

Health Concepts

February 2024

Align health goals with your daily routine.

PREFACE

Living a healthy lifestyle should focus on your general well-being as well as your appearance. You may enhance and possibly even lengthen your life by providing your body with all the nutrients it requires and engaging in regular exercise. In addition to improving mental clarity, concentration, and energy, leading a healthy lifestyle will help reduce stress and boost endorphin production. You might begin to care less about how you appear once you discover that you just feel better.

You don't have to pursue your health goals alone. It's much easier to be successful when you are surrounded by people who don't place negative pressure on you but happily cheer you on.

Likewise, health doesn't have to be boring. Another thing to note is that just because a particular exercise or diet routine worked for someone you know does not necessarily mean it will work for you.

Whether your goal is weight loss, muscle gain, or simply improving overall well-being, one factor stands out as paramount: consistency.

It takes patience, but health goals are much more achievable when you work up to them gradually. Consistency is much more important than intensity when it comes to changing your lifestyle.

Consistency thrives in routine.

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NUTRITIONAL FACTS

करेला (Hindi)
பாகற்காய் (Tamil)
కారకాయ (Telugu)



BITTER GOURD

Momordica charantia (*M. charantia*), a valuable plant, belongs to the **Cucurbitaceae** family. The generic name "Momordica" comes from Latin, meaning "to bite", which refers to its leaf with serrated edges which look as if it has been bitten. The plant lives up to its common name "bitter melon" or "bitter gourd", as all parts of the plant including the fruit taste very bitter. The whole plant, especially the seeds and fruit, has significant pharmacological effects and has been used as herbal medicine in many countries and regions. Bitter gourd contains several bioactive compounds like triterpenoids, saponins, polypeptides, flavonoids, alkaloids, and sterols. It is a source of most Vitamins, i.e., A, B, C, E, and Zinc, Potassium, and other essential nutrients.

Fights inflammation - Bitter gourd is packed with polyphenols, known for their ability to lower inflammation in the body.

Enhanced Digestion - Rich source of fiber, enhances bowel movement. Keeps body hydrated and cool.

Diabetes management - The saponins and terpenoids in bitter gourd help move glucose from the blood to the cells while also helping your liver and muscles better process and store glucose.

Blood purifier - The strong antimicrobial and antioxidant properties aids in purification of the blood and helps in promoting skin health.

Hemorrhoid relief - The strong anti-inflammatory properties make it a good lotion for the painful condition of piles.

Improves respiratory health - Its anti-histamine, suppressant, anti-inflammatory, expectorant, and anti-viral properties make it a perfect booster for respiratory health.

NOTE Bitter gourd is generally considered safe when you have it in moderate amounts. Excess intake could result in digestive disorders such as indigestion and diarrhea.

MEDICAL UPDATE

THE RIGHT DRUG FOR THE RIGHT BUG.

True bacterial infections can be effectively treated if your medical provider selects the correct antibiotic. Correct treatment is like a lock and key, as all antibiotics do not work on all bacteria.

Due to improper antibiotic use, such as using antibiotics when they aren't needed, using expired antibiotics that are no longer potent, or using the wrong antibiotic when they are needed, bacteria have increased their resistance and antibiotics could stop working altogether.

Even worse, improper antibiotic use causes completely unnecessary emergency hospital visits, hospitalizations, and ICU admissions due to unwanted and unexpected severe side effects.

PREVENTIVE PEARLS

Do you really need antibiotics?

Antibiotics are only needed for treating certain infections caused by bacteria.

Antibiotics do not work on viruses.

Say **NO** to antibiotics for common colds, flu, or runny noses even if the mucus is thick, yellow, or green.

"The power of community to create health is far greater than any physician, clinic or hospital".

---Mark Hyman.

Significance of Fever

Fever is a common sign of illness. Fever is the controlled elevation of body temperature due to the upward resetting of the hypothalamic thermostat and is part of the evolved systemic reaction to an infection known as the acute phase response. The heat of fever augments the performance of immune cells, induces stress on pathogens and infected cells directly, and combines with other stressors to provide a nonspecific immune defense.

While fever symptom can be uncomfortable, remember that fever is a natural response to infection, and it's usually a sign that your body is fighting off the illness.

Fever works by causing more damage to pathogens and infected cells than it does to healthy cells in the body.

We often misunderstand the source of fever, believing that it is caused directly by the infection, instead of the body's response to infection.

Fever is perceived as alarming and uncomfortable in the early stages since the individual feels cold and may shiver, and fever is uncomfortable when it is controlled since the individual feels uncomfortably warm and may sweat. As part of the acute phase response, fever is almost invariably accompanied by uncomfortable sickness symptoms such as lethargy, depression, and aches.

Most commonly, fever is caused by infections. It can also be a side effect of medications or vaccinations. The duration of a fever can vary depending on its cause and individual factors.

General facts:

Viral Infection: Most fevers caused by viral infections (such as the common cold or flu) typically last 2 to 3 days. However, it's common for the fever to persist for up to a week in some cases.

Bacterial Infections: Fevers due to bacterial infections (like strep throat or urinary tract infections) may last longer. Antibiotics can help resolve bacterial infections and reduce fever within a few days.

Other Factors:

- **Age:** Infants and young children tend to have shorter-lasting fevers compared to adults.
- **Severity of Infection:** The more severe the infection, the longer the fever may last.
- **Individual Variation:** Some people recover quickly, while others take longer.

Body temperatures vary slightly from person to person and at different times of day. The normal temperature of the human body is approximately 37 degrees Celsius (C), or 98.6 degrees Fahrenheit (F). On average, a healthy person's core body temperature varies by about 0.5°C (0.9°F) during the day. It tends to be lower in the morning and higher in the late afternoon and evening. These variations occur as your body's needs and activities change. A temperature taken using a mouth thermometer (oral temperature) that's 100 F (37.8 C) or higher is generally considered to be a fever.

While patients can state they have a fever because they "feel warm," it is noted that the diagnosis of fever based on palpation is unreliable and inaccurate in up to 40% of individuals. If fever is suspected, temperature recording should be obtained. The site of measurement influences body temperature readings. The most accurate is oral temperature reading.

Guidelines for treating fever.

1. Stay Hydrated: Drink plenty of fluids to stay hydrated. Proper hydration helps your body function optimally during an illness.

2. Dress Comfortably: Wear lightweight clothing. If you feel chills, use a light blanket until the chills subside.

3. Medications: The use of Paracetamol, Acetaminophen, or Ibuprofen can help lower fever and relieve discomfort. Follow the instructions of a physician for proper dosage. Avoid Aspirin.

4. Rest: Get plenty of rest to allow your body to recover.

5. Nutrition: Small and frequent meals. Opt for easily digestible foods including fresh fruits and fruit juices.

When to Seek Medical Attention:

If the fever persists for more than a few days or is accompanied by severe symptoms (such as difficulty breathing, chest pain, or confusion), seek medical advice promptly. For infants, any fever should be evaluated by a healthcare provider.

Always best to consult a doctor to determine the underlying cause and appropriate management.

END NOTE

Fever is one part of the body's overall immune response.

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