

## Godrej Memorial Hospital

NABH & NABL ACCREDITED

### EDITOR'S DESK...

Dr. Kanishka Kapasi ( MD, DGO )

### Life Lessons from Lohgadh

We were a group of 26 (-: ' Special' ) , who went on a monsoon trek to Lohgadh.... And I came back with a lot of happiness, friends and sore muscles. On reflection I realised many things...

- 1) The journey is as important as the destination- make it pleasant and happy.
- 2) Even if you start late, it doesn't matter-it is important to start in good spirit.
- 3) Carry less baggage- don't burden yourself with unnecessary things- travel-'lite'.
- 4) 'Climbing up' requires effort- 'going downhill' is easier.
- 5) There is always more than one way to the top.
- 6) If you need a break, take a break & if you need help-ask for it your friends will always be there for you & sometimes even strangers are friendly and help.
- 7) Discard 'rubbish'(from your bag/mind and heart) without spoiling the environment and the mood.
- 8) When you need to save your breath-don't talk- plod silently and take that time to introspect, enjoy and listen to nature & let your soul speak to you and the 'Universal Soul'.
- 9) You don't have to madly/blindly rush to the top- learn to enjoy the scenery & 'smell the roses'... & maybe if you look around you will find someone in distress who is seeking your help- help them.
- 10) Sometimes you have to be with your loved ones and help them get back into the flow/journey and sometimes you may have to give up your own dream / desire/ ambition to be with the one you love.
- 11) Exploration and taking the road less traveled may lead to new discoveries and enchanting things.... But sometimes you just get lost... In that case retrace.
- 12) If you help your friends to get to the 'TOP', you will never be ....'lonely at the top'.
- 13) .... And ultimately we all have to go...'HOME 'and 'REST'. AMEN.

"Be careful what you do on your way up--you may have to meet/face it on the way down."

"Midst pleasures and palaces though we may roam-- there is no place like--home."





## **GODREJ MEMORIAL HOSPITAL – DMT IMCA RECOGNITION**

Dr A. M. Joglekar

Godrej Memorial Hospital (GMH) is the only Indian organization in the country conducting Health & Safety related courses for Commercial Open Sea Divers, with own faculty & facilities. The 10 day Diver Medic Training course is accredited by the International Marine Contractors Association (IMCA), headquartered in London, UK. Godrej Memorial Hospital DMT certification is thus accepted worldwide by off shore & diving industry.

Godrej Memorial Hospital has thus far trained nearly 100 professionals now working as diver medics, in India and overseas. GMH faculty & facilities were audited for re-validation on completion of full term of 03 years from 2010 to 2013 recently by IMCA auditors coming in from the UK. The audit was a complete success resulting in GMH being retained for conduct of further courses till 2016.

### **ABOUT IMCA**

IMCA was founded in 1995 for the benefit of the Marine, Offshore and Underwater engineering industry. The IMCA regions include – Middle East & India, Asia Pacific, Europe & Africa, Central & North America, & South America. The association strives for highest possible standards, with a balance of risk and cost in Health & Safety, technology, quality and efficiency, environmental awareness & protection, etc. Competence and Training are one of its core areas of activity. IMCA is well recognized globally having more than 900 companies from the marine and gas & oil sector from around 60 countries.

### **HBOT & DIVING MEDICINE**

Godrej Memorial Hospital with its unique dept of **HBOT & DIVING MEDICINE** now occupies a link area between Healthcare and the Marine & Offshore industry. The dept propagates Hyperbaric medicine (HBOT) for saving life and limb in conjunction with intensive care and advanced surgical facilities, Diving Medicine for DMT training and medical & health services. Submarine & Maritime medicine are areas for expansion in future. There is vast scope for research work in several of these areas.

### **LOOKING AHEAD**

In the future, Godrej Memorial Hospital will go far beyond conventional Healthcare by proactively contributing to Health and safety in the Subsea and Offshore domains in India and overseas..... IMCA recognition to Diver Medic Training course of Godrej Memorial Hospital sends a strong message in this direction.

With best wishes for the dedicated crew of Godrej Memorial hospital.

**Editor's Note:** Dr A M Joglekar, former CEO of Godrej Memorial Hospital conceptualised Department of Hyperbaric and Diving Medicine and the Diver Medic course in GMH and is presently its Course Director. Dr Joglekar is a senior specialist in Marine Medicine and ex faculty of Mumbai University for marine Medicine.

## **Psychological Disorders**

Dr Nazreen Shaikh (Clinical Psychologist)

Today, we are growing up in a complex society and psycho-social development puts a lot of demands on us. If problems and limitations are not understood at an early stage they form a stumbling block in our further development.

PSYCHOLOGICAL DISORDERS can affect children, adolescents, adults, old age and they can occur in any family. Illnesses such as anxiety, depression, personality disorders etc.

### **Anxiety Disorders**

Anxiety disorders are the most common of all mental illnesses. Everybody experiences anxiety when they come across stressful situations such as presentations, exams, exam results etc., but in some cases it becomes excessive and can disrupt daily life, and the person may suffer from anxiety disorder.

### **Causes of Anxiety Disorder**

Biological, Psychological, Sociocultural and Environmental factors can cause anxiety.

### **Types of Anxiety Disorders**

- Phobias, Separation anxiety disorder
- Generalized anxiety disorder
- Post-traumatic stress disorder
- Obsessive compulsive disorder

Person with anxiety disorders usually have several of the following signs and symptoms. Signs and symptoms vary from person to person.

- Excessive worries and tension
- Avoid stressful situation
- Fearful, Sleep disturbances, Headaches
- Stomach aches, Nausea, Trembling
- Chills or hot flushes, Muscle tension
- Poor concentration, Sweating, Heart palpitations
- Avoid people or work or school or activities that arouse anxiety.
- Abdominal distress

### **How we diagnose anxiety disorders ?**

To make its diagnosis, we talk to the client, parent and the family members and ask them to rate questionnaires and also conduct various psychological tests to aid in the diagnosis.

### **Treatment**

- Early consultation, assessment, diagnosis and intervention programs are beneficial.
- Psychological support not only reduces the anxiety but also helps to prevent depression at later age because depression often appears with anxiety disorders.
- Behavioral therapies have proved effective to control anxiety.
- Medication also helps to control anxiety.
- Family also plays an important role. Guidance from the professionals and support from the family and people around the person, can inculcate a feeling of confidence and independence in the person.



## Panchakarma

Dr Shanti Tiwari (MD, PhD Ayurveda)

### Introduction to Panchakarma

Panchakarma is the purification therapy that comprises of five distinctive methods practiced in the Kerala Ayurvedic Systems. Panchakarma is a unique, health-enhancing series of therapeutic treatments that cleanses the body's deep tissues of toxins, open the channels; bring energy thereby increasing vitality, inner peace, confidence and well being. Panchakarma can help reverse the negative effects of daily living. It can restore the natural state of health and wellness by cleansing the body of toxins, bringing balance into the system and improving bodily function. It also helps to sustain this process by suggesting positive changes in lifestyle.

### Shodhan and Shaman

Panchakarma is part of a group of therapies that belong to a class of cleansing procedure called Shodhan. (Another group of milder method called Shaman is applied in those who are not strong enough to undergo shodhan.)

### Pre-purification therapies (Purvakarmas)

Panchakarma treatments are normally administered after different methods of pre-purification therapies (Purvakarmas) that prepare the body for the main course of treatment. The purvakarma procedures are Snehanam and Swedanam.

**Snehanam** (Oil therapy or oleation): Internal and external oleation loosens the toxins accumulated in the body and moves it into the gastro intestinal tract. Oil massage also helps to make the tissues softer and helps to remove stress and nourishes the nervous system.

**Swedanam** (Sudation or sweating) dilates the channels, liquefy toxins and facilitates its movement in to gastro intestinal tract. These toxins are then removed from the body thru Panchakarma therapies.

**Purvakarma** procedures help remove aggravated Dosha and Ama (Toxins) from its places deeper in the body to locations in preparation for elimination. These toxins are then removed from the body by use of Panchakarma procedures individually or in a combination, as deemed appropriate by the physician.

The five methods of Panchakarma procedure:-

1. Vaman: therapeutic vomiting or emesis
2. Virechan: purgation
3. Vasti: therapeutic enema
  - o Asthapanam - enema with decoction (Kashaya Vasthy)



- o Anuvasanam - enema with medicated oil (Sneha Vasthy)

4. Nasya: elimination of toxins through the nostrils
5. Raktamoksha: detoxification of the blood

### Panchakarma- Methods and benefits

**Vamanam** - Emesis (Therapeutic Vomiting). When the congestion in lungs leads to bronchitis or asthma, therapeutic vomiting or Vamanam is administered to eliminate the Kapha causing excess mucus. Once the mucus is released, the congestion, wheezing and breathlessness comes down and the patient becomes comfortable. Vamanam is also suggested in the treatment of chronic asthma, cold, diabetes, congestion, indigestion and oedema.

**Virechanam** (Therapeutic Purgation) When excess Pitta (bile) is secreted and accumulated in the gal bladder, liver and small intestine, it results in rashes, skin inflammation, acne, and chronic fever, biliary vomiting, nausea and jaundice. Ayurveda suggests administration of therapeutic purgation or therapeutic laxative in such cases.

**Nasyam** (Nasal administration of medicine) Nose is the doorway to brain and it is also the doorway to consciousness. The excess of bodily humours accumulated in the sinus, throat, and nose or head area is eliminated by application of medicines through nose. Nasyam is indicated for prana disorders, sinus congestion, migraine, headache, convulsions and certain eye and ear problems. Nasyam helps to improve breathing also.

**Vasthy** (Therapeutic Enema) Vasthy involves introduction of herbal oil or herbal concoctions into the rectum. It is the most effective treatment for Vatha disorders. Any medication given rectally goes into the deeper tissues of the body. Vasthy relieves constipation, distensions, and chronic fever, cold, sexual disorders, kidney stone, heart pain, backache, sciatica and pain in the joints. Many other Vatha disorders such as arthritis, rheumatism, gout, muscle spasm etc. also are effectively treated thru Vasthy.

**Raktamoksham-Blood** letting (Detoxification of blood) is the method of extracting a small amount of blood from the vein to relieve the tension created by Pittagenic toxins in the blood. Toxins present in the gastro-intestinal tracts are absorbed into the blood and circulated through the body. Bloodletting also stimulates the spleen to produce antitoxic substances and helps to stimulate the immune system.





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Dr. Yusuf Esaf on behalf of Godrej Memorial Hospital

**OIL BEYOND FATS**

Ms. Sneha R. Trivedi (Consultant Dietitian)

WHICH OIL TO USE??? Nowadays everyone has got this question in their mind!!! In today's generation, having junk food has become so common that people tend to eat street food quite often. That is the time when they don't have thought of what type of fat are they consuming. But the moment they turn to home food their mind wheels again start churning around, and a thought comes up as to which oil would be good for a healthy living. If I am not wrong even you fall in the same category.

There is no research as such which says a particular oil is good and the best to consume. Every oil has its own particular property. So as a Nutritionist I would suggest that a person should go for blended oils, which gives a good ratio of omega 6 to omega 3.

It is also said that oil should be changed every couple of days or months, but again there is no authentic research which says that the oil should be changed in some certain period of time. So in my opinion using a blended oil becomes the best option wherein you can get the benefits of both the oils when used in perfect ratio.

The following are the combinations which can be used as a blend:

| OIL                           | RATIO |
|-------------------------------|-------|
| Groundnut Oil : Mustard Oil   | 3 : 1 |
| Safflower Oil : Rice Bran Oil | 1 : 3 |
| Groundnut Oil : Soybean Oil   | 2 : 1 |
| Groundnut Oil : Sesame Oil    | 3 : 1 |
| Groundnut Oil : Canola Oil    | 2 : 1 |

Source : Gafoorunissa, Antiatherogenic potential of oils in Indian subjects consuming cereal based diets, Proc Nutr. Soc. of India, 461 999.

**News & Updates**

Cleft lip & palate deformity is common in a lower socioeconomic group. Multiple surgeries and multidisciplinary approach is required to achieve better results. With the help of smile train we are able to bring smile on 600 faces. On 31st August with the help of 'Sarva Shiksha Abhiyan' we have examined 40 cases from remote areas out of which 35 require surgeries.

Dr Bharti Khandekar  
MS, MCH, D.N.B (Plastic Surgery)



**Teachers Day 5th September**

Celebrated from 1st September to 10th September 2013. Special package for our respected Teachers at Rs 999/- for 44 vital tests & 2 consultations. 198 Teachers from 49 reputed schools, colleges & institutions were benefitted

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