



# Health & Fitness

- A Space Marketing Feature



## Water dispenser with mini freezer

**S**ATISFY your beverage and snack cravings with one quick trip to the *Sure* hot and cold-water dispenser. This versatile unit instantly delivers hot water that's perfect for coffee, tea, soup and more, as well as ice-cold water for convenient refreshment. A refrigerator compartment lets you keep food and canned or bottled beverages on hand. *Sure* is perfect for the office environment as well as home use in reek rooms, basements, garages, and as additional kitchen storage.

and ice-cold water suit any refreshment need refrigerator compartment lets you store food, sodas, and more.

Hot and cold water dispenser; led indicators for hot and cold power functions; refrigerator compartment with slide-out shelf and auto-defrost; roomy refrigerator accommodates two-liter bottles; Safety push-button valves for hot and cold water; Adjustable front levelling legs; removable drip tray. M/s Vishalandhra Industries are marketing hot and cold-water dispensers, with added features like chiller and freezer compartments, and child lock facility.

The child-safe hot water faucet prevents accidents and burns, and a removable drip tray allows easy cleanup. Choose the *Sure* and meet all your refreshment needs with one convenient unit!

Push-button valves prevent spillage and hot water burns. Instant piping hot

They are also conforming to the environmental norms, with CFC free refrigerant. For product details contact: Tel- 27611888, 9347234901.

## Ayurveda and Osteoarthritis

**O**STEARTHRTIS is the most common condition, affecting the weight bearing joints often described as "wear and tear" arthritis. In human body the ends of the bones in normal joints are covered with a smooth, slippery tissue called cartilage, which provides protection to our bones. Joints also contain a fluid called synovial fluid, which acts as a cushion or "shock absorber" and lubricates the joint. In people with osteoarthritis, the synovial fluid becomes thinner and loses its elasticity.

The thinner synovial fluid does not provide a good cushion. For this reason, the cartilage covering the ends of the bones begins to break, which leads to pain and stiffness in the joint. Osteoarthritis is also known as degenerative joint disorder, because of degeneration of cartilage covering the ends of the bones.

In Ayurveda this condition is called as sandhighat vata. This condition can be a very mild disease or a severe disease that greatly limits everyday activity. For example, if patient has Osteoarthritis of the knee, patient may feel pain and swelling in the knee area and pain gets worse during movement of the knee. Patient may feel or hear crunching or cracking sounds on movement of joints. X-rays usually confirm diagnosis.

Ayurvedic science is based on the principles of bio-energy. There are three types of bioenergies or doshas called vata, pitta and

kapha, which control metabolism and all other functions of human body. The equilibrium of the doshas provide complete health and imbalance of these doshas lead to various disorders. Osteoarthritis (sandhighat vata) is a vata disorder in which excessive vata energy causes dryness in the joints followed by pain, swelling and stiffness of affected joints.

Ayurvedic therapy in osteoarthritis not only prevents further deterioration in the joints but also rejuvenates the damaged cartilages. Ashwagandha, Guggul and Shilajit, one capsule or tablet twice a day with large glass of water for six months produce excellent results in osteoarthritis. These herbs do not cause any side effect even for longterm use. As acute pain may not be felt in every case of degeneration, one must think of starting treatment at the very initial stage.

Ayurveda and keraliya panchakarma increases mobility and decreases disability in osteo arthritis. The therapies include: abhyangam, swedam, elakizhi, pizhichil, navarakizhi, janu vasthi, virecanam, matra vasthi etc. These differ from person to person and are decided by a specialist ayurvedic physician according to the age, severity, intensity, and disability of the patient.

Ayurvedic diets and life styles are selected as per constitution of the individual. One should avoid being overweight, because excess weight increases the load on the joints.

Regular exercises of knee joints help the patient to remain fit.

Contact Dr. Kranthi Vardhan, Chief Physician & Managing Director on 92461 66636/ 55101140 all days from 8 am- 8 pm.

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