

CARING SOULS FOUNDATION

REGISTERED NON-PROFITABLE, SECULAR, SOCIAL ORGANIZATION

"Working for the needy CANCER & HIV/AIDS Patients, Terminally ill kids & unprivileged kids"



Admn. Office:-

C-197, Nirala Nagar, Lucknow – 226020, U.P.

Phone No. : +91 522 4000298, 4062740,
3298448, 4077298

Regd. Office:-

499/230, Hasanganj, "PAR", Daliganj,

Lucknow – 226007, U.P.

Regional Offices:-

Ahmedabad

409, Kesar Complex, Shyamal
Cross Roads, Near Parekh Hospital, Satellite,
Ahmedabad, Gujarat-380051
Ph: 079-65420509, 09327562766

Vellore

2/260, 1st Cross Street, K.K. Nagar, Veppur,
Arcot, Vellore,
Tamilnadu -632503
Ph: 04172-320195, 09362320195

Hyderabad

19-5-17/A/73/B Mansoor Plaza Near
Hilda Hulme High School Kishanbagh,
Bahadurpura, Hyderabad – 500064
Ph: 040-24478989, 09849000883

Email ID: info@caringsoulsfoundation.org, caringsoulsfoundation@yahoo.co.in

Website: www.caringsoulsfoundation.org

Cancer Signs and Symptoms updated Analysis

Cancer symptoms are changes in the body caused by the presence of **cancer**. They are usually caused by the effect of a **cancer** on the part of the body where it is growing, although the **disease** can cause more general symptoms such as **weight loss** or tiredness. It is advisable that anyone experiencing unusual symptoms that are not normal for them for more than a few weeks should seek medical attention.

There are more than 100 different types of **cancer** with a wide range of different signs and symptoms, making it difficult to produce a definitive list. For information about the specific signs and symptoms of a specific type of **cancer**, please see the Wikipedia entry for that **disease**.

Typical **symptoms** of **cancer** include:^[1]

- The presence of an unusual **lump** in the body
- Changes in a **mole** on the **skin**
- A persistent **cough** or **hoarseness**
- A change in **bowel** habits, such as unusual **diarrhea** or **constipation**
- Difficulty in swallowing or continuing **indigestion**
- Any **abnormal bleeding**, including **bleeding** from the **vagina**, or **blood** in **urine** or **faeces**
- A persistent **sore** or **ulcer**
- Difficulty passing **urine**
- Unexplained weight loss
- Unexplained **pain**
- Unexplained tiredness or **fatigue**
- Skin changes such as an unexplained **rash** or unusual texture
- Unexplained **night sweats**
- Abdominal pain

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

CAUSES OF CANCER:

- Due to excessive use of yourself in environment of pungent smell from aromatic oils; paints; rubber; engine exhaust smoke & high humidity with sewerage pond area.
- Due to excessive line sitting in computer; use of mobile phones; MP3 music with D J etc. & live in the area of workshop with giving& taking instructions.
- Due to excessive use of intake of fast foods; processed foods;& soft drinks & liquor; Tobacco.
- Due to excessive feeling of anxiety; depression; resentfulness; tiredness; rundown& irritation caused due to incomplete desired work.

PREVENTION FROM CANCER CAUSED DUE TO NUEROLOGICAL OR BOWEL SYSTEM:

- Try to use of stress management on any problem face with formula ie 4 A=Avoid; Adopt; & Accept & play with 5 W & 1 H =What; Where; Why; Who& Whom & How.
- Try to say yes / No on every instruction or suggestion & avoid the situation to build up hot.
- Spend time in nature along with walk; like music;& search our with your habit liking people.
- In group discussion don't try to interrupt during the mid of conversation as it creates irritation.
- Try to have humor on every given challenged action.
- Try to get enough sleep 6 to 8 hours daily & monitor your bio clock ie appetite variation.
- Maintain your writing habits ie minimum 100 to 500 words per day.
- Maintain your reading habits by short snippets or stories by not putting yourself under pressure but in pleasure.
- Try to concentrate on main gist & main character of stories & not involve in difficult words.
- Try to maintain Body Mass Index(BMI for boys 4 year to 15 year<18.5 for girls< 25 in wt / Ht square.
- Try to engage in physical activity ie in gardening; walking ;home cleaning; or any such activity which makes breathe faster for minimum 30 minutes & which burn your 150 calorie on per day.
- Try to maintain will power ie = Intention + Effort + Courage.
- Try to keep gap of food intake 2 to 3 hrs along with 2 to 3 liters of water & having sound sleep of 5 to 7 hrs in 24 X 7 periods.

SYMPTOMS OF CANCER:

- Continued; unexpected weight loss.
- Headache with vomiting in early morning.
- Increases swelling or persistent pain in bones or some where in body; joints; back logs & abdominal swelling etc having lump of mass in abdomen; neck; chest; pelvis or armpits.
- Loss of appetite along with irritability & whitish color behind the pupil along with variation in power.
- Development of excessive bruising; bleeding or rash & constant infections ;tiredness or noticeable paleness along with recurrent or persistent fever with unknown origin.

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

General Symptoms of Cancer:-

C hange in bowel or bladder habits.

A Sore that does not heal.

U nusual bleeding or discharge.

T hickening or lump in breast or elsewhere.

I ndigestion or difficulty in swallowing.

O bvious change in wart or mole

N agging cough or hoarseness

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

THE SECRET OF SUCCESS

There is no **Magic formula** for becoming a genius or scoring high grades but the formation of correct study habits will go a long way to guarantee success. Learning does not just happens as a result of reading or listening; it is the attitude and mental process which promotes learning. Learning is not a passive process of absorbing knowledge; it is an active process of our minds reaching out to seize information and convert them into meaningful ideas.

Fix up your goal, and then run towards it like a strong man with full determination. Nothing stands in the way of a determined man. When you a goal or definite objective in your study, it will encourage you to react to what you read or hear, and therefore, you become an active learner and learn **more**.

The causes of Low Achievement

- Unclear Objectives.
- Failure to Plan.
- Failure to Set Priorities.
- Poor Scheduling.
- Lack of Self-Discipline.
- Attempting to do too much at one time.
- Over-Confidence.
- Lack of Confidence & Unnecessary Tension.

Time Wasters

- Too much Socializing.
- Unnecessary Discussions.
- Unwanted Visitors.
- T.V. and Radio.
- Telephone Interruptions.
- Idleness.
- Day-dreaming

Goal Setting

Fix up your goal.

My goal is to **score** -----marks. My goal is to get 1st Division. My goal is to come in the merit list. My goal is to get through competitive exam. My goal is to get admission in ----. Set up a goal before you but the goal that is within your reach, that you can achieve with some effort. Not a goal that is very high, beyond your reach. You know your capabilities. You can certainly improve upon these but still you can't achieve something beyond your capacity. If you fix up a goal too high and don't achieve it, you will be disappointed. You will feel depressed and dejected. Let it not happen to you.

Fix up the goal and make an earnest effort to achieve it.

Focus on achieving the Goal.

Focus on making a dedicated and organized effort towards achieving the Goal.

Motivation

Motivation means having a desire to do something. Motivate yourself. Only self-motivation works. To be motivated you first of all need to know exactly what you want to get from your study. To be motivated, you also need to appreciate the value of learning the thing to be learned. If you are highly interested in learning a subject you have to be **highly motivated**. The more highly you are motivated, the better and faster you will learn.

For good motivation it is desirable to understand the over-all objective of an assignment as well as to have in mind immediate, specific objective. For good motivation you must feel that the assignment before you is very important. We are most interested in **learning things** that we clearly recognize are important to us.

Note: *Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.*

COMMON SIGNS OF LEARNING DISABILITIES i.e. PARENTS GUIDELINES

The good news about learning disabilities is that scientists are learning more every day. Their research provides hope and direction. If parents, teachers, and other professionals discover a child's learning disability early and provide the right kind of help, it can give the child a chance to develop skills needed to lead a successful and productive life. A recent national institutes of Health study showed that 67 percent of young students who were at risk for Reading difficulties became average or above average reader after receiving help in the early grades.

Parents are often the first to notice that "something does not seem right". If you are aware of the common signs of learning disability. You will be able to recognize potential problems early. The following is a checklist of characteristics that may point to a learning disability. Most people will, from time to time, see one or more of these warning signs in their children. This is normal. If, however, you see several of these characteristic over a long period of time, consider the possibility as a learning disability.

Preschool:

- Speaks later than most children.
- Pronunciation problems
- Slow vocabulary growth, often unable to fine out the right word
- Difficulty rhyming words.
- Trouble learning numbers, alphabet, days of the week, colours, shapes.
- Extremely restless and easily distracted.
- Trouble interacting with peers.
- Difficulty following directions or routines.
- Fine motor skills slow to develop.

Grades K_4:

- Slow to learn the connection between letters and sound.
- Confuses basic words(run.eat,want).
- Makes consistent reading and spelling errors including letter reversals(b/d), inversions(m/w).
- Transpositions(felt/left), and substitutions(house/home).
- Transposes numbers sequences and confuses arithmetic signs(+,_,x,/,=)
- Slow to remember facts.
- Slow to learn new skills, relies heavily on memorization.
- Impulsive, difficulty planning.
- Unstable pencil.
- Trouble learning about time.
- Poor coordination, unaware of physical surrounding, prone to accidents.

Grades 5-8:

- Reverses letter sequences (soiled /solid, left/felt).
- Slow to learn prefixes, root words, and other spelling strategies)
- Avoids reading aloud.

- Trouble with word problems.
- Difficulty with hand writing.
- Awkward, first like, or tight pencil grip.
- Avoids writing assignments.
- Slow or poor recall of facts.
- Difficulty making friends.
- Trouble understanding body language and facial expressions.

High school Students and Adults:

- Continues to spell incorrectly, friendly spells the same word differently in a single piece of writing.
- Avoids reading and writing tasks.
- Trouble summarizing.
- Trouble with open ended questions on tests.
- Weak memory skills.
- Difficulty adjusting to new settings.
- Works slowly.
- Poor grasp of abstract concepts.
- Either pays too little attention to details or focuses on them too much.
- Misreads information.

Note: *Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.*

Top 10 Tips to Help Children Develop Healthy Habits

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits. Here are some tips and guidelines to get you started.



1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts. You'll send a message that good health is important to your family.
2. **Keep things positive** - Kid's don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
3. **Get the whole family moving** - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
4. **Be realistic** - Setting realistic goals and limits are key to adopting any new behavior. Small steps and gradual changes can make a big difference in your health over time, so start small and build up.
5. **Limit TV, video game and computer time** - These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for **obesity** and **cardiovascular disease**. Limit screen time to 2 hours per day.
6. **Encourage physical activities that they'll really enjoy** - Every child is unique. Let your child experiment with different activities until they find something that they really love doing. They'll stick with it longer if they love it. check out these **activities for kids**.
7. **Pick truly rewarding rewards** - Don't reward children with tv, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.
8. **Make dinnertime a family time** - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.
9. **Make a game of reading food labels** - The whole family will learn what's good for their health and be more conscious of what they eat. It's a habit that helps change behavior for a lifetime. Learn more about **reading nutrition labels**.
10. **Stay involved** - Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol. Contact public officials on matters of the heart. Make your voice heard.

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

Teachers Feedback from the Students

Sr. No.	Activity	Should Be	Say Yes/No	Sr. No.	Activity	Should Be	Say Yes/No
1.	To listen	Attentively		11.	In hale	Deodorant & Cheap Perfumes for 24 * 7 / hr days	
2.	To Write	Neatly		12.	Spend	Economically	
3.	To Read	Patiently		13.	Decide Problem	Rightly Than Honestly	
4.	To Eat	Sensibly		14.	Save	Regularly	
5.	To Dress Up	Smartly		15.	Physical Activity	Minimum For 30 minutes	
6.	To Learn	Practically		16.	Food Volume in Plates	2/3 rd For Veg & 1/3 rd For Non Veg	
7.	To Sleep	Sufficiently		17.	Smoking	Try Max to be save from Passive smoking	
8.	To Talk	Softly		18.	Extra salt & sugar	Don t Use in Your Food	
9.	To act	Fearlessly		19.	Stay in Sun	Don t Remain in continuous For more Than 1Hrs	
10.	To React	Say No With Respect to elders and With love to juniors		20.	Processed	Use of Supari; pisa; chocolate; Pastry & Processed Food	

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

Sub:-General Features of Human Tongue.

Introduction:-

It is strong muscular organ in Human body as someone, if asks ie what is strongest muscle in human body Its no correct answer; as due to different ways of strength measurement ie absolute strength(Max Force);Dynamic Strength(Repeated motions);Elastic strength(Exert Force Quickly)& Strength endurance(With Stand fatigue); As we understand that In an hour our Eye can make nearly 10000 coordinated movements and finally meets on fatigue; Heart is also hard fest working muscle well placed behind the group of teeth may be compared as wall of a strong fort having no bones. Its working may be imagined as piston works inside the mouth as cylinder.

Nature of working:-

Tongue is mainly associated in action of Eating ;Drinking ;Sucking ;Chewing ;Grinding; ;Pressing ;Salivating and It supports the food products in swallowing(As Tongue pressures the bolus sent to throat).

In average it helps in speaking with 90 words per minute with 20 different movements with consonants""; "D" "R" "K"(With narrowed corner)"S"(It moves backward we also hear typical lisps.

Defending:-

Defense cells of Tongue is called lingual cells; It helps human being in action of Taste ;Vision ;Hearing & Smell and all can be quantified but a systematic description of smell has remained elusive now Adour has been classified in mathematics.

We should agree that our Tongue is best thermometer for monitoring any type deteriorating cell activity in human being and if this type of effect is timely noticed by our selves and also being consulted with medical analytical persons so lot of problems might be overcome in our day to day modified life. It is well known fact ie Tongue is always in search delicious ;tasty& new type of foods and also is eager to spell out all activities to our world people, hence some times it good remarks or poor comments are awarded to us & saves with Tongue cancer.

(According to International journal of Tongue taste buds)

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

Does Chocolate Cause Hyperactivity in Children?

Are you one of the numerous parents asking, does chocolate cause hyperactivity in children? Well, let's try to find if there is any link between chocolate consumption and hyperactivity in kids.

Advertisement

The good poor chocolate has been subject to many myths and wrong accusations. It makes you fat, it causes bad teeth, it is high on the caffeine content, and the most recent one being, it causes acne! (luckily, all of these are myths) An accusation also links chocolate with the serious attention deficit hyperactivity disorder (ADHD) in children. But does the accusation holds any value? Does the consumption of chocolate really provoke hyperactivity in children. We need to find the facts. But before that, let's understand the hyperactivity disorder in children, in brief.

Hyperactivity in Children

Hyper-activeness is the main symptom of ADHD. Most children show a hyperactive behavior on one occasion or the other. But, constantly showing hyperactive behavior is a serious neurological disorder in children, which needs immediate medical attention. The following are the behavioral traits of hyperactive children - Non-stop talking, fidgeting, inappropriate behavior, cannot focus, constant feeling of boredom and therefore moving from one place to the other, lack of attentiveness, etc., Such kids are difficult to deal with, and early diagnosis of the problem can help relieve the ADHD in children up to a certain extent.

Now come the causes for this troubled behavior in children. The causes of ADHD in children are not very direct. Affected brain structure is the primary cause of hyperactivity in children. Genetic and biological factors, and allergy to certain foods can lead to this affected brain structure. Exposure to certain chemicals like polychlorinated biphenyls and other chemical poisons found in pesticides can also lead to this behavior in children. Excessive consumption of alcohol and smoking by a pregnant woman also hampers the brain development in the fetus, thus leading to hyperactivity after it is born. Some studies also point at a link between exposure to synthetic flavors, preservatives and colors present in food, to ADHD. The popular notion of a link between sugar consumption and hyperactivity made many people link chocolate and hyperactivity. A discussion about this linking follows next. Take a look.

Chocolate and Hyperactivity

There is a thin (apparently non-existent) link between hyperactivity and chocolate consumption. What made people, especially parents, link hyperactivity in children and consumption of chocolate was, children showed this behavior after consumption of sugar containing foods. Chocolate, no doubt, has sugar and caffeine as its key ingredients. Even caffeine is thought to provoke hyperactive behavior in children (again a myth). Lots of research was done to find any connection between these two. Studies were conducted to find the effect of the key ingredients of chocolate (sugar, cocoa, and other additives) on the behavior of children. There were no major behavioral changes reported.

Parents tend to give chocolates to kids because kids have an inborn liking for it. But some children do tend to have an allergy to chocolate. Such children can show hyperactive and impulsive behavior on chocolate consumption. Only a doctor can determine if your kid really has allergy to chocolate. Such kids should not be given chocolates (and chocolate containing foods). We can thus conclude that chocolate plays no role in provoking the hyperactive behavior of a child.

Prevention

Serious hyperactivity in children is a major and sensitive issue. Hyperactivity affects almost 6% of the child population. Neglecting this abnormal and pensive behavior in children can lead to many behavioral complications in the future. Medical help should be taken to treat the ADHD disorder in children. Behavioral therapy, cognitive therapy, and dietary modifications, form the crux part of the ADHD treatment procedure. Doctors generally recommend foods that are good for the brain for such children. Foods rich in vitamins, proteins, omega-3 acids and all other vital nutrients should be consumed for the best of brain health and overall health. Fast food and food allergens should be restricted. The behavior of parents also forms the key of the treatment procedure. Parents are expected to deal patiently with their kids, and encourage the children to do meditation and other mind relaxing techniques like yoga and deep breathing.

There is no definite and proven link between chocolate consumption and hyperactive kids. Thus, this article has answered the frequently asked question - does chocolate cause hyperactivity in children. So don't deny your kids their right to eat chocolate. But also make sure they are consuming it in safe proportions.

Welcome to DoSomething.org, one of the largest orgs for young people and social change! After you've browsed the 11 facts (with citations at the bottom), take action and volunteer with our millions of members. Sign up for a [campaign](#) and make the world suck less.

1. Dark chocolate has more cacao (the beans that chocolate are made from) and less sugar than other chocolates, so it is considered healthier than milk and white chocolate
2. Dark chocolate contains lots of antioxidants that help the cardiovascular system by reducing blood pressure
3. Eating dark chocolate widens arteries and promotes healthy blood flow that can prevent the buildup of plaque that can block arteries.
4. Eating dark chocolate every day reduces the risk of heart disease by 1/3.
5. Flavonoids found in cocoa products have antioxidant, anti-inflammatory, anti-clotting effects that can reduce the risk of diabetes by improving insulin sensitivity. The smell of chocolate increases theta brain waves, which trigger relaxation. chocolate can cause headaches and is not recommended in large doses for people who suffer from migraines or chronic headaches. Because chocolate contains high doses of caffeine and sugar, chocolate products are largely to blame for ADHD (Attention Deficit Hyperactivity Disorder) in children.
6. In the U.S., most consumer chocolate comes from cocoa farms. Unfortunately, many cocoa farms have unsafe working conditions, unfair labor wages, and child labor trafficking.
7. In 2010 1.8 million children ages 5 to 17 were forced laborers on cocoa farms across the Ivory Coast and Ghana 40% were not enrolled in school and only 5% of them were paid to work. UNICEF projects that 35,000 of these children are victims of trafficking.
8. Fair Trade Certified chocolate says that no forced abusive child labor is used, but Fair Trade chocolate represents less than 1 percent of the \$66 billion chocolate market.

Note: Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.

EATING SPICY FOOD: WHAT ARE THE EFFECTS?

THOUGH much is suspected, relatively little is known about the health effects of peppery foods. In general, hot, spicy foods are stimulants. They stimulate the circulation and raise body temperature. If you are living in a hot climate, the increase in body temperature can make you feel cooler by diminishing the difference between you and the surrounding air and by inducing sweating, which cools the body when the perspiration evaporates.

Peppery foods are also believed to stimulate the appetite by setting off the flow of saliva and gastric juices, a nutritionally important effect for people in tropical areas where the oppressive heat acts as an appetite suppressant. And, anecdotally at least, they act as an overall stimulant, producing a titillating, awakening effect and increasing the acuity of the senses.

Peppers, especially the hot capsicum (chili) peppers, produce a burning sensation on the skin and mucous membranes, including the inside of the mouth. For the uninitiated, a relatively mild hot pepper can seem intolerably strong and truly hot peppers may even cause blistering of the lips and palate.

In Hong Kong, I was served a spicy shrimp dish that was so hot it numbed my unconditioned taste buds for three days and brought my gastronomic tour of that city to an abrupt halt. But people who eat hot foods all the time apparently become conditioned to their oral effects and do not find them painful. In fact, foods traditionally eaten hot are regarded as bland without the proper dose of pepper, much as a person used to a lot of salt would find salt-free foods tasteless.

For non-oral tissues, however, the burning produced by capsaicin, the irritating chemical in chili peppers, can be very painful. When preparing peppers it is wise to wear rubber gloves or hold the peppers in a paper towel or plastic wrap. Fingers that have handled hot peppers should be washed thoroughly and kept out of the eyes and other sensitive tissues, including those of the pelvic region. If you should get capsaicin on sensitive tissues, flush quickly with lots of water to reduce the irritation.

If you burn your mouth with an overdose of hot pepper, Howard Hillman, author of "The Cook's Book" (Avon, \$8.95), recommends eating an absorbent food like bread or rice rather than drinking liquids, which will spread capsaicin to other parts of your mouth.

Given what they can do to your mouth, you'd expect hot peppers to have damaging effects on the rest of your digestive tract, if not elsewhere in the body. To be sure, patients with various gastrointestinal diseases, such as hiatal hernias, ulcers and bowel disorders, are commonly advised to avoid hot, spicy foods.

However, according to Dr. Arnold Levy, a gastroenterologist in Washington and vice president for education of the American Digestive Disease Society, "Precious little data are available anywhere in any language on the effects of hot, spicy foods on the digestive tract."

Dr. Levy said: "Caffeine and alcohol are gastric irritants; citrus fruits are acidic and can irritate the lower esophagus and add to stomach acid; chocolate, mint, nicotine, alcohol and fatty foods can relax the lower esophageal sphincter, the muscle between the esophagus and stomach, and cause heartburn, but there just aren't any data on hot, spicy foods."

He added that people with chronic heartburn are likely to have less severe symptoms if they stay away from spicy foods, but this alone won't diminish the episodes of heartburn. For ulcer patients, he said, avoiding acid-stimulating foods is important, but there is no evidence that eating spicy foods will slow the healing of ulcers.

Dr. Levy noted that some people experience gastrointestinal burning or intense stomach cramping when they eat spicy foods, but that different people are sensitive to different foods, a fact that they usually discover on their own and can then avoid the offending foods.

A recent study in Sweden on laboratory animals indicated that a dose of capsaicin soon after birth desensitized the animals' respiratory tracts to some adverse effects of cigarette smoke and other irritants. The researchers suggested that this extract of hot peppers may be useful in treating asthmatics and others with hypersensitive airways. Certainly, consumers of hot peppers commonly report that they help to clear the sinuses.

Peppery hot foods have been a part of the human diet for more than 8,000 years. Long before the ancient Greeks and Romans gave monetary value to peppercorns (they were used to pay fines, rent and taxes and to buy and free slaves), the South American Indians were eating fiery hot wild chilies. Chilies were eaten in Mexico, Brazil and Peru 6,000 years before the birth of Christ and were one of the first domesticated plants in the New World.

In fact, chilies came to be called peppers through a navigational error. Christopher Columbus had sailed in search of precious peppercorns from India; when he landed on American shores, he dubbed the hot food eaten there "pepper" and their consumers "Indians." Columbus took chili seeds back to Spain, and from there they spread to tropical and subtropical regions throughout the world.

Botanically, the vine that yields the spice peppercorn has no relation to the plants that produce chilies and bell peppers. They come from plants of the genus *Capsicum* and are relatives of the potato, tomato and eggplant, plants of the nightshade family. Peppercorns, on the other hand, are fruits of plants of the genus *Piper*. Both kinds of pepper, however, can produce a burning sensation on the tongue and both have been alternately praised and damned for their presumed health effects.

Herbalists have recommended peppercorns for the relief of arthritis, fever, migraine, motion sickness, poor digestion, venereal disease and vertigo. *Capsicum* peppers have been touted as cures for arthritis, atherosclerosis, the common cold, muscle cramps, infections, lung congestion and ulcers.

Interestingly, other "experts" have said *capsicum* peppers should be avoided by patients with arthritis. Few of these claims, however, have ever been subjected to scientific scrutiny. Peppercorns contain piperine, a chemical that in very high doses causes tumors in mice. However, there is no evidence to indicate an increased cancer risk in people who regularly use pepper.

Hot spices have a preservative action that delays food spoilage, but claims that they can act as antibiotics in the digestive tract and help to prevent infectious diarrhea and related ills have not been scientifically substantiated.

Nutritionally, *capsicum* peppers, both sweet and hot, do have something important to offer: large amounts of vitamin C. In fact, ounce for ounce, peppers have two and a half times more vitamin C than oranges. They are also good sources of vitamin A (which may account for the claim that they help prevent night blindness) and potassium and contain some iron and protein. At the same time, they are very low in fat and calories: 22 calories in three and a half ounces.

As a further nutritional benefit, peppery seasonings are a tastebud- stimulating alternative to salt, the abuse of which can increase the risk of developing high blood pressure.

Note: *Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.*

Summary of the ACS Guidelines on Nutrition and Physical Activity

ACS RECOMMENDATIONS FOR INDIVIDUAL CHOICES

- Achieve and maintain a healthy weight throughout life.
- Be as lean as possible throughout life without being underweight
- Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Get regular physical activity and limit intake of high-calorie foods and drinks as keys to help maintain a healthy weight.

Be physically active.

- Adults: Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
- Children and teens: Get at least 1 hour of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.

Eat a healthy diet, with an emphasis on plant foods.

- Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- Limit how much processed meat and red meat you eat.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.

ACS RECOMMENDATIONS FOR COMMUNITY ACTION

- Public, private, and community organizations should work together at national, state, and local levels to apply policy and environmental changes that:
- Increase access to affordable, healthy foods in communities, places of work, and schools, and decrease access to and marketing of foods and drinks of low nutritional value, particularly to youth
- Provide safe, enjoyable, and accessible environments for physical activity in schools and workplaces, and for transportation and recreation in communities.

Note: *Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.*

Sub: National Tobacco control works Directory.

Introduction:

As tobacco is produced agriculturally in Orissa state later on its leave are dried and processed to make hard having in smoking & jarda. Due to excessive use of it following results are at a glance for information. Medically it has been certified that tobacco is main source for numerous diseases including cancer.

Statically inference are dealt as below:

- Approximate 50 lac people loose their life on using tobacco.
- In every 6.5 second ie 2200 people daily smoker meets with true unlacing friend death.
- In beginning on use of tobacco diseases like heart attack; lungs infection are germinated for meeting to cancer.
- Tobacco are used in many ways like smoking; orally chewed ie jarda; in pan masala; Hukka etc.
- On detailed analysis of tobacco 4000 chemical elements & 200 poisonous elements&60 main elements for germinating cancer like Nicotine ; Tobacco Tar(Used for road construction & easily deposited in lungs) ;Carbon mono oxide(Reduces the capacity to move oxygen in the heart)Arsenic(killing material like ant & ground insects) ; Naphthalene(Killing material for bug & insects) ;Ammonia(material to be used for cleaning the floor).

Message to smokers:

- Never use tobacco even in alone & say good bye.
- On chewing tobacco Sylvia availability reduces & Iyarax gives command to brain that food is complete though person is hungry hence gradually appetite reduces and person travels in path of cancer.
- Always aware the people nearby your office or in school of side effects of using the cancer.
- Second hand smoking is also injurious to health.

How to stop smoking:

- Take deep breath & intake water sip by sip & be engage in doing some other work.
- Take some long & illaichgi & go for morning walk & be curious to adopt some good work and gradually make a habit.
- Do some exercise to relax your muscles like do some cycling; jogging& try to listen some music.
- On not getting sleep take consultation from family Doctor.

Benefits on to be free from smoking:

- Normal Blood pressure & Heart beat after 20 minutes.
- Lung works better as 50% on getting half of nicotine& carbonmonooxide.
- After 48 hrs nose sense starts working
- After 72 hrs energy enhances & breathing become normal.
- After 2 weeks blood purifies

Note: *Strength weakness Opportunities (SWOT) Analysis. An Initiative by Caring Souls Foundation Social research team.*

Sub: National Tobacco Control Program (NTCP).

Introduction:

Tobacco is cultivated in Orissa & Andhra state. The leaves are dried and processed to make intoxicating with strong excitement & widely used in smoking & chewing & inhaling. Due to excessive use of tobacco on smelling via inhaling; smoking & chewing it results in numerous diseases including cancer.

Some Alarming Facts on Usage Of Tobacco Products:

- Approximate 50 lac people lose their life on using tobacco products.
- In every 6.5 second i.e. 2200 people die daily.
- Early symptoms in beginning on use of tobacco diseases like heart attack; lungs infection are germinated for meeting to cancer.
- Tobacco are used in many ways like smoking; orally chewed i.e. jarda; in pan masala; Hukka (smoking via water passage) etc.
- On detailed analysis of tobacco 4000 chemical elements & 200 poisonous elements & 60 main elements for germinating cancer like Nicotine ; Tobacco Tar(Used for road construction & easily deposited in lungs) ; Carbon mono oxide(Reduces the capacity to move oxygen in the heart) Arsenic(killing material like ant & ground insects) ; Naphthalene(Killing material for bug & insects) ; Ammonia(material to be used for cleaning the floor).
- In India out of 100 persons death 40 persons are listed due to tobacco.
- Statistically due to smoking & chewing tobacco 65 lac people will die in year 2015 & 83 lac people will die in year 2030.

Message to smokers:

- Never use tobacco not even in isolation.
- On chewing tobacco Saliva availability reduces & liver gland gives command to brain that food is complete though person is hungry hence gradually appetite reduces and person travels in path of cancer.
- Sensitize the people nearby your office or in school for side effects of using tobacco products.
- Passive smoking is also injurious to health.

How to stop smoking:

- Take deep breath & intake water sip by sip & be engaged in doing some other work.
- Take some long & aniseed & go for morning walk & be curious to adopt some good work and gradually make a habit.
- Do some exercise to relax your muscles like do some cycling; jogging & try to listen some music.
- On not getting sleep take consultation from family Doctor.

Benefits on to be free from smoking:

- Builds up Normal Blood pressure & Heart beat after 20 minutes.
- Lung works better as 50% on getting half of nicotine & carbon monoxide.
- After 48 hrs nose sense starts working
- After 72 hrs energy enhances & breathing become normal.
- After 2 weeks blood purifies.
- After 3 to 9 months lungs work with 10% more from existence capacity.
- After 12 to 60 months chances of lung cancer reduces more than 50%.

Note: Issued in greater public interest. An initiative by Caring Souls Foundation Social Research Team.

{Select life not tobacco as cancer cures smoking & Be smart don't start because put it out before it puts you out.}

Sub: National Soft Drink Control Program (NSDCP).

Introduction:

Statistics shows that people drink more soda than ever before. They account for more than 25 percent of all drinks consumed in the whole world ie in advanced county like United States; France; Australia; United Kingdom; & densely populated countries like China &. More than billion gallons were sold in every year -- about one 12-ounce can per day for every man, woman and child. But here's some information that may keep you away from opening the can:

I've been warning my readers of the [dangers of soda](#) since I started this site, and this is a good list of reasons why you'll want to avoid this beverage like the plague.

Because soda clearly elevates insulin levels, and elevated insulin levels are the foundation of nearly every chronic disease, including: Cancer; Heart disease; Diabetes; Osteoporosis; Premature aging; Arthritis Osteoporosis

In addition to the ten health problems above, most of which I have reported on through the years already, there is one more that is not discussed as often: drinking soda also increases your cancer risk.

Some Alarming Facts on Usage Of soda drinks Products:

1. Extra pounds

Soda is a significant contributor to obesity. Drinking a single can a day of sugary drinks translates to more than a pound of weight gain every month. And diet soda is just as likely to cause weight gain as regular, or even more -- it may sound counterintuitive, but people who drink diet soft drinks actually don't lose weight. Artificial sweeteners induce a whole set of physiologic and hormonal responses that actually make you gain weight.

2. Liver damage

Soda damages your liver. Consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to the increased risk faced by chronic alcoholics.

3. Tooth decay

Soda dissolves tooth enamel. Soft drinks are responsible for doubling or tripling the incidence of tooth decay. Soda's acidity is even worse for teeth than the solid sugar found in candy.

4. Kidney stones and chronic kidney disease

Colas of all kinds are well known for their high phosphoric acid content, a substance that changes the urine in a way that promotes kidney stone formation. Drinking one quart (less than three 12-ounce cans) of soda per week may increase your risk of developing kidney stones by 15 percent.

5. Diabetes

Anything that promotes weight gain increases the risk of diabetes. Drinking soda also stresses your body's ability to process sugar. Some scientists now suspect that this may explain why the number of Americans with type 2 diabetes has tripled from 6.6 million in 1980 to 20.8 million today.

6. Heartburn & acid reflux

Heavy consumption of soda is a strong predictor of heartburn. Many carbonated beverages are very acidic. They also deliver a lot of air in the form of carbon dioxide, which can cause distension of your stomach. And that distension appears to be associated with more reflux.

7. Soft drinks = Soft Bones = Osteoporosis

Soft drinks containing phosphoric acid are definitely linked to osteoporosis (a weakening of your skeletal structure) because they lead to lower calcium levels and higher phosphate levels in your blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of your bones.

8. Hypertension (high blood pressure)

Experts have reasons to believe that overconsumption of soda leads to an increase in blood pressure. It doesn't matter if the soda is regular or diet.

9. Heart disease

Heavy soda drinkers are more likely to develop risk factors for heart disease. Research shows that drinking more than one soft drink a day is associated with an increased risk of developing metabolic syndrome -- a group of symptoms such as central obesity, elevated blood pressure, elevated fasting blood sugar, elevated fasting triglycerides, and low levels of HDL or "good" cholesterol. Having three or more of the symptoms increases your risk of developing diabetes and cardiovascular disease.

10. Impaired digestion (gastrointestinal distress)

Gastrointestinal distress includes increased stomach acid levels requiring acid inhibitors, and moderate to severe gastric inflammation with possible stomach lining erosion. Drinking sodas, especially on an empty stomach, can upset the fragile acid-alkaline balance of your stomach and other gastric lining, creating a continuous acid environment. This prolonged acid environment can lead to inflammation of your stomach and duodenal lining.

Message to people for soda drink:

Soda Drinkers Have a Higher Risk of Several Types of Cancer

Numerous studies have pointed out the [link between sugar and increased rates of cancer](#), suggesting that regulating sugar intake is key to slowing tumor growth.

In one human study, 10 healthy people were assessed for fasting blood-glucose levels and the phagocytic index of neutrophils, which measures immune-cell ability to envelop and destroy invaders such as cancer.

How to stop use of soft drinks:

- Take deep breath & intake water sip by sip & be engage in doing some other work.
- Take some long & aniseed & go for morning walk & be curious to adopt some good work and gradually make a habit.
- Do some exercise to relax your muscles like do some cycling; jogging & try to listen some music.
- On not getting sleep take consultation from family Doctor.

Health Benefits of not drinking soda drinks:

You'll Avoid Empty Calories:

Zero. Zip. Zilch. That is the amount of nutrients and vitamins that are in a typical soft drink. Not only is soda full of empty calories, but some studies found that people who drink soda regularly are less likely to get enough calcium and other important nutrients from their diet.

So, not only does drinking soda give you no nutrition, it can actually make it tougher for you to get nutrients from other healthy foods and drinks.

You'll Be Thinner:

Because of these empty calories, regular soda drinkers consume 10% more calories daily than those who skip the soft drinks. On a 2,000 calorie a day diet, this can result in gaining just over 20 pounds in a single year.

Both the amount of sugary soft drinks consumed each year and obesity rates have been increasing steadily over the last few years, leading researchers to believe that the two are related.

According to a study published in the International Journal of Obesity:

“Current research suggests that the association between obesity and soft drinks occurs at all ages. The mechanism may not be fully understood, but there is evidence to suggest that preventing consumption of sugar-sweetened drinks has a major role to play in obesity prevention.”

You’re Less Likely to Get Type 2 Diabetes:

People who drink between 1 and 2 servings of sugar sweetened beverages a day, including soda, have a 26% greater chance of developing Type 2 Diabetes than those who drink less than one serving a month or no soda at all. The high-fructose corn syrup in soda raises glucose levels, which increases the risk of developing Type 2 Diabetes.

You’ll Have Lower Blood Pressure:

Soda has also been linked to hypertension, or high blood pressure. People with hypertension consume more glucose and fructose than those with regular blood pressure.

In addition to higher glucose and fructose levels, people that consume high amounts of these sugars retain more salt in their bodies, resulting in hypertension.

5. You’re Less Likely to Have Asthma

One study reported that soda may be related to asthma development. High school students who drank soda regularly had a higher incidence of asthma than those who consumed no soda. More research is needed to find if there is a very strong link between soda consumption and asthma in people of all ages.

6. You’ll Be More Likely to Avoid Pancreatic Cancer

Soda heightens blood sugar so much that regularly drinking it has been linked to pancreatic cancer in women. Women who drank more than 3 servings of soda a week were more likely to develop pancreatic cancer than those who didn’t drink soda at all.

The Takeaway

With so many health benefits of not drinking soda, it’s time to cut it out of your diet once and for all. Skip the soda if you want to be thinner and less likely to develop all sorts of health conditions including Type 2 Diabetes, high blood pressure, asthma, and pancreatic cancer.

Note: Issued in greater public interest. An initiative by Caring Souls Foundation Social Research Team.

-----XXXXX-----

- All kid zee learns from parents & family members; as they grow with feeling as self I D (Due to curiosity) ie app up to 2 years.
- From two years to onwards child develops some ego (It is mine); which also forms habits; may be good or bad.
- Growth of child in road map of learning from A to Z depends on environment.
- For health of child & to be free from all disease; Don't label good or bad on food; only aware them with food intake limit & properties. In addition to it take care to make free your child free from all diseases with three "W"s i.e. where is my child; who is with my child& what he is doing.
- Never use food as reward on your instruction over child.

Diseases: Being Numerous type of diseases, mainly Two type diseases are:- Germ Oriented & Cell oriented. Both type diseases depend on life style.

When cell malfunctions known as carcinogen cell & activity is CANCER.

Cancer is not hereditary;Transmitting type only cell oriented disease & on split of word cancer means can survive on follow of good habits. With improved life style.

Cancer are mainly two type as Benign type expanded cell in balloon type & Malign type with blood anywhere in body parts.

Have control & command on tongue organ ie being always in search of tasty food & to have criticism on every talk both may cause problem in human body.

To be safe from cancer; try to take care in food intake with gap of minimum two hour(For stomach problems) & with 2 to 3 liters of water(To remove all body toxins via sweating & God's provided passages) & have sound sleep 5 to 7 hours(which works as disease free thermometer); Partial listening & deep focusing.

Say good bye to soft drinks; process food Chin gum; coloured supari with tobacco: active & passive smoking etc.

To be free from neurological disturbance do deep focusing& proper listening& suitable writing under decision umbrella.

Learning Road map of child towards life:-

A: Avoid negative type people

B: Believe in yourself.

C: Consider things with all angles.

D: Don't give up & in.

your goal.

E: Enjoy life today.

F: Family & friends are hidden treasures.

G: Give more than you planned.

H: Hand on your dreams.

I: Ignore those who try to discourage.

J: Just do it.

K: Keep trying no matter how hard.

L: Love yourself

M: Make dream happen

N: Never cheat, lie or steal

O: Open your eye & see.

P: Practice makes perfect.

Q: Quitter never wins

R: Read & learn

S: Stop procrastinating.

T: Take control of your own destiny

U: Understand yourself

V: Visualize yourself.

W: Want your dream

X: Accelerate your effort

Y: You are unique.

Z: Zero space make in

Note: Issued in greater public interest. An initiative by Caring Souls Foundation Social Research Team.

-----XXXXX-----

ROLE OF HORMONES IN HUMAN BODY

INTRODUCTION:-

A Hormone is a chemical substance of an endocrine gland; which are also called as ductless glands deposit the hormones into the blood stream. The blood on its turn carries the hormones to every part of body. As we know our spinal cord serves as a great transmission cable efferent cerebrospinal nerves (those that come from spinal cord) carry the sensory message to the brain & autonomic nervous system controls involuntary responses including body physiology & sex. Hormones that signal to brain are ("I am Hungry or I am full or I am going to sleep or I am tired enough or I am fresh enough").

EFFECT OF HORMONES ON HEALTH OF STUDENTS:-

Normally; the evil villain thwarting your physique goals comes in the form of chocolate; chips; cookies; pizza burger; cakes; gelatin dishes (Pastry etc) & food reheated from fridge (enveloped with much; spicy; deep fried for taste only soft drinks; chingum; spotting the culprit; well it's as easy as a pie but what if the obstacle that stands in your way is much smaller even microscopic; you might not be able to see your hormones; but they play a constant role in how our bodies function. They are chemical messengers that travel via our blood stream to every tissue & organ in the body energy level. They influence fat storage; sex drive & host other vital functions. We often spend quite a bit of time focusing on external factors; hormones included have a huge say in whether you get six pack by summer.

To help, you get a better grip on your health & fitness, please have a look on nature of these eight important hormones ie

1. **TESTOSTERONE**:-The most well-known & desired hormone in weight room of body; this is being secreted in men by testes & in women by ovaries by high levels; it can increase muscle mass; strength & also increases brain functions & in low levels it makes unhealthier & also increases a risk of cardiovascular diseases. Try to optimize your this hormone level by disciplined caring for proper sleep; diet & regular exercises.
2. **ESTROGEN**:-Eating properly & engaging in regular exercises are likely your best bets against estrogen imbalances. Estrogen level can impact, how fat is stored in body & excess fat tissue can have a harmful side effect in Human body.
3. **INSULIN**:-Insulin determines, whether blood sugar gets used right way for immediate energy or alternatively stored as fat being energy storage but functions as endocrine organ that produces important hormones, what we eat really does matter it comes to losing weight & keeping off insulin level are directly impacted by our diet's ratio of carbohydrate (starch as Rice) fiber (wheat) & protein (Dal & beans etc or boiled egg & meat etc). Any disruption on it have an immediate influence on other hormones. Also On eating during day time carbohydrate in food enter in your bloodstream & body releases insulin, which opens your cells to uptake blood sugar (as glucose). The cell in turn can buildup their energy stores, danger only comes with over

releasing of insulin and it happens due to poor dietary habits & this vicious cycle leads you in II stage of diabetes. Only proper & complete exercise is powerful medicine for it.

4. **CORTISOL**:-On extreme stressful condition its level gets high ie someone may have involved out running a lion or fighting off pack of wolves ie result of sitting in traffic or having deadline to meet the work. Periods of stress cause the breakdown of protein & release glucose in blood stream. The increases amount of energy are meant to help us escape danger or recover from extreme effort. /Cortisol spikes can also be experience during intense exercise. Good news are you are not powerless against stress ie regular exercise with meditation can help a lot to you.
5. **GHERLIN**:- It is known as hunger hormone peptide released by endocrine cell mostly within stomach linings. It counteracts leptin to increase metabolic efficiency & stimulate appetite. It normally indicates hunger.
6. **LEPTIN**:-From Greek word leblo for thin it is synthesized within fat cells & works as satiety factor on hypothalamus to damp eating behavior which increases energy expenditure, a new hopes for weight loss lies in it.
7. **THYRIOD HORMONES**:-It plays a lead role in everyone unique physiology increase in weight in women & men due to imbalance it works as gas pedal in regulating your metabolism.
8. **MELATONIN**:-This hormone regulates the circadian rhythms also factors on your hunger time clock; sleep deprivation ie proper sleep & diet with exercise helps to maintain.

SUMMARY:-

Time management in 24 Hour day to day life style ie for food intake ($2/3^{\text{rd}}$ of plate for vegetarian & $1/3$ for non vegetarian in quantity and having gap of 1hr & 30 minutes in frequency of intake);water intake minimum of 2 to 3 liters' as a habit of sip by sip; wakeup; sleep(minimum for 5 to 7 Hrs) and physical exercise (for 30 minutes) with deep observation in activities and proper listening as guidelines or commands accompanied with practical work supports as shield from all sort of all diseases ie cardio & cancer in etc in human body

Note: Issued in greater public interest. An initiative by Caring Souls Foundation Social Research Team.

-----XXXXX-----

POSTURES & EXERCISES

POSTURES & BACK EXERCISES

Essential tips for exercises: Exercises 1 to 6 are done in supine posture with knees bent & roll to support the neck. They are aimed to strengthen the abdominal muscles. Exercises 7 to 10 are done prone or standing and help to strengthen back muscles. **Caution!** Do not do any exercise which causes/ aggravate pain.

Each exercise consists of 10-20 movements (counts), each count lasts over 5-6 seconds. Breath out while performing the movement.

Low Back Pain Exercises Recommended by:
Prof. Dr. Keki E. Turel (Head, Dept. of Neurosurgery, Bantley Hospital)

harvested in public interest:



For further information please write to:

POSTURES & EXERCISES

POSTURES & BACK EXERCISES



PUTTING YOUR BACK TO BED



RELAXING YOUR BACK



STANDING AND LIFTING OBJECTS



SITTING



व्यायाम और शारीरिक स्थिति

स्ट्रेच

बेहतर स्वास्थ्य के लिए स्ट्रेच करें। स्ट्रेच व्यायाम शरीर को लचीला बनाने के लिए बहुत महत्वपूर्ण होते हैं। इनकी मदद से कमर दर्द, पेट और पैर की मांसपेशियों के दर्द से आराम मिल सकता है। साथ ही शरीर के प्राकृतिक घुमाव या कर्व भी सही स्थिति में बने रहते हैं।

ब पैट

1. अपने घुटने और हाथों के बल जमीन पर झुक जाएं, अपने हाथों को कंधों की सीध में और घुटनों को कुल्हों की सीध में रखें। पेट की मांसपेशियों को पीछर खींचें और पीठ को पीछ (शेड की हड्डी) खींचें।
2. पेट को इस तरह पीछर खींचें कि पीठ में घुमाव सैलान हो जाए। अपने भीमि प्रदेस की हड्डी को पीछे की तरफ घुमाएं और छाती के हिस्से को ऊपर उठाएं, अब अपनी गदने पर तबाल जाने बिना ऊपर छत की तरफ देखें।
3. गहरी सांस लें और 10 से 30 सेकन्ड्स तक सांस को पीछर रोकें रहें। 4 से 6 बार इसी तरह सांस पीछर खींचें और फिर बाहर छोड़ें।
Source: <http://www.ganpeople.com/resource/waterfalls.asp?Exercise=306>. Last accessed on 20th April, 2010.



ट्रेस अप

1. एक घटाई पर पेट के बल लेट जाएं, हाथों, झेडिलियों को कंधों के नीचे रख दें। हाथों को सीधा रखकर अपनी कमर का ऊपरी हिस्सा जमीन से ऊपर उठाएं।
2. अपनी कमर का निचला हिस्सा जमीन से टिकाए रखें, कमर के निचले हिस्से का घुमाव बनाएं रहें।
3. कुछ सेकन्ड्स इसी स्थिति में रहें, प्राथमिक स्थिति में आ जाएं, दोबारा यही प्रक्रिया दोहराएं।
Source: <http://www.ninmat.org/orthonicprograms/twoback/backex.html#Ex1>. Last accessed on 20th April, 2010.



पेल्विक टिस्

1. जमीन पर पीठ के बल लेट जाएं, अपने घुटनों को मोड़कर, पैरों को जमीन पर टिका दें।
2. पेट के निचले हिस्से की मांसपेशियों को पीछर खींचकर और बाहर की तरफ उकेलकर अपनी पीठ को जमीन पर उठाएं। कुछ सेकन्ड्स इसी स्थिति में रहें, सांस को पीछर न रोकें, शरीर को सीधा छोड़ दें, दोबारा फिर यही प्रक्रिया दोहराएं।
Source: <http://www.ninmat.org/orthonicprograms/twoback/backex.html#Ex1>. Last accessed on 20th April, 2010.



घुटनों को छाती तक लाएं

1. जमीन पर अपनी पीठ के बल लेट जाएं।
2. अपने हाथों से छाती को पकड़कर, घुटने को अपनी छाती पर लाएं। घुटने पर जमीन पर टिका रहें, 30 सेकन्ड्स तक इसी स्थिति में रहें, अब दूसरे पैर से यही व्यायाम करें।
Source: <http://www.ninmat.org/orthonicprograms/twoback/backex.html#Ex1>. Last accessed on 20th April, 2010.



नी झुंघ

1. जमीन पर पीठ के बल लेट जाएं, नभि को पीछ की हड्डी, घुटनों को कुल्हों और घुटनों को झेडियों की सीध में रखें।
2. अब अपने बाएं घुटने को एक तरफ घुमाएं, ताकि यह दांवी तरफ जमीन को छूने लगे, अपने कंधों की हड्डीयों को जमीन पर टिका रहें, अब प्राथमिक स्थिति में आकर शरीर सीधा छोड़ दें, अब दाएं घुटने से भी यही व्यायाम दोहराएं।
Source: <http://www.ninmat.org/orthonicprograms/twoback/backex.html#Ex1>. Last accessed on 20th April, 2010.



हैमस्ट्रिंग स्ट्रेच

1. जमीन पर पीठ के बल लेट जाएं, अपने पैरों को समानांतर रखें, अब अपना एक पैर ऊपर उठाएं, अपने दोनों हाथों से जांच को पकड़कर, घुटने को छाती पर लाने की कोशिश करें।
2. धीरे-धीरे घुटने को सीधा करें, पैर को छाती के निचले मजरीक तक लाने, जाएं, 30 सेकन्ड्स तक इसी स्थिति में स्ट्रेच करें, अब दूसरे पैर से भी यही व्यायाम करें।
Source: <http://www.ninmat.org/orthonicprograms/twoback/backex.html#Ex1>. Last accessed on 20th April, 2010.



कंधों को सिकोड़कर ऊपर नीचे करें

1. सीधे खड़े हो जाएं या बैठ जाएं, दोनों हाथों को आधु-बाधु शरीर से सटा लें सामने की तरफ देखें, अब धीरे-धीरे अपने कंधों को सिकोड़कर पहले ऊपर, फिर नीचे करें, 10 सेकन्ड्स तक कंधों को ऊपर उठाएं, फिर सीधा छोड़ दें, कुछ बार यह व्यायाम करें।
Source: <http://neurology.ucla.edu/MSC/neck.htm>. Last accessed on 20th April, 2010.



शोल्डर स्क्वीज

1. एक आसनपादक कुर्सी पर बैठ जाएं और अपने दोनों हाथों को कुर्सीयों से मोड़कर ऊपर करें, झेडिलियों को सामने की तरफ रखें, अपने कंधों की हड्डीयों को एक साथ सिकोड़ें, 5 से 10 सेकन्ड्स इसी स्थिति में रहें, अब सामान्य स्थिति में आ जाएं, 3 से 5 बार यह व्यायाम करें।
Source: http://www.ahaw.com/neck_2213371_00-shoulder-squeeze-exercise-journal.htm. Last accessed on 20th April, 2010.



गर्वन घुमाएं

1. सीधे खड़े हो जाएं या कुर्सी पर सीधे बैठ जाएं, धीरे से अपना सिर पहले बांयी तरफ घुमाएं, कुछ सेकन्ड्स ऐसे ही रहें, फिर प्राथमिक स्थिति में आ जाएं।
2. अब अपने सिर को दांवी तरफ घुमाएं, 10 सेकन्ड्स इसी स्थिति में रहें, प्राथमिक स्थिति में आ जाएं, दोबारा यही प्रक्रिया दोहराएं।
Source: http://orthopedicsouthwest.com/educational/neck_exercises.html. Last accessed on 20th April, 2010.



गर्वन को दाएं-बाएं झुकाएं

1. कुर्सी पर बैठ जाएं या सीधे खड़े हो जाएं, अब धीरे-धीरे अपने सिर को पहले बांयी तरफ घुमाएं, 10 सेकन्ड्स इसी स्थिति में रहें फिर प्राथमिक स्थिति में आ जाएं, अब दांवी तरफ सिर को झुकाएं, सिर को सीधा करें, कुछ बार यही व्यायाम करें।
Source: http://www.physiotherapy.about.com/od/neck_exercises/exercise_shoulder_neck_exercises.html. Last accessed on 20th April, 2010.



मांसपेशियां मजबूत बनाने वाले व्यायाम

निम्नलिखित स्ट्रेचिंग ट्रेनिंग से कमर और जोड़ों के साथ-साथ मांसपेशियों का दर्द भी कम हो सकता है। अपने शरीर के प्राकृतिक कर्व (घुमाव) को बनाए रखने और शरीर का लचीलापन बनाए रखने के लिए निम्नलिखित स्ट्रेचिंग व्यायाम करें।

वॉल स्टाइड

1. अपने शरीर को दीवार से सटाकर सीधे खड़े हो जाएं, अपने पैरों को कंधों की सीध में रखें।
2. अब अपनी पीठ को दीवार से सटाए रखकर, पांच की गिनती गिनते हुए तब तक दीवार से नीचे सरकें, जब तक आपके घुटने 45 डिग्री के कोण में न आए, 5 सेकन्ड्स इसी स्थिति में रहें।
3. अब पांच की गिनती गिनते तब अपने घुटनों पर दबाव डालकर, इसी स्थिति में रहें, फिर धीरे-धीरे, दीवार से पीठ सटाए रखकर, कमर की तरफ तब तक सरकें, जब तक आपके घुटने पूरी तरह सीधे न हो जाएं, पांच बार ऊपर बताए व्यायाम करें।
Source: http://physiotherapy.about.com/od/neck_exercises/exercise_shoulder_neck_exercises.html. Last accessed on 20th April, 2010.



धड़ को ऊपर उठाएं

1. जमीन या घटाई पर पेट के बल लेट जाएं, अपने दोनों हाथों को शरीर से इस तरह सटाएं कि तब आपके कुल्हों के पास आ जाएं, अब सामान्य तरीके से सांस लें और छोड़ते हुए धीरे-धीरे अपनी कमर का ऊपरी हिस्सा ऊपर उठाएं, कुछ सेकन्ड्स इसी स्थिति में रहें, यह व्यायाम दोबारा करें।
Source: <http://www.ninmat.org/orthonicprograms/twoback/backex.html#Ex1>. Last accessed on 20th April, 2010.



कुहनी से घुटने तक

1. पीठ के बगल लंबा होकर, घुटनों को मोड़ लें। घुटनों को जमीन पर टिका दें। अब अपने दोनों हाथ पीठ के नीचे रखें। दोनों को अपनी छाती पर धुका लें। अपना घोंगा कंधा चौड़ा का ऊपर उठाएं और अपनी दोनों कुहनी से खड़ा घुटना घुने की गति में करें। जब घुटने पीठ-पीठ के नीचे हों, तब तक जमीन से न उठें। अब बाएं घुटने को पीछा कर लें। घुटने से बाएं घुटने को घुटने के नीचे, घुटना गति में आ जाए। दोबारा घुटने उठाएं।



कंधे-जंघा

1. पीठ के बगल लंबा होकर, घुटनों को मोड़ लें। अपने हाथों को पीठ के आगे-बाजू रख लें। पैर की तलवों/पिंजों को पीठ की ओर खींचें और अपनी कमर को जमीन पर टिकाएं। अब बाएं-बाईं अपने कंधों को जमीन से एक या दो हाथ ऊपर उठाएं। कमर ऊठाते समय सांस बाहर रोकें। सांस को रोकें किन्तु कुछ सेकण्ड्स इन्हीं स्थिति में रहें। अब अपने पैर को पीछर खींचते हुए नीचे आएं। बाईं को पीछा छोड़ दें दोबारा बाईं जंघा गति करें।



अपनी कमर को आराम दें

कमर हमारे शरीर का सबसे महत्वपूर्ण अंग है। हमारे द्वारा किए जाने वाले हर काम और काम के दौरान हमारी शारीरिक स्थिति के कारण हमारी कमर पर बहुत असर होता है। अपनी कमर को सदाबद्ध रखने और कमर दर्द से आराम पाने के लिए इस रेस्टिंग तकनीक को आजमाइए।

साहारे के साथ आराम (अपपोर्टेड रेस्ट)

1. जमीन पर पीठ के बगल लंबा होकर, अपने घुटनों को मोड़ लें। अपने हाथों को पीठ के नीचे रखें। दोनों को अपनी छाती पर धुका लें। अपना घोंगा कंधा चौड़ा का ऊपर उठाएं और अपनी दोनों कुहनी से खड़ा घुटना घुने की गति में करें। जब घुटने पीठ-पीठ के नीचे हों, तब तक जमीन से न उठें। अब बाएं घुटने को पीछा कर लें। घुटने से बाएं घुटने को घुटने के नीचे, घुटना गति में आ जाए। दोबारा घुटने उठाएं।



आगे झुकें

1. एक कुर्सी पर बैठकर, अपने पैरों को जमीन पर टिका दें। अपने शरीर का घोंगा घुटनों और पैरों पर सदाबद्ध रूप से टिका दें। अब अपने घुटनों को अपनी हथेलियों से कुछ सेकण्ड्स इन्हीं स्थिति में रहें। बाएं-बाईं घुटने उठाएं, सांस गति में आ जाए।



पीछे झुकें

1. पीछे खड़े होकर अपने पैरों और कंधों को एक सीध में रखें। अपने घुटनों को बिजुल सीध में रखें। अपने दोनों हाथों को पीछे कंधा पर मजबूती से रखें। जब पीछे की तरफ झुकें, कुछ सेकण्ड्स इन्हीं स्थिति में रहें। बाईं-बाईं घुटने उठाएं।



आधार

गलत शारीरिक स्थिति के कारण कमर को नुकसान पहुंचने और कमर दर्द का जोखिम बढ़ जाता है। निम्नलिखित शारीरिक स्थिति के द्वारा अपनी कमर को मजबूत आधार दीजिए।

सोने का तरीका

1. बाईं हाथ सिर के साथ एक ऐसे स्थान पर रखें, जो पीछे से झुक जाकर की-बोर्ड तक होते समय अपने घुटने के बीच लटका रहा रहे। पीठ के बगल सीधे रखें अपने घुटनों के नीचे लटका रहा रहे। अपने पैरों को मोड़कर, बाईं को एक तरफ मोड़ें। अपने दोनों घुटनों को मोड़कर, बाईं को एक तरफ मोड़ें। अपने दोनों घुटनों को मोड़कर, बाईं को एक तरफ मोड़ें। अपने दोनों घुटनों को मोड़कर, बाईं को एक तरफ मोड़ें।



कैसे बैठें

1. अपनी पीठ को बिजुल सीध में रखें। कंधों को पीठ की तरफ खींचें और घुटनों को कुर्सी की धुरी से ऊपर दें अपने शरीर का घोंगा दोनों घुटनों पर समान रूप से टिका दें। अपने दोनों पैरों को जमीन पर टिका दें। अपने घुटनों को पीछे खींच लें। अपने घुटने को पीछर खींच लें।



गाड़ी चलाते समय

1. अपने घुटनों को अपने घुटनों की ऊंचाई या इनकी थोड़ी अधिक ऊंचाई पर रखें और घुटनों पर पैर रखें। अपने घुटनों को पीछे खींच लें। अपने घुटनों को पीछे खींच लें। अपने घुटनों को पीछे खींच लें। अपने घुटनों को पीछे खींच लें।



कैसे चलें

1. पीठ खड़े रहें। न तो अपने घुटने, न ही पीछे। अपने घुटने रखें, पीछे नहीं दें, बल्कि 20 फुट दूरी पर चलें। अपनी पीछे को ऊपर रखें। एक बार कंधों को थोड़ा ऊपर और अपने कंधों को पीछे खींच दें। कंधों को पीछे की तरफ खींच लें। पैर को पीछर खींचें।



कैसे खड़े रहें

1. अपने शरीर को सीधा रखें। पीछे पीठ रखें। अपने शरीर को आगे, पीछे या आगे-बाजू में न झुकें। घुटने रखें। अपने घुटने की सीध में रखें। अपने घुटने की सीध में रखें। अपने घुटने की सीध में रखें।



ऊंचाई से सामान कैसे उठाएं

1. सामान को बिजुल सीध में रखें। अपने पैरों को पीछे खींच लें और सामान को घोंगा घुटनों और पैरों पर समान रूप से टिका दें। अपने घुटनों को पीछे खींच लें। अपने घुटनों को पीछे खींच लें। अपने घुटनों को पीछे खींच लें।



जमीन से सामान कैसे उठाएं

1. अगर सामान जमीन पर कम ऊंचाई पर रहा हो तो अपनी कमर को सीधे रखकर इसे उठाएं। अपने घुटनों और घुटनों को मोड़ें। घुटनों को मोड़कर कमर से ऊपर का हिस्सा उठाएं। पैरों को जमीन पर मजबूती से रखें। अपने घुटने को पीछर खींच लें। अपने घुटने को पीछर खींच लें।



कैसे घूमें या मुड़ें

1. अपने घुटनों और कंधों को एक सीध में रखें। पैर की तलवों/पिंजों में घिराव या कंधा नहीं। अपने पैरों और घुटनों को खींच लें। अपने घुटने रखें, जिस तरफ आप मुड़ना चाहते हैं। अपने घुटने रखें। अपने घुटने रखें।



कोई भी व्यायाम शुरू करने से पहले कृपया अपने डॉक्टर/फिजियोथेरापिस्ट की सलाह अवश्य लें।

जर्मन में जारीकर्ता

अ. शास्त्रिक कक्षा सं. - बी - 1, सी. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

What is Diabetes?

Diabetes is a condition when your body cannot properly utilize the energy from the food you eat. This problem is closely linked to how your body makes and uses insulin. Insulin is a hormone naturally produced by your pancreas (an organ in your body) that helps to keep your blood sugar in the normal range.



Types of Diabetes

1

Type 1 Diabetes



In Type 1 diabetes, the body makes little or no insulin – called insulin deficiency. People with this type of diabetes must take insulin shots to live or they go into ketoacidosis – a life threatening condition. That's why it is referred to as "insulin-dependent diabetes." Less than one in ten people have Type 1 diabetes. Although it usually begins when people are young, it may occur at any age.

2

Type 2 Diabetes



In Type 2 diabetes, your body may still produce insulin, but it either doesn't make enough (insulin deficiency) or is unable to adequately utilize the insulin it produces (insulin resistance). People who suffer from it can be treated with proper meal planning and exercise, oral medicines, and/or insulin. Type 2 diabetes is the most common form of diabetes and accounts for at least nine out of ten cases of diabetes. Although it can occur in younger age group, it most often begins when people are over 40 years of age.

Symptoms of Diabetes



Blood Sugar Control Targets



Before meals [Pre-Prandial]	70 - 130 mg/dl*
After meals [Post-Prandial]	< 180 mg/dl*
A1c	< 7%*

Other important control targets

Blood Pressure	< 130/80 mm Hg*
Triglycerides	< 150 mg/dl*
LDL Cholesterol	< 100 mg/dl*
HDL Cholesterol (Men)	> 40 mg/dl*
HDL Cholesterol (Women)	> 50 mg/dl*

* ADA 2013 Standards of medical care in diabetes
JNC 7 Express. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation & Treatment of High Blood Pressure, p.1

Keeping your blood sugar in range

You may need to check your blood sugar before meal and at bedtime. Research suggests that checking blood sugar after meals is a good way to find out how food affects your blood sugar. Ask your doctor what your checking schedule should be. Check your blood sugar regularly with a glucometer. Keep track of your results in a diary and take it with you when you are visiting your doctor.

LDC/Cycle 03/2010/03

मधुमेह क्या है?

मधुमेह शरीर की ऐसी दशा है जब आपका शरीर उस ऊर्जा का समुचित उपयोग नहीं कर पाता जो आप भोजन से प्राप्त करते हैं : (यह समस्या आपका शरीर इन्सुलिन किस तरह बनाता है और उसका प्रयोग कैसे करता है, इससे जुड़ी है।) इन्सुलिन आपके स्वादुगंधी (शरीर का एक अंग) में स्वाभाविक रूप से बनने वाला हार्मोन है जो आपके रक्त में शर्करा की मात्रा को सामान्य रखने में मदद करता है।



मधुमेह के प्रकार

1

प्रकार 1 मधुमेह



प्रकार 1 मधुमेह में शरीर या तो बिल्कुल कम इन्सुलिन बनाता है या बनाता ही नहीं - इस स्थिति को इन्सुलिन की कमी कहते हैं। इस प्रकार के मधुमेह के शिकार लोगों को इन्सुलिन इंजेक्शन लेने पड़ते हैं अन्यथा उन्हें जान के जोखिम वाली डीकेए-स्थिति का सामना करना पड़ सकता है। इसलिए इसे "इन्सुलिन की निर्भरता वाला मधुमेह" भी कहते हैं। दस में से एक से भी कम लोगों को प्रकार 1 मधुमेह होता है। हालांकि यह छोटी उम्र में ही शुरू हो जाता है, पर यह किसी भी उम्र में हो सकता है।

RBS - 99 mg/dl.

लक्षण



2

प्रकार 2 मधुमेह



प्रकार 2 मधुमेह होने पर आपका शरीर इन्सुलिन तो बनाता है, लेकिन या तो वह पर्याप्त मात्रा में इन्सुलिन नहीं बना पाता (इन्सुलिन की कमी रहती है) या फिर वह उत्पादित इन्सुलिन का समुचित उपयोग नहीं कर पाता (इन्सुलिन प्रतिरोध) है। इस प्रकार के मधुमेह से पीड़ित लोगों का इलाज नियोजित आहार और नियमित व्यायाम तथा खाने की दवाएं और/या इन्सुलिन देकर किया जा सकता है। प्रकार 2 मधुमेह सबसे ज्यादा पाया जाने वाला मधुमेह का स्वरूप है और दस में से कम से कम नौ मधुमेह रोगियों को इसी प्रकार का मधुमेह होता है। हालांकि यह छोटी उम्र में हो सकता है पर सबसे ज्यादा मामलों 40 वर्ष से अधिक की आयु में शुरू होते हैं।

रक्त शर्करा नियंत्रण के लक्ष्य



भोजन से पहले (फ्री-फ्रिडिंगल)	70 - 130 mg/dl*
भोजन के बाद (पोस्ट-फ्रिडिंगल)	< 180 mg/dl*
A1C	< 7%*

अन्य महत्वपूर्ण नियंत्रण लक्ष्य

रक्त चाप	< 130/80 mm Hg*
ट्रायग्लिसराइड्स	< 150 mg/dl*
LDL कोलेस्ट्रॉल	< 100 mg/dl*
HDL कोलेस्ट्रॉल (पुरुष)	> 40 mg/dl*
HDL कोलेस्ट्रॉल (महिलाएं)	> 50 mg/dl*

आपके रक्त शर्करा को सीमा में रखना:

आपको भोजन से पहले और सोते समय रक्त शर्करा चेक करने की जरूरत होगी। शोध से पता चला है कि भोजन के दो घंटे बाद रक्त शर्करा जांचना यह जानने का बढ़िया तरीका है कि भोजन आपके रक्त शर्करा पर क्या असर डालता है। अपना जांच कार्यक्रम तय करने के लिए अपने डॉक्टर या मधुमेह विशेषज्ञ से संपर्क करें। ग्लूकोमीटर से अपना रक्त शर्करा नियमित रूप से चेक करते रहें। इस प्रकार जांच का रिकॉर्ड डायरी में लिखते रहें और जब डॉक्टर के पास जाएं तो पूरा रिकॉर्ड लें जाएं।

* ADA 2015 Standards of medical care in diabetes
JNC 7 Express: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation & Treatment of High Blood Pressure, p.7

LNC/India 03/2018/003