



# Department of Paediatrics



# RAJARAJESWARI MEDICAL COLLEGE & HOSPITAL

#202, Kambipura, Mysore road, Bangalore-560074



## A.C. Shanmugam BA,LLB. CHAIRMAN





## Mission and vision of our founder chairman

“All our dreams can come true if we have the courage to pursue them..!”  
Hearty congratulations to all our students, past and present, who have chosen us, and all the prospective students who are to be associated with us in future. The RajaRajeswari Group of institution was started with a visionary gleam. A vision to provide education to students that would shape their future in a meaningful manner. We aim to arm our students with latest knowledge , courage, compassion and character. We believe the awesome power of intelligence married to commitment can work out real wonders..

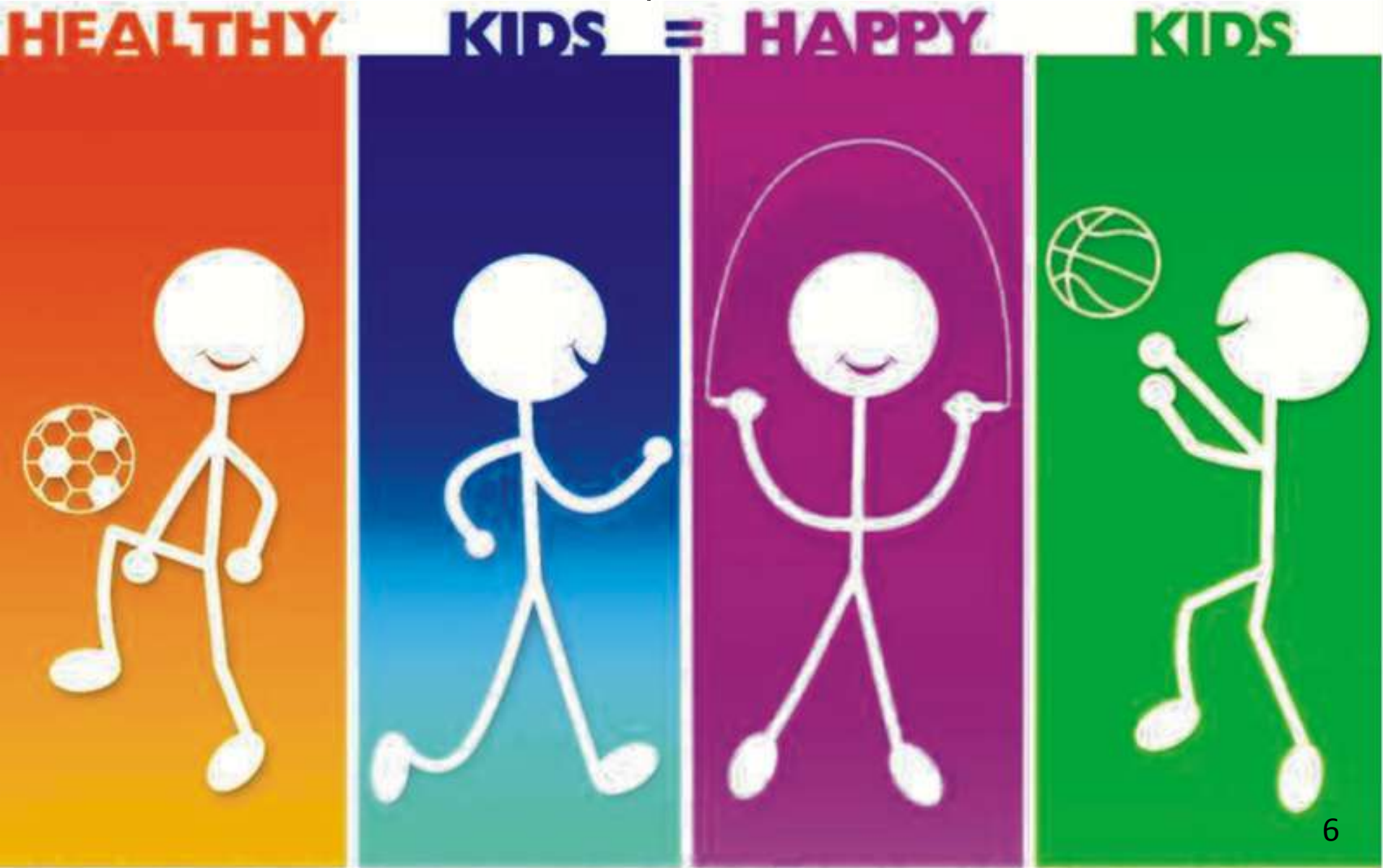
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ONE WORLD; ONE TEAM;  
ONE FUTURE; ONE DREAM;  
PATIENT SERVICE IS OUR PURPOSE ;  
OUR MOTTO IS TO “WOW” OUR PATIENT.



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**Dr. E. ADARSH**  
Prof. & H O D PAEDIATRICS



# **OUR VISION TOWARDS THE FUTURE .**

WE AT RAJARAJESWARI MEDICAL COLLEGE AND HOSPITAL ARE COMMITTED TO PROVIDE QUALITY ALLOPATHIC MEDICAL EDUCATION AND SUPER SPECIALITY HEALTH CARE SERVICES AS PER PATIENT'S NEEDS & EXPECTATIONS TO ACHIEVE HIGHEST PATIENT SATISFACTION.

BY THIS WE WOULD LIKE TO BE RECOGNIZED AS MOST PREFERRED DESTINATION FOR QUALITY EDUCATION AND HEALTHCARE SERVICES PROVIDED TO THE POORER SECTION OF THE SOCIETY AND TO THE NEEDY.

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Sl:No	Name of The Staff	Designation
1	Dr.Adarsh.E	Prof & HOD
2	Dr.Prema	Professor
3	Dr.Tamil Selvan	Professor
4	Dr. Nataraj	Professor
5	Dr.Sree Krishna Y	Professor
6	Dr.Rajaneesh	Assoc.Prof
7	Dr.Sunil	Assoc.Prof
8	Dr.Karthik	Assoc.Prof

## DEPARTMENT FACULTY

9	Dr.Sahana	Asst.Prof
10	Dr.Purushotham	Asst.Prof
11	Dr.Sangeetha	Asst.Prof
12	Dr.Nirmala	Sr. Resident
13	Dr.Prathiba	Sr. Resident
14	Dr. Pawan kumar	Sr. Resident
15	Dr. Pradeep	Sr. Resident

# DEPARTMENT FACULTY

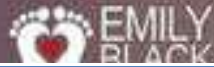
16	Dr.Jaiju James Chakola	JR
17	Dr.Akash S	JR
18	Dr.Vishnupriya	JR
19	Dr.Karthik Arigela	JR
20	Dr.Jeswin Chandrashekar	JR
21	Dr.Nandhitha	JR

## DEPARTMENT FACULTY

22	Dr. Harika	JR
23	Dr. Subramanian	JR
24	Dr. Sebastian	JR
25	DR. Kiran kumar M.S	JR
26	DR. Varshini	JR

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27	Dr.Sirajuddin	JR
28	Dr.Neelun	JR
29.	Dr.Framton Ratna Bell	JR
30.	Dr.Hema D	JR

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HOD with Dept NAAC co-ordinator

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**HOD with the supportive staff at Dept Office. p17**

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## ಮಕ್ಕಳ ಹೊರ ರೋಗಿಗಳ ವಿಭಾಗ DEPARTMENT OF PAEDIATRICS



PAEDIATRICS OP





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WELL BABY CLINIC.

HIGH RISK BABY CLINIC.



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*NICU- “Every baby deserves a high standard of care”*

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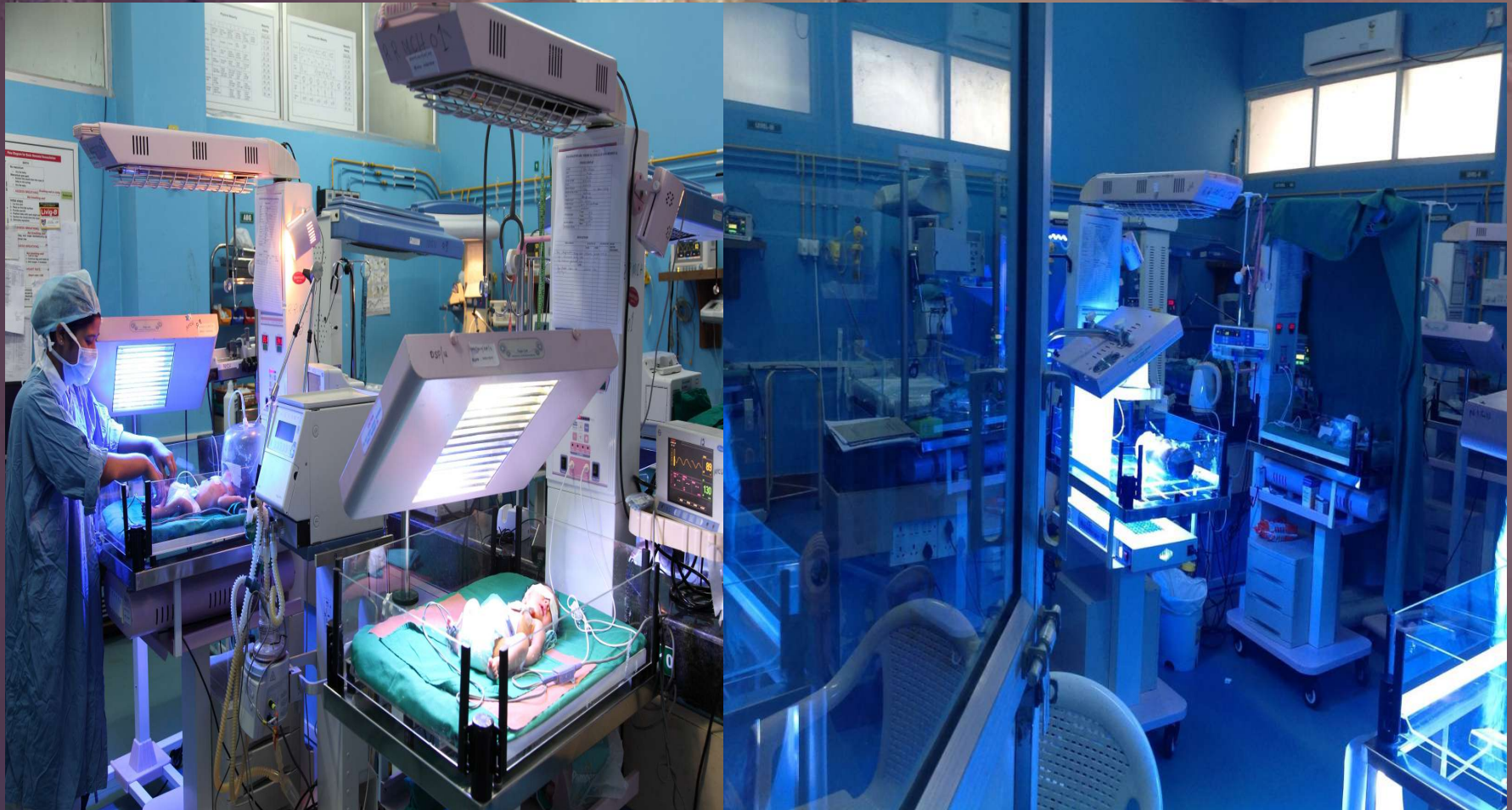




# NICU

*“EVERY BABY DESERVES A HIGH STANDARD OF CARE”*









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# POSTNATAL WARD



## NICU and PICU skilled nursing staff:





# PICU



*“TAKING CRITICAL CONDITION  
TO A CHEERFUL ENDING”*

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## PAEDIATRIC ICU



## ***Major equipments details:***

*Ventilators, C-PAP, warmers, open care system, incubators.*

*ETCO2 analyser, infusion pumps.*

*Transcutaneous bilirubinometer.*

*ECG machine, ABG analyser.*



## INFRASTRUCTURE:

Learning resources of the departments library, computers, laboratories  
And other Resources

**Dept Library, 150 books**

**Computers, 3**

**LCD, 1**

**Specialty specific software's-provided**

**Broad band, wifi- Provided**

**Models for teaching, Human manniquins present**

**Broad band, wifi,- Available**

**Models for teaching,- Available**

**teaching aids,- All audio visual aids**

**Laboratories, ----available**

**Space details,----3 wards,pnc wards,nicu,picu,opd**

# **CURRICULUM:**

## **IN THE CURRENT SYLLABUS**

According to RGUHS and MCI guidelines



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	M	F
Total .UG studentS 150 (130)	70	60
Total PG students 16	10	06
I year	04	03
II year	04	03
III year	02	00
Total number of repeaters	-	-

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Year of exams	Total. No. Appeared	Total. No. passed	Total. No. failed	Total. Marks scored theory	Average score theory	%pass	%fail
Dec/Jan -2012-13	66	57	09	-	-	86	14
June/July-2012	27	24	03	-	-	89.8	10.2
Jun/July-2011	27	19	08	-	-	70.04	29.6
Dec/Jan -2011-12	66	53	13	-	-	80	20
Dec -2010-11	50	40	10	-	-	80.85	19.15
June/July-2010	27	24	03	-	-	88.8	11.2
Dec/Jan -2010	49	46	03	-	-	93.8	6.2



## Problem based learning:

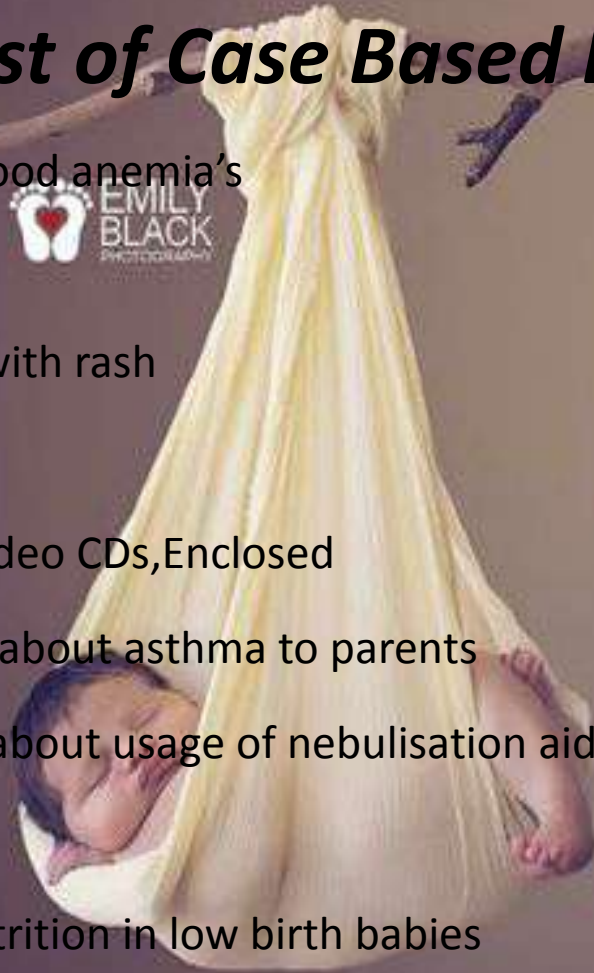
Date	Student	Topic	Moderator
18-03-2013	01, 02, 03	Approach to a child with congenital heart disease	Dr. Rajanish Associate professor
08-04-2013	04,05,06	Assessment of growth and development of a 2yr old child	Dr. Sahana Assistant professor
06-05-2013	13,14,15	Clinical assessment and approach to a child with suspected Meningitis	Dr. Y. Sreekrishna Professor
03-06-2013	16,17,18	Diagnosis and management of Exanthematous Fevers in children	Dr. Prema.R Professor



01-07-2013	38,39,40	Approach to a baby with Neonatal Jaundice	Dr.Tamil.Selvan Professor
05-08-2013	41,42,43	Management of Shock in Children	Dr.Karthik Associate professor
02-09-2013	44,45,46	Down's syndrome and chromosomal anomalies	Dr.Pawan kumar Senior Resident
07-10-2013	47,48,49	Congenital heart disease.	Dr.Purushotham Assistant professor

## ***List of Case Based Learning:***

- Approach to childhood anemia's
- Approach to UTI
- Approach to fever with rash
- Approach to PUO
- List of Audio and Video CDs, Enclosed
- Education teaching about asthma to parents
- Educating children about usage of nebulisation aids
- Breath free
- Management of nutrition in low birth babies
- Aseptic precautions in ICU
- Feeding techniques in babies in NICU



## ***Self-directed learning-***

***Home assignments*** - Regular assignments has been given to UG / PG students, like bronchiolitis, viral hepatitis, ORS, parenteral elementation, management of CCF.

## ***Skills quota-***

## ***PG log book -***

- Contains journal club feedbacks from the faculty, case presentation feedback from faculty, seminar feedback from the faculty, quarterly assessment of disseration work up and practical theory evaluation done to the PG students will be there.
- Assessment of Procedures done by PG will be monitored CPC done by PG will be entered in the log book, CME's attended by PG's.
- Feed backs collected, area for improvement teacher identified action initiated.
- By doing all assessment we are going to identify the difficult topics for the PG's will be rectified by the teacher.



## Mentorship-

<i>Name of faculty :</i> <i>Dr Purshotham</i> <i>Dr. Sahana</i> <i>Dr.Nirmala</i> <i>Dr.Sunil</i> <i>Dr.Prathibha</i>	<i>25 students allotted to each faculty</i>
<i>Year</i>	<i>Students allotted</i>
	<i>Minutes and meeting book</i>

List of underperformers identified list, actions taken-identified the topic difficult, special classes, revision, tests, home assignment given, viva and CPA card reviewed, parents informed after review what % passed, any how many referred to Behavioral science department,  
 Counseling-mentor wise records  
 Personality development sessions

# List of enrichment courses:



Date	Student	Topic	Moderator
08-03-2013	Dr. Vishnupriya	Approach to a child with anaemia and management of Megaloblastic anaemia.	Dr. Rajanish Associate professor
05-04-2013	Dr. Sebastian	Interpretation of ECG in Paediatric patients	Dr. Sahana Assistant professor
03-05-2013	Dr. Jeswin chandrasekhar	Approach to a bleeding child and management of bleeding disorders	Dr. Y. Sreekrishna Professor

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07-06-2013	Dr. Harika	Diagnosis and management of dengue shock syndrome And dengue haemorrhagic fever in children	Dr. Prema.R Professor
05-07-2013	Dr. Jaiju James chakola	Recent advances in the management of Acute exacerbation of asthma and Status asthmaticus	Dr.Tamil.Selvan Professor
02-08-2013	Dr. Akash	Management of status epilepticus	Dr.Karthik Associate professor
13-09-2013	Dr.karthik Arigela	ECG interpretation in paediatric practice.	Dr.Rajanish Associate professor
04-10-2013	Dr.Sebastian	Approach to a neonate with RDS	Dr.Sree Krishna Professor

## COLLABORATION:

### *Collaboration with other institution*

- Kidwai institute of oncology –Pediatric hemato oncology.
- NIMHANS,
- Jayadeva institute of cardiology,
- Spastic society of Karnataka.

### *Other resources -*

**Internal** - community medicine, microbiology, Dermatology, Pediatric Surgery, psychiatry, chest and Tuberculosis.

Fact Data Sheet ped edited 4-1-14.docx

# FACT DATA SHEET



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## ACS Auditorium



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ATRICS OP



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ಇಲ್ಲಿ ಪ್ರತಿವಾರ ಭೋಜನ, ದಿನಕ್ಕೆ ಎರಡು ಬಾರಿ ಭೋಜನ  
ಇವುಗಳನ್ನು ಸಹಜವಾಗಿ ನೀಡಲಾಗುತ್ತದೆ. ಭೋಜನದ ಸಮಯ  
ಗುರುತಿಸಿ ಪಾಕವಿಧಾನವನ್ನು. ಭೋಜನದ ಸಮಯ

DAILY OPV, DPT & OTHER VACCINES  
GIVEN HERE.  
BCG & MEASLES ON THURSDAY ONLY  
TIMING: 9 a.m. To 4 p.m.

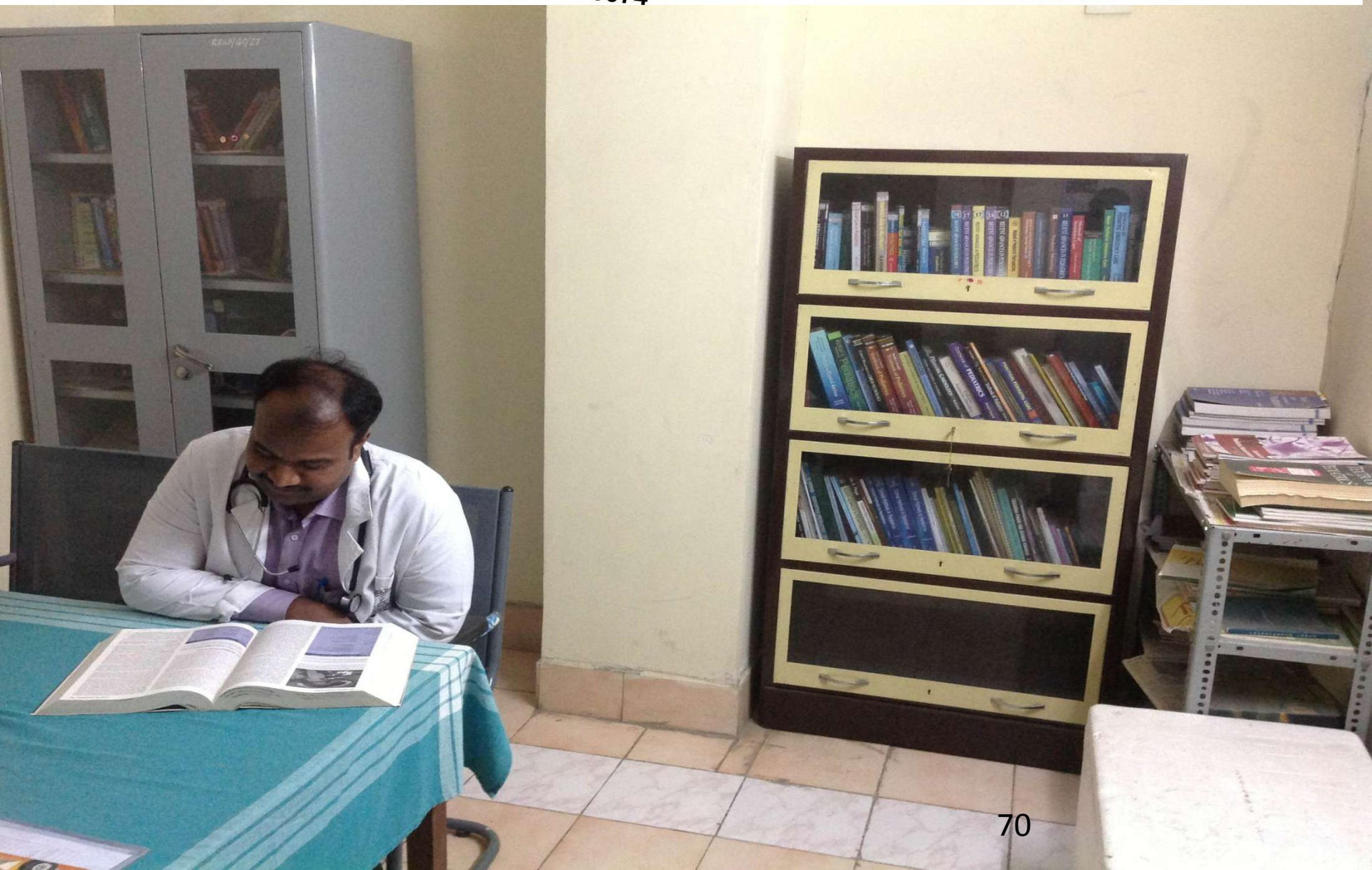
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# EDUCATION

## Modern teaching methods practiced and use of ICT in teaching – learning-

- Lecture method- Didactic lectures by using PPT presentation, all terms of MBBS will be taught.
- List of PPT, online, -
- Practical teaching, ---- By doing, case presentations, bedside teaching, ward rounds, grand rounds, teaching them how to handle ventilator, teaching them how to do bone marrow aspirations biopsy etc.

### ***List of Student projects .***

- a) Knowledge of doctors regarding ADR reporting at RRMCH
- b) Knowledge regarding BCG vaccine in mothers visiting well baby clinic
- c) Knowledge regarding optional vaccines in mothers visiting well baby clinic
- d) PFT value estimation in children 7-15 years in schools at Ramanagara.

- ***Hands on experience***, - NICU, PICU skills and various procedures. 
- ***Quiz***, - UG, PG quiz conducted every year, college level, regional level, zonal level, south zone and national level.
- ***Debate***, - Regularly debates are conducted for UG & PG students, topics like breast feeding, adolescent girls etc.
- ***Essay writing***- Newer vaccines in pediatrics, UIP in developing countries etc.

# OUTREACH ACTIVITIES

**Field visits-** Department staff and PG's will visit Anganwadi for assessment of vaccination and nutrition status of the children, school visits done regularly and health camps conducted in rural areas in and around RRMCH.

Dept of paediatrics has adopted orphanages

“BALYA”, “S CHARITABLE TRUST”, “KRISHNA PHYSICALLY HANDICAPPED CHILDREN WELFARE CENTRE”

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AL REHYDRATION  
THERAPY CORNER





**Details of faculty development programmes and teachers who have been benefited during the past two years:**

All faculties will be attending CME's conducted by various department, they will attend monthly mortality meetings, various symposiums, attending enrichment programmes conducted by IAP. Participation in educational cell through journal clubs.



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## RESEARCH STUDIES

PUBLISHED STUDIES	NATIONAL JOURNALS	INTERNATIONAL JOURNALS	TOTAL
Original article	3	4	7
Case report	7	3	10
On Going Faculty Research :-		17	
On Going P.G Students Research:-		16	
On Going U.G Students Research:-		03	

# PUBLISHED STUDIES:

RAJARAJESWARI MEDICAL COLLEGE AND  
HOSPITAL, research 14-1-14.docx



## List of National Scientific Sessions Chaired:

Dr. Adarsh- PEDICON 2009

- Dr. Prema chaired one session in national adolescent conference 2012
- Dr. Prema chaired session Meningococcal disease at annual CME at NIMHANS (IAP VPS)
- Dr. Prema presented oral presentation poor scholastic performance at IMASCON 2012
- Dr. Prema participated in Pediatric Penal discussion on parenting for Pediatricians at NIMAHANS
- Dr. Prema made oral presentation on Anemia among adolescent at the launch of Mission Kishore uday at KIMS Bangalore.

- Dr. Adarsh E, Prof & HOD Pediatrics dept. ---- comparison of growth of Infants who are on supplementary feeds / mixed feeds with infants who are on probiotics- complementary formula in India, presented at nestle research center, Lausanne, Switzerland
- Dr. Adarsh has attended symposium on Hepatitis A and B at Haunzshai , china, he had a discussion with prof mayo father of hepatitis B vaccine

List of Scientific Sessions Chaired

List of International Scientific Sessions Chaired

- Dr.Prema conducted pre-conference exit test for pedicon 2013
- Dr.Adarsh E,Prof & Hod of Pediatrics--IMSA 2012

## GRADUATION DAY CELEBRATIONS



**Bharat Ratna, former president , DR. APJ. ABDUL KALAM, presided over the graduation day ceremony and awarded the medical degree to the students.**

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## GRADUATION DAY CELEBRATIONS.





Dr. Adarsh has been BOS member, senate member, he has been chairman for various committees for inspection of affiliation of medical colleges, nursing colleges, pharmacy colleges, Ayurveda colleges, homeopathy colleges and physiotherapy colleges, He is setting question papers to RGUHS for pediatric department. He is an observer for PG, CET cell, also observer for COMEDK, he is examiner for UG & PG for RGUHS, Maharashtra university, Kerala university, Tamilnadu and Andhra university.

Membership of teachers in University bodies.

Professional association, activities.

# SPECIALITY CLINICS

CLINIC	DAY	TIME
HAEMATOLOGY CLINIC	MONDAY	2pm to 4pm
PULMONOLOGY CLINIC	TUESDAY	2pm to 4pm
CARDIOLOGY CLINIC	WEDNESDAY	2pm to 4pm
NEPHROLOGY CLINIC	THURSDAY	2pm to 4pm
ADOLESCENT CLINIC	FRIDAY	2pm to 4pm
CHILD PSYCHOLOGY	ALL DAYS	2pm to 4pm
HIGH RISK CLINIC	WEDNESDAY & THURSDAY	9am to 4pm 87

## SPECIALITY CLINICS FROM THE DEPARTMENT



### ADOLESCENT CLINIC-

**YUVA CHETANA** is run on every Friday from 2 am to 4 pm at department of paediatrics by Adolescent Pediatrician Dr. Prema R and Child Psychologist – Mrs. Divya. The child will be referred to other department doctor in case of any medical assistance needed.

The South Zone Training of Trainers (TOT) on Adolescent Office Practice is yet another milestone in penetrating knowledge about the unmet needs of Adolescents & handling the same.

This TOT was conducted in the Garden City – Bangalore on 17th July 2011 at the vibrant Auditorium of Rajarajeswari Medical College Hospital situated in Kengeri, Mysore Road, Bangalore.



The TOT started at 8.30a.m. With breakfast followed by Inaugural Function, We had our IAP Adolescent Health Academy Chairman Dr.C.P.Bansal as our Chair person.

We had Dr.Gyanamurthy IAP BPS President, Dr.Thimappa District Health & Family Welfare Officer, Bangalore Urban, Dr.Santhosh Soans Prof & HOD Dept of Pediatrics, A.J Medical College, and Mangalore as our Chief Guests. Dr.Rangappa our Academic Dean & Dr.Adarsh Prof & HOD Dept of Pediatrics (RRMCH) presided over the function.





**RAJARAJESHWARI MEDICAL COLLEGE AND HOSPITAL**  
**DEPARTMENT OF PAEDIATRICS**  
**BREAST FEEDING WEEK**  
**1-8-2013 TO 7-8-2013**



## CELEBRATION OF BREAST FEEDING WEEK.

- Breastfeeding week is celebrated on the first week of August of every year in the Department of Paediatrics RRMCH, Bangalore
- Every year there is a theme given by BPNI (Breast feeding promotion network of India).
- This year the theme was “Breast feeding support-close to mothers”
- Series of programmes were conducted for seven days which included, awareness programmes, workshops, drama and skit performances to educate the medical and paramedical staff.
- Quiz programmes were conducted for the enrichment of the knowledge and awareness among the students.

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# TEEN DAY CELEBRATIONS





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# DANGEROUS DRUGS

"MAN IS BORN FREE. SO LET HIS VICES NOT TAKE HIS FREEDOM TO DOOM"

TEENS BE AWARE OF DRUGS



BWARE OF DRUGS FOREVER!!



TOPIC: SAY NO TO DRUGS

NAME: HEERTHANAN and DIVYA S.P.  
SCHOOL: BAGAYA RESIDENTIAL SCHOOL

# LIFE STYLE ABHOR DRINKING SMALL SHOP

## WINE SHOP



WHISK WHISKEY BEFORE IT WHISK YOU!



Art by: Oshana  
&  
Manish  
Age 8



 **World Health Organization**  
Country Office for India  
National Polio Surveillance Project



**RAJARAJESWARI**  
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**CONTINUED MEDICAL EDUCATION ON  
RECENT ADVANCES IN  
POLIO ERADICATION, MEASLES  
CONTROL AND ROUTINE IMMUNIZATION**

**Date: 3-5-2013**

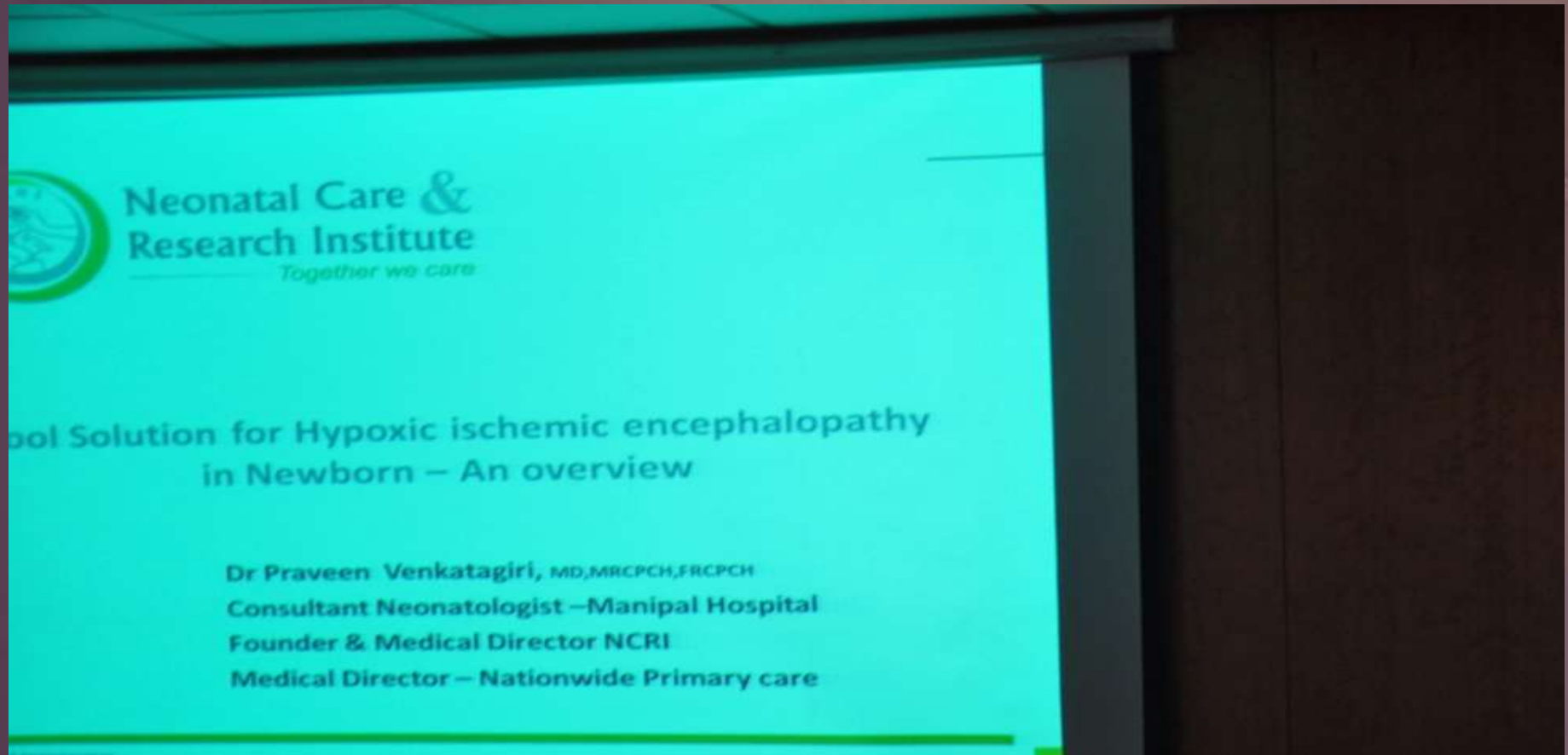
**Venue:  
RRMCH Auditorium**

CME BY WORLD HEALTH ORGANISATION (WHO) ON POLIO ERADICATION ,  
MEASLES CONTROL AND ROUTINE IMMUNIZATION.

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Hypothermia as a therapeutic measure in HIE.

The recent advances in the different stages of HIE management and hypothermia usage its therapeutic indication and its advantages were highlighted.

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# **Inborn Errors of Metabolism: Recent advances in screening**



**Dr. Rita Christopher**  
**National Institute of Mental Health & Neuro Sciences**  
**Bangalore 560029**



# LIST OF PUBLICATIONS

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**RAJARAJESWARI MEDICAL COLLEGE AND HOSPITAL  
BENGALURU**

**CME By The  
Department of Pediatrics  
Update on Pediatric Neurology**

**Speakers: Dr. Kishore &  
D. Bhanuprakash**

**Date : 27th December**

**Time: 2.15pm**

**Venue : College Auditorium**







## Epilepsy surgery

Dr Banu Prakash A S. MBBS, MS, MCh  
Barrow Neurological Institute  
Neurosurgeon & Spine surgeon



DR. Bhanuprakash ,MS.,MCH.,  
NEUROSURGEON ,RRMCH. Presenting update  
on neurosurgery.

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# UPDATES ON IMMUNISATION

DR.SAHANA  
ASSISTANT PROFESSOR  
DEPT OF PAEDIATRICS



# RAJARAJESWARI MEDICAL COLLEGE & HOSPITAL

#202, Kambipura, Mysore road, Bangalore-560074



# RAJARAJESWARI MEDICAL COLLEGE & HOSPITAL

#202, Kambipura, Mysore road, Bangalore-560074



DR. ADARSH, HOD, PAED DEPT. FELICITATING INTERNATIONAL DELEGATES OF IMSACON

# RAJARAJESWARI MEDICAL COLLEGE & HOSPITAL

#202, Kambipura, Mysore road, Bangalore-560074





PAEDIATRIC WORK SHOP ON EMERGENCY AND  
CRITICAL CARE .

## Consultancy Services Provided-

Dr. Adarsh, Prof & HOD Ped. Education and health services programmes---- TV 9 five programmes and chandana TV Channels, One more live TV programme penal discussion has been conducted on 08.07.13 on the first three parent Baby could be born in Britain along with Dr. Kamani Rao.

- We care and cure all children from the age of Zero till 19 years. We provide care to preterm, term, IUGR babies, LBW babies etc.,
- We give care to babies even from birth weight of 750 gms.
- These facilities will be provided in our NICU. Our NICU provides care to all the babies upto age of 1 month. Here we do exchange transfusion, ventilator care, C-PAP, parental alimentation, phototherapy, artificial surfactant therapy to preterm babies who need.
- We do have facilities for Pediatric and neonatal surgery. Certain cases like diaphragmatic hernia, Oesophageal artesian , congnetal, intestinal obstructions and other cases
- PICU
- All pediatric emergency cases will be managed eg. Dengue fevers, respiratory failure etc.
- We have ventilator facilities in our PICU.
- Past 2 years we are getting cases of Dengue fevers in almost epidomological proportions and also we have treated around 125 to 150 cases of dengue fever / suspected dengue fever without any mortality.
- We also manage MLC's cases like attempted suicide, poison cases etc which may required ventilator care

Dr. Sreekrishna participated in medical and pediatric camps conducted by various organizations like Datta peetha etc.



## Dr.Adarsh.E Prof & HOD Dept of Pediatrics



**Education and health services programmes-** TV 9 five programmes and chandana TV Channels, One more live TV programme and panel discussion has been conducted on 08.07.13 on the first three parent Baby could be born in Britain along with Dr. Kamani Rao.

Was the chairperson for the infectious diseases CME which was held in Adichunchanagiri Medical college, Bellur cross on 11th august 2013.

Was chairperson for CME on pediatric emergencies organised in MS Ramaiah Medical College Bangalore.

Presided with chairperson in International Medical Science Association Conference (IMSACON) on 4th, 5th and 6th of October.

## Distinguished accomplishments

•Dr.Adarsh E , Prof & HOD, Ped.- Senate and syndicate member RGUHS 2003-2006.



During this period he has inspected several medical colleges, nursing colleges, pharmacy colleges, Ayurvedic medical colleges and Physiotherapy colleges. Given permission by new colleges.

•Dr.Adarsh E, Prof & HOD, Ped. –IGNIO teacher (Open University) and examiner for this university to various states.

•Dr.Adarsh E, Prof & HOD, Ped. - PG & UG examiner for Karnataka, Maharashtra, Tamil nadu and Andhra Pradesh states, University of Health sciences at 1996.

•Dr.Adarsh E , Prof & HOD, Ped - I Have been conducted several live programmes in MTV, Seven TV (local channel), TV9, and chandana regarding child health

•Dr. Y. Sreekrishna is regular UG examiner for RGUHS, Bangalore and NTRHU, Vijayawada, AP.

•Dr.Prema,Prof--a) Executive committee member IAP BPS 2012 & 2013.

b) Secretary IAP-- Adolescent academy bangalore branch  
2013-2014.



## MAGAZINE ARTICLES

### ಪ್ರೊಬಯೋಟಿಕ್ಸ್

ಮಕ್ಕಳಲ್ಲಿ ಹೆಚ್ಚಿಸುತ್ತೇ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ

ನಮ್ಮ ಶರೀರ ಹಾನಿಕಾರಕ ಬ್ಯಾಕ್ಟೀರಿಯಾ ಮತ್ತು ವೈರಸ್‌ಗಳ ವಿರುದ್ಧ ಹೋರಾಡುತ್ತಲೇ ಇರುತ್ತದೆ. ಆದರೆ ನಮಗಾಗಿರುವ ಸಾಮರ್ಥ್ಯ ಅತ್ಯಂತ ಸೂಕ್ಷ್ಮವಾಗಿರುತ್ತದೆ. ಪರಿಣಾಮ ಮಕ್ಕಳು ಕಾಯಿಲೆಗೆ ಒಳಗಾಗುವ ಅಪಾಯ ಹೆಚ್ಚು.



ಇದಕ್ಕೆ ಮಗುವಿನ ಜನನದ ವೇಳೆ ಹೊಟ್ಟೆಯಲ್ಲಿ ಸೇರಿಕೊಳ್ಳುವ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳೇ ಕಾರಣ. ಹಾಗಾಗಿ ಮಕ್ಕಳು ಆಗಾಗ್ಗೆ ಕಾಯಿಲೆಗೆ ಒಳಗಾಗುತ್ತಾರೆ. ಇದರಿಂದ ರಕ್ತ ಸುಖ ಅಪರಂಜಿ ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುವಂತೆ ಮಾಡಬೇಕು. ಮಗುವಿನ ಜೀರ್ಣಶಕ್ತಿ ಉತ್ತಮವಾದಷ್ಟು ಅದರ ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುತ್ತದೆ. ಮಾನವ ಶರೀರದಲ್ಲಿ ಚರ್ಮ, ಕೂದಲು, ನಾಲಗೆ, ರಕ್ತ ಎಲ್ಲೆಡೆಯೂ 100 ಪ್ರತಿಶತಾಂಶದಷ್ಟು ಅಧಿಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳಿವೆ! ಹಾಗಾಗಿ ಹೆದರಬೇಕಿಲ್ಲ. ಅವುಗಳಲ್ಲಿ ಹೆಚ್ಚಿನವು ನಮ್ಮ ಆರೋಗ್ಯಕ್ಕೆ ಅಗತ್ಯ. ಈ ಪ್ರಯೋಜನಕಾರಿ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ವಾಸಿಸುತ್ತವೆ. ಇವು ಒಂದು ರೀತಿಯ ರಾಸಾಯನಿಕಗಳನ್ನು ಬಿಡುಗಡೆಗೊಳಿಸುತ್ತವೆ. ಇವು ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ದೇಹವನ್ನು ಪ್ರವೇಶಿಸುವ ಮುಂಚೆಯೇ ಕೊಲ್ಲುತ್ತವೆ. ನಮ್ಮ ಆಹಾರದ ಮೂಲಕ ನಮ್ಮ ಶರೀರ ಸೇರುವ ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ವಿರುದ್ಧ ಹೋರಾಡಿ ಅವುಗಳನ್ನು ನಾಶಪಡಿಸುತ್ತವೆ ಮತ್ತು ನಮ್ಮ ದೇಹದಲ್ಲಿರುವ ಕೆಲವು ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳ ವಿರುದ್ಧವೂ ಹೋರಾಡುತ್ತವೆ. ಈ ವೈರು

ಧ್ಯವೇ ಆರೋಗ್ಯ ಸಂತುಲನ ಕಾಪಾಡುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರವಹಿಸುತ್ತದೆ.

**ತಾಯಿ ಹಾಲು ಕುಡಿದರೆ ಗಟ್ಟಿ**

ಸಾಮಾನ್ಯ ಪ್ರಸವದ ವೇಳೆಯಲ್ಲಿ ಜನನದ ಹಾದಿಯಲ್ಲಿ ನಮಗಾಗಿರುವ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾ ಜೋಳನ್ನು ತಾಯಿಯಿಂದ ಪಡೆಯುತ್ತದೆ. ಈ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಮೊಲೆಹಾಲಿನಲ್ಲೂ ಇರುತ್ತವೆ. ಹಾಗಾಗಿ ತಾಯಿಹಾಲನ್ನು ಕುಡಿಯುವ ಹುಡುಗುಗಳು ಸಾಕಷ್ಟು ಆರೋಗ್ಯವಂತವಾಗುತ್ತವೆ. ಈಗ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಕೂಡಾ ಇದಕ್ಕೆ ಪರ್ಯಾಯ ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಆಹಾರದೊಂದಿಗೆ ಸೇರಿಸಲಾಗುವ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ರಕ್ತ ಹಾವಳಿಗಳನ್ನು ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಆಹಾರದೊಂದಿಗೆ ಸೇರಿಸಲಾಗುವ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ರಕ್ತ ಹಾವಳಿಗಳನ್ನು ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಆಹಾರದೊಂದಿಗೆ ಸೇರಿಸಲಾಗುವ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ರಕ್ತ ಹಾವಳಿಗಳನ್ನು ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ.

### ಮಗುವಿನ ಭವಿಷ್ಯ ನಿಮ್ಮ ಹೊಣೆ



ಮಗುವಿನ ಮೊದಲನೆಯ ಉದಾಹರಣೆಯೊಂದಿಗೆಯೇ ಪ್ರೊಬಯೋಟಿಕ್ಸ್‌ಗಳಿಂದ ಹುಡುಗನುಗಳನ್ನು ರಕ್ಷಿಸಬೇಕು ಪ್ರತಿಯೊಬ್ಬ ಹೆಣ್ಣು-ಯಾರ್‌ಯವರೂ ಎಲ್ಲಾ ಸಮಯದಲ್ಲೂ ನಮ್ಮ ಶರೀರ ಹಾನಿಕಾರಕ ಬ್ಯಾಕ್ಟೀರಿಯಾ ಮತ್ತು ವೈರಸ್‌ಗಳನ್ನು ಎದುರಿಸಬೇಕಾಗುತ್ತದೆ. ಇದು ನಮ್ಮ ಆರೋಗ್ಯ ಮತ್ತು ಯೋಗ್ಯತೆಯ ಅತಿ ದೊಡ್ಡ ಸವಾಲಾಗಿದೆ. ಇದರ ವಿರುದ್ಧ ನಮ್ಮ ಶರೀರ ಹೋರಾಡುತ್ತದೆ; ಆದರೆ ಮಕ್ಕಳು ಮನುಷ್ಯರಾದ್ದರಿಂದ ನಮ್ಮ ಜೀವಿಗಳು ಸೇರದಂತೆ ಮಕ್ಕಳಲ್ಲಿ ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ ಅತ್ಯಂತ ಸೂಕ್ಷ್ಮವಾಗಿರುತ್ತದೆ. ಇದರ ಪರಿಣಾಮವಾಗಿ ಮಕ್ಕಳು ಕಾಯಿಲೆಗೆ ಒಳಗಾಗುವ ಅಪಾಯ ಹೆಚ್ಚಿರುತ್ತದೆ.

ಇದಕ್ಕಾಗಿ ನಾವು ಜನನದ ವೇಳೆಯಲ್ಲಿ ನಮ್ಮ ಹೊಟ್ಟೆಯಲ್ಲಿ ಸೇರಿಕೊಂಡಿರುವ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳೇ ಕಾರಣವೆಂದು ನಿಜವಾದುದಾಗಿರುತ್ತದೆ. ಯೋಗ್ಯತೆಯನ್ನು ಇದರಿಂದ ನಮಗಾಗಿರುವ ಹಾನಿಕಾರಕ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಕಾಯಿಲೆಗೆ ಒಳಗಾಗುತ್ತವೆ. ಇದರಿಂದ ರಕ್ತ ಸುಖ ಅಪರಂಜಿ ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುವಂತೆ ಮಾಡಬೇಕು. ಮಗುವಿನ ಜೀರ್ಣಶಕ್ತಿ ಉತ್ತಮವಾದಷ್ಟು ಅದರ ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುತ್ತದೆ. ಮಾನವ ಶರೀರದಲ್ಲಿ ಚರ್ಮ, ಕೂದಲು, ನಾಲಗೆ, ರಕ್ತ ಎಲ್ಲೆಡೆಯೂ 100 ಪ್ರತಿಶತಾಂಶದಷ್ಟು ಅಧಿಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳಿವೆ! ಹಾಗಾಗಿ ಹೆದರಬೇಕಿಲ್ಲ. ಅವುಗಳಲ್ಲಿ ಹೆಚ್ಚಿನವು ನಮ್ಮ ಆರೋಗ್ಯಕ್ಕೆ ಅಗತ್ಯ. ಈ ಪ್ರಯೋಜನಕಾರಿ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ವಾಸಿಸುತ್ತವೆ. ಇವು ಒಂದು ರೀತಿಯ ರಾಸಾಯನಿಕಗಳನ್ನು ಬಿಡುಗಡೆಗೊಳಿಸುತ್ತವೆ. ಇವು ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ದೇಹವನ್ನು ಪ್ರವೇಶಿಸುವ ಮುಂಚೆಯೇ ಕೊಲ್ಲುತ್ತವೆ. ನಮ್ಮ ಆಹಾರದ ಮೂಲಕ ನಮ್ಮ ಶರೀರ ಸೇರುವ ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ವಿರುದ್ಧ ಹೋರಾಡಿ ಅವುಗಳನ್ನು ನಾಶಪಡಿಸುತ್ತವೆ ಮತ್ತು ನಮ್ಮ ದೇಹದಲ್ಲಿರುವ ಕೆಲವು ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳ ವಿರುದ್ಧವೂ ಹೋರಾಡುತ್ತವೆ. ಈ ವೈರು

ಧ್ಯವೇ ಆರೋಗ್ಯ ಸಂತುಲನ ಕಾಪಾಡುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರವಹಿಸುತ್ತದೆ. ತಾಯಿ ಹಾಲು ಕುಡಿದರೆ ಗಟ್ಟಿ ಸಾಮಾನ್ಯ ಪ್ರಸವದ ವೇಳೆಯಲ್ಲಿ ಜನನದ ಹಾದಿಯಲ್ಲಿ ನಮಗಾಗಿರುವ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾ ಜೋಳನ್ನು ತಾಯಿಯಿಂದ ಪಡೆಯುತ್ತದೆ. ಈ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಮೊಲೆಹಾಲಿನಲ್ಲೂ ಇರುತ್ತವೆ. ಹಾಗಾಗಿ ತಾಯಿಹಾಲನ್ನು ಕುಡಿಯುವ ಹುಡುಗುಗಳು ಸಾಕಷ್ಟು ಆರೋಗ್ಯವಂತವಾಗುತ್ತವೆ. ಈಗ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಕೂಡಾ ಇದಕ್ಕೆ ಪರ್ಯಾಯ ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಆಹಾರದೊಂದಿಗೆ ಸೇರಿಸಲಾಗುವ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ರಕ್ತ ಹಾವಳಿಗಳನ್ನು ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಆಹಾರದೊಂದಿಗೆ ಸೇರಿಸಲಾಗುವ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ರಕ್ತ ಹಾವಳಿಗಳನ್ನು ಉತ್ತರವಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ.

ಮಾನವ ಶರೀರದಲ್ಲಿರುವ 100 ಪ್ರತಿಶತಾಂಶದಷ್ಟು ಅಧಿಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳಿವೆ! ಹಾಗಾಗಿ ಹೆದರಬೇಕಿಲ್ಲ. ಅವುಗಳಲ್ಲಿ ಹೆಚ್ಚಿನವು ನಮ್ಮ ಆರೋಗ್ಯಕ್ಕೆ ಅಗತ್ಯ. ಈ ಪ್ರಯೋಜನಕಾರಿ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ವಾಸಿಸುತ್ತವೆ. ಇವು ಒಂದು ರೀತಿಯ ರಾಸಾಯನಿಕಗಳನ್ನು ಬಿಡುಗಡೆಗೊಳಿಸುತ್ತವೆ. ಇವು ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ದೇಹವನ್ನು ಪ್ರವೇಶಿಸುವ ಮುಂಚೆಯೇ ಕೊಲ್ಲುತ್ತವೆ. ನಮ್ಮ ಆಹಾರದ ಮೂಲಕ ನಮ್ಮ ಶರೀರ ಸೇರುವ ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳ ವಿರುದ್ಧ ಹೋರಾಡಿ ಅವುಗಳನ್ನು ನಾಶಪಡಿಸುತ್ತವೆ ಮತ್ತು ನಮ್ಮ ದೇಹದಲ್ಲಿರುವ ಕೆಲವು ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳ ವಿರುದ್ಧವೂ ಹೋರಾಡುತ್ತವೆ. ಈ ವೈರು

### ಸಾಪ್ತಾಹಿಕ ಸಿರಿ 6

ಹೊಸ ದಿಗಂತ ಭಾನುವಾರ 13-10-2013

ವ್ಯಕ್ತಿ ಹಿಂದಿನಿಂದ 500 ಅಥವಾ ಅದಕ್ಕಿಂತ ಹೆಚ್ಚು ಬೇರೆ ಬೇರೆ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ನಮ್ಮ ಆರೋಗ್ಯದ ಮೇಲೆ ಅದ್ಭುತ ಪ್ರಭಾವ ಬೀರುತ್ತವೆ. ಈ ಪ್ರಯೋಜನಕಾರಿ ಅಥವಾ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ (ಗುಳಿನಲ್ಲಿ) ವಾಸಿಸುತ್ತವೆ. ನಾವು ಸೇವಿಸುವ ಆಹಾರಗಳ ಮೂಲಕ ನಮ್ಮ ಶರೀರ ಸೇರುವ ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳನ್ನು ವಿರುದ್ಧವಾಗಿ ಹೋರಾಡುತ್ತವೆ ಮತ್ತು ಅವುಗಳನ್ನು ನಾಶಪಡಿಸುತ್ತವೆ. ಈ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ನಮ್ಮ ಶರೀರದಲ್ಲಿರುವ ಕೆಲವು ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳ ವಿರುದ್ಧ ಕೂಡಹೋರಾಡುತ್ತವೆ. ನಿಜ ಹೇಳಬೇಕಾದರೆ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾ ಮತ್ತು ಕೆಲವು ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳ ನಡುವಿನ ಈ ಸಂಘರ್ಷವೇ ಆರೋಗ್ಯ ಮತ್ತು ಯೋಗ್ಯತೆಯನ್ನು ನಿರ್ಧರಿಸುವಲ್ಲಿ ಅತ್ಯಂತ ಪ್ರಾಮುಖ್ಯವಾಗುತ್ತದೆ.

ಅವುಗಳ ಶರೀರಕ್ಕೆ ಪ್ರವೇಶಿಸುವುದಕ್ಕೆ ಮುಂಚೆಯೇ ಕೊಲ್ಲುತ್ತವೆ. ಸ್ವಲ್ಪ ಕರುಳಿನ ಗೋಡೆ ದೊಡ್ಡದಾಗಿ ಅವುಗಳು ಒಂದು ರೀತಿಯ ಅದ್ಭುತ ಗೋಡೆಯನ್ನು ನಿರ್ಮಿಸುತ್ತವೆ ಹಾಗೂ ಹಾನಿಕಾರಕ ಸೂಕ್ಷ್ಮ ಜೀವಿಗಳನ್ನು ಶರೀರಕ್ಕೆ ಪ್ರವೇಶಿಸುವುದನ್ನು ತಡೆಯುತ್ತವೆ.

ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳು ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ಛೇದಿಸುತ್ತವೆ ಎಂಬುದನ್ನು ನಾವು ಒಳ್ಳೆ ವಿಷಯ ಪಡಿಸಿಕೊಳ್ಳಬೇಕು...

ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಇದಕ್ಕೆ ಉತ್ತರವಾಗಿದೆ. ಸಾಮಾನ್ಯವಾಗಿ ಆಹಾರಕ್ಕೆ ಸೇರಿಸಲಾಗುವ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ಹಾವಳಿ ಉಂಟಾದ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳಂತೆಯೇ ಇರುತ್ತದೆ. ಇವುಗಳು ಸುರಕ್ಷಿತವಾದ ಮತ್ತು ಇವುಗಳ ಪ್ರಯೋಜನಗಳನ್ನು ವಿಶ್ವವ್ಯಾಪ್ತವಾಗಿ ಗುರುತಿಸಲಾಗಿದೆ. ನಿಜ ಹೇಳಬೇಕಾದರೆ...

ಮೊಲೆಹಾಲಿನ ಉತ್ಪಾದಕ ಸಮಾಜಕ್ಕೆ ಹಿರಿ ಕಾಯಿ ಹಾನಿಕಾರಕ ಪ್ರಭಾವವನ್ನು ತಂದುಕೊಟ್ಟಿದೆ. ಆದ್ದರಿಂದ ಪ್ರತಿದಿನ ಆಹಾರದಂತೆ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ಪಡೆಯುವುದರೊಂದಿಗೆ ಸ್ವಲ್ಪ ಕರುಳಿನಲ್ಲಿ ಈ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳ ಸಂಖ್ಯೆ ಹೆಚ್ಚಿಸುತ್ತವೆ ಮತ್ತು ಇವುಗಳ ರೋಗ ನಿರೋಧಕ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚಿಸಲು ನೆರವಾಗುತ್ತವೆ. ಇದಲ್ಲದೆ, ನಾವು ಶರೀರವನ್ನು ವಿರುದ್ಧ ಹೋರಾಡುವುದಕ್ಕಾಗಿ ಅಂಟಿ ಒಯ್ಯಬೇಕಾಗಿರುವ ಹೆಚ್ಚಿನವುಗಳನ್ನು ನಮಗೆ ಗೊತ್ತಿರುವುದನ್ನು ಎಲ್ಲಾ ಒಳ್ಳೆಯ ಬ್ಯಾಕ್ಟೀರಿಯಾಗಳನ್ನು ಸಾಮಾನ್ಯವಾಗಿರುತ್ತವೆ. ಈ ಪ್ರಕಾರವಾಗಿ ಪ್ರೊಬಯೋಟಿಕ್ಸ್ ನಮಗೆ ಉತ್ತಮ ಪ್ರಯೋಜನಗಳನ್ನು ನೀಡುತ್ತವೆ. ಇವುಗಳ ಜೀರ್ಣಶಕ್ತಿ ಹಾದಿಯಲ್ಲಿ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುತ್ತವೆ ಮಾತ್ರವಲ್ಲದೆ, ಮಗುವಿನ ಒಟ್ಟಾರೆ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವಲ್ಲಿ ನೆರವಾಗುತ್ತವೆ.

**ಗುಣ**  
ಶರೀರದಲ್ಲಿರುವ ಅತಿ ದೊಡ್ಡದಾದ ರೋಗ ನಿರೋಧಕ ವ್ಯವಸ್ಥೆಯಾಗಿದೆ ಹಾಗೂ ಶರೀರದಲ್ಲಿರುವ ಸುಮಾರು 70% ರೋಗ ನಿರೋಧಕ ಜೀವಿಜೋಳಗಳು ಇದರಲ್ಲಿವೆ.

## Bacteria can be good

### PROBIOTIC HEALTH

**A good digestion needs a well-balanced and wholesome diet, rather than probiotic good bacteria supplements, clarifies Dr Adarsh E**



Initiating a new era of digestive health research, the term 'Probiotic' was first coined by researchers Lilly and Stilwell in 1965 to describe substances secreted by one organism that stimulated the growth of another. The word is a compound of two Greek words ("pro" to signify promotion of and "biotic", meaning "life"), meaning something that affirms life and health. That's true even by modern standards: They are defined by the Food and Agriculture Organization of the United Nations and the World Health Organization as "Live microorganisms which when administered in adequate amounts confer a health benefit on the host".

Constantly concerned about keeping their new born babies healthy and happy, new age parents try to be more and more informed about what to feed and what not to feed them. Right from researching the internet to taking tips from relatives, apprehensive parents become all the more confused than clear on what to actually do in their effort to ensure best possible health of their little one.

Amongst a plethora of questions asked to pediatricians, the latest to get added to the list are how gut health can form the foundation of the overall health of their new born, and should friendly bacteria or 'Probiotics' be introduced to their babies.

So how are these bacteria introduced to the infant in the first place? During a

normal delivery, on the way through the birth canal, babies get dosed with good bacteria from their mother. Subsequently, exclusively breast fed babies continue to receive an adequate amount of these good bacteria from mother's milk. Once they reside in the digestive tract, they help maintain a natural balance of microorganisms in the body.

On an average, a human digestive tract has around 400 different types of good or friendly bacteria. This balance is crucial as it determines the overall health and well-being of the baby, both in their formative years as well as during adulthood. These good bacteria behave as soldiers who fortify our "first line of defense", in this case the intestinal wall and prevent the enemy - disease-causing harmful bacteria - from entering the body."

This immune-system support by probiotics has been widely studied in the context of specific health conditions, such as the prevention of antibiotic-associated diarrhoea, rotavirus diarrhoea and certain allergies.

When a baby falls prey to any of these ailments, they are given antibiotics ("anti"

to signify against and "biotic", meaning "life") as treatment, leading to killing both good and bad bacteria. This disturbs the natural microbial balance and so it becomes all the more important to maintain ample amounts of good bacteria in the body.

Considering so many benefits, medical experts worldwide are now recommending probiotics to increase the amount of beneficial bacteria in a baby's intestinal tracts to aid digestion, boost the body's natural defences, and fight off harmful disease causing bacteria. However, it is not really necessary to take probiotic supplements unless it is specially prescribed by the doctor for certain special cases.

Some foods that contain natural good bacteria are cheese, yoghurt, sour cabbage, miso soup, pickles, and tempeh. Yoghurt and pickles have been almost an everyday affair in most Indian households since ages.

Therefore there is no doubt that Indian cuisine is packed with good bacteria. Just follow a traditional balanced diet and surely, your digestion will stay intact, and so will your little one's.

- Paper: Deccan herald (living)
- Bangalore edition
- Date: 28th Dec, 2013
- Page: 2


## Publication: Stayfit.

child care

### Probiotics

Shape infant's natural defenses & prevent Diarrhoea

The joy of having a baby cannot be described in words. For a woman, the experience of motherhood involves a lot of physical and emotional changes. With each passing day as the baby's bodily systems develop and evolve, a mother tries her best to shield her baby from infections.



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child care



Dr. Adarsh E.  
Pediatrician

**B**reast milk is best for the baby, but, considering modern day lifestyle, infants may not get exclusively breastfed and hence are more likely to have an imbalanced intestinal flora leading to an increased susceptibility to infections.

Immune system develops in the critical time period from birth until 2 years of age. During this stage of development, babies are most susceptible to falling prey to diseases like diarrhoea and allergic skin disorders. As adults, we have a developed immune system with some 500 different types of bacteria called 'good bacteria' residing in our small intestine (gut). They are the real warriors as they fight with harmful 'bad' bacteria to save us from infections.

In recent years, there has been a rather increased interest in the topic of Probiotics or good bacteria. It is now well recognized that certain ingested good bacteria, like Bifidobacteria and Lactobacilli, can modify the bacterial ecology of the intestine, and lead to beneficial changes in the gut; particularly in relation to immunity.

Babies who are born through normal delivery that is through the birth canal while those who are exclusively breastfed get a good dose of Bifidobacteria. Apart from its nutrient quality and quantity, mother's milk is a source of diverse and active bacteria in varying amounts. Breastfeeding stimulates the development of a healthy intestinal flora which in turn plays an important role in overall human health and wellbeing, especially in immune protection, disease outcomes, and gastrointestinal infections, for the nutritional status and even in the efficacy of certain treatments.

Diarrhoea continues to be one of the leading causes of child illness in the less than 5-year age group; preventive strategies might ultimately have the greatest potential for reducing the burden of diarrhoeal disease in infants and young children. Support for the association between prevention of diarrhoea and probiotic intake is found in results of several clinical trials that have reported significant decrease in diarrhoea incidence, specifically viral origin, with Probiotic Bifidobacteria.

Generally, probiotics, such as Bifidobacteria, have had a long history of safe food use in human populations. Many strains of Lactobacilli and Bifidobacteria are traditional food grade organisms generally recognized as safe for use in food. Till recently, there have been several clinical studies involving children and infants consuming foods containing good bacteria, with no reports of adverse probiotic related side effects.

So, as scientific research reinforces the benefits of probiotics in enhancing the immune system and, with more and more doctors trusting and supporting the benefits of Probiotics, mothers can certainly be reassured about protecting their babies from illness such as diarrhoea and allergies.

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**International collaboration for research,**

Collaboration with Nestle research centre placed in switzerland

**Major equipment inputs for research**

Air condition, refrigerator, calibrated weighing machine, deep freezer, and other lab equipments.





## •Plan of action of the department for the next five years

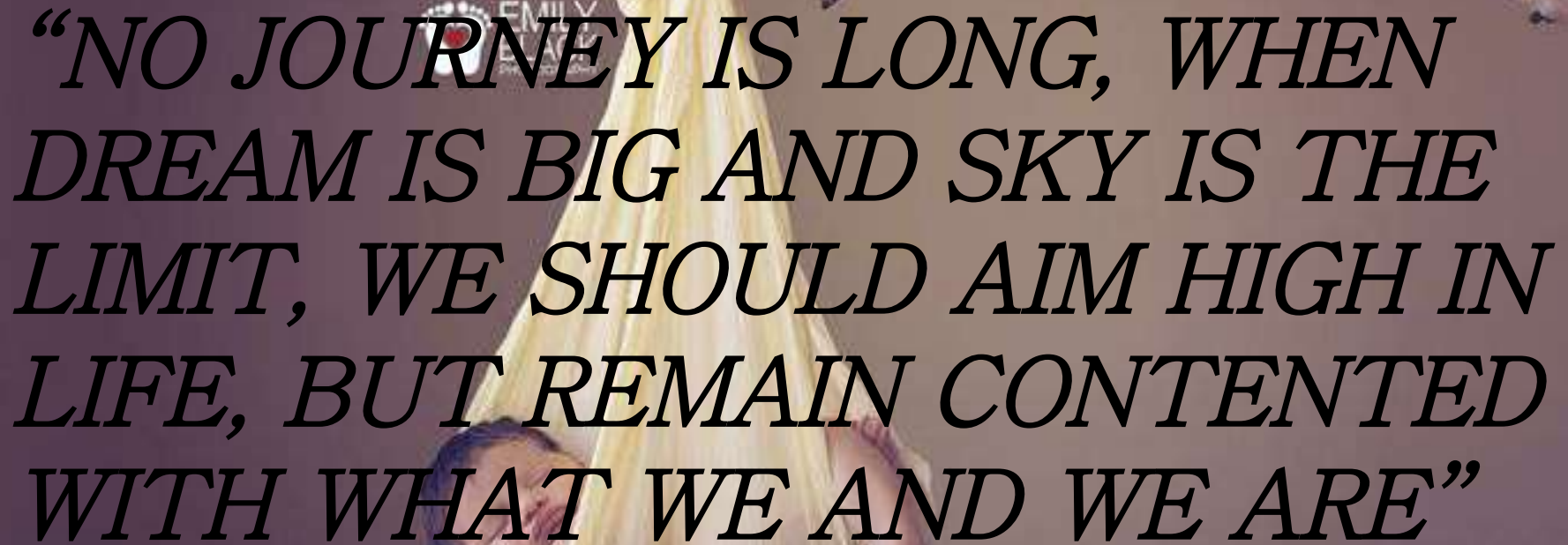
	2013-14	2014-15	2015-16	2016-17	2017-18
<b>Courses</b>	Planning to Start Fellowship in Neonatology	Planning to Start DM Neonatology	DM in endocrinology, ped neurology and fellowship in Ped dermatology	Planning to start and convert our dept into child health institute	
<b>TLE</b>					
<b>Administration</b>					

# RAJARAJESWARI MEDICAL COLLEGE & HOSPITAL

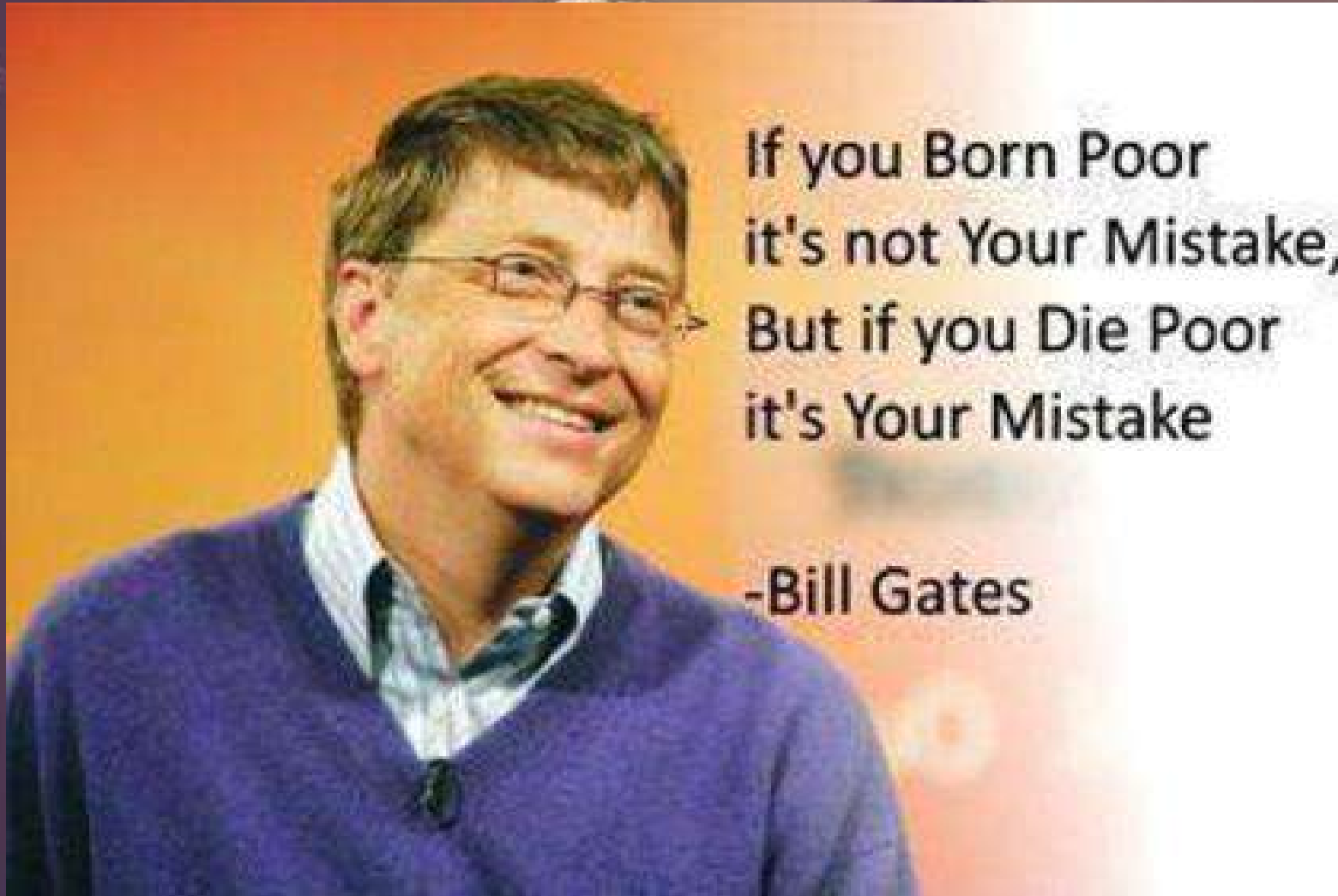
#202, Kambipura, Mysore road, Bangalore-560074



	2013-14	2014-15	2015-16	2016-17	2017-18
<b>Research/Extension</b>	We have to planning to extend our research works and to make it international publications in all sub specialty in pediatrics.				
<b>Infrastructures</b>	Dengue excellence centre in view of large number of case load and endemicity of the disease.	We are planning to start individual building for child health institute			
<b>Innovation</b>					
<b>Collaborations/Linkages</b>	With foreign universities.				



*“NO JOURNEY IS LONG, WHEN  
DREAM IS BIG AND SKY IS THE  
LIMIT, WE SHOULD AIM HIGH IN  
LIFE, BUT REMAIN CONTENTED  
WITH WHAT WE AND WE ARE”*



# Thank You!

