

Winter-Warning

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Winter season is known to be very comfortable and pleasuring. People have opportunities to expose all fashions, enjoying with snowfalls along with health benefits specially body building. However, with all advantages if we take some precautions than really we can enjoy the season, other wise it can give us certain life threatening hazards and diseases. These precautions constitutes right from giving up bed in morning to going to bed in night and concerns to our all activities like sleeping, fooding, clothing even toilet habits too. We will discuss one by one each.

1. Good morning time- By the knowledge of medical science we know that early in the morning level of certain hormones and chemicals in our body are highest, which can be responsible for many diseases. Very common BLOOD PRESSURE is also in its highest range in morning. When we give up the bed in morning it changes suddenly, specially it varies when we change our body posture either from lying down to sitting or from sitting to standing up or from standing up to start moving or running, even after we pass urine or retaining it. During winters due to lower temperature our blood vessels constricts resulting to increase peripheral resistance, leading to high blood pressure. And by nature in old people peripheral resistance is already increased due to reduced elasticity of blood vessels and thickening of vessel walls again adding risks for raising blood pressure.

This is general observation that during winter larger incidences of HEART ATTACKS and PARALYSIS seen early in the morning as people awakens and goes to bathrooms. So there is need of special care mainly for old people to be taken during this period. They should wear maximum woolen clothes specially when they remove or get separate from blankets or quilts. And never get out of bed suddenly, instead after rising from sleep lye down for some time as it was, do some movements by your limbs and body, than sit in bed for few minutes, wear all clothes that you removed when you got into bed, than stand up slowly and go to the toilet.

Beside this, some precautions can be taken during bath. During winter season most of people take bath with warm water. This is good habit and varies from persons to persons. But main thing is the next step taken after the warm bath. This is useful for those people whose bathroom is in touch to open area. They should avoid immediate coming out of bathroom after warm bath. As they are with high body temperature and out side of bathroom there is very low temperature. So this sudden variation in temperature exposure may lead to many mega illnesses beside common cold, coughs, R.T.I. etc. For those persons it is better to cover their body with more clothes before coming out of bathroom.

Similar to other body parts blood vessels of scalp and hair follicle constricts on exposure to excessively cold water. This causes poor blood supply to hair roots resulting to under

nourishment and may lead to excessive HAIR FALL. So during extreme cold weather use warm water for hair washing.

Any way and anyhow, do not leave bathing in any season even in winters too. As it may give rise to many problems such as skin infections. SCABIES is a very common skin problem occurs specially during winters.

2. Good day time-In this season when we go out chilled air is an unavoidable problem in addition to low temperature and fog etc. This type of air and other things may cause some changes in our body's physiology or may directly affect nervous system leading to many types of paralysis, very common BELL'S PALSY is caused due to excessive cold exposure of cheek and ear area. Therefore, besides covering other body parts we should cover our head, ears, cheeks and neck too.

Foot care is an important job in this season. As due to low temperature, there is vasoconstriction of foot fingers and their most distant location from heart adds problems due to poor blood supply. This may cause CHILL BLAINS, DERMATITIS, BURGER'S, RAYNAUD'S DISEASES. So, do not behave with partiality to feet, wear proper foot wears specially shoes during winters. The same thing can also be adopted for hands.

3. Add water to your body-Water is essential for our life always and in all seasons, in winters too. Although there is cold weather and reduced thirst, but the actual demand of water varies very minutely. Therefore, we should be careful about sufficient water intake.

Every body knows that during winter air is cold but is dry too, causing significant water loss from our body. It may lead from very common drying of skin to drying and cracking of lips and heel. All are due to deficiency of water in body. But people go on applying topical medicines that provide temporary relief but real cure can be obtained by sufficient water intake. So, without thinking about thirst take maximum amount of water. An important difficulty in drinking water in winter season is the very low temperature of water due to which instead of desire of taking water, people are unable to take large amount of water. Many times, it is observed that a person take one glassful of water with meal, but after whole sitting more than half glassful of water remains. Therefore, it is better to warm up the drinking water also so that the glassful of water can be taken in single sip.

One worse thing of this season is that due to cold feeling people take extra cups of tea and coffee, which in addition to providing warmth to the body, induces diuretic action also. With this diuresis not only the amount of water taken with cups, passess with urine but some amount of reserve water also expelled out, leading to again water deficiency.

4. Never forget bladder and bowel-Care of micturition and defaecation system can not be delinked from winter and water. Rather it is more related to the same. It is well known fact that reduced water intake causes CONSTIPATION, so flush profusely your intestines to defaecate properly.

Moreover, the same thing is important with micturition, as sufficient amount of water is required to work the kidneys properly. Besides this flushing of urinary tract i.e. ureter, bladder, urethra is also important to avoid infections and crystal or stone formation. During winters, cases of RENAL COLIC

and U.T.I. are very common due to reduced water intake leading to poor water supply to the system.

One avoidable cause of urinary troubles in winters is avoiding the urges of micturition due to cold weather, not willing to leave the warm wrappings and laziness. It causes collection of urinary salts and organisms inside the body and may lead to URINARY CALCULI and INFECTIONS. So give up the laziness, wear the warm clothing and release the urges whenever called.

Getting Pregnant After 50... and even 60!

More and more women in the 50's and a few in their 60's are opting to have a child. And they have good news. A medical study of women aged 50 to 63 reveals that with quality healthcare they too can have healthy babies.

As the year pass and technology improves, the barriers to pregnancy gets pushed farther and farther back. It used to be thought that women shouldn't get pregnant over the age of 40. Today, 50-something women, and a few beyond 60, and their doctors wonder if it is safe to push that barrier even farther.

"There is no medical reason not to", said Richard J. Paulson, MD. Chief of the division of reproductive endocrinology and fertility at the University of Southern California Keck School of Medicine. He is also the lead investigator on a study that appeared in the Journal of the American Medical Association. The study of women were postmenopausal, revealed an increased number of complications, but nothing that cannot be handled by close monitoring and quality healthcare.

After menopause, a woman no longer produces eggs and thus cannot become pregnant naturally. But although eggs succumb to this biological clock, pregnancy is still possible using a donor egg. Therefore, all of women in the study had an egg from a younger woman implanted into her uterus.

"There are really two biological clock: One for the ovary, which seems to run out, and one for the rest of the reproductive system, which seems to go on," said Paulson. All that's needed is a little priming with the hormones estrogen and progesterone, followed by a donated, fertilized egg.

Out of 121 attempts, there were 45 births- a pretty good percentage and one that improved over the course of the study with improvements to the procedure, according to Paulson. There were complications, however.

An unusually high percentage of women (78 percent) who gave birth had caesarean sections. In addition, 20 percent developed diabetes of pregnancy- called gestational diabetes- compared to a more typical rate of 5 percent. More worrisome was a 35 percent.

A mother at age 50... it may be that they're going to do better than a mother who is 18.

Rate of pregnancy- induced high blood pressure. Most of the cases were mild, but typical pregnancies carry only a 3-5 percent risks of this condition.

Still, the side effects were tolerable enough that a 50-something woman shouldn't completely discount the possibility of pregnancy. "we believe the data are reassuring Paulson said.

Marcos J. Pupkin, MD, agrees that there are no real medical reasons to not get pregnant. "If someone wants to be a mother at age of 50, that's a different issue. That's something that society will have to decide. Do they have time to take care of children? It may be that they're going to do better than a mother who is 18," said Pupkin, chair of the department of obstetrics and gynecology at Mercy Medical Center in Baltimore.

(Beth Kepes-WebMD)

Mom at 63

A 63 year old British hospital consultant is one of the world's oldest mothers. Patricia Rashbrook, a child psychologist from Lewes, East Sussex, was given in vitro fertilization treatment by Severino Antinori, an Italian doctor. The treatment was successful at the first attempt, using a single embryo.

Antinori gained notoriety in the early 1990s when he helped a 62 year old Italian woman give birth following fertility treatment with a donated egg.

"She should live for at least 20 to 25 years-we are not giving birth to an orphan", Antinori said.

Patricia Rashbrook with her husband John Farrant, outside their home in Lewes, southern England.

Source : Emirates parent plus, Sept. 2006