



శ్రీ వేపచేదు విద్యా పీఠము

# VEPACHEDU EDUCATIONAL FOUNDATION

The Telangana Science Journal

Health and Nutrition

[TIACS-subscribe@yahoo.com](mailto:TIACS-subscribe@yahoo.com) (The Indian American Chemical Society)

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### **Ghosts are in Mind<sup>i</sup>**

Scientists were able to recreate the illusion of “a presence” in the laboratory, and provided a simple explanation. They showed that the “feeling of a presence” actually results from an alteration of “sensorimotor” brain signals, which are involved in generating self-awareness by integrating information from our movements and our body’s position in space. Scientists interfered with the sensorimotor input of participants in such a way that their brains no longer identified such signals as belonging to their own body, but instead interpreted them as those of someone else. The work is published in Current Biology.

### **Emotional intelligence**

Emotional intelligence is the capacity to reason about emotions and emotional information, and of emotions to enhance thought. While greater emotional intelligence in teen boys went hand in hand with lower levels of misbehavior, it seemed to produce the opposite effect in teen girls. Teen girls who showed high levels of emotional intelligence were more likely to report to having engaged in delinquent acts, according to a study published in the Journal of Forensic Psychiatry & Psychiatry, 2014<sup>ii</sup>.

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## Brain Training<sup>iii</sup>

Brain degeneration and cognitive impairment are among the most feared outcomes of growing old. With dementia predicting to engulf more than 100 million people across the globe by 2050, reducing incidence of dementia is of ever-increasing importance. Published in PLoS Medicine, a study shows that engaging older adults computer-based cognitive training (also known as brain training) can lead to improvements in memory, speed, and visuospatial skills. However, it has no impact on attention or executive functions such as impulse control, planning and problem solving.

## Turmeric<sup>iv</sup>

Turmeric is widely used in cooking, particularly in Asia and India. Its characteristic yellow color is due to curcumin, which accounts for 3 to 6 per cent of turmeric and has been shown by experimental studies to reduce the risk of dementia. A recent study, published in the Asia Pacific Journal of Clinical Nutrition, indicates adding just one gram of turmeric to breakfast could help improve the memory of people who are in the very early stages of diabetes and at risk of cognitive impairment.

## Alcoholism Damages Brain's White Matter<sup>v</sup>

Chronic use of alcohol results in measurable damage to the brain. Chronic drinking may be particularly damaging to the integrity of frontal white matter tracts, which can interfere with cognitive and inhibitory control that, in turn, is important to achieve and maintain abstinence. A new study has used high-resolution structural magnetic resonance (MR) scans to determine the brain's regional vulnerability to chronic alcohol abuse, finding that abstinent alcoholics have reductions in white matter pathways across the entire brain.

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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, and peace!)

<sup>i</sup>Neuroscientists awaken ghosts... hidden in our cortex: <http://actu.epfl.ch/news/neuroscientists-awaken-ghosts-hidden-in-our-cortex/>

<sup>ii</sup> Sex differences in the relationship between sensation seeking, trait emotional intelligence and delinquent behavior:  
<http://www.tandfonline.com/doi/abs/10.1080/14789949.2014.943796#preview>

<sup>iii</sup> <http://www.biospace.com/News/does-brain-training-work-university-of-sydney/355344>

<sup>iv</sup> <http://www.biospace.com/News/spice-up-your-memory-monash-university-study/355357>

<sup>v</sup> <http://medicalxpress.com/news/2014-11-chronic-alcohol-intake-white-pathways.html>

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