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KCBF CALENDAR 2023

23RD 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

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ABOUT CHANDRAGUPTA

MA SANDEEP SHAH

One of the earliest coins struck by Chandragupta I (AD 319-343) featured a Rajadanda, very similar to the Sengol carried by Modi ji at the opening of the Parliament.

In my book, released by Honorable Prime Minister Modi ji, this device held by the king was identified as a Rajadanda. Therefore this coin design was given the name "Rajadanda Type".

This is an extremely rare type coin issued approximately 1700 years back and one of the first designs of Ancient India to show a Royal Scepter.

This coin below is part of the famous Shivlee Collection.



Chandragupta I, Rajadanda-Scepter Type Private Collection 1001, 7.8gm, 19mm

Obverse: The king is shown with a halo and his head turned to the left. With his right hand he is offering oblations onto the fire altar. On the left side of the coin we see the Garuda sitting on a stand (Garuadhavaja). The king's name Chandra is written below his left hand which is turned up holding the Rajadanda/Scepter. On some coins, we only see the name Chandragu and on other's Chandra-Gupta. The circular legend on the obverse starts as 1 o'clock and has been read as vasudham vijitya jayati tridivam prithivisvarah [punyah], "Having conquered the globe, the lord of the earth now wins heaven by meritorious deed".

Reverse: The Goddess is seated on a throne which is shown with either four legs or with just the front two legs, the back of the throne is visible on some coins and missing on others; she is facing to front, holding a diadem in her right hand which sometimes can be seen as a beaded design (the tails shown below this confirm it is not a Kamal ksha m l in this design). She holds a

cornucopia in her left hand which rests on her thigh.

The legend to her left reads paramabh gavata - "the foremost devotee (of Vishnu)". On the Bharat Kala Bhavan coin the biruda is paramabh gavato.

Her feet rest on a floral design shown as dots within a circular border at her feet (as in coin above) and on some coins a lotus flower design with full petals starts to appear below her feet.

Please feel free to share so all of India and the world appreciates our beautiful Ancient Heritage.

Sandeep V Shah

MA : Numismatics and Archaeology

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ASTHMA

DR. BIJAL SHAH

As the monsoon is approaching it's only logical to talk about asthma. Asthma is a medical condition in which the airways (trachea, bronchi, and bronchioles) become narrow. Along with the constriction of the airway passages, there is a release of mucus in these passages. This in all gives rise to difficulty in breathing.

Let us understand how this happens (PATHOPHYSIOLOGY)

As we know our body is made of multiple specialized cells. Our body comes across thousands of particles both living and dead. It is a herculean task to differentiate which particles are helpful, which are neutral, and which particles are harmful to us. Living organisms like bacteria, viruses, or other microorganisms that harm the body are known as pathogens.

Our immune system is constantly alert and ready to fight these pathogens. We are thankful to our immune system for playing an essential role in preventing diseases.

There are times when our immune system "becomes HYPER"- I mean this literally. There is an error in judgment where potentially inert substances like pollen, dust, or other articles are mistaken for pathogens, and due to that a chain of reaction gets triggered off which is known as an immune response.

Now in the case of the lungs; constriction of the airway passages and release of mucus is a part of the immune response. When the person tries to inhale the air cannot enter the lungs because of the constriction. Small amounts of air that enter the lungs produce a whistle-like sound what we call wheezing!

Asthma usually occurs in bouts. In the initial stages, it recovers on its own. Initially, it gets triggered off when it comes in contact with the ALLERGENS. Allergens are the particles that usually trigger off asthma in a person. As the disease progresses similar episodes get triggered off due to other factors like exertion, humid climate, etc. Of course, the picture of the illness varies as per its intensity and other factors related to the disease.

As a child is born it comes in contact with new surroundings. Gradually body gets accustomed to the environment. During this process, kids tend to have colds much more than adults. Asthma rates are also higher in children. As the age progresses a vast majority improve on their own.

SIGNS AND SYMPTOMS

1. Difficulty in breathing.
2. Inability to lie down. When the episodes of breathlessness happen the patient can not lie down. They tend to even sleep in an upright position.
3. There can be a whistling sound from either chest or throat depending on the type of the disease.
4. The episode of asthma may start as colds or coughs.
5. Episodes of breathlessness are more common at night.

FACTORS AFFECTING THE DISEASE

1. Dust
2. Pollens- of certain flowers.
3. Cotton threads
4. Flour in the air - flour mill workers or even grinding at home
5. Asthma usually worsens in a humid environment. If the disease doesn't improve with medicines we advise patients to migrate to drier climate areas from humid places like Mumbai. For the same reason, patients tend to suffer more during MONSOON SEASON.

TREATMENT

In HOMEOPATHY we see allergic diseases as one entity. It can range from simple sneezing; it can be recurrent coughing or it can be asthma.

When a patient with chronic asthma comes to us we give the following treatment

1. If the patient has come during active asthma, medicine is decided quickly by looking at his general condition and examination. If the patient is already in distress then he is given the medication at the clinic and made to wait there to access him further. Generally, in a short time, the wheezing sounds in the chest decrease, and/ or the general condition improves.
2. If the patient comes during a symptom-free phase then a detailed case-taking is done where we decide the medicines that are needed for the patient. This may include various medicines at different stages of the disease.
3. We prefer to see one episode in person; to assess the intensity of the problem in addition to the diagnosis of the disease.
4. I have treated long-distance patients with asthma. If the patient has already been to another physician and got himself diagnosed then it may be possible.
5. We give one set of medicine that is to be taken during the symptom-free phase continuously. This medicine helps in building immunity. Gradually the frequency and intensity of the problem keep



decreasing.

6. The patient is given a set of emergency medicine to be used in case of an asthma attack.
7. Duration of treatment varies from 3 months to 1-1.5 years or more depending on the intensity of the disease and co-morbidities.
8. In modern medicine, they tell you to avoid the situation that triggers the asthma but we do not recommend that. During the initial phase of the treatment patient of course needs to take care but once he/she improves we recommend they expose themselves to similar conditions in milder form. They may show a slight reaction initially but begin to tolerate the environment with the help of the medicines. The treatment has to go on till the patient remains symptom-free despite the exposure to a disease-producing environment. Gradually we start tapering off the medicines and if the patient remains well we ask them to stop the medicines and see us in case the episode recurs.

SELF-CARE

In HOMEOPATHY we believe that around 80% of the problems are Psycho-somatic. It simply means that if we find a way to calm our mind then the body has the capacity to heal itself.

This is the reason we recommend patients take up yogic breathing and meditation. In modern medicine they recommend keeping the person in a safe environment- hence the use of air purifiers etc. I am not against the use of better tools but I have seen that the person who is suffering from the disease always ends up having a very restricted lifestyle. We do not recommend that.

DR. BIJAL SHAH

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UNDERSTANDING PURNA MANTRA

KRUPA SHAH

Hi friends, I am Krupa Shah and welcome back to next episode of reviving the ride to mysterious world. Let's open the untouched walls of this world. This time we are going to decode the 'SHANTI MANTRA' which is also known as 'PURNA MANTRA'.



Here you can see 'OM' in the starting of mantra which we have discussed in the earlier bulletin



The above translation form is in Hindi of 'Purna Mantra'. This mantra is found in Brihadaranyaka Upanishad and Isavasyo Upanishad.

Meaning: 'That' – The absolute spirit or Brahma is infinite. 'This' (Soul/ Atma) is infinite. From 'That' 'ssssThis' raise and manifests itself. From 'that when 'This' is separated what specially remains is 'That'. When infinity is separated from infinity, the remaining is always infinity.

This powerful invocatory verse succinctly describes the nature of both the source of creation and the created. In this episode, let us look at the exact meaning, mathematical symbolism and the practical significance of the beautiful shloka. Purna mantra is Shanti mantra or an invocatory verse that is usually used to set an ambiance by reminding everyone of the presence of the divine within everything that exists.

The power of mantra lies in the arrangement of sound in it. It is the at the level of the sound and its reverberance that a mantra manifests results. The fact that many mantras have deep meaning and existential revelation encoded within them is just an added bonus, while the meaning helps us at the level of mind to relish the mantra and focus on it. It is the sound that is the main component which has a physiological impact on the human system.

This is why it is extremely important to utter this mantra right. Let us first look at the correct

pronunciation of the words in this mantra or decode this mantra.

Om Puurnnam-Adah Puurnnam-Idam Puurnnaat-Puurnnam-Udacyate
Puurnnasya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate ||
Om Shaantih Shaantih Shaantih ||

Now read carefully with patience about this decoding. You will come to know some different philosophy of this universe hidden and we just don't know.

The word 'Purnam' literally means full and complete that is why full moon night is called 'Purnima'. Because 'Purna' is whole which also adds on 'Circle' - a figure which is complete within itself - to the list of meaning. It has no beginning and no end. It is also a symbol that denotes 'Shoonya' which is 'Zero' – Nothingness. This 'Shoonya' is not something which is in everybody's experience. You cannot see nothing. You cannot touch nothing. You can also not imagine nothing. If you think you have imagined it, at that very moment it becomes something. Something that you have imagined. This unseeable, untouchable and even unimaginable nothing out of which creation sprang forth is known by many names, of course none of these names do complete justice to it. They are all just very very close approximations to it. Because the moment you give it a name, it has become something. One of such name is 'Poornam'/'Purnam' which means complete. Now you might say, hold on, you were just talking about nothingness and now you are saying nothing is complete or 'Poornam'/'Purnam'. This is why, it seems hard to comprehend. Just think of it.... if it is something, some more things can be added or taken away from it. It is only absolute nothingness which is complete within itself.

'Poornam' in Sanskrit means complete and also denotes 'Zero', so mantra says
'Puurnnam-Adah' = THAT is Complete
'Puurnnam-Idam' = THIS is also Complete
Now, what are these two things 'THAT' and 'THIS'.
THAT= Source of Creation generally refer to as God.
THIS= Refers to Your Own Self.
THAT is complete and THIS is complete, this completeness is present in both which means even if at the surface it might look like two different things but at the core, it is same completeness. This explanation will become extremely clear with a very simple analogy.

The next words
'Puurnat-Puurnnam-Udacyate' = One complete entity gives rises to another complete entity.
'Puurnnasya-Puurnnam-Aadaya' = After a complete entity is taken away from another complete entity
'Puurnnam-Eva-Avashissyate' = Only completeness remains.

If we look at this same line mathematically, since we understood that 'Puurnnam' also means 'zero', taking

away 'zero' from 'Zero', 'Puurnnam-Eva-Avashissyate', 'Zero' alone remains.

0-0-0

At the surface, it might seems as a very silly and straightforward equation but to have any understanding of the concept of nothing and then thinking further about other such subtle and abstract idea which form the basis of creation is no small feat and on top of that the entire idea is presented in the beautiful poetic form and if still there is confusion, one can understand it by simple example. If we remove a bucket or tanker of water from a sea, the sea will remain complete only. If many rivers' pores water into sea, then also sea remains complete. Now in this example you can understand the concept of great mantra. I hope this brought some more clarity with you understanding this mantra.

There have been many explanations of this mantra with many analogies towards various aspects of nature. One of the beautiful explanations was by Bhagwan Osho who explained mantra as;
Nothing is Significant,
Nothing is Smaller than Anything else,
The part represents the Whole,
Just as the Seed contains the Whole.

So people this is the brief description and small glimpse of shanti mantra but if one gets into deep analysis and understanding, there will be various aspects that might be coming out in awareness which are not really expected. Let's end this bulletin and see you soon with one more shloka and its decoding. Hoping the readers to enjoy this small glimpse.

**SHUBHAM BHAVATU,
KRUPA SHAH**



Dharmesh Shah

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HOW TO KEEP LIVER HEALTHY

DR ROMIL MEHTA

The liver is an amazing organ, but certain things can damage it. It is important to avoid alcohol, medications and drugs that can interact negatively. Exercise regularly, eat a balanced diet and stay well-hydrated. Also, get vaccinated against Hepatitis A and B and practice safe sex.

Limiting foods high in sugar and fat can help reduce your risk of developing non-alcoholic fatty liver disease (NAFLD). You should also avoid fried food and salty meats.

How to keep your liver healthy

The liver is a powerful organ that takes care of many essential functions. It removes toxins from the blood, stores vitamins and minerals, and makes proteins needed for healthy cell function. It also regulates blood sugar and triglycerides, and helps digest fats. In addition, it has anti-inflammatory properties and protects against hepatitis A, B and C viruses. Eating a diet that is low in starchy foods and sugar, and including more vegetables, fruits and legumes can help reduce stress on the liver. It's important to also avoid excessive alcohol intake and fatty cuts of meat.

A liver-healthy diet includes plenty of cruciferous vegetables like broccoli, cauliflower and Brussels sprouts. They're high in fiber and contain antioxidants that have been linked to reduced liver cancer risk. Other dietary choices that help keep the liver healthy include lean protein sources, such as skinless chicken and fish, and beans and lentils.

How to keep liver healthy naturally

Liver is one of the most important organs in our body, and it is responsible for a lot of work, including removing toxins, metabolizing alcohol, activating enzymes and producing bile. It also stores vitamins, minerals and glycogen. Eating a well-balanced diet, drinking plenty of water and exercising regularly can help keep your liver healthy. In addition, avoiding inflammatory foods can

support liver function.

Toxins like nitrates and nitrites found in processed meats, fast foods and lunch meats can degrade the liver. Replacing these foods with nutrient-dense whole foods, such as organic chicken and turkey, vegetables and berries, can improve your health and help keep your liver happy. Drinking 2-3 cups of green tea daily also helps because it contains a plant antioxidant called catechins that has been shown to aid liver function. Berries are also rich in a type of antioxidant known as anthocyanins, which may reduce inflammation and protect against fatty liver disease.

How to keep liver healthy food

Studies show that eating a diet that includes lots of fruits, vegetables and whole grains can help keep your liver healthy. Avoid fried foods and anything high in saturated fat. Also, be sure to limit alcohol—especially if you have hepatitis C or other liver diseases.

A healthy liver performs more than 500 vital functions, including storing vitamins and minerals, breaking down toxins from alcohol and medications, and removing waste products from the body. You can help your liver stay healthy by eating nutrient-rich foods, like lean protein, cruciferous vegetables, whole grains, berries, fruits, nuts and seeds.

Broccoli is a good choice because it contains antioxidants that can protect against nonalcoholic fatty liver disease. It's also an excellent source of fiber and vitamin K, which can reduce your risk for hepatitis. Another good option is leafy greens. Add them to a salad with sliced almonds and dried cranberries or mix them into a slaw.

Non alcoholic fatty liver disease

A healthy liver helps the body fight off toxins and diseases. Some of the most common diseases that can damage your liver include viral hepatitis and non-alcoholic fatty liver disease (NAFLD). Fortunately, there are ways

to reduce your risk of these diseases. A healthy diet and regular liver function tests can help.

NAFLD is caused by excess fat that builds up in the liver. People who are overweight or obese and those with type 2 diabetes and low levels of physical activity are most at risk for developing NAFLD. Losing weight and eating a balanced diet can reduce your risk.

A healthy liver can also help you maintain a normal blood pressure. To keep your liver healthy, drink plenty of water and avoid consuming too much caffeine. You should also avoid alcohol and illicit drugs, as they can cause serious liver damage. A doctor can perform a simple blood test to determine if you have these conditions.

Healthy liver

The liver is an essential organ that filters blood and flushes out toxins. If you want to keep your liver healthy, it's important to avoid alcohol and eat a balanced diet. This includes avoiding deep-fried foods and sugary drinks. It is also helpful to exercise regularly and maintain a healthy weight. This can help you reduce your risk of non-alcoholic fatty liver disease (NAFLD).

Dr Romil Mehta is a general practitioner who has a clinic called Era Clinic which is close to Panchsheel Housing Society

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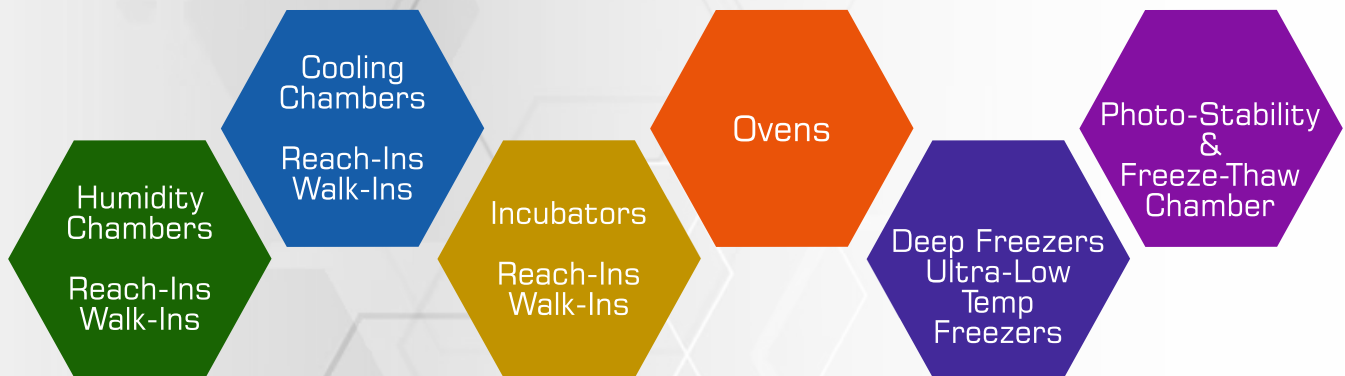
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Why Khadayata Ratna ?

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.

Editorial Team: Mr. Premal Parikh | Mr. Nainesh Shah | Dr. Jignesh Bhalavat | CA Jigar Shah | Ms. Pratibha Shah

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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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