

HEALTHWATCH

Care for mother and child

Ayurveda has an elaborate regimen for each month and stage of pregnancy, writes Dr. K.G. RAVEENDRAN.

AYURVEDA has a well-documented description of caring for pregnant women, called Garbhini Paricharya.

The regimen prescribes practices for each month and stage of pregnancy. These systems are, in fact, diligently followed as traditional practices in innumerable households even today.

Garbhini Paricharya prescribes ahaara (diet), rihara (lifestyle) and nichara (thought process) to be followed during pregnancy as these have a direct effect on the mother and the child.

While milk and a light diet is recommended during the first month; in the second and third months, milk medicated with life-building herbs such as Vidari, Shatavari (Asparagus), Yashmadhu (Licorice) and Brahmi are prescribed along with honey and ghee.



Brahmi helps in calming the nerves and is also a good prenatashpan (sustainer of pregnancy).

Garbhini Paricharya considers milk an ideal constituent of diet for pregnant women as it is a source of calcium, lactose and butter fat. Milk also has moderate amounts of protein with anabolic properties that give strength.

should not get constipation. While mild laxatives and enemata are recommended, there is a tendency to constipation, it is found that usually, milk alone is sufficient to cope with the constipation.

The fourth month sees the formation of dhartta (tissues) in the foetus. In the fifth month, blood and muscles are formed. In the sixth month, fatty tissue is formed. In the seventh month, foetal growth is complete.

ed as a nutritional supplement to the diet.

The embryo gets its nourishment through the umbilical cord. Rice, milk, butter and ghee along with fruits and leafy vegetables are recommended.

From the fourth to the seventh month, medicinal supplements such as Ashwagandha, Krunch beej and Guduchi (Shindikodi in Tamil, Gulancha in Bengali). Ashwagandha and guduchi are given to strengthen the uterine muscles and also to nourish the embryo.

Fat, salt and water should be reduced in the diet from the seventh month onwards. Rice kani with ghee is a recommended diet. Small amounts of basil can be taken as anti-spasmodic.

Ayurveda advises certain concoctions (avaleha) in Ayurvedic pharmanacies) during pregnancy, for the growth of the foetus and for the health of the mother.

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Forewarned

Dr. RAMESH BABU SRINIVASAN discusses the benefits of detecting kidney problems before birth.

ONLY in 1970, it was found that kidney problems can be detected before birth. Since 1980, an ultrasound scan of the baby in womb became a common feature.

available and whether it is serious enough to consider termination of pregnancy. In such a situation, the parents can plan the timing and place of delivery.

The first called "dating scan" is to confirm the pregnancy and assess the duration of pregnancy. The second called "anomaly scan" is to find out about the development of organs and identify any defects.

Both kidneys, then blockage to the urine pipe is possible. In male child, this can be because of a valve-like blockage, which requires urgent treatment after birth.

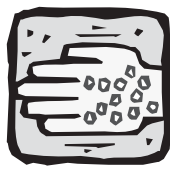
For further details see www.india.net/patients/paediatrics/Hydronephrosis. E-mail: kidsdocs@sancharnet.in

Ask the Doc...

Urticaria

Jayashree Narayanan: My husband has been facing a skin problem since March 2001. The doctors diagnosed it as acute urticaria.

He has been getting it off and on and we have stopped all the medicines. Only when there is itching he takes a few tablets. He faces stress at work and blood pressure is 160/100.



Our panel of doctors offers advice and suggestions in response to queries from readers.

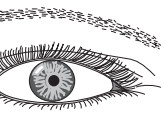
Stye in the eye

Ramani: I am a 45-year-old man. I have been getting a stye in the eye. The ophthalmologist says that it is due to blocked oil glands in the eye.

biotic eyedrops (Cilcoxon - ciloprostacin HCL ophthalmic solution 0.3 per cent as base) to be used three to four times a day.

hypothyroidism, which may be subclinical and may be some times associated with antihypertensive and need to be investigated. Patients need to be on long-term antihistaminics in most cases.

are found more frequently in persons who have diabetes with poor control, debilitating illness and chronic blepharitis or lid margin inflammation.



known as a chalazion. Treatments of a stye include hot fomentation and antibiotic eye ointment.

Please continue to write in to "Ask The Doc", Sunday Magazine, The Hindu, 859-860, Anna Salai, Chennai 600002. E-mail us at magazine@thehindu.co.in

The Hindu Crossword No. 2554

Grid for crossword puzzle. Includes Down clues: 1 Party member in protest meeting about blackleg (8), 2 In favour of church's influence (5), 3 Collier - heartless one, man due for retraining (9), 4 Flowering plant, mystical for a few nomads (6,7), 5 Leading Greek character in local pharmacy (5), 6 Head of family in secret society cut during procession (9), 7 Become less severe about period of self-denial (6), 8 Tending arlag? Unlikely here at Blenheim Palace, say (7,6), 9 Provided suitable solicitor to ring editor (6,3), 10 Leader's sharp gaining initial advantage (4,5), 11 Offer to support old girl (8), 12 Become more communicative, ring writer at university (4,2), 13 Lore's seen vaguely from bay window (5), 14 Old boy, priest, is showing signs (5).

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14 Old boy, priest, is showing signs (5)

- Across
1 Lack in desert (6)
2 One who's worked with mummy? (8)
3 Spanish girl in Caribbean island (9)
4 Floral feature in ring worn by tenor (5)
5 Stuff round end of meringue? (5)
6 13 Esteem shown in a piece of direct speech (9)
7 Men, losing face, caught by artful chap with sniffer dog (13)
8 Punish errant fatted cruelly (3,3,7)
9 Extinct reptile and raptor, last to survive us possibly (9)
10 Latest of journalists to pen an exclusive (5)
11 Complain about Ruth's mother-in-law (5)
12 Droppings are found at end of the Square - overalls required (9)
13 Hemp, perhaps? (3,5)
14 When one chooses to use a plough round onset of winter (2,4)

Solution No. 2553

A crossword solution grid with letters filled in for clues 1-14.

A cartoon strip titled "PICKLES" by Brian Gene. It features two characters talking about eating pickles and a dog named Ruffus. The dialogue includes: "I READ SOMEWHERE THAT GREATLY TONGUES ARE SO LONG THEY CAN CLEAN THEIR PARS WITH THEM." and "I MADE A MUD BALL IN THE GARDEN YESTERDAY."

THE WEEK AHEAD

QUERIES ANSWERED
Mesa Lagna, Jupiter in the Lagna. Mars and Ketu in the second house. Saturn in third. Sun in the fourth. Moon, Venus and Mercury in fifth. Rahu in the eighth. When will the marriage of this boy take place?

KATAKA (Stars - the last quarter of Punarvasu. Pushya and Ashleha)
Mixed trend for students, professionals and commission traders. Some due to sell inherited property.

THULA (Stars - last two quarters of Chitta, Swathi and first three quarters of Visakha)
Mixed trend for media people and employed women. Financially you will manage.

MAKARA (Stars - the last three quarters of Uttarashada, Svavana and the first two quarters of Dhanishtha)
Career women may face a sudden shift. Financial flow may not be up to the expectation.

RISHABHA (Stars - Kritika last three Quarters, Rohini, Mrigashira first two quarters)
For government servants a sudden shift is possible. Realties will have a dull spell.

SIMHA (Stars - Makha, Poorvaphalguni, Uttaraphalguni first quarter)
Realtors pick up slowly. Technical and computer people see better trend.

VRISCHIKA (Stars - the last quarter of Visakha, Anuradha, Jyeshtha)
Some in service may not be happy. Some may be trying to sell inherited properties.

KUMBHA (The last two quarters of Dhanishtha, Satabhishada and the first three quarters of Poorvabhadrapada)
Career women and media people may be rewarded. Inherited properties see legal problems.

MITHUNA (Stars - the last two quarters of Mrigashira, Arudra and the first three quarters of Punarvasu)
Some in service may not be happy. Self-employed and industrialists face obstacles. Defeat ventures.

KANYA (Stars - the last three quarters of Uttaraphalguni, Hastha and the first two quarters of Chitta)
Avoid new ventures. Realtors will have a dull spell. Expenses may increase whereas the inflow may not be quite matching.

DHANUS (Stars - Moola, Poorvashada and the first quarter of Uttarashada)
Students and professionals may pick up slowly. New ventures will show slow and steady progress.

MEENA (Stars - last quarter of Poorvabhadrapada, Uttarabhadrapada, and Revathi)
Career women pick up slowly. Some in government service quit voluntarily or go on long leave.

KHOSUKAN

S: -- H: Q H: Q
H: Q D: 8 C: Q 9
S: -- H: -- D: 9 C: 10 5

S: 5 3 H: K 10 9 D: J 10 2 C: A 3
S: K J 10 4 H: 6 3 D: Q 9 7 C: 10 2

Neither side was vulnerable. The bidding:
East South West North
Pass Pass 1 D Dbl
N.T 2 S Pass Pass

West led the heart jack.
from West at the finish. Either way, Berkowitz had the eight tricks he needed to make his contract. ALAN TRUSCOTT

BRIDGE Tricky ending

Larry Cohen won the Slidrod Open Pairs. Berkowitz landed in two spades, which would have been defeated if the defense had taken one of their oppor-

tunities to score a club ruff. The opening lead was the heart jack, which won the trick. When West continued with the 10, that was also the heart nine followed by the declarer ruff East's ace.

with his opening bid and East's original pass. Berkowitz therefore led to the spade king and ran the jack successfully.

A bridge hand diagram showing cards in hands and a bidding sequence table. The bidding table includes: S: 5 3, H: K 10 9, D: J 10 2, C: A 3, N: W, E, S, K J 10 4, H: 6 3, D: Q 9 7, C: 10 2, S: 7 6, H: 4 5 4, D: K 3, C: K 8 7 6 4.