

## The Consumer's Voice – Value for Price, People and the Environment

September – October, 2025

**"59 Years in the Service of Consumers"**

Vol 54 – No. 5



Glimpses from Programs held in Pune & Navi Mumbai.



### Inside this Issue

- ☺ Consumer Court News.
- ☺ Best Times to Drink Water.
- ☺ Brain Boosting Beverages.
- ☺ Commonly Abused Prescription & OTC Drugs.



## Consumer Guidance Society Of India (CGSI)

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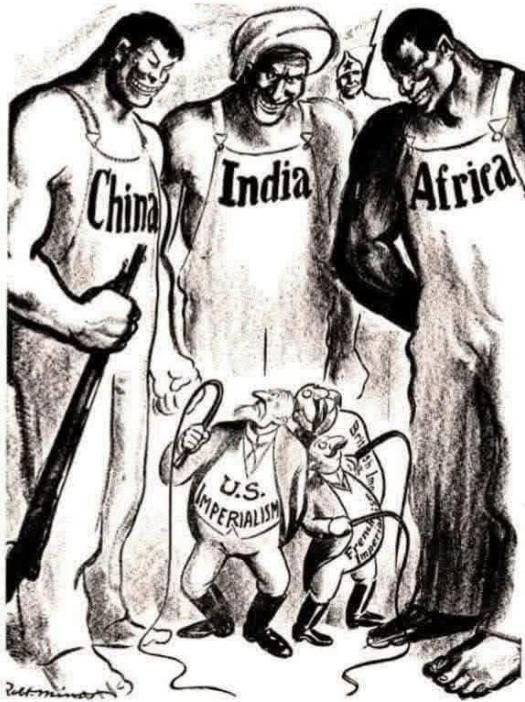
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## HOW FAST CAN YOU GUESS THE WORDS

1. B O O \_ S
2. \_ \_ N D O M
3. F \_ \_ K
4. P \_ N \_ S
5. P U \_ S \_
6. S \_ X

**This cartoon was drawn by US cartoonist, Bob Minor, in 1925**  
(fastforward to 2024, guess what?)



by Robert Berkeley "Bob" Minor (15 July 1884 – 26 January 1952),

### One day they'll wake up

Almost 100 years ago, famous U.S. cartoonist Bob Minor had a realization: Western nations ruled the world because they were rich in money and guns. China, India, and Africa were poor in money and guns, but rich in people. One day, the balance of power would shift. Minor drew this cartoon in 1925. Now, 98 years later, the people of the world are waking up and realizing something has changed.

1. B O O K S
2. R A N D O M
3. F O R K
4. P A N T S
5. P U L S E
6. S I X

(If all your guesses are wrong then you have a dirty mind)

This is ageless!



*"Your intention to save the party at all costs is OK, but you can't ask that chap to lead the party just because his name is Gandhi."*

RK Laxman was a great visionary cartoonist! That he visualized it 5 decades ago shows how prescient he was.!!



Simply click, Don't ask him to smile. He is a Bank Pensioner!

# Trump's trade war

Editor – Smt. Jamna Vardachary

**Question:** Is Donald Trump stupid, crazy, or both?

**Answer:** None of the above. Like any smart politician, he is doing whatever he thinks will appeal to his vote-base. To this end, he has launched a trade war with the rest of the world, imposing arbitrary tariffs (import duties) on dozens of countries including some of America's closest allies. Like everything he does, the trade war is a Masala movie – not much logic but lots of drama, suspense, twists and turns.

## Let's follow the plot.

First of all, why should we be concerned? India (and Brazil) will face the world's highest tariff rate of 50%. Our exports to USA will become 50% costlier, so export-dependent industries could be in serious trouble. The tariff covers only goods, not services, so IT companies are safe for now. Some goods are exempt, including medicines and mobile phones. But Trump changes his mind abruptly and often. He has threatened to impose 150% tariffs on Pharma imports from Europe, so anything could happen.

Tariffs are nothing new; every country uses them to protect domestic industry. For example Indian companies, making everything from cars to steel to soap, needed protection when they started; they could not have competed against cheap imports. Typically, tariffs are gradually reduced once domestic companies become stronger. Politics is always part of the equation, but Trump takes it a step further.

## Why is he imposing tariffs?

The president has offered various reasons at various times: to stop the flow of illegal drugs into USA, to reduce trade deficits with other countries, to undermine Russian exports and thus force them to stop the Ukraine war, and to encourage companies to open factories in USA, creating millions of jobs. Most experts agree that the first two arguments make no sense, and the last two are impractical. But Trump

realizes that experts are less important than voters; and millions of hard core Republicans are on his side.

## Impact on India

India exports \$85-90 billion worth of goods to the US every year. With a 50% tariff, many of these exports will become nonviable. How many export orders will be lost, will also depend on what tariff is imposed on competitors like China, Vietnam and Bangladesh.

Although India's economy is based primarily on domestic consumption, exports to the US account for 2-3% of GDP and 15-20% of total exports, so the impact could be substantial. Economists say GDP growth could reduce by half to one percentage point. Everyone will suffer, but especially export-dependent industries like clothes, jewelry and seafood.

The discussion, at least in the media, has focused on two areas. Trump wants India to open its markets to American dairy and other agricultural products. India has refused because we need to protect our farmers. He also wants India to stop buying Russian oil, which accounts for over 30% of our crude oil imports. India has refused again, insisting that purchases are based on economics, not politics. But Indo-American trade includes thousands of products, so negotiations will be long and complicated.

## Crisis vs opportunity

The government plans to set up an Export Promotion Mission to help exporters survive the crisis and become stronger in the long term, with more efficient logistics, easier financing and new markets. It remains to be seen whether the Mission will succeed, or whether it is even necessary -Trump might suddenly reduce tariffs to zero!

This is a crisis but also an opportunity. It gives the government an excuse to introduce necessary but



unpopular (hence politically risky) reforms. Successive governments have been unwilling to push through reforms in agriculture, land purchase, labor laws and other areas. If reforms finally happen, we will have to thank Trump!

### **Crazy but effective**

Economists have explained why tariffs are a bad idea. Companies are worried about costs, and more importantly, about uncertainty. For example, tariffs on China were announced at 10% in February, increased to 20% in March, 145% in April, then reduced to 30% in May. Normally, this would cause chaos. But somehow, Trump's plan is working, at least for now. His party is solidly behind him.

A few companies have promised to build new factories in USA. Polls show that his popularity has fallen only slightly. Most important, prices have not increased significantly because businesses stocked up in advance, so consumers are still paying pre-tariff rates. But sooner or later, companies will have to pass on the higher costs, and voters will start complaining.

### **How are other countries reacting?**

They are protesting of course, but some are quietly agreeing to some of his demands, or appeasing him in other ways. Canada has withdrawn the retaliatory tariffs it imposed on US imports. Pakistan nominated him for the Nobel Peace Prize (the Economics Nobel would have been more appropriate!) for his role after Operation Sindoor, where he “demonstrated great strategic foresight and stellar statesmanship through robust diplomatic engagement”.

Allegedly, they also offered a bribe of several hundred million dollars, disguised as cryptocurrency investments, brokered through a company partly owned by Trump.

Even India, for all its tough talk, is being cautious. Our purchases of US oil and gas have dramatically increased. For example, crude oil imports from the US, by volume, increased by 50%, January-June 2024 vs January-June 2025; and by 114%, April-June '24 vs '25.

### **Presidential logic**

India is being unfairly punished. China imports more Russian oil than we do. China's trade surplus with the US is six times higher than India's. Europe imports almost as much from Russia as we do. Until recently, we were friends, now we are Enemy no. 1.

If you think the anti-India logic is strange, look at Brazil. Their tariffs were increased from 10% to 50% with some exceptions (like orange juice, which Americans cannot do without). Why? Because the Brazilian government is prosecuting ex-president Bolsonaro, who is friends with Trump! The charges include subverting the election process, obstruction of justice and fomenting riots, but Trump is not convinced. In a recent post he said Bolsonaro “was not guilty of anything” and praised him as a “strong leader” who “truly loved his country”.

Ultimately, this trade war is about politics, not economics, so there is not much anyone can do. We can only hope that things will settle down; and meanwhile we can complain, like Sunny Deol did, about *Tariff pe Tariff!*



*Amul Butter Girl highlights the United States tariff hike in an innovative way!*

*Simply Brilliant 🙌🙌*

# Consumer body backs medical negligence claim, awards ₹10 lakh compensation

Courtesy: Business Standard

The National Consumer Disputes Redressal Commission upheld a state consumer commission order holding a doctor responsible for medical negligence while reducing the compensation for mental agony to Rs. 10 lakh, according to an official order. The commission comprising presiding member Bijoy Kumar and member Justice Saroj Yadav, was hearing the appeal filed by Dr P Yashodhara challenging the March 2019 order of the Andhra Pradesh State Consumer Disputes Redressal Commission awarding Rs 30 lakh as compensation to the complainant for mental agony, along with other costs, after holding the doctor guilty of medical negligence.

The complainant, K Sreelatha, alleged that because of the doctor's negligence during a forceps delivery performed on April 17, 2011, the baby suffered serious crush injuries to the scalp and his right ear pinna was also crushed and detached. Sreelatha further alleged that due to these injuries, the baby sustained brain damage and had become mentally disabled.

In an order dated June 6, the national commission said that the doctor's hospital did not obtain "informed consent" for surgery, and the baby suffered injuries on

his scalp and perichondritis of the ears, evidenced by the discharge summary of the second hospital wherein the baby boy was admitted for further treatment. The commission, however, said that it was difficult to correlate the injuries suffered on the scalp with the subsequent "mental retardation" suffered by the boy as no evidence for it was submitted.

"The state commission has gone into detail and given a well-reasoned order, and we find no illegality in holding the appellant doctor responsible for the injury caused to the scalp of the baby, which had necessitated further treatment in another hospital. Thus, medical negligence is established," it added. The commission also said that the compensation of Rs 30 lakh awarded for suffering mental agony appeared to be on the higher side, and the state commission did not provide any finding on how the amount was arrived at. It said, "There is a stay of around 45 days in Chennai for the treatment in the 2<sup>nd</sup> hospital. For this period, the amount of Rs 10 lakh as compensation would be in order considering the quantum of injury and the gravity of negligence in using forceps." The commission also directed payment of Rs 72,530 for the treatment expenses and Rs 50,000 for litigation costs.

## Consumer court awards ₹1 L for farmer as banana plants fail to bear fruit

In a quiet corner of Kerala, a farmer's hopes for a bountiful banana harvest withered not from drought or disease, but from a promise unfulfilled. A local consumer court has stepped in, ordering a nursery to pay Rs 1 lakh in compensation after the banana plants it supplied failed to bear fruit as expected. The complaint was filed by a farmer from Karimpanthottiyil, Wandoor, district, who had taken land on lease for farming. He bought 150 banana saplings, including the 'Nendran' variety, from Chungathara Krishi Nursery, paying Rs 3,425. He was told the plants would bear fruit within 10 months, in time to sell during the Onam season. However, the plants did not bear fruit on time. Worse, instead of the 'Nendran' variety, he received a different type called 'Swarnamukhi' instead.

The farmer filed a complaint with the Consumer Commission, asking for Rs 1.64 lakh in compensation. The local agriculture officer and an advocate commissioner visited the farm and submitted reports supporting the farmer's claims. Based on these reports, the Malappuram District Consumer Disputes Redressal Commission ordered the nursery to pay Rs 1 lakh as compensation. In addition, they must return Rs 3,425 for the cost of the saplings, Rs 11,175 spent on fertilizers, and Rs 10,000 for legal costs. The Commission, led by President K Mohandas and members Preethi Sivaraman and C V Muhammad Ismail, also stated that if the payment is not made within a month, 9% interest will be added on Chungathara Krishi Nursery and Garden Service.

# Ola Electric Slammed By Consumer Court: “Warranty Isn’t Just a Word. Pay Rs 20K Compensation For Billing Scooter Owner During That Period”

By Aastha (Courtesy: Law chakra)

The Bangalore Urban District Consumer Disputes Redressal Commission, comprising Renukadevi Deshpande and Suma Anil Kumar, observed that charging the complainant for repair services during the subsistence of a valid warranty period amounts to an unfair trade practice.

The Commission took serious note of the fact that despite being served with a legal notice, Ola Electric neither responded nor appeared before the forum to contest the complaint. Based on the material available on record, the Commission held that Ola Electric failed to honor the terms of the warranty and indulged in practices that unjustly burdened the consumer.

## Background

A Bengaluru-based consumer, who purchased an Ola S1X electric scooter in June 2024 with a three-year warranty, experienced multiple issues, including a bent rear wheel rim, air leakage from the tire, and malfunctioning front brake, within the first year.

The scooter was submitted for repairs on March 13, 2025, at an authorized service center. Despite being under warranty, the consumer was charged for the repairs. A legal notice sent to Ola went unanswered, and the company did not appear before the Consumer Commission.

Based on the evidence, the Commission held that Ola failed to honor its warranty and engaged in unfair practices by making the consumer pay for repairs covered under warranty.

## Consumer Court’s Judgment

The Commission directed Ola Electric to refund the amount of Rs. 1,635 collected for service during the warranty period, along with interest at the rate of 6% per annum, to be paid within 45 days. In the event of a delay, the interest rate would increase to 8% per annum. Additionally, the Commission ordered to pay Rs. 20,000 as compensation for mental agony and Rs. 5,000 towards litigation expenses.

The forum further cautioned Ola Electric against similar lapses in the future and observed that repeated complaints against the company indicate a pattern of neglect in customer service and compliance with warranty obligations. It was remarked that major corporations must not create circumstances where consumers are compelled to approach the judiciary for redressal of minor defects or small monetary grievances. The Commission emphasized that warranty commitments must be honored both in letter and spirit, and the burden of compliance cannot be shifted to the consumer or unauthorized third parties.

## Govt building ecosystem to resolve consumer complaints per-litigation: Secy

The government is putting in place an ecosystem to eventually resolve consumer complaints at the per-litigation stage itself, Consumer Affairs Secretary Nidhi Khare said on Saturday. Speaking at a World Consumer Rights Day webinar, Khare said a hassle-free, speedy, and cost-effective platform through the National Consumer Helpline (NCH) system has been created to resolve consumer grievances.

The technological transformation of NCH with artificial intelligence (AI) tools has led to a significant increase in its call-handling capacity. The number of calls

received by NCH has grown nearly tenfold from 14,795 calls in January 2015, she said.

Going forward, the NCH 3.0 – third phase of modernization – will further smoothen a lot of issues and resolve complaints in a shorter time, she said. So far, consumer complaints were resolved in 45 days. “With the use of AI tools, we are going to resolve most complaints within seven days.” “We want the consumer complaints to be resolved at the per-litigation stage itself so that nobody goes through the suffering of litigation,” the Secretary added.

# Delhi consumer court orders hair transplant clinic to pay Rs 6.3 lakh to man who saw ‘not even 1% improvement’

Courtesy: Nirbhay Thakur The Indian Express

The New Delhi District Consumer Disputes Redressal Commission recently directed a hair transplant clinic to pay Rs 6.3 lakh compensation to a client after finding it guilty of negligence in providing service. The Commission also noted that DHI Asian Roots was operating without a government license to perform modern hair transplant procedures.

The complainant, Vivek Kumar, approached the DHI Asian Roots clinic in Safdarjung Enclave in 2012 before his marriage to treat baldness and paid Rs 5 lakh. He alleged before the Commission that he was promised results after 12 months, but even after three sittings, he could not notice “even 1% improvement” with his receding hairline. He filed a complaint with the Commission in December 2023.

The Commission’s order, dated May 22, which followed an 11-year legal battle, directed DHI Asian Roots to refund Rs 5 lakh to Kumar, along with Rs 1 lakh for mental harassment and Rs 30,000 for litigation costs.

“...this Commission is of the considered opinion that there is negligence/ deficiency in service on the part of the opposite parties (DHI) in not providing proper treatment to the complainant despite charging for the

same. This is a case where opposite parties transplanted the hairs to cover bald area and created another bald area by over harvesting the donor area,” the Commission held.

“The OP/DHI-Asian Roots, a unit of SPA Yoga Pvt. Ltd... failed to produce any document showing authorization or license to perform modern scientific hair implantation procedures. They also lacked government approval to engage doctors...for such treatments,” held the Commission.

“The procedure conducted amounted to an unfair medical trade practice, carried out without the requisite licenses or specialized expertise, and appeared motivated solely by financial gain,” it added.

Countering Kumar’s allegations, DHI Asian Roots argued that it provided professional treatment in accordance with medical standards and that the chances of success had been explained to him.

It also alleged that Kumar’s dissatisfaction stemmed from his impatience and his “disregard for medical advice”. It claimed that Kumar had been informed about the procedure’s limitations and that all the pros and cons of the surgery had been explained to him.

## CONSUMER GUIDANCE SOCIETY OF INDIA (CGSI)

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*The views expressed in ‘Keemat’ do not necessarily reflect those of CGSI, but rather are the personal opinions of the author(s) concerned.*

# Chasing a mirage: Consumer court orders go unenforced in many cases in Bengaluru

Vindhya Pabolu, Courtesy: The Times of India

Despite favorable orders from consumer courts, many Bengaluru residents find themselves waiting endlessly for justice as a number of entities fail to comply with verdicts. From telecom societies promising residential plots to major corporate firms selling defective products, consumers report that court-ordered relief often remains merely on paper.

A Jayanagar resident has been struggling despite winning a judgment in March 2023 against a telecom industry giant over a piece of land he tried to buy from the company. He had paid Rs 8 lakh but got neither the land nor his money back. “I’ve met police and tried via court as well but every time, cops say the same thing — that the industry people are not at the site. I still haven’t received my Rs 8 lakh even after two years of the judgment.”

“Ravikanth N, 54, from Yelahanka, fought against an automobile company after purchasing a defective car.” When I was first cheated with a defective car, I wrote multiple mails to company officials and they never replaced my car. Later, when I approached the consumer court in 2022, I was not sure, as they never really attended the sessions. But after two years of continuous fights, the judgment was passed in my favor, but still, the firm hasn’t paid me back.”

## Years of waiting

For some consumers, the fight stretches for decades. A 64-year-old JP Nagar resident has been pursuing his case for nearly 15 years. “In 2007, we paid Rs 3.7 lakh to a telecom society for a promised residential plot in Mysuru. They initially sent regular updates, claiming the site would be developed in six years. But after a while, they vanished — shifting offices without notice and later citing litigation,” the person said.

After years of silence, he moved the consumer court, which ordered the society either to refund the money with a 9% interest or allot the site. “They did neither. Even after filing execution in 2023, they haven’t responded in court. We’ve lost all faith — at this point,

we just want our money back. Despite the system in place and courts, what option does a common man like me have other than the hope that our money will be back with continuous follow-ups?”

## Banking disputes

In another case, a retired accountant from Shantinagar invested Rs 15 lakh in a senior citizen savings scheme of a nationalized bank. “After three years, the bank stopped paying me interest, which is a clear violation of the scheme’s five-year lock-in rule. When I approached them, they admitted it was their internal system’s fault, but nothing changed. I even escalated it to the chairman, but got no response. Despite favorable consumer court orders, no action has been taken—it feels like both the bank and the system are working together to deny justice.” Official response

While there are hordes of people fighting non-compliance of orders, officials of consumer redressal commissions, while acknowledging there is no data on how many orders are complied with, claim that approximately 10% of cases see no action, forcing consumers to chase police and file execution pleas. Consumers can seek criminal action under Section 72 of the Consumer Protection Act, 2019, for non-compliance.

A senior official of a consumer commission said: “We rarely see those cases and when it does happen, we send notices to police asking for execution, but we never received a positive response so far. We have been doing whatever we can in our power, but despite that, if the money is not paid back, the consumers can always apply for execution, for which we take action.” Syed Anser Kaleem, president of 1st additional consumer disputes redressal commission of Bengaluru, noted,

“The Act ensures speedy and affordable justice, with over 90% of orders from our commission being complied with. But despite that, a few don’t pay back, for which we guide the consumers on their further steps to be taken.”

# No Free Gravy With Parotta And Beef Fry: Court Relief For Kerala Restaurant

Courtesy: Indo-Asian News Service

A restaurant owner in Kerala's Kochi heaved a sigh of relief as a local consumer court near here ruled that gravy need not be given for free to customers. The legal battle started when a person in November last year ordered parotta and beef – one of the state's most popular dishes and available at most eateries – at a restaurant here.

As the parotta made out of maida is flaky, many people prefer to have gravy with it to make it soft and enhance its taste. In most places, restaurants and hotels also give gravy separately when the beef dish ordered is dry. At some places, the gravy given is prepared with an onion base, while at some other places, the beef dish is prepared as a curry itself.

Recalling the incident that led to a long legal fight, the owner of the 'Persian Table' restaurant said initially the person who ordered for parotta and beef did not ask for gravy.

"Later, he said he wants gravy also. We said we normally don't provide gravy, but if the order is for beef with gravy, we provide it. He began an argument, and we made our stand clear. Unhappy with our stand, he left," the restaurant owner said.

"We later realized that he had registered a complaint with the local authorities, and they also came to inspect us. With nothing happening, he then filed a petition before the consumer court," the owner added.

"Now the verdict has come, and we are happy that the court understood our logical reasoning on why we were not able to provide free gravy. We incur a hefty monthly salary bill, and if we are to give gravy for free, it will cost us more and it will not be a viable venture," the restaurant owner maintained, expressing his happiness that the court ruled in their favor.

With this new ruling, gravy cannot be demanded as a right for those arriving at hotels and restaurants.

## Re 1 GST on water costs Bhopal restaurant Rs 8,000 in consumer court ruling

By Ravish Pal Singh, Ed: Akshat Trivedi, Courtesy: India Today

Bhopal's Consumer Forum directed a restaurant to pay Rs 8,000 in total compensation for wrongly charging Rs 1 as GST on a water bottle. The case, which dates back to October 2021, concluded with the forum ruling in favor of the complainant after nearly four years.

In 2021, the complainant, Aishwarya, dined with friends at a restaurant in Bhopal. Upon receiving the bill, he noticed that while the printed Maximum Retail Price (MRP) on the water bottle was Rs 20, the restaurant had charged Rs 29 — which included Re 1 as GST. When Aishwarya objected to the charge, the restaurant staff said that the billing was legal and denied any refund.

Following this, Aishwarya took the matter to the consumer forum. During the hearing, his lawyer, Pratik

Pawar, said that his client was charged Rs 29 for a water bottle whose price was clearly Rs 20. The restaurant's counsel argued that the establishment was justified in charging above MRP due to added services like seating, air conditioning, and on-table service.

However, the Consumer Forum rejected the argument and ruled that GST is already included in the MRP for bottled water. Therefore, charging an additional Re 1 as GST constituted a deficiency in service.

The forum ordered the restaurant to return the Re 1 charged as GST.

It further directed the restaurant to pay Rs 5,000 for mental agony and lack of service, and Rs 3,000 towards legal expenses bringing the total compensation paid to Rs 8,000.

**USFDA warns against the use of cookware by Indian company** *Courtesy: TOI Lifestyle*

United States Food & Drug Administration (USFDA) has issued a warning against cookware from Saraswati Strips Pvt. Ltd. due to dangerous lead levels leaching into food. Marketed under the brand Tiger White, these ‘pure aluminum utensils’ pose severe health risks, especially to children, potentially causing neurological and developmental issues. Cookware plays a key role in making or breaking the nutritional value of the dish. The material or metal they are made with often releases chemicals that can either boost the nutritional profile of the dish or leak in some chemicals that can cause life-threatening diseases. USFDA has issued a warning against using cookware manufactured by Indian company, Saraswati Strips Pvt. Ltd., after tests showed the products could leach dangerous levels of lead into food. According to the US health regulator, the products in question are being sold under the brand name Tiger White and marketed as 'pure aluminum utensils'. The agency said tests revealed that cookware made from aluminum, brass and aluminum alloys released lead when used for cooking. The report also says that some types of imported cookware products made from aluminum, brass, and aluminum alloys known as Hindalium/Hindolium or Indalium/Indolium have been tested by FDA and state partners, and found to leach lead into food when used for cooking, thereby making food unsafe. Keeping the harm the cookware can cause, the US agency stated, “Retailers should discontinue sale and consumers should not use this product as cookware or food storage.”

**Details of items under scrutiny by USFDA:**

<b>Brand &amp; product name:</b> Pure Aluminum Utensils, Tiger White				
<b>Trademark</b>	<b>number:</b>	<b>RTM</b>	<b>No.</b>	<b>2608606</b>
<b>Certification</b>	<b>claim:</b>	<b>ISO 9001:2015</b>	<b>certified</b>	<b>company.</b>
<b>Manufacturer:</b> Saraswati Strips Pvt. Ltd., India				

**What does the study say?**

According to a study by the National Library of Medicine, lead exposure from contaminated cookware poses severe health risks, particularly affecting neurological development in children, leading to learning and cognitive impairments. In adults, it can result in hypertension, kidney damage, and reproductive

toxicity. The study highlights that besides lead, toxic metals such as cadmium are also used in such cookware adding to potential health risks. The study finds that many aluminum cookware products contained in excess of 100 parts per million (ppm) of lead. Many also leached enough lead under simulated cooking & storage conditions to exceed recommended dietary limits.

**What happens when you consume lead**

The agency has mentioned that lead is toxic to humans and can affect people of all age groups and there is no known safe level of exposure to lead. Consuming food with elevated lead levels can contribute to elevated levels of lead in the blood. Children and babies are more susceptible to lead toxicity due to their smaller body size, metabolism, and rapid growth. Even low levels of lead exposure can cause serious health problems, particularly in children and fetuses, states the agency. At low levels, children may not have obvious symptoms but can still experience trouble learning, low IQ, and behavior changes. At higher levels of lead exposure, people may experience fatigue, headache, stomach pain, vomiting or neurologic changes. Lead interferes with the normal functioning of the brain and nervous system, leading to memory loss, poor concentration, learning difficulties, and developmental delays in children. It can also affect the blood by causing anemia, damage the kidneys, and increase the risk of high blood pressure and heart disease.

**What is the USFDA advice**

Consumers should check if they have any of the cookware mentioned above at home and throw it away. They must also avoid donating or refurbishing it as well. In addition, consumers who have concerns about lead exposure or raised levels of lead should contact their health care provider. To protect public health, FDA monitors levels of lead in foods and leachable lead levels in cookware. The FDA collaborates with state and federal partners, industry, and other stakeholders to identify and facilitate the implementation of sustainable and effective strategies for growing, sourcing, processing, and manufacturing foods

# Best Times to Drink Water

Janie McQueen, Medically Reviewed by Jabeen Begum MD, Courtesy: WebMD

## When You Think You're Hungry

You might really be thirsty. Most people don't realize they're actually thirsty when hunger seems to strike. The brain recognizes these triggers as the same. So before you hit the pantry, drink some water first. Then give it a few minutes to see if it satisfies the urge to eat.

## When You Wake Up

First thing in the morning is one of the best times to hydrate. Your body has gone through a long fast. For a simple jump start, squirt half a lemon in your first glass of a.m. water for a bright boost of antioxidant phytonutrients, vitamin C, and potassium.

## Whenever You Sweat

Anything that makes you sweat – a sauna or a hot tub, time outside on a hot, muggy day will cause your body to lose fluid. Ditto with exercise. As your muscles warm up, your body perspires to cast off heat. You'll need to cool down with lots of water.

## Before, During, and After Exercise

You need lots of water to replace what you sweat out. How much? Before you work out or spend time outside, fill up your bottle with 16 – 20 ounces of H<sub>2</sub>O. Drink 6 – 12 ounces about every 10-15 minutes while you're active. Afterward, drink again another 16 – 24 ounces.

## When You're Sick

Hydration is key to healing when you're sick. Symptoms such as diarrhea, vomiting, and fever can cause extreme water loss. At the first sign of illness, drink lots of water, especially if you're not hungry. Stay away from alcohol and caffeinated drinks. They'll dry out your system even more.

## When You're on a Plane

Ever wonder why you get so parched and thirsty when you fly? It's all about altitude. The higher the plane goes, the drier the cabin air becomes and around half the air in your cabin flows in from outside. To combat the super-low humidity level, carry on an empty water bottle to fill up as needed during your flight.

## When You Get a Massage

Your massage therapist will thank you if you drink water before you hit the table. Your muscles will be softer and more supple, which makes it easier for them to manipulate the tender tissue. This body work releases substances you should flush out afterward with plenty of water, too. This is extra important if you have a deep tissue or other heavy-duty massage.

## Before Your Period

You can ease premenstrual discomfort and reduce bloating by drinking lots of water before your period, as well as during. One of the biggest causes of cramps or headaches is dehydration. A recent study of young women with dysmenorrhea – very painful menstruation, found that drinking more water shortened their cycles, eased pelvic pain, and lessened the need for pain relief.

## When You're in a Midday Slump

It's mid-afternoon and your energy has left the building. Don't start a new pot of coffee, though. Instead, have a tall glass of water, maybe sparkling to add some pizzazz with lemon or other flavoring to bump up your mood. Your hydration state directly affects your mood, memory, and visual perception, the British Journal of Nutrition reports.

## When You Have a Headache

One of the top migraine triggers is dehydration. Some people report that even a slight dip in fluid intake can bring on an intense headache. It also can make you feel fuzzy, and in some cases even require medical treatment. Especially if you're migraine-prone, keep a water bottle handy at all times and track your intake. If you feel a twinge coming on, a glass can save your day.

## Before Eating a Meal

Drinking water before a meal – aka “preloading” -- might help you lose weight. A small study tested people who drank 500 milliliters – that's a little over 16 ounces – of tap or bottled water about 30 minutes before mealtimes and throughout the day as they wished. Over 12 weeks, the preloaders lost almost 3 pounds more than those who didn't follow the protocol.

## When You Want To Lose weight

Water is more than a calorie-free way to help yourself feel full. It may also rev up your metabolism. In one study, 50 girls with extra weight drank about 2 cups of water half an hour before breakfast, lunch, and dinner with no other changes in their diet. After 8 weeks, they lost weight and lowered their body mass index and body composition scores. Water also speeds up lipolysis, your body's process of burning fat for energy.

## When You Need to Be on Your Game

Did you know almost three-fourths of your brain contains fluid? If your levels dip too low, the blood vessels in this organ shrink. This can affect your

coordination, short-term memory, attention span, and stamina, a Chinese study found. So if you feel tired and muddled, pass up a caffeine-charged energy drink. Simply drinking water can help you bounce back.

## How Much Water Is Best?

The U.S. National Academies of Sciences, Engineering, and Medicine say more fluid is better for average, healthy adults – 15.5 cups a day is ideal for men, while 11.5 cups a day from all food and drinks is enough for most women. But this includes hydration from food and all beverage sources.

Your own needs depend on your health, how active you are, and the climate where you live. Check with your doctor on how much you need.

# Commonly Abused Prescription and OTC Drugs

Miranda Hitti, Medically Reviewed by Jabeen Begum, MD (Courtesy: WebMD)

**Drug Abuse:** Drug abuse isn't just about street drugs. Besides marijuana, legal medicines are the most commonly abused drugs in the U.S. Over-the-counter and prescription drugs can help and heal us. But some can be addictive and dangerous if they're used the wrong way. Keep your family safe. Use this guide to help you spot some commonly misused medicines as drugs come in many forms, not all pills and tablets.

**Barbiturates:** These are sedatives like phenobarbital, pentobarbital (Nembutal), and secobarbital (Seconal). They help with anxiety, sleep problems, and some seizures. But if you take more than prescribed, you can get addicted. High doses can cause trouble breathing, especially if you use them when you drink alcohol. If you can't function without barbiturates, get help. Going into withdrawal can be dangerous.

**Benzodiazepines:** Alprazolam (Xanax), clonazepam (Klonopin) and diazepam (Valium) are two examples of benzodiazepines - another type of sedative that can help with anxiety, panic attacks, and sleep problems. They work well and they're safer than barbiturates. But overused, and even used as prescribed, they can also lead to physical dependence and addiction. Stopping these medications abruptly can be dangerous. If you feel you depend on these medications, talk to your doctor. Prescription drugs shouldn't be shared and are only for persons with prescription.

**Sleep Medicines:** If you have trouble sleeping, drugs like zolpidem (Ambien), eszopiclone (Lunesta), and zaleplon (Sonata) can help you get the rest you need. But if you use them longer than your doctor suggests, you may become dependent and need them to sleep. Practicing sleep hygiene skills is the best way to deal with sleep problems. Although they're not as addictive as some sleeping pills, doctors are concerned about abuse if they're not taken as prescribed.

**Codeine and Morphine:** Some of the most commonly abused prescription meds are painkillers - specifically, opioids. These drugs dull pain, but in large doses they can also cause a euphoric high - and dangerous side effects. Doctors usually prescribe morphine for severe pain and codeine for milder pain or coughing. Brands of morphine include Avinza, Kadian, and MS Contin.

**OxyContin, Percocet:** Another opioid painkiller is oxycodone. It's in drugs like OxyContin, Percocet, Percodan, and Roxicodone. People who abuse oxycodone sometimes crush it and snort it or inject it -- greatly raising the risk of overdose. Street names include "oxy," "O.C.," and "oxycotton" for OxyContin and "percs" for Percocet or Percodan.

Continued on page 14

# Brain-Boosting Beverages

Stephanie Watson Medically Reviewed by Poonam Sachdev Courtesy: WebMD

## Coffee

If you can't get through the morning without a java jolt, you're not alone. Many people are coffee drinkers, and some drink it daily. The caffeine in coffee really does make you more alert. A cup of joe can also help you concentrate and boost your mood when you've got the Monday blues. Plus, lifelong coffee drinkers may have a lower risk of stroke and Alzheimer's disease.

## Green Tea

If you're not a coffee drinker, this nutty-flavored beverage is another way to get your daily caffeine. Like coffee, tea can make you feel more alert. It may help tune out distractions like the noisy co-worker in the next cube too. There's also evidence that the green stuff improves memory and attention. Experts can't point to one component that makes these leaves so brain healthy. It's likely the blend of healthy plant chemicals it contains.

## Berry Juices

Throw some blueberries, raspberries, blackberries, and strawberries into a juicer, or blend them into your favorite smoothie. However you drink them, berries are brain food. They're high in antioxidants that protect your cells from damage. The little fruits are also a good source of plant chemicals like anthocyanins that support healthy memory. Just watch out for store-bought juices. They can be high in sugar.

## Kombucha

Fans of this fizzy fermented drink claim it helps with everything from high blood pressure to diabetes and cancer. Kombucha is a mixture of black tea, sugar, bacteria, and yeast. Labels say these healthy germs boost immunity and bring down inflammation, though there isn't much evidence to support the claims. But beware: If you don't prepare this sour tea right and store it in the fridge, you could drink some bad germs along with the good.

## Green Smoothie

Just one serving of greens a day can help slow mental decline as you age, research finds. Spinach, kale, and

collard greens are rich in brain-friendly nutrients like folate and lutein. But you don't need to eat them in salad form, or even on a plate, to reap their benefits. Blend 2 ounces of greens with berries, a banana, and ice for a rich, nutritious treat that's also loaded with vitamins A and C.

## Turmeric Tea

This yellow spice is a main ingredient in curry, and it adds an earthy flavor to tea. Turmeric has been a part of Chinese and Indian medicine for centuries. Thanks to its anti-inflammatory properties, turmeric is useful for skin, joint, and digestive issues. Researchers are now looking at its protective effects on the brain and whether it might improve memory and slow the progression of Alzheimer's disease.

## Beetroot Juice

Beets are a root vegetable. Their juice is high in antioxidants that protect against damaging substances in the body called free radicals. It also has nitrates that relax blood vessels and may help to reduce high blood pressure – a risk for stroke and dementia. Plus, this sweet and earthy juice helps fight fatigue.

## Ginseng Tea

This root has been a staple of traditional Chinese medicine for centuries. It may help increase stamina, boost concentration, and improve memory. Researchers are studying whether it could also protect against depression, Parkinson's, and Alzheimer's disease. Asian ginseng can cause side effects, including trouble sleeping. Because it can lower blood sugar, check with your doctor before using it if you have diabetes.

## Hot Chocolate

Cocoa is rich in flavanols, plant-based substances that help improve attention, processing speed, and memory. A cup of this rich brew might also protect against mental decline, especially in people who are at higher risk for dementia. Stick to dark chocolate, which has more flavanols than milk or white. And don't overdo it. Chocolate is high in fat, calories, and sugar.

## Lemon Water

Your whole body needs water – including your brain. When dehydrated, your mental function suffers. Water makes up 75% of your brain's volume and acts as a natural shock absorber. Add a squeeze of lemon to your glass of water for both flavor and nutrition. Lemon has plant nutrients that protect your cells from damage and people find that its scent improves their mood.

## Red Wine

If a glass relaxes you, enjoy it. Red wine is high in natural chemicals that fight inflammation and protect cells in your brain from damage. Moderate wine drinking could help prevent the blood clots that can lead to stroke and reduce the risk of dementia. Just watch how much you drink. More than one glass a day for

women and two for men can worsen brain changes and increase dementia risk.

## Lion's Mane Mushroom Tea

These large white fungi get their name from their fur, which looks like a lion's mane. A staple of Asian cooking and medicine, they



are less popular elsewhere. That's a missed opportunity because research shows they protect brain cells and improve mild cognitive impairment – a decline in mental abilities that precedes dementia. Lion's mane mushrooms make a good addition to tea.

### Continued from Page 12 - Commonly Abused Prescription and OTC Drugs

**Vicodin, Lortab, Lorcet:** These drugs contain the opioid hydrocodone plus acetaminophen. Opioids cause drowsiness and constipation. High doses can cause dangerous breathing problems. Vicodin's street names include "vike" and "Watson-387." If you feel sick, like you're having the flu, after stopping any of these opioid medications, your body may have become dependent. Talk to your doctor immediately.

**Amphetamines:** When prescribed, stimulants like the amphetamines Adderall, Adderall XR, Dextroamphetamine, and Mydasis can help people with ADHD. Some people use amphetamines to get high, boost energy and alertness, or to keep their weight down. You can get addicted to stimulants. High doses can cause dangerous rise in body temperature, irregular heartbeat, and cardiac arrest. Nicknames include "bennies," "black beauties," and "speed."

**Methylphenidate:** This is a stimulant in ADHD drugs like Concerta, Daytrana, Metadate, Methylin, and Ritalin. Its nicknames include "MPH," "R-ball," "Skippy," "the smart drug," and "vitamin R." If you take stimulants, combining them with common decongestants can cause dangerously high blood pressure or an irregular heartbeat.

**Dextromethorphan (DXM):** It's not just prescription drugs that are a problem. Dextromethorphan is a common ingredient in over-the-counter cold and cough medicines - it helps stop the cough. But large doses can get you high and cause hallucinations. It's popular among teens, since cough syrup is so easy to find in medicine cabinets. High doses also cause vomiting, rapid heart rate, and - rarely - brain damage.

**Pseudoephedrine:** This is a decongestant in lots of non-prescription cold medicines. While it helps clear up a stuffy nose, it's also an ingredient in illegal methamphetamine ("meth"). To curb meth abuse, laws control how you buy pseudoephedrine products, that's why some cold medicines need prescription and located behind the counter.

**Spotting a Suspicious Pill:** Found a random pill around the house or in your teen's jacket? Want to know what it is? WebMD's Pill Identification Tool may help. But because there are hundreds of drugs and thousands of pills and tablets of all shapes, colors, and sizes, you may need a pharmacist to identify it.

**Drug Abuse, What to Do :** Worried that someone you love might be abusing drugs? The best thing to do is ask directly. Keep an eye out for signs of abuse, like behavior changes or missing medicines. Many kids assume that common household drugs or even prescription medicines are safer than street drugs because they're legal. Explain the risks. Clean out your medicine cabinet. Get rid of the drugs you don't need, and keep track of the ones you do.

# Even healthy eating can't guarantee cavity-free kids, study reports

Priyanjana Pramanik, MSc. Reviewed by Sussha Cheriyaedath, MSc. (Courtesy: News Medical Life sciences)

In a recent article published in the journal **BMC Oral Health**, researchers investigated the link between drink and snack consumption and dental caries in young children.

They identified three distinct dietary patterns but found no significant links between diet and the onset of early childhood caries (ECC), indicating the multi-factorial origins of the condition in this Medicaid-eligible US population.

## Background

Early childhood diet plays a crucial role in shaping lifelong health, particularly in oral health. Children from low-income and, in some cases, racially minoritized communities in the US face greater risks of ECC, a chronic and prevalent oral disease.

**Nearly 40% of kids switched dietary clusters between 18 and 24 months, shifting between healthier (low-sweet/high non-sweet) and less healthy patterns over just six months.**

This is largely due to dietary habits influenced by environmental, social, and cultural factors. While previous research has shown that high consumption of sugary snacks, beverages, or fermentable carbohydrates is associated with increased caries risk by promoting the growth of cariogenic (cavity-causing) bacteria in the mouth, this study did not find such an association in its sample.

The frequency and timing of food intake also matter, as frequent snacking is more harmful than structured meals due to prolonged sugar exposure on teeth. As children transition to solid foods around six months, their diets change rapidly.

Surveys indicate that many toddlers regularly consume vegetables and fruits, but a significant proportion also regularly consume high-sugar items, such as desserts and candy, on daily basis. These foods vary in their potential to cause caries, with sugary snacks posing a greater risk than unprocessed starches or whole foods.

Additionally, early dietary habits may influence the composition of the oral microbiota, which is believed to affect caries development. However, this specific study did not directly analyze microbiota-outcome relationships, and oral samples were collected for *Candida* analysis, rather than for caries-microbiota links.

Despite strong evidence linking diet and ECC, gaps remain in understanding how broader patterns of drink and snack consumption contribute to disease onset, particularly in low-income groups.

## About the Study

This study followed a birth cohort of 127 children from two university-affiliated clinics in upstate New York. All participants were Medicaid-eligible and met strict inclusion and exclusion criteria to ensure consistency and reduce health-related confounders.

Data collection occurred at 12, 18, and 24 months of age, including dental examinations and caregiver questionnaires on dietary intake. Dental caries were assessed using standardized protocols by trained dentists, and oral microbial samples were collected as part of a broader parent study (for *Candida* analysis, not bacterial microbiota analysis).

**Milk portions were weighted carefully, scoring higher points for larger daily amounts (e.g., >16 oz scored 5 points vs. <6 oz scoring 1) within the overall dietary indices.**

Mothers reported the frequency and quantity of 15 common snacks and drinks consumed by their children. These were categorized into high and low cariogenic potential based on sugar content. Consumption was scored using a weighted index that combined frequency and quantity, generating 'sweet' and 'non-sweet' indices.

Statistical analysis employed Latent Class Analysis (LCA) to categorize children into dietary consumption patterns based on data from 18 and 24 months. Items

consumed by fewer than five children were excluded from the LCA, resulting in 13 variables for the 18-month analysis and 16 for the 24-month analysis, to ensure robustness.

Latent class regression, adjusting for oral and demographic health variables such as anti-fungal medication use, race, and plaque score, was conducted to explore the associations between these patterns and ECC.

Finally, tests of proportion were used to determine if ECC occurrence differed significantly between dietary clusters.

### Key Findings

The study found that both sweet and non-sweet snack and drink consumption increased over time among all children, with some differences observed by race.

Non-Black children tended to consume more chips, crackers, and cookies, while Black children had a higher intake of 100% fruit juice, particularly at 24 months.

***Pure fruit juice stood out as different: Black children consumed it significantly more often (54%) than non-Black children (46%) at 24 months, even though overall sweet/non-sweet scores were similar.***

Despite these differences in individual items, statistical tests showed no significant overall differences between Black and non-Black children in their sweet or non-sweet consumption indices at any time point.

Using LCA, researchers identified three distinct dietary patterns at both 18 and 24 months: low sweet/high non-sweet, medium sweet/medium non-sweet, and high sweet/medium non-sweet.

These patterns reflected varying combinations of healthy and less healthy food choices. Children often shifted between these clusters over time, with some moving from healthier to less healthy patterns and vice versa.

The healthiest dietary pattern (low sweet/high non-sweet) was the least common, although national survey data were only briefly cited in the discussion and were not a major focus.

Although dietary behaviors changed, the analysis found no significant association between these consumption patterns and ECC. Some children with healthier diets still developed ECC, and vice versa.

Notably, the prevalence of ECC did not differ significantly between dietary clusters at either 18 or 24 months (all  $p > 0.05$ ). The lowest and highest ECC rates were observed in specific transitions between clusters; however, sample sizes were small.

Other factors, such as race, gender, parental education, and feeding practices, were also not significantly linked to dietary patterns in this analysis, and none were found to be associated with ECC risk in the cohort. This highlights the complex and multi-factorial nature of ECC development.

### Conclusions

This study explored snack and drink consumption patterns among low-income children aged under two years and their relationship with ECC. Using latent class analysis, researchers identified three distinct dietary groups; however, none of these groups were significantly linked to ECC.

These results suggest that ECC arises from multiple contributing factors beyond just diet. Although similar studies have shown links between sugary intake and dental caries, this study's findings emphasize the complexity of ECC development in this Medicaid-eligible population.

The study's strengths include detailed and repeated dietary assessments, as well as the use of a validated analytical method. However, limitations include a geographically limited sample, reliance on caregiver self-reports (which may be prone to error), and the observational design, which limits the ability to draw causal conclusions.

Future research should involve larger, more diverse populations and incorporate factors like oral hygiene and fluoride exposure. Ultimately, while distinct dietary behaviors were observed, no clear pattern was found to predict ECC, underlining the multi-factorial origins of the condition.

# Scientific Tit-bits

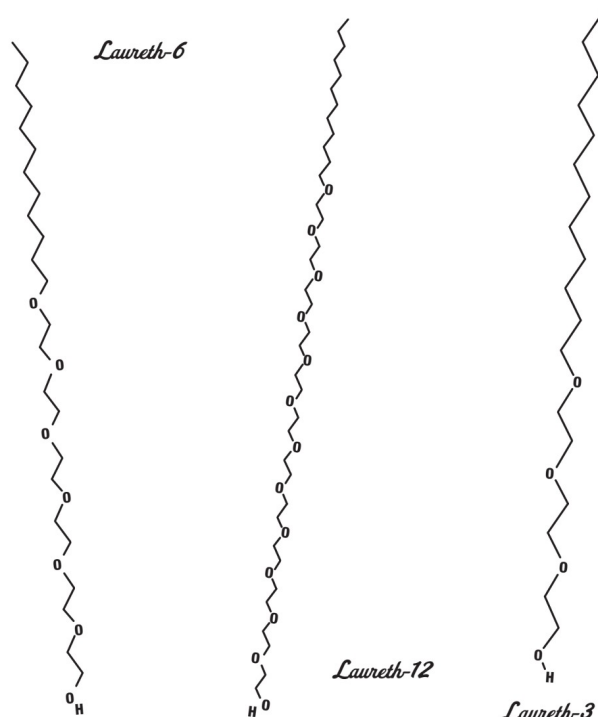
Dr. Sitaram Dixit, Chairman – CGSI

## How does Stain removers work?

Pre-soak stain removers are used when clothing has stains that we expect will be too difficult removing using normal laundry detergents that often contain ionic surfactants (like Sodium salts of linear alkyl benzene, sodium laureth sulfate, etc.) that work best in warm or hot water. Note, hot water can also help set some stains.

A spray-on pre-soak stain remover has nonionic surfactants that start to work, as soon as they are sprayed on in the cold. Non-ionic surfactants work in hard water unlike most ionic surfactants that work in acid or alkaline solutions, having good, foaming, emulsifying and cleaning properties that is delicately tuned by controlling the manufacture of the molecule. Tuning these surfactants is a matter of controlling how long the water-loving end is and how long the oil-loving end is.

In the drawings below, three different polyethoxylated linear alcohols we see are non-ionic surfactants that are designed to have different lengths of water-loving ends (the ends on the bottom). Lauryl alcohol is the base. It is the chain of 12 carbon atoms on the top of the molecule. It dissolves in fats and oils.



Most Stain removers use several polyethoxylated linear alcohols for their different properties. Some smaller ones are used to lift oils from the fabric. Some larger ones are used to keep the oils in the water after they have been lifted off. The alcohols can be linear (all in a line, as in the Lauryl alcohol shown) or branched or have more complicated structure that includes cyclic molecules (loops). We use linear alcohols when we want the detergent to break down easily in the environment, polluting less, as bacteria can eat them up easily. Some formulas also include enzymes that help break down the proteins in blood and grass stains, and acrylic polymers helping them stay on the stain longer while in the washing machine.

## Why does Anti bacterial sprays sting when you spray it on a cut?

Actually, these are designed not to sting. It has Lidocaine in it, that is very similar to the Novocaine the dentist uses to numb teeth. The germ killing ingredient is Benzalkonium chloride. This disinfectant is used in many other products, such as antiseptic towelettes, and newer non-alcohol-based hand sanitizers. It works by disrupting the cell walls of bacteria and disabling their enzymes, due to its action as a surfactant.



As a replacement for alcohol and hydrogen peroxide, benzalkonium chloride is used because it irritates the wound less. It is even used as a preservative in some eye drops and nasal sprays. Alcohol kills germs by drying them out, and other disinfectants (hydrogen peroxide, iodine, chlorhexidine) act by oxidizing (burning) germs. Both of those actions also harm skin cells and can cause stinging.

Lidocaine is used as the local anesthetic in antibacterial sprays because it acts very quickly. When the disinfectant is first sprayed on the cut or scrape, the temperature difference and the initial contact can stimulate pain nerves. However, Lidocaine present in the formula quickly quiets them down.



## LAUGHTER THE BEST MEDICINE

Jokes are meant for amusement! It employs comedic vehicles like parody, satire, other material referencing, true people, organizations, religions, regions, country, sexuality, etc., making fun of them in ways that are obviously not true. Some jokes might be offensive to some readers as every individual's sense of humor is different. Our intent is not to offend or cause damage to anyone reading or understanding these jokes. If you trust that jokes could offend you, please do not read them! Despite this warning, if on reading you find, the jokes not to your liking, ignore and move on! Please be aware that they are simply just JOKES!

A man comes running to the doctor shouting and screaming in pain. "Please doctor you've got to help me. I've been stung by a bee."

"Don't worry" says the Dr., "I'll put some cream on it."

"You will never find that bee. It must be miles away."

"No, you don't understand!" answers the doctor, "I'll put some cream on the place you were stung."

"Oh! It happened in the garden in back of my house."

"No, no, no!" says the doctor getting frustrated, "I mean on which part of your body did that bee sting you."

"On my finger!" screamed the man in pain. "The bee stung me on my finger and it really hurts."

"Which one?" the doctor.

"How am I supposed to know? All the bees look the same to me!"

Two doctors, Dean and Gable, are treating a man with lung disease. They're explaining how his smoking weed has led to his condition worsening.

"But it's just herbal!" the patient protests. "How can it be bad?" Dr. Jenkins sighs. "Nature isn't all innocent. Apricot stones contain lethal amounts of cyanide. There is a certain plant in my back garden – if you sit under it for just 5 minutes, you will die. Just because it's natural doesn't mean it's safe for you!"

The man seems to accept it, promising to stop smoking.

After the patient leaves, the doctors go to lunch. As they are sitting down to eat, Dr. Smith asks, "Oh by the way, what IS that plant that kills you if you sit under it?"

"A water lily."

A woman goes to the emergency room, where she is seen by a young new doctor. After about 3 minutes in the examination room, the doctor tells her she is pregnant. She burst out of the room running down the corridor screaming. An older doctor stops her and asks what the problem was; after listening to her story, he calms her down seating her in another room and marches down the hallway to the first doctor's room. "What wrong with you?" he demands. "This woman is 80 years old, has two grown children, several grandchildren, and you tell her she is PREGNANT?!"

The new doctor writing on his clipboard without looking up says: "Does she still have the hiccups?"

Ray Berkowitz, is at work when his wife calls in panic – she is ready to give birth! He hurries to the hospital as quickly as he could, to marvel at his son, Charles, about to be born, but as Ray is out of town, he couldn't make it before she gave birth, so she calls to tell him it is a healthy baby boy. He drives all night, all day and finally makes it to the hospital. He is so excited that he rushes straight to the maternity ward and to the nursery where he finds a big glass room with a big sign [Very Beautiful Babies]

Excitedly he rushes in, "I want to see my son!"

The nurse asks for the name. "Charles Berkowitz"

The nurse looked at the list and said, "sorry sir, your kid isn't here, try the next nursery down the hall."

Perplexed, Ray walks down the hall to another big glass room with another big sign [Beautiful Babies]

Alright, "My son will have a pretty easy life looking handsome." He thinks and walks in. "I want to see my son." "Name, please." "Charles Berkowitz" The nurse looks over her list and says, "sorry sir, not here, try the nursery down the hall." So the man walks down the hall to find another room with a big sign [Ugly Babies]

"That's alright." He thinks. "Looks don't matter." He walks in smiling and says, "I want to see my son, Charles Berkowitz" The nurse looks over her list and frowns. "Sorry sir, try the next nursery down the hall."

Dejected, he man walks down the hall to a room that wasn't glass, that had a smaller sign over the door - [Very Ugly Babies]

"It doesn't matter what he looks like." He thinks to himself. "I'll love him no matter what." He walks in. "Please, I want to see my son. Charles Berkowitz" The nurse looks down at her list and shakes her head. "I'm sorry, he's not here. Try the nursery down the hall."

The man is getting really worried now, and walks down another long hallway that ends in a single steel door with a little plaque on it that says, [Charles Berkowitz]

# Maharshi Agastya's Mitravarunashakti



Maharshi Agastya is one of the seven Saptarishis

Maharshi Agastya is the seer of many mantras of the Rigveda and made pioneering contributions in the field of Ayurveda and Jyotisha shastra. He received 'Lalita Sahastra Naamam' (a sacred composition) from Lord Hayagriva. He is also the seer of power-packed hymns in praise of Suryadeva (Aditya Hridayam Stotram) and Mata Saraswati (Saraswati Stotram). He is considered as the Father of Tamil literature. Prabhu Shri Rama stayed at Maharshi Agastya's ashram during his exile. The Sage gave Him three gifts: a bow made by Vishwakarma, an inexhaustible quiver, and a sword.

In ancient India, an array of inventions like high-flying balloons, parachutes, electricity, and batteries existed. The core of electricity's creation traces back to the wisdom of Maharshi Agastya's battery-making formula. In his 'Agastya Samhita' book, he presented theories for clean energy generation using natural resources, pioneering the path of electricity.

## 'Agastya Samhita'

संस्थाप्य मृण्मये पात्रे ताम्रपत्रम् सुसंस्कृतम् ।  
छादयेत् शिखिग्रीवेनार्दाभिः काष्ठपांसुभिः॥

दस्तालोष्ठो निघातव्यः पारदाच्छादितस्ततः ।  
संयोगात् जायते तेजो मित्रावरुण संज्ञितम् ॥

अनेन जलभंगोस्ति प्राणोदानेषु वायुषु।  
एवम् शतानाम् कुंभानाम् संयोगः कार्यकृत्स्मृतः॥

वायु बंधक वस्त्रेण निबद्धो यमस्तके।  
उदानः स्वलघुत्वे बिभर्त्याकाश यानकम्॥

Take a clean earthen pot, place a copper sheet, and put the shikhigreeva (copper sulfate solution) in it.

Smear it with wet saw dust, mercury, and zinc. Then, join the wires which will give rise to energy (Tejas) called Mitra-Varuna (Mitra-cathode, Varuna-anode). This will lead to the disintegration of water into Praana vaayu (oxygen) and Udaana vaayu (hydrogen).

A chain of one hundred such jars is said to give a very active and effective force. The Udaana vaayu created can then be trapped into an air-tight cloth with some tactics.

If this is achieved, owing to the self-buoyancy of Udaana vaayu, it is possible to build a structure capable of flying in the air like a 'hot air balloon'.



Maharshi Agastya's Mitravarunashakti

Dr. Sahastrabuddhe (HOD of Sanskrit Dept), and Prof. Hole (Engineering Dept) from Nagpur re-investigated the generation of electricity according to the description. When a cell was prepared according to 'Agastya Samhita' and measured, it gave an open circuit voltage of 1.138 volts and a short circuit current of 23 mA.

'Agastya Samhita' also described 32 kinds of electricity and electronic machines and appliances. Modern battery cells resemble Maharshi Agastya's method of generating electricity.

David Hatcher Childress author of 'Technology of the Gods: The Incredible Sciences of the Ancients', said "In the temple of Trivandrum, Travancore, a great lamp was lit over one hundred and twenty years ago, in a deep well inside the temple on the background of 'Agastya Samhita' text".



भारतीय प्रतिभूति और विनियम बोर्ड  
Securities and Exchange Board of India



IF THE OFFER FEELS  
TOO GOOD TO BE TRUE,  
**IT IS PROBABLY  
A SCAM.**

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