



EDITORIAL

Hello WHealth readers,

Welcome to the new financial year 2021-22.

Year 2020-21 was an illustrative year for all of us. It was disruptive, unpredictable with many people facing the challenges to come out as winners. It has seen heroes coming out of ashes and it has seen humanity and love flowing around freely. The year not only taught us a great deal about lifestyle & behaviour, but also imparted some crucial life lessons. This year has been nothing short of a Guru for us. And the new financial year has started with a bang in stock market.

Nature has been equally welcoming. Spring, the most regenerative season has arrived. New leaves, blooming fresh buds, happy chirping birds,

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colourful butterflies fluttering around... all of which represents endurance, change, hope as the earth seems to come to life again. With a series of festivals being celebrated in this month, the mood is upbeat.

The availability of vaccine has offered us protection partially, but as we move ahead we still need to fight Covid-19 with the trishul of SMS – Social distancing – Mask – Sanitizer, the mantra to keep us healthy & happy in future to come.

Enjoy the happy times ahead!

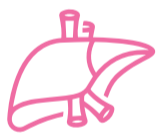


TRENDING THIS MONTH

Love your Liver & Live Longer

April celebrates World Liver Day

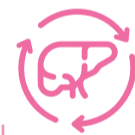
Your liver works hard, performing hundreds of complex functions, but unfortunately, it is also one of the least thought about organs. Reason being, since it the most tolerant organ, it doesn't usually show any obvious signs or symptoms until more than 75% of it is affected.



Facts about liver

1

- It's the second biggest organ next to skin
- Largest solid organ in the body
- It is the only organ that can completely regenerate on its own



Progression of liver damage

5

1



Healthy Liver

2



Fatty Liver

3

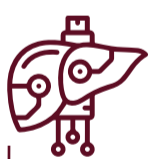


Inflamed Fatty Liver with scars

4



Scarred or hardened unfunctional liver



Liver works hard

2

- It performs more than 500 different functions in the body
- Storage house for vitamins, minerals and glucose
- Energy source
- Blood filtration unit to remove toxic substances
- Production factory - bile for digestion, insulin for controlling sugar levels, clotting factors for blood clotting, blood
- Regulator - Maintains sugar, cholesterol levels



Symptoms of fatty liver

6



Abdominal Pain



Weight Loss

Excessive Fatigue



Jaundice



Dark Urine



Nausea

Loss of Appetite



Easy Bruising



When liver falls sick

3

Liver is made up of about 10% fat. In fatty liver especially among alcoholics, this percentage rises. Fatty liver fails at storing glycogen made by glucose from food.

First sign of liver problem is Jaundice, where eyes and skin turns yellow due to accumulation of broken blood cells.



What's bad for your liver

4

- Viral infections like Hepatitis A, B or C
- Alcohol consumption
- Obesity & diabetes
- Heavy use of some medicines
- Tumours

Diagnose Liver disorder early

- Indicators of metabolic syndromes - obesity like large waist size, high blood glucose levels, high triglyceride, low levels of HDL cholesterol & high blood pressure should be watched
- It is important to take liver tests during annual health check up. ALT or SGPT & AST or SGOT are primary biomarkers for liver function.
- Fatty liver can also be tracked through imaging tests like Abdominal Ultrasonography, CT Scan & MRI Scan
- The liver becomes stiff due to fibrosis or scar tissue and fat accumulation, normal ultrasound scans can not measure this, but special scans can measure the liver stiffness to ascertain the degree of fibrosis and fat level like Fibroscan, MRE & others



How to take care of your liver



Stop alcohol consumption & smoking



Avoid high calorie food

Avoid saturated and trans fat foods like burgers



Reduce use of pain killers



Watch your weight



Increase intake of food containing omega-3-fatty acids & other antioxidants

Exercise regularly



Maintain sugar & cholesterol levels in the body



Eat healthy & balanced diet with lot of fibrous food such as fresh fruits and vegetables, whole grain breads, rice and cereals



Get vaccinated against Hepatitis infections

https://www.nhp.gov.in/world-liver-day_pg
<https://amazingfacts4u.com/liver/>
<https://www.nash24x7.com/diagnosis/>

**LIVE HEALTHY, LIVE HAPPY
CARE FOR YOUR LIVER**





HEALTH@HOME

मँगो Mango

"I am a diabetic"

"I am on diet"

Can I eat mango?

"My stomach is upset"

How many mangoes are okay for me to eat daily?

Will I be able to digest mango?

Will mango harm?



Just keep all the confusion away and enjoy the seasonal fruit

- Popular nutritionist Rujuta Diwekar

Mango is a favourite fruit for many of us. It is tasty & nutritious too.

Mango is low in calories yet high in nutrients. It is fat-free, sodium-free & cholesterol-free.

- **Rich in carotene** – Clears skin and gives flawless complexion
- **Rich in vitamins** – Contains more than 20 vitamins and minerals, especially vitamin C that strengthens bones & joints, increases iron absorption
- **Rich in fibres** – Improves digestion & Lowers cholesterol
- **Rich in Vit B6** – Helps maintain normal blood sugar levels

Is it good for diabetics or weight watchers?

Definitely yes, fibres in mango help limit the rapid absorption of sugars.

Tip to make it Cool: **Mango should be soaked in water for 30 min before eating.** It helps remove excess phytic acid, which may interfere in absorption of good nutrients in mango

How many mangoes can one eat in a day?

Mango is good, but like all food should be taken with moderation. 1 mango a day or serving of maximum 330gm per day is good for health.

Best time to eat mangoes:

You can eat mango for breakfast or lunch or as mid-meal. But avoid eating the fruit before bed or right after a meal.

It's best to eat mangoes whole in its natural form. Avoid mixing mangoes with sugar as the combination can be dangerous for your weight and blood sugar levels.

The 'Aam' recipe

Indian culinary has a long list of mango recipes including aamras, variety of aam pickles & chutneys, aam panha. Both raw mango and ripe mango has been innovatively used to make every recipe taste different and yummy. Mango is added to many sweet dishes as flavour to make shrikhand, kheer, sweet puris, burfis, ladoos etc.

Sharing today the sweet and tangy Aam Chutney made out of semi-ripe mangoes. It is quick to make and can be preserved in refrigerator for use with parathas, bread, dosas or as part of regular meals. Jaggery has been used to make it healthier.

Ingredients

- Cut Semi-ripe mangoes _____ 2 bowls
- Oil _____ 3 tablespoonful
- Mustard seeds _____ 1 tablespoonful
- Jaggery powdered _____ 1 bowl
- Red chilly powder _____ 1 tablespoonful
- Kalonji (nigella seed) _____ 1 tablespoonful
- Salt to taste

Recipe

- Heat oil in pan, add mustard seeds & fry.
- Add cut mango pieces & mix well. Cook till pieces become soft.
- Add jaggery powder, mix and cook till jaggery melts
- Add red chilli powder, kalonji, salt to taste and mix well
- Cook till mixture gets semisolid.



WHEEL OF WELLNESS



When we think of health, we think of physical health. But our ancient science of ayurveda highlights importance of mental health. Ayurveda says, **“The perfect balance of mind, body and soul is considered as complete health”**. Infact two main guiding principle of ayurveda are

The **mind & body** are inextricably connected

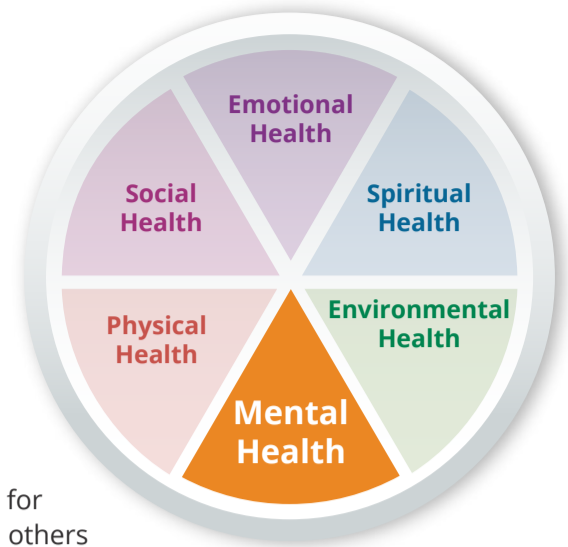
Nothing has more power to heal & transform the body **than the mind**

During the current pandemic time, when second wave is creating news, when uncertainties and fear is making people anxious or instead of & depressed and information overload is blinding our thought process, the only sensible option is,

‘Believe in the Power of I’

Power of I : Power of self. The mind power.
The fears that most of us have in mind, have been aggravated today ... The fear of future, the fear of earning, fear of death, fear of losing loved ones and others. The issue about being fearful and anxious is that it takes away the power to think logically.

Maintaining Self courage, resilience, calm and a composed mind that can logically think of solutions for the situation & problem is the best thing that can happen to you.



In current times, self care goes beyond following norms like social distancing, masks, sanitization and asks for keeping yourself and others healthy with proper nutritious diet, exercises following the norms, asanas and pranayams to keep body & mind healthy.

Power of I : Power of Information.

Burst of information in covid times on various social media is rather confusing because of positive and negative opinions on every topic of discussion. Sometimes personal views are shared as news & unvalidated information is shared as medical advice. Information definitely adds power to your decisions, provided the information is from valid, authenticated source.

Before accepting any opinions and information, please validate that the information is genuine and not fake. Accept information from authentic sources like the government or authority on the subject. For example, when information about covid infection, vaccine and do’s and don’ts are concerned, check sources like WHO, CDC, ICMR, Ministry of Health & Family Welfare.



FUN & LEARN

Check your IQ on Covid-19 vaccines?



Specify True or False

- 1 Covid-19 vaccines are not safe because it has not undergone adequate testing
- 2 Covid-19 vaccines cause severe side-effects
- 3 People who already had Covid-19 infection may still need to be vaccinated
- 4 Covid-19 vaccines insert the virus into your body
- 5 People still need to wear a mask after receiving the Covid-19 vaccine

Adapted from: https://www.medicinenet.com/covid-19_vaccine_myths_and_facts_quiz/quiz.htm



THE HEALTHY INDIAN THALI



UTTAR PRADESH *Awadhi Thali*

Uttar means North. The northern state that connects the western lands to eastern India is Uttar Pradesh. With its geographical closeness to capital of India 'Delhi', in historical times, it was the state invaded several times and ruled for long time by Moghuls. Bearing the influence, UP cuisines have a great impact of royal Mughlai way of cooking i.e abundant use of the exotic spices like saffron & cardamom, dried fruit, and nuts. Use of milk, cream, khoya & paneer add richness to flavour.

There is another style of cooking famous from UP known as Awadhi. It hails from Awadh area and as the name suggests the food is cooked on slow fire which allows the juices to be absorbed properly into all parts. Each and every nutrient is retained by the dish with this process of cooking.

Wheat, rice, pulses, oilseeds, and potatoes are major agricultural products of UP and make presence in most of the recipes including breads like variety of puris, parathas stuffed with different fillings, biryanis, pulav etc.

There are 4 types of special treatments given to food that imparts it a unique flavour and taste.

- **Galavat** : Refers to the use of softening agents such as papain (from raw papaya) to tenderize meat. Eg Galouti kababs



Pic Courtesy: Ribbonstopastas.com

- **Baghar** : This is a method of tempering a dish with hot oil / ghee and spices. It may be done either at the beginning of the cooking as in curries, or at the end as for pulses
- **Moin** : It is the shortening of dough. In this process fat is rubbed into the flour and made into dough for kachoris or pooris or parathas. This makes the final product crisp, flaky and crumbly.
- **Zamin doz** : This is a style of cooking in which a hole is dug in the ground and the ingredients are placed and covered with mud. Then burning charcoal is placed over it. The cooking process takes about 6 hours.

Glimpse of Awadhi Thali

- **Starters/ chats** :
Tikias - Aloo ki tikia, Alloo chats, Dahi vada, Basket chats, Sweet potato chats
Kababs - Famous ones are Galouti, Kakori, Harabhara kabab
- **Kormas & curries** : With paneer, mix vegetables, mutter ka nimona (Blended farm fresh peas made into a curry with lentil dumplings), Dubkiwali alloo, Takey paise ki curry
- **Daals** : Sultani daal (Pigeon pea daal made rich with yogurt, cream and milk.), Arhar ki daal (comforting yellow lentil tempered with pure ghee, cumin and garlic)
- **Vegetables** : Various stuffed vegetables like stuffed tomatoes, stuffed karela, Dum bhindi
- **Rice dishes** : Nawabi pulav, Biryani, Mutter ki tahiri, zarda (Meethe chawal)
- **Sweets** : Halwas using different cereals such as gram flour, sooji wheat cooked with royal touch of desi (pure) ghee, Nuts, cardamon and saffron, Makane ki kheer
- **Breads** : Roomali Roti, Lachha paratha, Warqi Paratha, puri (palak puri, beetroot puri, Jeera puri), Kulcha and Naan
- **Accompaniments** : Chutneys, especially pudina chutney, Sweet potato chutney, Raita with cucumber & boondi, Meethi chutneys, pickles
- **Drinks** : Jannate gulab or Shahi gulab,

Answers to Fun & Learn : 1. False - Approvals for COVID-19 vaccines given only after vaccines have been shown to be safe and effective as established by data from large clinical trials. 2. False - Most side effects of the COVID-19 vaccines, are mild and temporary. After a vaccine is administered and the body is building its defenses, mild side effects like pain at injection site, fever, fatigue are normal and expected 3. True: The Centers for Disease Control (CDC) states that natural immunity from COVID-19 infection may last only upto 90 days. Hence people are advised to get a COVID-19 vaccine even if they have been previously infected with COVID-19. 4. False : You cannot get COVID-19 from COVID-19 vaccines. None of the vaccines for COVID-19 contain the live virus that causes COVID-19 5. True: Following an immunization, it can take several weeks for the body to produce the immunity needed to fight infection, so it is possible a person could become infected with COVID-19 just before or just after vaccination because the body has not yet had time to build its defenses. Another reason is that vaccines are proven effective in preventing serious illness from infection. But whether an asymptomatic infected person can transmit the virus is unknown

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