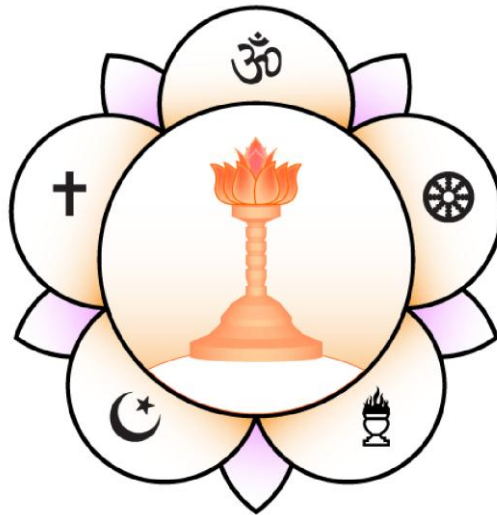


AUM SRI SAI RAM



PREVENTIVE HEALTH CARE MODULE

Foreword

One of the foremost concerns of Bhagawan Sri Sathya Sai Baba was the availability of free healthcare for all mankind. Many thought this to be a utopian idea and impracticable in today's world. Bhagawan proved everyone wrong by establishing the two super speciality hospitals at Prashnthigram and Whitefield.

These two models created by Bhagawan have been a source of immense inspiration for all mankind to embark upon free medical seva at the individual and community level in society. In fact recent data of the Sri Sathya Sai Seva Organisation has shown an unprecedented involvement of doctors, paramedics and volunteers in terms of rendering free medical seva at individual level since several years, which if translated into man hours and money would shock the world. This is the impact of the Divine power of Sri Sathya Sai.

However, it was Bhagawan's wish that while on the one hand, we help people out of the physical suffering, we must on the other hand dream of a world where mankind is free of disease itself, by imparting to them knowledge which will prevent them from falling ill.

The real dream come true will be, when mankind lives a healthy lifestyle and the medical care is least needed.

A good healthy body is a source of speedy progress to Spiritual realisation.

This book is an attempt in this direction of fulfilling Bhagawan's Sankalp.

The Sai Organisation is committed to spreading this preventive health care programme in a big way in times to come.

I wish the team all the best in this endeavour.

Sai Ram

Nimish Pandya
All India President
Sri Sathya Sai Seva Organisations India

PREFACE

One of the important missions of Bhagwan Sri Sathya Sai Baba is to provide free healthcare to the poor and needy who are unable to afford expensive treatments. At the same time, Bhagwan Baba emphasized the fact that more than trying to treat diseases, prevention of diseases was more important. Today, India is facing a dual burden due to health problems. While communicable diseases are on the decline, they have by no means disappeared. At the same time, various chronic non-communicable diseases such as diabetes, hypertension, heart disease and cancer have emerged as the major causes of death in India. Indeed, more than 60% of all deaths in India are today due to non-communicable diseases. This preventive healthcare module was prepared with an attempt to make it available to the various branches of the Sri Sathya Sai Seva Organisations all over India, so that uniform health care messages are given by the various members of our organisation. We hope it will be helpful not only to the doctors and the paramedical personnel but also to the State Presidents, Trust Convenors, District Presidents and the Samithi Convenors as well as the Sevadals to take simple preventive healthcare messages to the masses particularly in the villages and the underserved parts of the country. We have tried to cover right from simple things like eye and ear care, to prevention of communicable diseases like malaria and tuberculosis as well as prevention of non-communicable diseases like diabetes, cardio-vascular disease and hypertension. We would welcome feedback from the members of the organisation after they have actually used this booklet in the field. We dedicate this preventive healthcare module at the Divine Lotus Feet of our Lord and Master, Bhagwan Sri Sathya Sai Baba.

Om Jai Sai Ram!

DR. V. MOHAN

Member, Sri Sathya Sai Central Trust,
Puttaparthi

DR. T. RAM MANOHAR RAO

All India Medical Co-ordinator,
Sri Sathya Sai Seva Organizations

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HEALTH AND HYGIENE

“It is a great good fortune to be able to love and serve the suffering humanity. The Sathya Sai Hospital doctors render service to the patients with noble feelings and purity of heart. With such dedicated doctors serving here, this has become an ideal hospital.”

—Sri Sathya Sai Baba, June, 10, 2001

Doctors should treat the patient, not the disease. They should inject courage and hope along with the regular injections. Bhagawan Sri Sathya Sai Baba has said that it is important for doctors to examine patients with smiling face and talk to them with love, slowly, soothingly, radiating compassion. Today, there is a growing need within health care systems at large to adopt a paradigm shift towards prevention of communicable and non communicable diseases. It is therefore important for doctors to educate patients about health and hygiene and promote a healthy lifestyle through preventive health care.

Health is a function, not only a state of being free from illness or injury, but also of the overall integrated development of society in its spiritual, cultural, social, educational, psychological aspects and is supported by diet, environment and health education.

Hygiene is defined as conditions and practices conducive to maintaining health and preventing disease, especially through cleanliness. It will help to prevent the spread of infections and diseases that can damage the digestive tract, respiratory tract and the external features of the body. Also the scriptures state that this body is a boat to cross the ocean of samsara, an instrument for doing virtuous deeds and attaining moksha. Hence, for spiritual pursuits, good health is a must.

There are four pollutions against which man has to be vigilant:

- Pollution of the body (Removable by water)
- Pollution of the mind (Removable by truthfulness)
- Pollution of reason (Removable by correct knowledge)
- Pollution of the self (Removable by yearning for God)

PREVENTIVE MEDICINE

“To improve and maintain the health of the people, continuous education on the principles and practice of hygiene and environmental cleanliness is essential. Education is the most effective safeguard against physical and mental ill-health.”

–Sri Sathya Sai Baba, Aug 28, 1976

Sri Sathya Sai Baba has increasingly emphasised preventive health care. Preventive medicine is the focus of ideal health care which aims to improve the overall health of the population, rather than solely treating acute episodes of illness or disease. Hence Baba has said, *“Instead of treating people after the onset of disease, it is better to ensure that they do not fall ill at all.”* Baba therefore stresses on the importance of various aspects of preventive care including: personal hygiene, diet, immunisations, prevention of communicable and non-communicable diseases, mother and child care, and spiritual discipline.

Preventive health care falls into three categories: primary, secondary and tertiary prevention.

Primary prevention includes those activities to protect against disease (e.g., hand hygiene and immunisations) and to promote health (e.g., adequate prenatal care or good nutrition).

Secondary prevention aims to identify and detect disease at its earliest stages, thereby optimising the chances of successful treatment. Secondary prevention is the goal of much preventive health tests, such as diabetes screening and mammograms.

Tertiary prevention aims to improve the quality of life for patients with disease (e.g., appropriate glycaemic control for diabetic patients).

PERSONAL HYGIENE

“The elementary rules of personal cleanliness are neglected in the name of novelty and neo spiritualism. Bath is given a go by. Oral hygiene is not cared for. Damaging habits are cultivated and tolerated. Unkempt, dishevelled, dirty heads and bodies denote unkempt, dishevelled intellects and minds.”

– Bhagawan Baba – October 16, 1974, P.N

Personal hygiene is one important aspect of preventive care. Baba says “Cleanliness is next to Godliness.” Clean food, water, hands, environment, and thoughts are critically important in facilitating good health. Food and waterborne diarrhoeal illnesses are rampant and often preventable.

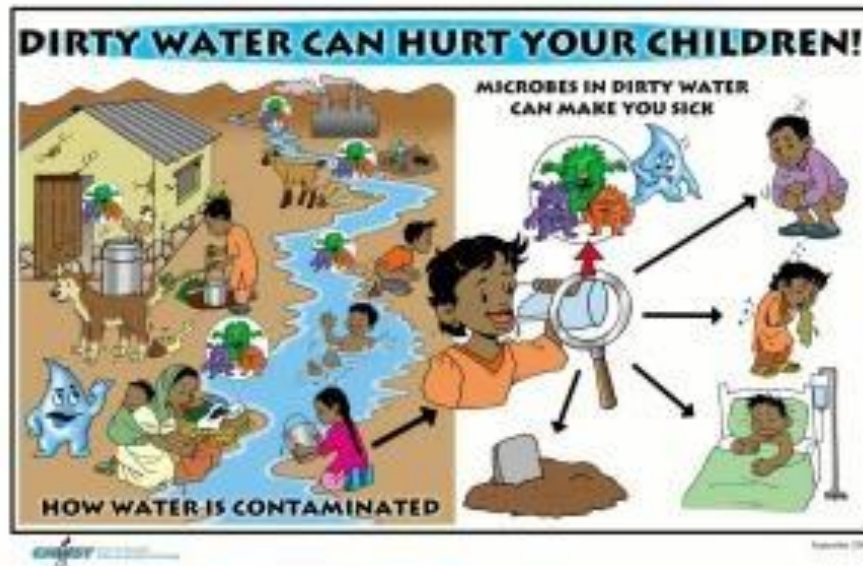
TIPS TO PRACTICE PERSONAL HYGIENE

- Keep the body clean – “Deho Devalayam” – Body is the temple of God.
- Have daily bath. If we do not take regular bath, outside dust will remain stuck to the skin with the sweat which will result in skin diseases.
- Use soap and plenty of water for a nice bath. Also, rub the body while bathing.
- After bath, use a clean towel to dry the body. The need for taking a bath regularly must be impressed upon the children.
- Prayer - Just as bath is important to clean the body, regular prayer is important to cleanse the mind.
- Hair cleanliness – Wash your hair regularly. Keep it neat by oiling and combing / brushing daily. Keep hair free of head lice etc.

- Nails - Trim nails regularly. Keep nails short and clean. Do not bite nails.

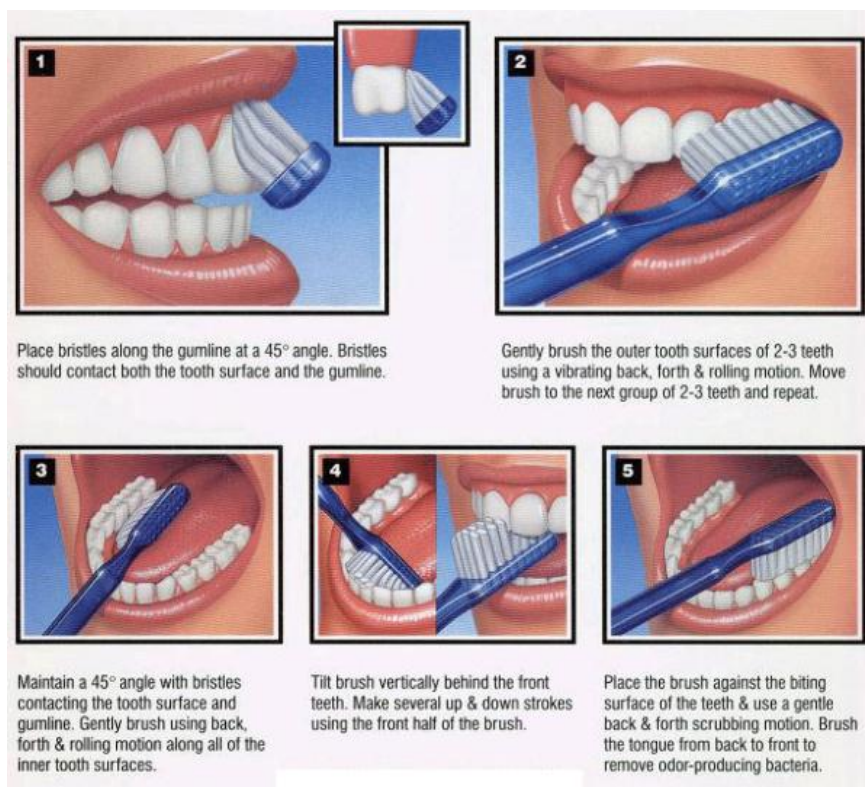


- Hand Washing – Wash hands with soap and water before and after eating, after using the toilet and after handling animals.
- Foot care – Do not go out without wearing proper footwear. Always wash legs and feet after playing outside the house.
- Wear clothes that are washed with soap and water.
- Dirty and soiled clothes should be removed immediately and segregated for washing
- Sleep – Early to bed, early to rise makes a man healthy, wealthy and wise. Chant the night prayer for a good sleep.
- Do not eat contaminated food particularly when flies have sat on them



ORAL HYGIENE

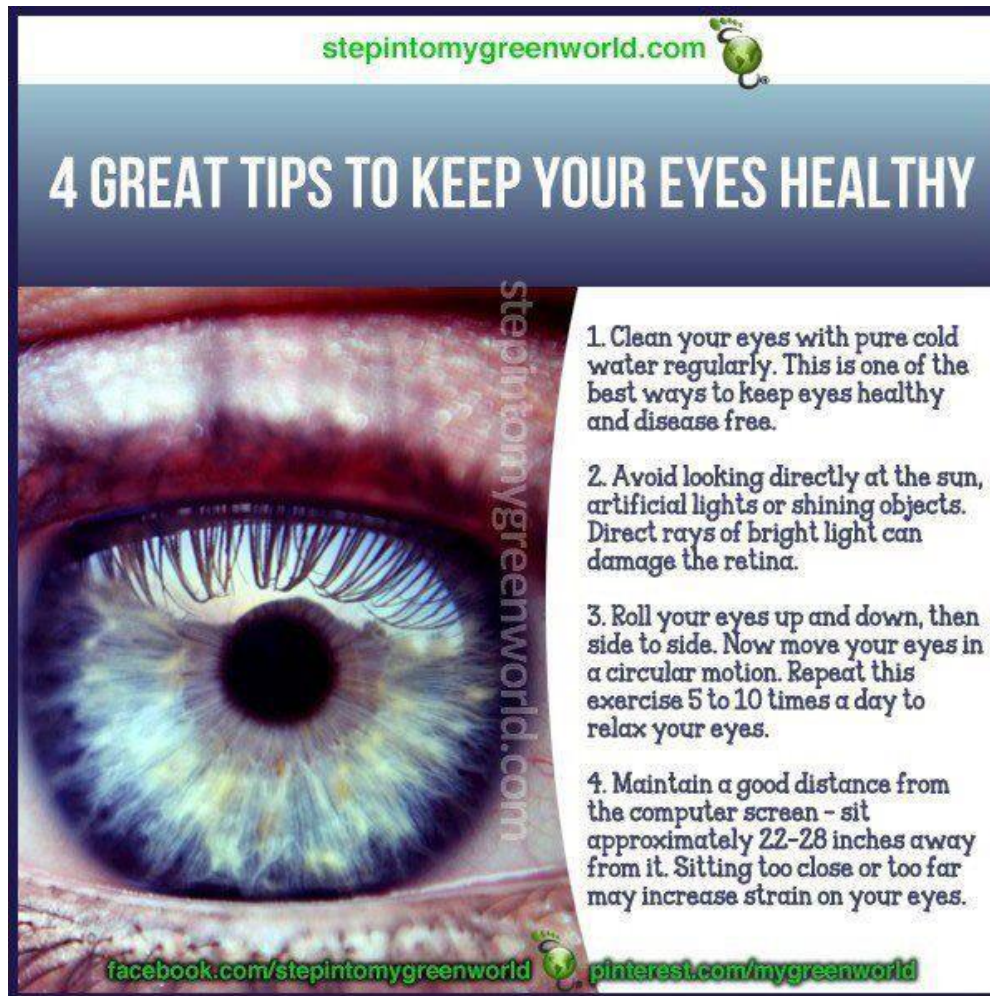
Sri Sathya Sai Baba has said, “Oral hygiene is not cared for. The mouth is the gateway of the physical mansion; if the gateway is foul, what can we say of the residence and inmates!” We must brush our teeth both morning and night in a proper manner as mentioned below.



- Teeth should be cleaned with either fingers or fine soft tooth brush
- For brushing the teeth only soft foamy paste or powders should be used. Brick powder, coarse ashes, hard salt crystals, coal powder etc. should not be used
- While cleaning the upper teeth the movement should be from above downwards both inner and outer aspects should be cleaned in this manner. Similarly the inner and outer aspects of lower teeth should be cleaned by upward movement.
- While cleaning the gums only gentle massaging should be done in the same directions as per the corresponding rows of teeth. No side to side movements should be done as it will result in injury to the gums. The corner angles of the mouth should be cleaned nicely.
- It is essential to rinse the mouth before starting and after completing the brushing.

EYE CARE

- Keep the eyes clean by washing them with clean water.
- Washing eyes at bed time is very good, as it removes the dirt and dust collected throughout the day.
- Always use a clean cloth to wipe the eyes.
- Do not use saris, dhoti or sleeves of clothes to wipe eyes. These may cause serious infection in the eyes. Infection spreads this way.
- Each person should use a separate cloth, towel or handkerchief for wiping his eyes. If one eye is already infected, use a separate clean cloth for each eye.
- Consult a doctor if there is infection. Do not use medicines given by road-side sellers. These may not help and may even cause blindness.



- Eat dark green leafy vegetables like Amaranth, Agathi, Spinach, drumstick leaves and fruits like papaya and mangoes. These contain Vitamin A which prevents night blindness and are very good for eyes.
- Children, who complain of headache or eye pain when they read, may need glasses and they have to get their eyes examined by a doctor.
- Do not stay near and look at welding, grinding, chiseling or wood sawing operations.
- A sharp ray of light source, [e.g. Looking at eclipse or welding] without proper glasses also leads to blindness.
- If your eyes are red, you need to see your doctor immediately.
- Do not play with sharp objects which will cause injury to eyes.
- Eyes are gifts from God. SEE ONLY GOOD

EAR CARE

- Allow your mother, father to clean your ears using a clean cloth after bath.
- Ear ache could be due to excess wax in your ear or due to any infection. See your doctor if pain persists.
- Ears are gifts from God. HEAR ONLY GOOD
- For THROAT and NOSE related problems such as sore throat, cough, stuffy nose etc., drink warm water and gargle with salted water.
- Steam inhalation also could be effective.
- Cover your mouth while coughing and sneezing – use a tissue. Put used tissues in the dust bin.
- Meet your ENT doctor along with your parents for persistent throat related problems.



FOOD FOR HEALTHY BODY AND MIND

“By regulating your diet and avoiding certain bad habits, you can preserve health. Moderate food of the sathwic (pure) type, will promote mental poise and also physical happiness. Mitha-ahaara (moderation in food) is always to be welcomed.” - Sri Sathya Sai Baba

Every activity of man is dependent on the energy he derives from the intake of food. The spiritual *sadhana* he ventures upon depend for their success on the quantity and quality of the food taken by the *sadhaka* (spiritual aspirant). Thus it is said that a man who eats thrice a day is a Rogi (a sick person), one who eats twice a day is a Bhogi (a sensualist) and the one who eats once a day is a Yogi. Hence, it is essential to observe the principle of moderation in food habits, work and sleep.

The Right Food:

All living beings exist because of food. According to the scriptures food is of three kinds - *Satwic* (promoting peace and harmony), *Rajasic* (promoting passions and emotions, activities and adventures) and *Tamasic* (promoting sloth and dullness). One has to choose one's food with discrimination and control and limit its intake. Then, food will be health-giving medicine. If, on the other hand, food is consumed indiscriminately and beyond limit, it produces illness and causes grief and pain. It assumes a fearful role.

Therefore, right food must essentially contain Sathwic food. It means that the food must not contain mutton, fish, onions and the like. Excessive salty food causes blood pressure. Excessive hot food results in demoniac tendencies. It causes matsarya (envy) which is the worst of all qualities. All Sadhanas are of no use unless one takes to Satwic food.

THE FIVE WHITE POISONS

Swami has been repeatedly cautioning us to avoid the five white poisons, namely, white rice, sugar, salt, maida and milk in excess, if we are to maintain good health. Baba advises, "Eat at regular intervals, according to a well-established time table, Move about and fill the day with activity, so that food is well digested" (Bhagawan Baba – October 12, 1969, P.N)

Vitamin G:

Baba says, *"Illness is caused more by malnutrition of the mind than of the body. Doctors speak of vitamin deficiency; I will call it the deficiency of Vitamin G, and I will recommend the repetition of the Name of God, with accompanying contemplation of the glory and grace of God. That is the Vitamin G. That is the medicine; regulated life and habits are two-thirds of the treatment, while the medicine is just one-third only."* (Sri Sathya Sai Speaks, Vol.5, pp. 52-55)

POTASSIUM	VITAMIN A	FOLATE (Folic Acid)
FIBER	VITAMIN C	MAGNESIUM

More Reasons to Eat Fruit

<p>Strawberries can potentially fight against cancer and aging</p>	<p>Bananas are great for athletes because they give you energy</p>	<p>Cherries help calm your nervous system</p>	<p>Grapes relax your blood vessels</p>
<p>Pinapples help fight arthritis</p>	<p>Blueberries protect your heart</p>	<p>Peaches are rich in potassium, fluoride, and iron</p>	<p>Apples help your body develop resistance against infections</p>
<p>Kiwis increases bone mass</p>	<p>Mangos protect against several kinds of cancer</p>	<p>Watermelon helps control your heart rate</p>	<p>Oranges help maintain great skin and vision</p>

EXCERPTS TAKEN FROM A DISCOURSE GIVEN BY BABA AT THE SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING IN JULY 1996 :

- Eat a healthy, balanced diet. Do not eat too much of sweets and chocolates and carbonated drinks. Instead eat fruits and vegetables and drink milk and fruit juices.
- It is important to chew food well and eat. We must also ensure that eating must always be in a limited quantity. You must be able to get up from your plate with the same ease and lightness with which you sat down to eat. This is the correct limit. You come quite easily to eat. But when you get up you need a support! Many people develop a paunch like that.
- You must also take care to avoid excess of spice, chilli and salt. May people think that Sathwic food means fruits and milk? These can also be thamasic! For example, eating two bananas is correct. If you eat four bananas, it becomes thamasic. Do not take a cup of thick milk. Comparatively, it is hence said "One cup of wine is better than a cup of milk." Thick milk contains plenty of fat and calcium. It is also liberally laced with glucose. When the blood is saturated with too much of glucose, it turns the residual glucose into acid. The result is that you develop boils. This acid and the blood combines to form stones in the gall bladder.
- Eat rice and vegetables well. Green leafy vegetables are the best of the lot. This is because under the skin lies a very light secondary layer, It is this layer that protects the skin. Green leaves strengthen this layer, apart from having other benefits. It is very good for heart patients too because green vegetables are totally free of oils. Vegetables contribute to some extent to the cholesterol.
- Garlic pills can also be taken daily, a daily intake of one pill after lunch will get rid of the cholesterol problem. Green leafy vegetables and drumsticks are very healthy for the body. Drumsticks are good for the brain. Do not take too much of potatoes.

- Tomatoes are good. The seeds of the tomatoes may be removed because these seeds do not get digested easily. They remain in the digestive canal and gradually become stones.
- You must avoid taking curds. It is better to take the two cups of buttermilk. Curds have too much of protein.
- Drink adequate amount of clean, boiled water
- Ensure that you take at least seven to eight cups of water daily.
- Water cleanses your internals. This also ensures that stones do not form inside your kidneys because water goes to the kidneys and constantly keeps it flushed.

ALCOHOL CONSUMPTION

“First man consumes wine, then wine consumes man. Then Wine consumes Man”

– Baba.

All alcoholics have very poor health. They lose appetite. They progressively lose vision. They become nervous wrecks. When the liver gets damaged they have pot belly-bloating due to water. They develop deep jaundice and vomit blood and die prematurely.

Offer Food to God Before Partaking:

If we eat the food without offering it to God, we will be affected by all the impurity and defects present in the food. If we offer the food to God, by reciting “Brahmarpanam”, the food then becomes Prasadam -a gift from God.

IMMUNISATION

A vital component of preventive medicine is immunisation. Vaccines have been developed to protect against a variety of diseases one of the greatest immunisation successes has been the worldwide eradication of smallpox. Routine vaccination is available to prevent polio, diphtheria, tetanus, pertussis, mumps,

rubella and measles, hepatitis A and B, Haemophilus influenzae type B, rotavirus, pneumococcus, influenza virus, meningococcus, human papillomavirus (HPV), and varicella.

PREVENTION OF COMMUNICABLE AND NON COMMUNICABLE DISEASES

Major risk factors for communicable and non-communicable diseases include alcohol abuse, tobacco smoking, indoor smoke inhalation from solid fuels, air pollution, poor sanitation, high cholesterol, iron deficiency, being malnourished, low fruit and vegetable intake, high body mass index, and high blood pressure. These risk factors may result in infectious diseases (for example, AIDS, tuberculosis, malaria, typhoid fever, dengue fever and diarrhoea) and non-infectious diseases (for example, cardiovascular diseases, diabetes, and hypertension). Sixty percent of the world's deaths are attributable to the silent epidemic Non-Communicable Diseases.

Communicable Diseases :

Malaria :

- Malaria is a life threatening disease caused by bite of infected female anopheles mosquito.
- The mosquito carries plasmodium parasite which it releases in the blood stream at the time of bite.
- Through blood these parasites go to the liver, mature there and enter the blood stream and start infecting red blood cells.
- They continue multiplying in red blood cells to burst open, which causes appearance of malaria symptoms in cyclic form.



Spreading of Malaria:

- The breeding houses of the mosquitoes are the open water bodies in our surroundings.
- Usually overhead tanks (open from top), old tyre's, desert coolers& tumblers left carelessly here and there, in rainy season water gets logged in these becomes a place for mosquitoes to lay eggs.
- It needs seven days for an egg to become a mature mosquito, if the water in which eggs are laid remains undisturbed.
- Mature mosquito flies from one place to another biting and at the same time if it bites a person suffering, it takes plasmodium from that person and releases the same while biting a healthy person

Symptoms of Malaria:

The symptoms of malaria may appear with in 10 days to four weeks.

Common symptoms seen in a malaria patient-

- High grade fever
- Chills and rigors
- Severe headache & body ache
- Vomiting
- Profuse sweating
- Nausea
- And some time convulsions, coma &bloody stools

Prevention:

- We must cover all water bodies for e.g. overhead tanks must not be left open, regular checking of desert coolers (tank of cooler must be dried once in seven days).
- We must look around our house and surroundings that no junk is left there which can become storage place of water in rainy season.

- We must not allow stagnant water around living places for seven days or more.
- Use of mosquito repellent creams, mosquito nets should be promoted.
- We must promote wearing full sleeve shirts while sleeping.
- Sleeping in open must be avoided.
- Having wire mesh in doors and windows will prevent mosquitoes from coming inside the rooms.

Primary Actions:

- A person having fever, must be checked for malaria, there are blood slide tests and malaria card test available in every hospital.
- One infected person in surroundings, can be a cause for malaria for other healthy people, so early action is needed.
- Create awareness in your neighborhood and surroundings

Some Interesting Facts:

- Only Female mosquitoes take blood, they use protein and iron from blood to make their eggs.
- Female mosquito lives for a few weeks where as male mosquito lives for a week.
- Both male and female mosquitoes feed on nectar and plant juices.
- Mosquitoes can identify its prey from body odor, heat and carbon dioxide we breath out.
- They travel approximately a mile at the most from the place where they have been hatched.

Dengue Fever:

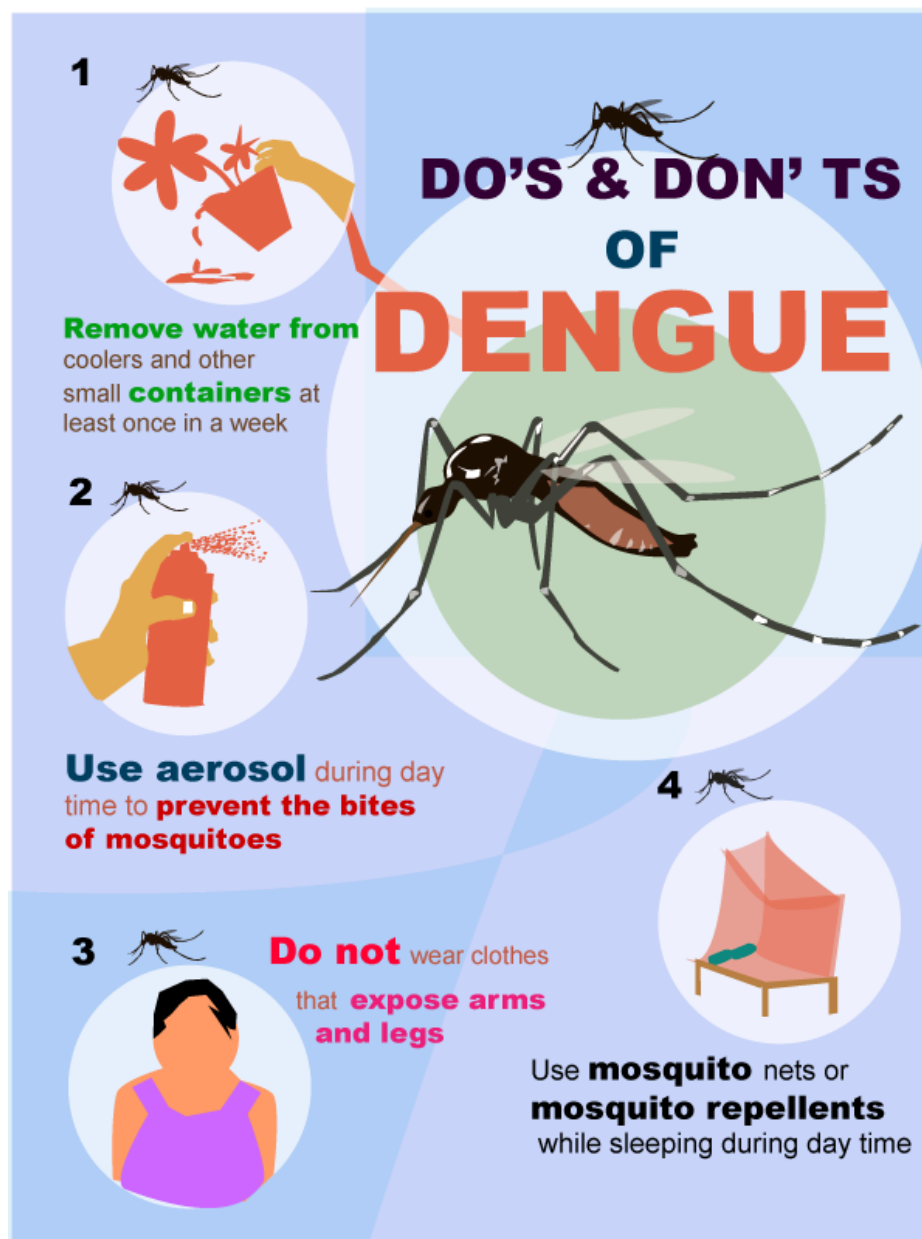
Dengue fever is a painful mosquito-borne disease, caused by one of the four types of dengue virus, which is transmitted by the bite of an infected female *Anopheles Aegypti* mosquito.

Common Symptoms:

High fever, runny nose, a mild skin rash, coughs and pain behind the eyes and in the joints. Patients suffering from dengue should seek medical advice, rest and drink plenty of fluids. Paracetamol can be taken to bring down fever and reduce joint pains. However, aspirin or ibuprofen should not be taken since they can increase the risk of bleeding

Prevention:

Same measures taken to prevent malaria are applicable for prevention of Dengue fever.



TUBERCULOSIS

Never take meat, cigarettes, or other intoxicants and drugs. Habitual cigarette smokers develop cancer. You can perform this test on smokers. Take a white cloth and put it across the mouth after the person has smoked. You will see bright red dots on the cloth. When the external cloth has itself been so noticeably spoilt, you can well imagine how much destruction it is causing to the veins and lungs. The two fingers that hold the cigarette will develop a yellow colouration. White spots develop on the lips. The skin around the lips turns dark.

Most of the smokers contract Tuberculosis. Most common way of spreading is by droplet infection. When a patient coughs or sneezes or at close talking range, he can give out a jet of millions of bacteria which can infect others- specially those whose health is undermined by smoking.

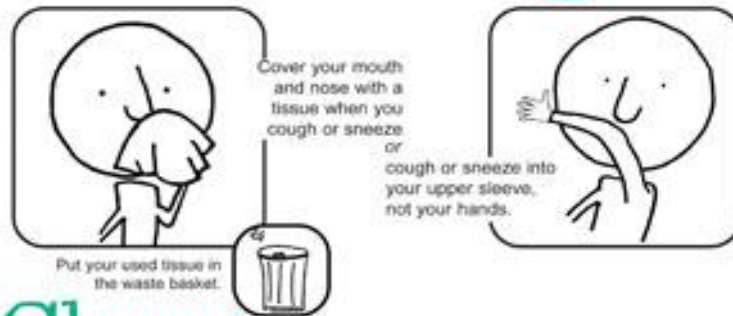
Prevention of Tuberculosis (TB):

- One must cover the face with a clean kerchief while talking to patients with Tuberculosis.
- Patients themselves should cover their face while coughing and sneezing.
- Spitting all over must be discouraged
- Spittoons with lids must be provided



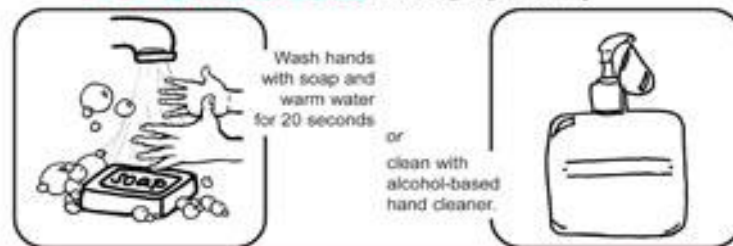
Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



Massachusetts Department of Health
100 State Street, 10th Floor
Boston, MA 02109
617-725-6900
www.mass.gov/dhs

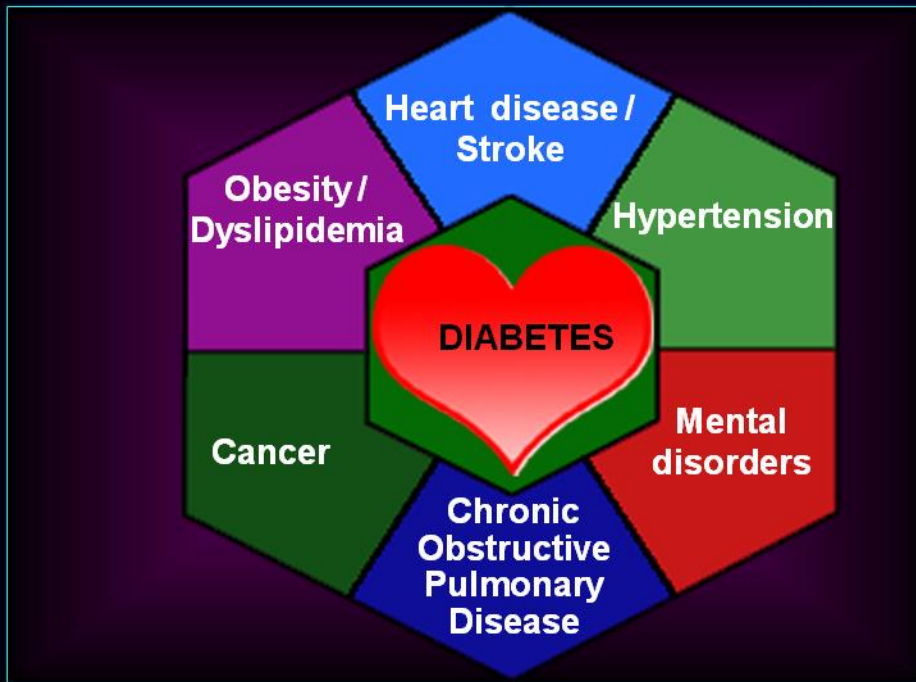


NON-COMMUNICABLE DISEASE (NCD):

DIABETES MELLITUS:

Another important chronic disease is diabetes, affecting 415 million people worldwide and resulting in 1.1 million deaths in 2005. Luckily, type 2 diabetes which represents over 95% of all cases of diabetes can be prevented through modulation of diet and exercise. Early diagnosis of diabetes is critical to effective management and prevention of complications. Anybody with a family history of diabetes should undergo a blood sugar test to rule out diabetes.

WHAT ARE NON-COMMUNICABLE DISEASES (NCD'S) ?



WHAT IS DIABETES?

**IS HIGH BLOOD SUGAR
(HYPERGLYCAEMIA)**



DIAGNOSTIC CRITERIA FOR DIABETES

- Fasting Plasma glucose $\geq 126\text{mg/dl}$ (more than 2 occasions)
- Symptoms of diabetes + Random Plasma glucose $\geq 200\text{mg/dl}$ (more than 2 occasions)
- 2 Hour Plasma glucose during GTT $\geq 200\text{mg/dl}$
- Glycated hemoglobin (HbA1c) of $\geq 6.5\%$

A few tips regarding diet for people with diabetes are included in the Figures below :

INCLUDE	HEALTHY DIET	EXCLUDE
	<ul style="list-style-type: none"> * Continue traditional meal pattern * Decrease use of fast foods * Use of coarse cereals as opposed to refined * Generous use of vegetables, pulses and sprouts * Decrease fried foods and sweets * Use of traditional oils e.g. groundnut, sesame, mustard * Decrease consumption of bakery foods * Include fibre rich foods 	
		
		

USE MORE COLOURS IN YOUR DIET

RAINBOW COLOURS



A simple two minute diabetes risk test called the “**Madras Diabetes Research Foundation - Indian Diabetes Risk Score (MDRF-IDRS)**” was developed to cost effectively screen for diabetes in all those at high risk of diabetes. This **MDRF – IDRS diabetes risk test** can be done by anyone based on four simple questions and a waist measurement using an inch tape. The four questions are:

- a) What is your age?
- b) Do you have a family history of diabetes?
 - a). If yes, does your father or mother or both have diabetes?
- c) Do you exercise regularly?
- d) How physically demanding is your work [occupation]?

One can calculate the risk of developing diabetes based on the scores provided in the table given below.

MADRAS DIABETES RESEARCH FOUNDATION - INDIAN DIABETES RISK SCORE (MDRF - IDRS)	
PARTICULARS	SCORE
<i>Age:</i>	
<35 years	0
35 – 49 years	20
≥ 50 years	30
<i>Waist circumference:</i>	
Waist < 80 cm [female], <90 cm [male]	0
Waist ≥ 80 - 89 cm [female], ≥ 90 – 99 cm [male]	10
Waist ≥ 90 cm [female], ≥ 100 cm [male]	20
<i>Physical activity:</i>	
Vigorous exercise [regular] or strenuous [manual] work at home /	0

work	
Moderate exercise [regular] or moderate physical activity at home / work	10
Mild exercise [regular] or mild physical activity at home / work	20
No exercise and sedentary activities at home / work	30
<i>Family history of diabetes:</i>	
No diabetes in parents	0
One parent is diabetic	10
Both parents are diabetic	20

If the score is....

≥ 60: Very **HIGH RISK** of having diabetes. Oral Glucose Tolerance test is recommended to rule out diabetes. If this is not possible, at least a Random Blood sugar or a Fasting Blood Sugar should be done

30 – 50 : The risk of having diabetes is **MODERATE** . It is still recommended to have the above check up.

<30 : Risk of having diabetes is probably **LOW**

Note : The Indian Diabetes Risk Score applies only to common type of diabetes called as Type 2 Diabetes. People with Type 1 and other forms of diabetes need not have high risk score

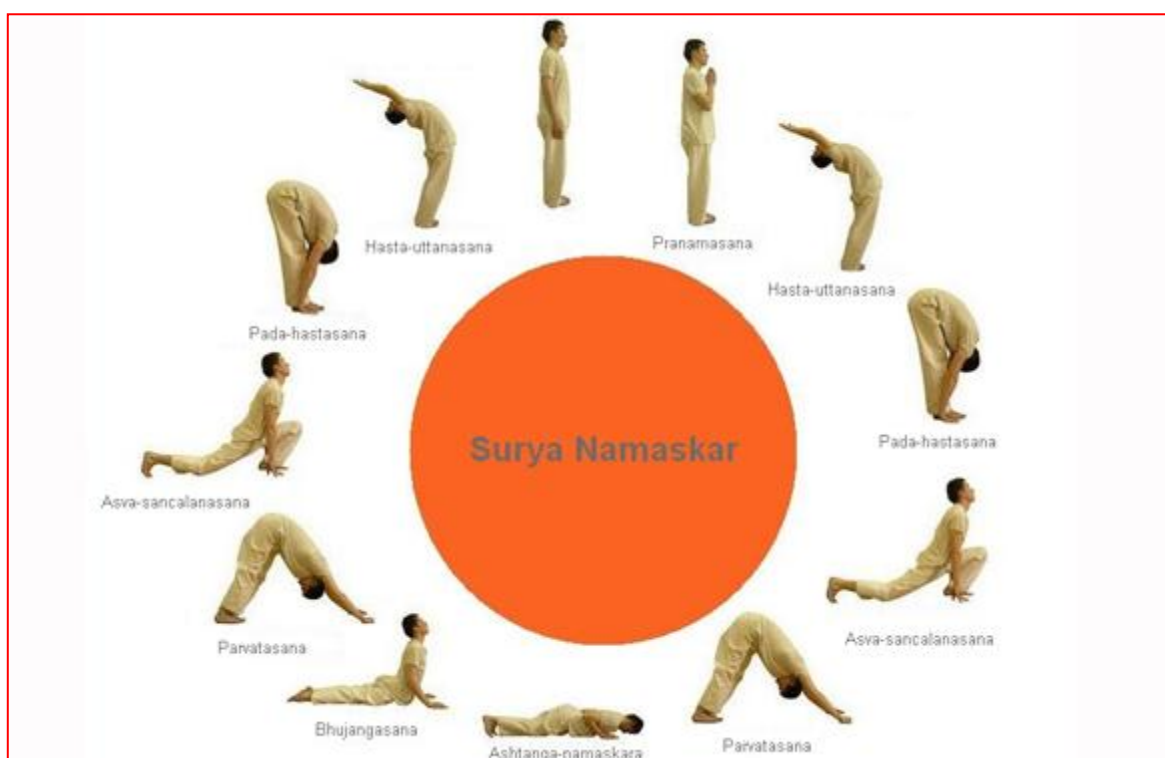
EXERCISE

Breathing exercise and yogasanams help to improve oxygen intake and gives good relief to patients of any breathing disorder. Most illness can be cured by simple living, simple exercise and by intelligent control of the tongue. Some people do not do any physical exercises and lead a sedentary life. It is good for them to commute by cycle at least 5 or 6 kms a day.

GET UP AND MOVE



YOGA TECHNIQUES



Picture of a healthy vegetarian food pyramid and healthy habits is given below:

Choose your plate



Vegetables

Whole grain cereals
Eg., Brown rice or whole wheat

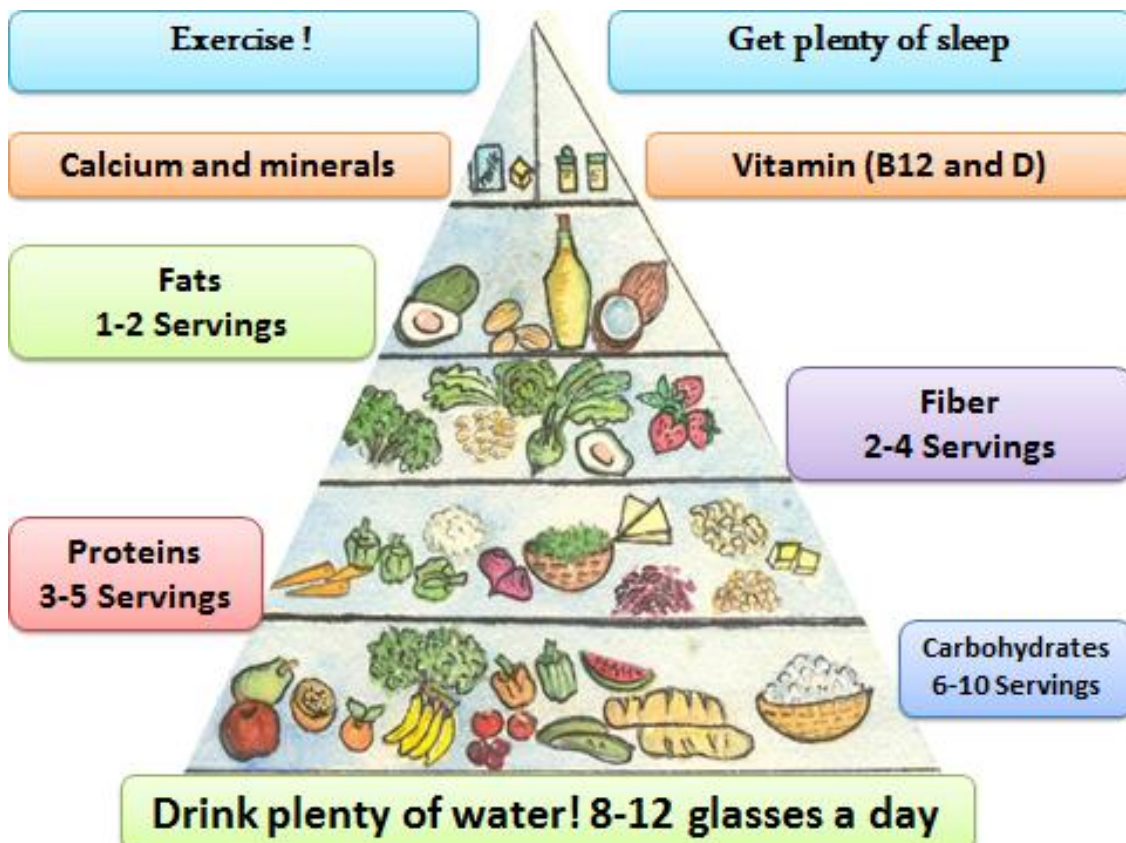
Pulses

Milk products

Divide your plate

- ❖ 50% should be vegetables
- ❖ 25% should be pulses and
- ❖ Only 25% cereals

Change the concept of eating more rice and few vegetables



CARDIO-VASCULAR DISEASE & HYPERTENSION

Sri Sathya Sai Baba frequently states that heart disease is caused by “Hurry, Worry, Curry.”



Modern man is continuously in a hurry. Hurry causes worry, which affects the physical health. The main cause of heart troubles may be said to be hurry, worry and curry. Curry means fatty foods. Many doctors have made investigations in this field but the results have not been made known widely. Heart diseases are found to be more rampant among non-vegetarians while vegetarians are not prone to heart ailments to the same extent. This is because of higher percentage of fats in non-vegetarian food, which increases the cholesterol in the blood. Worry causes high blood pressure and hurry causes diabetes. Both of them are like twins, one acting on the heart inside and the other externally on the blood.

Cardiovascular disease is the most common cause of death worldwide with over 80% of these deaths occur in low and middle income countries. Cholesterol is essential, but excess cholesterol will harden the nerves and veins. This consequently thickens the blood making the heart pump less and less blood. The

heart pumps the blood and sends it to the lungs which purifies the blood and distributes it to the entire body. When the heart pumps less, more and more cholesterol accumulates there, which is dangerous for the heart.

MOTHER & CHILD CARE

Sri Sathya Sai Baba particularly emphasises the treatment of expectant mothers and the need for good prenatal care. In one discourse He stated, “My opinion is that mother and child care should be given top priority.”



Nearly 1/3 of pregnant women in South Asia receive no prenatal care. As a result, preventable diseases such as iron deficiency anaemia, malaria, HIV and tetanus cause maternal and neonatal deaths in developing countries. Insufficient care during pregnancy and delivery results in many avoidable maternal and child deaths and disabilities. Therefore, improving the health of the mother and child through education and increased access to preventive care is essential.

SPIRITUAL DISCIPLINE

Finally, the most important of all is spiritual discipline. Baba says that the greatest disease is the absence of Shanthi (peace). When mind gets peace, the body will have health. It is vital that healthcare professionals focus more on preventive healthcare and health education in order to improve the health of our patients, our communities and our nations.

GOD WORKS THROUGH A DOCTOR

In today's world, doctors are the most important class of sevaks,. Theirs is indeed a noble calling. When seva is rendered with love, intelligence and earnestness, it leads them nearer and dearer to God, for it draws unto itself the Grace of God. This is the reason why the scriptures elevate the Vaidhya (doctor) to the status of God. "Vaidhyo Naaraayano Harih". If the doctor is full of love and compassion, God works through him.