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VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

TIACS-subscribe@yahoo.com (The Indian American Chemical Society)

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Onions¹

The extract of onion bulb, *Allium cepa*, strongly lowered high blood glucose (sugar) and total cholesterol levels in diabetic rats when given with the antidiabetic drug metformin, according to a new study. The study results will be presented Thursday at The Endocrine Society's 97th annual meeting in San Diego. Two doses of onion extract, 400 and 600 mg/kg/day, strongly reduced fasting blood sugar levels in diabetic rats by 50 percent and 35 percent, respectively, compared with "baseline" levels at the start of the study before the rodents received onion extract. *Allium cepa* also reportedly lowered the total cholesterol level in diabetic rats, with the two larger doses again having the greatest effects. Onion extract led to an increase in average weight among nondiabetic rats but not diabetic rats.

Multiple Medications Cause Infertility²

Working in a physically demanding job, having high blood pressure, and taking multiple medications are among health risks that may undermine a man's fertility, according to a study. Nearly 15 percent of U.S. couples do not become pregnant in their first year of trying. Male infertility plays a significant role, and our aim is to explore the influence of environmental factors and health status on semen quality. Semen quality is a measure of a man's ability to achieve fertilization and is based on the number, shape, and movement ability of sperm, as well as other factors. Men with high blood pressure had a lower percentage of normally shaped sperm, compared to men who reported no high blood pressure. Seven percent of men

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who did not take medications had sperm counts below 39 million (a normal sperm count is between 40 million and 300 million), while 15 percent of men who reported taking two or more medications, had sperm counts below 39 million.

Cognitive Skills³

A study, which appears in the journal Psychological Science, finds that different components of fluid intelligence peak at different ages, some as late as age 40. At any given age, people get better at some things and getting worse at some other things, and you're at a plateau at some other things. There's probably not one age at which one peaks on most things, much less all of them. The researchers gathered data from nearly 50,000 subjects and found a very clear picture showing that each cognitive skill they were testing peaked at a different age. For example, raw speed in processing information appears to peak around age 18 or 19, then immediately starts to decline. Meanwhile, short-term memory continues to improve until around age 25, when it levels off and then begins to drop around age 35. For the ability to evaluate other people's emotional states, the peak occurred much later, in the 40s or 50s.

Night Owls⁴

Night owls are more likely to develop diabetes, metabolic syndrome and sarcopenia than early risers, even when they get the same amount of sleep, according to a new study published in the Endocrine Society's Journal of Clinical Endocrinology & Metabolism. Staying awake later at night is likely to cause sleep loss, poor sleep quality, and eating at inappropriate times, which might eventually lead to metabolic change. Even though the evening chronotypes tended to be younger, they had higher levels of body fat and triglycerides, or fats in the blood, than morning chronotypes. Night owls also were more likely to have sarcopenia, a condition where the body gradually loses muscle mass. Men who were evening chronotypes were more likely have diabetes or sarcopenia than early risers. Among women, night owls tended to have more belly fat and a great risk of metabolic syndrome, a cluster of risk facts that raise the risk of heart disease, stroke and diabetes.

Psychiatric Disorders

A number of child psychiatric disorders can be triggered by divorce. Today, we will focus on a common problem that's diagnosed in the face of a divorce; it's called Separation Anxiety Disorder, a clinical term that describes an extreme state of distress that's experienced when a person is separated from someone they are close to; like a mother or a father. So as parents, the challenge is working out which of your

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teen's moods and behavior are part and parcel of growing up, and which could be warning signs of teenage depression or other more serious mental health problems.

Certain circumstances increase the likelihood of teenage depression, including:

- Warning signs of running away
- Peer pressure
- Troubled teens
- Teenage mental health issues
- Parents constantly arguing
- Witnessing domestic violence
- Feeling rejected or left out within the family
- Parents separating, divorcing or dying
- Anyone close to them dying
- Changing school or moving house
- Problems with school work or exam pressure
- Friendship problems
- Physical illness in themselves or a family member
- Poverty or homelessness

If teenagers are perfectionists with very high self-expectations, they may be more at risk of depression when life doesn't go according to plan.

Depression is one of the leading health risks and affects 350 million people worldwide. In Switzerland, around 400,000 people individuals suffer from it each year. Several studies in countries around the globe have shown that depression is associated with an elevated risk for a variety of physical diseases.

Psychologists report that participants with depressive symptoms have a higher risk of suffering from a physical disease. This association was evident especially with arthrosis and arthritis that are degenerative and inflammatory diseases of the joints⁵.

Individuals who get easily bored, frustrated or impatient are more inclined to develop skin-picking and other body-focused repetitive behaviors, say researchers in J Behav Ther Exp Psychiatry⁶. Chronic hair-pulling, skin-picking disorder and nail-biting and various other habits are known as body-focused

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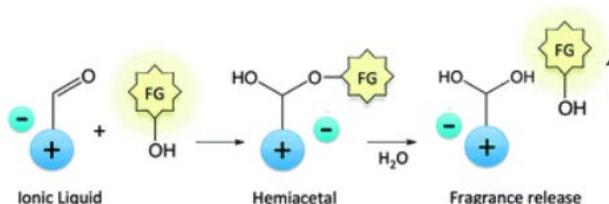
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repetitive behaviors. Although these behaviors can induce important distress, they also seem to satisfy an urge and deliver some form of reward. Chronic hair-pulling is also known as trichotillomania.

A community-based prenatal yoga program may be an acceptable, safe, and effective intervention to reduce the symptoms of depression among pregnant women, according to a study published in journal *Women's Health Issues*⁷. A few other studies have also suggested that yoga and mindfulness-based approaches could help prevent or treat depression during pregnancy.

Older people who are physically active protect themselves from the effects of brain damage that can affect their movement abilities, according to a new study published in *Neurology*⁸. Many older people have small areas of damage in their brains seen on magnetic resonance imaging (MRI) as white matter hyperintensities. Higher levels of this damage have been linked to more problems with movement, such as difficulty walking. But this new study found that people who were the most physically active did not have a drop-off in their movement abilities, even when they had high levels of brain damage.

Sweat Triggered Fragrance⁹



Stable liquid and solid salts in the form of elusive hemiacetals, appended with fragrant alcohols, have been synthesized as pro-fragrances, and the controlled release of these fragrances, triggered by water, is demonstrated. The perfume system has been created by tagging a raw fragrance onto an ionic liquid (salt in the form of liquid) which has no smell. The 'perfumed ionic liquid' releases its aroma when it comes into contact with water, allowing more of the perfume's scent to be released onto a person's skin.

Man! Watch Your Smile!¹⁰

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A man's true attitude towards the female sex is revealed by his smile and chat with her. Experts believe that such gender discrimination can be both hostile and benevolent. Hostile sexism is an antipathy or dislike of women, and often comes to the fore as dominant and derogatory behavior in an effort to maintain power. Benevolent sexism is positive on the surface and more paternalistic, reflecting a chivalrous and subjectively positive view of women. Men, who demonstrate this "well-intentioned" benevolent sexism, are wolves in sheep's clothing who see women as helpless, incompetent and in need of men's protection. These wolves perpetuate gender inequality with these supposed gestures of good faith to entice women to accept the status quo in society because sexism literally looks welcoming, appealing, and harmless. While many people are sensitive to sexist verbal offenses, they may not readily associate sexism with warmth and friendliness, which is the insidious benevolent sexism that continues to be one of the driving forces behind gender inequality in our society. Benevolent sexism is like a wolf in sheep's clothing that perpetuates support for gender inequality among women at an interpersonal level.

Source: The primary sources cited above, New York Times (NYT), Washington Post (WP), Mercury News, Bayarea.com, Chicago Tribune, USA Today, Intellihealthnews, Deccan Chronicle (DC), the Hindu, Hindustan Times, Times of India, AP, Reuters, AFP, womenfitness.net, about.com etc.

Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya, Om Shantih, Shantih, Shantih!
(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality, and peace!)

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