

## REPORT – GUEST LECTURE ON 22 MARCH 2017

**Topic - “Brain the hardware, mind the software, thinking beyond clinical neurology”.**

**Date & Venue:-** 22 March, 2017, Rajasthan University of Health Sciences, Jaipur.

**Speaker -.** Dr Ashok Panagariya, MD , DM, FRCP (UK).

Dr Panagariya is an eminent distinguished multi faceted personality with a great blend of academics, research and a true visionary who has also served as President in Indian Academy of Neurology, the largest National body of Neurology in India .He has published more than 100 research articles in Journals of repute and have also contributed chapters in text books of Neurology. Dr Pangaria is a recipient of the prestigious Padamshree award and Dr B C Roy medal for outstanding Medical services in Neurology.

Dr Panagariya started his talk by quoting Einstein’s words that “*Science without religion is lame, religion without science is blind.*” He showed glimpses and faces of 21<sup>st</sup> century, where we have grown technologically, scientifically, materially and economically but there has been decline in health and happiness. Emphasis was laid on uniqueness of Brain ,as organ, having neurons equal to stars in milky way, definition of mind and “mind within mind” and capacity of Mind being plastic and its capacity in balancing stress and relaxation.

Neurotransmitters are the key to functioning of brain and are formed by amino acids, found amply in diet. Type of diet also has an important role in predominance of neurotransmitters which govern the personality type. Neuroplasticity (Ability of brain to undergo functionally relevant adaptations by lifelong modifications in neural circuitry) and importance of Synaptic webs on adaptability and harmful effects of long term stress on Neurons and stress response of body was discussed at length. The concepts of Neurotheology , state of Neural networks in spiritual states and *spiritual gene* , role of length of telomeres in longevity and effect of stress on length of telomeres (Short telomeres - greater risk of heart disease, diabetes, arthritis, depression & osteoporosis, die younger) ,Longer telomeres in healthier and happier people and role of meditation in lengthening telomeres was discussed. The speaker focused on neuroplasticity, psychoendoneuroimmunology, and effects of meditation on brain. An awareness regarding importance of dietary habits, choice of food was created. It is important to start the day with positive mind set. Measures to destress and increase efficiency were elaborately discussed viz. keeping fresh flowers at work desk , intermittently raising your feet ,walking a few steps within the room while sitting for long hours etc. Necessity to find time to take deep breaths and perform short progressive muscle relaxation techniques to increase work performance during long working hours was emphasised.

The audience were informed about importance of relaxation i.e. after the days work take a warm bath to feel relaxed, Wear loose clothes, Spend time with loved ones ,pursue hobbies according to your interest .Emotions play an important role in organizing the brain as a whole i.e. POSITIVE EMOTIONS - Anabolic: Parasympathetic , Relaxation response , Stronger immune system, Less stress-

reactivity, Increase in telomere length. NEGATIVE EMOTIONS - Catabolic: Sympathetic drive, Chronically disease inducing, The amygdala-hippocampus system flags negative experiences prominently in memory, Negative trumps positive, Negative experiences create , vicious cycles. High spirits lead to High cellular function cells ,live longer and Low spirits lead to Low cellular function shrinkage of cells.

The audience were enlightened with the **GENERAL FUNDAMENTALS FOR GOOD HEALTH:** good time management , Nonconfrontational behaviour, forget and forgive attitude. The talk concluded by the quote- “The Brain Science is Super Young- still tons to know.”

*The art of medicine consists of keeping the patient amused while nature heals the disease.”*  
*-Voltaire*