



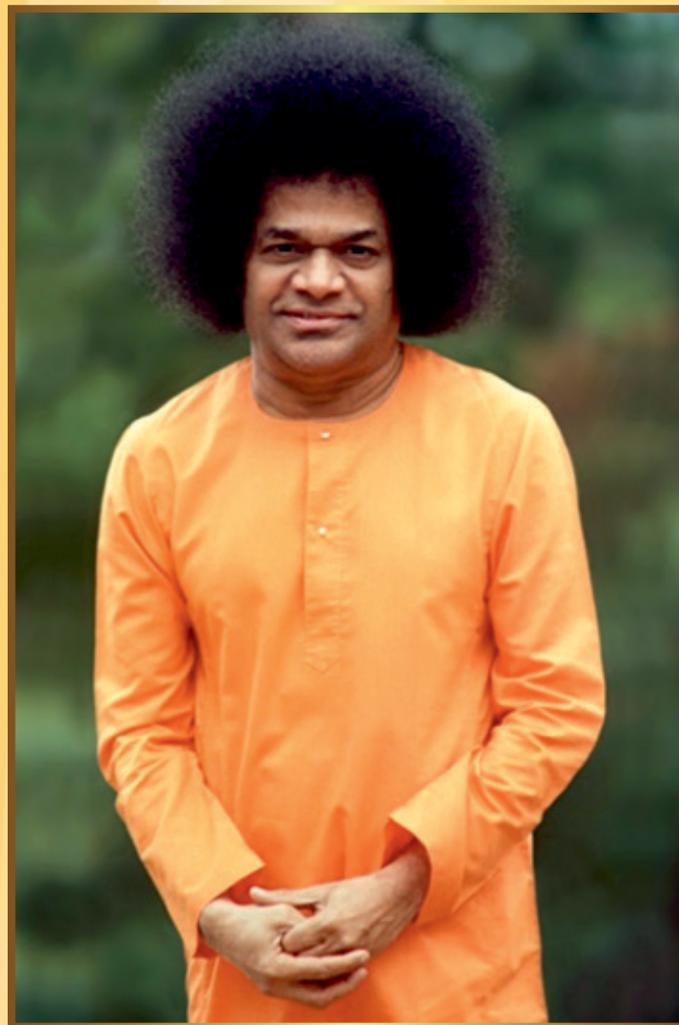
A MEDICAL NEWSLETTER OF THE SRI SATHYA SAI SEVA ORGANISATIONS INDIA

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# Sri Sathya Sai Arogya Premanjali

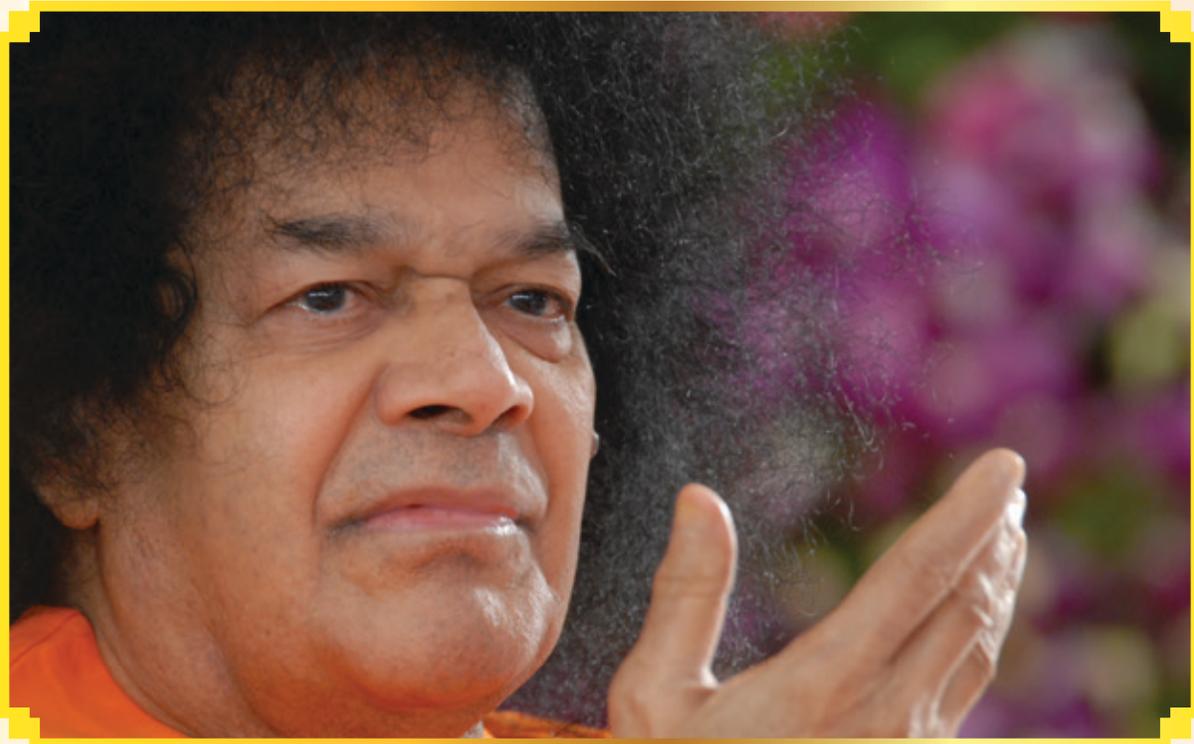
A word of caution has to be uttered with regard to heart transplant or transplanting the cornea for the eye. The character of the person from whom the transplanted heart or cornea has been got should also be taken into account. The practitioners of medicine in ancient times considered these factors in treating patients.

The antecedents of families were fully examined in the past, before marital alliances were concluded. But today these factors are ignored. People are indifferent to family backgrounds, while they are concerned about the pedigrees of dogs in dog show! This indifference to lineage accounts for the breakup of many marriages after a short time. This should not happen. Marriage should be a life-long partnership.



*In this issue...*

Treat Patients with Love	From the Desk of the All India President	Sri Sathya Sai Alumni of Assam	Kerala Flood Relief	Medical Camp For Balavikas Students	Santwana Bhawan	News From States	Hypoglycemia Or Low Sugar Reactions	Glaucoma-The Sneak Thief Of Vision	Tips For Better Life	The Test	Cataract Surgery
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## TREAT PATIENTS WITH LOVE

*(Valedictory address to the International Conference on Cardio-Vascular Diseases at the Institute Auditorium, Prashanthi Nilayam on 18-12-1995).*

The first message conveyed by Bharateeya culture to the whole of mankind is this "Let all people live happily, in good health and cheer." It desired that no one should experience suffering or misery in this world.

Health is the English term for *Aarogyam* in Sanskrit. The word health is derived from the Latin word "Healy." *Aarogyam* has several meanings. One is sacredness. Another is *Paripuurnam* (Wholeness). The term thus indicates that all the organs of the body should be perfect and holy.

If any organ is afflicted, the body cannot be said to be Whole.

Hence men should aim at achieving perfect health and help others to do so. "*Karmaath Jayathe Narah Karmanyeva Prabodhathi.*" (Every man takes birth as result of past actions. *Karma* is the cause of death). Thus *Karma* is the cause of birth and death.

Every action has an effect. In any action done by man, its consequence is present in a subtle form. Action thus is related to its fruits. Moreover, time is also related to action. Action and time are inextricably inter-related.

### Time is a measure of duration between two actions

Every action has its own *Maarga* (course). One object is separated by space from another.

Likewise, time is the measure of the duration between one action and another. Here is a tumbler, beneath it is a plate. The space between the glass tumbler and the plate is termed *Dharma*. There can be no separateness between

one object and another without this *Dharma*. *Dharma* defines the inter-relationships between two objects. Now regarding time: A doctor fixes 8 A.M as the time for performing an operation. By 11 A.M, the operation is completed with the stitching of sutures. The three-hour interval between the commencement of the operation and its completion indicates the time taken for the surgery. In reckoning time, action is also involved. Action is the interval between two points of time. Thus time and action go together. Hence everyone should recognise the intimate relationship between action and time.

Every action, whether good or bad, has its consequence. There is no action in the world which is devoid of consequences. This is law of nature. For instance, a finger is cut by a knife. Immediately the finger starts bleeding. The result of the cut is instantaneous. When man slips on a step while walking, he sustains a fall and a limb is fractured. Here again, the result of the fall is instantaneous.

Take another example. You had your breakfast this morning. It takes two hours to digest the food you have consumed.

In the two earlier examples the results of the actions were instantaneous. But in the case of digestion of food you have consumed, it has taken two hours.

Another example: You sow a seed. It becomes a sapling after some days. To bear fruit it takes some years. Thus every action has a consequence, but the time interval between action and result varies from case to case. Bhaaratheeya culture recognized the truth about action and consequence. Others have also got to realise this truth.

One who is aware of this truth is unlikely to commit any wrong action, because he knows that good actions produce good results and bad deeds have bad consequences.

He who cultivates love in the field of his heart is a true Christian, a true Sikh, a true Hindu and a true Muslim - Baba

Recognition of the law of *Karma* will make men lead proper lives. Man today takes to wrong paths because they have not realised this truth.

### Way to maintain heart in a good condition

Health is essential for the body. A healthy mind can exist only in a healthy body. Only a man with a healthy mind will take part in joyous activities.

This conference is concerned mainly with the heart. Many consider the heart as the most important organ. There is a way to maintain the heart in good condition. Most of the organs in the body are in an immobile state. But the heart is continually active. It is difficult to perform an operation on an organ which is ceaselessly at work. If the heart has to be stopped beating for performing an operation, this cannot be done for more than two or three minutes. No operation can be done in such a short time. Hence heart specialists investigated the methods by which the heart could be kept inactive for a few hours so that cardiac operations could be performed. The heart-lung machine was designed to enable heart operation to be done.

The heart is the primary organ for keeping the body well. Only when the heart is sound there can be proper blood supply to the whole body.

Who invented the heart-lung machine? It is a product of human intelligence. This shows that intelligence is even superior to the heart. It is this intelligence that has been responsible for the discovery of numerous devices.

### Recognise the relationship between time and action

It is by the use of intelligence for a practical purpose that doctors have found the technique of carrying out heart operations. The intelligence is as important as the

heart. It is the combination of the intelligence and the heart that helps to keep a person healthy. A doctor may be extremely intelligent in performing operations. But if during an operation his mind wanders, the operation will not be successful. The combination of qualities required for success should be properly understood.

The relationship between time and action should be recognized. Modern man tends to ignore the consequences of his actions. Purely for the sake of worldly pleasures, he considers wealth as the most important thing. The Chinese were accustomed to a certain traditional practice. Every morning on waking up they used to remember the saying: "Difficulties are our friends; let us welcome them." Today people regard difficulties as enemies. Without difficulties you cannot obtain comfort.

People consider wealth as essential for physical comforts and thereby become slaves of wealth.

As long as they remain slaves of wealth, they will have no respite from troubles.

"Sarve Bhavanthu Sukhinah. Sarve Santhu Niraamayaah"

(All should be happy. All should be free from sufferings). If you are to pray in this manner, you must have these feelings in you.

Dr. Bhatia urged that Swami should indicate to the doctors the right path and give them strength to pursue it. You are not lacking in strength. God has endowed you with strength, but you are not using it on right lines. Every human being is endowed with a divine energy, which has to be used for proper purposes. It has to be used righteously according to the dictates of one's conscience.

When the conscience is satisfied the energy gets sanctified. Man today misuses the Divine energy for selfish purposes.

**BABA**

## FROM THE DESK OF THE ALL INDIA PRESIDENT



Indeed, unconditional Love is the greatest panacea. This has been the bedrock of the Message of Bhagawan Sri Sathya Sai Baba to the world of Medicine and Medical Practitioners. Hence this has been the hallmark of the volunteers of the Sri Sathya Sai Seva Organisations involved in the medical mission of reaching quality healthcare at the doorstep of the needy.

It has been an amazing experience of the volunteers when patients repeatedly come to our medical centres stating with reverence that "Sai Baba Medical Centre heals very fast" or that the Sai Baba Doctor is the best" The confidence the patients and the beneficiaries exude is phenomenal.

Obviously, this is because every volunteer and doctor infuses unconditional love with the treatment and the service rendered to the beneficiary and that hastens the relief to the patients.

I do believe that if all in the world of medicine infuse this element of unconditional love in their practice, Mankind will heal and be happy.

**Nimish Pandya**

*All India President, Sri Sathya Sai Seva Organisations India*

*A body is valuable only because of its use in realizing God. A body devoid of Divine strength is equivalent to dust. - Baba*

## SRI SATHYA SAI ALUMNI OF ASSAM – DEDICATING HEALTHCARE AS A SERVICE TO MANKIND - DR. DINA RAJA



*“Service to man is service to God, for He is in every man, and every living being, in every stone and stump. Offer your talents at the feet of God.”*



‘Sri Sathya Sai Alumni of Assam’ was formed by the alumni from Assam who have been chosen and immensely blessed by *Bhagawan* to be a part of Sai Institutions. This dedication to our Divine Mother Sai formally commenced on 15th May, 2016 in the presence of All India President, Sri Nimish Pandya in Guwahati. Since the inception, the Alumni Association has strived

conducting service activities including free Medical Camps, visits to Institutions for people in special need, carrying out spiritual pursuits & Bhajans invoking Swami’s blessings, publication of Annual magazine, *Premadhara* (an offering to our Swami). We have charted out a vision to undertake Seva activities touching the realms of health, education, culture and spiritual facets. We have come together to merge our beacons into a shining flame to burn at the feet of our Beloved Swami.

For the alumni, each dedication to our Lord has been a self enriching experience, an opportunity to travel back in time to the days spent as the chosen ones at Swami’s Lotus Feet. Swami has infused each one of us in His divine love, He has empowered each hand to serve others, He has guided each heart to follow righteousness. Sri Sathya Sai Alumni of Assam has instilled Swami’s abundant guidance as its foundation, led by the Master Himself.

to spread *Bhagawan’s* message by being His instruments in



**Swami’s words guide us at every step, ‘Engage yourselves in service activity. Consider social service as service to God. This is the best way to earn God’s Love. Love all and serve all. Your entire life will be sanctified thereby.’**

### SPREADING SAI’S MESSAGE

#### Seva Activities in 2018 (till September)

- \* JANUARY : UROLOGY MEDICAL SERVICE CAMP
- \* FEBRUARY : VISIT TO DESTINATION HOME ; A CENTRE FOR SPECIALLY ABLED CHILDREN
- \* MARCH : MAHA MRITYUNJAI YAGNA AT SAI MADHURAM MANDIR
- \* APRIL : MULTIDISCIPLINARY MEDICAL CAMP AT ULUBARI MAHADEV MANDIR
- \* MAY : SPECIALIZED MEDICAL AND COUNSELLING CAMP AT SISHU KALYAN SADAN; AN ORPHANAGE
- \* JUNE : LIGHTING OF LAMP FOR PEACE AND HARMONY IN REMEMBRANCE OF THE UNFORTUNATE DEMISE OF LATE NILOTPAL DAS AND LATE ABHIJEET NATH
- \* JULY : MULTIDISCIPLINARY MEDICAL SERVICE CAMP ON DOCTOR’S DAY
- \* JULY : VISIT TO PARENTS OF LATE NILOTPAL DAS AND LATE ABHIJEET NATH TO SPREAD SWAMI’S LOVE AND INVOKE HIS BLESSINGS
- \* JULY : SAMARPAN; A DEVOTIONAL MUSICAL EVENING IN GLORY OF BHAGAWAN
- \* SEPTEMBER : MULTI SPECIALTY RURAL HEALTH CAMP

We feel truly blessed and humbled by the immense blessing of Swami for making us His channel in Seva Activities. Since 2016, we have offered 14 Free Medical Service Camps, held at Sai Madhuram Mandir, at His Lotus Feet. Besides, 3 Special

Medical Camps were organized in Rangia, Assam in November 2017 and the other in Ulubari Mahadev Mandir, Guwahati in April 2018 while the third was concluded in September 2018. On 16<sup>th</sup> September 2018, the Sri Sathya Sai Alumni of Assam,

*God has no desire to bless or anger to punish. You get blessed and punished because of your own feelings and act. – Baba*

in an attempt at reaching out to underprivileged sections in the State, offered a multi Specialty rural health camp at the Lotus feet. The camp was conducted at Mayong Higher Secondary School, Morigaon. The camp was organized by us in association with Sri Sathya Sai Trust (Assam & NER), Excel Care Hospitals and local ground support from Morion Boys Association, Morigaon. This was a district where high end medical treatment is not easily available.

The Alumni Association, has conducted two relief camps for flood affected people in interior villages, one in August, 2016 (in Madanbari and Hariapur villages under Manaha Gaon Panchayat, Assam) and the next in August 2017 (in Salmara Paam in Morigaon District, Assam). A team of renowned specialist doctors from Guwahati offered their services at each of the multidisciplinary camp and examined more than 1200 patients including children, elderly people and women who were suffering from numerous health issues due to the devastating floods. The multidisciplinary medical flood relief camps had doctors from numerous specialization including Cardiology, Paediatric, Obstetric & Gynaecology, Medicine, Surgery, Ophthalmology, ENT, Dermatology, Pharmacology, Microbiology, PRCA, Dental. The prescribed medicines were distributed to the patients free of cost. Also, crucial health care advice was provided to them by the specialists. Clothes were also distributed to the local population.

We are indeed grateful to the renowned doctors from Guwahati Medical College & Hospital (GMCH), Guwahati and Excelcare Hospitals, Guwahati who have time and again come forward to offer their services at the Medical camps to provide treatment to hundreds of patients. Being isolated and with meagre means to support themselves, the local people could benefit from the presence of prominent doctors

Rural health camps and flood relief camps have been an endearing and enriching dedication.

*The twinkle of the excited children who received health tonics would bring tears to our eyes. They held them as trophies as they walked out of the camps. The relief of an elderly person on undergoing medical consultation, is self motivating. A contented lady, yet unaware of 'how to open the bottle cap' left us wanting to come back for such camps again and again. Reaching out to the populace who are meagrely exposed to primary healthcare is a contentment that can only be felt.*

The health camps have been dedicated to make expensive medical and health check up accessible to the masses. As many people cannot afford the expenses, they are left devoid of crucial medical aid. We strive to put in our efforts to help them.

Each moment spent in Seva activities in His name has been a motivation for us. At every step of our journey, we are guided by His words and we pray to our Mother to give us more and more opportunities to be a part of His mission. Swami has blessed us enormously and has given us the strength to fully absorb ourselves in the bliss of service to society.

Our journey so far has been a road of 'rediscovering' ourselves as we have collectively joined hands to live out Swami's message of Love and Service.

The Alumni Association is our humble endeavour to practice all we had promised Him as we left the Divine portals - to serve Society with Love through dedicated service in whatever capacity we could. We pray to be able to keep the Divine light ignited in us, because at Swami's Institutional planet we were taught that 'Education is for life, not merely for a living'. With Swami Lighting our way, we pray to be able to walk the road He wants us to. Above all, We pray that Swami guides us and makes us His able instruments to continue His Mission of 'Love All and Serve All'. We dedicate every little act of service as an offering at His Divine Lotus Feet, our Beloved Swami.

*"All service should be regarded as an offering to God, and every opportunity to serve should be welcomed as a gift from God. When service is done in this spirit, it will lead to self-realization."*



Expansion is the essence of love. - Baba

## KERALA FLOOD RELIEF – A CONSOLIDATED REPORT – PROF. E. MUKUNDAN

### SRI SATHYA SAI SEVA ORGANISATION, KERALA

The state of Kerala has been going through a tough and challenging time. The state and its people witnessed worst and devastating floods that shook their life – Many lost their homes, vehicles and all they have built and saved through their lives. Most unfortunately, the floods took away the lives of over 300 people and more than 2 lakh people were displaced. For all that our beloved Swami has been teaching us over many years, SSSSO, Kerala had to rise up to the situation to help the people in need. With Swami's infinite grace and blessings, we could render seva to thousands of people across the length and breadth of Kerala.

A snapshot: 1600 Number of people rescued, 54,156 Total man hours served, 1700 Average number of seva dals participated everyday, 56,128 Number of people served, 2,09,94,814 (INR) worth of relief materials and medicines distribution.

Our seva activities were divided into three phases – Rescue, Relief and Rehabilitation.

Our Disaster Management team sprung into action in all flood affected areas. DM team from Tamilnadu took no time to reach these areas and joined us for rescue operations. With Swami's infinite grace, we could rescue 1600 people who were stranded. In many districts, our team worked along with the rescue team from Indian Navy and Army.



Relief activities started along with rescue operations. During the early days, we distributed cooked food in many relief camps and flood affected colonies.



### Medical services rendered in Kerala

- \* Medical camps started in affected areas to serve people.
- \* In Ernakulam district, our team of doctors conducted medical seva in four affected areas. This benefited 400 patients. One team was from Tirupati.
- \* Sri. Alphonse Kannanthanam, the Central Minister, visited our medical camp in Ernakulam district. He discussed the details with our medical team.
- \* National coordinator Sri. Koteswar Rao visited the flood



hit areas in Alleppey, Pathanamthitta, Ernakulam and Trichur districts.

- \* Sri Sathya Sai Seva Samithi at Vaikkom, Ernakulam district, was converted into a relief centre. The samithi members did all the care and management.
- \* We identified procurement and distribution hubs at four places. These would act as a central warehouse for each region.
- \* During the post flood period, there is a possibility for number of diseases to spread fast. We are procuring medicines and enlisting doctors to meet this challenge in all districts. Massive cleaning work will be taken up - Institutions & Houses. Materials will be procured for this. Instructions are given to the concerned teams regarding how to plan and execute this.
- \* Some parts of Trichur district were affected very badly during the flood.



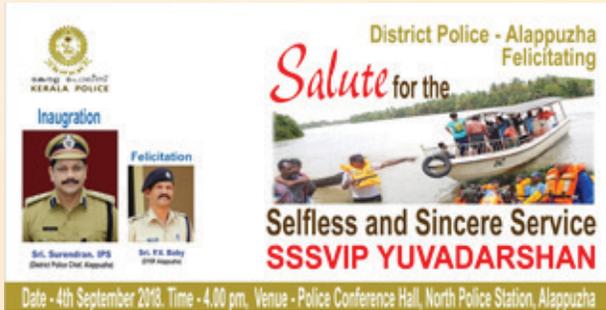
- \* Organisation members could reach many interior areas rendering all help.
- \* In Pathanamthitta district, we started medical seva from 6<sup>th</sup> September. We identified 19 centers that required medical attention and support.
- \* Five camps were held in Ernakulam district, two in Trichur district, six in Alleppey district, one in Pathanamthitta district, three in Wayanad district, and two in Malapuram district - 19 camps between 6<sup>th</sup> Sept to 30<sup>th</sup> September, spread across deserving areas in 6 districts.
- \* The service activities of SSSSO were acknowledged and appreciated by many Government, police department, local authorities and media. We received a letter from



Devotion is the sustenance of the heart, just as food is sustenance for the body. – Baba

Sri.Jayakrishnan, Sub Judge and the Secretary, of District Legal Service Authority, congratulating the work our team did in Pathanamthitta district.

- \* One channel reported the great seva done by SSSSO in Malapuram district. Municipal chairperson congratulated everyone involved.



- \* At Punnpra, in Alleppey district, we conducted a medical camp. 196 patients benefited from the camp. Five doctors served in the camp along with paramedical members. We planned 20 medical camps in the affected districts.



On 6<sup>th</sup> September, respected All India President reached Cochin to assess the seva work done and to guide the work ahead. He addressed the state level office bearers, members of state trust, and state level committee on flood relief seva. Many important decisions were taken.

- \* Secretary, Department of Health, Government of Kerala, approved our proposal to have health clinics in flood affected panchayats. This official approval will for sure give an impetus to our



medical seva.

- \* In Malapuram, medical camp was conducted in Pranayam village. This village was devastated due to landslides during the floods. A team of 2 doctors and 6 paramedical staff served 152 patients.
- \* Medical camps were conducted in Vythiri, Wayanad district. K.P.Sunita, Sub- Judge inaugurated the camp. So far we could serve more than 3000 patients through our medical camps.

19 medical camps were scheduled between 6<sup>th</sup> and 30<sup>th</sup> September spread across deserving areas in 6 districts. We could serve more than 30,000 people through our medical camps. We have also planned to conduct follow up medical camps in all these areas between October and November.



In order to get God so firmly installed, worship of idols or pictures, meditation of his glory, recitation of his name- all are useful. - Baba

## MEDICAL CAMP FOR BALVIKAS STUDENTS

Bal Vikas children who regularly attend Bal Vikas classes come from varied groups in society. The curriculum of Bal Vikas syllabus includes a chapter on personal hygiene and preventable diseases. It becomes the moral duty of the Bal Vikas gurus and the Sri Sathya Sai Seva Organisation to care for the health of all Bal Vikas children. Best is to have regular medical camps with different specialists to keep this potential army of the Sai Mission healthy. This camp is an example of this beginning.

### A REPORT

SSSSO | HYDERABAD DISTRICT | Sep 30, 2018

#### Medical Camp at Sri Sathya Sai Vidya Vihar

By the Grace and Blessings of our Beloved Bhagawan, SSSSO, Hyderabad district organized a free medical camp for Balvikas students belonging to the twin cities of Hyderabad and Secunderabad and also for the students of Sri Sathya Sai Vidya Vihar School on Sunday, September 30<sup>th</sup> 2018.

The duration of the camp was from 8 am to 2 pm. It was held at Sri Sathya Sai Vidya Vihar, Hyderabad.

Along with the General Checkup, there was need to identify the children with chronic issues and handle the same.



#### Medical Camp Participant Data

Description	#
Number of Students Attended (Bal vikas + Vidya Vihar)	783
Number of doctors participated	53
Number of Seva dal participated	63
Number of Old Students participated (Sri Satya Sai Students Alumni)	36
Number of Samithis participated	14

#### Follow-up Treatment

**Students identified for further medical treatment are being followed up diligently**

Follow-up cases	#
Bal vikas students from samithis	74
Sathya Sai vidya vihar students	16

#### Objective

The objective of the medical camp was to provide general checkup and screen the children for any of the following health problems :

- \* Dental
- \* Eye
- \* Cardio
- \* Skincare
- \* ENT
- \* Including hearing evaluation of the students.
- \* General Medical Checkup.

The goal was also to educate the children on preventive healthcare.

GANGA PIDATALA

Humility is the best credential for success in life. – Baba

## SANTWANA BHAWAN

'सात्वना' means 'solace'. Solace to '60' special children. In Santwana Bhawan at Bhurewala in Haryana. Sri Sathya Sai Seva Organisation has been providing medicines and care to the mentally challenged girls in the home for the last 4 years.

*A home for special children - 'children who believe that this world is a dream.'*

The story started when an inmate of this institution came to the T.B. (Tuberculosis) sanatorium in Dharampur, District Solan in Himachal. The twenty year old mentally challenged patient from Santwana Bhawan had resistant tuberculosis. She had a very low chance of survival. Lack of awareness, poverty, mental status and callousness of her family had landed her in this state. She had catatonic schizophrenia. She also had, symptoms of cough, hemoptysis (blood in sputum), loss of appetite & weight loss for the last one year. Her lungs had suffered. She was diagnosed tuberculosis & put on treatment. She required inhouse treatment. There was difficulty in getting her admitted. Our sevadal of SSSSO H.P made all efforts to help her. We lost her despite all care provided.



'Santwana Bhawan' is a divine place, a campus with a holy catholic church and a hostel housing about 60 young mentally challenged girl patients. A group of catholic sisters of the mother of Carmel Convent diocese from Shimla- Chandigarh church manage the institution. They manage the place with the funds available to them. The campus has huge walls surrounding the property. The walls prevent escape of inmates. The food served is clean, nutritious & hygienic. The dedicated sisters are real angels. They are seen serving food with compassion. Spoons in their hands, they serve bolus of material in the mouths of these special children. At times,

the sisters injure their hands when they put food with bare hands in their mouths. These sisters are examples of 'complete surrender'.

The house doesn't welcome clubs & social organisations for help. They would stay away from people coming for unnecessary publicity.

Our seva dal could afford access for a purpose. The management couldn't manage the medical treatment part of it. A local psychiatrist & a medical specialist have been



regularly managing the mental health of the inpatients.

The SSSO,HP got an opportunity to fund all medicines & medical needs of the 60 inmates. For the last 4 years it has been an unending regular supply of all medicines required. With Bhagawan's grace, supply of medicines has been unabated for the last 4 years. There is a need of good hygiene. The required supply of sanitary napkins is also taken care of.

It was a fulfillment when we took the staff & patients for a spiritual picnic to a nearby resort. The girls sang, danced & played like never before. Roles reversed when some of them started serving the sevadal food & prasadam. They all had a day with balloons, toys & games. Swami showered immense love on all of them.

The doctors with us could observe all kinds of diseases different categories of schizophrenias, maniac depressive psychosis, depressions, delusions & hallucinations in many of them. We could feel the need of regular treatment. With immense love & grace of our beloved Bhagawan Sri Sathya Sai Baba we have this wonderful opportunity to be a part of it.

DR. SAVITA AGGARWAL

## NEWS FROM STATES

### ANDHRA PRADESH

#### CANCER SCREENING PROGRAM AT CHINNA BANTUPALLI (V), VIZIANAGARAM DISTRICT

Sri Sathya Sai Seva Organisation, Vizianagaram District conducted a cancer screening program at Chinna Bantupalli village on 09.5.18 in association with Mahatma Gandhi Cancer Hospital Visakhapatnam.



42 patients were screened in the camp. 35 Blood Tests, 11 Chest X-Rays, One USG Abdomen, one Pap Smear and two Mammograms, were done during the camp. Four patients were referred to Mahatma Gandhi Cancer Hospital, for further investigations and treatment.

Dr. V. Subhadra, Dr. P. Siva Prakash and Dr. S. Prabhakaran from Mahatma Gandhi Cancer Hospital, rendered service in the camp.

#### West Godavari District

#### MALARIA PREVENTION DRIVE

Massive Preventive care in Malaria affected Tribal villages was done with distribution of Homeopathic Medicine in 118 malaria affected villages benefitting 80,000 elders and 13,000 children.



God does not live in structures of stone or brick, he lives in soft hearts, warm with sympathy and fragrant with universal love. - Baba

## East Godavari District

A Special Mobile Medical Camp was conducted at Rajahmundry Central Prison for ladies on 23.9.18. A total of 108 patients were screened, One general doctor, One lady doctor, one Dermatologist,



15 sevadal, four lab assistants attended. Lab tests i.e. Haemoglobin for 15, Blood sugar for 25 and Urine sugar for 82 patients were conducted.

## ASSAM

Silchar samithi under Cachar district of Assam conducted a general medical camp on 8<sup>th</sup> of July where 257 patients were



treated. Sai Kirpa clinics, free clinics catered to 587 patients in 14 days. Dr. Asaduz Ahmed gave free services in the clinics. Patient counselling, blood pressure, consultation, free medicines, nebulisation, blood sugar testing, X-Ray & Ultrasound examination were done. 58 patients got treatment in the Homeopathic clinic served by Dr. Prabal Paul Chaudhari.

## BIHAR

A free medical camp is being organised on regular basis in different districts Darbhanga, Muzaffarpur, Patna, Baxar, Arra, Bhabhua,



Munger, Lachhisarai, Samastipur, Saharasa, & Shechhapura. Orthopedic, Gynecology, Pediatrics, Dental, Homoeopathic services & counselling for adolescent youth for self confidence is being provided in different schools. More than 4500 people & students were benefitted during the last three months.

## CHENNAI METRO

**Prenatal / Antenatal program for expectant mothers ~ Chennai Metro South, SSSSO Tamil Nadu**

The Pre-Natal Ante-Natal Programme for expectant mothers from economically weaker sections of the society is a unique program organized by Mahilas of Sri Sathya Sai Seva Organisations, Chennai Metro (South) District.

This medical camp is being conducted at Sai Arvind community hall R.A. Puram for the past several years. Expectant mothers belonging to the economically backward families in nearby areas are brought to this medical centre located centrally



at a convenient place. The periodicity of this medical camp is fortnightly, once on alternate Tuesdays. Experienced specialist



doctors in Gynecology and pediatrics offer their services free for this seva. The check-up starts once the pregnancies are confirmed and continues till the baby is delivered and is one year old. The mothers are briefed about health and hygiene and precautions to be taken during pregnancy. They are provided with Sai Protein packets, dates and other medicines and tonics as per requirement. The general health of the ladies improves with suitable supply of calcium and vitamin tablets. All the pregnant ladies are given a warm cup of Sai protein drink when they come for checkup.

The new born baby is provided with a small kit containing essentials for the new born babies like rubber sheets, jabblas, nappies, baby powder, soap and shampoo. Around 500 pregnant ladies have benefited by this program and with Divine Grace and by this humanitarian seva all have successfully delivered good babies.

Preparation of Sai Protein: The Sai Protein is prepared by the mahilas of the organization with lot of devotion and sincerity. The powder is made up of cereals like boiled rice, wheat and pulses and sprouted Raagi. (soaked and sprouted at homes).

With Bhagawan's Grace, as done every year, this year also the **Valaikappu Function** (Baby Shower function ~ Adorning the pregnant mother with glass bangles, chandan and kumkum) was conducted on 19th July 2018, in the auspicious month of Aadi in Tamil calendar. The function was held at Sai Arvind Community Hall in R.A. Puram. A total of 57 expectant mothers who were benefited by the Ante Natal Programme being conducted by Sri Sathya Sai Seva Organization, Chennai South were felicitated in Bhagawan's Divine Presence. They were given a gift hamper consisting of Swami's photo & vibhuti, Sai Protein packet, biscuits, dates, mehendi cone, a saree, some fruits & eatables along with glass bangles which are usually given during Valaikappu (baby Shower function)

## GOA

Bhagawan Sri Sathya Sai Baba, with His immense Compassion, blessed Goa in the year 2010, with a mobile medical van to provide medical facilities for poor and underprivileged at their door steps.

Although Goa boasts of a well organized network of medical centres and facilities at Govt. level, Swami must have in His Vision thought of those who can't avail of them.

And as of today with His Grace, we have been able to examine and provide free medicines to more than 34,000 genuinely needy patients. During this journey our medical program has attracted a number of practicing doctors and pharmacists to participate in this Divine Mission. Today we have 10 doctors providing seva on regular basis. Also there are over 20 doctors who are available on call.

A static medical centre has also been started in Goa where, on a fixed day each week, doctors are available.



Examine your conduct and discover the faults in yourselves. Self-examination is the first step to self-improvement and peace. - Baba

Besides these camps, regular blood donation camps are also arranged in association with Red Cross society and Goa Medical College.

We have such camps in three places, ie, Panjim, Madgao and Vasco annually.

A permanent blood donors list is available for any emergency requirements.

220 donors are enlisted.

## GUJARAT

Ophthalmology checkup camps are being held every first Sunday of the month by Ghayej Samiti, Dist. Vadodara in association with Shankara Eye Hospital, Anand.



In September 238 patients were examined and Cataract Surgery was performed on 35 patients free of cost at Shankara Eye Hospital. Spectacles were given to the needy.

In October 247 patients were examined and Cataract Surgery was performed on 28 patients free of cost.

## HARYANA & CHANDIGARH

On 9-9-18 Sai Centre cum Old Age Home Chandigarh witnessed Bhagawan's love in abundance.

A medical camp in collaboration with the famous Fortis Hospital, Mohali was conducted. Doctors of Cardiology and General Diseases besides an orthopedic surgeon examined 54 patients and prescribed treatment.



Paramedical staff of the Hospital conducted the necessary tests like Blood sugar, ECG and BP etc.

All the inmates of the Old Age Home were also examined by the team of doctors.

An ardent devotee of Bhagawan Baba Dr. Usha Singh, a senior consultant in the department of Ophthalmology, PGI, Chandigarh accompanied the team.

## HIMACHAL PRADESH

A girls' health hygiene conference was held at Govt degree College, Paprola, district Kangra.

Health problems and hygiene of women was discussed in detail by the team of doctors headed by Dr. Bharti Gupta, a gynaecologist



at the state medical college at Tanda. About 300 girls interacted actively with the doctors.

A similar camp for 200 girls was held at Govt. Girls Higher Secondary School, Solan. The team was led by Meenakshi Rao, Dr. Anita Sood, Dr. Anita Gautam and Dr. Savita Aggarwal. The staff and students of Sai Sanjivni Nursing College gave all support to the same.

## JAMMU & KASHMIR

A dental check up camp was held by the State Organisation in Sri Sai Public School Bahu Fort Jammu, on 18th & 19th June 2018.



145 children were examined by the Dental surgeon Dr. Nandita Sharma. A demonstration was also given for proper care and cleanliness of teeth in which the children showed keen interest.

## JHARKHAND

### Village Medical Camps

Regular health check up camps are being organised in Villages under SSSVIP.



### Rural School Medical Camps

Rural school medical camps, basically for health checkup of children are being organised in most of the districts.

### Blood Donation Camps

Blood donation camps are organised in most of the districts.

### Old Age Home Health Check up camps

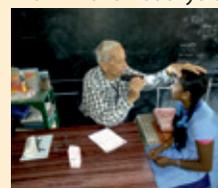
Old age home health check up camps are organised in some of the districts.

## KARNATAKA

Under Sri Sathya Sai Seva Organizations, Karnataka, in the year 2018 - From July to September -80 Free Medical Camps/ 350 free clinics were conducted. More than 200 Undergraduate Doctors and 70 Postgraduate Doctors and 1500 sevadal were involved in this mission with 20,150 people as beneficiaries. More than 100 Surgeries were performed. Cost of treatment given was Rs. 10,56,000.



Alumni of Sri Sathya Sai Institute of Higher Learning and Sri Sathya Sai Seva Organization come together every month in Brindavan, Whitefield, Bangalore where 2 to 3 thousand patients are benefitted in each Medical Camp along with free medicines. Regular medical camps are being conducted in the villages



*I long to reside in your hearts- fragrant with the incense of fine virtues, merciful intentions and compassionate emotions. - Baba*

adopted under Sri Sathya Sai Village Integrated Programme. 14 Paediatric check up camps were held in schools adopted under Sri Sathya Sai Vidya Jyothi project.

In various other specialty camps like – ophthalmic- 199 patients and dental -138 patients were benefited. Free spectacles were distributed to 144 Patients. Some eye camps are also conducted jointly with Shankara Nethralaya, Anapoya dental and medical college Mangalore, A-J Hospital Mangalore. Eye surgeries were facilitated by aligning with reputed hospitals and arranging payment. Blood donation camps were arranged in 4 districts.



**Health Education:** Many health awareness and medical education talks were arranged in many rural areas, and mainly in schools. Talks were given to girls in schools regarding the physical, mental and behaviour changes during puberty and regarding solutions to overcome peer pressure.

### MADHYA PRADESH

The following medical activities continue unendingly in Madhya Pradesh with the grace of Bhagawan Sri Sathya Sai Baba.

1. Intensive training program on mother and child care to mahila seva incharges, so that they can work in respective districts
2. Regular multispecialty camps in all adopted villages and slums
3. Medical checkup at SSSVJ schools and providing sai protein, nutritional supplements, work on improving hygiene.
4. Adopted a Sahara ward in government hospital where patients without any care taker or relatives are admitted, they are given bath, clean clothes and food suggested by doctor.
5. A wall called "Neki ki Diwar" i.e. wall to serve the needy, where people donate their unwanted clothes, and needy people can take them when required. Also medical camps are arranged there for such needy people.
6. Old age home visits, medical checkup and distribution of medicines.
7. Visit to government cancer hospital twice a week and providing them food.



### MAHARASHTRA

#### Pandharpur Medical Seva- July 2018

Interestingly one of the biggest medical camp in recent times. Approximately 43,500 patients with different ailments were given treatment by doctors of all medical specialties.



### MANIPUR

A free medical camp was held in Parsain, a remote village in Manipur's Kangpokpi district, on July 22, 2018. The medical team comprising six doctors and 13 paramedics examined 197 patients. Free hepatitis infection tests were also conducted on 122 persons. Medicines were provided free of cost to the patients.



Sri Sathya Sai Seva Organisation, Manipur observed Global Blood Donation Day on September 16, 2018 at the Blood Bank of Regional Institute of Medical Sciences, Lamphelpat, Imphal. 105 Sai devotees attended the blood donation drive and 44 units of blood were collected and deposited at RIMS blood bank.



### ODISHA

#### INAUGURATION OF SRI SATHYA SAI CARDIAC OUTREACH CENTRE IN SAI JANANI, BHUBANESWAR -

Sri Sathya Sai Cardiac Outreach Centre was dedicated in the service of society by Sri Pratap Jena, honorable Health Minister of Odisha on 8th July 2018. On the auspicious occasion, a Mega Cardiac Camp was conducted by Sri Sathya Sai Seva Organisation, Odisha. 405 patients were seen in the camp by Dr PK Dash, Head of Cardiology, SSSIHMS. Accommodation, food and refreshments were arranged for the patients. Sevadai and youth of Bhubaneswar city district helped in smooth conduct of the camp which went on till late night till the last patient was seen.



The Outreach Centre will facilitate screening and follow up of Cardiac patients of Odisha and nearby states and is a first of its kind initiative by Sri Sathya Sai Seva Organisations. Speaking on the occasion, the honorable Minister lauded the efforts of Sathya Sai Organizations and expressed his interest to partner and support more such projects for benefit of the poor and downtrodden.



Medicine and dental OPD services have been started in the Outreach centre at Sai Janani, Bhubaneswar from September 13<sup>th</sup>. Regular physiotherapy services for the OPD patients and post operative patients of SSSIHMS is being started from November.



#### SEMINAR ON HUMANISING HEALTHCARE

A seminar for doctors titled "Humanising Healthcare" was arranged at Sai Janani, Bhubaneswar on the evening of 17th September with the support of Indian Medical Association, Bhubaneswar. Around 150 doctors of different specialties attended this seminar. Padmashree Dr. V Mohan a renowned diabetologist and the trustee of Sri Sathya Sai Central Trust addressed the august gathering. Many of the doctors, inspired by Bhagawan's model of selfless service, volunteered to take part in the healthcare seva activities of the organisation. Doctors

Divine is the inner core of all beings, near and far, big or small. Expand your consciousness to its utmost limits. – Baba

working in Sri Sathya Sai Telemedicine Centre, Bhubaneswar, which is completing 10 years of service to society, were felicitated on the occasion.

### AWARD FOR BLOOD DONATION

Sri Sathya Sai Seva Organisation Odisha was felicitated on the national voluntary blood donation day for being the second largest contributor



to this mission for the third year in a row. In its twin blood donation initiatives of Prema Sanjeevani and Amruta Bindu ( special drive in summer months), this year alone, 4247 units of liquid love have been offered to society.



### PUNJAB

The 22nd Sri Sathya Sai free annual surgical Camp was held from 21st October 2018.

Registration started at 9 am after Sai bhajans. A total of 213 patients were registered by seva dal volunteers. After surgical and gynecological check up 106 patients were selected for surgery. A total of 60 ultrasound examinations were performed by Dr Bhargava. Laboratory tests (Blood and Urine) ECG, X-ray, were performed on patients selected for surgery. Dr Naveen Sethi MD (medicine) rendered free services for medical checkup of patients (to give fitness for surgery). All the patients and attendants were offered "Langar" (Narayan seva)



### RAJASTHAN

Mobile medicare continues to serve farthest of all places in Rajasthan.



### SIKKIM

A free medical camp was organized by Sri Sathya Sai Bhajan Mandali Mangthang under Sri Sathya Sai Samithi, Singtam in Sikkim.

### TAMIL NADU



### Mobile medical services

What started as the fulfilment of a tiny noble desire of **Mother Easwaramma**, who just wanted a small hospital in the Puttaparthi village, which now is the greatest model of ideal healthcare to the whole world. Bhagawan fulfilled His mother's wish by setting up two superspeciality hospitals at **Puttaparthi** and **Whitefield, Bengaluru** that offers medicare completely FREE to over 3 million patients irrespective of economic, social or religious background.

The huge success of the program and its widely acknowledged usefulness has logically led to its expansion into other states

of India - to begin with Tamilnadu. In the first phase the coverage area would be 12 villages /sub-urban areas within a 50 km radius from the city, targeting a total population of more than two lakhs.

The curative drive owes its strength to the presence of doctors in ten specialities supported by well experienced paramedical staff and modern equipment for diagnosis and treatment. The Mobile Hospital houses a computerized data server with up-to-date digitized medical records of every patient. This data is also accessible through Wi-Fi at the ground camps, making available the complete medical history of the patient to the attending doctor. This is of immense use especially when the patient is seen by different doctors.

Whenever follow-up treatment is required, the patient is referred to a hospital in the vicinity (tie-up with nearly 100 hospital and nursing homes have been formalized) to receive free treatment. The well-stocked pharmacy ensures free supply of medicines, which is particularly beneficial to chronic patients who are assured of uninterrupted supply.

### TELANGANA

Sri Sathya Sai Mobile Health Services in Telangana is a novel outreach program started in March, 2011 in Hyderabad as a pilot project and later on extended to Nagarkurnool, Khammam, Mancherial, Ranga Reddy and Medchel Districts. (One van sharing Ranga Reddy and Medchel districts).

114084 patients coming from 3069 villages in 415 camps were treated with Love and care; 2201 Doctors, with a minimum of 6-8 doctors per camp are blessed with Seva Prasadam. They represent the specialties of General Medicine, Obst. & Gynecology, Ophthalmology, Dentistry, Pediatrics, ENT, Cardiology, Orthopedic and Neurology.

20434 Lab tests, 994 ECGs, were done in the mobile vans to diagnose intricate ailments and to monitor chronic diseases.

12,126 Ophthalmic cases, 9353 spectacles and 2773 cataract surgeries were done to the identified patients. 2616 women with gynecological problems were treated;

2773 General procedures, procedures, biopsies, FNACs were done and 204 patients received cardiac investigations, procedures and surgeries.

2924 patients have undergone dental treatment viz. extractions, fillings, scaling, partial dentures, full set dentures and dental fluoride strains removals etc.

### Mobile Health Services in Tribal areas of Achempeta (M), Nagarkurnool District:

Sri Sathya Sai Seva Organisation, Nagar Kurnool District is organizing Mobile Medical Camps in Chennaram tribal village of Achempeta Mandal since last five years. During 2018-19, (Upto 20.9.18), six mobile camps were conducted covering 217 tribal villages, benefitting 2363 patients. 136 cataract surgeries done and 336 needy patients were provided with spectacles. 131 blood tests were done and 22 doctors participated in the medical service.



Be a bee drinking the nectar of every flower, not the mosquito drinking blood and distributing disease in return. - Baba

## INVITED ARTICLE

## HYPOGLYCEMIA OR LOW SUGAR REACTIONS



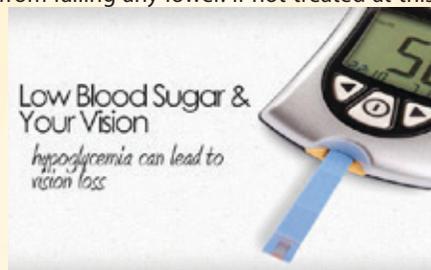
Dr. V. Mohan (Padmashree)

Chairman, Dr. Mohan's Diabetes  
Specialties Centre, Chennai  
President, Madras Diabetes Research  
Foundation, Chennai  
Member Board of Trustees, Sri Sathya Sai  
Central Trust, Prasanthi Nilayam

The term "hypoglycemia" is familiar to most diabetes patients. Put simply, hypoglycemia means low blood sugar. Experts have not agreed on a definite cut-off for low sugar, but in general, a blood sugar level of less than 70 mg/dl with symptoms or a blood sugar level below 54 mg/dl even without symptoms is considered as hypoglycemia.

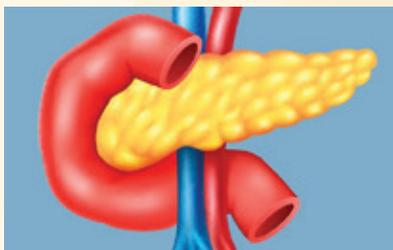
In normal people, the blood sugar levels are maintained within a narrow range, irrespective of the food we eat or the time since the last meal. When the blood glucose rises after a meal, the pancreas secretes insulin which drives the glucose into the cells, thereby lowering the blood glucose back to normal. Conversely, when the blood glucose starts falling several hours after a meal, insulin secretion stops and other hormones like glucagon come into action, raising the blood glucose back to the normal range.

The symptoms and signs of hypoglycemia are diverse and vary from person to person. The common symptoms include intense hunger, tremors, palpitations, sweating and giddiness. These are warning symptoms which induce a person to eat and thereby prevent blood sugar from falling any lower. If not treated at this stage, the person may fall unconscious or may develop seizures. Prolonged periods of low sugar below 30 mg/dl may be fatal. This is because the brain requires a constant supply of glucose to function properly.



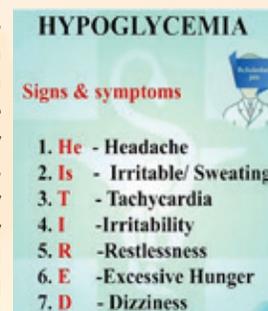
Although people without diabetes can also get hypoglycemia, this is quite rare in practice. The most common cause of hypoglycemia is the treatment of diabetes with insulin or tablets. In the normal human body, insulin is secreted only when the glucose levels are high. When we give insulin by injection or we take tablets which can cause the pancreas to secrete insulin, we are interfering with the body's natural control mechanisms. This may lead to a state where insulin levels are high in the body even when blood sugar is normal or low. This leads to hypoglycemia.

Not all diabetes medications cause hypoglycemia. Drugs which do not increase insulin secretion, but only increase its action, do not cause low sugar if given alone. Of course, if given in combination with insulin or other drugs, even they can worsen the hypoglycemia caused by those medications.



Certain other drugs can also produce hypoglycemia. Certain antibiotics and anti-malarial drugs are notorious in this regard. Also, people with kidney failure and liver failure are also more likely to get hypoglycemia. Alcohol intake is another common cause of hypoglycemia.

Treatment of hypoglycemia involves administration of glucose, either in the oral form or through injection (into the veins). Mild forms can be treated by the patient himself by taking food (bread, candy, raisins etc.). In severe forms, the patient may be unable to help himself and may require others' assistance. First aid for hypoglycemia involves removal of the patient from sites of potential danger (driving, operating heavy machinery, swimming etc) and immediate administration of glucose. In severe cases the patient will have to be immediately hospitalized. Hypoglycemia caused by certain diabetes tablets can be very prolonged and may take more than a day to recover.

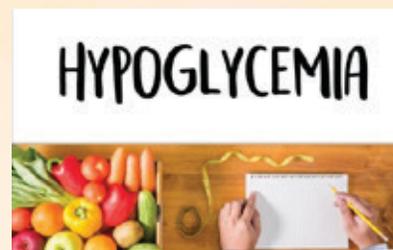


Repeated attacks of hypoglycemia can adversely affect quality of life and destroy the patient's confidence in the diabetes treatment plan. Many patients even stop treatment of diabetes for fear that they may develop hypoglycemia. Such an attitude, although understandable, is dangerous in the long term, as it leads to uncontrolled diabetes with all its attendant complications. It has rightly been said that while hypoglycemia is dangerous in the short term, hyperglycemia or high blood sugar is even more dangerous in the long term!



### Diabetes patients can take the following steps to ensure that they do not get hypoglycemia.

- \* Take meals at regular timings.
- \* Avoid fasting and feasting. If you have to fast for unavoidable reasons, inform your doctor and change your medications accordingly.
- \* Avoid excessive alcohol intake
- \* Take medicines exactly as prescribed by the doctor. Avoid self-medication.
- \* Always carry a candy, sweet or raisins with you whenever you go out. Eat immediately when you feel low sugar symptoms.
- \* Always carry identification card mentioning that you have diabetes. This way, even if you do fall unconscious, passersby will be able to help you.
- \* Check your blood sugar at regular intervals as prescribed by the doctor.
- \* If you get low sugar repeatedly in spite of your best efforts, inform your doctor.



Some people with long duration of diabetes do not get the usual

symptoms of hypoglycemia even when blood sugars are very low. This is called “hypoglycemia unawareness” and is a dangerous condition because it gives the patient no warning to take preventive action before he becomes unconscious or throws a fit. These people are generally advised to aim for less tight control of sugars in order to prevent hypoglycemia.

Another major problem is hypoglycemia occurring at night or “nocturnal hypoglycemia”. This is dangerous because the person may be unaware of what is happening and is therefore unable to take corrective action. Nocturnal hypoglycemia may be one of the causes of the “dead in bed” syndrome, in which a person goes to bed apparently healthy and is found dead in the morning although this is rare and one need not panic about this.

Hypoglycemia is thus an important complication of diabetes. It is the major factor preventing diabetes patients from achieving normal blood sugar levels. The aim of diabetes treatment is to achieve blood sugar levels as close to normal as possible without the risk of hypoglycemia. Attainment of this goal requires patient education and motivation and good teamwork between the patient and the doctor.

### INSULIN DOSAGE ERRORS

One of the most common causes of hypoglycemia is errors in the dosage of insulin. There are different types of insulin available in the market and many patients are on different types of insulin.

This often leads to errors in the dosage unless the patient is educated well about the insulin. Another problem is that there are two strengths of insulin available in India – one having 40 units per ml and the other having 100 units/ml. Each of these is to be used only with the corresponding syringe. Patients often mix up the syringes, leading to serious hypo or hyperglycemia.



### HOW LOW IS TOO LOW? THE ACCORD TRIAL

It has been proven that lowering the blood sugar to close to normal in a diabetic patient can prevent diabetes complications. However, the recently published ACCORD trial results suggest that lowering the blood glucose too much may not be a good idea. In this trial, the group of patients who had their blood glucose lowered very intensively had a higher chance of dying, compared to those in whom the intervention was less intensive. Although the reason for this is not known, it has been suggested that hypoglycemia is one of the main reasons. It has therefore been recommended that patients with diabetes should not try to reduce their blood sugars too aggressively. Each patient has to fix his or her blood sugar target after discussion with the treating doctor.

## INVITED ARTICLE

### GLAUCOMA-THE SNEAK THIEF OF VISION

BY DR. ANUJ SHARMA, HEAD OF DEPARTMENT, SSSIHMS, PRASANTHIGRAM

Glaucoma is the second most common cause of blindness in the world after cataract accounting for up to 8% of total blindness. Glaucoma is a complicated disease in which damage to the optic nerve leads to progressive, irreversible vision loss. This disease affects about 60 million (6 crore) worldwide. In India, glaucoma is the leading cause of irreversible blindness with at least 12 million (1.2 crore) people affected and nearly 1.2 million (12 lakh) people blind from the disease. More than 90 percent of cases of glaucoma remain undiagnosed in the community. According to WHO the challenge posed by Glaucoma is more severe because unlike cataract, the blindness caused by Glaucoma is irreversible.

#### How does Glaucoma occur?

Glaucoma is often associated with increased pressure within the eye. Eye pressure, referred to as Intra Ocular pressure (IOP), is determined by the balance of formation and drainage of a fluid called ‘aqueous’ that fills the front of the eye. Elevated pressure is often the result of blockage or a decrease in drainage from the eye, causing aqueous to build up. Fluid pressure builds up over time and in turn leads to damage to the optic nerve fibers.



‘tunnel vision’. If left untreated, it may result in complete blindness. One must visit the Eye doctor (Ophthalmologist) if one experiences:

- \* Fall in vision, seeing colored halos around light sources
- \* Pain in and around the eye

The Ophthalmologist will then conduct a comprehensive eye examination including the following:

- \* Intraocular Pressure – IOP - (By Applanation)
- \* Gonioscopy- To assess the angle of eye (open or closed)
- \* Disc evaluation using 78/90D (Most important)
- \* Pachymetry (for determining Corneal thickness)
- \* Phasing (Diurnal variation of IOP)
- \* Structural evaluation- OCT (RNFL, GCC)
- \* Functional evaluation- Visual Field evaluation (Gold standard)

Schematic Diagram of how aqueous circulates in the eye. If this flow is blocked then the aqueous keeps forming without exiting because of which pressure in the eye builds and damages the optic nerve.

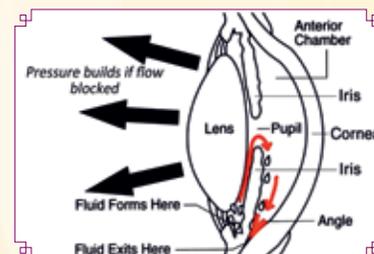


Photo Courtesy. National Eye Institute. <https://www.nei.nih.gov/>. Modified to show the direction of pressure.

#### Signs of Glaucoma and its diagnosis:

Glaucoma is known as the ‘silent thief’ and there are typically no early warning signs or painful symptoms related to its onset. This disease causes slow loss of peripheral vision which may result in

#### Types

Like every disease it is also divided into various types for the ease of understanding and management.

Divinity is only the terminus of the journey of human life. Divinity seeks only a pure heart to confer grace. – Baba



**Inauguration of the Ophthalmology Department:** *Bhagawan Baba inaugurated the Ophthalmology department at the SSSIHMS, Prasanthigram in November 1994.*

**• Open Angle (based on gonioscopy)**

1. Primary open angle glaucoma
2. Primary angle closure glaucoma (More common in Asian population)

**• Closed Angle (based on gonioscopy)**

1. Secondary open angle glaucoma
2. Secondary angle closure glaucoma

**• Childhood glaucoma**

1. Primary childhood glaucoma
  2. Secondary childhood glaucoma
- \* Low Tension Glaucoma (IOP is in normal range, disc is Glaucomatous)

Here Primary refers to Glaucoma with no known cause, while the secondary Glaucoma refers to Glaucoma with a known cause.

**Treatment**

Unfortunately, Glaucoma is an irreversible disease, and currently the only modifiable risk factor is the Intraocular Pressure. Therefore, treatment for glaucoma is aimed at

reducing intraocular pressure (IOP). The three mainstays of therapy are:

1. Medications, in the form of eye drops.
2. Laser therapy - Nd-Yag laser for peripheral iridotomy or selective laser trabeculoplasty.
3. Surgery - Conventional, Implants, Micro Invasive Glaucoma Surgery.

People with more risk of developing glaucoma include people who are:

- \* Over 40 years of age;
- \* Have family members who have glaucoma;
- \* Are of African or Hispanic heritage;
- \* Are of Asian heritage (Asians are at increased risk of angle closure glaucoma and Japanese are at increased risk of low-tension glaucoma);
- \* Have high eye pressure;
- \* Are farsighted or nearsighted;
- \* Have had an eye injury;
- \* Have corneas that are thin in the center; or
- \* Have diabetes, migraines, high blood pressure, poor blood circulation or other Health problems affecting the whole body.

People with more than one of these risk factors have an even higher risk of glaucoma.

**Screening for Glaucoma for All:**

Due to the progressive and irreversible nature of the disease, early diagnosis and treatment are very important. The American Academy of Ophthalmology (AAO) recommends a baseline comprehensive eye exam at the age of 40, followed by eye exams every 2 years until the age of 65 when annual exams are then recommended. This comprehensive eye exam includes visual acuity testing, intraocular pressure measurement, gonioscopy and dilation. Those identified as higher risk based on their findings may be subject to functional tests (Visual field evaluation), structural tests (optic nerve imaging like OCT etc), and corneal thickness measurements (Pachymetry).

**A Workshop**



*The SSSIHMS, Prasanthigram in collaboration with the Sri Sathya Sai Airport organised a workshop on basic life support at the hospital during the last week of May 2018. Here the HoD of Anaesthesia, Dr. Rajan Anand demonstrated the CPR method to the audience.*

*The workshop was attended by around 50 staff members from the Prasanthi Nilayam Ashram and 50 Puttaparthi Urban police personnel.*

Every action of yours now is bound to have a reaction, resonance and reflection in the future. – Baba

## INVITED ARTICLE

## TIPS FOR BETTER LIFE

Mahesh C Misra



MBBS, MS, FRCS (Glasg.) FACS, FAMS, FCLS, Hon. FRCS Former Director of AIIMS, New Delhi

We in the medical profession are people always deprived of quality time in life. Deprived of quality sleep in life. Deprived of quality acceptance in life and deprived of quality value based practice in life. Bhagawan Sri Sathya Sai Baba has always arranged doctors in high stream and called for us as 'His' form to grant freedom.

## Adequate Sleep

It is essential to have at least 7 hours sleep. It is important to develop a routine that you have sound sleep for 7 – 8 hours. Adequate sleep means you are at peace with yourself AND others. 7 – 8 hours has been emphasized so that one is able to sleep adequately in 24 hours to avoid sub-optimal performance at work. To get good sleep there are methods, most important is exercise and cool mind without worries. To have a cool mind we need to meditate.



## The ways to get good sleep:

1. Maintain regularity i.e. going to bed at the same time and waking up at the same time, no matter whether it's weekday or weekend. Even if it was bad night sleep still wake up at the same time of the day and reset.
2. We are **dark deprived society** in this **modern era** and **we need darkness** in the evening to **allow the release of a hormone called melatonin. Melatonin helps our healthy timing of our sleep.** So try to dim down half the lights in your home an hour before bed. **Stay away from screens, especially those LED screens – they emit blue light that actually puts the brakes on melatonin release. And these blue light emitting devices fool your brain in to thinking that it's still day time, even though it's night time you want to get to sleep.**
3. The third key factor is to **keep it cool.** Many of us actually have a bedroom that's too warm in terms of temperature. So an optimal temperature is about **68 degrees Fahrenheit** or about **18.5 degrees Celsius.** And the reason is that your brain and your body need to **drop their core temperature by about 2 – 3 degrees Fahrenheit to initiate good sleep.** And that's the reason why you'll always find it easier to fall asleep in a room that's too cold than too hot. So having a cool room actually takes your brain and body in the right temperature direction to get good sleep.
4. The fourth critical factor is **actually avoiding alcohol and caffeine.** Unfortunately, this makes me\* deeply unpopular but **alcohol is perhaps the most**

**misunderstood drug when it comes to sleep.** People think that it helps them fall asleep, that's actually not true, **Alcohol is a class of drugs that we call, "the sedatives"; and what we're doing actually knocking your brain out. You're not putting it into natural sleep.** We also know that alcohol will **fragment your sleep**, so you will wake up many more times throughout the night. And alcohol is also a **very potent chemical for blocking our dream sleep or our rapid eye movement (REM) sleep. Caffeine is also a problem.** Many of us know that caffeine can keep us awake. **It's an alerting chemical; it's a stimulant** in terms of a class of drugs. But few people know that even if you can have a cup of coffee after dinner and you fall asleep fine and may be you stay asleep, the depth of the sleep that you have when there is caffeine within your brain isn't as deep as when you've abstained from that cup of coffee after dinner. **So as a consequence you wake up the next morning, you feel unrefreshed and you don't remember waking up or having a difficult time falling asleep. But now you find yourself reaching for two or three cups of coffee in the morning and you develop this dependency, this addiction cycle.**

Dr. Mahesh C Misra proposed this when he came for the inauguration of the extension block of Sri Sathya Sai General Hospital at Puttapparthi in 2015

The **fifth and final** tip for better sleep is **not stay in bed awake.** So if you haven't fallen asleep within 20 or so minutes or you've woken up and you're finding it difficult to fall back asleep, **don't stay in bed awake the reason is that your brain very quickly starts to learn the association between your bed being about the place that you're awake rather than your bed being about sleep. So the advice is to get up, go to another room and in dim light, just read a book. No screens, no email checking, no food.** And only when you feel sleepy should you return to bed and that way you can then actually **re-learn the association between your bedroom being about the place of sleep rather than awake.** Some people **don't like the idea of getting up and going out to a different room,** it's dark and they're warm in bed, an alternative is actually meditation. **Meditation has been demonstrated in clinical trials to help people just relax the body, calm down the fight-or-flight branch of the nervous system that can happen when we wake up in the middle of the night and we have that Rolodex of anxiety thoughts.** And by meditating, you can start to quiet the mind as well as the body and that also helps you fall back asleep more easily.

\*Mathew Walker, Professor of Neuroscience and Psychology at University of California Berkeley, USA – Author of the book "Why we sleep".

*The end of knowledge is love. The end of culture is perfection. The end of education is character. – Baba*

Always **Aim to live with 3 E's**

That is **Energy, Enthusiasm** and **Empathy**.

Unless we are full of energy and enthusiasm, we will not be able to enthuse and/or excite others working around us. Even if we are disturbed with somethings on some days, it is better that is not conveyed to others around us.

**Empathy is something, which allows you to feel pain of others.** As doctor, it is even more important to feel the suffering because we know **what it takes through illness. Illness in a family affects not only bodily but emotionally, financially.** To reduce the **stress of illness it is incumbent upon all of us to show enough compassion and demonstrate empathy by our actions, speech and counseling of patients/others. We need to be good communicator to reduce suffering and pain. Empathy is far more important at times than helping someone otherwise by doing the right thing.**

### Play More Games

It is always a good **idea to learn and play some games**; it could be an indoor or an outdoor sport depending upon one's surroundings and logistics. Today with living in high rise buildings, children and adults have lost out on field sport activity. In our school days we used to go for **camp, scout and guide program, NCC, hockey, football.** Even neighbourhood sport like the **hide and seek**, many other local sports, which gave opportunity for physical activity.



### Read More Books than you did before

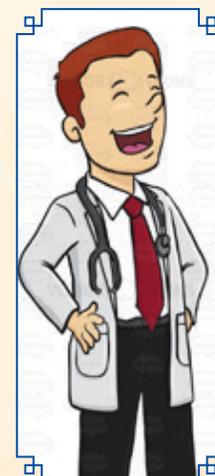
We all have lost out on reading habit due to modern information communication technology. In our times, when there was no TV, reading was the past time. Today with smart phone and its features have taken away the reading and writing habit with TV, Computer, Phone. But if one wants accomplishment and satisfaction in one's life, reading and writing have become even more important. Social media cannot replace the significance of quality reading and writing. May be medium of reading and writing has been modernized, like I am writing this by using key board instead of pen and/or pencil. Similarly reading books and journals has also changed since we



are reading on the iPad, Tablets, laptops, Smart phones. There are eBooks, Journals, Newspaper, chronicles etc. Read More Books than you did before

### Eat More Foods that grow on trees and plants and eat less food that is manufactured in plants:

If I have to argue **life style related diseases including diabetes, hypertension, cardiovascular diseases, stroke etc.,** these are related to our dietary habits and lack of exercise. What has happened over last 3 decades or so, particularly in urban India, availability of junk fast food (Fizz drinks, burgers, Pizzas etc.), TV and computer, lack of sport facilities, lack of physical activity has led to epidemic of non-communicable diseases. Also we have embraced many western dietary habits and quit our good Indian food. **Average Indian diet is rich in fibre with consumption of freshly prepared food.** If we look at epidemiology of colon cancer and breast cancer in women. **In USA, incidence of colorectal cancer is 36/100,000 as opposed to India where it is 6/100,000. There is a strong reason to continue our dietary practices as it is. Similarly, breast cancer incidence in USA and Europe is at 150 – 160/100,000 as opposed to India where it ranges between 14 – 30/100,000, lowest in State Of Gujarat 14-16/100,000 and highest in Delhi 30/100,000.**



It is strongly recommended, to keep your health, 50% of our daily diet must contain vegetables, fruits. We in India have truncal obesity or wheat belly since we consume diet rich in carbohydrate. We need to change that by incorporating protein in our diet along with seasonal fresh fruits and vegetables, which most Indians can afford.



Education equips one with the mental strength and steadiness to face the challenges of life. – Baba

## HUMOUR THERAPY

### Dr. Laughter

A man goes to the doctor and says, "Doctor, wherever I touch, it hurts." The doctor asks, "what do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee- OUCH! When I touch my forehead, it really, really hurts." The doctors says, "I know what's wrong with you- you've broken your finger!"

### REAL CHAMPION

Two bats were training for a great flying competition in which all bats took part. On the day of the race, the smaller bat flew incredibly well, clearly deserving the prize. The other bat, although very disappointed at not having won, ran to congratulate him, while the other bats started criticizing him or went away in anger. Grateful, the new champion decided to share the prize. The little bat had not only won the race and the prize, but he had also won a friend. And all this came about from knowing how to lose in a sporting manner.

### NOT SO FUNNY

People had been coming to the wise man, every time complaining about the same problem. One day, he told them a joke and everyone roared in laughter. After a couple of minutes, he told them the same joke and only a few of them smiled. When he told the same joke for the third time, no one laughed anymore. The wise man smiled and said: You can't laugh at the same joke over and over. So why are you always crying about the same problems.

### DOCTOR'S FRUSTRATION

People eat vada and samosas fried in lousy oil  
Relish panipuri filled with 'dirty water'  
Eat pesticide laden vegetables and fruit  
Pay money for a black liquid called Coke or Pepsi  
Smoke, drink, and chew tobacco like there is no tomorrow  
Breathe in foul air  
And all this without thinking twice!  
But after I write a prescription, they ask in all seriousness...  
\*Doctor, I hope there's no side effect for these\*

## THE TEST

We hope you have gone through the details of this newsletter. Bhagawan's Grace has given it in your hands. Now is the time for a test.

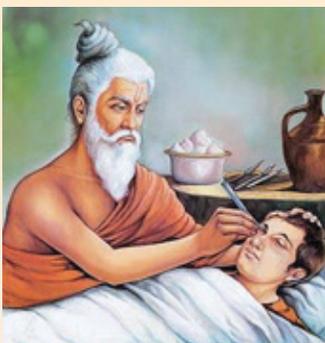
The following Jumbled up words are from within the text of the newsletter. Kindly rearrange letters and give us the exact words and win three prizes. Winners to get literature from the 'Sai' Library

1. L G A C O A U M
2. E A C A M R N I
3. D R E M A A H R A P
4. A H U W A T I G
5. O S C N T A T I N U L O
6. R U C R I C L M U U
7. A A R G O A Y M
8. V A H B A N T U H

9. N P A A A U S R
10. N P T A N S L A T R
11. R M A T L A I
12. Y H C P G L I E Y M A O
13. I V E T I E R T O N N N
14. M E C N I A S H M S
15. N A S T W A A N
16. N P R Y Z P H E I A S S O
17. M C O U Y I T N M
18. B L A O R T O Y R A
19. O S L C O H
20. T H T P S A I I E

Please send your entry with answers, Name, Address, and Phone No., email address to the Editor, Sri Sathya Sai Arogya Premanjali at- [a.aggarwal98@gmail.com](mailto:a.aggarwal98@gmail.com) / [sphimachalpradesh@sssoindia.org](mailto:sphimachalpradesh@sssoindia.org)

## CATARACT SURGERY

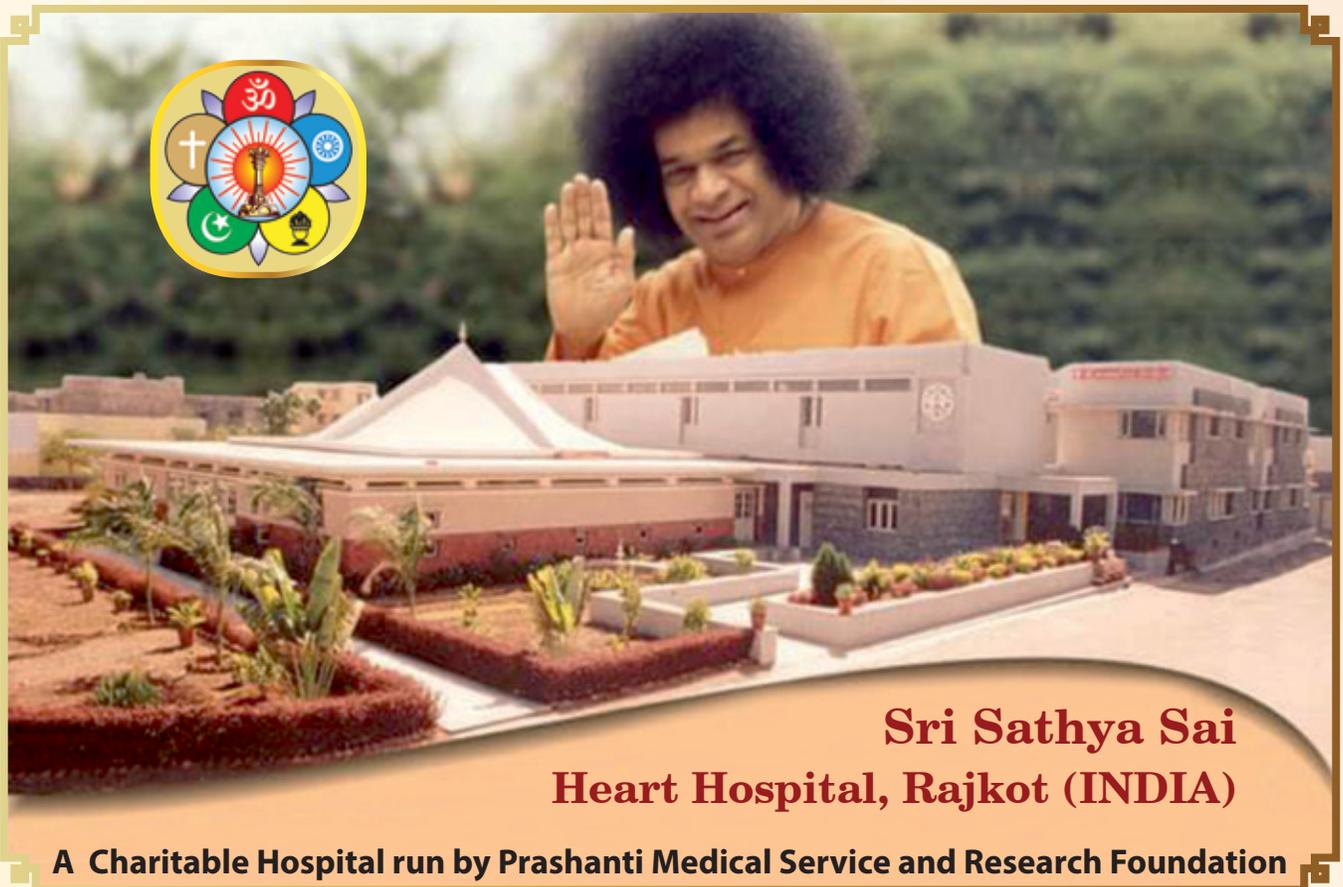


The first cataract surgery was performed by the ancient Indian physical Sushruta, way back in 6<sup>th</sup> century BCE. He is dubbed as the "founding father of surgery" and the Sushruta Samhita is identified as an outstanding commentary on Medical Science of Surgery.

To remove the cataract from the eyes, he pushed the lens and used a curved needle to remove it, which were then kept immersed in warm butter for a few days till they were healed completely. Many people from various other countries came to India to seek treatment from Sushruta. His surgical works were later translated into Arabic language and got transported to the European countries.

Sushruta describes surgical techniques and tools for other surgeries he conducted like on bladder stone removal and plastic surgery, in detail in his Sushruta Samhita.

Faith in omnipresent, omniscient and omnipotent God is the first pre-requisite of a good life. - Baba



## Sri Sathya Sai Heart Hospital, Rajkot (INDIA)

**A Charitable Hospital run by Prashanti Medical Service and Research Foundation**

*A detailed article on Sri Sathya Sai Heart Hospital, Rajkot will appear in the next issue*



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