

ओ३म



# the health mantra..



आर्य समाज - डी ब्लॉक, विकास पुरी नई दिल्ली  
द्वारा संचालित

गुरु विरजानन्द धर्मार्थ औषधालय

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# भजन संध्या एवं वार्षिकोत्सव



आर्य समाज डी-ब्लॉक, विकास पुरी द्वारा संचालित  
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# the health mantra..

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### नोट :

हैल्थ मन्त्रा में छपे लेखों से किसी भी लेखक द्वारा दिये गये विचार या विचारों से सम्पादक मण्डल का सहमत होना आवश्यक नहीं है।

*From the editor....*



Hello, Second Edition

Welcome back once more, dear readers, it's my pleasure to present our second issue of '**The Health Mantra**', This is a quarterly published health magazine from Guru Virjayanand Dharmarth Ashodhalaya, Aryasamaj Mandir, Vikaspuri D-block, has again assembled a diverse group of articles that provide something of interest to our varied readership.

In this issue, we introduce some new section like, Tips for you, where we share some health related tips for you.

The Miscellaneous, where some mixed article on various information is added and the last but not the least, our Laughter section.

As we mention in our first edition, the aim of this magazine is to just provide and share information and knowledge to the people, this book is related to health, fitness and general information, we collect some NEWS, articles, facts from different sources like news channels, books, and website. We sincerely mentioned the exact source from where we get the information and the same time we share our own articles on different topics of health and fitness and many more.

On behalf of the Editorial Board, I would like to thank our contributors for their efforts and hope our readers continue to find useful and interesting information in The Health Mantra.

I hope you enjoy this second edition and do let us know if there any topics you'd like to see covered in the future.

*Dr. Rajdeep Bordoloi*



## संदेश

मेरे लिये यह सौभाग्य का विषय है कि मैं पिछले कुछ समय से आर्य समाज 'डी' ब्लाक विकासपुरी को अपनी सेवाएं प्रधान के रूप में दे रहा हूँ। युग प्रवर्तक महर्षि स्वामी दयानन्द सरस्वती ने प्राणीमात्र के कल्याण हेतु सन् 1875 में मुम्बई में आर्य समाज की स्थापना की थी। स्वामी जी के जीवन काल में दिल्ली में केवल एक ही आर्य समाज था। सन् 1878 के बीच स्वामी जी इस समाज में तीन बार पधारे। तब दिल्ली राज्य भी आर्य समाज की गतिविधियों का प्रमुख बन गई। इस समय दिल्ली राज्य में गुरुकुलों एवं डी.ए.वी. पब्लिक स्कूलों में स्थापित आर्य समाजों के अतिरिक्त लगभग 400 आर्य समाज महर्षि दयानन्द जी के मन्तव्यों को घर - घर पहुंचाने में सक्रिय हैं। इसी श्रृंखला में एक नाम आर्य समाज 'डी' ब्लाक, विकासपुरी का है।

आर्य समाज 'डी' ब्लाक द्वारा संचालित गुरु विरजानन्द धर्मार्थ औषधालय में हर मेडिकल सुविधा उपलब्ध हैं। विभिन्न शाखा के मेडिकल स्पेशलिस्ट, Fully computerised pathological lab, Digital X-Ray एवं ECHO की सेवाएँ जनहित के लिए उपलब्ध हैं। E.W.S. परिवार एवं वरिष्ठ नागरिकों के लिए मैनेजिंग कमेटी समयानुसार विशेष छूट देती रहती है। होम्योपैथिक, दन्त, आयुर्वेदिक, Physiotherapy, नेत्र रोग विभाग भी सुचारु रूप से इस कार्य को आगे ले जाने में अपना सहयोग कर रहे हैं। निःशुल्क मेडिकल कैम्प का भी समय - समय पर आयोजन होता रहता है जिसका दूर - दूर के लोग भी लाभ उठा रहे हैं।

गुरु विरजानन्द धर्मार्थ औषधालय में सेवाएं दे रहे डॉक्टरों के द्वारा एक अच्छी पहल के फलस्वरूप Health Mantra Magazine का शुभारम्भ स्वामी देव दयानन्द जी के 194वें जन्म दिन पर प्रथम अंक का विमोचन हुआ। मुझे हर्ष है कि डॉ राजदीप बोरडोलोई मुख्य सम्पादक अपने व्यस्त जीवन से समय निकाल कर इस को दूसरा अंक प्रकाशित करने हेतु उनका सहयोग सराहनीय है। हमें पूर्ण विश्वास है कि आप सब इस अंक में प्रकाशित लेखों के माध्यम से स्वास्थ्य लाभ उठायेगे।

मैं अपनी कार्यकारिणी का धन्यवाद करता हूँ, जो समय पर जनहित के लिये कार्यक्रमों का आयोजन कर रही है। पर्यावरण हेतु हर पूर्णमासी पर पार्को में यज्ञ का आयोजन करना, युवकों के चरित्र निर्माण हेतु शिविर का आयोजन एवं स्वामी श्रद्धानन्द कोचिंग सेन्टर के माध्यम से 6ठी से 12क्लास के बच्चों को निःशुल्क कोचिंग करवाई जा रही है।

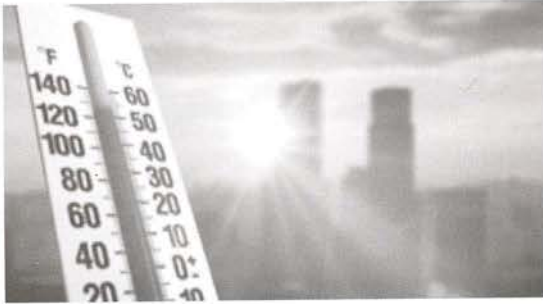
परम पिता परमात्मा हम सबकी बुद्धि को सन्मार्ग की ओर प्रेरित करें।

धन्यवाद!

हरीश कालरा

प्रधान

आर्यसमाज डी - ब्लॉक, विकास पुरी



## The Health Mantra

### Heat Stroke :

The heat stroke is a form of hyperthermia or heat related illness, an abnormally elevated body temperature with accompanying physical symptoms including changes in the nervous system and its function.

Heat stroke is a true medical emergency that is often fatal if not properly treated. Sometime a person experience symptoms of heat exhaustion before progressing to heat stroke. Few sing and symptoms are :

- High body temperature
- Rapid pulse
- Difficulty in breathing
- Hallucination
- Confusion
- Disorientation
- Seizure
- Muscle weakness or cramp or coma



***The key to beating the heat, of course, is prevention. The following tips for keeping cool and healthy despite the sweltering sun and humidity.***

- Don't overexert yourself.
- Drink a quart of fluids an hour.
- Wear loose clothing light in color and fabric, as well as a hat and sunblock, and stay in the shade or indoors if possible.
- Open windows and use fans, or turn on air conditioning. If you don't have air conditioning, go to a public place that does, like a mall, library, or movie theater.
- Avoid caffeine and alcohol, which can speed up dehydration.
- Make sure babies and children

drink plenty of fluids. Avoid beverages with caffeine, or a large amount of sugar.

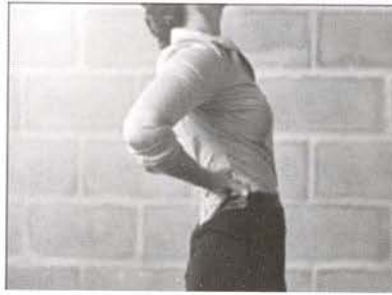
(Source:NEWS Medical, Life science)

## \*Low back pain :

Lower back pain is a most common problems and cause for visit to a doctor. According to the National Institute of Neurological Disorders and Stroke (NINDS), low back pain is the most common cause of job related disability. At least 80% of Americans will experience low back pain in their lifetime.

Most low back pain is the result of an injury, such as muscle sprains or strains due to sudden movements or poor body mechanics while lifting heavy objects. Low back pain is more likely to be occur in individuals between the ages of 30 to 50 years. This is partly due to the changes that occur in the body with aging. The complex system of spinal muscles, bones, tendons, ligaments in and near the lumbar spine can be damaged by a number of factors. The steps toward identifying the source of your pain are paying attention to your unique symptoms. The common complications associated with the low back pain include :

- Dull aching pain
- Muscle Spasm
- Numbness or weakness



- Local soreness upon touch
- Pain that moves down one leg or to the groin, buttock or upper thigh

- Stiffness or difficulty moving
- Tingling sensations

A sedentary lifestyle, obesity, pregnancy and smoking can also increase the likelihood of developing lower back pain.

To prevent low back pain, regular exercises, maintain your body weight and maintain correct posture are essential.

Few exercises for low back pain:



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Dr. Rajdeep (ref: Authored by Dr.Colin Tidy)

## Thyroid Cancer : What is this?

A neck lump or nodule is the most common symptoms of thyroid cancer. You may feel a lump, notice one side of your neck appears to be different, or your doctors may find it during a routine examination. If the tumor is large, it may cause neck or facial pain, shortness of breath, difficulty swallowing, cough unrelated to a cold, hoarseness or voice change.

.....If you find something like these, do not worry, visit to a concern doctor, there is all solution available.

(Source: Endocrineweb)

## हार्ट अटैक के लक्षण:

विभिन्न लोगों के दिल के दौरों के लक्षण विभिन्न होते हैं। वास्तव में, एक व्यक्ति को फिर से पीड़ित होने पर भी पहली बार से अलग लक्षण हो सकते हैं। आपको इन लक्षणों पर नजर रखने की आवश्यकता है :

### 1. सीने में बेचैनी :

यह दिल का दौरा पड़ने का सबसे आम लक्षण है। एक व्यक्ति को छाती के बीच में शुरू होने वाले दबाव, निचोड़ने, पूर्णता या दर्द की भावना महसूस हो सकती है। दर्द या असुविधा आमतौर पर कुछ मिनटों से अधिक समय तक रहती है। यह जा सकती है और फिर वापस भी लौट सकती है। यह आगे बांह और पीठ, या सिर और गर्दन तक भी फैल सकती है।

### 2. जबड़ा दर्द, दांत दर्द, सिर दर्द :

जबड़े, पीठ या बाहों में दर्द दिल की स्थिति का संकेत दे सकता है, खासकर यदि मूल का पता लगाना कठिन हो। विशेष रूप से, अगर परेशानी परिश्रम के साथ शुरू होती है या बिगड़ जाती है, और फिर कसरत छोड़ने पर बंद हो जाती है, तो आपको तुरंत एक चिकित्सक को दिखना चाहिए।

### 3. सांस की कमी :

सांस की कमी या जैसे आप हवा के लिए हांफ रहे हैं दिल का दौरा पड़ने का एक सामान्य लक्षण है। सांस की तकलीफ या साँस लेने में कठिनाई, चिकित्सकीय रूप से डिस्पनिया के रूप में जाना जाता है।

### 4. थकान :

आप थकान या यहां तक कि हल्कापन भी, बेहोशी के साथ या बेहोशी के बिना महसूस कर सकते हैं। कुछ लोगों को दिल के दौरों के दौरान चिंता या डर का भी अनुभव होता है। अत्यधिक थकावट या अस्पष्टीकृत कमजोरी, कभी-कभी दिनों के लिए, दिल का दौरा पड़ने का लक्षण हो सकता है।



### 5. पसीना आना:

स्पष्ट कारण के बिना पसीना भी दिल का दौरा पड़ना का संकेत हो सकता है।



## \*Pre natal exercises

### Prenatal Exercises and Activity:

During pregnancy your body experiences dramatic physiological changes that require a carefully designed exercise program. These naturally occurring changes are not permanent, and the benefits of regular exercise are many. Always check with your health care provider for any limitations on your activity before attempting any exercises. (For the exercises shown in the diagram).

What are the Benefits of exercises during your pregnancy?

1. Stronger muscles in preparation for labor and support for loosened joints
2. Improved posture and appearance
3. Relief of back pain
4. Improved circulation and Decreased muscle tension that promotes relaxation
5. Increased energy level and less fatigue

\*Some General exercises which can be done during pregnancy safely :

1. **Deep Breathing Exercises** : Inhale through your nose and exhale from your mouth.
2. **Foot and Ankle Exercises** : Ankle Toe Movement is good for pumping your calf muscle and increase blood flow, Bend your ankle and stretch vigorously up and down for 30 to 40 seconds.
3. **Pelvic Floor Strengthening Exercises** :
  - A. Sit and lean slightly forward with a straight back.
  - B. Squeeze and lift the muscle as if you are trying to hold or stop a wee (urine).
  - C. Hold and Squeeze as you count to 10; than relax for 10 seconds.
  - D. Repeat this for 15 to 20 times and trice a day.

(Source : Sutter Health.)

### Exercises During Pregnancy



Quadruped arm/leg raises



Modified push-up



Lunges



Wall slide



Heel raises



Rowing



Arm slides on wall



## Fruit and fun.....

Fruit has been recognized as a good source of vitamins and minerals, and for their role in preventing vitamin C and vitamin A deficiencies. People who eat fruit as part of an overall healthy diet generally have a reduced risk of chronic diseases.

Fruit are important sources of many nutrients, including potassium, fiber, vitamin C and folate (folic acid).

**(Dairy Council of California)**

So.....

**Fruit for this season is Pomegranate.**

The Pomegranate is a red colored fruit. The origin of pomegranate fruit dates back to Egypt thousands of years ago where it was thought to be a royal fruit. There are theories that suggest the fruit was first cultivated and consumed in Iran or Persia.

**The Fact :** The scientific name of this fruit is Punicum granatum. The ancient Greece, it was believed that pomegranate is the fruit of the dead and was formed from the blood of Adonis, the God of desire and beauty.

### Health Benefits of Pomegranate :

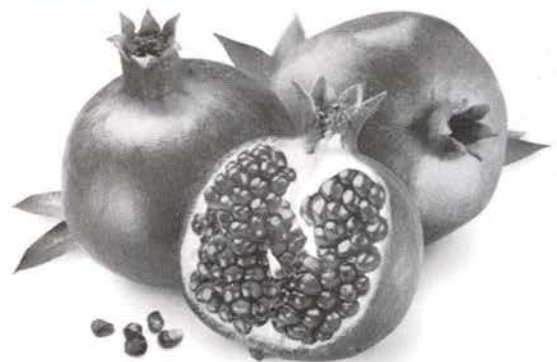
**1. Cancer Prevention :** The Studies show that the pomegranate has anti-tumor properties. Many studies that discovered the presence of punicic acid, which is a type of omega-5 poly-

saturated fatty acid. This target breast cancer cells and killing them effectively. This fruit also reduce the chances of prostate cancer in men.

**2. Healthy Heart :** Cholesterol build up in the arteries is the main reason for most people suffering from heart problems and disease and risk of Heart attack. Pomegranate juice is comparatively higher in antioxidants when its seeds are crushed along with it. This helps clear arteries and maintains healthy heart.

**3. Antioxidants :** Antioxidants are extremely necessary for a healthy and balanced functioning of your vital organs of body. There are many diseases that can be avoided with an adequate consumption of antioxidants. Antioxidants help build a wall that protects the body both externally and internally.

The Antioxidants in pomegranate are three times more powerful than the amount of antioxidants in red wine and matecha tea.



**(Source: Natural food series.)**

## Home Remedies..

### Home remedies for diabetic control.

#### What is Diabetes???

To answer that, you first need to understand the role of insulin in your body. When you eat, your body turns food into sugars, or glucose. At that point, your pancreas is supposed to release insulin. Insulin serves as a "key" to open your cells, to allow the glucose to enter -- and allow you to use the glucose for energy. But with diabetes, this system does not work. (Diabetic Research Institute Foundation)

When you have diabetes, your body either doesn't make enough **insulin** or can't use its own insulin as well as it should. This causes sugars to build up in the blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.

**(Source: Diabetes.co.uk)**

Since there is no permanent cure for diabetes, you need to be extremely careful with your blood sugar level to lead a normal life. There are a number of easily available home remedies for diabetes that can keep your blood glucose levels in check.

Here's a list of the 4 best home remedies for diabetes -

1. **Cinnamon** : Research shows that cinnamon is helpful as a supplement in

regular diabetes treatment, especially for type 2 diabetic patients. It stimulates insulin activity, which results in breakdown of glucose into energy, thereby lowering diabetes sugar level.



#### How to use :

- Add 3 tablespoons of cinnamon to 1 litre of boiling water.
- Let it simmer for 20 minutes on a low flame, and then proceed to strain the mixture.
- Have this concoction daily in order to keep your blood glucose levels in control.

2. **Bitter Gourd** : Bitter gourd/Bitter melon also known as karela in hindi is a very popular home remedy for diabetes. It owes its efficiency to two key compounds - Charatin and momordicin. Both of these aid in the prevention of diabetes and are beneficial for both type 1 and type 2 diabetes mellitus.



#### How to Use:

- Bitter gourd juice may definitely not be your favorite drink for the summer, but it is one of the best home remedies to control diabetes.

- A glass of bitter gourd juice (without seeds) every morning is very effective when it comes to controlling your blood glucose levels.

1. **Gooseberry:** The fact that almost all Ayurvedic preparations contain Amla or Gooseberries is not surprising. Studies show that the polyphenol-rich fruit has properties that protect the body from the oxidative properties of high blood sugar.

Other than regulating your blood sugar levels, polyphenol helps prevent cancer & ageing as well.



#### How to use:

- Take 2-3 gooseberries and remove the seeds.
- Grind it into a fine paste.
- Put the paste in a cloth and squeeze out the juice.
- Mix two tablespoon of the juice in one cup of water and drink it daily on an empty stomach.

#### 2. **Mango Leaves :**

Mango leaves are a great home remedy for sugar control. They reduce glucose absorption in the gastrointestinal tract, giving them their sugar-

lowering (hypoglycemic) properties.

#### How to use :

- Boil 15 fresh mango leaves in 1 glass of water.
- Leave overnight.
- Filter this water and drink first thing in the morning.

**Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.**

(Source: AIMIL)

Compiled By: Dr.Rajdeep

### Problems and Solutions..

1. Hello doctor, I am Mr. Atul, my 5 year old child suffers from cough and cold very frequently, some medication is going on, but can homoeopathy help him in getting rid of this problem?

**Doctor :** Hi, Mr. Atul. There are many homeopathic medicines for frequent cough and cold with very good results, this problem can be due to sinusitis, allergic bronchitis, rhinitis ect.. Few

investigations and clinical examination is necessary before start any treatment. So, I suggest you to visit nay good homeopathic physician for the consultation. Thank you.

....**Dr. Shilpi Gupta**  
(Dept. of Homeopathy Medicine)

2. Hi Doctor, My name is Shabana and I am 21 years old from Hasthal, I have been irregular periods since last 1 year, doctors say this is PCOS. What exactly is this syndrome?

**Doctor :** Hi Shabana, PCOS is a kind of hormonal imbalance which originates from ovaries, giving them a polycystic appearance on USG. In this syndrome patient has decreased production of hormones required for regular cycles due to which patient suffer from delayed periods, weight gain, increase body hair, change of voice and sometime infertility. In such case, I advise you to visit your gynecologist for proper treatment.

....**Dr. Swati Jain**  
(Dept. of Gynecology)

3. Hello, I am a 26 year old married woman, it's been 3 years but unable to conceive, my USG shows PCOS. Kindly guide me how can I conceive or this will be possible?

**Doctor :** Hi, Actually in PCOS, patients have irregular or delayed menses (menstruation) with erratic production of eggs and sometime failure to ovulate on time. If PCOS is the reason for failure to continue : you can take

treatment for ovulation. I suggest you to visit any good gynecologist.

....**Dr. Swati Jain**  
(Dept. of Gynecology)

4. Hello, Doctor, I am Deepak kumar of 30 years of age, have got some problem in my ears and having yellowish discharge from my right ear since last 7 to 8 days which also causes less hearing from the same ear. Please suggest.

**Doctor :** Hi, Deepak this discharge could be due to infection in the ear, this may be a fungal infection. In such case, I suggest you to keep your ear dry and clean. Avoid water to go inside ear during bath and swimming. Avoid drinking very chilled water and any spicy food and visit your nearest ENT specialist for the further treatment.

.....**Dr.Nitesh Khare**  
(Dept. of ENT)



Send your quarries or health related questions at [razdeep12@gmail.com](mailto:razdeep12@gmail.com) or whatapp at 9958459064

## New To Know....

### \*Strong link found between air pollution and diabetes.....

Air pollution and **diabetes** are responsible for millions of death globally. According to the World Health Organization (**WHO**), air pollution can lead to **lung cancer**, respiratory infection, stroke, and even heart disease.

Air pollution is a global issue, but low-income cities are the most affected.

The **air quality database** which was updated in 2018 shows that more than 80 percent of people who live in urban areas breathe air that does not meet the WHO guidelines.

Air pollution and **diabetes** are responsible for millions of death globally.

Air pollution and **diabetes** are responsible for millions of death globally.

### How does pollution lead to diabetes?

The exact mechanism behind the relationship between air pollution and diabetes has not yet been proven. However, scientists know that some pollutants once they have been breathed in can enter the bloodstream and interact with tissues and organs.

These interactions ultimately disrupt the body, and, among other things, may alter insulin sensitivity and production.

It is important to note that the risk of pollution-related diabetes is higher in lower-income countries that lack clean air policies, such as India, China, and Indonesia, while more wealthy countries, such as Canada, Australia, and New Zealand, have a lower risk.

The study findings suggest that the risk of diabetes rises dramatically between the lowest possible exposure levels and the EPA guidelines for air quality standards.

(Source : News Shelter  
By Chiara Townley)

### मिला 20 अरब सूरज के आकार का ब्लैक होल, धरती के पास आया तो कर देगा सब नष्ट.....

कैनबरा, खगोल वैज्ञानिकों ने एक ऐसे ब्लैक होल का पता लगाया है जो रोजाना तेजी से बढ़ रहा है। वैज्ञानिकों का दावा है कि ये ब्लैक होल इतनी तेजी से बढ़ रहा है कि यह पूरी आकाशगंगा की तुलना में हजारों गुना अधिक उज्ज्वल है। इसका साइज 20 अरब सूर्यों के जितना है और खुद को बनाए रखने के लिए ये हर दो दिन में सूरज जितने विशाल खगोलीय पिंड को निगलता है। ये खोज अस्ट्रेलियन नेशनल यूनिवर्सिटी के खगोल वैज्ञानिकों ने की है।

### आया नजदीक तो नष्ट कर देगा जीवन :

खगोल वैज्ञानिकों को एक बहुत ही विशाल ब्लैक होल का पता लगा है। वैज्ञानिकों का कहना है कि ऐसे होल नर्णमल नहीं हैं क्योंकि ये ब्रह्माण्ड बनने के वक्त ही बन जाते हैं। ये ब्लैक होल पृथ्वी से काफी दूर है। वैज्ञानिकों का कहना है कि अगर ये ब्लैक होल पृथ्वी के नजदीक होता तो धरती पर

जीवन नामुमकिन हो जाता। इस ब्लैक होल से भारी मात्रा में पैराबैंगनी किरणे और एक्स-रे निकलती हैं, जो जीवन को नष्ट कर देता है।

### चांद से गई गुना ज्यादा है रौशनी :

ये ब्लैक होल हर 10 साल में एक प्रतिशत के आकार से बढ़ रहा है, लेकिन हाल के सालों में इसका आकार तेजी से बढ़ा है। वैज्ञानिकों ने कहा कि अगर ये हमारे मिल्की वे यानी की आकाशगंगा में आ जाए तो चांद से कई गुना ज्यादा रौशनी पैदा करेगा। इसके आने से आकाशगंगा में इतनी रौशनी हो जाएगी कि बाकी सभी मौजूद तारों की रौशनी इसके सामने फीकी पड़ जाएगी।



(Source: One India Hindi, Akansha singh)

### Blood Moon 2018....

**According to NASA, the 'Blood Moon' lunar eclipse to occur on July 27 will be the longest one of this century.**

One of the most awaited celestial events that will take place on July 27 will be visible from all parts of the country. Scientists have termed the 'blood moon' as the longest lunar eclipse to take place in a century when the moon will be visible to the human naked eye in a reddish color.

The eclipse will be visible in two parts, first of it being a total lunar eclipse, followed by a partial eclipse both of which will last for over an hour. The phenomenon might take up more than four hours to run its course, according to various reports.

Stargazers in most countries won't be able to view both the eclipses one after the other. However, due to the geographical location of the Indian sub-continent, both of these eclipses will be visible to the naked eye.

Apart from India, the eclipse will be visible in South America, Africa, Middle East and Central Asia. It is said the full eclipse will last over an hour and 30 minutes, whereas the partial eclipse would last over an hour.

According to NASA, the 'Blood Moon' lunar eclipse to occur on July 27 will be the longest one and is just four minutes short of being the longest lunar eclipse to have ever been seen from Earth.



(Source: The Indian Express)

## \*Can dehydration affect pregnancy?

Dehydration is more common during pregnancy than at other times. Most cases of dehydration in pregnancy are mild, but severe dehydration can be dangerous for both the mother and the baby.

The fetus places intense demands on the body, and women who are pregnant need to consume extra nutrients. Morning sickness, as well as conditions that cause excessive vomiting, may also play a role in dehydration.

### Symptoms of dehydration during pregnancy:

Generally, the first sign of dehydration is feeling thirsty. People who feel thirsty after sweating, spending long periods of time in the heat, or going for long periods without water are especially likely to be dehydrated.

People who feel thirsty after sweating, spending long periods of time in the heat, or going for long periods without water are especially likely to be dehydrated.

- a dry feeling in the throat or mouth
- dry, chapped lips
- dry-looking skin
- less elastic skin that looks sunken or thin
- less frequent urination
- dark-colored urine
- urinating less often

- not sweating, even in hot weather
- feeling weak or exhausted
- constipation, hard stools, and hemorrhoids
- feeling lightheaded

Severe dehydration can cause shock and organ failure. It may also harm the baby.

**Advice :** Drink maximum amount of water and liquid like juice, milk, shakes.

(Source: Medical News today)

## Tips for you..



We added this new section 'Tips for You', where we share few tips related your health, fitness and Beauty, hope this will be beneficial for you and your health.

Sunburn....Are you worry about???

Excessive exposure to the UV (Ultraviolet) rays of the sun can not only hasten your age clock but also make you susceptible to skin cancer.

But don't worry\_\_\_\_\_



Here are few remedies that can help you to get relief from the redness and sunburn.

**Just check your kitchen cabinets :**

- Baking Soda
- Cucumber
- Potato peels
- Honey

**\*\* Baking soda: 1 cup baking soda and ¼ cup of water.**

**Method :** Mix cups of baking soda with ¼ cup of water and soak it for 20 minutes. After your bath, put your skin dry with a towel.

Then, apply it to the affected area of your skin, leave it for 10 minutes and wash off with cold water, repeat it every day morning, until sunburn heals.

**\*\* Cucumber :** This is a very useful vegetable, as we use this in salad in summer and its also fight against sunburn in summer.

- Chilled a Cucumber
- Take a spray bottle

Mash one chilled cucumber and apply it to the affected areas of your skin as a mask, leave it for 20-25 minutes before washing it off. Or you could also juice some cucumber and store it in a spray bottle in refrigerator, spray it on your sunburn skin for relief.

**\*\*Peeled Potato:** Potatoes are highly effective remedy to minimize the danger of sunburn.

- Take 1 medium size potato, peeled it or mashed it.
- Rub it on the affected areas of your skin for 10-12 minutes.
- You could also mash up a cold potato and apply the past on your irritated and sunburn skin.

Use this once a day.

(Source: Stylecraze.)

**Miscellaneous.....**

**श्री महाराणा प्रताप सिंह**



हिन्दुत्व के धधकते सूर्य, राष्ट्र के गौरव और धर्म की रक्षा के लिए हर सुख का त्याग करने वाले वीर महाराणा प्रताप का जन्म 9 मई 1540 ईस्वी में राजस्थान के कुम्भलगढ़ दुर्ग में हुआ था। उनके पिता महाराणा उदय

प्रताप को अपने जीवन में बहुत कठिन मुसीबतों का सामना करना पड़ा किन्तु वे स्वतंत्रता के लिए संघर्ष करते रहे। भामाशाह जैसे भरोसेमन्द पुरुषों की सहायता से उन्होंने दुबारा युद्ध लड़ा और प्रदेश के अधिकांश भागों में अपना राज्य पुनः स्थापित कर लिया। उनका बलिदान अनुयायियों के मध्य एक वीर योधा की भांति हुआ।

सिंह और माता जीवंत कँवर थी। वे राणा सांगा के पौत्र थे। बचपन में उन्हें सभी 'कीका' नाम से पुकारते थे।

सन 1576 में हल्दी घाटी के युद्ध में लगभग बीस हजार हिन्दुओं को साथ लेकर महाराणा प्रताप ने मुगल सरदार राजा मान सिंह के अस्सी हजार की सेना का सामना किया। यह युद्ध केवल एक दिन

चला परन्तु इसमें सत्रह हजार सैनिक मारे गए। अयाश, क्रूर, हत्यारे अकबर के पास सैन्य शक्ति अधिक थी तो महाराणा प्रताप के पास झुजारू शक्ति की कोई कमी नहीं थी। मुगलों की असली ताकत हिन्दुओं में से अलग होकर जा मिले गद्दार थे वर्ना अकबर जैसा अयाश, महाप्रतापी प्रताप के आगे कुछ पल न टिक पाता। महाराणा प्रताप के पास एक सबसे प्रिय घोडा था जिसका नाम 'चेतक' था। जब युद्ध के दौरान मुगल सेना उनके पीछे पड़ी थी तो चेतक ने महाराणा प्रताप को अपनी पीठ पर बिठा कर कई फुट लम्बे नाले को पार किया था। इस युद्ध में अश्व चेतक भी मृत्यु को प्राप्त हुआ। शत्रु सेना से घिरे महाराणा प्रताप को शक्ति सिंह ने बचाया। मातृभूमि के लिए जंगलो में कई वर्ष बिताये। वे मुगलों के

आगे झुके नहीं बल्कि मुगलों द्वारा दिए गये कई अनुबंधों को उन्होंने ठुकरा दिया।

1568 से 1597 ईस्वी तक 29 वर्षों तक पर्यन्त शासन किया। मृत्यु से पहले महाराणा प्रताप ने अपना खोया हुआ 85 प्रतिशत मेवाड़ फिर से वापिस जीत लिया था जिसकी खातिर वे महलो को छोड़कर जंगलो में रहे थे। 29 जनवरी, 1597 ईस्वी को इस वीर सपूत का देहावसान हुआ। अपने शौर्य के कारण इतिहास में इनका नाम अजर-अमर हैं। वीर शिरोमणि, धर्मयोधा महाराणा प्रताप अमर रहें।

आज भी महाराणा प्रताप की तलवार कवच आदि सामान उदयपुर राजघराने के संग्रहाय में सुरक्षित हैं।  
— श्री मति उमा सोनी

## \*Glacier loss is accelerating because of global warming.....

As climate scientists predicted, glaciers are vanishing due to rapidly warming temperatures.

With global warming, we can **make** predictions and then take measurements to test those predictions. One prediction (a pretty obvious one) is that a warmer world will have less snow and ice. In particular, areas that have year-round ice and snow will start to melt.

Alpine glaciers are large bodies of ice that can be formed high in mountains, typically in bowls called cirques. The ice slowly flows downwards, pulled by gravity, and is renewed in their upper regions. A



sort of balance can occur where the loss of ice by melting or flowing at the bottom is equal to the gain of snow and ice by precipitation.

As the Earth warms, the melt line moves upwards so that the glacier melts faster and faster at the bottom, shortening the glacier and reducing its mass. Ultimately, the melted water flows into streams and rivers and ends up in the oceans, contributing to accelerating sea level rise.

While glaciers are interesting from an intellectual standpoint, they are also important to ecosystems and society.

For example, the rate of glacier melt affects downstream water levels, river flowrates, and the water available for human use. So, it would be really important for us to be able to predict what will happen with glaciers in the future and plan for how water availability will change.

(Source: www.theguardian.com)

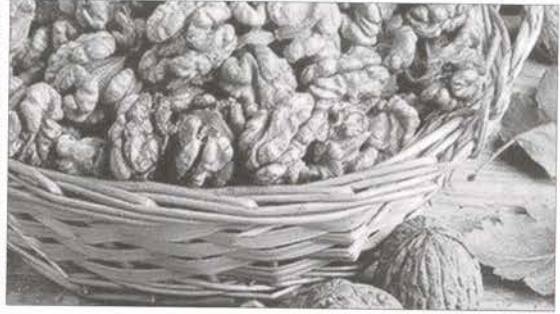
## BREATHE EASIER : A HANDFUL OF WALNUTS DAILY CUTS RISK OF ASTHMA

Numerous studies have emphasised the many health benefits of walnuts. Here's another reason why you must include these nuts in your daily diet. According to researchers, a type of vitamin E found in these nuts may prevent the risk of asthma attacks.

Gamma-tocopherol is a major form of vitamin E, which is abundant in nuts like walnuts and pecans and in the legume peanut, as well as seed oils such as corn, soybean and sesame. This type has drawn little attention compared with alpha-tocopherol, the form most commonly found in vitamin E supplements. Professor Michelle Hernandez from the University of North's Carolina school of medicine said epidemiologic data suggested that people with high amounts of vitamin E in their diet were less prone to asthma.

The team analysed participants into two groups, one that received gamma tocopherol supplement and other that received a placebo for two weeks. They also underwent an lipo-poly-saccharide (LPS) challenge, which involves inhaling a substance that causes inflammation and then coughing up more sputum.

After a three-week period break, findings indicated that when people were taking the vitamin E supplement, they had less eosinophilic inflammation. And those



who were taking vitamin E were also found to have lower levels of proteins called mucins. Mucins are often elevated in asthmatics.

—Hindustan Times



**श्री बलदेव सचदेवा जी**  
को  
पश्चिमी दिल्ली वेद प्रचार मंडल  
का प्रधान बनने पर  
**हार्दिक बधाई एवं शुभकामनाएँ**

परम पिता परमात्मा उन्हें शक्ति प्रदान  
करे जिससे वह आर्यसमाज एवं वेद प्रचार  
के कार्य को अग्रसर ले जाने में सफल रहें।

—सम्पादक मण्डल

## \*What to know about menopause and sore breasts.



Before and during menopause, it is common for people to experience pain or tenderness in their breasts. Although breasts can often become sore due to menstruation, menopausal breast pain may result from different causes.

### What causes sore breasts during menopause?

A person reaches menopause after 12 months without having a period. This stage follows a transitional period called perimenopause, where estrogen and progesterone levels in the body fluctuate unpredictably. These hormonal fluctuations commonly cause breast pain.

Sore breasts, also known as mastalgia, are also very common during menstruation. This is because hormonal changes cause fluid to build up in the breasts, making them feel swollen and tender.

During perimenopause, the hormonal fluctuations are more dramatic. It is also common for breasts to get bigger or smaller or to change in shape during this period. Breast pain around menopause may also feel different. Instead of a dull ache, people may experience burning or throbbing pain.

Breast pain should go away after a

person completely stops having periods and enters menopause. However, having hormone therapy during menopause can increase the risk of continued breast pain.

Experiencing breast pain after menopause is less common, and people should not assume that it is due to hormonal changes.

### Treatment and home remedies:

Breast pain and discomfort should go away once menopause starts and estrogen levels drop. However, it can cause significant discomfort during perimenopause.

People can take over-the-counter (OTC) pain medications such as ibuprofen to treat sore breasts.

Making lifestyle changes can also help to relieve the discomfort that sore breasts can cause.

It may help to reduce salt consumption and drink more water, as mild dehydration causes fluid retention, which may worsen breast pain.

### Other remedies and lifestyle changes that may help sore breasts include:

- wearing supportive bras that fit comfortably
- exercising regularly
- applying a warm compress
- avoiding smoking
- taking a hot shower
- reducing caffeine consumption

(Source: Medical News today,  
By Aaron Kandola),  
Compiled By: Dr. Rajdeep

## सत्यार्थ प्रकाश क्यों पढ़ें?



वैचारिक क्रान्ति के लिए  
राजधर्म को जानने के लिए।  
आश्रम व्यवस्था को समझने के लिए।  
वैदिक धर्म की पुनः स्थापना के लिए।  
सन्तानों को सुशिक्षित करने के लिए।

भारतीय संस्कृति को समझने के लिए।  
धर्म के सत्य स्वरूप को जानने के लिए।  
बन्धन और मोक्ष विषय को जानने के लिए।  
गृहस्थाश्रम के नियमों को समझने के लिए।

ईश्वर के सच्चे स्वरूप को जानने के लिए।  
युवकों में बढ़ती नारितकता को रोकने के लिए।  
गुणकर्मासार वर्णव्यवस्था की स्थापना के लिए।  
जगत् की उत्पत्ति-स्थिति-प्रलय को समझने के लिए।  
विश्व में एक ही मानवधर्म को विस्तृत करने के लिए।

अन्धविश्वास और पाखण्डों को चुनौति देने के लिए।  
ईश्वर, जीवन और प्रकृति के भेद को समझने के लिए।  
धार्मिक, आर्थिक, सामाजिक और राजनैतिक क्रान्ति के लिए।  
ईश्वर की स्तुति-प्रार्थना-उपासना की उचित विधि को जानने के लिए।  
भारतवर्ष तथा देशान्तरों में फैले मत-मतान्तरों में सत्यासत्य का निर्णय करने के लिए।

## Dialysis and Exercises

### What is dialysis?

The kidneys are responsible for filtering waste products from the blood. Dialysis is a procedure that is a substitute for many of the normal functions of the kidneys. The kidneys are two organs located on either side in the back of the abdominal cavity. Dialysis can allow individuals to live productive and useful lives, even though their kidneys no longer work adequately.

Dialysis helps the body by performing the functions of failed kidneys. The kidney has many roles. An essential job of the kidney is to regulate the body's fluid balance. It does this by adjusting the amount of urine that is excreted on a daily basis. On hot days, the body sweats more.

Thus, less water needs to be excreted through the kidneys. On cold days, the body sweats less. Thus, urine output needs to be greater in order to maintain the proper balance within the body. It is the kidney's job to regulate fluid balance by adjusting urine output.

### There are two main types of dialysis, hemodialysis and peritoneal dialysis.

- Hemodialysis uses a machine and a filter to remove waste products and water from the blood.
- Peritoneal dialysis uses a fluid (dialysate) that is placed into the patient's abdominal cavity to remove waste products and fluid from the body.

### Dialysis and Exercises.

Most dialysis patients believe they



cannot exercise. The truth is most dialysis patients CAN exercise. Many renal patients describe regular exercise as the first activity that made them feel "normal" again after starting dialysis treatments.

### Why should a dialysis patient participate in exercises?

Undertaking lifestyle that is mainly sedentary (that is spending much of time in sitting) has been directly linked to numerous health concerns such as:

1. Obesity
2. High Blood pressure
3. Musculoskeletal problems.

As dialysis requires patients to be

seated for extended periods of time, the risk of developing these conditions is higher than normal. Therefore, the importance for you to undertake exercise is greater. Expected benefits of engaging in a regular exercise program include, but are not limited to:

- Weight loss
- Reduced muscle stiffness
- Improved blood sugar control
- Increased strength, power and flexibility
- Improve mental health.

**Dr. Smriti**

Consultant Physiotherapist)  
( Ref: Davita)

## Laughter Time :

सुबह सुबह मुझ मासूम को जगाकर  
ये पूछा जाता है -  
"टाईम देखो क्या हुआ है"



अब बोलो  
टाईम तो वो खुद भी देख सकते है न  
भला टाईम पूछने के लिये भी  
कोई जगाता है क्या ?

- पति से पूछा गया सवाल :  
अगर आप की पत्नी को भूत पकड़ ले तो आप क्या करोगे?  
पति : मैं क्या करूँ?  
गलती भूत की है , खुद भूगते।
- पहला कुत्ता : यार मेरे मालिक ने कल रात के 3 बजे चोर को पकड़ लिया।  
दूसरा कुत्ता : तू क्या कर रहा था उस वक्त ?  
पहला कुत्ता : मैं तो सो रहा था। अब हम इंसान थोड़ी है जो रात - रात भर व्हाट्सअप चलाये।

# युवा चरित्र निर्माण शिविर



ओ३म्

यज्ञ-योग और स्वाध्याय जीवन में अपनाएँ - आर्यसमाज के साथ कदम से कदम बढ़ाएँ

वैदिक विचारधारा को विश्वभर में गुंजायमान करने के संकल्प को साथ लेकर

सार्वदेशिक आर्य प्रतिनिधि सभा एवं दिल्ली आर्य प्रतिनिधि सभा के तत्वावधान में  
भारत की राजधानी दिल्ली में विश्वभर के आर्यों का महाकुंभ

**अन्तर्राष्ट्रीय आर्य महासम्मेलन 2018**

दिल्ली (भारत)

25 से 28 अक्टूबर  
2018

तदनुसार कार्तिक कृष्ण १, २, ३, ४ विक्रमी संवत् २०७५

-: सम्मेलन स्थल :-

**स्वर्ण जयंती पार्क, रोहिणी, सैक्टर-10, दिल्ली-85**

यज्ञ, योग, वैदिक सत्संग और प्रवचनों से लाभ उठाने हेतु  
भारी संख्या में परिवार सहित सम्मिलित होकर कार्यक्रम को सफल बनाएँ।

सम्मेलन कार्यालय : दिल्ली आर्य प्रतिनिधि सभा, 15 हनुमान रोड, नई दिल्ली-1 दूरभाष : 91-9540029044

E-mail : aryasabha@yahoo.com, Website : www.aryamahasammelan.org, www.thearyasamaj.org

f t YouTube thearyasamaj 9540045898

## आर्य समाज डी. ब्लॉक, विकास पुरी की प्रमुख गतिविधियाँ

(आर्य समाज का द्वितीय नियम)

“ईश्वर सच्चिदानन्द स्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वान्तर्यामी, अजर अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है। उसी की उपासना कनने योग्य है।”

### ● यज्ञ, भजन एवं प्रवचन :-

1. प्रतिदिन प्रातः 7.00 बजे से 8.00 बजे तक (दैनिक यज्ञ)
2. रविवार : प्रातः 7.30 बजे से 9.30 बजे तक (साप्ताहिक सत्संग)
3. बुधवार : सायं 4.00 बजे से 5.30 बजे तक (महिला सत्संग)
4. शनिवार : सायं 7.00 बजे से 8.00 बजे तक (आर्यवीर दल के द्वारा)

### ● योग, ध्यान एवं शाखा :-

- प्रतिदिन प्रातः 5.00 से 6.00 तक योग आसन की कक्षाये चलती हैं।
- प्रतिदिन सायं 4.30 से 5.30 बजे तक महिलाओं की योग कक्षाये होती है।
- प्रतिदिन सायं 5.30 से 6.00 बजे तक ध्यान की कक्षाये होती है।
- प्रतिदिन सायं 6.00 से 7.00 बजे तक आर्य वीरांगना दल की शाखा लगती है
- प्रतिदिन सायं 7.00 से 8.00 बजे तक आर्यवीर दल की शाखा लगती है।

### ● विवाह एवं अन्य कार्यक्रम :

- आर्य समाज के अन्दर अन्तरजातीय विवाह, संस्कार एवं शुद्धिकरण का कार्य किया जाता है। हवन कुण्ड, समिधा एवं सामग्री भी उपलब्ध कराई जाती है।
- पुरोहित : विवाह संस्कार, नामकरण, मुण्डन, जन्मदिन इत्यादि सभी वैदिक संस्कार एवं प्रवचन हेतु सुयोग्य पुरोहित श्री सूर्यदेव जी शास्त्री की सेवा भी उपलब्ध है। (फोन : 9312189912, 7838025745)
- आर्य समाज द्वारा वैदिक विधि से शादी एवं श्रद्धांजली हेतू सत्संग हॉल उपलब्ध है।