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Effective Home Remedies For Toothache Relief



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Sleep Disorders



RAMAYAN; SOME MESSAGES FOR DOCTORS



1- Prince Dashrath(King Dashrath of Ayodhya) was very good marksman with bow and arrow. Once out in jungle for hunting near water resource he heard gurgling sound. He presumed that a deer was drinking water. Without looking through the bushes he shot the arrow in the direction of gurgling sound. On hearing groaning sound he proceeded to collect his kill, but found that he had hit a man who was collecting water. The injured person was Shravan Kumar who was collecting water for his blind parents whom he used to carry in the baskets. Prince Dashrath tried to help injured Shravan Kumar who was fatally injured. Dying Shravan Kumar requested the prince to take water to his parents. On hearing a different voice the parents asked

why their son had not brought the water and instead sent him? Prince Dashrath explained that it was an accident which had resulted in death of their son. On hearing this Shravan Kumar's mother died immediately. But, before dying Shravan Kumar's father cursed the prince that he would also meet the similar fate, and would die because of separation from his son as we are dying because of separation from son. It is stated that king Dashrath died six days after Ram departed for fourteen years exile.

Message: Wrong act is wrong even if done unintentionally. A doctor should never go by presumption, should take proper history, examine the patient thoroughly; and if needed investigations should be done to arrive at correct diagnosis.

2- During the war between Ram and Ravan Lakshman was hit by an arrow shot by Indrajit son of Ravan. Lakshman became unconscious. Lakshman was treated by vaid Sushen who was Ravan's Rajya Vaid. {Royal Physician}.

Message: For a doctor a patient is a patient without personal identity.

3- Vaid Susha examined Lakshma thoroughly and asked for Sanjeevni booti Hauman was asked

to bring the required plant from the location which Vaid Sushen had pointed when Hanuman reached the right location he could not identify sanjeevi booti from the group of plants so he plucked a big piece of the mountain and brought it to the vaid Sushen. Vaid Sushen identified the right plant from the group of plant and administered it to Lakshman who recovered.

Message: It is doctor's duty to administer right medicine. Unfortunately at present in our country many sub-standard, spurious and potentially harmful medicines are being made and marketed by the India pharmaceutical houses.


A doctor cannot plead that every medicine approved by Drug Controller was presumed to be safe and effective. As a pediatrician I would like to cite here two example:

1. Medicines in drops forms are meant for infants and toddlers and not for grown up children and adults. Chlorpheniramine is not recommended for children below one year of age and Phenylephrine HCl is not recommended for children below two years of age. Antic cold drops with this combination are made by many pharma houses.

2. Dose of Cefixime is 4mg/ per Kg BD and dose of Ofloxacin is 7.5mg per kg BD for children. Many syrups having 100 mg of both antibiotics per 5ml are available

in market. In case one calculates the required dose according to Ofloxacin, administered dose of Cefixime would be almost double of the recommended dose, may cause toxicity; on the other hand if the required dose is calculated according to Cefixime the Ofloxacin would be administered under dose and may result in antibiotic resistance.

Thus, a doctor has to be very careful and fully knowledgeable about the medicines being prescribed.

Conclusions: In case doctors follow meticulously Ramayan's messages (ethics) humanity will get benefits and in case doctors do not follow these ethical messages humanity will pay heavy price. Doctors should watch interest of patients without any distinction or religion race caste etc. 

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HOME REMEDIES FOR VARICOSE VEINS ON LEGS AND FACE

Varicose veins are the chronic disease that can occur in both women and men at the age of over 30. According to statistics from the big hospitals around the world, the rate of patients with varicose veins is more and more increasing. This disease is caused by many reasons, such as standing or sitting for a long time, wearing tight clothes and high heels, changing hormones, gaining weight, etc. People with varicose veins will feel pain in legs after standing or sitting for a long time. Moreover, it can make the skin dry and itching, infect the soft tissues, and change the skin color near the ankle. If this problem is not treated early, it can lead to skin ulcers or thrombophlebitis. If you are looking for the good methods to get rid of this problem quickly, we are going to show you the list of top 10 amazing and natural home remedies for varicose veins on legs and face.



1. **Apple Cider Vinegar;** One of the most affordable remedies to get rid of varicose veins is to use apple cider vinegar, which has fantastic functions

of promoting blood circulation and flow. Besides, it can aid you in purifying, cleansing the body and eliminating the toxin accumulation from inside. People with varicose veins can drink apple cider vinegar to treat this problem by mixing it with warm water. Or you can follow the directions below.

2. **Olive Oil :** Olive oil is a simple and safe remedy for treating varicose veins. Many medical experts have proven that massaging your affected skin with olive oil is a good method to boost the blood circulation and reduce the pain and swelling caused by varicose veins.
3. **Garlic :** As you know, garlic brings a lot of benefits for human health, especially women's skin. That is because it can protect your skin from inflammation and reduce some symptoms caused by varicose veins thanks to its anti-inflammatory activities[4]. Moreover, this ingredient helps to remove harmful toxins from the blood vessels and stimulate the blood circulation.
4. **Cayenne Pepper:** If you want to treat varicose veins safely and effectively, you should take time for cayenne pepper. Cayenne pepper is full of bioflavonoids and vitamin C that can help to improve the blood circulation, reduce the swelling and pains of veins.

5. **Cabbage** : A popular vegetable in autumn-winter, cabbage contains high nutritional value while treating many diseases for humans, including varicose veins. That is because it possesses many vitamins, such as A, C, E, B1, B2, & K, potassium, magnesium, calcium, iron, phosphorus, copper, etc. that are effective in promoting blood circulation and protecting you from cancer as well. Besides, cabbage is very high in sulfur that can help to destroy the fermentable substances in the blood and reduce pain fast. Therefore, you can apply cabbage leaves to the varicose veins or eat them daily to improve your condition.

6. **Chrysanthemum** : Chrysanthemum is well known as an effective herb for patients with varicose veins. Chrysanthemum flowers contain flavonoids and vitamin C that helps to stimulate the blood circulation effectively.

7. **Witch Hazel** : Witch hazel has the gallic acid and many essential oils that may assist you in relieving the pain and swelling. Besides, this herb has the wonderful functions of enhancing the blood vessels and eliminating some symptoms caused by varicose veins.

8. **Cypress Oil And Olive Oil** : A combination of cypress oil and olive oil is considered as a perfect remedy to get rid of varicose veins fast and

effectively. Cypress oil can help deal with varicose veins by increasing circulation and supporting the circulatory system. It is also thought to have a few physiological effects, including decreasing heart rate variability and remaining healthy blood pressure.

9. **Olive Oil & Vitamin E Oil** : Vitamin E oil is very effective in providing the moisture and necessary nutrition for the skin. Meanwhile, olive oil is a great way to treat varicose veins due to the anti-inflammatory and anti-bacterial properties. Besides, this oil can help to increase the blood circulation and reduce the pain effectively. Therefore, this will be a good mixture to eliminate your problem.

10. **Jojoba Oil, Grape Seed Oil, And Lemon** : The combination of grape seed oil, jojoba oil, and lemon is one of the most effective home remedies for varicose veins. According to a study, grape seed extract may help deal with the symptoms of chronic venous. Lemon juice is enriched with vitamin C and works as a blood purifier.



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EFFECTIVE HOME REMEDIES FOR TOOTHACHE RELIEF

Toothache is a common issue affecting millions of people worldwide. It can lead to infections, tooth loss, and systemic health issues. Various products can be used effectively to manage toothache.

Introduction:

Tooth decay is the tooth surface damage caused by bacteria in the mouth secreting acids that attack the enamel which can result in pain. Toothache can impact the quality of life, including hypertension, inadequate sleep, diet, speech, and work efficiency. Medicines that you use to cure pain can result in certain side effects such as vomiting, tooth staining, and diarrhea. It is also important for you to practice good oral hygiene which includes:

- Using soft or extra-soft bristled toothbrushes
- Brushing your teeth twice a day
- Using mouthwashes
- Using interdental floss
- Limiting sugary foods
- Regular check-up
- Quitting the habit of smoking and tobacco chewing

Effective home remedies:

• Saltwater:

Saltwater rinse kills the bacteria present in the oral cavity and reduces inflammation. It is one of

the effective home remedies that heals the cavities naturally.

• Green tea:

It possesses antimicrobial and anti-inflammatory properties that help fight the bacteria in your oral cavity. Drinking a cup of green tea daily prevents the worsening of cavities.



Green tea meric paste

Turmeric paste can be made by mixing it with water which has strong antioxidant, anti-inflammatory, and antiseptic properties. It reduces pain and inflammation that is caused by tooth abscess, and gum disease. You can apply the paste on the affected site and leave it for a few minutes.



- **Garlic:**

You can make a garlic paste by crushing it and is applied directly on the affected tooth. It can be mixed with a little salt and peanut butter that is applied to the tooth for pain relief.



Garlic (Pinterest)

- **Oil pulling:**

Swish oil in your mouth that fights against microorganisms, and improves your overall oral health. Generally, coconut oil is used due to its antibacterial properties. You can use a tablespoon of coconut oil and swish it for around 15-20 minutes followed by rinsing with water.



Oil pulling (Pinterest)

- **Onion:**

Antioxidant agents called flavonoids are present in onions that help to relieve toothache. As

it contains Vitamin C, it keeps the gums healthy and strong.

- **Apple Cider Vinegar:**

It helps in removing stains and bacteria from the tooth surface. It can be applied directly to the teeth and rinsed after some time.

- **Amla:**

Amla reduces the count of oral microorganisms and reverses the caries progression. It also promotes the healing of soft tissues by reducing the plaque.

- **Honey:**

Honey can be used in the management of ulcers, gingivitis, and fungal infections.

- **Mango leaves:**

Mango leaves have antibacterial properties and can be used for chewing. It contains bitter gum, resin, and tannins. It forms a protective layer over the enamel and protects against caries.

- **Neem:**

Neem twigs/ neem oil can reduce the count of bacteria and inflammation. It contains substances such as chloride, fluoride, silica, tannins, oils, flavonoids, calcium, etc. It reduces the incidence of plaque and gingivitis.

- **Clove oil:**

Over 2000 years, it has been used to control both tooth decay and

bad breath. A cotton pellet soaked in one drop of clove oil can be placed in the tooth cavity for immediate effect. Don't place the pellet in the tooth for more than two minutes as it can cause chemical burns and inflammation.

- **Guava leaves:**

It has antimicrobial and anti-inflammatory properties that reduce toothache. The leaves are boiled and salt is added to the solution after cooling which can be used as a mouthwash.



Guava leaves (Pinterest)

- **Cranberry juice:**

Cranberry juice can prevent the adhesion of bacteria to the tooth surface and reduce plaque formation. It promotes oral health by reducing the incidence of caries and bad breath.



Cranberry juice (Pinterest)

- **Vitamin D:**

You can spend some time under the sunlight which boosts your vitamin D levels and promotes

stronger teeth. You can even take supplements after consulting a healthcare provider, and ensure that your body gets essential nutrients.

- **Aloe Vera Gel:**

Aloe Vera gel has soothing properties that help in treating tooth decay and promote healing of the tissues.

- **Licorice root:**

It is rich in glycyrrhizin and flavonoids that are used for treating gum disease, tooth decay, and sore throats.



Licorice root (Pinterest)

Conclusion:

Home remedies can be an effective solution for relieving toothache and discomfort. These home remedies address symptoms rather than the underlying causes. Regular brushing, flossing, and follow-up are essential to maintain oral health and prevent future issues. If the symptoms persist, it is essential to consult a dentist for proper diagnosis, and treatment plan.



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INTEGRATIVE APPROACH OF CLINICAL NUTRITION AND AYUSH SYSTEM FOR SUSTAINABLE PUBLIC HEALTHCARE IN INDIA : AN OVERVIEW

Abstract:

The healthcare industry in India is rapidly growing in every aspect such as increased health coverage, enhanced services, and growing investments from both public and private sectors. The facilities like advanced speciality hospitals, medical devices, clinical trials, outsourcing, telemedicine, medical tourism, health insurance, and medical equipment have tremendously increased. At the same time, the disease burden of non-communicable diseases, communicable diseases are not reduced significantly. The science and technology development in the modern medicine system makes the health system moving on positive direction. This article documents the scope for integrative approach of Clinical nutrition sector and Ayush system for the prevention and management of various communicable and non-communicable diseases in timebound manner.

Key words: Non communicable diseases, communicable diseases, healthcare sector, clinical nutrition.

Introduction

The health of the population is directly associated with the growth and development of the nation. A healthy population is a developmental goal of a country and it becomes a major ingredient for the other wider goals of the country related with social and economic development. The present health system of India is at cross roads with major changes occurring in the morbidity and mortality patterns^(1,2). The major issues such as burden of non-communicable diseases, Communicable diseases and other associated health matters have to be tackled effectively in time bound manner. For this purpose, the government has to develop innumerable policies and guidelines by integrating various schemes under health sector. This article gives the overview about the current status of the Indian public healthcare sector and its major issues & challenges, as well as the scope for improvement through integrative approach and inclusiveness of other streams like AYUSH for achieving the concept of sustainable public healthcare in India.