

Neuroguru

Action	Image	Blog Title	Blog Description
		Headaches	Headaches are more common than diabetes and asthma. Headache is not difficult to d leads to great mystery. 50% of migraine sufferers canâ€™t work during the attacks.How Where there s no obvious cause of headache eg migraine , tension type headache 90% HEADACHE:Where there is obvious cause of headache eg brain tumour, meningitis ,ven
		World Parkinsonâ€™s Day	#Parkinsonâ€™s disease DayWorld Parkinsonâ€™s Day marks the birthday of Dr.J. Park increase awareness of this disease. The efforts made by world organizations related to in cities all over the world and the fund raised is donated for further research of Parkins symbol of Parkinsonâ€™s disease.What is Parkinsonâ€™s disease?It is a progressive ne Symptoms start gradually, sometimes starting with a barely noticeable tremor in just or no expression. Your arms may not swing when you walk. Your speech may become slu time.Parkinsonâ€™s disease cannot be cured. Medication might improve your condition exercise might reduce the risk of Parkinsonâ€™s disease. Green tea is also found to red found to affect people around 60 or older. Men are more likely to develop this disease th herbicides may increase risk of Parkinsonâ€™s disease.Dr. Jayanti Gurumukhani# Best disease dayFamous people who were affected by Parkinsonâ€™s:George H.W. BushMio WilliamsMuhammad AliDrinking green tea can redu1 l ce the risk of Parkinsonâ€™s dise
		World Brain Day	World Brain DayWorld Brain Day is held on July 22 every year by the World Federation o neurological disease or topic every year. The World Federation of Neurology was found decided to devote World Brain Day to the subject of â€ Clean Air for Brain Healthâ€ The attributable to air pollution worldwide is 12 million deaths annually. In particular, the su emerging and worrisome issue, with more and more data showing that it may be a mor thought.Recently the Global Burden of Disease study has investigated data from 1990 t pollution contributes to up to 30 percent of the global stroke burden. The list of possible effects is increasing. Neuro-developmental disorders and neurodegenerative diseases, discussed among others as having a potential association with polluted air.Prevention n considered at the societal level. WFN Secretary General Prof Wolfgang Grisold says: â€ some cerebrovascular and neurogenerative diseases.â€ This enlarging worldwide publ policies to be able to reduce air pollution to protect nrain health and not only lungs.Wak are conveying with World Brain Day is clear: The priorities in policy and funding must fo health should be treated as one of the highest-level healthcare priorities. â€œOur greate We are in this life to enlarge the soul, liberate the spirit, and light up the brain.Website:~ in#BestNeurologyinBhavnagar#BestNeurosurgeoninIndia#BestNeurologyinGujarat#Air
		Multiple Sclerosis(MS)	Multiple sclerosis is a chronic disease that affects the central nervous system, which is to a wide range of symptoms throughout the bodyScientists do not know exactly what o autoimmune disorder that affects the central nervous system (CNS). When a person ha healthy tissue, just as it might attack a virus or bacteria.In the case of MS, the immune s protects the nerve fibers, causing inflammation. Myelin allows the nerves to conduct el means â€œscar tissue in multiple areas.â€ Early signs and symptomsMuscle weakness or stimulation due to nerve damage.Numbness and tingling: A pins and needles-type se affect the face, body, or arms and legs.Lhermitteâ€™s sign: A person may experience a neck, known as Lhermitteâ€™s sign.Bladder problems: A person may have difficulty em suddenly, known as urge incontinence. Loss of bladder control is an early sign of MS.Ca D deficiencyVitamin B12 deficiencyDiagnosisNo single test can confirm a diagnosis, so whether a person meets the criteria for a diagnosis.These include:MRI scans of the bra analysis, which may identify antibodies that suggest a previous infection or proteins co test, which measures electrical activity in response to stimuli If the docto and whether it is active or not. The person may need more tests in the future to check f
		Epilepsy	Epilepsy is a central nervous system disorder in which brain activity becomes abnormal sensations and sometimes loss of awareness.Anyone can develop epilepsy.Treatment some cases by surgery, devices or dietary changes. Treatment can help, but this condit traumatic conditions.Brain tumours or strokes can cause epilepsy.Epilepsy and Seizure a mental illness. You can lead a normal life with epilepsy.Some seizures require life lon decrease in frequency with time. For some people, the seizures may eventually stop.Fo foods and over- ripe fruits trigger Epilepsy. Caffeine is a stimulant of Epilepsy.How to re prescribedSet a regular sleep scheduleAvoid drugs and alcoholDr. Jayanti Gurumukhar have the best treatment of epilepsy at his clinic and proper medication. #DrJAYANTIGURUMUKHANI#BESTNEUROLOGISTINGUJARAT#EPILEPSY#TREATME

Action	Image	Blog Title	Blog Description
		World Tuberculosis Day	World Tuberculosis Day is observed on 24th March every year. The date marks the day discovered the bacillus that causes T.B. This opened the gates for further research and one of the deadly infectious disease in the world. Every year, half a million people die of every year, many lives are saved. It still remains an epidemic in developing countries. Th &œlts Time&œ for quick action. All the countries that are members of the U.N. support for: Accountability Taking action Giving social status to those affected by T.B. Know your ItsTime# DrJayantiGurumukhani#Best NeurologistinGujarat
		World Down Syndrome Day	World Down Syndrome Day is on March 21. On this day, people with Down Syndrome ar world organize and participate in activities and events to raise public awareness and cr inclusion and wellbeing of the people with Down Syndrome. 21st March is selected for v month, which is a hat-tip to the uniqueness of the triplication of the 21st chromosome v wearing odd colour socks which carry &œ Down Syndrome&œ in their message. Down S causing intellectual disability and associated medical issues. Activities that take place c accomplishment of people with Down Syndrome. This year the global theme is &œ Leave must have opportunities to live fulfilling lives, included on a full and equal basis with oth Day# 21 March# Leave No One Behind# Dr. Jayanti Gurumukhani# Best Neurologist in
		Happy Republic Day	Republic DAY 2019 in India will be celebrated on 26th January. In 2019, India will cele celebrated every year with great pride to honor the Constitution of India as it came int holiday is declared by the Indian Government. &œ Matamela Cyril Ramaphosa&œ , the f chief guest on 70th Republic DAY of India, 2019. He was specially chosen for this occ anniversary of Mahatma Gandhi who had very close links with the people of South Afr our Independence and the great leaders who shaped our country. Let us honour the inc Take care of our health by avoiding fast food. Exercise regularly for good health of brai #BestNeurologistinGujarat #Neurologistin Bhavnagar# RepublicDay# ProudtoBeIndian
		Uttarayan	Uttarayan is the day when the Sun starts to travel northwards marking the decline of wi People of all ages enjoy this festival. Those who love to fly kites remain in their terrace celebrated in Gujarat each year. People enjoy traditional sweets called chikki, a fruits lik do take care of the thread. Do not try to catch other people&œ™s kites coming nearby th care of the thread. Avoid having much junk- foods during the festival. Drink lots of wat fervour and gaiety, with rays of joy and hope, wish you a happy Uttarayan.# Dr. JayantiGurumukhani#BestNeurologistinGujarat#HappyUttarayan#HappyPongal
		National Bird DAY	Nature lovers, Bird lovers, and Bird watchers across the country annually recognize Na of several designated holidays celebrating birds. National Bird DAY is a day to shine a s of birds, both captive and wild. National Bird DAY was created to promote avian awaren species are in danger of extinction. National Bird DAY is celebrated through the follow educating others&œ™ Bird adopting Birds have a special place in our heart. They are beau species under threat. They are a barometer of our planet&œ™s environmental health and under threat due to illegal pet trade, disease and habitat. The survival of hundreds of sp #NationalBirdDAY#BirdDAY2019#January5##DrJayantiGurumukhani#DrLaxmiGurumu
		Christmas	Christmas is one of the major festival celebrated by people across the globe. Everyone this festival with great enthusiasm and with lots of preparations and decorations. It is ce known as the Feast DAY of Christ and is celebrated in honor of birth of Jesus Christ. P this day. Christmas is a day of great significance and joy for the Christian community. thoughts and best wishes for a wonderful Christmas and a Happy New year! May peac Neurocare and Physiotherapy clinic# Dr. Jayanti Gurumukhani # Best Neurologist in C
		WORLD AIDS DAY	WORLD AIDS day 2018- On 1 December 2018, WHO will join global partners to commer Your Status&œ . This will also be an occasion to celebrate the 30th anniversary of WOF initiated by WHO in 1988. WORLD AIDS DAY is an opportunity for people worldwide to u for people living with HIV, and commemorate people who have died. WORLD AIDS DAY Government that HIV has not gone away- there is still a vital need to raise money, incre WORLD AIDS DAY #1st December #DrJayantiGurumukhani #MDNeurology# Best Neur
		World Stroke Day	World Stroke Day is observed on October 29 to underscore the serious nature and high treatment of the condition, and ensure better care and support for survivors. The annual Organization and the WSO declared stroke a public health emergency in 2010. The Wor include Indian Cricketer Sunil Gavaskar, former Miss Egypt Dalia El Behery, and cyclist continues to be a widespread disease worldwide, afflicting over 15 million people each further five million are left permanently disabled. A new person suffers a stroke in every A stroke refers to a lack of blood supply to parts of the brain, which causes brain cells t mobility and speech, among other aspects. One of the key factors that minimize the dan

Action	Image	Blog Title	Blog Description
			pollution contributes to up to 30 percent of the global stroke burden. The list of possible effects is increasing. Neuro-developmental disorders and neurodegenerative diseases, discussed among others as having a potential association with polluted air.Prevention is considered at the societal level. WFN Secretary General Prof Wolfgang Grisold says: "Some cerebrovascular and neurodegenerative diseases." This enlarging worldwide public policies to be able to reduce air pollution to protect brain health and not only lungs.Wake are conveying with World Brain Day is clear: The priorities in policy and funding must for health should be treated as one of the highest-level healthcare priorities. "Our greatest We are in this life to enlarge the soul, liberate the spirit, and light up the brain.Website:~ in#BestNeurologyinBhavnagar#BestNeurosurgeoninIndia#BestNeurologyinGujarat#Air
		Happy World Chocolate Day	Chocolate DAY is celebrated worldwide on the 7th of July. It is said that the first chocolate made from milk, coffee, and dark chocolate. Everyone enjoys having chocolate in different candy, chocolate cake, or chocolate biscuits. Chocolate facts of chocolateChocolate is ingredient of chocolate _ Coco was found 2000 years ago in America in the jungles in the of Mexico and America first made chocolate in the form of liquid chocolate. A traveler first making chocolate and made it popular in his country. Some scientists believe that it is better than to have vegetables. It keeps health GOOD. On eating chocolate our brain releases insulin increases our hunger but does not increase weight. The sugar in chocolate reduces stress helps in increasing our ability to live by 1 year more. Chocolate reduces the danger of heart these chocolate facts of chocolate!Neuroguru# WORLDCHOCOLATE DAY #chocolatefacts
		International Dr. Day	Doctor's DayIn India, the National Doctor's Day is celebrated on July 1 all across second Chief Minister of West Bengal, Dr. Bidhan Chandra Roy. He was born on July 1, 1900 years. Dr. Roy was honoured with the country's highest civilian award, Bharat Ratna. Doctor's Day is an attempt to emphasize on the value of doctors in our lives and to offer them our representatives. India has shown remarkable improvements in the medical field and Justice made relentless efforts towards achieving this goal irrespective of the odds.Its easy to doctors are- that is, until you get ill or sustain an injury. Doctor's Day puts hard-work considerate of the long hours they work, their compassion, and the effort they put into patient JayantiGurumukhani#BestNeurologistinGujarat#MyDoctor_My God#DoctorsDay#1 July
		International Yoga Day	International Yoga DayInternational Yoga Day is celebrated every year on 21st June since Narendra Modi. 21st June is the longest day of the year and so has significance in various does in daily life. It helps to live a healthy lifestyle and a better life forever. Yoga helps to associated with the meditation of body and mind through the relaxation of the body. It reduces frazzled from Stress, over-stimulation, or disease, our brain reacts from survival mode- responding to life. We may experience fatigue, difficulty breathing, difficulty in sleeping, yoga poses help in conscious breathing and positive affirmations that create strength, flexibility our nervous system. Meditation creates more efficient pathways to the pre-frontal lobes thinking.Neuroguru #Dr.JayantiGurumukhani #BestNeurologistinGujarat#International
		Happy Father Day	Father's Day is celebrated in June 17, this year. The most influential man in my life has led a clean and admirable life, one to emulate and honor.I believe that what we become depends when they are not trying to teach us. We are formed by little scraps of Wisdom.My father's possessions, but an unspoken treasure of his example as a man and a father.#neuroguru
		Effect of Mobile Phone Radiation on Children and Teens	A study has shown that Microwave radiation(MWR) given off by wireless devices, is harmful between MWR and cancer.Children face a higher risk than adults. The rate of MWR absorbed brain tissues are more absorbent, their skulls are thinner, and their relative size is smaller absorbed about two times more MWR than that of adults and other studies have reported more MWR than that of adults. The authors write that the MWR exposure limits have regulators makers specify the minimum distance from the body that their products must be kept safe. But most of the public is unaware of such warnings.There are toys being sold to infants whose exposure to any carcinogen is higher in children, and the younger the child, the higher the tumours have increased in incidence, including the most malignant and hearing- nerve damage Safe Use:Wireless devices are a part of everyday life, but they can be used in a manner safe phone 15 cm from your ear provides a 10, 000 fold reduction in riskUnless a cell phone should not be kept on the body. The best place is somewhere like a purse, bag or back pocket woman's abdomen, and a mother should not use a cell phone while nursing.Cell phone use at night. A study reported that 75 percent of pre-teens and early teens sleep all night with a cell phone in their front pant pockets. There is a potential harm to sperm from MWR.V where people, particularly children spend their most time.# neuroguru# harmful effects
		World Hypertension Day	#WorldHypertensionDayHealth is correlated with quality of life. If you get regular physical cholesterol, keep your blood pressure at a normal level, don't smoke "these things"

Action	Image	Blog Title	Blog Description
			long you live, but how much you enjoy your life in those years. #Neuroguru #Physiotherapist#NeurologistInBhavnagar#bestneurologistingujaratwww.
		Happy Mother's Day	Mother, Mom, Maa- the words for this most beautiful soul sound similar across most languages. She is the one who is no less than God for her child. Perhaps the physical presence of Mother which He created this idol called "Mother". She is the goddess of multi-tasking. From us for our wrongs, she plays her part with utmost love and affection.#Neuroguru#bestneurologist
		Parkinson's Day	A disorder of the central nervous system that affects movement, often including tremor and rigidity. (India) " Treatment can help, but this condition cant be cured." Requires a medical doctor.
		International Epilepsy Day	What is Epilepsy? a neurological disorder marked by sudden recurrent episodes of sensory or motor experiences associated with abnormal electrical activity in the brain. What causes epilepsy? Causes of epilepsy are not clear. No clear cause of epilepsy may have a genetic cause. But what's true for every age is that epilepsy is with epilepsy. Some people with no known cause of epilepsy may have a genetic form of epilepsy. Some epilepsy may be caused by the way some genes work in the brain. The relationship between epilepsy and genetic testing is not available yet for many forms of epilepsy. About 3 out of 10 people with epilepsy causes the electrical storms of seizures. Some young children may be born with a structural brain abnormality that causes seizures. About 3 out of 10 children with autism spectrum disorder may also have seizures. Infections of the brain are also common causes of epilepsy. The initial infections are treated, but the scarring on the brain that causes seizures at a later time. People of all ages can have head injuries, often in young adults. In middle age, strokes, tumors, and injuries are more frequent. In old age, new-onset seizures. Other conditions such as Alzheimer's disease or other conditions can cause seizures. Contact: http://www.neuroguru.in contact no: 0278-3004936
		Body Weight Support	Empowering Recovery: The Role of Body Weight Support in Stroke Rehabilitation. Introduction: For individuals grappling with physical challenges that demand extensive rehabilitation, a new approach you might employ is body weight support (BWS) therapy. This innovative technique provides balance, and overall functionality for stroke survivors. Body Weight Support Defined: Body Weight Support (BWS) involves supporting a patient's body weight to alleviate the impact of gravity during rehabilitation exercises. This is achieved through equipment like harnesses attached to overhead systems or robotic devices designed to assist with movement. Weight Support for Stroke Patients: Reduced Impact of Gravity: By partially lifting the patient's weight, BWS reduces the force that can impede movement, making it easier for stroke survivors to engage in exercises. This support allows physiotherapists to focus on gait training, a critical aspect of stroke rehabilitation, improving stride and rhythm, fostering better muscle memory and coordination. Increased Repetition: BWS reduces fatigue during traditional rehabilitation exercises. BWS enables longer sessions and increased repetition, accelerating the recovery process. Improved Postural Control: Stroke survivors commonly experience balance issues. BWS assists in retraining postural control by providing the necessary support, allowing patients to practice standing and walking. Customizable Support Levels: BWS systems are adjustable, allowing physiotherapists to tailor support to patient needs and progression. This flexibility ensures that therapy remains challenging and effective throughout the rehabilitation journey. Application in Daily Activities: Physiotherapists can use BWS to assist with tasks, such as reaching for objects, standing up from a chair, or climbing stairs. This functional support not only empowers stroke survivors to regain independence in their daily lives but also empowers them to overcome numerous benefits, its essential to recognize the potential challenges. Assessing each patient's needs and tailoring support levels accordingly is crucial. Additionally, ongoing evaluation is necessary to ensure the BWS remains a key component of the rehabilitation plan. Conclusion: As a physiotherapist, incorporating body weight support into your practice offers a path to holistic recovery. This innovative technique goes beyond traditional methods, offering stroke survivors a chance to experience increased mobility, confidence, and independence. Through diligent application and collaboration, BWS can serve as a cornerstone in the journey toward post-stroke rehabilitation success.
		Bells Palsy	Bells Palsy : A Physiotherapists Guide to Recovery Introduction: Bells Palsy, a condition characterized by sudden facial weakness or paralysis, is a journey for those experiencing it. As a physiotherapist committed to the well-being of patients, understanding how physiotherapy can play a pivotal role in recovery is essential. Understanding Bells Palsy: Bells Palsy affects the facial muscles, often resulting in drooping (lakra) on one side of the face. While the exact cause is often unknown, it is commonly associated with viral infections. The good news is that, with appropriate care, many individuals regain full or near-full facial function. Physiotherapy is a key player in the recovery process for Bells Palsy patients. Through targeted exercises, physiotherapy helps improve muscle strength and overall facial mobility. To stimulate nerve function, electrical stimulation, Transcutaneous Electrical Stimulation (TENS), Infrared (IR) or ultrasound can be given. Exercise Regimen: Facial Muscle Exercises: Gentle exercises, such as raising your eyebrows, help activate and strengthen facial muscles. Consistent practice is crucial for recovery. Massage and Mobilization: Specific techniques, including massage and mobilization, can aid in relieving muscle tension and promoting blood flow. Stretching Techniques: Specific stretches target affected muscles, preventing stiffness and promoting flexibility. Patience and Persistence: Recovery from Bells Palsy is often a gradual process. Patient education and support are vital throughout the journey.

Action	Image	Blog Title	Blog Description
--------	-------	------------	------------------

Regular follow-ups with your physiotherapist will help monitor progress and adjust the treatment plan. As your physiotherapist, I am here to support every step of the way. Together, we work towards your best quality of life.

Airplane Headache

Understanding Airplane Headache: A Neurological Perspective Airplane headache (AH) is a significant challenge within the realm of neurology. Despite its relatively recent characterization in the medical literature, it has garnered attention due to its specific and often debilitating nature. Herein, we delve into the pathophysiology and potential management strategies of this intriguing condition.

Pathophysiology The exact pathophysiology of AH is not fully understood, but it is widely hypothesized to involve rapid changes in barometric pressure experienced during flight. The ascent and descent phases are particularly implicated, suggesting a correlation with variations in cabin pressure. The Valsalva maneuver, which passengers might perform subconsciously to equalize ear pressure, can exacerbate pressure dynamics, leading to headache onset.

Clinical Manifestations Typically, airplane headache is characterized by a sharp, stabbing pain, predominantly localized in the periorbital region. Patients often describe the onset of pain during takeoff or landing phases of flight. The International Classification of Headache Disorders (ICHD-3) defines AH as a secondary headache disorder, distinguishing it from other secondary causes related to air travel, such as sinusitis.

Diagnostic Criteria The ICHD-3 outlines specific diagnostic criteria for AH, including: 1. Pain located in the frontal region. 2. Onset during ascent or descent. 3. Resolution within 15 minutes after landing. 4. Not better accounted for by another ICHD-3 diagnosis.

Management Strategies Managing airplane headache involves a combination of pharmacological and non-pharmacological approaches. Medications such as analgesics prior to flight, have shown efficacy in some cases. Nonsteroidal anti-inflammatory drugs (NSAIDs) can be employed based on individual patient profiles and headache severity. Additionally, avoiding caffeine, which might exacerbate dehydration and headache, is advisable. Behavioral strategies, such as performing pressure-equalizing maneuvers correctly and suggesting seating preferences (e.g., aisle seats), are typically more pronounced, can mitigate symptoms. In some cases, supplemental oxygen during flight remains under investigation.

Future Directions Further research is imperative to elucidate the underlying mechanisms of AH and identify potential therapeutic targets. Investigating the role of genetic predispositions, vascular changes, and neuronal pathways may lead to more targeted therapeutic interventions. Moreover, advancements in aircraft technology to reduce the incidence of AH, thereby improving the overall air travel experience for susceptible individuals, are a promising area of research.

While distinct and often severe, airplane headache can be effectively managed through a combination of pharmacological and non-pharmacological approaches. As our understanding of this condition deepens, neurologists can better equip their patients to ensure a more comfortable journey.

Stress urinary incontinence

Stress urinary incontinence (SUI) is a common condition characterized by the involuntary leakage of urine during activities that increase intra-abdominal pressure, such as coughing, sneezing, or lifting. It is often associated with pelvic floor weakness and can significantly impact quality of life. Treatment options include pelvic floor exercises, lifestyle modifications, and surgical interventions.

VERTIGO

Vertigo is a sensation of spinning or dizziness, often accompanied by nausea and vomiting. It is typically caused by inner ear problems, such as benign paroxysmal positional vertigo (BPPV), Meniere's disease, or vestibular neuritis. Treatment involves repositioning maneuvers, medication, and in some cases, surgery.

OSTEOARTHRITIS

Osteoarthritis is a degenerative joint disease characterized by the breakdown of cartilage, leading to pain, stiffness, and swelling. It commonly affects the hands, knees, and hips. Management strategies include weight management, physical therapy, pain relievers, and joint replacement surgery in severe cases.

(Obesity)

Obesity is a complex condition characterized by excess body fat. It is a major risk factor for various chronic diseases, including heart disease, diabetes, and certain cancers. Treatment involves a combination of diet, exercise, and behavioral changes. In some cases, bariatric surgery is an option.

(headache)

Headaches are a common condition that can significantly impact daily life. They can be caused by a variety of factors, including stress, dehydration, and poor posture. Management strategies include identifying triggers, staying hydrated, and using over-the-counter pain relievers. In some cases, physical therapy and lifestyle changes can be effective.

