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CONSTIPATION

DR BIJAL SHAH

It is such a common problem; maybe most people suffer from it sometimes in their life!

You eat more, you eat less, you fast, you have a night out, you travel, you take stress, you had a sleepless night, you had an exam. everything has an effect on your stomach. List just goes on...

WHAT IS NORMAL BOWEL MOVEMENT

In order to understand abnormality first we need to understand what is normal and its variation.

- Passage of motion should be pain free.
- Person should be able to pass motion with minimal straining.
- The consistency of the stool should be solid-soft to firm structure. It can be a single long piece or more pieces.

DEFINITION OF CONSTIPATION

- Hard stools.
- Dry stools
- Difficult passage of stools- requires straining at stools. They may or may not be associated with pain.
- Bowel movement happens less frequently. Frequency of bowel movement varies greatly according to the diet of the person. A person who is on a meat diet may pass motion only once a week but if the stools are soft and not painful then it may be considered as normal bowel movement. Ideal is to have one or 2 motions a day.

FACTORS THAT AFFECT BOWEL MOVEMENT

- **Age-** We often see that aged people are more prone to constipation although it can be seen at any age. Similarly very young children when they are weaning off mother's milk they tend to less number of motion per day. Often, they come down with constipation.
- It occurs equally in males and females.
- **Diet-** This plays a major role. We shall see this in detail below.
- **Water intake** - Enough amount of water is required for a person to have a sound body. Unless the person is suffering from an illness where restriction of water is indicated by the doctor, an average person should drink 2 and half litres of water. People who are in sports and into heavy physical activity or excessive exposure to sun or warm temperatures may need even more.
- **Hormonal Disturbances-** Person with Hypothyroid disorder generally comes down with constipation.
- **Sleep disturbance-** Lot of people must have experienced that if their sleep is disturbed next day they tend to feel constipated. This is due to the disturbed hormonal rhythm.

- Mind has a heavy impact on bowel movement. Stress in any form can give rise to constipation. The stress may be a simple day to day thing or chronic long term thing.
- In today's busy lifestyle preoccupation with more important tasks can affect bowel movement. Availability of toilets when you get the urge is another issue. If the urge is suppressed too many times then it can get converted into constipation in the long run.
- **Sedentary lifestyle-** An active person is less prone to constipation than a person with a sedentary lifestyle. Muscle movement tends to stimulate the mind to have a normal bowel movement.
- Certain advanced medical and surgical conditions also cause constipation.
- Overuse of laxatives can itself cause constipation.

DIET: Let us understand what kind of diet gives you constipation.

- **Overeating.** It is observed that obese people are more prone to constipation because they simply eating more. Eating very often with small gaps also is a bad idea.
- **Junk Food.** I am putting it in capital because in today's times this is the reason in the vast majority of cases.
- **Maida-** is the first thing to stop if you are having constipation problems. - The outside bread, even the multigrain and wheat variety has at least 40% maida. Pasta, noodles, naan, kulcha, Frankie rotis, rumali rotis- almost everything is maida. Tandoori roti is made of wheat so that is a preferred alternative but some restaurants may not follow the norms.
- **Cheese** - No need to elaborate. Nowadays everything is made fancier with cheese.
- Non vegetarian diet like meat, chicken. They take a long time to get digested.
- **Dry snacks.** All of them when consumed in large quantities give rise to constipation.
- Potato is although a vegetable but is low in fibre. Large quantities of potato based diet is bad for gut.
- Excess of sugary diet means no fibre in food which results on less intake of healthy diet and this results in constipation.
- Certain medicinal supplements like calcium and iron can give rise to constipation in some people. If that happens then changing the brand or medicine helps.
- Excess of milk and milk products.

FOOD THAT RELIEVES CONSTIPATION

Basically having more fibre in your diet helps in relieving constipation.

- Fruits
- Salads and vegetables
- Moong with its skin on.

- Coarse ground wheat
- Use red rice instead of white rice
- Increase water intake- you maybe dehydrated.
- Reduce taking your beverages- tea, coffee, alcohol, surgery drinks. They tend to make you more dehydrated.
- When you take a meal it is better to have food that has more moisture in it. So adding a soup or liquid like dal / rasam etc helps.
- Relying completely on meat in order to reduce weight may not be your first choice.
- **Stop overeating.** Give a gap of atleast 4-5 hours before the next meal.

TREATMENT

As far as constipation is concerned self medication is extremely common. People resort to many types of laxatives on their own. It is completely fine if it is on a occasional basis. There is another pattern I have seen. Atleast here in India there are families that take laxatives on a regular basis as a preventive something like once a week or month. This system is rather counter productive. As I mentioned earlier too much consumption of laxatives is one of the reasons to develop constipation. It is better to inculcate healthier food habits rather than resort to medicines.

In my practice I often see patients who habitually suffer from constipation but are not aware of it. When inquired they blame it on diet / lifestyle etc. I do not blame them as these factors are there but sometimes metabolic disorders are missed out. Like any other illness you should consult your physician if the problem is recurrent.

As far as homeopathy is concerned the effect of medicines are not intended to produce a laxative like effect if the problem is chronic or long term. Advantage of jat is that they are not habit forming. Medicines work as stimulating agent on the body and in turn the body reacts by rectifying the problem.

People on Kayamchurna or some other laxatives on a regular basis also can be helped. For them gradual tapering off of the medicines is done.

DR. BIJAL SHAH

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PRIORITISING MENTAL HEALTH IN MIDLIFE AND BEYOND

DR. PURRVI PATEL

As we journey through life, particularly from ages 40 to 70, maintaining mental health becomes increasingly crucial. This period often brings significant life transitions and stressors, making it essential to prioritise mental wellness. Embracing mental health practices can lead to a happier and more fulfilling life. Here are some key strategies and their benefits:

1. Seek Professional Support:

- **Therapy and Counselling:** Engaging with a therapist can provide valuable strategies for managing stress and navigating life changes. Therapists can help address feelings of loss, anxiety, or depression that may arise during significant transitions, such as retirement or becoming an empty nester.

- **Benefit:** Professional support helps individuals develop coping mechanisms, fostering a positive outlook and emotional resilience.

2. Stay Socially Connected:

- **Engage in Community Activities:** Joining clubs, volunteering, or participating in local events can help maintain social connections. These activities provide opportunities to meet new people and build supportive relationships.

- **Benefit:** Social interactions combat loneliness, offer emotional support, and provide a sense of belonging and purpose, crucial for mental well-being.

3. Maintain Physical Health:

- **Regular Exercise:** Engaging in physical activities like walking, swimming, or yoga not

only improves physical fitness but also has a profound impact on mental health. Exercise releases endorphins, which are natural mood lifters.

- **Benefit:** Regular physical activity boosts mood, reduces symptoms of anxiety and depression, and improves overall cognitive function.

- **Balanced Diet and Sleep:** A nutritious diet and adequate sleep are essential for maintaining mental health. Proper nutrition supports brain function, while sufficient sleep helps regulate mood and cognitive abilities.

4. Stay Mentally Active:

- **Hobbies and Learning:** Engaging in intellectually stimulating activities such as reading, solving puzzles, or learning new skills can keep the mind sharp. Pursuing hobbies and interests provides a sense of accomplishment and joy.

- **Benefit:** Mental stimulation wards off cognitive decline, enhances memory and concentration, and promotes a sense of achievement and satisfaction.

5. Mind-Body Practices:

- **Mindfulness and Meditation:** Incorporating mindfulness practices and meditation into daily routines can significantly reduce stress and improve emotional regulation. These practices encourage a state of calm and present-moment awareness.

- **Benefit:** Mind-body practices enhance mental clarity, reduce anxiety, and promote overall emotional wellbeing.

Conclusion:

Prioritising mental health during the ages of 40 to 70 is vital for a fulfilling and balanced life. By seeking professional support, staying socially connected, maintaining physical health, staying mentally active, and incorporating mind-body practices, individuals can significantly enhance their mental well-being. These strategies not only improve mood and cognitive function but also foster a sense of purpose and connection. Remember, it's never too late to invest in your mental health and enjoy a vibrant, fulfilling life. Taking proactive steps to care for your mental health can lead to a richer, more enjoyable experience in your midlife and beyond. Embrace these practices today and reap the lifelong benefits.

Dr. Purvi Patel

Consulting Homoeopath, Nutritionist, Certified Mindfulness Coach for Teens and Adults, Author, Trustee at Rutuja Organization working for women's health (www.rutuja.org), Advisor at IPRU Life Insurance Company

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VISION:

TO HELP PEOPLE TO LIVE THEIR LIFE TO THE FULLEST BY GIVING THEM COMPLETE CURE AT THEIR MENTAL, PHYSICAL AND EMOTIONAL LEVEL

આમ જોવો આ કાલ્પનિક દુનિયા હોવા છતાં પણ ખુબ જ નજીક ના સંબંધો બનાવતું માધ્યમ છે - ફેસબુક

આ વાત નકારી શકાય તેમ નથી.

ગમે તેમ કરો પણ તમામ યુઝર્સ ક્યાંક ને ક્યાંક લાગણી ના વખતમાં આવ્યા વિના રહેવાના જ નથી...

ચાલો માન્યુ કે, સંબંધ બંધાયા.. પછી!

પછી.. શરુઆત ખુબ જ સારી હોય છે પણ, ઘણા કિસ્સામાં સમય જતાં તેમાં ત્રીજી વ્યક્તિ ની દરમિયાનગીરી અથવા તો કોઈ નજીક ની જ ત્રીજી વ્યક્તિ પોતાનો હેતુ સિધ્ધ કરવા માટે કાવાદાવા કરતું હોય છે ને કોઈ બે સાચાં સંબંધો ને તબાહ કરી દેતું હોય છે તેવું અવાનવાર ફેસબુક પર બનતું જોયુ છે...

જો.. સંબંધ થયો તો પછી અવિશ્વાસ જ કેમ!

ચાલો.. તે પણ માન્યુ કે, કદાચ પાત્ર સારુ ના પણ હોય તો શું તે જાણવા માટે કોઈ ત્રીજી વ્યક્તિ ની જરુર છે?

અને તે ત્રીજી વ્યક્તિ પર તમે ભરોસો રાખી તમારા પાત્ર પર શંકા કરો છો તે શંકા ને ત્રીજી વ્યક્તિ રમત રમી જશે તો તેની વિશ્વનિયતા શું???

સાચું કહું તો, હું એટલું જ કહીશ કે, જો સંબંધો લાગણીના રાખ્યાં જ હોય તો શંકા ના કરો..

જો.. શંકા જનમ લે તો ખુદ જાતે જ તપાસ કરો.. પણ કોઈ ત્રીજી વ્યક્તિ નો સહારો તમારા બંને ના સંબંધો ખરાબ કરી શકે અથવા તો તે પોતાનો દાવ પણ રમી જતું હોય છે...

તમારા પાત્ર પર ભરોસો નહીં રાખો તો કોઈ ત્રીજી વ્યક્તિ તો અચુક હવન માં ઘી નાખવાનું કામ કરશે.

માટે સંબંધ રાખો તો આંધળો વિશ્વાસ કર્યાં સિવાય બીજો કોઈ રસ્તો છે જ નહીં.. છતાં પણ શંકા જાગે તો તમે જ તમારી રીતે તપાસ કરી યોગ્ય નિર્ણય કરો.. કમસેકમ તે નિર્ણય ઘાતક તો નહીં જ બને તે ગેરંટી,

કેમકે, ખરેખર હકીકત શું છે તે તો તમે બેઉ જ જાણો છો તો અન્ય કોઈપણ વિકલ્પ ની પસંદગી તમારા સંબંધ બગાડશે જ... તે ગેરંટી..

ફેસબુક ની દુનિયા માં મનોમંથન કરવું અતિ આવશ્યક છે નહીં તો સંબંધો દાવ પર લાગી જાય છે...!!!!!!



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SHRI VISHNU SHASTRAUN

KRUPA SHAH

Hi guys again. Jay Shree Krushna to all. As this epic will be published you will see the result of our election in our country. I am 100% sure Narendra Modi will be our prime minister. God give him great victory. Last time we had decoded and completed ram Raksha Strotra.

Now we are going to decode Vishnu Shahastranam - first question is 'WHO IS VISHNU?'

In our Hindu mythology universe is manufactured, uphold, destroyed by our tridev,

Brahma - Producer



Vishnu - Protector, Guardian



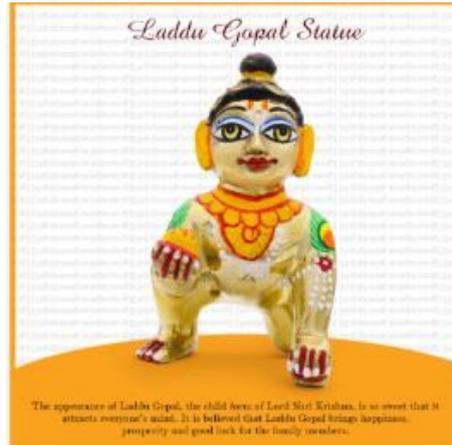
Mahesh - Destroyer



Vishnu is one of the most important gods in the Hindu. He is considered a member of the holy trinity of Hinduism. He is our preserver and guardian of the world; he protects the order of things(dharma). He appears

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in different incarnation, avatars to protect the world and good people over bad demons, he fights, and maintains cosmic harmony. Some of his best-known avatars are lord Krishna and lord Rama. People who follow and worship Vishnu are called Vaishnav.



We as Khadayata community who has our kuldevta, KOTYARK prabhu are surely worshiper of Vishnu Bhagavan. In the time period of Muslim kings or Mughal kings' rule there was no safety of our religion because they ruined our temples and built their masjid and makbaras forcefully in other words they were demons (rakshasa) of that era for Bharat. So, to protect our Hindu religion many dharma gurus established different pattern of worshipping our god in that situation. Like this only our pustimarg dharma came into existence by our guruji Maha Prabhu Vallabhacharyaji. In our dharma we started worshipping Krishna avatar in his balswaroop in our house only. Thus Vishnu was worshipped in different houses in different way. So now our lalo, thakorji form of Vishnu who always gives strength and protect our everything. Even salvation from this MOH_MAYA of material world. philosophy, spirituality of our Bharat desh is always helps world to understand the question:-

WHO AM I?

For getting answer we are doing puja, sadhna, prayers, and seva to our beloved deities. It is ok whichever god

form you are worshipping but our soul, mind should get peace at the end. So, guys let's start worshipping Vishnu. Many strotra arr therefor Vishnu but we going to decode Vishnu shahastranam.

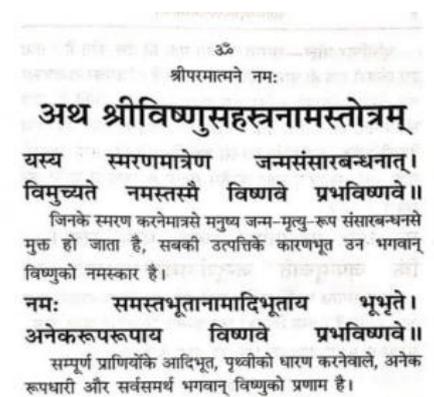
Vishnu shahastranam was first composed by Bhisma in Mahabharat. That time he was on his deathbed. Lord Krishna went to see Bhisma because he was breathing his last. When Bhisma saw and had darshan of Krishna he started describing Krishna which is known as VISHNUSHAHASHTRA NAM.

RISHI VYAS WRITTEN
MAHABHARAT

In battle of Pandavas and Kauravas Bhisma on deathbed recites 1000 names of lord Krishna.

If you want to know detail story of this Mahabharat kindly refer Mahabharat stories'

Down below shlokas are mentioned with Hindi explanation of what they mean:-



English meaning of shloka no 1:- By the mere remembrance of Him, one is freed from the bondage of birth and transmigration, I bow to that Vishnu, the Creator of the universe
English version of shloka 2:-
I bow to the first manifested of all manifestations, who upholds the earth, Who has the form of the manifold, Vishnu, the Creator.
Like this in next session we will continue more description of Vishnu names.

. . Shubhamastu . .

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THE REASON BEHIND MOVING 100.28 MT OF GOLD FROM UK TO INDIA

YOGESH SHAH



Recently RBI has brought back 100.28 metric tonnes of Gold from Bank of England to domestic vaults. Friends, this move is a part of broader strategy for greater security and easy accessibility. In November 2019 also RBI repatriated around 40 M Tonnes of gold from Bank of England to our own vaults in India. As of March 2024, the RBI's total gold reserves stand at 822.10 MT. A substantial part of this precious metal is stored abroad as per international practice. As per annual report of Central Bank for FY-24 released, currently over 308 MT of gold is held in India as backing for currency notes issue. By bringing back 100.28 MT now the holding is split almost equally, domestically and internationally.

Today we will discuss why our country has deposited gold at London, New York and Zurich, But before that the curiosity about the reason in moving back gold needed to be addressed first. Some key reasons behind such decisions are as follows:

- (1) Country's Economic Stability:** Having gold within national boundaries increases the confidence in country's economic stability and financial health. This builds up assurance in the minds of domestic and international investors.
- (2) Monetary Policy:** We know that number of currency notes circulated is backed by Gold Reserves, of course both domestic and international reserves. But having gold domestically helps the RBI to utilise it more flexibly and for better liquidity management.

This ultimately helps in monetary policy operations.

(3) Defensive Measure: Bringing back gold can be a defensive measure against possible external financial sanction or restrictions. In this uncertain and volatile political scenario of the world, safety of our assets is of prime importance.

(4) Political Environment: Changes in international political environment abroad may pose risk to the security of gold reserve. Israel Palestine conflict, and Russia- Ukraine war, spread of Chinese Wings around India are some of the reasons that can not be ignored, prompting the RBI to bring gold back in our control and within our boundaries.

(5) Economic Sovereignty: Having gold storage within our political boundaries enhances country's economic sovereignty. Our dependence on foreign institutions can be greatly reduced.

(6) Investor's Confidence: RBI has given a strong signal to investors about its financial governance strength. This boosts Investor's confidence in country's financial system and market perception becomes positive for nation's economic management.

Now let's understand "why countries keep their gold reserves in some other foreign countries? There are many strategic as well as economic reasons:

(1) Economic Co-operation: It can be a signal given to other nations about our economic co-operation and readiness to strengthen

diplomatic ties. It can generate global confidence in country's credibility in international community.

(2) Historical Practice: Central banks have stored gold in the bank of England and Federal Reserve Bank Of New York. This practice continue due to long standing relationship and trust built up over time.

(3) Security and Risk Diversification: Secured vaults in financial cities like London, New York and Zurich offer high safety and are considered safe locations for storing valuable assets. Also, storing our gold in different locations spreads the risk and ensures that all reserves do not face the risk of "all eggs in one basket".

(4) Trade Facility: Gold held in such key financial countries can be easily traded for international transactions. This provides quick settlement and liquidity. Say, if we are doing a business with an American firm and if we have money in Bank of America, trading and settlement can become easier and faster. Same is true for entire international market. It supports easier foreign exchange operations and smoother transactions.

(5) Political Stability: To protect gold from domestic political risks such as change in rules or economic instability, countries may choose to store their gold in political stable countries for protection.

(6) Operational Efficiency: Internationally, there is a well developed market for gold trading or swapping gold part of financial operations. Central Bank of such countries can conduct swaps and other financial transactions more efficiently because of infrastructure and diversified market.

In summary, Countries hold gold reserves in foreign locations for security, for diversifying risk, for better infrastructural facility required for international trade.

Similarly, bringing back gold at an interval reflect RBI's concern for optimising assets in the interest of national economy as well as for better global perception. Thank you

WHAT DO YOU KNOW ABOUT NUMISMATICS??

SANDEEP SHAH

The first metal coins are believed to have been used as currency by the Lydians, a people of Asia Minor, during the 7th century B.C.E., and it is likely that folks began collecting coins not long after that. The name that we give to the collection of coins today is numismatics, a word that also encompasses the collection of paper money and of medals. The noun numismatics and the adjective numismatic came to English (via French numismatique) from Latin and Greek nomisma, meaning "coin." Nomisma in turn derives from the Greek verb nomizein ("to use") and ultimately from the noun nomos ("custom" or "law"). From these roots we also get numismatist, referring to a person who collects coins, medals, or paper money. Etymology : Borrowed from French numismatique, going back to Middle French, from Late Latin numismat-, numisma "coin, coinage," alteration (by association with Latin nummus "coin") of Latin nomismat-, nomisma (borrowed from Greek nomismat-, nómisma "custom, ritual,

standard measure, coinage, currency," derivative, with the resultative suffix -mat-, -ma, of nomízein "to use, observe [a custom], make customary," from nómos "custom, convention, law" + -izein -IZE) + Middle French, French -ique -IC entry 1 — more at NOMOTHETIC

Numismatics is the study of the physical embodiment of various payment media (i.e. currencies). The study of numismatics as it applies to coins is often in the research of the production and use of the coins to determine their rarity.

KEY TAKEAWAYS

Numismatics is the study of coins and other currency units and is usually associated with the appraisal and collection of rare coins. Numismatists study the physical properties, production technology, and historical context of specimens of currency. Rare and collectible coins may trade at well

above their nominal face value or commodity melt value and are often withdrawn from circulation and viewed as investments rather than actual money.

Numerous clubs, societies, and other organizations have been established to support the study of numismatics.

The qualification for becoming a numismatist in India includes successfully completing specialized courses and passing a question exam.

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WHY KHADAYATA RATNA ?

KCBF – Konnect eBulletin Team has introduced the column of “**Khadayata Ratna**” since last almost a year. During this period the eBulletin Team has tried to bring before its readers the highlights of prominent Khadayatas who have contributed substantially during their life span – in their respective profession, society and to Khadayata community in particular. The objective is clear – to highlight our own community people who can act as the “**Role Model**” for current as well as future generation/s.

There are almost eight billion humans (7.9) on our planet. They are spread over different continents and countries. E.g., in India we have 1.3 billion people. They further get divided in to states – like Maharashtra, Gujarat, Uttar Pradesh etc. further into Districts like Sabarkantha, Aravalli etc. Within

this further classification into different communities – like Khadayatas, Kshatriyas, Brahmins etc.

If you observe, in order to acknowledge the people for their contribution to the SOCIETY they serve they are acknowledged from time to time. E.g., **Internationally it's NOBEL PRIZE** – in all different categories. **Bharat Ratna, Padma Bhushan, Padma Vibhushan at National level.** Similarly, there are different awards in other fields like Film Industry, Literature, Army, Sports, Police etc. the objective being not just to acknowledge their contribution but to also provide the present and future generations to take lead from their life and to act as role model. E.g. Sachin Tendulkar – could be a role model for many budding cricketers. Lata Mangeshkar, Akshay Kumar in film industry, Swami Vivekanand, Swami Chinmayanand in spirituality etc.

It is with this objective we decided to provide brief profile, achievements and contributions of the prominent Khadayatas in our monthly bulletin. The name/s are approved by the majority consensus. One of the objectives of the KCBF is to also try and hold our community together at a time when the social structures and joint family systems are getting disintegrated and replaced by nucleus family units – whereas Western countries are increasingly appreciating and turning to Indian culture.

We would be glad to receive the names and write-ups of such prominent Khadayatas for coverage in forthcoming issues.

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Note: We, at KCBF, have decided to publish profile of each life members and hence requested them to share details about their Business / Professional / Service etc including family in their own words (150/175). We also thought to introduce a renowned Khadayata under “Khadayata Ratna” - A person of eminence from Khadayata community who can be Businessman / Professional or Service at highest position from any field. It's a prerogative of KCBF Admin Committee from the name suggested and/or forwarded to KCBF. The honour given is based on individual's contribution to profession, community and society at large. The award carries no material/monetary medal or certificate but the basic objective is to bring to light our own people as role model for current and future generation of our community.

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