

✻ ATIF KHAN

From playing cameos to driving narratives, Ali Fazal has come a long way. The diligent actor, who is shooting for *Prasthanam*, a remake of South Indian film with Sanjay Dutt and Manisha Koirala, has changed his game plan as he gained more in terms of confidence and maturity. “I am not doing what I used to do earlier - taking everything that came my way. I did it because at that time the idea was to gather experience.” He is playing the lead protagonist in Tigmanshu Dhulia's much-awaited *Milan Talkies*, which according to Ali is a “mix of Italian classic *Cinema Paradiso* and *Romeo and Juliet*.” Here he talks about his current state of mind, international recognition and why he does not want to do smaller roles in Bollywood.

Excerpts:

What is your plan of action?

● I am choosing films according to the roles. The script is God these days as films have become more content driven. And of course one has to be aware of the credentials of the director and producer. There are many films that come out each year, which lack vision.

Do you think that you have been able to go beyond the urban boy-next-door image?

● Yes, I think people no longer see me as the boy-next-door as I have gone on to do different kinds of roles. My upcoming film *Milan Talkies* is a romantic film. I am also exploring different avenues like the Amazon Prime show *Mirzapur*, which I am doing with Farhan Akhtar and Ritesh Sidhwani. I have built muscles for the show.

Does the business of films affect your choices?

● I believe in moving fast from one film to the other. One thing I have learnt is if one film doesn't work at the box office, it should not stop me from doing the next film. I can't be choosy until all of my films start working at the box office. You are considered bankable only if you give good returns at the box office. Being a good actor is not enough.

How has life changed after international recognition?

● I am fortunate to be one of the few Indians to have done a lead role in a Hollywood film (*Victoria and Abdul*), made on a large scale. I am also happy for all the love I have got after the

# ‘Being a good actor is not enough’

Ali Fazal on striking a balance between box office success and doing content-driven cinema

film. I am now a member of the Academy of Motion Pictures Arts and Sciences and I feel blessed that I am one of the youngest Indians to be on that list.

How is working in a franchise with an ensemble cast different from working as a solo lead actor?

● At this point, I am bagging some lead roles. I cannot just go and say that I will do a cameo in some random film. There have been some big films in which cameo roles were offered to me but I declined. I have played Joy Lobo in *3 Idiots* and Zafar in *Fukrey*. But I think I have to believe in myself and take things on my own shoulders. Oth-

erwise there won't be any growth.

But there are films which can give you more visibility...

● You have to define what is big and what is a small role. It depends on what kind of a project it is. *Fast and Furious* was a huge project with high visibility. I didn't hesitate working in it as it was produced by Universal Studios which later produced *Victoria and Abdul*.

It was a big step ahead. Maybe, I will not hesitate to do small roles in Hollywood as I am just starting out there. But, in Bollywood, I have made a name already and I have to think really hard before taking any small role.



Changing priorities  
Ali Fazal  
SPECIAL ARRANGEMENT

- A Space Marketing Feature

# HealthCare

## Scientific Solutions for Liver problems

Liver is one of the major organs in the human body that is associated with digestive system. Liver plays a very important role in the human body; in fact, it is the most essential organ. It performs numerous functions. It plays an important role in the metabolism of different nutrients. It helps the body to get rid of toxins as it filters the blood and also helps the formation of important elements such as clotting factors. Liver serves as a sugar storage organ thus releases it when needed.

Liver is located below the diaphragm in the right upper quadrant. It's about the size of a football, and weighs 3-4 pounds. It plays a significant role in the metabolism within the human body. Function disruption of this organ surely causes several health problems. Severe complications arise all through the body when liver develops any problem.

Say the words liver disease and our minds immediately create a picture of a chronic alcoholic, but the truth is that the Liver is affected by various problems, of which majority can be solved by medicines. Only few chronic cases require surgery. These chronic cases are classified into four categories;

Liver cysts, Stones in the Gall bladder, Tumours in the liver, Accidents or injuries. All the above problems share common symptoms: Stomach ache, weakness, vomiting, jaundice (in some cases), fever with chills, weight loss and even vomiting blood.

Ultrasound, liver function tests are useful to detect nature of the problem. MRI scan, CT scan is used to detect the location of the problem, while Endoscopy, serum alpha protein tests may support in diagnosis. Endoscopy and lithotripsy can be used to remove the stones in the biliary sys-

tem. Cysts, tumours can be removed by laparoscopic methods. Open surgery (hepatectomy) will be used in required cases.

In conditions when the liver is irreparably damaged, we can replace the non functioning liver with a functioning equivalent by a surgical procedure called Liver transplantation. This procedure is more important in patients with end stage liver disease (ESLD) because, unlike kidney there is no effective artificial replacement system i.e. dialysis system.

The liver used for transplantation is generally procured in one of the three ways from the donors, like deceased donor liver transplantation, non heart beating donors, living related liver transplantation.

A. DECEASED DONOR LIVER TRANSPLANTATION (DDLT)

In this procedure popularly called as Cadaveric liver transplantation the liver is procured from a patient who is brain dead but his lungs and heart are still functioning. To common man a person is dead only when heart beating and breathing stops. But there are certain conditions in which the effective control of brain over the other body parts is lost irreversibly due to various causes like stroke, intracranial bleed, trauma etc.

B. NON HEART BEATING DONORS (NHBD)

In this the organ is procured from a patient who is completely dead (i.e. all body organs viz. brain, heart, lungs etc., have ceased to function). But in these patients the organs have to be procured within 20

minutes after death so as to preserve the viability of retrieved organ.

C. LIVING RELATED LIVER TRANSPLANTATION (LRLT)

In these cases the liver is procured from the kith and kin of the patient requiring transplantation (Recipient). Once the organ is taken from the donor, this is transplanted into the body of the patient suffering from End Stage Liver Disease (Recipient) by a complicated surgical procedure by a team of doctors including Transplantation surgeons, Anaesthetists, perfusionists, Hepatologists etc.

Once transplanted the new liver takes over the regular functions required by the body and slowly helps the body to recover to near normal functioning over a period of few weeks to few months. Since the organ transplanted is a fo-

reign element to the body the natural responses tend to reject the organ which may ultimately lead to the loss of transplanted organ. In order to blunt this rejection response these patients are kept on immunosuppressive medications.

There is an urgent need for improving the awareness about liver disease and the curability of most of these problems by various medical and surgical procedures and also by Liver transplantation if required.

- Dr. R.V. Raghavendra Rao,

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## Infertility in Indian Women: A Cause to Worry?

India despite being the 2nd most populous nation with a population of 1.3 billion people, ironically also has a high rate of infertility affecting the couples especially the urban Indian. Interestingly, the problem is rampant in young couples as well. It is observed that 20 per cent of couples are having difficulty in achieving pregnancy normally. Infertility is not an exception among males or females these days.

In the context of fertility, ovarian reserve is an important concept and in simple terms it is the power an ovary has or the fertility potential of a woman. This ovarian age is different from a woman's chronological age. It has been shown in several studies that Indian women age five to six years earlier than western women, hence, Indian women are at a reproductive disadvantage when it comes to ovarian egg reserve. The frightening fact is that, there are no symptoms of ovarian aging. A few women may experience shorter cycles of 20 to 25 days or scanty cycles. Studies indicate that nearly 1 to 2 per cent of Indian women experience signs of menopause between 29 and 34 years of age. Additionally, this figure goes up to 8%

in the case of women between 35 and 39 years of age. Of all the infertile couples, we see about 18-20 per cent of women under 36 years of age suffer from a low ovarian reserve or premature ovarian failure

Some of the lifestyle factors leading to infertility are increasing marital age, rising alcohol and tobacco consumption, disturbed sleep pattern, lack of physical exercise, obesity and dietary preferences for refined, fried and high glycemic index food products. The X chromosome abnormalities, autosomal causes, galactosemia, autoimmune disorders, cancer treatment, Turner's syndrome, enzyme defects, and environmental toxins are some of the other factors leading to premature ovarian failure. Family history of premature ovarian failure is seen in 14-30 per cent of cases. For women who have the risk of having a low ovarian reserve or POF at a young age, early diagnosis and treatment are needed to achieve a healthy pregnancy. In general, the ideal age for women to get pregnant is between 25 and 35 years. Even if pregnancy occurs, advanced age can cause high risk pregnancy where miscarriages in the late trimester or birth defects in the baby can happen. How is ovarian egg reserve tested? Diagnosing the root cause and deciding the treatment is the turning point

in the whole process and experience of handling a wide variety of cases by the experts plays a major role in it. The tests that help predict the fertility potential of women include Follicular Stimulating Hormone (FSH) test, basal estradiol and antral follicular count, AMH test, etc. FSH and E2 level tests are not very accurate. The new generation Anti-Mullerian Hormone test is fast becoming the finest tool for specialists in India to determine the fertility potential of a woman. The AMH concentrations are least affected by menstrual cycle, therefore a blood test can be done any time. Experts recommend AMH test for any woman who is over 30 years of age and wishes to postpone childbearing, but eventually would like to plan pregnancy.

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The only treatment for Hepatitis and Herpes

Hepatitis

Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hunger, vomiting, body pains, yellowness in urine, jaundice, herpes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

Herpes simplex

You will find some waterpocks like sweatpocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boils. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

"Sciatica is totally cured"

A middle-aged man came once to my clinic and asked «doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you.» I asked the man to tell the details with patience. Then he told doctor, I am Narayana and native of Kurnool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

It spread to the legs and feet. I am not able to move here and there and walk. I feel some electric current is passing through my body. When I consulted one doctor, he said that it is sciatica and prescribed pain killers. I am getting relief when using pain killers and it will remain after some time. Now, I came to you for permanent solution." I told him not to worry about it and said that there is permanent remedy for sciatica.

After treatment

I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

You can survive even if you have HIV

This is a case from Karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, «doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live." I said not to worry about life and took some details.

After treatment:

During some weather changes, we can see the symptoms like cold, fever, TB infection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tiredness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

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