

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.



Brahmi helps in calming the nerves and is also a good prajasthapana (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.

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

These concoctions can be taken from the first month of pregnancy. In addition, Sukhaprasava Ghritham helps in easy delivery of the baby. These Ghritha preparations can be included as an integral part of the diet, during pregnancy.

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. This is useful for foetal growth, for maternal health and for further lactation. As per Ayurveda, pregnancy is the time to consume nutritional food substances like urad dal and amla.

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. Currently most pregnant women undergo one or two ultrasound scans during their pregnancy.

Ask the Doc ...

Urticaria

Jayashree Narayanan: My husband has been facing a skin problem since March 2001. The doctors diagnosed it as acute urticaria. From March 14-May 14, he was taking lorfast, histac, grocol. After this, the medicines were changed to omnacortil, histac, nactal, alivia. He seemed to be cured but it returned suddenly in July 2002.

He has been getting it off and on and we have stopped all the medicines. Only when there is itching he takes alivia one tablet. He faces stress at work and blood pressure is 160/100. He is taking ten 25 evony alternative day and pressure is at 120/80. He is 45 years. Can you suggest what to do?



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

Dr. R. Murlidhar, Consultant Dermatologist, replies: Your husband appears to have a condition called chronic episodic urticaria. This is very common, and in most cases, there is no underlying cause detected at first go.

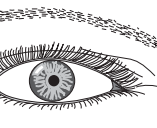
hypothyroidism, which may be subclinical and may be sometimes associated with antihypertensive and need to be investigated. Patients need to be on long-term antihistamines in most cases, and these have to be taken maybe even for two to three months or more.

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 meibomian glands in the eye. The ophthalmologist gave me some antibiotic eye drops.

biotic eye drops (Ciloxan - ciprofloxacin HCL ophthalmic solution 0.3 per cent as base) to be used three to four times a day. When I use this the stye goes away but recurs after a week. I did try hot water compression but there is no relief.

Dr. R.R. Rangaraj, Consultant Ophthalmologist, replies: The medical term for a stye is "hordeolum". It is a localized abscess of the eyelid margin involving eyelash follicles which is called an external hordeolum or an internal hordeolum when the oil glands in the lid margin are affected. Hordeola



are found more frequently in persons who have diabetes with poor control, debilitating illness and chronic blepharitis or lid margin inflammation. The stye usually causes pain, redness and swelling of the eyelid. Pus exudes from the eyelash line in external hordeola and from the inner surface of eyelid in an internal hordeola. Untreated, the swelling may resolve on its own or an internal hordeola may progress to form a painless mass

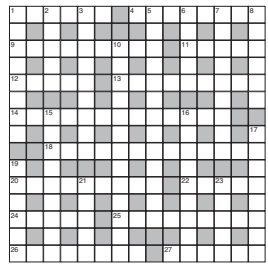
known as a chalazion. Treatments of a stye include hot fomentation and antibiotic eye ointment. When indicated eyelid margin inflammations of chronic nature need to be treated to prevent recurrence. The acute swelling may rarely require surgical drainage.

KHOSUKAN

MITHUNA (Stars - the last two quarters of Mrigasira, Ardra and the first three quarters of Punarvasu) Some in service may not be happy. Self-employed and industrialists face obstacles. Defeat ventures. Financial flow may not be supporting. Realtors will have a dull spell. Career women may be moved to a new position. No speculation.

S: 8 2 H: Q 8 2 D: A 8 4 C: Q 1 9 S: 9 7 6 H: 5 4 D: K 3 C: K 8 7 6 4 S: K 1 0 4 H: 6 3 D: Q 9 7 6 C: 1 0 2 Neither side was vulnerable. The bidding: East South West North Pass Pass 1 D Dbl Pass Pass 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

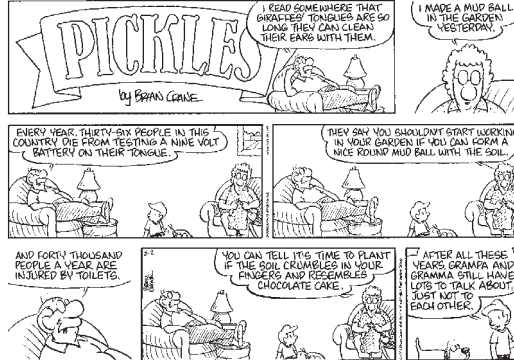
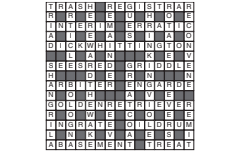
The Hindu Crossword No. 2554



- Down 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) 5 Flowering plant, mystical for a few nomads (6,7) 6 Leading Greek character in local pharmacy (5) 7 Head of family in secret society cut during procession (9) 8 Become less severe about period of self-denial (6) 10 Tending arid? Unlikely here at Blenheim Palace, say (7,6) 15 Provided suitable solicitor to ring editor (6,3) 16 Leader's sharp gaining initial advantage (4,5) 17 Offer to support old girl (8) 19 Become more communicative, ring writer at university (4,2) 21 Loire's seen vaguely from bay window (5) 23 Old boy, priest, is showing signs (5)

- Across 1 Lack in desert (6) 4 One who's worked with mummy? (8) 9 Spanish girl in Caribbean island (9) 11 Floral feature in ring worn by tenor (5) 12 Stuff round end of meringue? (5) 13 Estein shown in a piece of direct speech (9) 14 Men, losing face, caught by artful chap with sniffer dog (13) 18 Punish errant fathered cruelly (3,3,7) 20 Extinct reptile and raptor, last to survive us possibly (9) 22 Latest of journalists to pen an exclusive (5) 24 I complain about Ruth's mother-in-law (5) 25 Droppings are found at end of the Square — overalls required (9) 26 Hemp, perhaps? (3,5) 27 When one chooses to use a plough round onset of winter (2,4)

Solution No. 2553



THE WEEK AHEAD

QUERIES ANSWERED MESAha (Stars - Aswini, Bharani and Kritika first quarter) Jupiter aspects your rasi, you will be successful. Saturn gives you the capacity to go ahead with new ventures. 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? T.K.Samy, Vellore DATE of birth and dasa balance is not given. It is essential to see the dasabhukhis, to arrive at any decision besides Gochara transit. Since seventh house is aspected by Jupiter, no Kalathra Dosha is seen. Fifth Lord (Puthrasanthapathi) is in the fourth and aspects 10th. He is in exchange with fourth Lord Moon and Putrakarka Jupiter is aspecting fifth. No putra dosha is seen. Fifth is aspected by Mars and Saturn as well. Prayer to Lord Muruga on Tuesdays and worshiping Saturn on Saturdays may be the best remedies. Kujha dosha is present. Marriage prospects are bright from September 2004 to September 2005. Good Dates: May 2, May 6 upto 7:30 p.m.

BRIDGE

THE Vanderbilt knockout team Championship continued at the American Contract Bridge League's Spring Nationals in Reno, with 16 teams competing. Two of the eight top-seeded teams were on the sidelines. In third round play, a cosmopolitan foursome headed by Shawn Quinter, the world's top-ranked woman player, and her Texan team. Earlier James Cayne and his sixth-seeded team lost to Larry Cohen when the Silodor 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 and the declarer ruffed East's ace. South led a club, and unblocked dummy's jack when West put up the ace. A shift to a diamond went to East's king. The suit was returned to a West's 10 forced dummy's ace, and it was time to guess the trump situation. West would have led a club originally with an ace-king holding, so he had to have the trump queen to be consistent with his opening bid and East's original pass. Berkowitz therefore led to the spade king and ran the jack successfully. This spade lead removed the remaining trumps, and the lead was in dummy in this curious position. Needing three more tricks, South led the club queen from the dummy. East won, and South unblocked the 10. The club return removed the queen from the dummy's mind, and squeezed West in the red suits. It would not have helped East to duck the club lead, for the dealer would have led the heart queen from the dummy, forcing a diamond lead

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