



CONTENT

REVIEW ARTICLE

Symbiosis – A Friendly Relationship between Man and Microbes

NKD Devi, K Sujitha, BR Madhavi, BS Mrudula, MN Janaki and V Sri Ramya.....1

ABSTRACT

A number of studies have been carried out on the effect of several beneficial microbes on treatment and prevention of several diseases. Generally microbes causes various diseases to humans, upon this there are some beneficial bacteria which can cure certain diseases. Some of the dietary supplements containing potentially beneficial bacteria or yeast, like probiotics are used to cure some diseases. These live-organisms after introducing into intestinal flora cannot survive for longtime. So in order to meet this problem prebiotics are included along with probiotics. These prebiotics are the non-digestible food ingredients that reach the colon intact, where they can be fermented preferentially by beneficial groups of bacteria.

As probiotics are mainly active in the small intestine and prebiotics are only effective in large intestine, the combination of the two may give a synergistic effect and this gives synbiotic product. Probiotics, prebiotics and synbiotic aimed at improving intestinal health currently represent the largest segment of the functional food market. These are also applicable for irritable bowel syndrome, prevents harmful bacterial growth, reducing inflammation, improving immune functions, lowering blood pressure, cholesterol lowering, prevention of colon cancer, managing lactose intolerance. Yogurt the oldest health promoting food is still widely used way to increase the number of advantageous bacteria in the intestinal tract. The most commonly used microbes are lactic acid producing bacteria such as lactobacilli and bifidobacteria belonging to the human normal microflora. The optimal strains should be developed further and introduced into the products for special functional properties and health outcomes.

Keywords: symbiosis, probiotics, prebiotics, yogurt, bifidobacterium

Is Music A Magical Therapeutic Healer?

Kishu Tripathi and T Siva Kumar.....8

ABSTRACT

Music is a combination of rhythmical, harmonic and melodic sounds, and many peoples, throughout history, have believed in its medicinal effects. Don Campbell more poetically puts it: 'Music helps plants grow, drives our neighbors to distraction, lulls children to sleep and marches men to war.'

Keywords: Music, human diseases

RESEARCH ARTICLE

Nutritional Status of Children (0-60 Month) In Slums

Rathi HB, Bansal AK and Chauhan VKS.....12

ABSTRACT:

Assessment of nutritional status of children up to 5 years of age were carried out by taking in to account weight for age as per Indian Academy of Pediatrics Classification. On analysis of the collected data it has been observed that only 16.0 % of the children belong to normal grade 33.7 % were in grade – I and 37.8 % belong to grade – II malnutrition ,12.5 % children belong to severely undernourished category (Grade – III + IV).

KEY WORDS: Nutritional Status, Malnourished.

To Study the Effects of Shortening of Labour on Foetus

Chauhan P, Baghel B, Dhruv VK, Bansal AK and Chauhan VKS14

ABSTRACT:

In 97 % cases of study group no foetal complication was observed in comparison to 95 % in control group. Similarly only 1 % case develops neonatal Jaundice in study while in control group 3 % cases develop neonatal jaundice. There was reduction in foetal risk and foetal distress has been reduced considerably.

KEY WORDS: Foetal Distress, Neonatal Jaundice.

Problem of Stunting In an Urban Slum among Pre-school Going students

Rathi HB, Bansal AK, Sinha T, Baghel B, Sahu A, Singh K and Singh S16

ABSTRACT:

On analysis of the collected data it was found that 52.6, 5.4 and 10.5% children were stunted, wasted, wasted stunted respectively. Stunting showed an increasing trend as the age advances. It was minimum in children under 6 months of age and maximum among 48 to 60 months old children. As per sex there was no significant difference.

KEY WORDS: Stunt, Wasted, Stunted-wasted.

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