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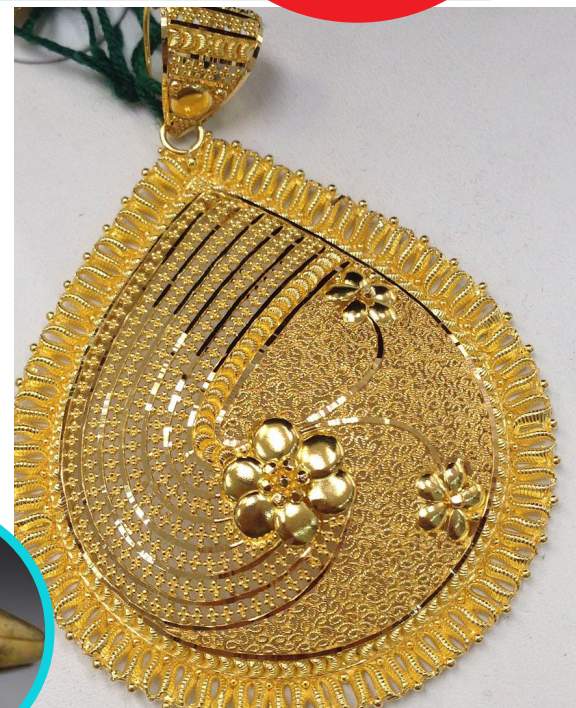
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WHAT'S TRENDING

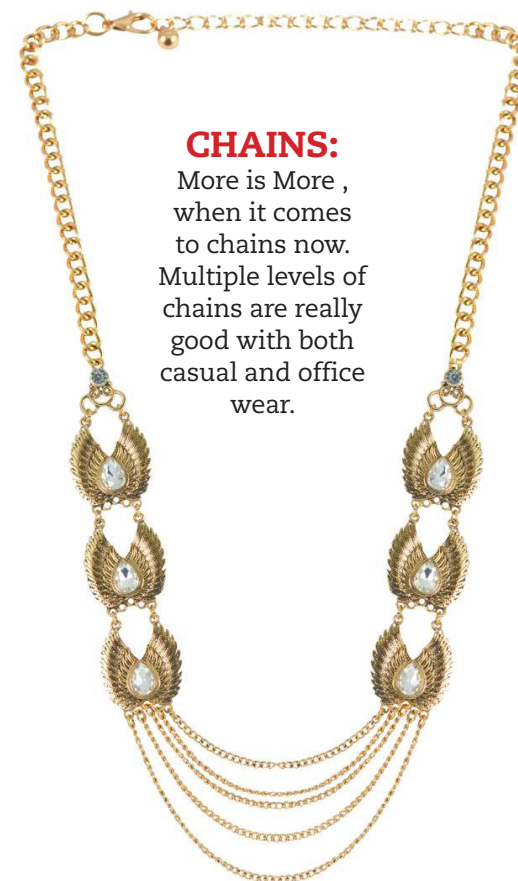


SIGNET RINGS :

Perceived bourgeois all these years, signet rings is a power symbol. However this trend has crept in to everyday wear. Signet rings are worn now by women, paired with office and everyday wear.

HEAVY PENDANTS:

The pendants have become bolder and bigger. This can be paired with a traditional looks. Pair with solid colour sarees.



CHAINS:

More is More , when it comes to chains now. Multiple levels of chains are really good with both casual and office wear.

ZODIAC :

Zodiac chains and rings have become very popular. You can pair this with everyday casual wear.



FASHION TRENDS



CROP TOP

The crop top, has got a traditional Indian twist. It is now paired with the lehenga, giving it a Indo western look. The lehenga is an amazing look for any party or function.

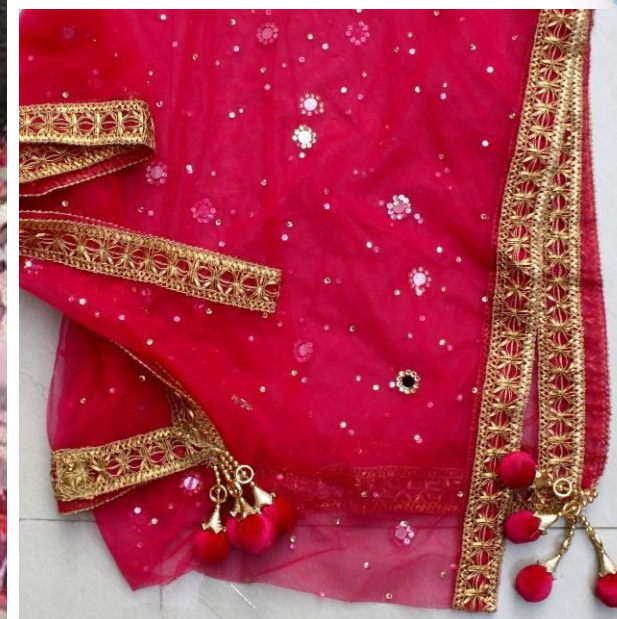
DENIM

Old is new again, Denim is back. Denim tops and pants never go out of style for that chic look.



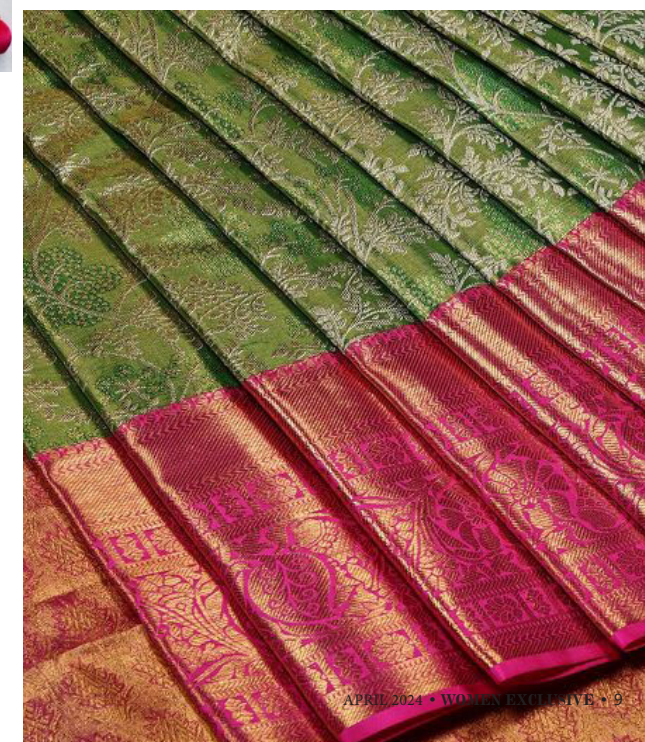
NEON

Neon is back on the top of the fashion charts this months. This unique colours make you stand out in a crowd.



SILK SAREES

The traditional silk saree is always a must have for the traditional ceremonies. It provides that touch of elegance to the look.





SEASONAL SPECIAL DESSERTS

MANGO PUDDING



Ingredients

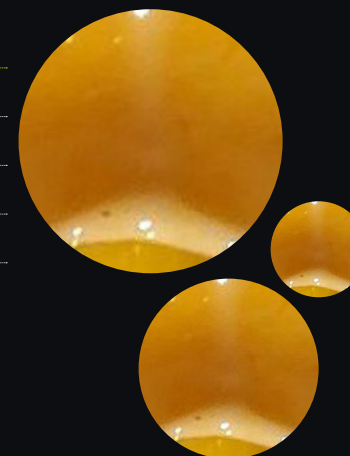
Mango pulp - 1 cup

Boiled and cooled milk - 1 cup

Sugar - 1/4 cup

Agar agar - 2 tsp

Water - 1/2 cup



Method

- Keep a sauce pan, add water and milk together.
- When it slightly boils, add agar agar.
- Give a quick whisk until agar agar dissolves well.
- Add sugar and mix well.
- Now add mango pulp and combine well.
- Cook for 1 minute, switch off and transfer to bowls and set it to refrigerate.
- Garnish with chopped mango slices.
- Serve chill.



JACKFRUIT HALWA

INGREDIENTS

Chopped jackfruit pods - 1.5 cups

Jaggery - 1/2 cup

Cashew nuts - 5 to 6 nos.

Cardamom powder - 1/2 tsp

Ghee - 5 tsp

METHOD

- Pressure cook chopped jackfruit pods for 2 whistles.
- Once cooled, grind them and keep aside.
- Keep a deep bottom pan, add little water and jaggery.
- When jaggery completely dissolves in water, filter it to remove impurities.
- Again boil the jaggery water for few minutes, till raw smell settles.
- Now add jackfruit puree and mix well.
- Once the mixture gets thicker, add ghee to it, little by little.
- Serve hot.

MUSKMELON PHIRNI



INGREDIENTS

Muskmelon puree - 1 cup , chopped (2 tsp)

Basmati rice - 1/4 cup

Milk - 4 cups

Sugar - 1/4 cup

Cardamom - 1/4 tsp

Grated almond and cashew - 4 tsp

METHOD

- Wash and soak rice for half hour.
- Drain water and grind coarsely.
- Keep a deep bottom pan and pour milk.
- Once milk starts boiling, add rice and cook well, till rice gets tender.
- Add sugar, cardamom powder and mix well.
- Switch off and allow it to cool.
- Once cooled, add muskmelon puree.
- Mix well and add nuts.
- Serve phirni with chopped muskmelon.

FUELLING YOUR MIND AND BODY FOR EXAM SUCCESS



SHINY SURENDRAN
Sports dietitian, preventive health nutritionist
Chennai .

Instagram : @shinysurendran

It's that time of year again! The season of sweaty palms, racing heart beats and frazzled nerves as students, parents, and teachers gear up for the looming annual exams. Making a career choice can cause some individuals to experience sleepless nights, upset stomachs, anxiety, and difficulty concentrating when exams are approaching. Let's first examine the impact of stress on our bodies before diving into the topic of nutrition during examination.

When we encounter a stressful situation like an upcoming exam, our prehistoric brain perceives it as a threatening event. This triggers the release of adrenaline which increases our heart rate and redirects blood from non-essential functions to heighten our senses. Experiencing anxiety before an exam is not uncommon; In students, it can cause sleeplessness, increased feelings of guilt for not studying enough and students get overwhelmed easily when there are piles of content to be revised. Unfortunately, this can lead to a vicious circle of stress hormones such as adrenaline and cortisol being released, which can result in a host of issues including poor concentration, loss of appetite, and digestive problems. Let's explore some nutritional solutions to overcome this problem.

Avoid the sneaky grasp of sugar - Similar to the "fight or flight" response, when our blood sugar is imbalanced or we when we suffer from lack of sleep, stress hormones are released which can negatively impact our ability to sleep and further increase inflammation levels in the body. Eliminate your stash of biscuits, chocolates and sugary pastries at home as these high glycemic index foods impacts gut health negatively. Get your blood pumping like a boss by feasting on power-packed foods! Fill up your plate with complex carbs like hearty grains, beans, veggies, fruits, nuts and seeds to stabilize your blood sugar levels and prevents sugar crashing that causes a dip in energy levels throughout the day.

Nurture the belly's happy place- Have you ever



experienced "butterflies" in your stomach when feeling nervous or excited? This sensation is due to the close relationship between our gut and brain. In fact, our gut produces 90% of the happy hormone, serotonin. It's no wonder that exam stress can cause digestive issues. The gut acts as a separate brain and plays a vital role in maintaining a healthy gut-brain axis which is highly responsive to stress. Therefore, it's essential to prioritize supporting the balance of your gut microbiome. Want

to keep your gut happy? Feed it a rainbow of plant-based treats, packed with fibre. But let's face it, getting kids to eat their greens, fruits and vegetables can be quite a challenge. So here are a few sneaky tips to make fruits and veggies a part of the daily meals:

- Add vegetable or greens puree to your dosa/idli batter or to the roti dough to increase nutrient density of meals

- Fruit yoghurt smoothies, nuts milkshake and fruit

custard are other options to jazz up your child's plate.

- Fill egg omelettes with a rainbow of diced vegetables, create a colourful tofu scramble with child's favourite veggies or serve a toast topped with avocado, beans and cooked mushrooms to bring a variety in your child's diet

- Create a sandwich bar with whole-grain breads, wraps and rolls with various lean meats, low-fat cheese, sliced tomato, bell pepper rings, cucumber slices, lettuce, roasted bell peppers, with green chutney or hummus as spreads. Or for those who love peanut butter and other nut or seed butters, try adding berries or sliced fruit such as apples and bananas in place of jam or jelly.

Consider incorporating probiotics, which promote the growth of beneficial bacteria in the gut, leading to a healthier digestive system and overall well-being. Probiotics can be found in fermented foods like yoghurt, curd, buttermilk, homemade vegetable

pickles, fermented rice kanji etc., and studies have shown a range of potential benefits, including weight loss, improved immune function, and better digestive health.

Quench the thirst - Imagine your blood volume as a bus transporting oxygen and nutrients to your brain. When you're dehydrated, that bus can't make as many trips, leaving your brain feeling sluggish. Studies confirm that dehydration can cause short-term memory loss, lack of focus, and slower reaction times, leading to less than stellar test results. Don't let your brain go thirsty! Staying hydrated is essential for students' well-being throughout the day. To achieve this, it is recommended that they consume water regularly and avoid sugary drinks and caffeine, which can cause dehydration. Drinking water is, without a doubt, the most effective way to remain hydrated. It is important to drink enough water during the day to replenish fluids lost through urination and perspiration. A good guideline is to drink at least eight glasses of water per day, or more if you are active or in a hot climate.

Feed the brain with omega fatty acids - We all know Omega-3 fatty acids are like the superheroes of our heart health, but did you know they also have the power to boost our memory, focus, and even chase away the blues? Yup, studies have revealed that munching on Omega-3 rich foods, with DHA, can help our brains bulk up and become even more awesome! They also play an important role in memory, concentration, even relieving depression. Oily fishes, nuts and seeds like flax, chia, melon seeds, sunflower also provide omega-3 fats. You can make a powder of these seeds and nuts and drizzle them over soups, dals, salads, chapati flour, and almost anything you can think of.

Sleep is an absolute must - Getting 7 to 8 hours of sleep each night can be comparable to a magical elixir, benefiting both your body and brain. However, staying

up past your bedtime can have adverse effects on your hormones causing a reverse melatonin synthesis that leaves you feeling depleted. Lack of sleep hinders creativity and memory thus impacting your logical reasoning skills. It's crucial to prioritize rest to avoid these issues during examination. Here are some tips to get a peaceful sleep:

- Limit caffeine - Caffeine is stays in the body 6-12 hours and hinder your ability to fall asleep. Bed time teas like chamomile tea, low caffeine green tea, lavender tea or warm milk with a pinch of turmeric can help you fall asleep.

- Did you know that taking breaks to exercise during revision can be extremely beneficial? Studies have shown that just 30 minutes of exercise can shorten the time it takes to fall asleep and improve the quality of sleep. Additionally, physical activity releases endorphins which can help reduce stress, boost your mood and ease your concerns.

- The blue light emitted by electronic devices can interfere with sleep by stimulating the production of cortisol, a hormone that promotes wakefulness. To optimize your sleep, it's advisable to abstain from using electronic devices at least 60 to 90 minutes before bedtime.

THE HUMBLE RICKSHAW



GEETHA
GANGADARAN



by the early 20th century.

Initially there were some moral qualms associated with riding in a vehicle pulled by a fellow human, but such concerns were quickly set aside in the face of convenience.

Following India's Independence there were on going debates about the constitution of hand pulled rickshaws as a mode of transport. In 1954 the Loksabha concluded that it was up to the state governments to decide. In Chennai (then Madras) the government took proactive steps to encourage rickshaw pullers to transition to cycle rickshaws.



However, with the arrival of three wheeled auto rickshaws pioneered by N K Firodia and manufactured in India by Bajaj Auto Limited presented formidable competition.

The humble rickshaw is still relevant in some parts of our country. The pilgrim centers of Dwaraka, Mathura, Brindavan, Varanasi, Puri Somnath and even in metros like Calcutta have cycle rickshaws plying. The narrow lanes of the holy cities necessitate these old age cycle rickshaws to take you to the temples. In our own Chennai we have cycle rickshaws carrying passengers in the old George Town areas.

Who knows with so much talk on climate change and vehicles with Diesel and petrol causing so much pollution to the environment, these cycle rickshaws may become more relevant for pollution free atmosphere slightly bigger and may be motorized cycle rickshaws with better climate proof tops may become the order of the day.

Some old things may take a new form and make itself relevant for future generations. One such could be – the Cycle Rickshaw.

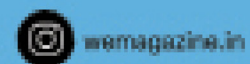


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$E=MC^2$

While there is a high level of unrest and uncertainty towards the bombing between nations, in the world right now, it is time to remember the person who invented the atomic bombs.

However the atomic bomb was not invented for this purpose. It is supposed to be Albert Einstein's constructive discovery to mankind but now, it is against nations.

Einstein was never proud of this invention of his, when it came into existence just before World War 2. To save himself from the feeling of guilt he spoke against the use of atomic weapons from the year 1940. Around this time, he started to wear two hats one as a scientist and one as an activist.

For some reasons his role of activists never came into the limelight. He not only fought for the right usage of atomic bombs, he also spoke against racism. He denied the offer to become the President of Israel, however he became the member of the National Association for the Advancement for the Colored People (NAACP), instead.

During his declining years, Einstein rarely accepted honorary degrees from universities due to his health condition. However, he accepted one such invite from Lincoln University and delivered a historic speech to bring social justice to black Americans.

Einstein in his speech roared "There is a separation of colored people from White people in the United States. The separation is not the disease of colored

people. It is a disease of white people."

The mainstream media never brought this speech of Albert Einstein into the limelight and it was only celebrated by the activists.

Another unknown fact about Albert Einstein is his love for music. He ensured music followed him, wherever he went. He possessed a violin and went on to name it Lina.

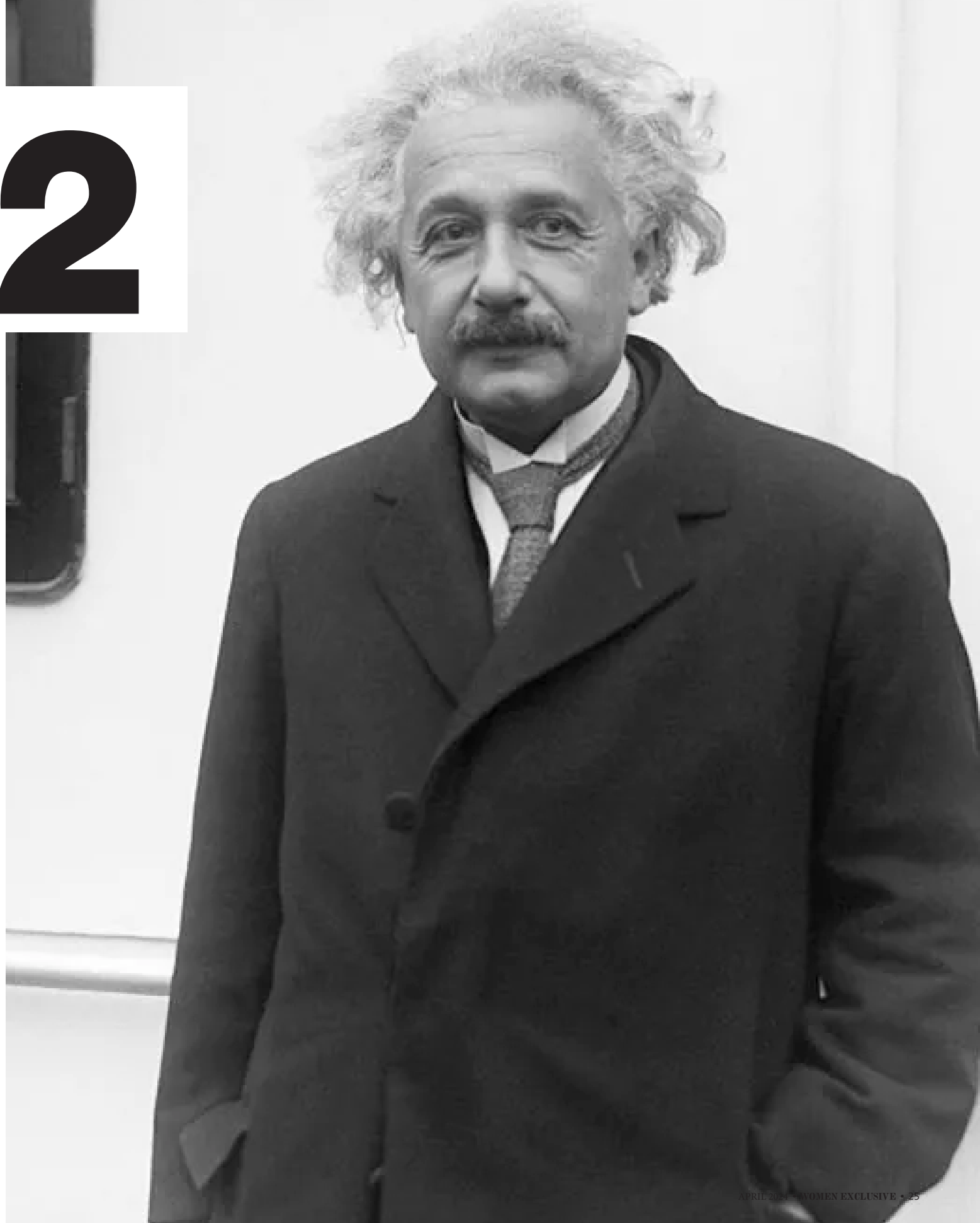
In an evening post interview, receiving his Noble award, he mentioned that had he not been a scientist he would have been a musician.

His second wife Elsa once said that "I fell in love with him, not for his knowledge in science but the way he played Mozart in his violin, Lina."

In physics $E=MC^2$ equation by Albert Einstein means "Energy equals mass times the speed of light squared." I am sure if his $E=MC^2$ can be applied not only in physics also in our day-to-day life, by equating our E(Energy) towards M (Mass wellbeing) * C (with the speed of positive light), we will be able to bring social harmony and live eternally, just like Sir Albert Einstein.

Undoubtedly, Albert Einstein is one of the best scientists of all time. March 14th 2022 marks Albert Einstein's 143 birth anniversary.

KAMALESH SUBRAMANIAN





TOMATO

A WONDER FRUIT

The luscious tomato, contains loads of nutrients and minerals for the body. It is usually classified under vegetables, but in fact it is a fruit.

Tomatoes are full of antioxidants, primary among which is Lycopene. Lycopene is a rich source of Vitamin C. It contains 28% Vitamin C. It also contains Beta Carotene, the mineral that gives the tomato its rich red colour, converts to Vitamin A in the body.

Tomatoes contain little to no fat (about 0.2grams). The lycopene and the potassium in the fruit, has also been proved to reduce heart problems. The phytonutrients and the Vitamin A also help avoid macular degeneration, ie blindness due to age. It contains lutein and zeaxanthin, which help keep the eyes sharp.

Research has been done, which prove that Tomatoes may help with those suffering with diabetes. It helps reduce the oxidative stress in the body. They also help reduce

any form of inflammation.

Calcium is a very important for women. As women age, the level of calcium deteriorates. The tomato contains calcium, that will help keep the bones strong. Further, it also contains fibre, which aids digestion. It also helps those suffering from constipation as well.

Tomato is a common ingredient in skin care as well. The Vitamin C, that is present in the fruit, helps boost the

collagen in the skin. It also helps reduce the oiliness in the skin, so for those with an acne prone skin, this an effective remedy. It further helps tighten pores as well.

You don't need a sunscreen when you have tomatoes. The lycopene in tomatoes, acts as a natural UV filter. It can be used for those suffering from sunburns as well. Just apply over the sunburnt area and leave on and wash off for a soothing feeling. Rich in vitamins C, E and beta carotene, tomatoes even out skin tone as well.





TRAVEL : THE HAPPIEST PLACE ON EARTH : DISNEYLAND



Called the happiest place on the planet, Disney is a one stop destination for kids and adults alike.

A trip to Disneyland was a dream come true for me. The barrage of toys, the many food stands serving sugary treats, and the life-size version of my favourite cartoons was a dream come true.

As I entered paradise, I was flummoxed, where to start was the biggest question. The first thing I saw, was a beautiful woman dressed in ornate gold. She was in the disguise of legendary beauty queen Cleopatra, as she welcomed guests into the theme park.

What drew my attention first, was the enormous castle of Mickey and Minnie Mouse. I am an adult sure, but seeing that piece of my childhood there, I was no better an 2 year old waving a princess wand.

Next was the water ride, as we got into the boat, I had my camera at the ready, ready to take a million pictures. As we went deeper and deeper into the cave, I forgot to take pictures. Even interesting scene from





one of my favourite movie Pirates of the Caribbean was re-created.

Next we saw King Kong, which made a sudden appearance, which almost stopped my heartbeat for a second. The room was filled with sudden shouts of fear and all the people looking startled at the appearance of this massive beast. There were many more such rides and adventures

As the day progressed , I grew more and more excited , aided by all the sugary drinks and foods I ate. The tour ended at the recreation of Jurassic Park , where large intimidating dinosaurs stood.

This was an amazing experience that will live forever in my mind . As they say Disneyland is without doubt the happiest place on Earth.

A TEMPLE FOR GURU AT ALANGUDI [GURU PEYARCHI FALLS ON JULY 5TH 2015]



RAJEE MANI
Journalist and
Columnist in
Tamil and English

That is one of 9 krithis in Sanskrit, dedicated by Sri Muthuswamy Dikshadar to the 9 planets or the Navagrahas in which he eulogies the planet Jupiter also called Guru or Brihaspati. Gu in Sanskrit means darkness. Ru means destroy. So the term "Guru" means one who destroys the darkness of ajnana or ignorance. As per Hindu jyotish shastra, amongst nine planets that govern the life of mankind, Guru is one of 3 planets who is said to be a subhagruha ie. one which showers great benefits to us. If in one's horoscope, Guru is in an exalted position, then there is no limit to the amount of good fortune one can be blessed with.

Hence the saying in Tamizh,

"It is once in a year that this powerful planet moves from one zodiac [rasi] to the next. And this year the transit of Guru takes place on 5th July when He moves from His exalted position in the Kataka Rasi to Simha Rasi. Everybody would like Guru to always be favourable to him. So on this auspicious day of Guru's transit, it is the nature of Hindus with a firm belief in Jothisha shastra to plan a pilgrimage to some of the temples especially dedicated to Guru Bhagavan and perform poojas to get His beneficial katakshama. Alangudi Guru Kshetras in south India is one of the most powerful and popular kshetras thronged by devotees every day and especially on the day of Guru Peyarchi to pray to Him for good fortune and blessings.

Location

Situated in a small little village Alangudi, amidst the green fields fed by south's perennial river Kaveri, about 17 kms from the temple town Kumbakonam, on the road to Mannargudi, this temple is an ancient one.. they say about 1000 to 2000 years old. The nearest railway station is Kumbakonam; it can also be reached by road from the Tanjore railway station. There are any number of buses from Kumbakonam too. The roads are good for car travel also. Stop your car on the way and ask anybody, he can show you the road leading to this famous temple for Guru Bhagavan at Alangudi.

The Temple

The temple basically is a Shiva kshetra. The original



name of this kshetra is "Thiru Irum Poolai" named the Sthala Vruksham, a black plant "Poolai". The presiding deity is Abathasahayeswarar and His Consort is Kaarkuzhali. It is one amongst the 285 shiva kshetras visited, worshipped and sung by the four nayanmars if Shaivism. The sannidhi of Sri Dakshinamoorthy is facing south as seated under the vatavruksha, with a chin mudra, His 4 disciples sanakadi rishis seated on the ground. It is interesting to note that here in Alangudi, instead of Jupiter the planet, the Dakshinamoorthy swaroopa of Shiva is worshipped as Guru Bhagavan. This temple has a beautiful rajagopuram with 5 tiers which has artistic carvings in the style of Dravidian architecture. Two big prakarams are built around the Sanctum sanctorum to perform pradakshina [circumambulate] as also to have darshan of upasana dis. Some of the upasana ids are for Lord Ganesha who is called kalangal katha Vinayaka. Lord Murugan with His consorts, saptha Lingesar sannadhi, the four saints of Saivism called nalvar and many other upasana is complete the divinity of this temple. The theertha here is named Amrita pushkarani.

The Legends

It is said that in the heavenly abode of the devas



when the milky ocean was churned in the process of procuring amrita [nectar], a fierce poison by name "Alakalam" emerged out. The poisonous heat that emanated out of this was so fierce as to destroy the 3 worlds. The devas and asuras too shuddered.. It was then the "Asuthoshi" and "abathbhandhav" that Karunamoorthy Shiva is, quickly came forward, picked up the ball of alakalam as if it was a blueberry and swallowed it to save the entire creation. Since He saved the universe from this calamity [aabathtu in Tamizh], He is named Aabath sahaayeshwarar. Interestingly Guru Dakshinamoorthy is the more popular deity here and has a utsava moorthy.

There is also a story about the Kalangal katha vinayaka. It is believed that a pilgrim who was travelling to this sthala by boat in the nearby river suddenly got stuck in a cyclone. As his boat was about to be drowned, he prayed with great devotion to the Vinayaka here. And with His grace, the pilgrim was saved and reached the temple. Since then this Ganesha is named as Kaanaamal Katha Vinayaka.

Amongst the idols of the 4 nayanmars who composed the Thevaram and Thiruvachakam, the icon of Sundara is seen to have some scars on the face.

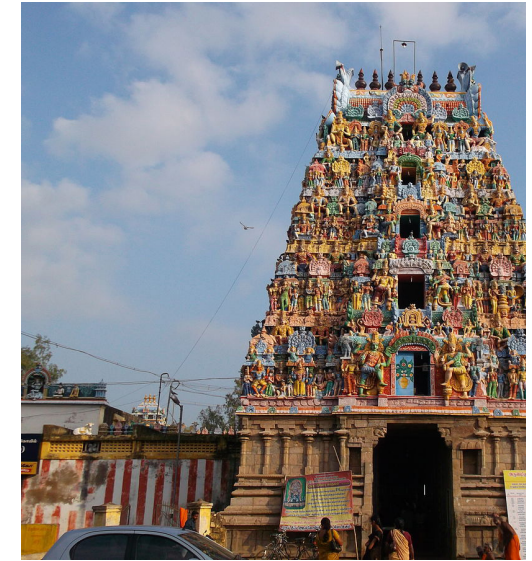
It is said that this statue was once taken to



Tanjore temple by the then king. But later a devoted priest decided to bring it back to Thirurumpoolai. As he was bringing the idol by palanquin through the lonely highways, suddenly some dacoits sprang up from the bushes and tried robbing. The priest who first shuddered quickly and cleverly thought of a plan to save the idol. He told the robbers that inside the palanquin was a child afflicted with chickenpox. The minute the dacoits heard this they took to their feet and ran away; and the priest successfully brought the idol of Sundarar and installed it in the Alangudi temple. To this day devotees can see the chickenpox marks on the face of the idol. These are the ways in which Gods and Mahan's give life to the statements of true bhaktas.

Festivals

All important festivals related to the Shiva cult are celebrated with passion here. Maha Shivaratri, chitra pournami, thaipusam are some of those. But Of all the festivals of Hinduism, the Guru Peyarchi or the annual transit from one zodiac to the next is one of the most important that draws lakhs of bhaktas who perform special prarthanas and poojas to receive the blissful glance of Guru Bhagavan. Yellow colored vashtra, garland threaded with soaked Kondakadalai [white chana seeds] are believed to appease Guru Bhagavan



when offered especially on Thursdays [Guru vara]

This year's Guru peyarchi falls on 1st May. Planning a pilgrimage to Alangudi on and around this day and having a darshan of Guru in the form of Sri Dakshinamoorthy will undoubtedly enhance Guru's benign Grace and certainly prove the saying

SEDATION DENTISTRY



Are you someone who is anxious or fearful about dental treatment? Oral sedation allows you to relate both your mind and body and focus on feeling peaceful rather than anxious.

ANXIETY JUST MELTS AWAY

When you are afraid, your threshold for pain is much lower, you become hyper sensitive to every sensation, prick and noise fear and anxiety trigger the release of certain chemicals like adrenalin which put your “fight or flight” instincts on high alert you anticipate that something is going to hurt and so you tense your muscles, even if it is subconsciously. In this heightened state of anxiety you experience more pain during and even after treatment. However this response can virtually be

eliminated with oral sedation dentistry.

The whole purpose of oral sedation is to make you as comfortable and relaxed as possible. It allow you to let your guard down, relax both your mind and body and focus on feeling peaceful rather than anxious. Your apprehension and hyper sensitivity to pain melt away, get you remain awake and in control.

SAFETY AND EFFECTIVENESS

Oral sedation dentistry allows you the confidence and peace of mind to experience dental procedure in a whole new way. Hours seem to pass like mere minutes so that necessary dental treatment can be performed comfortably. When you are relaxed you allow your dentist to be able to work more efficiently by focusing on the work at hand, with the

confidence that you are comfortable.

Oral sedatives and anxiolytics used in dentistry have the highest number possible on the therapeutic index, making them the least likely to cause an adverse reaction.

Indications for Conscious Sedation

- Dental phobia and anxiety
- Traumatic and long dental procedures
- Medical conditions aggravated by stress such as angina, asthma and epilepsy
- Children more than 1 year of age
- Mentally challenged individuals
- Ineffective local anesthesia due to any reason.

HOW TO ENSURE SAFETY- WHAT TO LET YOUR DENTIST KNOW

Medical conditions for which you are being treated.

Any and all medications prescribed by a doctor.

Over the counter medications, remedies and vitamins (including aspirin).

Also be sure to tell your doctor about factors like smoking and alcohol consumptions. Since these can influence the effectiveness of sedation medication.

PLANNING FOR YOUR APPOINTMENT

Your health history can affect you before and after care plans, especially for diabetes and smokers so make sure your dentist knows about any medical conditions that you may have

You may be instructed to take oral sedation medication the night before your appointment

to make sure you get a good night sleep.

CONCLUSION

This overview is intended as an introduction to minimal oral sedation (anxiety) in the dental office and is not meant to replace continuing education taught by those with advanced training in this area. Using oral sedation techniques will allow patients to visit the dentist in a stress-reduced state, where their fear and anxiety would otherwise impede their ability to seek and maintain proper oral health care. To date, this modality has been proven to be not only safe but very effective. Proper medication selection and patient management, however, are paramount to maintaining this safe practice.



DR. K R ANANTHI
Dentist and
cosmetologist.
Ananthi's dental &
cosmetic solution
Adyar

LOOKING FORWARD APRIL 2024



LIBRA

This month will see you getting into a new relationships. Those who are single will find their true love this month. This month will see you getting a new job through your friends. This may be your dream job. You may face some health issues this month.



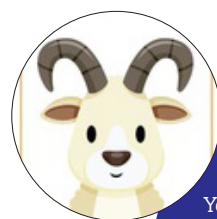
SCORPIO

You will meet some old friends this month. You will spend some quality time with your significant other. You will have opportunities to travel this month. You will see some unexpected money coming in. Invest them carefully.



AQUARIUS

You will see a marked improvement in your finance. You will see yourself working hard to achieve air goals. You will see some fresh challenges, however you will be easily be able to solve any problems. This will be a very rewarding month relationship wise. There are chances of your loved one proposing marriage this month.



ARIES

This month will see you having a good month professionally. You will find your dream job this month. This will be a good month to plan for a professional trip. Just make sure to keep your cool at work. Relationship wise this will be a good month. There may be some ups and downs in the beginning of the month, this will get sorted out by the middle of the month.



GEMINI

There may be some financial issues this month, so take care before investing. Professionally this will be a good month. You will see an increase in revenue at work and a long awaited promotion will be in the cards. Relationship wise, this month will see minor disagreements with family and friends, however you will spend some quality time with your significant other.



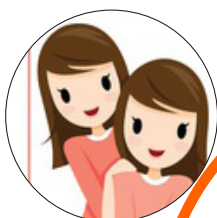
LEO

This month will see you buying property. This will be a good investment, however read the documents carefully before signing. This month will see you spending some quality time with your friends and family.



SAGITTARIUS

This is the best time for love. You will spend a romantic time with your love. This is a good time to go on a romantic getaway. This month will see you having some unexpected expenses, despite a good inflow of money. Keep to your budget this month.



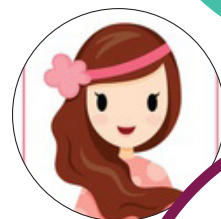
TAURUS

This will be a good month professionally. However there may be some unexpected expenses, so stick to your budget this month. This month will see you having success relationship wise. Those who are single may find their one true love this week.



CANCER

Professionally, this month will see some advancements in your career. There will be some scope of a better paying jobs. This month will however see some minor health issues, so take care and get some rest. Relationship wise, this will be quite normal, so spend some quality time with your loved ones.



VIRGO

This month will see you working very hard. You will see the fruits of your labour in the upcoming months. The biggest problem you will face is remaining patient at work. Don't lose your cool and you will be rewarded for it. Relationship wise, this month will see some hot tempers on both sides, remain calm and this will be sorted out.



CAPRICORN:

This will be a good month for those who are single. This will be a good time with your family as well. There may be small disagreements. This will be a good month show off your talents at work. If you are an entrepreneur, don't take any major decisions. Look at the pros and cons before taking any decisions.



PISCES

You will get carried away with fun and party this month. So take the time to have a quiet day with the family as well. Stick to your budget this month. You will end up spending frivolously. This is a good month relationship wise, take care to be patient with your extended family.