

“ Healtiful is designed to inspire people to live their healthiest lives, every day, through medically reviewed information and expert health resource. It has comprehensive health information that covers all aspects of a healthy lifestyle like healthy habits, health concerns, preventative care, medical care, seasonal health tips and expert advice. We hope our humble attempt empowers our readers to take up (stay on) a proactive path towards a healthy life. It is a bi-monthly magazine, so stay tuned for informative & interesting articles, practical tips that will inspire you to prioritize your health and take control of your health. ”

World Yoga Day

Yoga and it's relevance in modern life for good health

In today's fast-paced world, we often find ourselves struggling to keep up with the demands of our daily lives. The day-to-day pressures to succeed, meeting deadlines, delivering high-quality work, and erratic schedules have taken a toll on the physical and mental well-being of people. With technology and social media at our fingertips, we are constantly bombarded with information and messages, making it difficult to find a moment of peace and quiet. This can lead to a sense of emotional overload.

In light of this, it has become the need of the hour to create a balance, by including Yoga in our lives. Yoga is not only postures and asanas but also involves pranayamas, kriyas, dhyana or meditation, breath work, living mindfully and following a healthy diet. Therefore, the benefits of Yoga are not simply physiological but rather, manifold.

Yoga is a science that focuses on improving not only physical health but also mental and spiritual well-being, which are the foundations of our life.



“ GOOD HEALTH IS NOT A GOAL,
IT'S A WAY OF LIVING ”

Reap the Benefits of Yoga

The practice of Yoga is increasing throughout the globe. Yoga is being intensively studied by scientists and it is proved that yoga calms and relaxes both mind and body and uplifts the spirit. It is an exceptional discipline for getting a good mind and keeping yourself healthy.

Physical Health Benefits:

- Improved Flexibility & Balance
- Strengthens the Muscles
- Boosts Blood Circulation
- Improved Posture
- Increased Immunity

Mental Health Benefits :

- Reduces Stress
- Improved Sleep Quality
- Increased Focus and Awareness
- Enhances Self-Acceptance and Self-Love
- Boosts Energy Levels & Reduces Lethargy
- Anger Management & Increased Calmness

Therapeutic effects of yoga and its ability to increase quality of life:

Therapeutic yoga is defined as the application of yoga postures and practice to the prevention and treatment of health conditions.

The yogic practices also reduces or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations.

Heart Related Conditions

Yoga is an isometric exercises, which means you will have to hold your muscle tension for a few second to minutes improving our cardiovascular health and circulation, while normalizing the blood pressure. Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

Digestive System

The contraction and relaxation of stomach and its surrounding muscles creates a massage like experience that improves blood circulation, metabolism and normalize digestion. It also helps improve gut health and nutrition intake.

Musculoskeletal

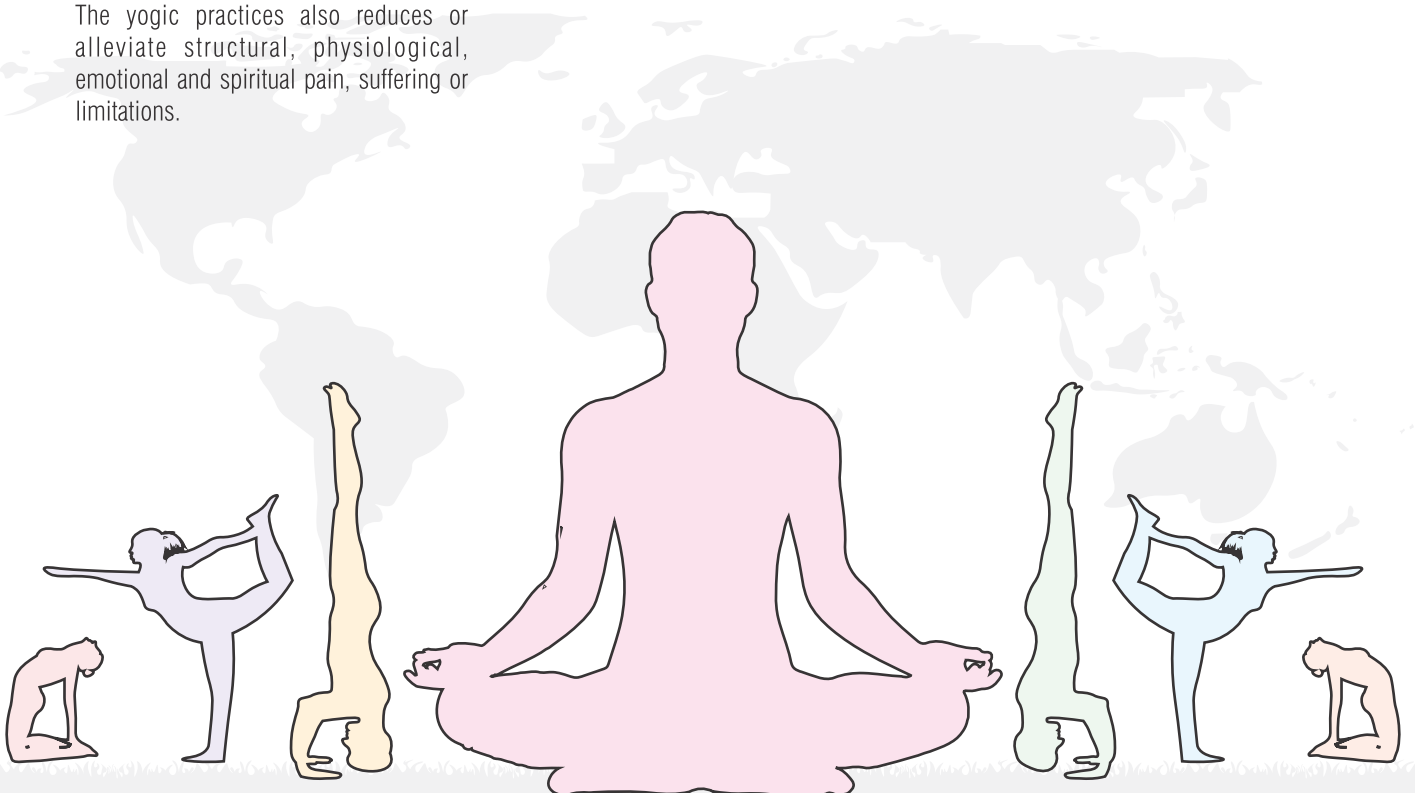
Various Yoga poses forces your joints to move to their full range of motion encouraging mobility and eases pressure, while stretching releases muscle, joint tension and stiffness. It is also said to help prevent / manage osteoporosis by enhancing bone strength and shown to ease some of the discomfort of tender, swollen joints for people with arthritis.

Nervous System

Practicing yoga improves blood circulation, muscle relaxation creating a delicate balance that soothes our nervous system. Long term benefits of practicing of Yoga includes management of stress, anxiety and fatigue while improving concentration, energy, calmness and well being.

Please Note: It is always recommended to consult your doctor before starting out Yoga programs especially if you have any pre-existing conditions or haven't exercised in a while.

Our way of life has changed, most likely, forever. Across the world, yoga has come to be recognised as an effective tool in improving health, which, in turn, helps maintain an all-important work-life balance. Today, yoga has gained an enormous following globally as a practice that promotes well being of the mind, body, and spirit.



World Hepatitis Day

Understanding Hepatitis and How to Prevent It

Hepatitis is chronic diseases recognized with an inflammation of the liver caused by various toxic substances and auto-immune responses. The intensity of hepatitis ranges from mild to severe liver damage, cirrhosis, and even liver cancer.

As a significant global health challenge that requires a comprehensive approach encompassing prevention, screening, and treatment WHO celebrates July 28 as World Hepatitis Day in hopes of International actions and awareness to prevent the spread of this chronic disease.

The first step toward prevention of Hepatitis is understanding the different variants, causes and risk factors dissociated with the diseases and taking proactive steps against it. Vaccination has proven to be an effective remedy in reducing the spread of Hepatitis A and B.

Vaccination, Regular screening, early diagnosis, prompt treatments also brings positive results in the prevention and progression of acute hepatitis to chronic liver diseases.

Hepatitis Viruses Variants

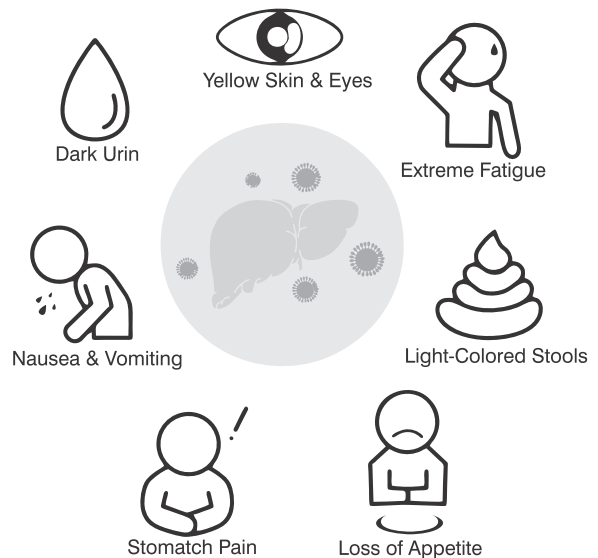
Hepatitis viruses are divides into five main types namely Hepatitis A, B, C, D and E. Each virus differs in terms of transmission, severity and long-term consequences.

The main form of transmission for Hepatitis virus include contaminated food, water and body fluids. Its interesting to note that viruses are not the only reasons for hepatitis, alcohol consumption (Alcoholic Hepatitis), certain medications, toxins and autoimmune responses could also causes hepatitis.

The risk of contracting viral hepatitis spikes in those who engage in unprotected sexual activities, use intravenous drugs or receive untested blood transfusion/organ transplant.

Symptoms: Hepatitis symptoms can vary depending on the type and stage of the infection. Acute viral hepatitis may show flue like symptoms like Fatigue, fever, nausea, vomiting, loss of appetite, abdominal pain and jaundice. **In some cases individuals may show no symptoms even when infected with Hepatitis.**

To diagnose hepatitis doctors recommend blood and liver tests to detect specific antibodies or viral genetic materials in the bloodstream and liver functions for inflammations.



The prevention of hepatitis transmission is highly dependent on the type.

Vaccinations: For hepatitis A & B vaccination is available to provide long term immunity. Hepatitis vaccines are important for both adults and children to build immunity and prevent further spread.



Safer Medical Practices: For Hepatitis C, D & E there is no preventive vaccination available. However promoting safer medical practices like not sharing needles and blood screens can help prevent the spread.

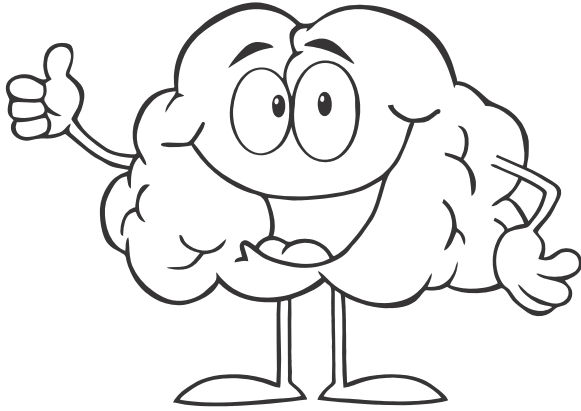
Lifestyle Modification: For alcohol hepatitis and similar variants, limiting consumption and exposure to harmful substances, following safety protocols and maintaining proper hygiene are the only way to safeguard against hepatitis.

Appropriate treatment, immunization procedures and lifestyle changes can prevent this potentially life changing disease from wrecking your happy and healthy life.

World Brain Day

Spotlight on Brain Health

Take care of your brain health, as 1 in 3 people worldwide have some Neurological conditions.



The human brain is the center of the body's nervous system and core of our cognition. It is responsible for everything that we do, feel, and perceive. So when this system is damaged by brain disease, disorder, or injury, it affects many aspects of our daily life. It can affect our personality, mood, speech, cognition, senses, organ function, body system, motor function and it can even cause seizures.

In this fast paced society where stress, anxiety and unhealthy habits are running rampant, brain health represents a major health concern. With billions of people affected and millions of lives lost each year, brain health is of great concern worldwide.

The top neurological conditions contributing to overall amount of disability, illness and premature death in the modern society are Stroke, Migraine, Dementia, Diabetic Neuropathy (nerve damage), Meningitis, Epilepsy and Nervous System Cancers.

A large number of these neurological cases are preventable with proper lifestyle management and preventive measures. According to World Federation of Neurology

90% of strokes, 40% of dementia cases, and 25% of epilepsies are preventable.

Every year on July 22 **World Brain Day** is celebrated to bring awareness to the importance of brain health and promote prevention, advocacy, education, and access to resources and treatment for neurological disorders. The

theme of 2024 World Brain Day is "**Brain Health and Prevention**", this puts a spotlight on the importance of raising awareness in people regarding preventable neurological disorders like cognitive decline and promoting optimal brain health.

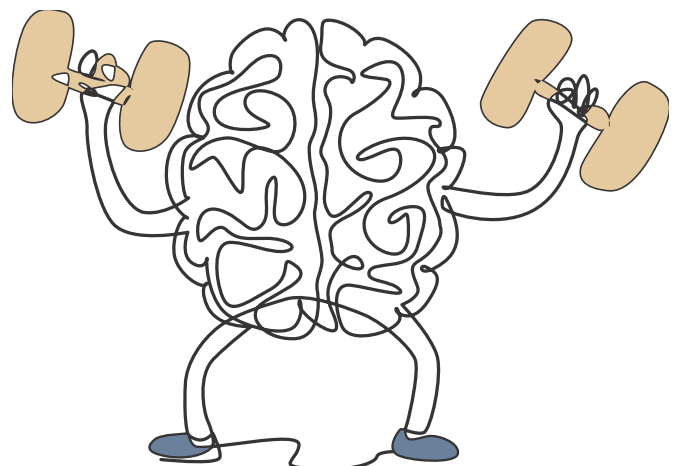
Prevention is Key for Brain Health

The World Health Organization (WHO) has found strong interrelationships between several neurological disorders such as dementia and stroke with behavioral risk factors like physical inactivity, unbalanced diets, and harmful alcohol consumption.

Taking small preventive measures against risk factors for brain disease can make a big impact down the line in preventing cognitive decline and promoting Brain Health.

- Exercise Regularly
- Practicing Relaxation Techniques and Engaging in Hobbies
- 7-9 hours of Quality sleep
- Stay Socially Connected
- Avoid Smoking & Limit Alcohol
- Eat a Balanced Diet
- Stay Hydrated & Prioritize Mental Well-being
- Wear Helmets, Seat Belts, and Take Precautions to Prevent Falls and Head Injuries
- Stay Mentally Active with Puzzles, Crosswords, and Creative Activities
- Regular Health Checkups (majorly for BP, Blood Sugar & Weight)

To achieve optimal brain health making conscious changes in our lifestyle as early as possible is a must. According to World Health Organization, the early stages of life are an important opportunity to promote brain health. Taking preventive measures during this critical period of brain growth can stop the development of brain disorders and reduce the burden on brain for a better quality of life.



Staying Safe from Monsoon Maladies

While rain after a hot and humid day can be a desirable thing; the fact cannot be denied that rain bring in some serious rainy season diseases.

During monsoon season, the air is humid and damp, increasing your risk of exposure to bacteria, viruses, and other infections. The infection risk is two times higher than in the rest of the year. The humid weather condition has becomes a favorable environment for harmful microbes to thrive and attack our immune systems.

Some of the recurrent diseases that arises during monsoon season include:

Airborne

- Common flu
- Influenza

Waterborne

- Cholera
- Typhoid
- Diarrhea
- Leptospirosis
- Hearirus A

Mosquito borne

- Dengue
- Malaria
- Chikangunya



Staying Safe

The transmission of airborne diseases usually happens from one person to another. These diseases can be avoided if you remain cautious and take some preventive measures including:

Airborne

- Covering your mouth while coughing or sneezing
- Drinking warm water every few hours
- Keeping your children away from people who are sick
- Washing your and your kids' hands and feet thoroughly after returning from outdoors
- Keeping your home well-ventilated



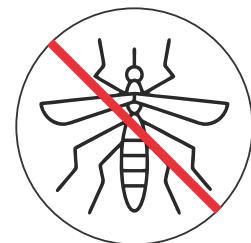
Waterborne

- Drink boiled water
- Wash fruits and vegetables thoroughly before consumption
- Keep your food covered
- Try to avoid food from outside, especially from roadside stalls
- Ensure covered drainage system or potholes around your neighbourhood
- Vaccinate your children beforehand



Mosquito borne

- Using mosquito nets
- Getting rid of stagnant water and cleaning your neighbourhood
- Using mosquito repellent before going outdoor





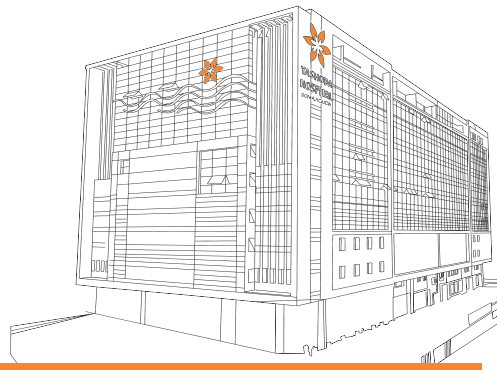
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