. Thereafter, the reverse remodelling of our bones begins where bone catabolism exceeds anabolism leading to an increase in diseases like osteoporosis, osteopetrosis, and osteomalacia among adults above 30 years of age. These ailing bones are frail and highly liable



**Dr. Chethana D**  
Consultant – Rheumatology  
Bengaluru

to fractures and damage and as you grow older you should take steps that positively impact your bone and overall health.

## **Factors that impact bone health**

Several factors can affect your bone health. This includes -

- **The amount of calcium you consume** - A low calcium diet results in diminished bone density, early bone loss and a greater risk of bone fractures.
- **Physical Activity** - Lack of physical activity increases the risk of osteoporosis. Physically inactive people have a higher risk of osteoporosis than their more active counterparts.
- **Alcohol and Tobacco Consumption** -

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**M**  
Integrity in Transactions

**Rapid relief  
from joint pain  
& swelling**

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

**M**  
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Heavy alcohol and tobacco consumption contributes greatly to weaker bones and increases the risk of osteoporosis among both men and women.

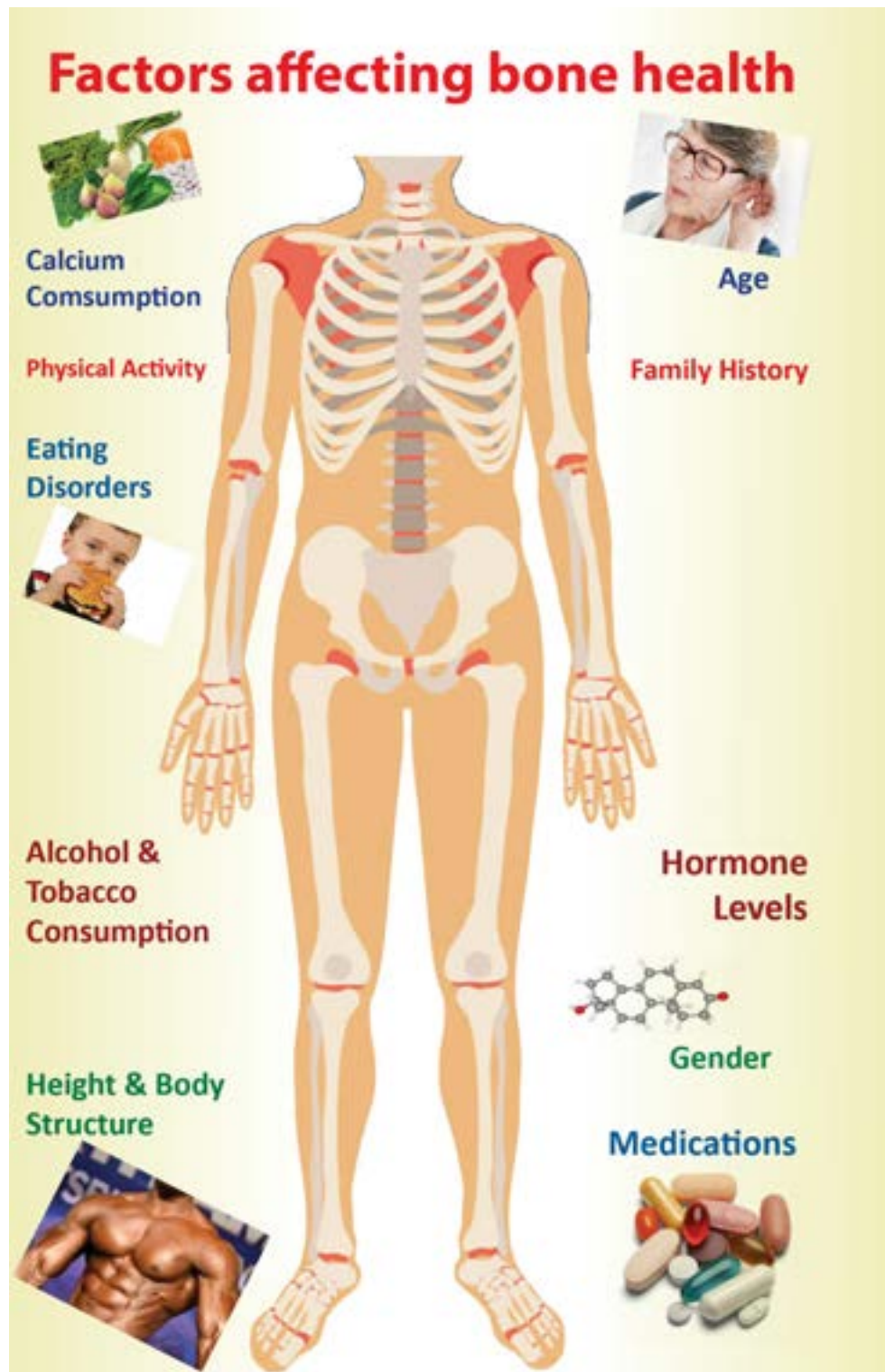
- **Gender** - Women are at a greater risk of osteoporosis than men because of less bone tissue.
- **Height and Body Structure** - If you are extremely lean (with a BMI of 19 or less) or have a small body frame because of lesser bone mass then you are at risk of poor bone health.
- **Age** - Bones become thinner and weaker once you start ageing.
- **Family History** - If you have a family history of fractures or have a family or sibling suffering from osteoporosis then it also puts you at a greater risk.
- **Hormone Levels** - Issues such as an increase in thyroid hormones can cause bone loss. In women, bone wreckage may increase drastically due to dropping estrogen levels during menopause. The absence of menstruation for a longer duration also increases the osteoporosis risk among women. Similarly, low testosterone levels among men can lead to bone loss.
- **Eating disorders and medications** - Restricting food intake and being underweight can weaken your bones. Weight loss surgery and conditions like celiac disease too can affect your body's ability to absorb calcium. Furthermore, long-term use of corticosteroid medications can cause bone damage.

### How can you improve your bone health and take care of them?

There are several steps through which you can improve your bone health and can keep

conditions like osteoporosis at bay.

**Increase your Vitamin D intake** - Vitamin D play an essential role to improve your bone



health and helps your body in absorbing calcium. **Vitamin D deficiency is quite common among both youngsters and adults.** Several studies have highlighted how low vitamin D levels lead to lower bone density and increase the risk of bone loss.

**There are several easy steps through which**



# Foods rich in Vitamin C, Protein & calcium increase bone strength

## **you can increase your vitamin D intake -**

- Increased exposure to sunlight and ensure you get at least 5 to 10 minutes of sunlight for two to three days a week on your hands, legs, and face.
- Consume food supplements like cheese, liver, and fatty fish.

**Enhance Physical Activity** - Activities like walking, jogging, running, and climbing staircases can help you build stronger bones and keep your body active. These exercises can help the body in stimulating the growth of bone cells. Working out for 30 - 45 minutes a day can strengthen your bones and can prevent you from many orthopaedic ailments.

**Consume a balanced diet and maintain a healthy weight and lifestyle** - Having a balanced diet that is rich in nutrients can help in maintaining a healthy weight and can help strengthen bones. One should avoid being underweight or overweight, as both could lead to problems related to bones and joints such as osteopenia or osteoporosis if you are underweight and a higher risk of fractures if you are overweight. A dramatic weight gain or loss also contributes to bone ill-health.

**Foods rich in vitamin C, protein and calcium can increase bone strength**, stimulate the production of bone-forming cells, and can even protect the bone cells from damage. While consuming protein-rich food one should be mindful of the fact that low protein intake can

reduce the absorption of calcium in the bone, which would affect bone formation, whereas high protein intake will lead to acidity in the blood. Hence, only the right amount of protein should be consumed as prescribed by your doctor. Calcium-rich food is also essential while planning your diet as it helps in replacing the old bone cells with the new ones faster.

## **Skip the automated life for a healthier future**

In the digital age today, everything is accessible with a press of a button on our phones. People are now more confined to their couches than ever before and even for short distances they avoid walking or climbing stairs and instead take elevators. Such habits are increasing the burden of diseases like osteoporosis among the population and have heightened the need for physical activity for all.

Keeping oneself active and flexible can also give you a break from your desk job and can help you avoid several bone problems. It is important to motivate oneself and have a healthy diet and exercise regularly, especially in old age. Activities like Yoga, meditation and walking can help in relaxing your mind and can keep the body active. The more you work and do things by yourself, the better it is for you as well as for your bones.

Lastly, if you are facing any bone problems then consult your doctor for a bone density test that will help you determine or rule out osteoporosis.



**Dr. Mythri Shankar**  
Lifestyle Medicine Physician  
Bengaluru

# Food and exercise are fundamental components of diabetes care and prevention.

Diabetes affects more than **500 million people** around the world. More than half of them don't even know that they have diabetes and a higher risk of developing life-threatening complications.

One in

**Diabetes**  
**The bitter truth can be reversed**  
**sweetly**

**ten people live with diabetes, and therefore it is a concern for every family.** Common warning signs of complications of diabetes **include blurred vision, excessive thirst, frequent urination, lack of energy, slow healing wounds, frequent infections, and tingling or numbness.**

Risk factors for Type II Diabetes includes family history of diabetes, unhealthy eating habits, lack of physical activity, being overweight or obese, and high blood pressure. Fasting blood sugar levels (FBS) and HBA1C levels are common blood tests used to make a diagnosis of diabetes.

But once a diagnosis of diabetes is made, does one need to take medications in order to control sugar levels for the rest of their life? Is it a lifelong sentence? **ABSOLUTELY NOT. It can be controlled with just diet and other lifestyle modifications, reducing, or eliminating the**



**medication usage.**

The "twin cycle hypothesis" is a revolutionary concept that has changed the game of diabetes. It is not just the sugar that is the culprit, but also the fat. Any calorie excess due to overconsumption of food tends to make the pancreas moody. The accumulation of fat inside the cells of the liver and pancreas leads to diabetes.

Too much sugar in the blood can harm the body, causing imbalances (ketoacidosis), nerve diseases (neuropathy), eye diseases (retinopathy), and kidney diseases (nephropathy). It can also lead to foot ulcers and heart disease. **International organisations like the ADA (American Diabetic Association) confirm that lifestyle modifications are the best way to treat pre-diabetes and early diabetes.**

New technological advances like continuous glucose monitoring (CGM) have made it easier to understand the direct and immediate effects of food on our blood glucose levels by measuring them continuously (around the clock) by inserting a sensor (as a patch on the arm).

The complex symphony of foods in the gut and blood sugar levels is still vaguely understood. But what we do know is that the body responds well to food, and the sugar levels can be played just like a musical instrument by simply controlling the food on the plate. Insulin resistance (a

primary cause of diabetes) can be well combated using the six pillars of lifestyle medicine (food, movement, sleep, stress, positive psychology, and avoidance of risky substances).

If your sugar levels are in the pre-diabetic or early diabetic range, one can reverse the diagnosis by turning back the clock by following a specific lifestyle medicine program that helps you control sugar levels better and faster by teaching simple and easy strategies.

A Lifestyle Medicine Physician can help mentor / coach you in reaching your health goals in step-by-step pattern. For example, not all millets have the same glycemic index or glycemic load. Resetting the mindset – by motivational interviewing, behavior modification can help in making the right choices in food and developing good healthy habits. **Regular exercise** also increases the RMR (resting metabolic rate), which helps with sugar control.

**WFPB foods (whole food plant-based), which include fruits, vegetables, nuts, grains, and seeds, can do wonders.** IF (intermittent fasting) can help reduce body weight or BMI. Physician led structured programs around different phases (contemplation, preparation, action,


maintenance, and relapse) are structured to handhold and help the patients in a gradual & sustainable way by which they can achieve glucose / sugar level control in a specific, measurable, attainable, relevant and time-bound way.


Eating plant-based low-fat whole foods, understanding key concepts such as glycemic load and glycemic index, the grain hierarchy, processed versus unprocessed foods, the fat matrix versus healthy fat, macro- and micronutrients, calorie density, and healthy types of food preparation (water sautéing, oil-free and sugar-free cooking, avoidance of AGEs, avoiding harmful cookware (non-stick and plastic), etc. have been well explained in detail in the book EASE. The key concepts taught in the programs are designed specifically to educate the patient today so that their tomorrow is protected. **Food and exercise are fundamental components of diabetes care and prevention.**

A lifestyle medicine program can teach people with diabetes how to eat healthy and exercise at home in simple, practical, and effective ways.

Prevention is always better than cure. But reversal is possible when it cannot be cured.

# 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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# Rheumatoid Arthritis



**Dr. D V Chalapathy**  
Professor  
Bengaluru

**M**ost of us who are aware of Rheumatoid arthritis (DAS28), also know that People suffering from rheumatoid arthritis are skeptical about exercising and many try to avoid it due to the fear of aggravating joint pain. This is nothing but ignorance around the subject. Ask experts and they'll say that apparent exercise is the best way to curb joint pain or deal with arthritis.

Apparently, Rheumatoid arthritis does aggravate the muscle mass loss that occurs as you age. Well, exercise helps in rebuilding the mass and aerobics further could help in lung and heart-strengthening. Rheumatoid arthritis also leads to bone density loss or osteoporosis and exercises like walking and weight lifting could actually help in preventing the same too.

Additionally, exercise helps to keep you fit and also decreases fatigue and depression. It also makes the muscles strong and increases flexibility levels thus aiding joint functioning. There have been various studies that do show that rheumatoid arthritis does not worsen with exercise. But, if you are suffering from severe rheumatoid arthritis then it is advisable to choose low-impact exercises like walking, swimming, and bicycling, or water aerobics. Here's a rundown of some of the exercises that could help you manage your condition.

## Knee exercises for arthritis

**Cycling** – With RA you need to understand that

your heart needs to be kept healthy and cycling is the best option for the same. It helps build your muscles, decrease stiffness, and increase leg strength.

**Hand exercises** – People with RA many times tend to make minimal use of their hands. But, hand exercises like moving wrists, stress ball exercises as well as spreading fingers can help improve flexibility levels.

**Pilates** – New in the exercise and training circle pilates are becoming popular fast due to their amazing effects on muscles and joint strengthening.

**Walking** – Walking is a sort of exercise that affects your overall wellness positively be it heart and joint health or mood. The only point to be kept in mind is to wear proper shoes and keep yourself hydrated.

**Water Exercises** – Water exercises are a good choice because they ensure that your joints are not impacted. These include water aerobics, swimming as well as gentle flexing in water. It helps in decreasing the stiffness of joints as well as joint stress.

A physiotherapy is a holistic approach to the prevention, assessment, and therapeutic management of disorders of movement or optimization of function by the use of physical interventions, and/or electrophysical agents, and/or exercise prescription within a framework of empowerment of the individual/care of the community through education.



**Dr. Rakesh Seenappa**  
Ophthalmologist  
Bengaluru



Incidence of diabetes induced eye problems have increased significantly in the last decade and doctors have warned that people suffering from diabetes should watch out for loss of vision. India, which is considered the diabetes capital of the world, is facing an imminent challenge to control the burden of diabetes and associated health issues. People with diabetes for more than 5 years are more prone to develop diabetic retinopathy.

The main challenge of fighting diabetic

## **Prevalence of Diabetes Eye problem has increased alarmingly**

**The worrying rate of increase in prevalence of Diabetes is a great cause of concern, and it has also significantly induced an increase in diabetic eye problems.**

retinopathy is early diagnosis and treatment. Whenever the blood glucose stays high every time, it can damage the tiny blood vessels in the back of your eyes. If they have had diabetes for more than five years, it is likely that most of patients will develop diabetic retinopathy. Though the symptoms might start as a mild disease, but the Diabetic Retinopathy can cause severe visual impairment and, in some cases, blindness especially with diabetic patients those with high sugar levels

**The biggest cause of concern is people are not aware and have no idea of the consequences of ignoring diabetes can have on the eye.** Most of the people with diabetic retinopathy are either undiagnosed with diabetes or those who have already been diagnosed but on irregular treatment. With appropriate diagnosis and treatment, further damage can be prevented, and the remaining functioning nerve fibers can be saved.

The various treatment modalities available are

retinal lasers, intravitreal anti-VEGF infection and vitrectomy surgeries. At present intravitreal injections are emerging as one of the main lines of treatment for most forms of retinopathy. But all these treatment modalities will be effective only if the patient is able to control his or sugar levels because diabetic retinopathy is just a complication of uncontrolled diabetes. The cause is high blood glucose levels, unless we address the cause we cannot treat the complication effectively. Even if we do treat the retinal Pathology with satisfactory result, it can always recur in the future if the diabetes is uncontrolled

It is not the diabetes which blinds, it is the uncontrolled diabetes which does, and it is always better to get diagnosed at the earliest. If already diagnosed with diabetes, make sure to visit the nearest ophthalmologist for a retina checkup. **If a person is non-diabetic, make sure to get a general health checkup with the physician and general eye examination with an ophthalmologist done at least once a year.**

# Jodarin



## GEL

“To get rid of your Joint pain”



# Shugreek Tablets for Diabetes



*Keep diabetes at bay - Stop the silent killer*



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# Diabetes leads to reduced fertility rates in women and increased risk of abortion



**Dr. Vidya V Bhat**  
Medical Director  
Bengaluru

Women with diabetes and high sugar levels not only have significantly reduced fertility rates, they also face increased risk of abortion and congenital fetal defects.

Diabetes, if not managed well, is bad news for women trying to conceive. It leads to hormonal disruption, resulting in delayed or failed implantation. It also increases chances of genitourinary infection, menstrual disturbances, egg not releasing from the ovary during the menstrual cycle (anovulation), PCOS, auto-immune reaction to eggs, and premature ovarian failure. All this makes conceiving very difficult.

Women with type 1/type 2 diabetes with high blood sugar levels around the time of conception also have higher risk of abortion, congenital fetal defects, risk of delivering preterm, high blood pressure disorder (pre-eclampsia), build-up of acids in the blood (diabetic ketoacidosis), stillbirth, the baby in the womb growing much smaller (IUGR) or much larger (macroscopic) than expected, and increased risk of surgical intervention, according to the doctor.

Diabetes in mothers is a risk for the baby growing in the womb too. Uncontrolled blood sugar levels can cause malformations in the embryo, congenital cardiac defects, central nervous abnormalities, spinal and limb defects, and renal and skeletal deformities. After delivery, the baby may suffer from birth asphyxia and respiratory distress.

Diabetic women can take many precautions during pregnancy to minimize the risk to themselves and their developing baby. They should continue insulin and medical nutrition therapy during pregnancy. They should monitor FBS and PPBS twice in a week and maintain normal blood glucose levels of FBS < 95 mg/dl and PPBS < 140 mg/dl. It is important to prevent elevation in glucose levels while providing adequate nutrients to the

woman. This can be done by taking total calories through three meals and three snacks in a day. Diabetic women should also be counselled to avoid build-up of acid in blood due to starvation (ketoacidosis). They should also do regular aerobic exercises, as this increases insulin sensitivity.

Pregnant diabetic women should be provided with good antenatal care, timely check-ups and regular fetal growth monitoring, as well as early detection and treatment of medical and obstetrical complications. Patient should also be counselled about daily fetal movement count. Planning of timing and mode of delivery is important and ensuring provision for good neonatal care.

Diabetic women can plan to get pregnant if their pre-conceptual HBA1C levels are normal (5-7%). They should also undergo urine microscopy and renal function tests, peripheral neuropathy evaluation and an eye exam. There is a 6-10% higher incidence of anomalies in infants of diabetic mothers due to diabetes-related abnormalities as well as chances of increased mortality of the baby immediately before or after birth.



# Shugreek Tablets for Diabetes



*Keep diabetes at bay - Stop the silent killer*

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- Protects Pancreas, Liver & Kidney.
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# Madhunashini - Antidiabetic Plant

*A medicinal plant in your own yard*



**Dr. Vasundhara Bhupathi**  
Ayurveda Consultant  
Bangaluru

**Family:** Asclepiadaceae

**Scientific name:** *Gymnema sylvestre*(Retz.) R. Br. Cx Schultes

**Common name:** Antidiabetic plant

**Sanskrit:** Mesashringi, Ajasringika, Madhunashini

**Hindi:** Gudamara, Gurumara

**Kannada:** Madhunashini

**G**ymnema, the antidiabetic plant is an important medicinal climber and is **well-known for its antidiabetic properties**. It is widely grown in the tropics of Africa, Asia and Malaysia. In India, this plant is grown in abundance in the forests of Karnataka, Tarrtilnadu and Bihar. Due to its extensive use in South East Asian countries carelessly, the plant is becoming endangered.

This climber is extensively used in almost all the Indian system of medicine as a **remedy for rheumatism, cough, dyspnoea, ulcers and pain in the eyes**. It is also useful in the treatment of **inflammations, dyspepsia, constipation, jaundice etc.**, Its roots are reported to be a **remedy for snakebite**. The antidiabetic property of the plant is attributed to the presence of mixture of triterpenes and saponins in its leaves. These have been designated as gymnemic acid A, B, C and D which have in them the gymnemagenin and gymnestrogenins,

## Chemical composition

Triterpenes, phosphorus, gymnamine, gymnimagernin, gymnemic acid etc.

## Medicinal uses

- Eating leaves of madhunashini in the morning in empty stomach or drinking its decoction controls diabetes.
- For curing fever, juice of leaves of

madhunashini with honey or its decoction should be given.

- For cough, decoction made from the root of madhunashini should be given to drink.
- For any kind of swelling, paste made from madunashini mixed with castor oil or coconut oil should be applied to that part.
- During snake-bite decoction made from madhunashini should be given to drink and paste made from the powder of the root of the same plant should be applied to that area.

Research findings: The influence of madhunashini on pancreas to secrete insulin has been established in experiments conducted on animals.



# Bengaluru gears up to become India's first Arogya City

- Rotary (District 3190), Arogya World, and BPAC join hands to mobilize the city's key stakeholders through 20 broad pledges initially
- Dr Devi Shetty cardiac surgeon, and chairman and founder of Narayana Health is the brand ambassador for the campaign
- Multiple Bengaluru stakeholders pledge their support to the movement
- City will help at least half a million citizens to overcome NCDs

**Bengaluru:** Determined to contribute to 'India at 75' and improve the health of Bengaluru, the three organizations aim to secure close to 20 pledges which will be aptly called the Champions20 (C20) Group that will help at least 500,000 Bengalureans tangibly improve their health.

**Dr. Nalini Saligram**, Founder and CEO, Arogya World said, "NCDs (Noncommunicable Diseases) like diabetes, heart disease, cancer, and chronic lung diseases, and mental health, are among the top health & development challenges of the Century, especially in metros like Bengaluru. As part of our endeavor to transform Bengaluru into India's first Arogya City, we are engaging with diverse stakeholders."

**Dr. Devi Shetty** says, "According to the World Health

Organization, India accounts for at least one-fifth of the 17.9 million cardiovascular disease-related deaths globally. NCDs are a growing concern in India and steps must be taken to ensure things do not get out of control."

According to a World Economic Forum whitepaper from 2021, 43% of Bengalureans suffer from obesity, while a staggering 65% of the population does not indulge in meaningful physical activity. The report also corroborates the fact that Bengaluru is turning out to be the diabetes capital of the state, if not the country. It states that 22% of people in the city were diabetic. Research points out that it can cause a global cumulative economic output loss, of a staggering \$47 trillion by 2030.

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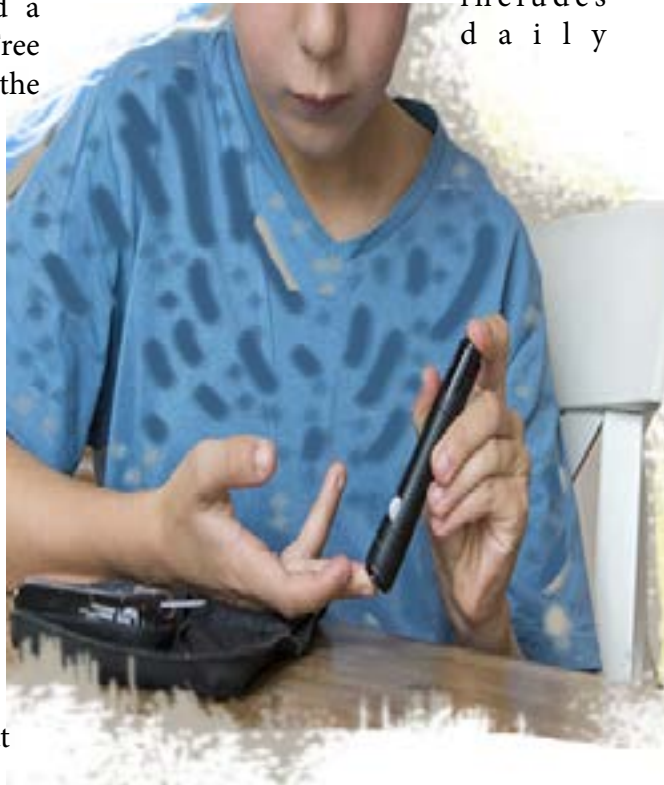
# Health Experts highlight the rising cases of Diabetes in youngsters

**New Delhi:** Observing World Diabetes Day and Children's Day, The Associated Chambers of Commerce and Industry of India (ASSOCHAM), an apex body, organized a webinar on "Diabetes Free India" in response to the growing cases of diabetes in children. Eminent experts shed insights on ways to tackle this issue. Diabetes being a chronic condition characterized by high blood glucose levels causes several metabolic abnormalities and a variety of organ damage, including kidney failure, heart attacks, strokes, blindness, and lower limb amputation. These days, diabetes in children is rather frequent and can start at any age.

**Shri Anil Rajput, Chairperson, ASSOCHAM CSR Council,** in his welcome address said, "Diabetes is one of the fastest growing health risks in India. Our country is home to nearly 80 million diabetics and this number is expected to rise to a staggering 134 million in the next 25 years. Therefore, it is imperative that all stakeholders should come together and focus on addressing this challenge head on" Highlighting the risk factors for diabetes, he said,

"sedentary lifestyle of adults, and in particular, children brings with it a host of health risks. Therefore, it's the duty of individuals, parents and caregivers to take requisite steps and provide adequate care for healthy weight management which

includes daily



exercising, eating a nutritious diet along with proper sleep and mental stimulation."

**(Padma Shri) Dr. Anoop Misra,** Chairman, Fortis-C-DOC centre of Excellence for Diabetes, metabolic Diseases and Endocrinology, Chairman, National Diabetes, Obesity and Cholesterol Foundation (N-DOC), President, Diabetes Foundation (India) DFI shared his insights on how the goal towards Diabetes Free India should be below 5% cases. Focusing on children and primordial prevention will cut down the prevalence. Educating and creating awareness is the need of the hour for a better tomorrow and prevention, he noted. All stakeholders should join together for

multi component intervention to improve insulin levels in all diabetic patients, he added.

According to **Dr. Brij Mohan Makkar,** Senior Diabetes & Bariatric Physician and Director, Dr. Makkar's Diabetes and Obesity centre, New Delhi - Obesity and overweight are the major concerns for diabetes as abnormal excessive amount of fat gets accumulated in the human body which is harmful for the metabolism, he highlighted. With preventive measures a diabetic person can achieve 10-15% of normal glucose levels as diabetes remission is possible.

**Dr. Sumeet Arora,** Consultant Paediatric Endocrinology, Artemis Hospital, Gurugram threw light on calculating body mass index from the early years in child to regulate any symptoms. Preparing growth charts will provide easy detection, she said. There is a significant increase in Diabetes to 15% in children after pandemic.

**Dr. Rajesh Kesari,** Founder and Director Total Care Control, Delhi, said -Type 2 diabetes is a growing concern for our youth in India. What was once considered an adult disease is now becoming more common in children within age group of 10 to 18 years old. Though, it is preventable and reversible if it is treated in time.