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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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Cradle for Children

Palna (cradle) originated during the brutal partition of the Indian continent and the unprecedented mass migration and social upheaval caused by the creation of Bharat (India, secular state) and Pakistan (Pure State of Islam). The original idea behind Palna's parent organization was to care for children lost or orphaned in partition and its aftermath. A cradle out front was added in the 1970s, after people began leaving newborns with the organization. When a baby is left in the box, the weight of the baby placed in the cradle sounds an alarm. After giving a moment for the person who has abandoned the child to go away, a guard steps out to the sidewalk and stands watch, while a nurse comes from Palna to collect the child for a medical check. About 70% of new arrivals at Palna are girls, an indication of neglect of girls.

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Palna employs three doctors, several dozen nurses and caregivers, a physical therapist, cooks, an ambulance driver, a yoga instructor and two teachers, a total of about 100 personnel.

Infant arrivals have declined in the past few years in New Delhi, at a cradle wicker box called Palna which suspects, as a result of an increase in child-selling and unscrupulous adoptions. In the rural India, a child might be sold for as little as 50 rupees (about 1 USD), according to Pradeep Kuckreja¹.

Almonds

Scientists have found that eating almonds can reduce the risk of heart disease by keeping blood vessels healthy, significantly increasing the amount of antioxidants in the blood stream, reducing blood pressure and improving blood flow².

Lead Poisoning

Emotional and behavioral problems show up even with low exposure to lead, and as blood lead levels increase in children, so do the problems. The research focused on lower blood lead levels than most other studies and adds more evidence that there is no safe lead level. The results were published online June 30 in the journal JAMA Pediatrics³. In fact, the people providing support to friends with low self-esteem often felt worse about themselves when they attempted to cheer up their friend⁴.

Mobility and Work

Nearly 60% of Americans have left the place where they were born, and most citizens have moved someplace new at least once in their lives. A new study of mobility patterns suggests that people who

¹ http://blogs.wsj.com/indiarealtime/2014/08/01/in-indias-capital-a-wicker-basket-for-unwanted-babies/?mod=trending_now_3

² <http://www.biospace.com/News/eating-almonds-may-reduce-heart-disease-risk-aston/338653>

³ <http://www.biospace.com/News/lead-exposure-leads-to-lower-iqs-emotional/338818>

⁴ <http://www.biospace.com/News/why-debbie-downer-and-negative-nancy-may-not-want/338087>

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move (and where they move) may be linked to IQ levels. Even more, the research indicates those who grew up in rural areas and ended up in cities ranked among the highest intelligence scores⁵.

Most people are just not comfortable in their own heads. Most would rather be doing something – possibly even hurting themselves – than doing nothing or sitting alone with their thoughts, published in the journal Science⁶.

Literature

Harry Potter destroyed the evil Lord Voldemort and made lots of money for book publishers and film studio/theme-park conglomerates, he has been helping to reduce prejudice, concludes research published in the Journal of Applied Social *Psychology*. It finds that, among young people, reading J.K. Rowling's book series, and identifying with the lead character, can reduce bias toward stigmatized minority groups. In two different studies, young Italians took note of "the positive attitudes and behaviors of Harry Potter toward stigmatized fantastic groups," and this fantasy-world interaction apparently influenced their real-world attitudes. Kids (with the help of a discussion leader for the youngest) were able to make the imaginative leap between Harry's defense of "mudbloods" and the unfairness of bigotry toward immigrants and gays⁷.

Running

A new study, published in the Journal of the American College of Cardiology, found running for just five or 10 minutes a day can significantly reduce your risk of death from cardiovascular disease⁸.

⁵ <http://www.medicaldaily.com/smarter-people-more-likely-change-location-city-life-appeals-high-iq-country-folk-while-rural-areas>

⁶ <http://www.biospace.com/News/shocking-many-choose-electric-jolt-over-being/339014>

⁷ <http://www.psmag.com/navigation/books-and-culture/harry-potter-battle-bigotry-87002/>

⁸ <http://www.biospace.com/News/want-to-live-longer-go-for-a-five-minute-run-says/341193>

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Fear

Babies can learn what to fear in the first days of life just by smelling the odor of their distressed mothers, new research suggests. And not just “natural” fears: If a mother experienced something before pregnancy that made her fear something specific, her baby will quickly learn to fear it too, through the odor she gives off when she feels fear⁹.

Pessimism

An evolutionarily ancient and tiny part of the brain tracks expectations about nasty events. The study, published in Proceedings of the National Academy of Sciences, demonstrates that the human habenula, half the size of a pea, tracks predictions about negative events, like painful electric shocks, suggesting a role in learning from bad experiences. Brain scans from 23 healthy volunteers showed that the habenula activates in response to pictures associated with painful electric shocks, with the opposite occurring for pictures that predicted winning money¹⁰.

Tree Nuts

Eating tree nuts appears to help lower and stabilize blood sugar levels in people with Type 2 diabetes compared to those on a control diet, according to a study published in the online journal PLOS ONE today. Eating tree nuts also appears to help reduce two of the five markers for metabolic syndrome, a group of factors that raise the risk for heart disease and other health problems such as diabetes and strokes, says a separate study published yesterday in the journal BMJ Open¹¹.

⁹ <http://www.biospace.com/News/moms-fears-are-passed-down-to-their-kids-through/341194>

¹⁰ <http://www.biospace.com/News/pessimism-is-from-your-brain-university-college/341196>

¹¹ <http://www.biospace.com/News/tree-nuts-may-fight-metabolic-disease-diabetes-st/341559>

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Tears

Human body produces 5 to 10 ounces of tears every day. The tears of joy at a wedding or sorrow at a funeral are different than the ones due to chopping onions¹².

Red

A study to be published online by the Journal of Personality and Social Psychology adds color to the age-old question of what attracts men to women. Researchers demonstrate that the color red makes men feel more amorous toward women. The research provides the first empirical support for society's enduring love affair with red. From the red ochre used in ancient rituals to today's red-light districts and red hearts on Valentine's Day, the rosy hue has been tied to carnal passions and romantic love across cultures and millennia¹³.

Ebola Virus Disease

Ebola first appeared in 1976 in 2 simultaneous outbreaks, in Nzara, Sudan, and in Yambuku, Democratic Republic of Congo. The latter was in a village situated near the Ebola River, from which the disease takes its name. Genus Ebolavirus is 1 of 3 members of the Filoviridae family (filovirus), along with genus Marburgvirus and genus Cuevavirus. Genus Ebolavirus comprises 5 distinct species. Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals. In Africa, infection has been documented through the handling of infected chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead or in the rainforest.

Ebola then spreads in the community through human-to-human transmission, with infection resulting from direct contact (through broken skin or mucous membranes) with the blood, secretions, organs or

¹² <http://www.sfgate.com/health/article/You-make-5-10-ounces-of-tears-a-day-and-there-5656409.php>

¹³ <http://www.biospace.com/News/women-see-other-women-wearing-red-as-a-sexual/339653>

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other bodily fluids of infected people, and indirect contact with environments contaminated with such fluids. Burial ceremonies in which mourners have direct contact with the body of the deceased person can also play a role in the transmission of Ebola. Men who have recovered from the disease can still transmit the virus through their semen for up to 7 weeks after recovery from illness.

EVD is a severe acute viral illness often characterized by the sudden onset of fever, intense weakness, muscle pain, headache and sore throat. This is followed by vomiting, diarrhoea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding. Laboratory findings include low white blood cell and platelet counts and elevated liver enzymes. People are infectious as long as their blood and secretions contain the virus. Ebola virus was isolated from semen 61 days after onset of illness in a man who was infected in a laboratory. The incubation period, i.e., the time interval from infection with the virus to onset of symptoms, is 2 to 21 days.

Ebola virus infections can be diagnosed definitively in a laboratory through several types of tests: antibody-capture enzyme-linked immunosorbent assay (ELISA), antigen detection tests, serum neutralization test, reverse transcriptase polymerase chain reaction (RT-PCR) assay, electron microscopy virus isolation by cell culture. Samples from patients are an extreme biohazard risk; testing should be conducted under maximum biological containment conditions.

No specific treatment or vaccine for EVD is available. In the absence of effective treatment and a human vaccine, raising awareness of the risk factors for Ebola infection and the protective measures individuals can take is the only way to reduce human infection and death. These include basic hand hygiene, respiratory hygiene, the use of personal protective equipment (according to the risk of splashes or other contact with infected materials), safe injection practices, and safe burial practices. WHO provides expertise and documentation to support disease investigation and control¹⁴.

¹⁴ WHO | *Ebola* virus disease, <http://www.who.int/mediacentre/factsheets/fs103/en/>; WHO Media centre, Telephone: +41 22 791 2222

E-mail: mediainquiries@who.int

[Ebola patient walks into Atlanta hospital; wife sees him through glass](#)

[Ebola hemorrhagic fever \(Ebola HF\) is one of numerous Viral Hemorrhagic Fevers](#)

[Ebola: A swift, effective and bloody killer](#)

[Anticipating the Next Pandemic; The Hunt for Ebola](#)

[CDC chief: Ebola patient improving after return to USA](#)

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Chikungunya Virus¹⁵

Chikungunya has been on the U.S. public health radar for some time. CDC has been working with the Pan American Health Organization since 2006, preparing for its introduction. The first locally acquired case of chikungunya, a mosquito-borne disease, was reported July 17 in Florida. This newly reported case represents the first time that mosquitoes in the continental United States are thought to have spread the virus to a non-traveler. American travelers infected overseas may continue to return and bring the virus with them.

Chikungunya virus is transmitted to people by two species of mosquitoes, *Aedes aegypti* and *Aedes albopictus*. Both species are found in the southeastern United States and limited parts of the Southwest; *Aedes albopictus* is also found further north up the East Coast, through the Mid-Atlantic States, and is also found in the lower Midwest.

People infected with chikungunya virus typically develop fever and joint pain. Other symptoms can include muscle aches, headaches, joint swelling or rash. This virus is not spread person to person. There is no vaccine and no specific treatment for infection.

The best way to protect yourself and your family from *chikungunya* or any other mosquito borne disease is to prevent being bitten by mosquitoes by using insect repellent (poisonous chemicals¹⁶) and

wearing the



long sleeves and desire for self



pants- Westerners driven by expression of sexuality



with suggestive and provocative semi-nudism¹⁷ may feel this oppressive, but for all those free peoples who want to spread freedom and show off, there is no vaccine and no specific

¹⁵ [Chikungunya virus](#)

¹⁶ [Insect Repellent Use & Safety](#)

¹⁷ [High school dress code; "Texan Cheerleader: women should wear the burqa"](#) ; [Canadian Teen Wearing Shorts Launches Anti-Shaming Protest](#);

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treatment for this infection¹⁸, malaria¹⁹, encephalitis²⁰ or any other Mosquito-Borne Diseases²¹, or for Ebola virus, see above).

Using air conditioning or window/door screens to keep mosquitoes outside, and reducing mosquito breeding ground such as standing water are some measures that may help prevent the spread of mosquitos.

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!)

¹⁸ [Chikungunya virus in the United States](#); [Geographic distribution of chikungunya](#); [Chikungunya in the Caribbean](#)

¹⁹ [What is malaria?](#)

²⁰ [Eastern equine encephalitis](#)

²¹ [Mosquito-Borne Diseases](#)

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