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**Dont CRI –Part 3**

**By Jayachandran.R**

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Dont CRI – Part –3

Ayurvedic care & cure:

Ayurveda offers treatments including external relaxation and muscle & joint soothing manipulations and marma (vital points) revitalizing treatments like Sulochana, Elakkizhi, and Abhyangam etc and these medications when administered by trained hands are the best available preventive methods available for the Overuse injuries.

These include specialized external applications of oils and herbal pastes and along with internal medication, shall bring down the inflammation and pain. Medicines such as Jadamayadi lepa choornam, Nagaradi lepa choornam and treatment procedures like Elakkizhi, Njavara Kizhi etc and internal medicines like kashayam and Arishtams are very effective, in fact more preferable to any anti-inflammatory analgesics of our time, which themselves proclaim to gift lots of complications on long term use.

**VISION SYNDROME:**

Concentrated tasks can cause tired eyes and blurred vision. Using a computer does not cause any permanent damage to your eyes. However, working on a computer is a demanding visual task that can cause eye discomfort. If you have an uncorrected vision it can make computer use uncomfortable and can lead to blurred vision and eyestrain. Focusing your eyes at the same distance & point for extended periods of time causes fatigue. Ayurveda specifically mentions about continuous eye fatigue leading to damage to the eyesight. The human eye structurally prefers to look at objects further than six meters away, so any work–performed close–up places extra demands on the tiny muscles. The illuminated computer screen can also contribute to eye fatigue.

Symptoms include:

§Blurred vision

§Temporary inability to focus on faraway objects

## §Headache.

In case of vision problems, though the monitors are themselves not a culprit, the way they are utilized creates the problems. The problems like long working hours without break, glare and improper lighting can be easily eliminated by good working habits such as resting periodically and refocusing eyes on objects at different distances, overhead lighting and appropriate placement of monitor. Placing monitor at right angle from brightly lit windows can reduce screen glare.

Moreover there are exercises to keep the eyes healthy. Changing the eyes focus can relax the ciliary muscles of the eyes. Blinking can moisten the eyes and stimulates tear production that can wash away the pollutants.

## Ayurvedic Care and cure:

According to Ayurveda, for prevention the best medication would be to consume Tribhala choornam, specially prepared, daily with milk or with plain water. Washing eyes twice daily with special eye care herbal medicines and doing eye exercises is a very effective way to prevent potential eye disorders and fatigue. These medications not only keep the eye non–strained and cool but can also prevent even retinal damages owing to constant strain. For cure of eye disorders Ayurveda offers very particular internal medicines and also treatments like Tarpanam, Nasyam etc along with internal medicines like Jeevaneeya Gana Gritam. Special procedures like "Sudarsana" gives one of the best available preventive and curative care for the eye, be it simple eye strain or retinal disorders.

## Prevention tips:

Suggestions to reduce the risk of eyestrain include:

ØMake sure your primary light source (such as a window) isn't shining into your face or directly onto the monitor.

ØTilt the monitor slightly to eliminate reflections or glare.

ØMake sure your computer screen isn't too close to your face.

ØPosition the screen so that it is either at eye level, or slightly lower.

ØReduce the contrast and brightness of your screen by adjusting the controls on the monitor & also consider using colour schemes that are easier on the eyes, particularly shades of gray for text documents.

ØIncrease your font sizes.

ØFrequently look away from the screen and focus on faraway objects.

ØHave regular eye examinations to check that blurring, headaches and other associated problems

aren't caused by any underlying disorders.

#### STRESS:

The heavy demand of work thrust upon the employees creates a level of stress that makes injury more likely. Whenever a user feels anxiety, the muscle automatically tightens up and it increases the likelihood of getting a computer related injury. Here it is worthwhile to mention the problems and excess stress faced by the call center employees. The excess stress of changing their circadian rhythm once in 30 or 40 days is the most major stress factor faced by them. Loss of sleep or disturbed sleep is a very common symptom among them as is mouth ulcers and digestive problems and headaches.

#### Ayurvedic Prevention and Care:

Yoga and special kinds of medicines along with mediation shall be the best combination to tackle this, other than the realization and attitude change of people towards causes of stresses. More than these

techniques, treatments with internal medicines like Manasa mitra vatakom, Saraswata Gritam, Saraswatarishtam etc and treatment procedures like Takra dhara , Ksheera dhara and Taila dhara including relaxation massages are very good for overcoming mental stress. Food stuffs like drum sticks included in the menu would be good for call center employees which shall help them to stay awake at night without much strain. Also food like Milk and snake gourd and drum stick leaves at night, Ash gourd juice daily morning (before sleep– specific only for call center employees), Butter milk with a lot with curry leaves ground and mixed with it at noon, tender coconut water etc can be very effective in managing mental and physical stress. Also it is better to avoid curd & fish at night.

#### OTHER SUGGESTIONS:

vEvaluate other activities. Problems may be caused or aggravated by other things you do frequently. Sports, carrying children, hobbies requiring intense small work (like knitting), and excess effort/tension in other daily things may have enormous impact too. So avoid these activities, which may trigger the problems to more severe intensity.

vDon't tuck the telephone between your shoulder and ear

vConsider voice recognition.

#### General suggestions:

Other ways to reduce the risk of computer related injuries include:

vMake sure your work space is well ventilated

vMaintain equipment, such as laser printers and photocopiers, to reduce emissions.

#### CHILDREN AND COMPUTERS:

Kids are at risk too with increasing hours in front of the computer at home and school, using equipment that rarely is set up correctly for people their size. Parents can reduce the risk of children developing computer related injuries in additional ways, including:

- üSet up the computer, desk, chair and keyboard to suit your child
- üInstall a smaller mouse that contours to the child's hand
- üShow your child how to use the keyboard and mouse properly and safely
- üEncourage frequent breaks
- üReasonably limit your child's game–playing time
- üMake sure your child has enough time for other activities, such as sport.

Ayurvedic prevention and care:

Children should be helped with dietary supplements (like Flowers of Sesbania grandiflora, drum stick leaves, carrots and Grapes) and massages so that the formative muscles and bones do not get bad as

it is the stage where maximum damage can occur and also preventive and curative efforts can be the most effective.

What If I Have Symptoms of RSI?

We all have occasional aches and pains that go away in a day or two, especially when we overdo anything. But if you have the symptoms listed above regularly when you are using the computer, run; do not walk to your doctor or health care provider **RIGHT AWAY**. Dealing with this early is critical to limiting the damage, and to spare you a world of hurt, trouble, and frustration. You are not overreacting: by the time you have symptoms there has already been some damage done, and if you try to ignore the pain you may sustain a serious injury. If your doctor doesn't seem to know much about RSI, find one who does. When you find one, listen to them and check with them about any changes you intend to make or therapy you want to try.

Remember that "RSI" is a mechanism of injury, not a diagnosis. Where or how seriously you are injured, and how best to treat it, varies immensely from person to person. Also, many systemic disorders such as diabetes can mimic or exacerbate RSI, and these can be ruled out by medical tests, so don't go chasing a treatment you may have heard about **UNTIL YOU'VE SEEN A DOCTOR**.

Last but not the least, **PAY ATTENTION TO YOUR BODY**. Pain is your body yelling that it is in big trouble but learning what is comfortable or awkward for your body before you are in pain may prevent injury.

Look to nature – it adapts. So can you.

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## **Dont CRI – Part 1**

**By Jayachandran.R**

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Hey Don't Cri ! Part –1

"Usually I creep into the poor guys neck first and he calls me the pain in the neck.

How superficial? I think when he speaks to friends like that.

He usually helps me by working more and caring less about the problems I cause, for God has not given him time, he says. (I tend to agree with him, it must be God's will, for how else can God create me without offering me a means of survival.)

The humans have not yet recognized me. But let it be. It is said that they want to find only viruses and bacteria or now a days genes. (Yes of course, hats off to our great new age leaders like HIV and our old and awe-inspiring fighter, in fact our role model when young, the TB) How funny?

Ya ya, It is said that I am the offspring of many years of constant prayer by our race, the Diseases, to beat the man at their own game. This is our time. When we beat them at their technology or through their technology? Their Computers? The blasted things, which are helping them to think and work against us. Now you see why I am a hero. I beat them in their own game.

You know how long I had to lie dormant? There was great hope around 200 years before when they started their so-called industries (We, the elite of the Diseases, call it our restaurants and Resorts). But soon somebody found us out and reported. They made life so difficult to us by working in proper conditions and soon you see we are available in good fertile countries like India only.

Ya, you want to know how I do it? It is my secret. Still for somebody like you I shall open my mind. Computers are my vectors. You know vectors. Like my uncle the Malaria and cousin Dengue, they use mosquitoes as vectors & I use computers. Yes, you see I use them to pass me on and I seep into anybody looking at the computers.

No they can't find me. No microscope can do it. As long as they don't look into themselves I am fine. You see. I am they and they are me. Does it not sound like "Aham Brahmasmi".

See him. That guy over the corner. He is the best fodder for me around. See how keenly he is looking

into the computers. How important he thinks his work is or rather he is. How much he wants to be the performer. (Growls) Ya, I will show him in just 365 days. If he is cooperating that is. I can make him sit back at home looking at the sky with enough drugs from a shrink to help him out of his depression because of his lost job. You Bet.

NO NO, not the neck alone. I get in through where I like. Neck, wrists, head, eyes, ears, low back, legs. You name it I can get in through there.

Yaaaa, I also help my old folks who are my relatives like Diabetes, Blood Pressure, Heart problems. But you see many a times we work together. Then it is great fun. We make the guy run around different specialists and really we go touring. In these tours we also meet different preys (read humans) who are suitable for any one of us. You see, on one such travel I really fell in love with a beautiful secretary of a doctor instantly. It is a shame in our community to fall in love with one of our preys. But I could not help it. She had beautiful eyes and long hair and most important she had my dearest friend the computer in front of her. She was but short and had high heels and a most uncomfortable chair. I must really thank the good doctor for being so mean. I immediately started working and worked up from her hip. No, No, not lured by her hip hugging dress of course but by her way of sitting in front of the computer which made it very suitable for me (A suitable woman, she is). Now she regularly takes me to the orthopedician and gynecologist and she is worried about why she is not getting pregnant. Ya, in a way, I also help in bringing down the population of these human creatures.

Probably. Even if I am in love with her I cannot forget the duty to my race.

No my life is not confined to computer professionals alone. Really I was named RSI (Repetitive Strain Injuries) and I can live in many groups of people who work in improper working conditions for long periods or maintain improper positions and postures or out of size instruments or gadgets or furniture. Infact I thrive in all of them. You can find my divine (his words) presence in as I said Office Secretaries to CEOs. From Bank employees to Accountants in local grocery stores. I am everywhere. But people working on Computers are my all time favorites. And then some humans started calling me CRI. (Computer Related Injuries). I liked it. It was cool. I felt it sounded like what I was doing to my preys. Making them CRY. You noticed the similarity. CRI. CRY. CRY CRI. Fry. Fried CRIs. Crying CRIs. Fried Crying CRIs. (The fellow got hysterical at this stage and continued for long with his gibberish and the author had to offer him a piece of his own neck to nibble before he calmed down. The mentioning of his strange ornaments also brought him back to a state of normalcy)

These? Do you like them? Ya, I shall tell you in brief about my signs and symptoms which are my ornaments. Carpel Tunnel Syndrome? You have heard about it in connection with me? But in fact CTS is only a small and dangerous percentage of typing injuries which I cause. Tendinitis, Bursitis, Tenosynovitis, DeQuervain's Syndrome , Thoracic Outlet Syndrome, Trigger Finger/Thumb , Myofascial Pain Syndrome, Cubital Tunnel Syndrome and several others are also there in my treasure box. All of these are serious and in advanced cases can cause great pain and permanent disability....."

(The above was a piece of dialogue by Mr CRI (alias RSI) who the author has met on several occasions when he paid a visit at the authors clinic with several of his clients)

Life , Health , Happiness, Comfort and all the works of God .....so beautiful. It is a mystery how the Computer Professionals of our times, the news kings and queens of the world forget that a there is a life beyond the depth of the internet or the life in the computer.

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