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# HEALTHLINE

Paramount's Monthly Magazine

*Life  
is like riding  
a bicycle.*

*To keep your  
balance, you  
must keep  
moving.*

- Albert Einstein

Understanding  
India's Mental Health

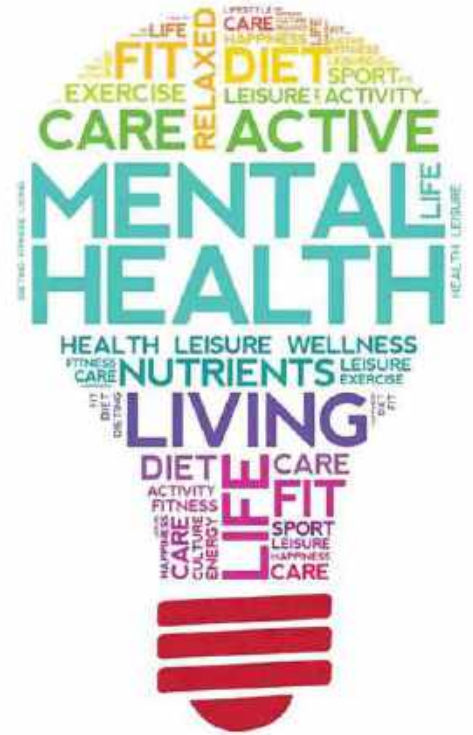
Obesity  
Myths and Facts

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Home Remedies

## Understanding India's Mental Health

A study by the India State-Level Disease Burden Initiative showed that the disease burden in India due to mental disorders increased from 2.5% in 1990 to 4.7% in 2017 in terms of DALYs (disability-adjusted life years), and was the leading contributor to YLDs (years lived with disability) contributing to 14.5% of all YLDs in the country. The prevalence of depression and anxiety disorders, as well as eating disorders, was found to be significantly higher among women. The association between depression and death by suicide was also found to be higher among women.

In India, having a mental health disorder is perceived with a sense of judgement and there is stigma associated with those having mental health issues. Mental disorders are also considered as being a consequence of a lack of self-discipline and willpower. The stigma associated with mental health as well as lack of access, affordability, and awareness lead to significant gaps in treatment. The National Mental Health Survey (NMHS), 2015-16 found that nearly 80% of those suffering from mental disorders did not receive treatment for over a year. This survey also identified large treatment gaps in mental healthcare, ranging from 28% to 83% across different mental disorders.



### How to help anyone dealing with mental health issues:

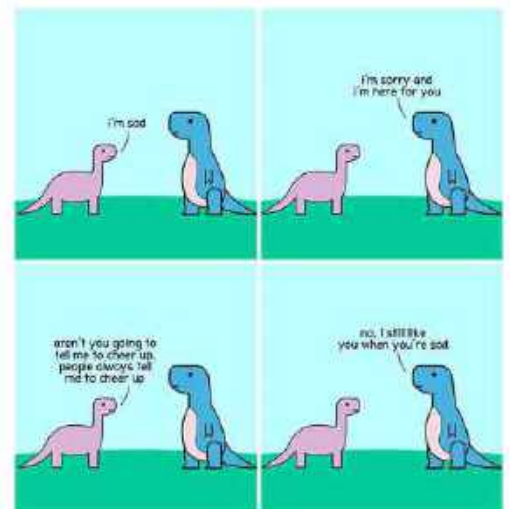
**Do reach out:** The COVID-19 pandemic times have definitely restricted our reaching out to the really vulnerable people due to the distancing norms. However, it's important to recognise that one positive social contact can be the starting point to alleviating feelings of loneliness.

On social media we can do our little bit to improve someone's mental health. This can be a simple message to one person in our social circle *"Hi, just dropping a message to ask how you are feeling today"*. Imagine how many lonely people would get help if each of us did this.



Don't respond with annoyance if a person who complains of being alone pushes you away when you reach out. A few people take time to open up, so just send a simple hello as often as you can.

Avoid giving supposed "quick fixes" like 'join a dating site' or 'get onto social media'. Lonely people need deeper social connections, so asking "How are you feeling" and waiting to listen to the whole answer, might help much more.



# Obesity

## Myths and Facts

MYTH

Just eat less!

While it is true that we should be in calorie deficit when trying to lose weight and also exercise to support healthy weight loss, some times obesity is not a cause of overeating but a symptom of another disease. It is possible that there is an underlying issue which deals not just with extra calorie intake but other factors like stress, inefficient sleep, thyroid, or other such issues which impact body weight.

FACT

FACT

No. While it is true that inactivity can lead to health issues, it does not directly impact obesity. Not to say it is not advised to exercise daily but that there are several other factors playing a role in this condition. Those dealing with body image might also have some limitations when it comes to going outside for an activity as they feel they are being overtly observed by their environment. Apart from that, there is also a relationship between depression and obesity that is studied by researchers suggesting that depression can severely impact motivation making it difficult for people to work on themselves.



You are lazy!

MYTH



MYTH

Obesity is genetic.

It's a little more complex than just that. Sure there are higher chances of an individual getting this condition if a close relative is struggling with the same, but it is not always the case. If you are taking care of your food choices, exercising and living a healthy lifestyle, the chances of you getting obese are less. If there is any other underlying health issue, it is important to consult your doctor and maintain a lifestyle according to that to manage symptoms and live a long and fulfilling life.

FACT

FACT

Weight loss does not mean you won't have any health issues. While being in your ideal weight range is definitely good, it should not be the only goal. It is important that you make healthy lifestyle choices for the long run and ensure that you are getting the right nutrients and vitamins, along with exercise to live a good, long, fulfilling life.



Weight loss  
=  
good health.

MYTH

With the pandemic and its fear, a lot of people have started to give their health more and more importance. While a global pandemic should not invite such changes, a change for good is welcome nonetheless. However according to a paper published in 2020, in NCBI titled Forecasting the prevalence of overweight and obesity in India to 2040, it predicts that the prevalence of overweight will increase approximately double among Indian adults aged 20–69 years between 2010 and 2040, whilst the prevalence of obesity is expected to increase approximately three-fold over the same period. Specifically, amongst men, we predict that the prevalence of overweight and obesity respectively will reach around 30% and 10%, whilst 27% and 14% of women are expected to be overweight and obese, respectively, by 2040.

**Make better choices and live a longer, fuller life!**

## Arthritis home remedies

With arthritis comes unbearable pain and inflammation in the joints. While your doctor may suggest some pain medications, there are also some natural remedies to try out under consultation with your doctor. There are some herbs that depict anti-inflammatory properties and can be useful in managing the pain symptoms that come with this illness. Let's take a look at some of these remedies!

### Aloe Vera :



Already known for its anti-inflammatory properties for skincare problems, aloe vera may also be used to manage joint pain. One of the ways to use this remedy is to apply it topically on skin, however, some research suggests that it can also be taken by mouth to help relieve osteoarthritis pain.\* Although consuming aloe vera may lower the sugar content so diabetics should be careful.

\*It is recommended to consult a doctor before ingesting any herbs that may interact with existing medication. Ensure that you are not allergic to any natural herbs before applying or ingesting.

### Eucalyptus :

Eucalyptus is a popular herb used in natural remedies. The leaf extracts of this plant are used for topical remedies that may help ease the pain caused by arthritis. It is the tannins present in the leaves of eucalyptus that help in reducing inflammation and pain from the joints.

It is recommended to dilute this oil with a base oil and massage on to the affected area. Some use heat therapy to escalate the healing process. However, ensure that you are not allergic to eucalyptus before putting it on.



### Cold and heat treatment :

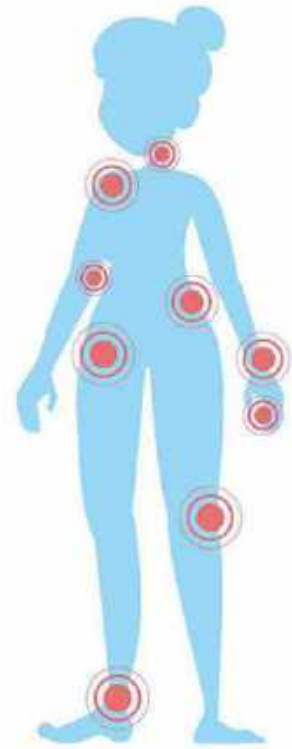


As the name suggests, cold and heat treatment is done using ice packs and hot water bottles or a heating pad. Ice packs are used to reduce inflammation and swelling while heat treatment is used to reduce the stiffness in the joints and allow painless movement.

You can do this treatment at the comfort of your home as many times as necessary till it makes you feel better. Gentle massage can also be helpful and help maximize the effect of the treatment.

### Ginger :

According to research, ginger stands out as a strong opponent to nonsteroidal anti-inflammatory drugs. It has several medicinal benefits that have been studied by researchers over the years that prove it can be an asset in helping manage pain caused by arthritis. It not only alleviates pain from the joints but also from the muscles. Ready to up your ginger intake? Apart from ginger teas, you can also use fresh ginger in veggies, salads, soups or powdered form in making some recipes.



## Green Tea :

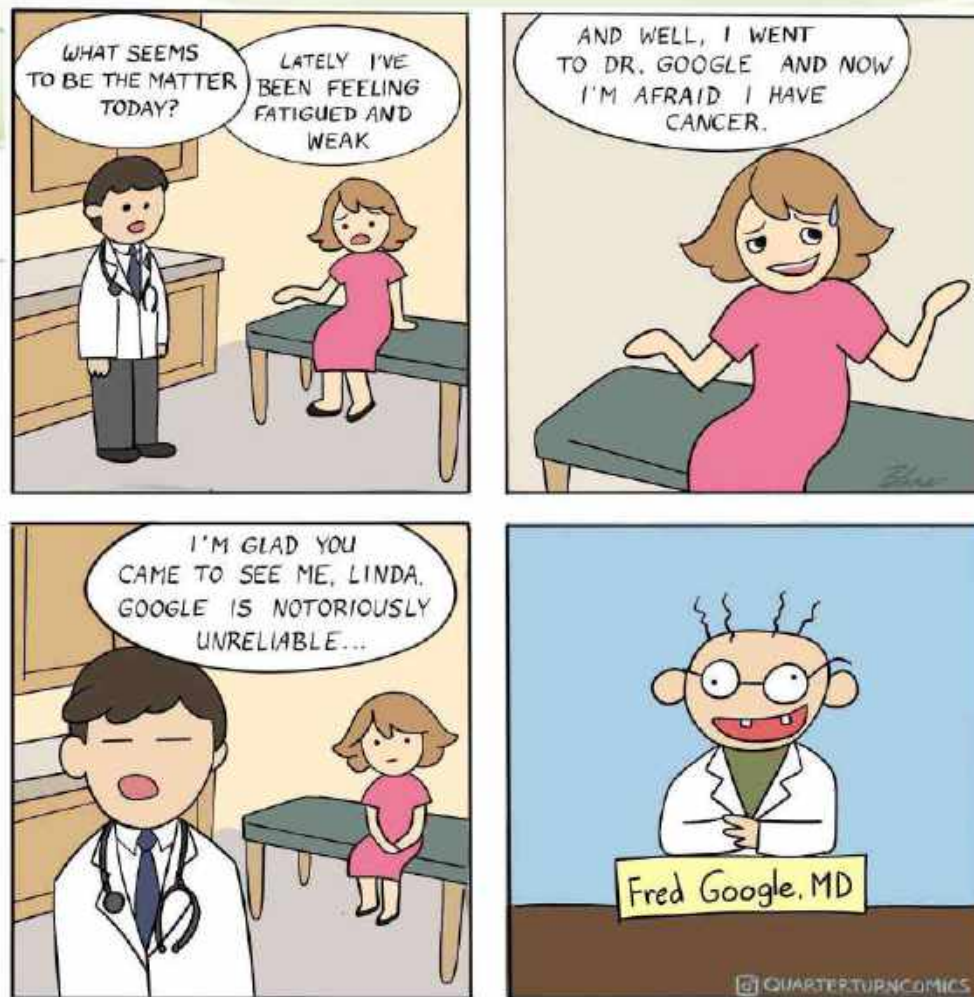


A popular healthy beverage, green tea is known to have several benefits. A powerhouse of antioxidants, it may help in fighting the inflammation caused by the disease. Research suggests it surely has some effect on arthritis, however, it remains unclear as to how effective a cup or two might be in relieving pain.

However, the beverage has no side effects and can easily be consumed over other unhealthy options like soda or other cold drinks.

## Turmeric :

A superfood for sure, turmeric might as well be called the king of herbs. It contains an ingredient, namely curcumin, which has anti-inflammatory properties and may be helpful in treating pain symptoms of arthritis disease. Its percentage of effect still remains unclear, however, it has been used for medicinal purposes for several centuries. While it is safe to consume, too much of it may result in a gastrointestinal episode and hence it is important to consult your doctor regarding the amount to be consumed.



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