



# AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

## Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

*Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)*

### Antibiotic misuse in poultry leads to multi-drug resistant bacteria

Large-scale misuse of antibiotics in poultry farms in India coupled with poor waste management is leading to multi-drug resistant bacteria, a new study by the CSE said on Thursday.

The Centre for Science and Environment (CSE) found that bacteria are now spreading into environment through the litter from these farms and they can easily infect the humans.

"Antibiotic misuse is common in the poultry sector. What makes the situation worse is the fact that the sector is also plagued with poor waste management," Chandra Bhushan, CSE Deputy Director General, told IANS.

"Therefore, we first wanted to understand the extent of antibiotic resistance in the poultry environment and then establish if the resistance bacteria are moving out of the poultry farms into the environment through waste disposal."

The study titled "Antibiotic Resistance in Poultry Environment" and conducted by the CSE's Pollution Monitoring Laboratory found that 100 per cent of E. coli, 92 per cent of Klebsiella pneumoniae and 78 per cent of Staphylococcus lentus isolated from the poultry environment were multi-drug resistant.

Clearly, India needs an antibiotic resistance-centric approach to waste management from poultry farms. The study recommends controlling rampant antibiotic misuse as the most effective step to contain spread of resistance from farms.

Aug 31, 2017, The Hitavada

### IMA Stand on Mobile Towers

Cell phones emit radiofrequency energy (radio waves), a form of non-ionizing radiation. Tissues nearest to where the phone is held can absorb this energy. In 2012, WHO declared Radio frequency radiation as a possible carcinogen in human group. SAR is Specific Absorption rate. It's an indication of the amount of radiation absorbed into the head while using a cellular phone. Thus the distance plays a vital role. While talking on your cell phone, try to keep the cell phone away from your body as much as possible or use a headset to keep the handset farther from your head. If the radio signal is weak, a mobile phone will increase its transmission power. Find a strong signal and avoid movement – use your phone where reception is good.

Metal & water are good conductors of radio waves so avoid using a mobile phone while wearing metal-framed glasses or having wet hair. When your phone is ON, don't carry it in a breast or pants pocket. When a mobile phone is on, it automatically transmits at high power every one or two minutes to check the network. The phone antenna has to perform extra work to arrange communication with the cell tower which increases RF exposure when the battery is lower than 20% the RF exposure increases. Try to use the phone outdoors rather than inside. While purchasing a mobile

handset check the SAR value of the mobile phone. It can be searched on internet if its model number & make is known.

<http://blogs.kkagarwal.com/>

### Shadows of LED

As LED lights are spreading rapidly in India, it is imperative to review their health impacts. This is also because many government programmes are pushing LED lighting, including the Union governments's Prakash Path programme. In 2016, the American Medical Association (AMA) said that LED technology may impact human health, LED lights emit light from the short-wave, high-energy blue & violet end of the visible light spectrum. This light range controls our sleep cycle and correct exposure is important to maintain our circadian rhythm. Little wonder that many people complain of itchiness, redness in the eyes & mild headaches after continuous exposure to LED lights. The AMA says that lifelong exposure of the retina and lens to blue peaks from LEDs can increase the risk of cataract and age-related macular degeneration. Studies also reveal that light emitted by LEDs can cause retinal changes, if there is high exposure for even a short period of time.

A 2014 study published in Environmental Health Perspectives reported the adverse effects on the retina of rats due to chronic exposure to LED lights compared with other light sources that have less blue light.

In light of the harmful effects of these radiations, many manufacturers are taking a serious note of blue peaks from LEDs and are moving towards warmer LEDs without the blue peaks.

16-31 Aug 2017, Down to Earth

### American Psychiatric Association Makes It Official: 'Selfie' A Mental Disorder

The American Psychiatric Association (APA) has officially confirmed what many people thought all along: taking 'selfies' is a mental disorder.

The APA made this classification during its annual board of directors meeting in Chicago. The disorder is called selfitis, and is defined as the obsessive compulsive desire to take photos of one's self and post them on social media as a way to make up for the lack of self-esteem and to fill a gap in intimacy.

APA said there are three levels of the disorder:

- Borderline selfitis: taking photos of one's self at least three times a day but not posting them on social media
- Acute selfitis: taking photos of one's self at least three times a day and posting each of the photos on social media
- Chronic selfitis: Uncontrollable urge to take photos of one's self round the clock and posting the photos on social media more than six times a day

According to the APA, while there is currently no cure for the disorder, temporary treatment is available through Cognitive Behavioral Therapy (CBT).

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*Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health*