

# PULSE

Volume no. 02, Issue no. 02, July 2013

**Godrej Memorial  
Hospital**  
NABH & NABL ACCREDITED

## EDITOR'S DESK...

Dr. Kanishka Kapasi ( MD, DGO )

**Monsoon Melodies and Maladies** The first showers of monsoon brought a much awaited reprieve from the sweltering summer.

Mumbai monsoons always bring mixed feelings and reactions and nostalgia.

The call of 'koel' and the 'pitter-patter' of raindrops weave a magic of their own. The smell of wet earth and fresh ' garam - pakoras' and ' masala chai' and the banter of friends --- what more can one ask for?

The time for picnics and treks is about revitalising and rejuvenating. An anticipatory reminder of the festivals and feasts that the month of 'Shravan' brings with it.

But alas, sometimes this can be marred by gastro-enteritis; jaundice; typhoid; malaria ; dengue; leptospirosis; etc.

These seasonal maladies strike anybody, anywhere, anytime.

The real reasons for this are many, but it is upto us to safeguard ourselves and our near and dear ones.

Various concerned and responsible authorities have given very good guidelines about the same every year and we as responsible citizens should follow them very diligently so that we can protect ourselves.

Take care and you can still enjoy the rains in Mumbai, because I feel they have a charm of their own.

## MESSAGE FROM CEO

Dr. Suhas Gangurde

We are happy to announce the successful commissioning of our new cardiac centre inaugurated on 2nd May 2013. We thank all the well-wishers for their encouragement & continued support extended to us during this period. You would be happy to know that since inauguration we have successfully completed 90 cardiac angiographies, 41 angioplasties, 10 CABG, 06 Neuro DSA till June end.

We also would like to inform you that following new machines have been installed at our hospital

- 2D Echocardiography with T.E.E & Stress Echo
- Ultrasound sound system with islice, istic & 4D facility.
- Holter monitoring system with 48 hours recording facility.
- Integrated stress test machine.
- Multiparameter monitor in OT with AGM & BIS monitoring.
- Intra Aortic Balloon Pump in ICCU.
- Siemens Cath lab with FFR & interventional radiology
- Web Tele-radiology system in radiology department helps in accessing images of CT & X ray from radiologist's and neuro surgeons laptop so that reports can be generated instantly.
- Heart Lung machine & heater cooler unit in Cardiac OT.

Even the Laboratory has been upgraded with advance machines like Blood culture system from BD enabling us to give culture report in 24 hours.

In near future we are planning to do tests like Vitamin D3, B12 in-house so that turn around time will be lesser than 24 hours. Further, tests like HIV, HBsAg, HCV, TnI will be done quantitatively instead of spot method (qualitative). We also propose to shortly install equipments to detect rapid cardiac biomarkers like CK-MB, TnI, BNP, D-Dimer, Myoglobin in 20 mins.

We solicit your cooperation in making optimal use of these equipment by referring your patients. We promise to offer quality service at reasonable rates.



## AYURVEDA TREATMENT (PART I)

Dr Shanti Tiwari (MD, PhD Ayurveda)

### Disease Management in Ayurveda

According to Ayurvedic principles, the natural state of human body is one with health, happiness and well being. One is said to be healthy when the body is clear of toxins, the mind is at peace, emotions are calm and happy, wastes are efficiently eliminated and organs are functioning normally. The physical and mental system accumulates toxins and deteriorates the efficiency of bodily functions due to the busy and stressful life. This eventually weakens the system, and leads to degenerative and non-specific diseases. Gradually they evolve into serious specific diseases, ultimately damaging the health and well being of an individual.

Ayurveda is followed in a well-defined therapeutic structure, as preventive and curative methods, in order to deal with various ailments. Shodanam or cleansing,

- Samanam or palliation,
- Rasayanam or rejuvenation and
- Satvajaya or mental hygiene.



**Shodanam (elimination)** aims to remove excess Dosha (toxins) from the body. Shodanam includes Purvakarma (initial treatment) and Pradhanakarma known as Panchakarma (the main treatment comprising of five distinctive methods) and Paschathkarma (post treatment).

**Samanam (alleviation)** is a group of milder methods to remove toxins from the body of those who are not strong enough to undergo shodanam.

**Rasayanam** the rejuvenation therapy is aimed to restore the tissues through herbs and minerals. Rasayanam helps restore the vitality and leads to longevity and slowing or stopping of aging process. It compensates for wear and tear due to age and diseases. Rasayana chikitsa follows detoxification of the body through Panchakarma procedures. It presents youthfulness, energy, enhances memory and brilliance, nourishes the senses and ensures longevity.

**Satvajaya (Mental Hygiene/Mental Healing)** There are different categories to Satvajaya, that includes mantra (sounds), Yantra (physical devices), Tantra (directing energies of the body), meditation, gems and crystals etc. to bring equilibrium in the body and mind.

**About Panchakarma  
(Part II) refer next issue**



## Advancement in General Surgery and Laproscopic Surgery procedures available at Godrej Memorial Hospital.

Dr Sanjay Sonar (MS, Laproscopic & Bariatric surgeon)

Traditional Surgery involved cutting open the cavities and operating on the diseased organ using instruments that were designed practically hundred years ago.

However with the advent of Laparoscopy Surgery and Endoscopy, the patient need not be cut open to visualise the diseased organ.

This involves use of cutting edge technology and highly studied and competent surgeon. Godrej Memorial Hospital has state of the art equipment as follows:

- 1) Karl Storz 3 chip camera for crystal clear vision of internal organs.
- 2) Karl Storz hand instruments & insufflator for precision in surgery.
- 3) Ligasure bipolar device which is amongst the fastest & safest energy sources for ease of general Surgeons & Gynecologists.
- 4) Bariatric Surgery table that enables patients weighing upto 200 kgs to be easily taken on the operation table.
- 5) SILS, Single Incision Laproscopic Surgery.
- 6) Excellent & well trained supporting staff to allow the surgeon to perform complex surgeries like Laparoscopic Nephrectomy / Adrenalectomy / Laparoscopic Colectomy / Bariatric Surgery.
- 7) DHAL (Doppler Haemorrhoidal Artery Ligation) A minimally invasive technique for Piles or Haemorrhoids & mucosal prolapse, which is pain free & risk free as against stapler haemorrhoidectomy.
- 8) ERCP (Endoscopic Retrograde Cholangio - Pancreatography) For diagnosing and treating Biliary pathology like, CBD Stone, Ampullary Carcinoma, injury to CBD etc.
- 9) Presence of Cath. Lab. enables the surgeons to undertake PTBD (Percutaneous Transhepatic Biliary Drainage) a skilled procedure to drain an undilated obstructed biliary tract especially in case of Bile duct injuries.
- 10) Ischemic limb diagnosis & treatment is possible due to Cath. Lab. & the facility of stenting enables limb salvage.
- 11) HBOT for treatment of ischemic necrotic ulcers.

All these services are available at Godrej Memorial Hospital at nominal cost and cashless facility for mediclaim patient.



## SCARLESS SURGERY (SILS - SINGLE INCISION LAPROSCOPIC SURGERY)

Dr Dilip Rajpal MS, MAIS, FICS(USA), FMAS, Dipl. in Laproscopic surgery (SAGES),  
Fellow in Robotic & Adv.Laproscopic Colo-Rectal Surgery ( Korea univ. )

### Introduction :

Laproscopic Surgery is a form of minimally invasive surgery in which surgery is done through multiple (3-4) small holes ranging from 0.5 - 1.2 cms in the body. Minimum 3 such holes are required i.e one for the camera to capture the image to be seen on TV Screen, & two other for holding & cutting the tissue. SILS is a form of Advance Laproscopic Surgery, in which instead of multiple holes, surgery is done through single hole & that too near patients navel. Instead of skin stiches, all dissolvable internal stiches are taken so that final scar looks very good after surgery, hence we call it Scarless Surgery.

### Who Can do SILS ?

Since it has long learning curve, it requires lot of laproscopic experience, hence offered by very few centers (3-4 only) in entire Mumbai.

### Introduction of SILS :

Worldwide all Laproscopic Surgeries are now being done by SILS, but presently we restrict to Appendix Surgery, Gall Bladder Stone Surgery, Diagnostic Laproscopic Surgery & Mesentric Lymph node Biopsy Surgery.

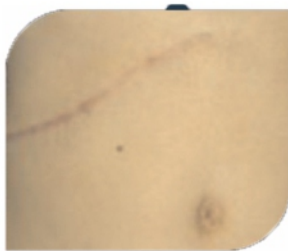
### Advantages :

Single cut (hole) & hence less pain, less chances of wound infection, faster recovery & cosmetic. Patients are usually discharged in 36 hrs and can have bath from next day onwards.

### Disadvantage :

Instrument Manuring is very difficult. Hence requires lot of patience May need to be converted to Conventional Multiple holes if Surgery is very difficult.

Failure rate (i.e conversion from SILS to conventional multiple hole Laproscopic Surgery) in our experience of more than 250 cases is nearly 2%.



**OPEN  
CHOLECYSTECTOMY**



**LAPROSCOPIC  
CHOLECYSTECTOMY**



**SILS  
CHOLECYSTECTOMY**



**OPEN  
APPEDECTOMY**



**LAPROSCOPIC  
APPEDECTOMY**



**SILS  
APPEDECTOMY**

### Conclusion :

SILS is advanced Laproscopic Surgery, done by only 3-4 Surgeons in Mumbai. It has better outcome than conventional laproscopic Surgery. Patients are discharged usually after 36 hrs & they can resume their normal life style activities after 48 hrs.





## **Chief Editor**

Dr. Kanishka Kapasi

## **Editorial Board**

Dr. Rajan Chopra

Dr. Harold D'souza

Dr. Kalpesh Shah

Dr. Smita Roychoudhary

## **Advisory Board**

Dr. Suhas Gangurde

Mrs. Daisy N. Raj

Mr. P. J. Banaji

Dr. G. D. Bhatia

Dr. D. T. Jadhav

## **Co-ordinator**

Dr. Yusuf Esaf

## **Publisher**

Dr. Yusuf Esaf on behalf  
of Godrej Memorial  
Hospital

## **MONSOON & CHILD HEALTH**

Dr Smita Roychoudhary (Paediatrician & Neonatologist)

Monsoon comes as a combined package containing relief from heat, beautiful surroundings, and also a host of illnesses and diseases. Rains provide cool relief after hot summer that calls for joy and celebration, especially amongst kids. Jumping puddles, sailing paper boats and getting drenched tops high on any kid's monsoon priority list. Children are the most prone to these seasonal diseases.

- 1.** Mosquitoes abound during the monsoon season, and cause Malaria and Dengue on a large scale. Thus keeping our home mosquito-free, is our top priority. A mosquito net around the bed not only looks lovely, but also keeps mosquitoes away.
- 2.** Regular inhalation of chemicals found in mosquito coils and mats is not too good for us, but is definitely a better option than getting bitten by a mosquito and risking Malaria or Dengue. We must carry a mosquito repellent cream with us and give a small tube to our children. The cream should be applied on any exposed areas if there are mosquitoes around.
- 3.** Mixing of drainage/sewage water with drinking water happens frequently in the monsoon. Diseases like cholera, typhoid, hepatitis are thus spread, which is why it is essential to drink boiled water in the monsoon. Most restaurants and hotels don't maintain the levels of hygiene we do at home, hence it is advisable to reduce the frequency of eating out.
- 4.** Walking in dirty water can also lead to numerous diseases since it brings our feet into direct contact with sewage water. Hence it is advisable to make sure our children wear boots in the monsoon season so that their feet remain dry and clean. They should also wear a raincoat with a hood, and carry an umbrella.
- 5.** As parents we should not stop children from playing in the rain. But we must make sure that they do not play around gutters, manholes, etc
- 6.** Also we must make sure they change their wet clothes immediately on returning home. We can feed them something warm if possible. This can avoid common cold, or a possible fever as well. Apart from these, uncooked food, and outside food should be strictly avoided.
- 7.** If a kid sweats a lot due to humid weather, it might result in fungal and bacterial infections. We can keep our baby's skin clean by giving him regular baths with mild soaps and shower gels and also clean baby's underarm's, behind the knees, folds of the buttocks and genital areas with gentle wash.
- 8.** We should wash our and our child's hands regularly for a cleaner and sanitized environment.
- 9.** When it's cold, a comfortable wrap in cardigan or jacket would keep your baby warm and cosy. It takes longer to dry clothes in monsoon and damp clothes are more prone to mold, causing infections.
- 10.** We should keep our home clean and fresh. We may leave windows open often, to air out our home but keeping in mind the mosquitoes.

This will make sure our child safely enjoys the beautiful monsoon season.

Godrej Memorial Hospital, Pirojshanagar, Vikhroli (E), Mumbai-400079

Website: [www.godrejhospital.com](http://www.godrejhospital.com) email: [hospital@godrej.com](mailto:hospital@godrej.com)

Tel: 66417100 / 66417047 / 66417052

Disclaimer : Neither the publisher nor anyone else involved in creating, producing or delivering the GMH News letter or the material contained therein, assumes any liability or responsibility for the accuracy, completeness or usefulness of any information provided in the news letter.