



GOA VET

A Quarterly Technical Bulletin
THE GOA VETERINARY ASSOCIATION

www.goavet.org

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From Presidents desk

RUMINATION.....

Every Veterinarian accepting the Veterinary profession swears an oath to protect animal health, welfare of the society, and not only relieve animals suffering but to prevent it. This is what defines the goals and responsibilities of every Veterinarian associated with this association.

Why we all are best Doctors in the world of medical fraternity? Reason behind this is that you can't ask your patient what is the matter? You got to just know and rely on your trainings to ascertain ailments, and diseases. The ability to identify the ailments in variety of species demands intensive multidisciplinary trainings in various subjects. In most circumstances your training and experience enables to see cases through from start to finish, which is often not the case for human health professionals. Your efforts to restore environment and social values are too vast, ranging from long hours spent in research labs, Pet clinics, on farms and in the wild animals dealings with often confused and scared animals.

As a leader amongst masses you certainly contribute to ethical review process in Veterological cases, speaking with highest authority and pragmatism as animal advocate. This is what animals deserves major freedoms under your umbrella of skills and attitudes, such as freedom from discomfort, freedom from pain and sufferings from diseases, freedom to express its normal behavior, freedom from fear and distress for which you have always exhibited your potentials in the society. At all the phases of production and distribution of food, from animal origin where in we all are involved in processing, preserving, distribution and maintaining its hygiene and safety.

As professionals volunteers we cater to promote knowledge to the community as a whole, to improve our education, health and the quality of our life.

Majority of the world's poor population depend on animal food, income, social status, cultural identification, companionship and bio security. where there is nothing, more important than taking care of the animals that allows adults to work, families to earn and children to eat. Veterinarian's performing official public functions and gatherings use their efforts to ensure that any colleagues in clinical practice, either Govt. or private, are kept informed as matter effecting their clients and their animals like outbreak of notifiable diseases. Society expects you all to be involved whenever animals are at risk or about to be replaced by risk.

Our profession has the independence, integrity, knowledge and skills to be provided to consumer with reassurance towards their expectations of high food security for human and animal welfare. As well as environmental standards' has to be met all the way from farm to fork from your end.

At the end of the day it is our strong unity as a Veterinarians will decide the future dominance of animal welfare sector amongst the best performers in the world. You all need to taste the greatest satisfaction and joy from the priceless reward that comes when farmer whose lives depend on your efforts appreciates what is being done for them.

" Wishing you all happy and prosperous New Year - 2016."

Dr. R. B. Dhuri



Someone asked a Veterinary officer, "Why you feel proud of being a Veterinary officer?"

He smiled and told that

A lawyer's income increases with increase in crime and litigation.

A doctor's income increases with increase in diseases / illness.

But a Veterinarians income increases with increase in prosperity of people and nation.

General secretary's Report (2014 & 2015)

Dear Colleagues,

It is with great pleasure that I present to you the detailed report of our TGVA activities taken up during the last two years.

1. This executive committee took over on the 11th of January 2014 soon after the elections and will be holding office for the calendar years 2014 and 2015.
2. During the last 2 years, your association is richer by 16 new life members and 03 Primary members. As I have said earlier, friends, your membership is the strength of this association and as such we would appreciate your active involvement in the same. As of now, we have 116 live members enrolled with us deducting the deceased ones.
3. I am proud to inform you that after 10 long years, finally, we stand affiliated to the Indian Veterinary Association for the calendar years 2014 and 2015. I hope and wish the next executive committee will continue the affiliation without any breaks.
4. I am also proud to inform you that our own website 'www.goavet.org' is hoisted anew with kind efforts of Dr. Rajaram. The executive committee has decided on its maintenance for next 3 years.
5. We have also managed to recover our old e-mail ID i.e. 'goavet@gmail.com' which is presently being used for all TGVA communication.
6. Dr. Greta Costa was nominated by the executive committee on 13/08/2014 to represent TGVA at the Goa State Veterinary Council. The decision was ratified by the General body members at its meeting held on 10/01/2015. Dr Greta later went on to get elected as the President of the Council.
7. We have written congratulatory letters to the Hon. Union Minister of State for Agriculture & Food Processing, Govt. of India – Dr. Sanjeev Kumar Balyan who happens to be a veterinarian.
8. The executive committee has met the Hon. Ex Chief Minister (Govt. of Goa) and present Defence Minister (Govt. of India) Mr. Monohar Parrikar and Ex. Animal Husbandry Minister and present Hon. Chief Minister (Govt. of Goa) Mr. Laxmikant Parcekar and also the present Hon. Animal Husbandry Minister (Govt. of Goa) – Mr. Ramesh Tawadkar to congratulate them on their assuming office.
9. This association regularly felicitates all members who attain higher promotions as well as those that retire on superannuation.
10. TGVA co-participated with the 'Veterinary Orthopaedic Foundation' in the organization of the 'Advanced Veterinary Orthopaedics Workshop and Seminar' held on 20th and 21st of September 2014.
11. A total of 09 seminars were organized by this executive committee for the upgradation of technical knowledge of our fellow members under the continuous veterinary education programme. The seminars so organized were as follows

Sr. No.	Topic	Venue	Date
1	Importance of minerals and vitamins in livestock ration for optimum productivity and fertility	STC, Curti, Ponda	22/03/2014
2	Ear diseases and their management in small animal practice	Hotel Orion, Porvorim	27/08/2014
3	Management of Infertility & Heat synchronization in large animals	Hotel Orion, Porvorim	17/10/2014
4	Concept of loose housing & silage making to have profitable dairy farming	STC, Curti, Ponda	13/12/2014
5	Mastitis – its management and control	Clube Gaspar Dias, Dona Paula	13/03/2015
6	Latest approach to renal and cardiac emergencies and laboratory bi-chemistry	Clube Gaspar Dias, Dona Paula	25/04/2015
7	New trends in animals healthcare and treatment	STC, Curti, Ponda	09/10/2015
8	Role of minerals in Veterinary Practice	STC, Curti, Ponda	21/10/2015
9	Anorexia in large animals	Hotel Mi Casa, Siridao	06/11/2015

Another 2 seminars are scheduled for the 11th of December 2015 on Animal Nutrition and on 13th December on Management of common cardiac diseases and an update on epilepsy and vestibular diseases in dogs at Hotel Mandovi, Panaji.

12. A total of 4 issues of 'Goa Vet' bulletin were released during the past 2 years. The fifth issue is the present one.

13. We have come out with our maiden 'goavet' directory in the month of December 2014 under the convenorship of Dr. Mahendra Bale. The total net profit generated is around Rs. 2,50,000/-. The funds realized from this will be utilized for technical upgradation of our fellow members in the form of seminars, etc.

14. Regarding the issue of 'Revision of entry level Pay scales & DACP', the matter is in Hon. Goa bench of Bombay High Court. Dr. Rajendra Prabhugaonkar was nominated as the Chairman alongwith 6 other members to follow up the case. Final hearing is fixed for December 2015. There are about 30 participants who have given in their willingness and separate bank account has been opened for these funds.

15. This association is registered under the Societies Registration Act, 1860 (Central Act 21 of 1860) and our Regn. No. is 58/Goa/93. This regn. was due to expire on 11/06/2015. All renewal formalities from our side were completed much before June 2015 and the docket was presented to the authorities. However the registration is still pending with the office of 'Inspector General of Societies' district office at Margao.

16. The Executive committee has met 16 times during the last 2 years. We have deliberated on several topics which have culminated into several decisions that the General body has ratified in the form of resolutions.

Dr. Agostinho Misquita

General Secretary
TGVA



VFO Inauguration of Hands On Training



Felicitation of Retired Veterinary Doctors



Workshop on VO Foundation



Hands on Training Orthopedic Seminar



Secretary's Report Presentation



Inauguration by Chief Minister (then A.H. Minister)



Bulletin Publishing



Address to Seminar Delegates



Group Discussion

NEED OF CONSERVING INDIGENOUS LIVESTOCK

Livestock are valuable assets of the rural poor since ancient days and are still critical in supporting their livelihoods particularly during unfavorable times. Livestock were regarded as wealth and were the backbone of the economy of ancient Indians, i.e., Aryans. Wars were fought for acquiring cows and other livestock. Cattle were one of the most frequently used animals described in Vedas. Cows were regarded as mother ("Gau-mata") and referred to as Aghanya. Pashu Samvardhan Sukta of Atharvaveda indicates that Vrihaspati Deva knew the animal behavior and management well.

In Germany starting right after World War II cattle breeding was taken a major issue to tackle nutritional and health crises. This country devastated by military destruction was ravaged by disease. Therefore it becomes necessary to understand science of cattle rearing. Economy of any country gets affected in situations like increased human population, effect of global warming on agriculture produce and livestock produce. To get proper economic breeding strategy with advance technologies will decide the tomorrow's livestock based economy.

The breeding of livestock on a worldwide basis swings like a pendulum from one extreme to another. It differs place to place and time to time. Livestock breeding involve selection of stock; insemination (both natural and artificial) as well as embryo transfers for producing genetically improved offspring's. Breeding, especially the artificial form of breeding being practiced these days has realized a long cherished dream of the scientists and it has now become possible to get the genetically superior animals to produce more offspring's than it would be possible through natural mating.

Livestock farmers raise these animals for production and agricultural activities. However, starting a business in this field takes experience, research and training that go beyond raising. This need planning at regional and national level for selecting breeds.

Because the ecological impact of this land management strategy is similar to the impact of a natural disturbance, the agricultural system will share many beneficial characteristics with a natural habitat including the promotion of biodiversity. This strategy is now declining due to the intensification of agriculture, and the mechanized chemical based methods that became popular during and following the industrial revolution.

In such situation animal husbandry should be oriented for the management and care of farm animals by humans, in which genetic qualities and behavior, considered to be advantageous to humans, and further developed. We should use our knowledge that for a better breed (offspring/progeny), we need to breed good breeds that can be adopted in local agroclimatic situation. For this we need to adopt pure-breeding of local livestock for several generations and developed better-quality well recognized breed getting acclimatized for climatic change and capacity to utilize food material in the region.

Erratic introduction of exotic breeds of livestock predisposes industry for many new diseases and problems of adoptability. India has huge diversity and need to conserve by scientific and strategic breeding program.

Dr. Eaknath B. Chakurkar

Principal Scientist (Animal Reproduction) and Sectional
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One Line Humor

Wife: Darling today is our anniversary, what should we do?
Husband: Let us stand in silence for 2 minutes.
It's funny when people discuss Love Marriage vs Arranged.
It's like asking someone, if suicide is better or being murdered.

There is only one perfect child in the world and every mother has it.
There is only one perfect wife in the world and every neighbor has it!

BLACKQUARTER (Black leg/ Quarter-III)

An acute febrile disease of cattle sometimes of sheep and pigs characterized by emphysematous swelling, usually of heavy muscles.

Etiology and Epidemiology:

Clostridium chauvoei is the causative agent and occurs naturally in intestinal tract of animals. The organism can survive in soil for many years. In pigs, typical blackleg does not occur commonly although similar gas gangrenous condition caused by *Cl. chauvoei* or *Cl. septicum*. The disease is more common in cattle from 6 months to 2 year age but may occur at any age. The disease usually occur in summer and autumn season. The disease occur more frequently in rapidly growing cattle kept on high plane of nutrition. Sometimes outbreaks occur in cattle following excavation of soil which suggest that disturbances in soil may activate latent spores. Ingestion of contaminated feed, soil or pasture contaminated by feces of infected animals or by decomposition of infected carcass. Case fatality rate is 100%. In sheep, disease occur at all ages and most common after shearing, docking and castration (wound infection). Occasional outbreaks in sheep occur after vaccination against enterotoxemia.

Pathogenesis:

The organisms after ingestion pass through wall of digestive tract, reach blood and deposited in muscle and other tissues. Toxins formed by organism produces severe necrotizing myositis locally in skeletal muscles and a systemic toxemia which results in death.

Clinical findings:

Cattle - Usually sudden onset and animal found dead without premonitory signs (within 12-36 hours). Acute lameness and marked depression are common. Initially fever (106 oF); swelling hot and painful to touch but becomes cold and painless later on, however edema and emphysema of affected part can be felt. The skin is discoloured, dry and cracked. The lesions are usually confined to upper part of one limb (crepitant swelling) but may be present at base of tongue, heart muscle, diaphragm, psoas muscle, brisket and udder.

Sheep - Stiff gait and disinclined to move. Subcutaneous edema is not common and gaseous crepitation can not be felt before death. There may be discolouration of skin but skin necrosis and gangrene does not occur. Extensive local lesions following infection through wounds of skin, vulva or vagina.

P.T.O.

Lesions:

- Cattle found dead of blackleg are lying on the side with affected hind limb struck out stiffly.
- Quick bloating and putrefaction of carcass; blood stained froth exudes from nostrils and anus; blood clots rapidly.
- Incision of affected muscle reveals presence of dark, discoloured, swollen tissue with rancid odour, a metallic sheen on cut surface, and an excess of thin, serosanguineous fluid containing bubbles of gas.
- All body cavities have excess blood stained containing variable amounts of fibrin; and solid organs show degenerative changes.

In sheep almost similar picture except subcutaneous edema and emphysema is not so marked.

Clinical pathology:

- Cultural examination by needle puncture or swabs from wounds.
- Serum levels of SGOT, SGPT and LDH are increased.
- Smears of affected tissues should be made particularly muscle tissues and heart blood. The samples of muscles should be taken immediately after death.
- FAT can be used.

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**Dr. Laximan Sawant, BVSc & AH, MVSc,
Graduate Teaching Assistant- Infectious Disease
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ॐ ब्रेकिंग न्यूज ॐ



मुरवाड तालुक्यातील तिवारपाडा
येथे एका गाईच्या पोटी जन्माला आले
तीन तोंडाचे वासरू यालाच त्रिमुखी असेही
म्हणतात . या त्रिमुखी वासराला
पाहण्यासाठी लोकांची प्रचंड गर्दी होती .
(पत्रकार अर्जुन फोडसे)

One Line Humors...

Wise men talk because they have something to say; fools talk because they have to say something.

They call our language the mother tongue because the father seldom gets to speak!

Man: Is there any way for long life?

Dr: Get married.

Man: Will it help?

Dr: No, but then the thought of long life will never come!

Why do couples hold hands during their wedding? It's a formality just like two boxers shaking hands before the fight begins!

Ehrlichiosis

Ehrlichia canis is the cause of classical ehrlichiosis in dogs. This *Ehrlichia* targets **MONOCYTES** and is transmitted by *Rhipicephalus sanguineus*, the "brown dog tick."

Clinical disease in dogs:

Ehrlichia canis infection in dogs is divided into 3 clinicopathologic stages:

- acute phase of disease:
 - fever, anorexia, lethargy
 - lymphadenopathy
 - thrombocytopenia

This phase begins 1-3 weeks after exposure.

Most dogs recover at this point, but others progress to the subacute and chronic phases
- subacute phase of disease:
 - hypergammaglobulinemia (polyclonal or sometimes monoclonal gammopathy), **thrombocytopenia** and anemia

usually subclinical, but can last months to years
- chronic phase:
 - lethargy, weight loss
 - **PANCYTOPENIA, BONE MARROW SUPPRESSION AND HEMORRHAGE**

Mortality can be high in dogs that progress to the chronic stage of disease.

 - Progression to subacute and chronic disease is generally attributed to an ineffective immune response on the part of the dog. German Shepherd dogs appear to be predisposed to the severe, chronic form of disease.

Animals with ehrlichiosis can also exhibit marked splenomegaly, glomerulonephritis, renal failure, uveitis, retinal hemorrhages and CNS disease, due either to CNS vasculitis or hemorrhages. In addition, dogs in the early stages of disease may manifest a lymphocytosis with cell granularity typical of lymphocytic leukemia.

Pathogenesis:

- The acute stage of disease is due largely to a vasculitis. The organism replicates in circulating monocytes, and subsequently in mononuclear phagocytic cells throughout the body. The infected monocytes bind to vascular endothelial cells and initiate a vasculitis and subendothelial cell infection. (Because of the vasculitis, dogs with ehrlichiosis may also demonstrate edema)
- The chronic stage of disease reflects bone marrow suppression.
- The thrombocytopenia in ehrlichiosis may be due to consumption of platelets, sequestration of platelets in the spleen, immune-mediated destruction of platelets, decreased bone marrow production of platelets, or some combination of these mechanisms. Overall, however, the basis for ehrlichial thrombocytopenia remains unclear.

Diagnosis of *E. canis* infection in dogs:

- clinical signs
- Morulae inclusions in blood monocytes are transient
- Platelet count is an important screening test because of thrombocytopenia being a consistent finding.
- serology
 - An IFA test has been the standard approach for many years to confirm a clinical diagnosis of ehrlichiosis, but ELISA, immunoblotting and PCR assays are becoming available.

Treatment of *E. canis* infection in dogs:

- tetracycline
- doxycycline
 - Resolution of thrombocytopenia is a good indicator of positive response to therapy. Platelet counts generally begin to rise within 48 hours of starting therapy and are normalized within 14 days.
 - Long-term maintenance of antibody titers precludes using serology to monitor response to therapy.

Control:

- By controlling ticks.
- Tetracycline as preventive measures in endemic areas.

Holistic Approach in Treatment

Inflammation : Holistic approach

Inflammation in general is a broad term and need to be dealt with smartly as per the case. We use NSAIDs steroids antihistamines in treatment of inflammations like Mastitis, Lameness, Yolk Gall, Injury, Post Operatives and so on.

Mastitis in particular is a problem worldwide and is of utmost important for an owner. Mastitis problem not only decreases the milk output but may also damage a quarter permanently due to fibrosis or gangrenous mastitis. Use of Antibiotics which act against a particular antigen gives early results which always not possible. But now-a-days along with all the traditional methods of combating the problem. We can use enzymes to prevent the damaged caused.

Why Enzymes ?

Use of Anti Inflammatory drugs and antibiotics stops the infection and inflammation. The action very rarely helps to restore the normal udder health and function as before infection. The Mettelo Protease and Bromo Protease the combo formula have unique and versatile actions. It does fibrolysis and proteolysis this will results to overcome almost every systems.

With the proper and appropriate use of Mettelo Protease (Masti-Pro) and Bromo-Protease (Bromaze) dissolve-degrade-digest all the Ras (waste and infected complex structure) protein. By these actions we can get Anti Inflammatory effect, Anti bacterial Effect, Anti Fungal Effect, Digestion of excess fibers, and inhibition of platelet aggregation. With all Enzymes has synergistic approach and it can be use with any combination. All the actions will help-result in normal functioning udder and other infected parts.

Corneal Opacity :

In cases of corneal opacity the enzymes helps to dissolve the opacity along with supportive treatment of antibiotics and inj VitA.

Eye Cancer :

In initial stage of eye cancer Bromaze (Bromo-Protease) dissolve Ras Protein and stops the cancerous growth.

Metritis :

In case of maturities due to retention of placenta the enzymes dissolves and degrade the debris and liquefies it. Thus helping in expulsion of debris. This helps in curetting and regenerating the uterine muscles. This same action is seen in cases of maggotted wounds where there are a lot of putrefy muscle debris and it help in formation of granulation tissues and wound healing.

Dr V T Patil and Dr A. A. Digraskar

One Line Humors...

Regular naps prevent old age, especially if you take them while driving.

Having one child makes you a parent; having two you are a referee.

Marriage is a relationship in which one person is always right and the other is the husband!

I believe we should all pay our tax with a smile. I tried - but they wanted cash.

A child's greatest period of growth is the month after you've purchased new school uniforms.

Don't feel bad. A lot of people have no talent.

Don't marry the person you want to live with, marry the one you cannot live without, but whatever you do, you'll regret it later.

You can't buy love, but you pay heavily for it.

Bad officials are elected by good citizens who do not vote.

Laziness is nothing more than the habit of resting before you get tired.

Marriage is give and take. You'd better give it to her or she'll take it anyway.

My wife and I always compromise. I admit I'm wrong and she agrees with me.

A successful marriage requires falling in love many times, always with the same person.

You're getting old when you enjoy remembering things more than doing them.

It doesn't matter how often a married man changes his job, he still ends up with the same boss.

Real friends are the ones who survive transitions between address books.

Saving is the best thing. Especially when your parents have done it for you.

THE SERPENTES

Since time immemorial, snakes are considered to be sacred yet dangerous in India. Simply the site of a snake slithering away gives goose bumps to majority of the Indians. Like you and all others, even I feared snakes but the fact that they are the most misunderstood creatures on Earth gave way to curiosity and hence I developed a liking towards them.

Like they say : Replace the fear of unknown with curiosity

With the lands being cleared for housing projects and agriculture , the natural habitat of snakes is being destroyed, forcing them to enter human dwelling areas. A large number of snakes are killed mainly due to misconceptions that many of us have about these creatures. On the other hand , more than 2.5 lakh cases of snake bites are reported every year in India , making it a very serious problem and the immediate need to create awareness amongst the masses regarding this beautiful creature. Many of us now have realized that going against nature is not really a good idea considering our sustainability is at stake. It wont be wrong to say that the two factors : the eco-system and mankind are therefore two sides of the same coin.

India is a home to a large number of snakes, 294 species to be specific, very few of which are venomous. The 4 venomous snake species , commonly called as THE BIG FOUR , responsible for causing the most human snake bite cases in South Asia (mostly in India) are



King Cobra



Common Krait



Russel's Viper



Saw-scaled viper

Rest all either semi venomous or non-venomous. Now here is one over simplified fun fact that is what is the difference between poisonous and venomous ? If something bites you and you die, it was venomous. If you bite someone and you die, it was poisonous. King cobra is also highly venomous and he has a really high amount of venom present in his venom sacks. But deaths due to him are quite low compared to the big four mentioned above. There are two major varieties or types of venomous snakes in India – Hemotoxic and Neurotoxic.

Hemotoxic – as name suggest this type of venom affects blood circulation system of body affecting kidney and other such functions causing slow but painful death. Even if survived the area where bite has taken place goes under tissue deformation which results in so called rotting. Snakes of Viper family possess this venom.

Neurotoxic – this type of venom affects nervous system and causes paralysis, heart failure and such problems which also result in death if not treated on time. Cobra, Krait has this type of venom.

It is therefore necessary that we know some important facts about snakes , some do's and dont's, the first aid measures to be taken if there is a snake bite , to make it easy for the snake and yourself when you encounter a snake the next time

The study of snakes is called as 'OPHIOLGY' and is gaining popularity slowly. Snakes are cold-blooded poikilotherms (those that cannot regulate their own temperature and it varies with the outside temperature). They cannot tolerate extreme temperatures (some although are found in the most extreme of the places) and therefore when the temperature rises above 45°C they seek shelter under rocks or bushes in order to manage the high temperature.

They are not easily visible as they are excellently camouflaged making it an important point that we should be careful whenever we are walking in the forest areas or places where snakes are commonly seen your area. On confronting, they generally choose to stay away from the humans, but when they feel they are threatened they show some defensive actions which are basically to scare the intimidator away. The commonly seen one is that of the King Cobra : The Cobra will show its hood and hiss loudly.

SOME COMMON MISCONCEPTIONS ABOUT SNAKES THAT IS HARBOURED BY MOST OF US

1. Snakes drink milk- They do not. Milk is a common food mostly preferred by mammals. Snakes are reptiles
2. Snakes respond to the snake-charmers and dance on the 'nagin' tune – Snakes lack ears , so they cannot hear the tune. The cobra's movement is because of the movement of the snake charmer and is basically a defence-mechanism
3. Snakes take revenge! – They lack a well-developed nervous system so it is not possible for the poor creature to remember a person or an event
4. A snake will enter the house if you whistle in the night – As mentioned before, they lack hearing abilities
5. If you kill one snake other one comes to take revenge – snake has brain which is as small as pea which is really not enough to think and plan a revenge on anyone. But if you cannot understand this with a brain as big as yours then the problem is with you and not snake.

But this doesn't mean kill snakes, though no snakes will come to take revenge some forest officials can definitely come to you for investigation if any nature lover launches complaint against you.

6. Snakes have a gem on their head which is magical – many people buy this "sarpmani" a special gem found on age old Nagraj's head from a charmer in order to acquire its magical power to fulfill their own wishes. Now if this was true why is that charmer selling that gem instead of using it for his own benefit and become rich ?
7. Snake venom is used as a drug – no it is not, the reports or the news you have gone through are fake. It's a crafty move done by drug peddlers to distract police and misguide them in investigation.
8. Snakes are attracted towards aromatic flowers – there is absolutely no scientific proof for this but yes, we do find snakes in such flowering plants because most of these flowering plants come under bush category and hence snakes find it safe to hide there.
9. The big snake found in Brazil, man eater anaconda killed in Amazon - and all those pictures on different websites are just a good quality photo shop job and nothing else.
10. Touching a Viper can cause rotting – no this can happen only when the venom is injected in your body and left untreated.

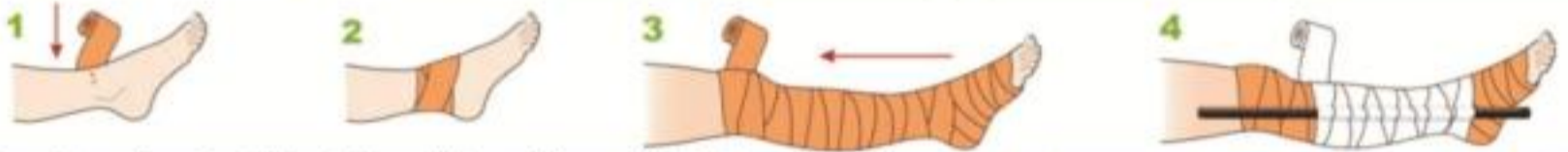
SAFETY MEASURES TO BE TAKEN BY GENERAL PUBLIC

- ✓ If you encounter a snake in or near your house , do not kill it! Call a snake expert immediately. Keep the phone number of a nearby snake expert saved in your phone that you can easily have an access to in these situations
- ✓ Do not attempt to catch the snake without any formal training. It can be very dangerous especially if it is a poisonous one
- ✓ In order to drive the snake away use objects like a long rod , a straightened clothes hanger, or anything with a hook at one end. Gently lift the snake with the help of the hook , hold it away from your body and drop the snake away from the house
- ✓ It is always better to have the lower part of the outer wall of the house smooth up to a height of atleast 1 m above the ground, to avoid any snake from climbing up as they cannot climb on smooth surfaces
- ✓ Fill the holes and burrows around the house
- ✓ Make sure there are no rats breeding inside or within the compound area of your house
- ✓ Never sleep on floor if your house is near farm. Most Krait bites take place at night, that too to those who sleep on floor.
- ✓ Wear shoes whenever going out or walking in a grassy area.
- ✓ Use a torch light in the dark
- ✓ Keep kennels and poultry houses at a height and clutter free

WHAT SHOULD YOU DO IF THERE IS A SNAKE BITE?

In case of a snake bite it is very important that you get anti-venom immediately by a trained doctor. However in some cases this may not be possible hence first aid is very important.

- ✓ Wash the wound thoroughly with water
- ✓ Tie a wide crepe bandage or a piece of cloth around the affected limb tightly as shown in the figure



- ✓ Do not run, be calm, fast blood circulation will result in better circulation of venom.
- ✓ Do not consume any alcohol or medicine as that can affect your test results and also the effect of anti-venom.
- ✓ Straight away go to the hospital where there is a cardio unit and anti-venom available. Going to primary health center is of no use as all they can do is confirm your bite and advice you to go to the hospital. Time is a crucial factor after the snake bite, so save it.
- ✓ Follow instructions of doctor and don't lose the hope. Once you are admitted in the hospital, there is nothing much you can do apart from cooperating with the doctor.

It feels good to see that there are many young people that are taking up the work of spreading awareness amongst the masses.

A bunch of my friends in Goa have taken up this responsibility and have made a group called 'Animal Rescue Squad' a.K.a 'ARS' in Marcel. This is managed by a group of children from the ages 12- 16 years and have been successful in rescuing as many as 102 snakes in the locality.

All it takes is a little bit of courage , and a lot of training in identifying and handling of snakes.

Why are snakes so important? Like all the other living creatures, they too play a very important role in the eco-system.

I would like to quote Neelimkumar Khaire (an eminent herpetologist) as said in his book 'INDIAN SNAKES- A FIELD GUIDE',

'If all God's creatures are precious then let us mend the weaker links so we can once again form a perfect unblemished circle of life'

At last, I hope this article was able to change your way of thinking towards snakes. And the next time you see one, don't be scared, instead be calm and think of what are the things that you can do that will keep you, and the snake safe and sound

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HEALTHY LIFE – THE AYURVEDA WAY

We all know that health is wealth and more so in the modern era. Moreover nowadays medical treatment has become very expensive .

Diseases cause discomfort, pain and also burn a hole in the pocket.

Let us see how Ayurvedic principles can be fitted in our hectic life for healthy body and mind.

GOOD MORNING

Turn to Right Side and getup.

Wake up time is before or at Sunrise.

Getting up early makes you feel fresh and energetic throughout the day.

It also gives some extra time for exercise and other activities.

It also stimulates a good bowel movement.

We all know that there is a biological clock fitted in our body .

If we listen to that clock our body will run smoothly.

If a person is habitually constipated , he or she can try the following remedy instead of tea or cigarette .

Drink one or two glasses of warm water early in the morning .

Sit in Vajrasan or Squatting position (Note- Never stand and drink.

You can sit on a chair if you have knee pain)

After that stand on your toes stretch your hands above the head and walk around.

This stimulates the intestine and the bowels are cleared.



EXERCISE

Morning time is best for exercise. It could be any thing of your choice.

Always start with warm ups and body loosening exercise and relaxing exercise in the end.

You need not over do, always listen to your body.

It is important to be regular and follow a regime.

For a healthy body, calm mind and sharp intellect - meditate daily.

Learn a technique under proper guidance and follow it.



FOOD

Food should be regional and seasonal. Meaning what grows in the place where we live and the foods of that particular season are more compatible with us.

Exotic fruits may not be really very healthy for us .

Stick to organic food as far as possible.

Divide your daily requirements of food in 3 – 4 meals.

Breakfast should be medium,

Lunch should be heavy and Dinner should be light.

Have a balanced meal of cereals, pulses, vegetables and salads.

Meat can be consumed in small quantities.

A balanced meal will have all the six tastes i.e. sweet, sour, salty, pungent , bitter and astringent.

Always start the meal with sweets as they are heavy to digest.

Keep a gap of atleast 3 – 4 hrs between meals. Never eat if the previous meal is not digested.

Never sleep or lie down immediately after meals. Atleast keep 2 hrs gap between dinner and bedtime.

Never combine foods which are antagonists (dont agree with each other) like milk and fruit, milk and fish, meat as they create toxins in the body.



TIPS FOR DRINKING WATER

Drink about 3 – 4 litres of water in a day.

Never drink lots of water half an hour before meal or two hours after meal.

You can drink some water in sips along with the meal.

If needed you can have soups, butter milk or milk.

Always drink boiled strained water and see to it that it is lukewarm when you drink.

You can also make a habit of drinking a glass of warm water just before bed time.



SKIN CARE

Drinking adequate water, fruits, vegetables and salads in ample amount ensure a clear supple and young looking skin.

Avoid use of harsh soaps, shampoos and cosmetics.

Try oil bath atleast once or twice in a week.

Massage head to toe for about 15 min. with Til oil or coconut oil before bath.

Instead of soap you can use gram daal flour, multani mitti or ubatan.

Mild Ayurvedic soaps can also be used.

These are just Minimal guidelines.

Any qualified Ayurvedic doctor may be consulted for details or in case of disease or for special advise .

May the almighty shower his blessings of good health on all of us.



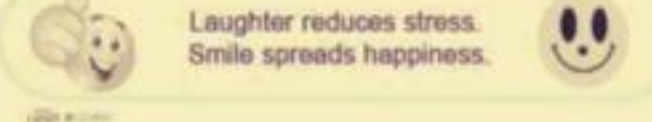
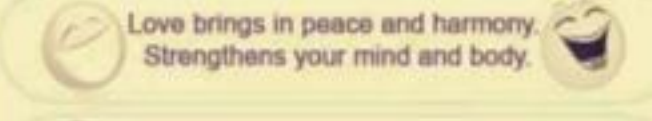
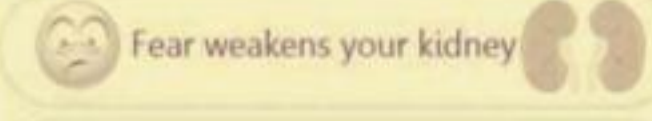
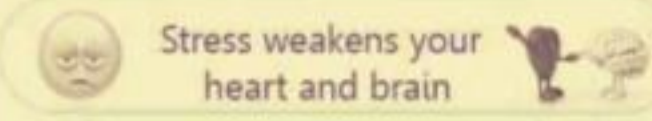
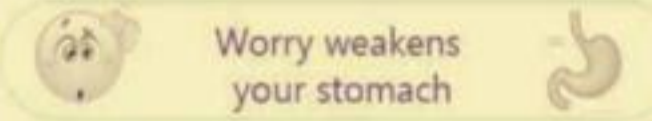
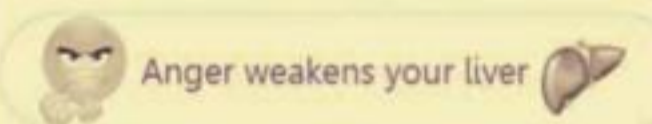
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How Emotions harm your Body?



DID YOU KNOW THESE EVERYDAY THINGS HAD NAMES?

- Glabella - The space between your eyebrows is called a glabella.
- Petrichor - The way it smells after the rain is called petrichor.
- Aglet - The plastic or metallic coating at the end of your shoelaces is called an aglet.
- Barm - The foam on beer is called a barm.
- Wamble - The rumbling of stomach is actually called a wamble.
- Vagitus - The cry of a new born baby is called a vagitus.
- Tines - The prongs on a fork are called tines.
- Phosphenes - The sheen or light that you see when you close your eyes and press your hands on them are called phosphenes.
- Box Tent - The tiny plastic table placed in the middle of a pizza box is called a box tent.
- Overmorrow - The day after tomorrow is called overmorrow.
- Minimus - Your tiny toe or finger is called minimus.
- Agraffe - The wired cage that holds the cork in a bottle of champagne is called an agraffe.
- Vocables - The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
- Interrobang - When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
- Columella Nasi - The space between your nostrils is called columella nasi.
- Armscy - The armhole in clothes, where the sleeves are sewn, is called armscy.
- Dysania - The condition of finding it difficult to get out of the bed in the morning is called dysania.
- Griffonage - Unreadable hand-writing is called griffonage (Are you reading this dear doctors?)
- Tittle - The dot over an "i" or a "j" is called tittle.
- Crapulence - That utterly sick feeling you get after eating or drinking too much is called crapulence.
- Brannock Device - The metallic device used to measure your feet at the shoe store is called Brannock device.