

Health Concepts

October 2022

Increasing health awareness to improve wellbeing.

PREFACE

Health awareness is essential for prevention, early detection and is key to ensuring effective treatment and wellbeing. Knowledge is power in the world of healthcare awareness. The more that people know about general health and illness, the more likely they are to seek preventive care and necessary treatment. Staying on top of your health is crucial for detecting potential issues and equipping to avoid potential illnesses and ensure that you are living your best life.

YALAMANCHILI HEALTHCARE is publishing this health education information as it believes awareness is important because it allows people the opportunity to know how to take care of themselves. It's pretty much a necessity that people prioritise their health by educating and increasing general health awareness.

HEALTH CONCEPTS, is a monthly bulletin that will provide general information on relevant health topics. The main objective is to promote health sensitive issues and also promote a sense of well being among the community. We shall provide interesting nutritional facts, current updates on medical research, technology and medical alerts / prevention tips. A main article on health will be presented in detail in every issue.

Our endeavor is to provide great opportunity to the reader to learn many health related information.

NUTRITIONAL FACTS



Cluster Beans

Gaur (Hindi);
Kothavarangai (Tamil);
Goru Chikkudu (Telugu).

The guar bean or *cluster bean*, is an annual legume. Cluster beans, also known as *Cyamopsis tetragonoloba*, are a member of the *Fabaceae* family. Cluster beans have a long and slender body and are commonly used as vegetables and in lentils. The matured seeds of cluster beans are dried and powdered to flour (guar gum).

- Low calorie content
- High fiber content, beneficial to gut health
- Rich in iron that is available in soluble form, helpful in anemia
- Rich in vitamins A, C, K, and folates, which have antioxidant properties and boost immunity.
- Have phytonutrients and a low glycemic index, which control blood sugar levels
- The calcium and phosphorus minerals fortify bones and enhance bone health.

Cluster beans are highly recommended in pregnancy, Irritable bowel disease, diabetes and hypertension

MEDICAL UPDATE

Currently most of the cities in India are reporting a spike in fever cases: Dengue, malaria, swine flu take over from Covid-19.

Most of the patients are presenting with complaints of sore throat, fever, body ache, runny nose, cough, allergic bronchitis, asthma, middle ear infections and even gastroenteritis symptoms.

Attributing this to fluctuations in weather and intermittent rains, health authorities are reiterating preventive strategies like face masking, social distancing, clean environment and avoiding crowded places.

PREVENTIVE PEARLS

Flu vaccination, especially among adults can prove to be quite helpful as it can effectively lessen disease burden and intensity of severe illness.

Get the 2022-2023 Influenza Vaccination done.

"It is health that is real wealth and not pieces of gold and silver"

Mahatma Gandhi

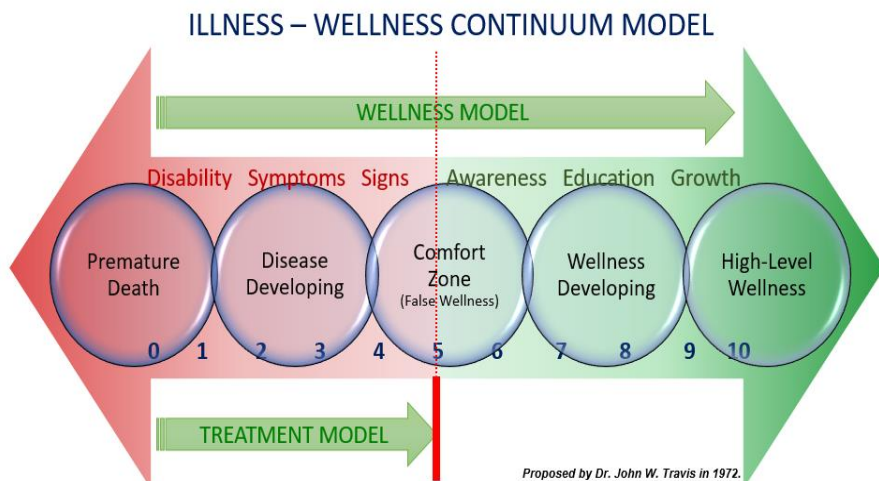
WELLNESS IN HEALTH AND ILLNESS

The terms health and wellness are usually used interchangeably, but the primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it.

Health, or being in good health, is important to everyone. Health, according to the World Health Organization, is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity". Physical health is critical for the overall well-being, and can be affected by: Personal Hygiene, Lifestyle: diet, level of physical activity, proper sleep and behavior. Mental health refers to a person's cognitive, behavioral and emotional well-being. It helps determine how we handle stress, relate to others, and make healthy choices. Social health defines our ability to interact and form meaningful relationships with others and helps improve our emotional wellbeing.

Wellness is a process, never a static state. Wellness is achieved when someone strives for balance in their life by constantly making choices to further their health and fulfillment. Wellness has a direct influence on overall health.

Illness & disease processes can develop over many years before they show themselves through symptoms. Many determinants from macro to molecular aspects affect our health status. Some determinants are positive in their effects on health and others are negative.



The Illness-Wellness Continuum is a wellbeing concept first proposed by Dr John W Travis in 1972. The "Neutral Point" (No discernible illness or wellness) depicts the so called comfort zone which actually is a zone of false wellness. The model illustrates the relationship of the treatment paradigm to the wellness paradigm.

An individual can move beyond the "neutral" point to increasingly higher levels of wellness. Moving from the center to the left shows a progressively worsening state of health. Moving to the right of center indicates increasing levels of health and wellbeing. The treatment paradigm (drugs, surgery, psychotherapy, and so on) can bring you up to the neutral point, where the symptoms of disease have been alleviated. That's all it's designed to do. On the other hand, the Wellness Paradigm, which can be used at any point on the continuum, helps you move toward higher levels of wellness.

The wellness paradigm directs you beyond the neutral point and encourages you to move as far toward wellness as possible. The wellness paradigm is not meant to replace the treatment paradigm on the left side of the continuum, but to work in harmony with it.

The concept emphasizes that If you are ill, then treatment is important, but don't stop at the neutral point because you are free from symptoms and signs of disease status. Take necessary steps to increase awareness to achieve higher levels of wellness.

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