

HEALTH HOTLINE

Doctors answer readers' queries

How can I cure my insomnia?

Ayurveda consultant Dr Bheema Bhat answers:

Worries, stress and a demanding job are the main causes for insomnia. Try to approach everything in good spirit and with a positive attitude. Avoid sleep inducing medicines. Gently massage Ksheerabala Taila on the head for 5-10 minutes before going to bed. Half a teaspoon Ashwagandha Churana and one or two tablets of Brahmivati after dinner with water or milk can help reduce stress and improve sleep.



A demanding job can cause insomnia

After an oil massage, how much time should one wait to take a bath?

Skin specialist Dr Ahmed Zaheer answers:

It is better to have the oil massage after the bath rather than before, because the skin pores open after a bath. So the absorption of oil is better. It will also help to hydrate the skin. Also, in winter the ambient moisture levels are low, so the skin becomes dry and cracked and oiling is a good idea. Coconut or olive oil are good moisturisers.

A year ago my son fractured his leg. He still has pus discharge.

Orthopaedic surgeon Dr Yash Gulati answers:

It is an unfortunate situation, but salvageable. Quite obviously there is infection around the fracture site. All the metal work should be removed and the area cleaned and treated with external fixtures like pins and rings. This is called the Ilizarov technique. We can still be hopeful that the fracture will heal.

Pollution irritates my throat and eyes and gives me a choked feeling.

Consultant physician Dr Vikram Jaggi answers:

People who have even a mild allergic tendency often have complaints similar to yours. If possible:

- Reach office early and leave early, to escape the peak rush hours when vehicular pollution is maximum.

- Travel in a car with the windows rolled up.

- Use pollution masks to reduce the particulate pollutants that cause irritation to your respiratory tract.

- *Jal Niti* is found to be very useful in this condition. Learn it at any nature cure centre and do it daily.

- If the symptoms still persist, then anti-allergic tablets and some inhaled medicines may help. But take them only under your doctor's guidance.



Pollution masks can help reduce irritation to throat