

# Watering eyes

By Dr SPS Grewal

Watering from the eyes is common in the extremes of ages. More common in babies and people over the age of 60 years, this condition can occur at any age. Though it does not affect vision, watering eyes are often a nuisance and a social embarrassment. Little wet eyes are healthy eyes, however, tears should neither flow down the cheeks nor blur the vision!

Approximately six per cent of all infants are born with a tear duct that has not fully developed. Watering may start from birth or weeks to months later and in almost one third of cases both the eyes are affected. Fortunately, at least 90 per cent of these obstructions clear by themselves within the first year of life. Sometimes, it gets infected and there is pus like discharge accompanied by slight swelling between the nose and the eye. This swelling occurs because of water, mucus and at times pus in the tear sac and on pressing mucus, discharge comes out of the eye.

Parents are usually bothered by the presence of mucus, crusting and constant tearing. The baby's eye looks sticky, particularly after sleep. This condition usually worsens when the infant gets a cold or running nose. The blocked tear duct can also lead to infection in the tear sac. This is painful and painful and needs urgent treatment.

Watering from the eyes in adults results from either excessive production or faulty drainage of tears. Emotional crying is an example of making too many tears. Anything that irritates the eye causes watering. This protective reflex helps to clear irritants away from the eye as in the case of watering eyes while cutting onions. Infections, allergies, injury, scratch or a foreign body

also increases watering from eyes.

Blockage at any point in the drainage channels also leads to watering. Repeated rubbing of the eyes can block the punctum - the opening of duct on the lid. A gradual narrowing of the upper end of the tear duct is sometimes caused by persistent mild inflammation. One may also develop a painful swelling on the side of the nose, next to the eye. Infrequent blinking, especially while concentrating, also hampers tear drainage. Reduced force of blinking in elderly also reduces the efficiency of tear drainage system.

To confirm blockade a diagnostic test of "syndring" is done which involves flushing fluid through passages to see if they are blocked. If the fluid goes in to throat, the passages are open. Syndring is a diagnostic procedure and not a treatment, but in some cases, it might provide temporary relief.

A wet eye may not be a diseased eye and is hardly a threat to vision. Even then, all efforts must be made to identify the factors responsible for excessive tears and to remove them. While eyelashes irritating the front of the eye can be removed, conjunctivitis can usually be treated with drops and any foreign body obviously needs removal. A blocked tear duct needs to be treated with an operation. The usual surgery is called DCR (dacryocystorhinostomy) where a new channel is made from the tear sac to the inside of the nose.

While no treatment is required if the watering is mild or does not bother much, there is no medicine that can decrease the formation of tears.

For more information, contact Dr SPS Grewal at

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# Move like the Afro-Brazilians do

By Sandeep Shetty

Capoeira is something you won't forget anytime soon. Blending music, ritual, movement, physical expression, strategy and combat, this Afro-Brazilian martial art is at once a dance, a game and a dangerous combat form.

Although a well-known popular cultural

widely believed that it was from these African Slaves that Capoeira inherited its basic elements.

Talk to the amazing variety of people taking a Capoeira class and you soon discover that it has something for everyone. "It's given me confidence by teaching me how to defend myself. And it makes for good exercise thrice a week," says Elodie, a French national working in India as a marketing manager. "To me, Capoeira is like poetry, as one move flows into the other. It's awe inspiring just to watch a Capoeirista (or Capoeira practitioners) practicing this art," says Parikshit Sadh, a textile exporter. "Plus, I discovered muscles I never thought existed. It leaves me more energetic and alert," adds Sadh. HR consultant Aashima Mehta is totally addicted to Capoeira. "It doesn't get monotonous, like other martial arts I've tried. When I first joined, I thought I'd never be able to make some of the moves taught. But it's a very satisfying experience to push your self physically," smiles Mehta. To the observer, the physical benefits of Capoeira are apparent. It increases agility and flexibility, as well as strength and endurance. Like any dance, it works towards improving your rhythm and coordination, and the constant motion makes for a great cardio workout. If you're looking for a fun and exhausting whole-body workout, this one's befitting.

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# RELATIONSHIPS AND THEIR REFLECTIONS



By Carolyn Birchill  
TIMES NEWS NETWORK

Trust, love, compassion, forgiveness, understanding and listening seem to really get tested in a relationship. How often when we feel we have a point to make to someone, with all the reasons and reasoning behind it, does it just fizzle into insignificance when we really listen to their point of view. We sometimes grab onto what's left of our argument though we soon discover our point was just some fear, mistrust or misunderstanding that grew legs and got a big voice of its own.

Is there really a best or a worst? We are the vibration of who we are and within that vibration we can be more peaceful or more agitated. It is like a pot of water on the stove. It is still water whether it is bubbling and boiling or calm and neutral.

So now there seems to be an understanding that there is no good or bad, best or worst, right or wrong. Everything just is. We can hold onto something and make a big deal out of it or we can let it go and move on.

**I am married with two children and I live in my husband's family home with my in-laws, brother and sister in-laws and their children. I am the youngest out of the adults and am treated with no respect. No one listens to me and I am expected to do as I am told without question. When I talk to my husband about it he just says to keep the peace and not cause any trouble. My children see how I am treated and they now are starting to treat me the same. I don't want them growing up thinking they can treat anyone this way. Why is this happening? I am a good person, I feel I should be treated as an equal. What should I do?**

**Devna - Mohali**  
Answer

Devna, absolutely you should be treated as an equal, we all should, and it is good that up front you realise this for yourself. It is beneficial to also see, despite your current situation, that you still know what values you would like your children to have and how they should treat others.

Often in joint families where they live in one home there is both a cultural influence and 'pecking order' which everyone is expected to follow. In some families this works because individuals accept their place in the pecking order. For others, who have a healthy respect for themselves, they will start to feel uncomfortable with this arrangement in the home. Firstly you need to be clear in your own

mind how it would look if you were treated as an equal in the home. Also be very clear on how far you would be willing to go with this. For example, what if the family decided not to change? Would you leave? Or would you reside to the fact that it will always remain this way and stay? Write all of this down and be very specific so that if you were explaining it to someone else they could understand exactly what you want.

Secondly approach your husband and go through all that you have made clear for yourself with him. It would be tremendously beneficial if you had his support and if you didn't then he would at least know what the end result would be if things don't change.

Then find a quiet place where you can relax and close your eyes. Take a few deep breaths. Imagine yourself sitting somewhere where you feel happy and peaceful. Then invite one of the relatives you live with to join you. Explain to them how you feel, listen to their responses. Ask them why they treat you this way, listen again to their responses. Keep corresponding back and forth like this until there is nothing else to say. Then when you are ready see the situation for what it is. They were just playing a role in a structure which already existed. Forgive them for this and let it go. Do this same process for each member of the family you live with. Then when you are ready take a few deep breaths and open your eyes.

Devna do this process as many times as you feel you need to and when you are ready and the time is right speak to each of your family members in person. You will start to see a shift and find speaking to them will be easier because of the work you did initially. If there is some resistance at first, be patient, just let it go and be very calm and speak clearly as to how you feel. You are initiating a change which will be beneficial to everyone in the long run. It is a gift you are bringing into the family as we can all benefit from remembering to treat everyone as an equal. We are all the same regardless of our age, race, religion, position at work or in society and when we start treating others around us as equals they will start to do the same.

*If you feel blocked in someway in moving forward in your life, or you feel held back by a long standing emotional issues or your relationships seem unfulfilling. Then write to me at jaspreet.nijher@timesgroup.com by Monday and get some practical tools that will assist you in clearing your issue and provide you with real clarity.*

*(The writer is a practitioner in Emotional Wellbeing)*

## WAYS TO TACKLE LIFE'S LITTLE PROBLEMS

Jugal Kishor

The phone was the bane of their lives. I'm talking about this couple that detested this instrument of communication and considered it the source of many of their problems. The husband said that in his professional life, while his clients always agreed to his terms and conditions, when meeting him face-to-face, they later cancelled their orders on the phone. The wife said she had a blazing row with her otherwise loving brother - on the phone.

After listening to them, I found that the phone was placed in the worst corner of the house - the southwest. So everytime the phone was being used, the couple faced the southwest direction. Vaastu Shastra has two good and two bad sides. The good



sides are north and east and the bad ones are south and west. And the southwest corner is the worst because it's the meeting point of two bad sides.

The south is bad because it's inhabited by the Yama devta and the west is bad because it's identified with darkness. Though the west is the home of Varun, the wind-god, our shastras believe that the Wind-god becomes active after dusk. So we should always try to face the two good sides only.

Talking of phones, I met a businessman who had a battery of phones not on his table but behind him. Sitting in his office, he faced a good direction - the north. But every time he turned to use the phones behind him, he would face south. On my advice, he put his phones in front of him. The other couple has also shifted the direction of their phone..

According to Vaastu Shastra, small problems can become big when Vaastu truths are unknowingly violated. I'm reminded of another couple that said that their life follows a peculiar pattern. It's nice and peaceful during the winter but becomes intolerable in the summer.



Carolyn Birchill

## YOUR TAKE

Relationships bring out the best and the worst in us. And there comes a point where we need to decide what we are going to be: our best, or our worst

## HEALTHMETER

expression practiced in Brazil for centuries (it's a national sport second only to soccer in popularity), its origins are not entirely clear. According to common belief, it roots somewhere between 16th and 19th century Brazil, a time when Portugal had begun extensive human trafficking from Africa to its South American colony of Brazil. It's