

## No dump yard without PCB permission in Dubbak: HC

The facility is coming up near residential area

MARRI RAMU  
HYDERABAD

Telangana High Court has instructed Dubbak municipality in Siddipet district not to go ahead with the construction of a dumping yard till it secured a written permission from Telangana State Pollution Control Board.

Disposing of a writ petition filed by some villagers challenging construction of the dumping yard in Dubbak municipality area, the HC

said if the TSPCB declines permission, the dumping yard should not be raised at the site in question. The direction was passed by a bench of Chief Justice Hima Kohli and Justice B. Vijayans Reddy. Eight residents of Lachapet in Dubbak moved the HC questioning construction of the dumping yard in the land at survey no. 1119. According to them, the yard cannot be raised since it was in the vicinity of a residential area. They contended that

the authorities did not complete the process of securing statutory clearances by holding public hearings and complying with other procedures to build the dumping yard at the said site.

Dubbak municipality had filed a counter affidavit claiming that the land measuring 6.31 acres where the dumping yard was coming up belonged to the government. The land was allotted by the Tahsildar, said the government counsel.

## Sanjay condemns attack on journalists in Bhainsa

SPECIAL CORRESPONDENT  
HYDERABAD

Telangana BJP president Bandi Sanjay Kumar condemned the attack on journalists at Bhainsa, and questioned the silence of the TRS government on the development on Monday.

Participating in the election campaign for MLC polls on behalf of party general secretary G. Premender Reddy at Bhadradi-Kothagudem, he also accused the government of neglecting the journalist community, especially during the peak of COVID-19 pandemic.

The poor of TS had already decided to support the

party as has been evident during the Dubbak bypoll and GHMC elections and now it is up to the educated voters to make up their mind, he said.

Bhadradi-Kothagudem Staff Reporter adds:

Speaking to newsmen after offering prayers at Sri Aramachandra Swamy temple in Bhadrachalam on Monday, Mr. Sanjay alleged that the State government's failure to take firm action against those responsible for setting 12 houses on fire in Bhainsa last year led to the repeat of a similar incident in the town on Sunday night.

## Centre's bias against TS in education sector too: KTR

'Promises made to State not kept'

SPECIAL CORRESPONDENT  
HYDERABAD

TRS working president K.T. Rama Rao alleged that the Centre has heaped injustice on Telangana in case of education sector along with other sectors by not keeping the promises made to the State during its formation.

Speaking to heads of educational institutions and teachers associations here on Monday, he highlighted the progress of education sector under the TRS government. The government had established 672 residen-

tial schools for students belonging to marginalised sections since 2014.

The State government was spending about ₹1.2 lakh on each of 4.3 lakh students studying in the 970 residential educational institutions in the State. Mr. Rao said 53 new degree and 11 polytechnic colleges were also established during the last six years. Five new government medical colleges were also opened since 2014 against only five colleges set up in 65 years before formation of Telangana.

## Woman doused with petrol, set on fire

SPECIAL CORRESPONDENT  
MEDAK

A man is reported to have doused a woman with petrol and set her on fire at Gadipeddapur village in Aladurg mandal on Monday. She was injured seriously and was shifted to Osmania General Hospital for treatment.

Alladurg Sub-Inspector A. Mohan Reddy said the woman from Malkapur tanda had gone to Jogipet market on Sunday and did not return even at night. She was later found with burns. Alladurg police registered a case.

A Space Marketing Feature

# HealthCare

## Caffeine Overdose

Who is not a coffee or tea lover nowadays? As soon as one gets out of bed, who does not lazily reach for that steaming cup to kick out the last vestiges of slumber and sloth from our system?

But thanks to the ills of our modern, over-indulgent lifestyles, most of us end up going to bed late, thereby not getting enough sleep and relaxation. When the body is not well rested, an external stimulus is required the next morning to forcibly expel the lethargy and sleep hangover. And that is where we turn coffee and tea into the culprits that they actually are not.

To be sure, coffee and tea are incredibly healthy beverages. They start the mornings of millions of people around the world. The stimulant that you seek in your coffee / tea is a drug called Caffeine, which keeps you awake and alert, elevates your mood, boosts your metabolism, and enhances your mental and physical performance. It is found in various foods, drinks, and other products.

Studies show that caffeine is safe for most people when consumed in low-to-moderate amounts.

High doses, your body may be especially sensitive to it, so avoid ingesting too much at one time. Even if you regularly consume large amounts of caffeine, you should stop when you feel any of these unpleasant symptoms:

**Anxiety**  
Caffeine's stimulant effects, such as increased heart rate, increased adrenaline hormones, and heightened senses, can combine to produce an overwhelming sensation in some people, making them feel anxious. It works by blocking the effects of adenosine, a neurotransmitter in the brain that makes you feel tired by tranquilizing you. It also triggers the release of adrenaline, the hormone associated with increased energy.

**Insomnia**  
As mentioned earlier, caffeine inhibits adenosine, a chemical that helps you to fall asleep. With decreased adenosine activity, you will take more time to feel drowsy and go to sleep. Too much caffeine may also decrease total sleeping time, especially in the elderly.

**Digestion Issues**  
Many people find that a morning cup of coffee helps get their bowels moving. Coffee's laxative effect is attributed to the release of gastrin, a hormone the stomach produces to speed up activity in the colon. Too much



do, it does not cause the same degree of addiction. Caffeine addiction or dependence begins because it first creates the 'alert' feeling that coffee drinkers crave and swear by.

**Increased Blood Pressure**

Caffeine causes your adrenal glands to release more adrenaline, which causes your blood pressure to increase. Elevated blood pressure is a risk factor for heart attack and stroke, because it may damage arteries over time, restricting the flow of blood to your heart and brain.

**Heart Palpitations**

Caffeine stimulates the Central Nervous System; it speeds up the heart rate and can cause it to flutter or palpitate. There have been cases of arrhythmia (irregular beating of the heart) caused by rapid or excessive coffee intake.

Taken in moderation, caffeine can have many beneficial effects. But in larger doses it can put your health, and in rare cases, even your life at risk. Whether you make it your friend or your foe, the choice is entirely yours.

curs when you take in too much of it through drinks, foods or medications. However, some people can ingest well above the recommended amount each day. But doing so is inadvisable, as it can cause major health issues, including irregular heart-beat and seizures. High caffeine doses on a regular basis may also lead to hormonal imbalances.

If you rarely consume caffeine,

caffeine quickens the process of gastric emptying, which may result in highly acidic stomach contents passing into the small intestine more rapidly than normal, causing injury or ulcers.

**Muscle Twitches and Spasms**

A high volume or prolonged use of caffeine in the body can cause the muscles to cramp or move erratically. There have even been some reports of

excessive caffeine intake leading to Rhabdomyolysis, a very serious condition in which damaged muscle fibers enter the bloodstream, leading to kidney failure and other problems.

**Addiction**

There is no denying that coffee intake can become habit-forming. Although caffeine triggers certain brain chemicals similarly to the way cocaine and amphetamines

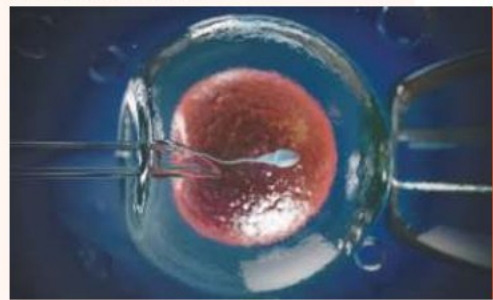
## ADVANCES IN REPRODUCTIVE MEDICINE A BOON TO CHILDLESS COUPLE

Though there is a significant rise in number of patients opting for infertility treatment in India – the numbers are still abysmally low compared to couples actually requiring medical treatment due to lack of awareness regarding infertility – it's causes and treatment options.

**PERSONALISED TREATMENT THE BEST WAY FORWARD:**

Many myths and misconceptions are associated with ART techniques – most common being that all couples suffering from infertility require IVF – ICSI. In reality Individualised treatment is given to couples – for example some women with PCO – polycystic ovaries may just need ovarian stimulation and try naturally at the right time when follicle is ready, while in some cases where men have low sperm count/motility simple process like IUI (INTRAUTERINE INSEMINATION) may suffice – wherein husbands semen is processed in laboratory by the andrologist and the best sperms with good motility are selected and deposited into the partners uterus via a thin soft catheter.

But certain couples require IVF-ICSI directly, for example – husband with very low or no sperm count/motility, wife with very low egg reserve, bilateral fallopian tube blockage, severe endometriosis, couples with recurrent abortions or who have genetic abnormalities. However even IVF-ICSI doesn't lead to 100% success result owing to various factors like advance maternal age, poor quality of egg, poor quality of sperm, low grade embryos, impaired endometrial function, implantation failure etc.



**ADVANCES IN FERTILITY TREATMENTS :**

Advances in the field of ART has witnessed individualized protocols for ovarian stimulation and embryo transfer to optimize treatment. Various Technologies Like **Advance Sperm Selection** Methods to remove DNA damaged sperms, **Blastocyst Culture** (embryos grown upto 5 days which give better success when transferred), reproductive genetic advancements like **Prenetic Testing** for embryos to identify genetically abnormal embryos and **ERA** – endometrial receptivity array to know the endometrial receptivity timing for embryo transfer etc have helped to increase success rate of IVF treatment by significant percentage.

These latest advancements in ART techniques have come as a boon to several childless couples while also indicating the need for increasing awareness among people regarding these advancements to improve the take home healthy baby success!!!!

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### Treat Sinusitis say no to Operation

A few days ago a patient has visited our clinic. We've understood that he has been suffering from cold and other issues. He stated: "I am suffering with sneezes since I was studying intermediate. Nose was blocked due to obstacles. It was a frequent problem in those days. This trouble was aggravated when I was admitted in Engineering. Cold and sneezing were transformed as Sinusitis. It was troubling once in a week or ten days. I had to use antibiotics for relief. Again it used to reiterate, if I take Cold drink or get exposed to cool weather. Slowly antibiotics stopped working due to regular usage. Sleeping period was reduced due to this trouble. It used to affect my day time work, due to drowsiness. I was unable to attend classes regularly." After his narration we have confirmed that he is suffering with Sinusitis.

**Treatment:** Homeo medicines can cure the disease along with reduction of sinus infections. We have given medicines, depending upon his symptoms. We have advised him to avoid cool weather, cold drinks and so on. He came back to our clinic after one month. It was observed that he was very active. Sinus problem was rectified absolutely and no negative symptoms were observed. He has expressed happiness when we have asked him about previous issues and confirmed that all his problems were resolved.

### Best Treatment for Hepatitis and Herpes

**Symptoms:** Loss of appetite, vomiting sensation or nausea, body pains, green urination, Jaundice are common symptoms in the patients, who are effected by Hepatitis. Hepatitis virus can damage liver. Many patients lose their lives due to the infection of this virus. It transmits through blood. Virus affected blood transfusion, usage of contaminated needles are basic reasons for spreading of this virus. Children may be affected by birth. Sexual contacts also may spread this virus. Hepatitis b may be detected after long time. It may take years to diagnose.

**Herpes Simplex:** Small spots will be identified on penis (male sexual organ). These red colored spots may cause itching. Sometimes, wound can be formed after blasting of this spot. It may spread into others, if the patient doesn't take the treatment. It is known as herpes, when it is spread over by sexual contacts.

**Homeo Treatment:** Best treatment methods are available in Homeo for herpes. These medicines work effectively. Herpes can be recur in patients, whose are using other kinds of medicines. But Homeo medicine users never face this kind of problem.

### Hair fall issue may be resolved like this..!

His name is Shashank, aged 25 years, working as medical representative. Family members are in search of marriage alliances for him. But he was scared due to his own problem. His hair had drastic hair fall since four years. Now his beautiful hair was turning into a bald head. He was hesitant a lot due to this problem. He has used many shampoos, lotions and other kind of medicines. But there was not much of use. Lastly he has visited our clinic on his friends' advice.

**Wonderful Treatment:** Roots of hair will be strong with homeo treatment. Hair fall will decrease ultimately. Secretion of hormones will be balanced. Fungal infections and Psoriasis problems will be overcome. New hair will be grown on their heads. Homeo treatment is involved to cleanup root cause problems without any side effects. There is no age bar to take this treatment. We have explained all the features and then started the treatment. Hair fall problem was resolved within one month period and he was all set for marriage.

### Headache: It's gone...

It is not good to neglect any kind of headache, which effects frequently or painfully. Treatment will be given, after identification of root cause. Many types of headaches are observed. Few are severe painful in nature and few more are mild painful in nature.

**Migraine:** Headache will cause pain for few hours to few days. Vomiting sensation is one of the dominant features. Patient will be unable to tolerate light, sounds and concentrated smells. Headache is caused by few chemicals, which are released from blood vessels and nerves in the brain. Headache due to psychological pressure: It may be observed in the professionals, who are facing pressure regularly. Muscles in the brain may be contracted. Severe pain is observed at upper part and surrounding parts of the head. This problem will be more observed at the time of psychological pressure.

**Cluster Headache:** This headache causes severe pain, especially on eye part or forehead part. They are unable to do any kind of work due to this irritation. Headache may trouble from half an hour to 2,3 hours and repeated frequently at night.

**Sinus Headache:** Headache is observed along with frequent cold. Pain will be observed at forehead part or middle of the eyes or side parts of nose. It is considered as splitting headache.

**Treatment:** Best treatment is available in Homeo for headache. Reasons will be identified initially before going for the treatment. There are no side effects due to homeo medicines. Permanent solution will be given under the supervision of experienced doctors.

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## FACTS YOU NEED TO KNOW ABOUT CANCER

Despite advances in medicine and technology, we are still unable to find cure for certain ailments. Although man has achieved success in extending the life span, still he is unable to conquer cancer. It is still considered a nightmare accompanied by many fears and confusion. According to Dr. Chigurupati Mohana Vamsi, renowned surgical oncologist, Omega Hospitals, with proper awareness and quick detection it is possible to effectively deal with Cancer.

### What are the symptoms of Cancer?

The symptoms depend on the organ it affects. Some of the common symptoms that might signal the risk of cancer include reduced immunity, reduced appetite, vomiting, diarrhea, anemia and unexplained weight loss.

### Is it possible to detect cancerous cell anywhere in the body?

There are no tests that can help in advanced detection of cancerous cells that are present anywhere in the body. There are certain tests which are conducted based on suspicion related to a particular organ and these tests differ based on the organ. Biopsy, FSI test, Blood markers, X-ray, CT scan, MRI, PET scan are some of the diagnostic tests performed. Only in cervical cancer, it is possible to detect quickly and early with Pap smear.

### Are there no vaccines for cancer?

The causative factor for Cervical cancer is HPV Virus and hence, there is vaccination available for women. If it is given between the age of 9 and the onset of sexual activity, it will be helpful in prevention. This vaccine is highly recommended by doctors for women even till the age of 40.

### Is Cancer prevention not within our control?

With the exception of cervical cancer, since there is no clear reason identified for other cancers, prevention is not that easy. However, eating foods with more fiber, regular exercise, avoiding chemical exposure and pollution, and avoiding alcohol, smoking etc., can play a key role in preventing the occurrence of cancer.

### Does Cancer occur due to heredity?

Although it is not conclusively proved yet, the chances of Breast cancer are high in subsequent generations, if there is already a history of the same in the family. It can be detected with the

help of Gene mutation tests like BRCA-1 and BRCA-2. However, in 80 percent of cases, it has been observed that genes are not the main reason. It is important that right from the age of 20, women should cultivate awareness regarding the symptoms and manifestations of Breast cancer. They should do self-examination of breasts and observe for any lump formation. Right from the age of 40, based on doctor's advice, they should undergo mammography tests once in year.

### While some recover successfully, many others succumb to cancer. What is the reason for this?

Just like how each individual's behavior is different, even cancer cells and its behavior differ from one person to the other. It depends on the extent of the cancer that has spread and the stage as well as the treatment protocol followed for curing it.

### Is Cancer related to age?

No. It can be seen in people of all ages. Fortunately, most of the cancers occurring in children can be cured effectively. The cancers occurring in aged people is usually more complex to deal with.

### How to deal with cancer comprehensively and what are the measures to be taken during treatment?

Despite medical advances, still there are side effects being seen. It is important to consult experts and also to maintain mental health through meditation. Patients should take healthy diet. Measures like chemotherapy, radiotherapy and laparoscopy are done including keyhole surgeries to deal with cancer. Even after successful treatment, regular follow up, tests are required along with maintenance of a healthy and balanced lifestyle.

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