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KCBF CALENDAR 2023

JULY 2023

1st Mega Job Fair

KCBF is planning its 1st Mega Job Fair for our own community members. The goal of this fair is to bring together best talent of / for our own people.

Mr Ketul Shah - ketulshah80@gmail.com

OCTOBER 2023

Annual Trade Fair

KCBF's 5th Annual Trade Fair is lined up for October 2023. An important event in KCBFs calendar where businesses meet.

CA Narendra Shah - 9702643000

DECEMBER 2023

Picnic

Socials are an integral part of any networking group which helps in building strong bonds paving their way for a more fruitful and strong relationships.

Mr Rajiv Patwa - 9821188516

INSIDE

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WHAT DOES NUMISMATIST MEAN TO A LAY PERSON ?

MA SANDEEP SHAH

Numismatics is the study of coins and money. A numismatist is a specialist, researcher, and/or well-informed collector of coins. Numismatists can include collectors, specialist dealers, and scholars - researchers who use coins in object-based research.

Although the term numismatics was first recorded in English in people had been collecting and studying coins long before.

World Renowned Numismatist includes names like Walter Breen, King Farouk I of Egypt, Harry Bass were noted collector who was also a numismatist. They derived pleasure from the simple ownership of monetary devices and studying these coins as private amateur scholars. In the classical field.

Professional numismatists are also called Numismatics dealers, they authenticate or grade coins for commercial purposes. The buying and selling of coin collections by numismatists who are professional dealers advance the study of money. Expert numismatists are consulted by historians, museum curators, and archaeologists. For

example, The ASI : Archeological Study of India, The International Association of Professional Numismatists (IAPN) and The British Numismatic Trade Association (BNTA).

Scholar Numismatists are Numismatist working in public collections, universities or as independent scholars acquiring knowledge about monetary devices, their systems, their economy and their historical context.

Coins are especially relevant as a source in the pre-modern period. The motifs, symbols, stamp used on the Indian coins since ancient times depict a lot about the rulers and their reign. Many archaeologists and explorers have done a deep analysis of these ancient Indian coins.

Sher Shah Suri, during his five-year rule from 1540 to 1545, set up a new civic and military administration and issued a coin of silver, weighing 178 grains, which was also termed Rupiya.

Indo Greeks minted the gold coins which were first issued by them in India. They introduced the gold coins around 270 BC.

Gold coins hold a huge amount of importance in terms of its study (numismatics) as it helps in the understanding of the economic sphere of various eras and empires. The introduction of gold coins in India is subject to various debates but it's clear through various historical sources that gold coins were first issued by Indo-Greeks in India. Ruler, Antiochios II was the first one to introduce the gold coins for various economic reasons.

Neither the Mauryas, the Nandas or the Shakas introduced gold coins before. The Indo Greeks is the correct answer as the gold coins were first issued by Indo-Greeks in India.

Petrarch is credited as the first Renaissance collector of coins. In India specifically in Mumbai Dinesh Mody, Farookh Todywalla, Ashok Surana, Anuj Pakvasa, Ganesh Nene, Girish Veera, Sanjay Gosalia and many more names are astute numismatist.

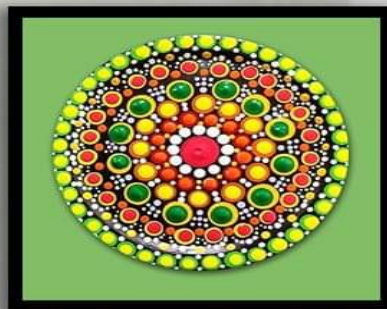
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THE POWER OF INTERMITTENT FASTING:

DR PURVI PATEL

Are you looking for a simple and effective way to improve your health, boost your energy levels, and shed those extra pounds? Look no further than intermittent fasting! It's a popular eating pattern that has gained momentum in recent years, with many people experiencing its numerous benefits.

So, what exactly is intermittent fasting? Simply put, it's a method of eating that involves cycling between periods of fasting and eating. Unlike traditional diets that focus on what you eat, intermittent fasting focuses on when you eat.

There are several different types of intermittent fasting, including the 16:8 method, the 5:2 method, and alternate-day fasting. The 16:8 method involves fasting for 16 hours each day and eating during an 8-hour window, while the 5:2 method involves eating normally for 5 days a week and restricting calories for 2 days. Alternate-day fasting, as the name suggests, involves fasting every other day.

One of the key benefits of intermittent fasting is weight loss. When you fast, your body is forced to burn stored fat for energy, which can lead to weight loss over time. Additionally, by restricting your eating window, you're likely to consume fewer calories overall, which can help you create a calorie deficit and shed those extra pounds.

But weight loss is just the tip of the iceberg when it comes to the benefits of intermittent fasting. Research has shown that it can also improve insulin sensitivity, lower inflammation, and reduce the risk of chronic diseases such as type 2 diabetes, heart disease, and even certain types of cancer. Intermittent fasting can also boost brain health. Studies have shown that fasting can promote the growth of new neurons, enhance cognitive function, and improve memory and concentration. It may also help protect against neurodegenerative diseases like Alzheimer's and Parkinson's.

In addition to physical and mental health benefits, intermittent fasting can also simplify your life. With fewer meals to plan and prepare, you may find yourself with more

time and energy for other activities. It can also help you develop a healthier relationship with food by encouraging mindful eating and reducing emotional eating.

Who can do Intermittent Fasting?

Intermittent fasting can be suitable for a wide range of individuals, but it's important to consider your specific health circumstances and consult with a healthcare professional before starting any new dietary plan, especially if you have any underlying health conditions or concerns.

Intermittent fasting may be suitable for those who:

Want to lose weight: Intermittent fasting can create a calorie deficit and promote weight loss, making it appealing for individuals looking to shed extra pounds.

Are generally healthy: If you are in good overall health, without any underlying medical conditions, and have a healthy relationship with food, intermittent fasting may be an option to consider.

Are looking to improve their health: Intermittent fasting has been shown to have potential health benefits such as improving insulin sensitivity, reducing inflammation, and lowering the risk of chronic diseases.

Have a busy lifestyle: Intermittent fasting can simplify meal planning and preparation, making it convenient for individuals with busy schedules.

Are seeking to develop mindful eating habits: Intermittent fasting can encourage mindful eating by creating a designated eating window and reducing impulsive or emotional eating.

However, it's important to note that intermittent fasting may not be suitable for everyone. It may not be appropriate for pregnant or breastfeeding individuals, those with a history of eating disorders or disordered eating patterns, individuals with certain medical conditions such as diabetes or low blood sugar, or those taking medications that require regular food intake. It's crucial to consult with a healthcare

professional before starting any new dietary plan, including intermittent fasting, to ensure it aligns with your individual health needs and goals.

5 most important benefits of Intermittent Fasting :

Intermittent fasting has gained popularity due to its potential health benefits. Here are five important benefits of intermittent fasting:

1. Weight loss: Intermittent fasting can help promote weight loss by creating a calorie deficit. During fasting periods, the body relies on stored fat for energy, leading to potential weight loss over time. Additionally, by restricting the eating window, individuals may consume fewer calories overall, which can aid in weight management.

2. Improved insulin sensitivity: Intermittent fasting has been shown to improve insulin sensitivity, which is crucial for regulating blood sugar levels. Enhanced insulin sensitivity can potentially lower the risk of developing type 2 diabetes and improve overall metabolic health.

3. Reduced inflammation: Studies have shown that intermittent fasting can help reduce inflammation in the body. Chronic inflammation has been linked to various health conditions, including heart disease, diabetes, and certain types of cancer. By reducing inflammation, intermittent fasting may have a positive impact on overall health.

4. Enhanced brain health: Intermittent fasting has been shown to promote the growth of new neurons and support cognitive function. It may improve memory, concentration, and brain health, potentially reducing the risk of neurodegenerative diseases such as Alzheimer's and Parkinson's.

5. Simpler lifestyle: Intermittent fasting can simplify meal planning and preparation, reducing the time and effort spent on food-related activities. This can lead to a more convenient and streamlined lifestyle, freeing up time for other activities and improving overall quality of life.

It's important to note that the benefits of

intermittent fasting may vary for different individuals, and more research is needed to fully understand its long-term effects. It's crucial to consult with a healthcare professional before embarking on any new dietary plan, including intermittent fasting, to ensure it is safe and appropriate for your individual health needs and goals.

Myths about Intermittent fasting :

Intermittent fasting has gained popularity, but like any dietary approach, there are also misconceptions or myths associated with it. Here are five common myths about intermittent fasting:

Myth: Intermittent fasting is a fad diet for rapid weight loss.

Fact: While intermittent fasting can lead to weight loss, it is not a quick-fix solution for rapid weight loss. It is a long-term lifestyle approach that requires consistency and adherence to a designated eating window, along with healthy eating patterns and regular physical activity, to achieve sustainable weight loss.

Myth: Intermittent fasting is only for weight loss.

Fact: While weight loss is one potential benefit of intermittent fasting, it has other

potential health benefits beyond weight management. These may include improved insulin sensitivity, reduced inflammation, enhanced brain health, and other metabolic benefits. Intermittent fasting can be a lifestyle choice for overall health improvement, not just weight loss.

Myth: Intermittent fasting is not safe and can lead to nutrient deficiencies.

Fact: When done properly, intermittent fasting can be safe and provide adequate nutrients. It is crucial to make sure that you still consume a balanced and nutritious diet during your eating window to meet your body's nutrient requirements. If you have specific nutrient concerns or underlying health conditions, it's important to consult with a healthcare professional for personalized guidance. It's important to remember that intermittent fasting is not a one-size-fits-all approach, and it may not be suitable for everyone. It's crucial to consider your individual health circumstances, consult with a healthcare professional, and approach intermittent fasting with informed decision-making for safe and effective implementation.

In conclusion, intermittent fasting is a powerful and effective method of improving

your health, losing weight, and simplifying your life. By incorporating regular periods of fasting into your eating routine, you can reap the benefits of this popular eating pattern. So why not give it a try and unlock the potential of intermittent fasting for yourself? Your body and mind will thank you!

Disclaimer: This article is solely for information purpose. If you want to start Intermittent Fasting lifestyle kindly connect with me. Without proper guidance it may cause harm to your health.

Gratitude,

Dr. Purvi Patel

Consulting Homoeopath, Holistic Wellness Coach, Author, Trustee at Rutuja Organization working for women's health (www.rutuja.org), advisor at IPRU life insurance company Ltd.

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PCOS

DR. BIJAL SHAH

Polycystic ovarian disease is popularly known as PCOS OR PCOD. The disease affects the ovaries in women between the ages 16-45 years of age. The condition is more commonly seen if there is a family disposition. Second to the genetic tendency Obesity plays an important role in the disease.

PATHOPHYSIOLOGY

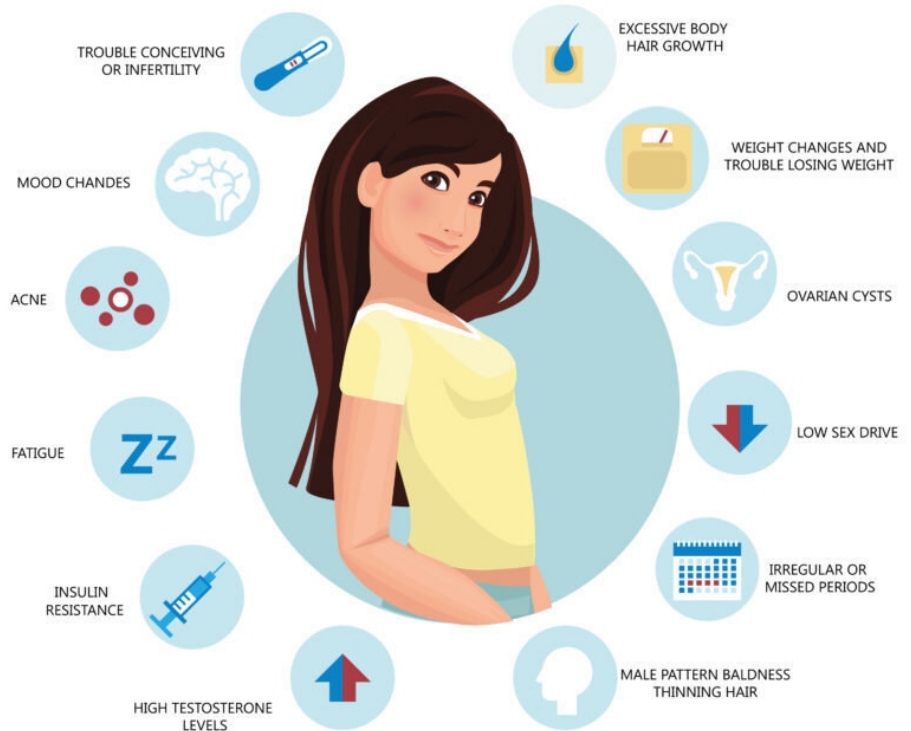
As the name suggests most people suffering from the disease develop cysts in their Ovaries. Cyst formation is the outcome of the hormonal imbalance and not the causative factor. Our brain regulates different functions of our body in different ways. One of them is the release of chemicals we call hormones. There is a chain of hormones that in turn helps in the functioning of different organs. Inside the brain Pineal body and Pituitary are 2 glands that release hormones that in turn help regulate other hormones.

In case of PCOS there is an abnormal production of female hormones in the pituitary. ANDROGENS (male hormones) like testosterone are the hormones that are primarily active in males but are also present in women. Under normal circumstances they are countered by female hormones and thus their action is nullified. But in case of PCOS those hormones are either not produced or they are much less compared to their need. Thus we see male like features in women like excess hair on face etc along with loss of hair on scalp.

Pituitary regulates pancreas as well. In case of PCOS very often we see that women come down with overproduction of insulin. Very often the glucose in the blood does not respond to the insulin. This is known as insulin resistant Diabetes Mellitus.

Most important effect of PCOS is INFERTILITY. Since the ovary lining gets thick and cyst

PCOS SYMPTOMS



formation happens the eggs do not get released into the uterus. Thus fertilisation is not possible.

SYMPTOMATOLOGY

We can summarise the symptoms of PCOS as follows.

- Obesity • Infertility • Male pattern hair on face • Male pattern baldness of hair on scalp • Irregular menses • Delayed menses • Inability to predict date of menses. • Acne

DIAGNOSIS

When the patient visits us the first thing that we need to do is establish a diagnosis. It starts as soon as the patient enters the clinic. We take a detailed account of symptoms that a patient has. We look for the menstrual abnormalities, thick hair on upper lip, chin etc; acne. We also look for signs of uncontrolled sugar (secondary diabetes). Then we need to do an internal examination.

It can be done by me or we take help of a gynaecologist as per patient's choice.

Ultrasound imaging (USG) of female reproductive organs is done. We look for cyst in the ovary. Uterus is examined for its size, shape, health of the endometrial lining etc.

Blood Tests: A battery of hormone tests are done. They may have to be done on different days as per menstrual cycle. Blood sugar and cholesterol levels are also checked. Once the diagnosis is established the patient is also screened for anxiety and sleep disturbances.

HOMOEOPATHIC TREATMENT

People have known to rely on Homeopathy for PCOS since ancient times. Homeopathy helps in regulating the hormonal imbalance in the most safe and gentle way. Unlike modern medicine there is no hormone therapy given.

Homoeopathic treatment requires a detailed case taking from a homoeopathic point of

view. Here we try to understand the patient as a whole since we believe in treating not the disease but the person behind it. The medicine given on that totality is known as constitutional medicine. Each individual is unique in himself/herself and so is the medicine.

Many patients have asked if they can try to balance the menstrual cycle by trying to lose weight! Yes, that is possible. If the problem is not too severe then some weight reduction by diet and exercise helps to balance the menstrual cycle.

Very often patients come to me after trying to lose weight and failing. This typically happens due to reduced BMR (basal metabolic rate) due to hormonal imbalance. Homoeopathy helps them to get the BMR to a normal level so that they can lose weight. As the hormones get regulated, acne, obesity,

menses etc are taken care of.

INFERTILITY is a topic by itself so it can not be elaborated in this article but it suffices to say that homoeopathy is a good choice for treatment of infertility.

DIET AND REGIMEN: Apart from medicines patients are advised to follow a regimen.

- Lose weight. I give a rough chart of the diet plan for the patient to follow.
- Regular exercise. If a patient is not into any exercise I advise them to start with a brisk walk.
- Meditation helps in reducing stress. Even 15 minutes of pranayama and meditation is known to reduce stress and helps a great deal to the patient.
- Avoid junk food esp maida, cheese and sugary food. Nowadays home cooking is decreasing and more and more people are

opting for home delivery. This is a bad idea as far as health is concerned.

- Keep yourself hydrated - drink a lot of water.

DR. BIJAL SHAH

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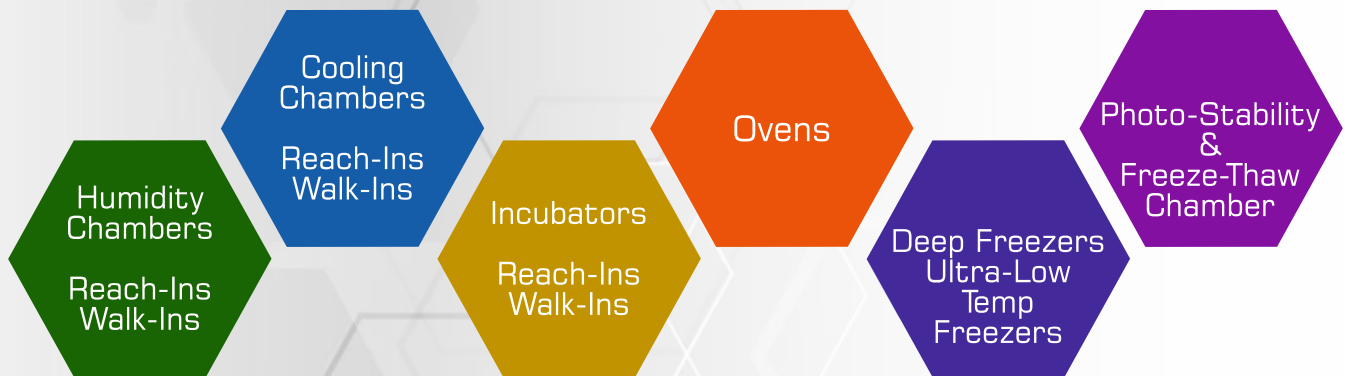
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REVIVING THE SIGNIFICANCE OF OM & SWASTIKA

KRUPA SHAH



Hi Friends, I am Krupa Shah speaking and I am taking you on a ride of mysterious world which was hidden but let's open the doors of untouched walls of this world. Today we get into the glimpse of 'OM' and 'SWASTIK'

OM is a sound and symbol, rich in meaning and depth, often chanted at the beginning and end of any yoga class. It appears in the beginning and end of most sanskrit prayers. Hindus believe that as a creation began, the divine, all encompassing consciousness took the form of the first original vibration manifesting as sound 'OM'. 'OM' is the name of God, vibration of Supreme. It is chanted as **a – u – m**. Brahma – Creation, Vishnu – Preservation and Shiva – Destruction.

It reminds us that we have the ability to move our physical and mental states of consciousness and connect with the divine – both in ourselves and others. It is sound of universe, represents sound of divinity in all times – Past, Present and Future. Sometimes it is used as end word in mannered language in common communication.

The sound 'OM' when chanted vibrates at the frequency of 432 Hz, which is the same vibration or frequency found throughout everything in nature. As such, 'OM' is the basic sound of the universe, so by chanting it we are symbolically and physically acknowledging our connection to nature and all other living beings. Repeating 'OM' as a mantra can have powerful effects on one's overall state. Doing so is thought to help center the mind, body and spirit, elevate consciousness, deepen focus and build compassion. The syllable 'OM' is mentioned in the Upanishads. The mystical text associated with Vedanta philosophy. It has variously been associated with concepts of 'Cosmic sound' or 'Mystical syllable' or 'Affirmation to something divine', or symbolism for abstract spiritual concepts in the Upanishads. The seed mantra (Beej Mantra) of Ajna Chakra is 'OM'. Yoga poses to balance the Third Eye Chakra: Ajna Chakra is stimulated when practising Headstand (Shirshasana). In the ancient Indian language of Sanskrit, swastika means "well – being". The symbol has been used by Hindus, Buddhists and Jains. The Swastika is a geometrical figure and an ancient religious icon. Swastika has been Sanatan Dharma's symbol of auspiciousness – mangalya since time immemorial. The name Swastika comes from Sanskrit and denotes 'conducive to wellbeing or auspicious'. The word Swastik has a definite etymological origin in Sanskrit. It

is derived from the roots su – meaning 'well or auspicious' and as meaning 'Being'.

Su Asti Yena Tat Swastikam – (Meaning) Swastika is that symbol through which everything auspicious occur.



Equilateral cross with arms bent at right angles, all in the same rotary direction. It is always used as a symbol of prosperity and good fortune in Hindu religion and even in Japan and China. It doesn't carry any negative symbolism.

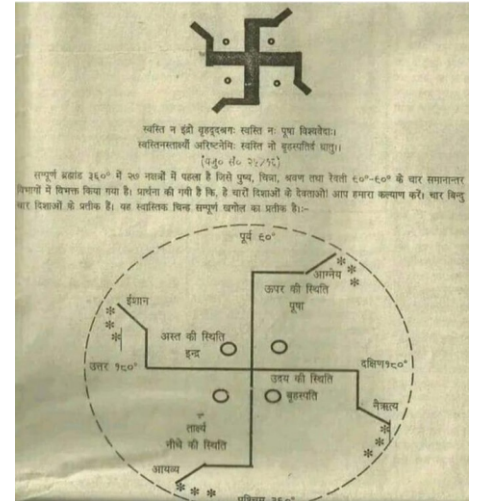
Swastika = Good fortune = Well – being

The Hindu Swastika may represent the motion of the Sun. It features clockwise curves on the symbol and depiction of it often features dots. In Hinduism, the right – facing symbol (clockwise) is called Swastika, symbolizing Surya (Sun), while the left facing symbol (counter – clockwise) is called Sauwastika, symbolising night or tantric aspects of Kali.

In Jain symbolism, it represents Suparshvanatha – The seventh of 24 Tirthankaras (Spiritual teachers and saviours), while in Buddhist symbolism it represents auspicious footprints of Buddha. In several Indo-European religions, the swastika symbolises lightning bolts, representing the thunder god and the king of God, such as Indra in Vedic Hinduism, Zeus in ancient Greek religion, Jupiter in the ancient Roman religion and Thor in the ancient Germanic religion. The symbol is found in the archaeological remains of the Indus Valley Civilisation and Samarra, as well as in early Byzantine and Christian artwork.

There are variety of symbolic meanings associated with the limbs of the Swastika in Hinduism. They can be interpreted as - 4 Vedas – Rig, Yajur, Sama, Atharva – the core Hindu scriptures. They can be thought as the four goals of life. Dharma (right action), Kama (worldly enjoyment), Artha (worldly prosperity) and Moksh (spiritual liberation). The limbs are also interpreted as representing the 4 seasons, 4 directions, 4 yugas (Satya, Tretra, Devpara, Kali), 4 stages of life (Clockwise from top) – Brahmacharya, Grihastha, Vanaprastha, Sannyasa – these are 4 ashrama stages of life. Thus,

here '4' number signifies many more meaning in our lives which represent the 4 hold principles of divinity. If you view this symbol from any angle, it appears to be the same, so this makes it considered to be a symbol of sun and believed to be 108th symbol of Lord Vishnu. According to Hindu belief, the way sun rises every morning without fail and sets in the evening, similarly, Swastika symbol never loses its forms as it is a symbol of infinity and signifies continue progress, holds the ability to never change.



In above picture Swastika Mantra is given. It is recited at the time of house construction, at the time of sowing seeds in field, also used for prosperity in animals so that no disease spread in them. It is also recited at the beginning of the journey for good weather and it is very important to recite during a birth of a child to keep child healthy and increase its lifespan. It also keeps apart devil spirit and demon and disease. So, readers, Swastika represents good fortune and 'OM' symbolises the union of positive energy in the universe.

So, with this knowledge of 'OM' and 'Swastika' we confirm our believe of Hinduism which always gives positive vibes and create suitable psychology or surroundings to live happily and create happiness for others. See you soon in next bulletin

OM SHANTI SHANTI SHANTI...

10 GOOD PARENTING TIPS TO HELP YOUR CHILD BLOSSOM

KOMAL SHAH

Sadhguru: Parenting involves a certain amount of discretion. There is no one standard rule for all children. Different children may need different levels of attention, expression of love, and toughness. Suppose I was standing in a coconut garden and you ask me, "How much water per plant?" I'd say, "At least 50 liters per plant." When you go home, if you give 50 liters to your rose plant, it will die. You must see what kind of plant you have in your house and what it needs.

Tip #1: Recognize The Privilege

It is a privilege that this child – this bundle of joy – has come through you and arrived in your house. Children are not your property; they do not belong to you. Just see how to enjoy, nurture, and support them. Don't try to make them an investment for your future.

Tip #2: Let Them Be

Let them become whatever they have to become. Don't try to mold them according to your understanding of life. Your child need not do what you did in your life. Your child should do something that you did not even dare to think in your life. Only then will the world progress.

Tip #3: Give Them 'True' Love

People misunderstand that loving their children is to cater to whatever they ask for. If you get them everything they ask for, it is stupidity, isn't it? When you are loving, you can do just whatever is needed. When you truly love someone, you are willing to be unpopular and still do what is best for them.

Tip #4: Don't Rush Them Into Growing Up

It is very important a child remains a child; there is no hurry to make him into an adult because you can't

reverse it later. When he is a child and he behaves like a child, it's wonderful. When he becomes an adult and behaves like a child, that's bad. There is no hurry for a child to become an adult.

Tip #5: Make It A Time To Learn, Not To Teach

What do you know about life to teach your children? A few survival tricks are the only things you can teach. Please compare yourself with your child and see who is capable of more joy? Your child, isn't it? If he knows more joy than you, who is better qualified to be a consultant about life, you or him? When a child comes, it's time to learn, not teach. When a child comes, unknowingly you laugh, play, sing, crawl under the sofa, and do all those things that you had forgotten to do. So it is time to learn about life.

Tip #6: Nurture Their Natural Spirituality

Children are very close to a spiritual possibility if only they are not meddled with. Generally, either the parents, teachers, society, television – somebody or the other meddles with them too much. Create an atmosphere where this meddling is minimized and a child is encouraged to grow into his intelligence rather than into your identity of religion. The child will become naturally spiritual without even knowing the word spirituality.

Tip #7: Provide A Supportive and Loving Atmosphere

If you set an example of fear and anxiety, how can you expect your children to live in joy? They will also learn the same thing. The best thing you can do is to create a joyous and loving atmosphere.

Tip #8: Maintain A Friendly Relationship

Stop imposing yourself on the child and create a strong

friendship rather than being a boss. Don't sit on a pedestal and tell the child what she should do. Place yourself below the child so that it's easy for them to talk to you.

Tip #9: Avoid Seeking Respect

Love is what you seek with your children, isn't it? But many parents say, "You must respect me." Except that you came a few years early, are bigger in body, and you know a few survival tricks, in what way are you a better life than him?

Tip #10: Make Yourself Truly Attractive

A child is influenced by so many things – the TV, neighbors, teachers, school, and a million other things. He will go the way of whatever he finds most attractive. As a parent, you have to make yourself in a way that the most attractive thing he finds is to be with the parents. If you are a joyous, intelligent, and wonderful person, he won't seek company anywhere else. For anything, he will come and ask you.

If you are genuinely interested in giving your children a good upbringing, you should first transform yourself into a peaceful and loving human being.

Komal Shah is serving society as a Life Coach and Relationship Mentor. She is a certified Transformation Coach, Subconscious Mind Trainer, Fingerprint (Dermatoglyphics) Analysis Consultant and Parenting Coach. She can be contacted at +91 9920 302 402 for consultation appointments.



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BURPS

DR ROMIL MEHTA

What Are Burps?

Burps happen when air that gets swallowed or if you drink something with bubbles, like soda or beer, travels back up through your esophagus.

A burp can relieve bloating caused by gas that gets trapped in the stomach or upper esophagus. During a burp, the air in your stomach and upper esophagus builds up in pressure, then rumbles and vibrates as it leaves through the food pipe.

Burps

Burps, also known as belching, occur when air is released from the stomach or esophagus through the mouth. They are a normal part of digestion, and most people burp 3 or 4 times after eating.

Excessive or odorous burps can be a sign of a digestive problem, like gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), or stomach ulcers. If you are experiencing excessive burping, your doctor may perform tests to find the cause.

The loudest burps come when extra gas is forced up through the food pipe and esophagus from the stomach. This happens when you swallow a lot of air, or drink soda or other carbonated drinks.

Another reason you might burp more is that your food pipe and stomach are bigger than they should be. Babies have smaller food pipes and smaller stomachs, so their burps are usually quieter than those of adults.

A sedentary lifestyle can cause you to burp more than usual after meals. So, try to exercise after meals for better digestion and control your excess burping.

Burps causes

Burping is the process of expelling excess air from your stomach. It's a natural bodily function that can occur for a variety of reasons, including swallowing too much air or certain foods, medications, or a health condition.

Excessive belching, also called chronic belching, is a sign of an underlying illness or gastrointestinal problem. For example, a person may have gastroesophageal reflux disease (GERD), which causes acid to back up into the esophagus.

GERD is often linked to aerophagia and supragastric belching, both of which happen when you swallow air consciously or unconsciously. This can be due to eating too quickly or gulping air while chewing gum or hard candies.

In addition, people with dentures that don't fit properly can gulp air as they chew and might experience excessive belching. You can help reduce belching by eating and drinking more slowly, avoiding smoking, and wearing dentures that fit securely.

Sulfur-containing vegetables can cause odorous burps. Occasional sulfur burps are usually harmless, but if you're regularly experiencing them, it's a good idea to talk to your physician about possible treatment options.

Sulfur burps can also be a symptom of an intestinal infection, such as *Giardia*, which can cause foul-smelling burps and diarrhea. These infections are caused by microscopic parasites that can enter your body through contaminated water or poor sanitation. They can also cause bloating, belly cramps, and belching. If you have any of these symptoms, make an appointment with your doctor to get

treatment and to prevent complications from developing.

Burps home remedies

Burping is a normal part of digestion and can be caused by a variety of things. However, excessive burping or continuous burping for hours may indicate a health problem.

The most common reason for burping is swallowing air during eating or drinking carbonated drinks. This gas gets trapped in the esophagus until it comes back up through the stomach.

If you are constantly burping, there may be an underlying health issue like peptic ulcers or acid reflux. A consultation with a top gastroenterologist on Bajaj Finserv Health can help you understand whether your burping is a problem or not.

You can also try some simple home remedies to reduce your burping. These include exercising after meals, chewing food well, and avoiding carbonated beverages.

Drinking ginger tea after you eat helps ease irritation in the esophagus and relieves heartburn. It might also help prevent acid reflux.

Chewing fennel seeds after your meals helps clear up any gas in your intestines and aids digestion. While there's no research to back up these claims, they're worth trying out!

If you have an acrid smell to your sulfur burps, take bismuth subsalicylate (Pepto-Bismol). This medicine neutralizes the acids in your stomach and prevents heartburn.

Burps and chest pain

Burps can be a common symptom of digestive problems. They can be relieved by passing gas, which allows trapped gas to pass through the stomach and out of the body.

A sharp pain in the chest can be caused by excess gas in the intestines or a condition that affects the heart. If you experience a sharp pain that begins near your left side and is accompanied by other symptoms like shortness of breath, sudden sweating, dizziness or fainting, contact your doctor right away to rule out a heart attack.

While gas pain starts as stabbing pain in the abdomen and reduces over time, heart pain often resembles a tightness or pressure that gathers around your center or left chest area. It might last for a few minutes or get worse with exertion.

Several health conditions can cause gas pain in the chest, including gastrointestinal disorders, food poisoning and an eating plan that contains artificial sweeteners or foods with high fiber content. Antacids can also help relieve the pain of indigestion.

Belching can also be a symptom of acid reflux or gastroesophageal reflux disease (GERD). Drinking fennel, cumin and coriander seed tea can help control GERD, which can lead to sharp chest pains that burp. Similarly, over-the-counter antacids can ease the pain of esophageal acid. Activated charcoal tablets may help if you swallow them before and after meals.

Burps after eating

Burps after eating are normal, but excessive burping can be a sign of a health problem. The National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK) notes that people who have burping problems may find it helpful to keep a diary that tracks what they eat and drink.

Foods that are difficult to digest or that cause indigestion can lead to burping. The NIDDK also suggests that people who frequently burp should eat slowly and try to swallow their food whole.

Some foods produce gas during digestion, such as beans, broccoli, cabbage, dairy products, and certain types of meat. When these foods are ingested, the gas can get trapped in your stomach or intestines, which can make you burp.

Other factors that can cause excess belching include smoking, chewing gum, and drinking fizzy drinks. The NIDDK notes that these habits can make you more likely to swallow air, which can then make you burp.

If your excessive belching is a sign of gastroesophageal reflux disease (GERD), the NIDDK notes that you can find relief by stopping smoking, taking smaller meals, and getting to a healthy weight. You can also talk with your doctor about what steps you can take to reduce the amount of stomach acid that flows back up into your esophagus.

People who have excessive burping should speak to their doctor if they have other symptoms, such as bloating or nausea. A doctor can then determine the underlying cause of excessive burping, and recommend the best course of treatment.

Burps constantly

Burps constantly can indicate an underlying health problem, such as gastroesophageal reflux disease (GERD), which is common and occurs when stomach acid flows back up your esophagus to your mouth. If you're frequently experiencing GERD, your doctor may recommend medication or lifestyle changes to treat the condition.

Frequent belching may also be a sign of rumination syndrome, which involves thinking about what you've eaten or how you feel. Psychologists teach patients techniques for controlling this habit, such as diaphragmatic breathing and alternate nostril breathing, which can help you focus on your eating instead of ruminating over it.

The average person usually burps three to six times after eating or drinking. This number can change depending on your diet and the foods you consume.

Medications that treat acid reflux, such as Nexium(r) and Prilosec OTC(r), can cause excessive gas and belching. They may also lead to bacterial overgrowth in your small intestine, which can cause symptoms like diarrhea and bloating.

Excessive belching is also associated with other gastrointestinal disorders, such as irritable bowel syndrome (IBS), which causes frequent stools. People who suffer from IBS often burp more than usual after meals and can't control the amount of gas they release.

You can try using a gas-reducing product such as Gas-X or Mylanta Gas, which contain simethicone to bind gas bubbles together in your stomach. Other natural remedies, such as chewing fennel seeds, can also help you digest food and reduce your burping.

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ધર્મ અને વિજ્ઞાન નો સમન્વય

શાસ્ત્રી ચેતનભાઈ

ધર્મ અને વિજ્ઞાન માનવ જીવન રૂપી ગાડીના બે પૈડા છે. આજે આપણે એક પૈડાની સવારી માંડી છે વિજ્ઞાને થોડા વર્ષોમાં ઝડપી પ્રગતિ કરી આશ્ચર્ય પ્રમાણે તેવા સંશોધનો કર્યા છે એટલે જ વર્તમાન સમયને વિજ્ઞાન યુગ કહે છે. સામાન્ય રીતે લોકો ધર્મને કેવળ શ્રદ્ધામાં અને વિજ્ઞાનને તર્ક ક્ષેત્રમાં શોધે છે એક બીજાને વિરુદ્ધ કે વિરોધાભાસી માને છે પરંતુ ધર્મ અને વિજ્ઞાન વચ્ચે સમન્વય જરૂરી છે આ વાત બરાબર સમજીએ. વિજ્ઞાન શરીર અર્થાત ભૌતિક સુખ સગવડો સાથે સંબંધ ધરાવે છે તેની પ્રગતિથી માનવજાતને અનેકવિધ સુવિધાઓ ઉપલબ્ધ થાય છે. વિજ્ઞાનની ઉપેક્ષા એટલે પ્રગતિની ઉપેક્ષા. ધર્મ આત્મા અર્થાત્ અતિદ્રીય તત્વો સાથે સંબંધ ધરાવે છે ધર્મના માધ્યમથી મનોશાંતિ મળે છે ધર્મ ભૌતિક સુવિધાઓનો વિવેકપુરઃસરનો ઉપયોગ કરતા શીખવે છે ધર્મનો અનાદર એટલે શાંતિનો અનાદર. માનવજીવનમાં સુખ અને શાંતિ માટે ધર્મ અને વિજ્ઞાન બન્ને જરૂરી છે છતાં બન્ને ક્ષેત્રો વચ્ચે સુમેળનો અભાવ છે. વિજ્ઞાનની પીપુડી વગાડનારાઓ ભૂલા પડ્યા છે તેઓએ લોક લાગણી દુભાએ એવી પ્રવૃત્તિ માંડી છે તો ધર્મીય લોકોએ વિજ્ઞાનનો મોતને ઘાટ ઉતાર્યાના દાખલા નોંધાયા છે ધર્મ અને વિજ્ઞાનને માનવ હૃદયના બે ફેફસા છે ભારતીય પરંપરામાં ધર્મ અને વિજ્ઞાનને એક બીજાના પૂરક ગણ્યા છે તેનો પુરાવો છે આજનું અણું વિજ્ઞાન તે આપણા ન્યાય દર્શન પર આધારિત છે. આપણા ઋષિઓ હજારો વર્ષો પહેલાં દૂરના દ્રશ્યો જોઈ શકતા અને દૂરની વાણી સાંભળી શકતા એટલું જ નહીં સામેની વ્યક્તિના સંકલ્પો પણ જાણી શકતા તેનાથી પ્રેરાઈને આજે વિજ્ઞાનને દૂરદર્શન, દૂરશ્રવણના સાધનો શોધ્યા છે. વનસ્પતિમાં ચેતના હોવાની વાત આપણા શાસ્ત્રોમાં હજારો વર્ષો પહેલાં નોંધાયેલી છે તેના અનુસંધાને જગદીશચંદ્ર બોઝે સંશોધનો કરી વનસ્પતિમાં પણ જીવ હોવાની વાતને વૈજ્ઞાનિક દ્રષ્ટિએ સાબિત કરી.

ડાર્વિનનો ઉત્ક્રાંતિવાદ નો સિદ્ધાંત અને હિન્દુધર્મના અવતારવાદ વચ્ચે ઘણી બધી સમાનતા છે વિજ્ઞાનના મત પ્રમાણે સૃષ્ટિ જળમાંથી ઉત્પન્ન થઈ છે. ધર્મશાસ્ત્રોએ આ વાત સદીઓ પહેલા કહી છે હિન્દુ ધર્મગ્રંથો (પુરાણો)માં કહ્યું છે કે પૃથ્વીને જળમાંથી વરાહરૂપે ભગવાન ઉપર લાવ્યા હતા પુરાણોની કથાઓ રુપક પ્રકારની હોવાથી તેના સૂક્ષ્મભાવને પકડવો ખૂબ અઘરો હોય છે દ્રષ્ટાંતરૂપે લાગતી પુરાણોની રોચક કથાઓ પાછળ ખૂબ મોટા રહસ્યો છુપાયેલા છે સામાન્ય જનતાને વાર્તા સાહિત્યમાં રસ પડે છે તેથી

વાર્તારૂપે વિજ્ઞાનનો સત્યો જળવાય રહે અને લુપ્તપ્રાય ન બને એ માટે આપણાં ઋષિ મનીષીઓએ તેને કથાઓના યોગદામાં ઢાળી દીધા છે આ કથાઓનો ભાવાર્થ સમજવા ખૂબ ઊંડાણમાં જવું પડે છે.

આપણી પુરાણ કથાઓને પાશ્ચાત્ય વિદ્વાનો ગપ્પા માને છે કારણે તેઓ બિયારા તેનું રહસ્ય ઉકેલી શક્યા નથી સ્થૂલ દ્રષ્ટિએ લખાયેલી કથાઓના ઊંડાણમાં જઈએ ત્યારે આશ્ચર્ય અને અહોભાવથી તે લખનારા મનીષીઓને વંદન કરવાનું મન થાય છે. પરિકલ્પનાઓ જેવી રોચક લાગતી પુરાણોની ધર્મ કથાઓ સમાજનો વિજ્ઞાન સાથેનો સંબંધ જળવાય રહે તેવા શુભ આશયથી લખાઈ હશે હજારો વર્ષથી વિજ્ઞાનને ધર્મકથાઓના માધ્યમથી સાચવ્યું છે.

સરસ મજાનું કીમતી તાળું હોય પણ તેની ચાવી ખોવાઈ જાય તો તાળું નકામું બની જાય છે તેમ વિજ્ઞાનની જ કથાઓ પુરાણ કથાના રુપક રુપે સચવાઈ રહી પણ તેના રહસ્યો ઉકેલનારા ચાલ્યા ગયા પુરાણ કથાઓને ધાર્મિક કરતા વૈજ્ઞાનિક દ્રષ્ટિએ મૂલવવી જોઈએ વિજ્ઞાન અને ધર્મ વચ્ચે ખાઈખોદવાના કારણે જ આપણે આવી કથાઓના રહસ્યો કોઈબેઠાછીએ ધાર્મિક લાગતી વિધિઓમાં વિજ્ઞાન કેટલા પ્રમાણમાં જળવાઈ રહ્યું છે તેનો થોડો ખ્યાલ મેળવવા આપણે કેટલાક પ્રસંગો જોઈએ ધાર્મિક દ્રષ્ટિએ તુલસી ના છોડને પવિત્ર માનવામાં આવે છે અને તુલસી પત્રને પ્રસાદ માનવામાં આવે છે તે તુલસીપત્ર કેટલાએ રોગોનો નાશ કરનારી વનસ્પતિ હોવાનું આરોગ્યશાસ્ત્રીઓએ સ્વીકાર્યું છે.

હિન્દુધર્મમાં પીપળાને પવિત્ર માનવામાં આવે છે તેમાં પિતૃઓનો વાસ હોવાનું મનાય છે કોઈ દેવદેવીમાં ન માનતો હોય તેવો વ્યક્તિ પણ પિતૃમાં માનતો હોય છે તેથી પિતૃના નિવાસસ્થાનરુપ પીપળો કાપતા ખચકાય છે અને વૃક્ષોનું નિકંદન કાઢતા લોકો પીપળાના વૃક્ષને છોડી દે છે ખરેખર તો પીપળામાં પિતૃરહે છે કે કેમ એ ખબર નથી પરંતુ પીપળો જ એક માત્ર એવું વૃક્ષ છે કે કાર્બન ડાયોક્સાઈડનું શોષણ કરે છે અને વાતાવરણમાં ઓક્સિજન ફેલાવે છે તેથી પર્યાવરણને શુદ્ધિ માટે પીપળાનું બહુ મહત્વ છે પીપળાના વૃક્ષને બચાવવા તેને ધર્મશ્રદ્ધા સાથે જોડી દઈને ઋષિઓએ બુદ્ધિપૂર્વક વૈજ્ઞાનિકોનું કામ કર્યું છે શિવજીને પ્રિય એવા બીલીપત્રોમાં પણ એવી રોગ પ્રતિકારક શક્તિ હોવાનું વિજ્ઞાનીઓ માને છે એકાદશના



ઉપવાસનું મહાત્મ્ય ધર્મશાસ્ત્રમાં ખૂબ વર્ણવ્યું છે આરોગ્ય વિજ્ઞાને પણ ઉપવાસનું મહત્વ સ્વીકાર્યું છે આરોગ્ય વિજ્ઞાનની દ્રષ્ટિએ જોઈએ તો દર 15 દિવસે કરવામાં આવતો એક ઉપવાસ અને મનની તંદુરસ્તી જાળવવામાં મદદરૂપ થાય છે તેનાથી મનની સ્ફૂર્તિ વધે છે તથા શરીરમાં વાત પિત્ત અને કફથી થતા દોષો નાશ પામે છે

સમાજને હિતાવહ એવા આચાર વિચારની પ્રણાલીકાઓ આપણા ઋષિઓએ ધર્મના સ્વરૂપમાં ગોઠવવી છે તેથી કહી શકાય કે ધર્મ પણ વિજ્ઞાનનું જ કામ કર્યું છે ધર્મમાં ખાસ કરીને મૃત્યુ પછીના જીવન પર તો વિજ્ઞાનમાં વર્તમાન જીવન પર વધુ ભાર મૂકવામાં આવ્યો છે આદર્શ જીવન માટે બન્ને વસ્તુઓ ખૂબ મહત્વની છે જીવન અનંત છે મૃત્યુ એ માત્ર વિસામો છે આ લોક કે પરલોક બન્ને માંથી કોઈ એકની ઉપેક્ષા કરવી એ અણસમજણ છે.

ધર્મ વિનાનું વિજ્ઞાન અંધ છે વિજ્ઞાનથી અલગ થયેલો ધર્મ પાંગણો છે બન્ને વચ્ચે સેતુ રચવાથી જ સમાજને સુખ સમૃદ્ધિ અને શાંતિ મળશે. ધર્મના દ્રષ્ટાઓએ શોધેલા સત્યોની વિજ્ઞાનને જરૂર પડતી રહેશે અને ધર્મમાં ગતિશીલતા લાવવા વિજ્ઞાનની જરૂર પડવાની ધર્મ અને વિજ્ઞાનના રાસ્તા જુદા દેખાય છે પણ બન્નેની મંઝિલ એક છે અને તે છે માનવ કલ્યાણ.

એકબીજાના બે ફાડા કરવાથી કદીય છોડ ન બને કેવળ નારી કે કેવળ નરથી સૃષ્ટિ સર્જન શક્ય નથી બન્નેનો સમન્વય જ જીવનના વિકાસની દિશાઓ ખોલી શકે છે તેથી ધર્મ અને વિજ્ઞાન બન્નેનો આદર કરતા વહેલા મોડા આપણે શીખવું જ પડશે.

GLIMPSES OF THE REVACHEM SPONSORED KCBF SEMINAR

KCBF



Why Khadayata Ratna ?

KCBF – Konnect eBulletin Team has introduced the column of “**Khadayata Ratna**” since last almost a year. During this period the eBulletin Team has tried to bring before its readers the highlights of prominent Khadayatas who have contributed substantially during their life span – in their respective profession, society and to Khadayata community in particular. The objective is clear – to highlight our own community people who can act as the “**Role Model**” for current as well as future generation/s.

There are almost eight billion humans (7.9) on our planet. They are spread over different continents and countries. E.g., in India we have 1.3 billion people. They further get divided in to states – like Maharashtra, Gujarat, Uttar Pradesh etc. further into Districts like Sabarkantha,

Aravalli etc. Within this further classification into different communities – like Khadayatas, Kshatriyas, Brahmins etc.

If you observe, in order to acknowledge the people for their contribution to the SOCIETY they serve they are acknowledged from time to time. E.g., **Internationally it's NOBEL PRIZE** – in all different categories. **Bharat Ratna, Padma Bhushan, Padma Vibhushan at National level.** Similarly, there are different awards in other fields like Film Industry, Literature, Army, Sports, Police etc. the objective being not just to acknowledge their contribution but to also provide the present and future generations to take lead from their life and to act as role model. E.g. Sachin Tendulkar – could be a role model for many budding cricketers. Lata

Mangeshkar, Akshay Kumar in film industry, Swami Vivekanand, Swami Chinmayanand in spirituality etc.

It is with this objective we decided to provide brief profile, achievements and contributions of the prominent Khadayatas in our monthly bulletin. The name/s are approved by the majority consensus. One of the objectives of the KCBF is to also try and hold our community together at a time when the social structures and joint family systems are getting disintegrated and replaced by nucleus family units – whereas Western countries are increasingly appreciating and turning to Indian culture.

We would be glad to receive the names and write-ups of such prominent Khadayatas for coverage in forthcoming issues.

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Please send in your article / content before the 25th of the preceding month to be published in the ebulletin

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Note: We, at KCBF, have decided to publish profile of each life members and hence requested them to share details about their Business / Professional / Service etc including family in their own words (150/175). We also thought to introduce a renowned Khadayata under “Khadayata Ratna” - A person of eminence from Khadayata community who can be Businessman / Professional or Service at highest position from any field. It's a prerogative of KCBF Admin Committee from the name suggested and/or forwarded to KCBF. The honour given is based on individual's contribution to profession, community and society at large. The award carries no material/monetary medal or certificate but the basic objective is to bring to light our own people as role model for current and future generation of our community.

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