

Here's Why Women Are Less Healthy Than Men in Old Age

Genes that act late in life could explain why women have poorer health than men in older age, according to a study.

Scientists have long wondered why older women are less healthy than older men, given that men at any given age are more likely to die than women (a puzzle known as the "male-female, health-survival paradox").

The answer, according to scientists from the University of Exeter in the UK, is 'intralocus sexual conflict' - genes that benefit one sex but harm the other.

The researchers used mathematical models and experimental data on flies to show that such genes can easily spread if they take effect after female reproduction stops.

Shared genes tether the sexes together in an evolutionary tug of war. Selection is trying to push females and males in different directions, but the shared genome means each sex stops the other from reaching its optima. (Professor David Hosken from the University of Exeter)

"Basically, certain genes will make a good male but a bad female, and vice versa. However, after females reach menopause, they no longer reproduce to pass on their genes which means selection (which is reproduction) on females is greatly weakened," he said.

So after that point, any genes that improve late-life male fitness will accumulate, even if they harm female fitness.

He said it was important to note that survival and health are not the same thing -- and that the accumulation of late-life male benefit genes hinged upon males' ability to continue reproducing after the age of female menopause.

The experimental data on flies (*Drosophila*) supported the findings of the mathematical models on humans, as genes that were better at late-life male reproduction tended to be worse for females.



This article was first published in Fit.thequint.

Rheumatoid Arthritis- Be on the move with Homeopathy

Rheumatoid arthritis is an immune inflammatory disease that affects joints and extra articular tissues. It is a debilitating condition and many times confused with Osteoarthritis which is mainly a age related degeneration. Rheumatoid Arthritis can be managed well if an integrative approach is taken where best of all sciences and auxillary management can be taken into account as a part of treatment plan. Homeopathy has very good results if medicine is selected based on totality of case and many acute remedies can be used during flair ups. Homeopathy can help not just in pain management but also in slowing the progression of disease.

CAUSATIVE FACTORS

RA is a multifactorial disease involving

- **Genetic factors:** There is significant association with HLA DR4 & HLA DR1.
- **Environmental factors :** Infections , bacteria like mycobacteria , viruses like Epstein barr virus.
- **Precipitating factors:** Mental, physical, smoking & cold
- **Gender:** Females are more often affected than males.

WHAT HAPPENS AT TISSUE LEVEL- PATHOGENESIS

- There is immunologically mediated inflammation of the synovium.
- Antibody producing plasma cells

are formed from B cells. These plasma cells produce antibodies against RHEUMATOID FACTOR.

- Rheumatoid factor forms immune complexes with antibodies.
- There is histamine release , drilling of pores in the membranes.

These inflammatory mediators lead to damage of the articular cartilage, demineralisation of underlying bone, erosion of the joint margins, laxity of the joint capsule and ligaments and finally total derangement of the affected joint leading to joint deformities.

SIGNS AND SYMPTOMS CLINICAL FEATURES

- Morning stiffness
- Symmetrical involvement of small joints of hands and feet
- May be monoarticular (large joint)
- Deformities of hands and feet (chronic cases- swan neck, button hole, Z deformity, cock up toe, calcaneovalgus, flat foot)
- Muscle wasting, bursitis, tenosynovitis
- Fever, loss of weight
- Rheumatoid nodules
- Features of vasculitis (ulcers, nail changes, neuritis, pyoderma)
- Presence of rheumatoid factor (s)
- Eosinophilia, anaemia
- Splenomegaly , lymphadenopathy (felty's syndrome)
- Episcleritis, scleromalacia, kerato conjunctivitis sicca (sjogren's syndrome)
- Pericarditis, endocarditis, myocarditis, aortitis, aortic incompetence, coronary vasculitis, heart block
- Pleural effusion, nodules,

- bronchiolitis, fibrosing alveolitis
- Mononeuritis multiplex, cervical cord compression
- Amyloidosis

INVESTIGATIONS TO BE DONE

- ESR- raised
- CRP- high levels
- Immunological – RA factor, ANA, anti CCP antibodies
- Synovial fluid analysis- leucocytosis, neutrophilia, raised protein and low glucose levels
- X ray of joints- narrowing, deformities
- Xray of chest- fibrosing alveolitis, bronchiolitis, pleural effusion

modulator drugs are used. Surgery is recommended in later stages when joint damage has occurred.

ROLE OF HOMEOPATHY

Homeopathy has great action on joints. Arthritis symptoms are well covered by many homeopathic medicines. Aspects determining prognosis of cases for homeopathy are extent of disease, past history and other physical and mental health of patient. Rheumatoid Arthritis progression can be arrested to a great extent by constitutional or totality based homeopathic medicine. For acute episodes of pain there are many acute remedies which can be used for control of pain and



inflammation. Regular use of constitutional remedy brings the ESR, CRP and RA factor values down. Right medicine can lead a patient to lead a pain free and normal life.

- MRI
- CT scan
- Ultrasound

GENERAL MANAGEMENT

- Physical rest, passive exercises, physiotherapy, occupational therapy, patient education and counselling play a key role.
- In conventional treatment NSAIDs, disease modifying drugs, immune

Its advisable to consult a registered homeopathic practitioner and take advise for a right homeopathic remedy. Do not self medicate is a strong advise in these cases.

Homeopathy has great action on joints. Arthritis symptoms are well covered by many homeopathic medicines.

Few medicines useful in acute pain for RA are:

Rheumatoid Arthritis- Be on the move with Homeopathy

Continued from Pg 6...

RHUS TOXICODENDRON: Suitable to rheumatism affecting fibrous tissues, sheaths of muscles etc. Rheumatism from exposure to wet when overheated & perspiring. There is great restlessness & all symptoms are relieved by motion.

BRYONIA: The joints are affected producing articular rheumatism. The joints are sore & swollen. Pains are sharp, stitching in character. There is aggravation from slightest motion.

CAUSTICUM: There is stiffness of the joints.

Restlessness of this remedy occurs at night. Pains impel constant motion, which does not relieve. Rheumatism caused by dry, cold, frosty air.

KALMIA : It has wandering rheumatic pains. Hering says that the rheumatism of kalmia "generally goes from the upper to the lower parts". Pains are worse when going to sleep.

REFERENCES:

1. Davidson's principles and practice of medicine, 21st edition
2. Api textbook of medicine

3. Boericke W. Boericke O.E. New Manual of Homoeopathic Materia Medica and Repertory (with relationship of remedies)

4. W.A. Dewey Practical Homoeopathic Therapeutics

About the author : Author is Dr Geeta Rani Arora is a homeopathic practitioner and with a work experience of more than 15 years in area of training chronic diseases including lifestyle disorders, autoimmune diseases. She has expertise in Allergic disorders, PCOS, autoimmune diseases and skin diseases.

She has presented many papers on National and International Level including 66th LIGA congress in December 2011, LMHI conference in May 2014 in India, LIGA Conference at Paris in 2014, Research conference in Malaysia, LMHI, Paris 2014 and many more. She is also one of the Editor of journal "The Homeopathic Heritage" one of the oldest monthly homeopathic journals. She is faculty member of London College of Homeopathy, UK. She practices in Kalkaji, New Delhi and can be reached for appointments at healer.g@gmail.com and 91-9718063158, 91-11-26431955.

बेटे से सीख कर मां-बाप ने किया ये काम, गोल्ड मेडल जीतकर बढ़ाया मान

अपने बेटे से प्रशिक्षण लेने के बाद बुजुर्ग मां-बाप ने शूटिंग में स्वर्ण पदक जीत कर गाजियाबाद जनपद का गौरव बढ़ाया है। मेरठ में आयोजित की गई प्रदेश स्तरीय प्रतियोगिता दंपति ने अपने-अपने वर्ग में स्वर्ण पदक जीता। प्रतियोगिता में विभिन्न जनपदों के 150 से अधिक खिलाड़ियों ने भाग लिया। कोच तरुण सिंह चौहान ने बताया कि मेरठ में 11 से 18 अगस्त को यूपी स्टेट राइफल एसोसिएशन की ओर से दसवीं प्रदेश स्तरीय प्रतियोगिता का आयोजन किया गया। इसमें विभिन्न उम्र वर्ग और स्तर की शूटिंग प्रतियोगिता खेली गई। इसमें मेरठ, गाजियाबाद, बागपत, गौतमबुद्धनगर, सहारनपुर,

बेटे के प्रशिक्षण पर मां-बाप को गर्व: रेनु बाला चौहान ने बताया कि उनके बेटे तरुण सिंह चौहान राष्ट्रीय स्तरीय शूटर हैं और कोच भी रह चुके हैं। तरुण अपनी अकादमी में अन्य खिलाड़ियों को प्रशिक्षण देते हैं। इसके साथ ही वह अपने माता-पिता को भी पिस्टल और रायफल शूटिंग सिखाने लगे। बच्चे सदैव अपने माता-पिता से सीखते हैं और बुजुर्ग होने पर बच्चे साथ छोड़ देते हैं, लेकिन तरुण ने इस उम्र में शूटिंग करना सिखाया। प्रतियोगिताओं में कामयाबी मिलने के बाद अपने बेटे के प्रशिक्षण पर गर्व होता है।



बुलंदशहर और अन्य जनपदों के करीब 150 अधिक खिलाड़ियों ने भाग लिया। तरुण सिंह ने बताया कि उनके पिता देवेंद्र सिंह चौहान ने पुरुष और माता रेनु बाला चौहान ने महिला 60 उम्र वर्ग में एयर पिस्टल दस मीटर में स्वर्ण पदक जीता। दोनों ने स्वर्ण पदक जीत कर जनपद का गौरव बढ़ाया। दोनों का चयन अगले माह होने वाली राष्ट्रीय स्तरीय प्रतियोगिता के लिए हो गया है। इसके लिए इनक प्रशिक्षण शुरू हो गया है। तीन साल से लगातार जीत रहे हैं प्रतियोगिता रु स्वर्ण विजेता देवेंद्र सिंह चौहान ने बताया कि वह और उनकी पत्नी रेनु बाला पिछले तीन वर्ष से प्रदेश स्तरीय प्रतियोगिता जीत रहे हैं। इसके अलावा भी जनपद में होने वाली विभिन्न प्रतियोगिता भाग लेकर पदकों पर निशाना लगाया है। अभी तक दोनों दंपति करीब 12 से अधिक स्वर्ण और रजत पदक जीत चुके हैं।

चार घंटे करते हैं अभ्यास: वह बताते हैं कि किसी भी प्रतियोगिता से पहले चार से पांच घंटे तक रोजाना अभ्यास करते हैं। हालांकि सामान्य दिनों में रोजाना अभ्यास करते के घंटे कम हो जाते हैं। क्योंकि प्रतियोगिता से पहले ही लक्ष्य को भेदने का अभ्यास बेहद जरूरी है। उन्होंने बताया कि प्रतियोगिता के अलावा सामान्य दिनों में रोजाना दो से तीन घंटे अभ्यास किया जाता है।

हुनर से मिली पहचान: बुजुर्ग शूटर देवेंद्र सिंह चौहान और उनकी पत्नी रेनु बाला चौहान बताती हैं कि उन्हें ताउम्र इतनी ख्याति नहीं मिली, जितनी शूटिंग में पदक जीतकर मिली है। शुरुआत में लोग हंसते थे, लेकिन जब लक्ष्य पर निशाना लगते देखा तो हुनर की तारीफ करने लगे। इसीलिए शूटिंग में इतने पदक जीते हैं।

This article was first published in Livehindustan.

Bengaluru gets first of its kind geriatric care centre

BENGALURU: People Tree Hospitals launched first of its kind Integrated Geriatric Care Services (Sweet 60+) on Friday. The specialties under the service include Parkinson's care, ortho geriatrics, psychogeriatrics, physiotherapy, palliative care and yoga therapy.

Dr Chandrasekar Chikkamuniyappa, CEO of People Tree Hospitals, said, "The

senior citizen population in India is on the rise. It was 8% in 2015 and will soon double and unless we are prepared to face this challenge it will be a burden on society. Developed countries like France and the UK had 150 years to adapt to the doubled senior citizen population and their healthcare needs, India will have only 15-20 years."

This article was first published in Newindianexpress.

All donations are exempted from Income Tax Exemption certificate 80G (5) (vi) number DEL -HE 27527-17022017/8274 Exemption certificate U/S 12AA number DEL-HR 25891-17022017/7207

HARIKRIT SUBSCRIPTION FORM (REGD. No. S/45343)

NAME: (IN CAPITAL LETTERS) _____, DOB _____
 MOTHER'S NAME _____, DOB _____
 FATHER'S NAME _____, DOB _____
 GENDER : M F Address _____

Tel. No.: _____ Mobile No.: _____ E-mail: _____
 Occupation: _____ Subscription: Annual Two Years

* Annual Subscription: Rs. 100/-
 * Two years Subscription: Rs. 180/-

* Contact us on: info@harikrit.com, visit us at: www.harikrit.com
 * Payments can be made by
 * Cheque/Demand Draft Favoring "Harikrit" A/c No. 2411224167
 * Donation can be Made directly through transferring the money at the following account
 Harikrit,
 KOTAK
 Kotak Mahindra Bank
 C-7B, Malviya Nagar, New Delhi - 110017
 A/c No.: 2411224167
 IFSC : KKBK0000194

Signature (Subscriber) _____

Please mail the date of transfer and the amount transferred once that is done, at saanjhisanjh@gmail.com

Nature Cure By Use Of Fruits VEGS ETC

TEST FOR PURITY OF HONEY: Take drop of honey on a paper. Heat it from below the paper by a candle flame not touching the paper. If honey is pure it will start boiling without burning the paper.

VITA : Found in max quantity in carrot, papita, and tomatoes.

VIT B Complex : Found max in green peas.

VIT C : Found max in lemon, amla and amrud.