



## **INDIAN COUNCIL OF MEDICAL RESEARCH**

Department of Health Research – Ministry of Health & Family Welfare  
Government of India

**Media report (16 March to 29 March 2019)**  
**(ICMR IN NEWS)**

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**Records reveal Mahatma Gandhi had low BMI, high BP**

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**What Ailed The Mahatma? Gandhi's Health Records Revealed For The 1st Time**

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**Mahatma Gandhi's Underweight Health Records Revealed For the 1st Time; Know his Heart Health, Serious Diseases**

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**Mahatma Gandhi was healthy but underweight, show health records**

March 26, 2019/Hindustan Times

**Mahatma walked 79,000 km during freedom movement, equal to walking earth twice**

March 26, 2019/The Tribune

**Around the earth on foot, twice**

March 26, 2019/The Telegraph

**Mahatma Gandhi had high BP, got malaria thrice**

March 26, 2019/DNA

**Mahatma Gandhi's private health records published, had high blood pressure**

March 26, 2019/Zee News

**Mahatma Gandhi battled malaria and high blood pressure, reveal health records**

March 26, 2019/News Nation

**Dalai Lama launches a special edition of ICMR journal on Mahatma Gandhi's health**

March 26, 2019/News Intervention

[महात्मा गांधी इतना पैदल चले थे कि पृथ्वी के दो बार चक्कर पूरे हो जाते](#)

March 26, 2019/ jagran.com

[\*\*Mahatma Gandhi's health records published for the first time: 10 facts-battled high blood pressure & malaria\*\*](#)

March 26, 2019/Timesnownews.com

[\*\*Gandhiji had High BP, Constipation: ICMR releases Health Record\*\*](#)

March 26, 2019/Medical Dialogues

[\*\*Gandhi and Health @150: man who walked two earths\*\*](#)

March 27, 2019/Orissa post

[\*\*India-African Union sign MoU on strengthening cooperation in healthcare sector: MEA\*\*](#)

March 27, 2019/The Economic Times

[\*\*India-African Union sign MoU on strengthening cooperation in healthcare sector: MEA\*\*](#)

March 27, 2019/Outlook India

[\*\*India, African Union ink MoU on health sciences cooperation\*\*](#)

March 27, 2019/Business Standard

[\*\*MoU on strengthening cooperation in healthcare sector signed with African Union: MEA\*\*](#)

March 27, 2019/Devdiscourse

[\*\*India-African Union sign MoU on strengthening cooperation in healthcare sector\*\*](#)

March 28, 2019/News Services Division

[\*\*India, African Union ink MoU on health sciences cooperation\*\*](#)

March 28, 2019/Sify News

[\*\*ICMR signs MOU with African Union to promote Health Sciences Research\*\*](#)

March 28, 2019/Medical Dialogues

[\*\*India-African Union sign MoU on cooperation in healthcare sector\*\*](#)

March 28, 2019/Study IQ

[\*\*ICMR, African Union pact to enhance ties in health, research\*\*](#)

March 28, 2019/Drug Today Medical Times

[\*\*India, African Union ink MoU on strengthening cooperation in healthcare\*\*](#)

March 29, 2019/elets

### **Nutrition boost for adolescent girls**

March 16, 2019/The Hindu

In a move to address nutritional problem among adolescent girls, the International Crops Research Institute for Semi Arid Tropics (ICRISAT) and National Institute of Nutrition (NIN), a wing of **Indian Council of Medical Research (ICMR)**, launched a project called 'Iron for Adolescents' or 'FeFA' on Friday. The term FeFA has been chosen as Fe is the symbol of iron while 'FA stands for For Adolescents'.

An MoU to this effect was signed by Dr. Peter Carberry, director general of ICRISAT, and Dr. R. Hemalatha, director of NIN. Along with officials, they released a flyer of millet bar that would be supplied to the girls. Under the project, adolescent girls suffering from mild to moderate anaemia will receive high-dietary fibre containing natural nutritional supplements in the form of a peanut-pearl millet bar every day for three months in government residential hostels. Two hostels — one at Shameerpet and one at Ghatkesar — have been selected for this purpose. A daily consumption of 100 grams will be given to the students in two doses in a hostel. Simultaneously, another project to understand the effect of national iron-folic acid supplementation programme on gut modulation and iron status among adolescents will assess the effect of daily iron folic acid supplementation for a period of three months on the gut microbiota consumption and function of adolescent girls. "This collaboration between ICRISAT and ICMR-NIN will bring together expertise and experience that complements each other. Since the iron folic acid-based supplementing nutrition is not yielding much result, we expect food-based solution would address the issue in a better way. By addressing iron deficiency among adolescents, we can address problems of the next generation," said Dr. Hemalatha. Krian Sharma, deputy director general of ICRISAT and Rajeev Varshney, resident programme director of Genetic Gains were among those present.

### **Healthcare for elderly inaccessible, unaffordable**

March 16, 2019/The Tribune

THE ever-growing elderly population poses social and financial challenges and puts immense strain on the healthcare system, even as specialised medical services for them are scarce. It is estimated that 8-10 per cent of India's population is above 60 years of age; this figure will reach 20 per cent in the years to come, matching that of developed countries, but bereft of corresponding medical services. Growing old is a progressive process associated with decline in functioning, impaired maintenance and repair systems, and increased susceptibility to disease and death. Old age warrants attention to health problems and diseases in order to sustain healthy ageing. About 90 per cent of the elderly are from the unorganised sector or abandoned by rich children, without adequate food, clothing or shelter, let alone healthcare or medical treatment. The absence of government-supported social security and geriatric medical services compounds the problem.

Earlier, it was perceived that chronic ailments like diabetes, hypertension, coronary heart disease and cancer afflict the affluent class of older people, but now it has been found that the poor, too, have no immunity against such diseases.

Rather, poverty is responsible for accentuation of ailments. Heart diseases account for one-third of elderly mortality; respiratory disorders, 10 per cent; infections, including TB, 10 per cent; tumours, 6 per cent; and accidents, poisoning and violence constitute less than 4 per cent. Many of them also suffer from nutritional, metabolic, gastrointestinal and genitourinary infections. A report published by the **Indian Council of Medical Research** found that hearing and vision impairment were the most common morbidities. A study from Tamil Nadu found that pain in the joints and joint stiffness was the most common morbidity, found in 43.4 per cent of the cases, followed by dental complaints (42 per cent), visual loss (57 per cent) and hearing impairment (15.4 per cent).



### **India: Pfizer And ICMR Come Together To Tackle Antimicrobial Resistance (AMR) In The Country**

March 18, 2019/Mondaq

Antimicrobial Resistance (AMR) is a major global challenge and is getting the attention of all relevant stakeholders. Factors such as inappropriate and irrational use of antimicrobial agents among others have led to the increase in AMR. To address this issue, **Indian Council of Medical Research (ICMR)** has initiated a series of activities under its AMR surveillance network with tertiary care hospitals to collect national data, guide treatment practices and rationalize antibiotic use in the country. This challenging program needs to be further built up on multiple levels of health care and expand these activities to private nursing homes and district hospitals. The Ministry of Health & Family Welfare (MoHFW) identified AMR as one of the top 10 priorities for the ministry's collaborative work with World Health Organization (WHO). The health ministry has launched National Action Plan on Antimicrobial Resistance (NAP-AMR) 2017 – 2021. The strategic objectives of NAP-AMR are aligned with the global action plan based on national needs and priorities, and in addition to the top 5 priorities of GAP-AMR, India has a sixth priority that is India-specific dealing with India's leadership on AMR – including international, national and sub-national collaborations on AMR.

One of the strategic objectives of NAP-AMR focuses on strengthening India's leadership on AMR through international collaborations to ensure India's contributions towards global efforts to contain AMR, national collaborations to facilitate collaborations among vertical disease control programmes and national stakeholders, and state level collaborations to ensure action at the ground level against AMR.

#### ***Pfizer and ICMR collaboration on AMR***

ICMR under the sixth priority NAP-AMR has decided to collaborate with Pfizer for the purpose to achieve the unified goal of reducing AMR<sup>2</sup>. This will be an important and high profile activity and will be used to help determine the status of AMR in India. In this view, ICMR invites Expression of Interest (EOI) from reputed, eligible and experienced firms offering Project Management Consultancy (PMC) Services to set up a Project Management Unit (PMU) in accordance with the Scope of Work (SoW) for a period of two (2) years commencing from date of start.

## Kerala boy, 6, dies after being diagnosed with rare disease

March 18, 2019/Gulf news



Kozhikode: A six-year-old boy, who was being treated for West Nile Virus (WNV) disease in the south Indian state of Kerala, died on Monday, said Kerala Health Minister K.K. Shailaja. The boy hailing from Malappuram district was under treatment for fever at the state-run Medical College Hospital in Kozhikode since earlier in March. He was diagnosed with WNV last week, after tests conducted at the Christian Medical College hospital, that turned out to be positive.

Following doubts of WNV, the Centre had dispatched a multi-disciplinary team from the National Centre for Disease Control (NCDC) to assess the spread of WNV in Kerala. The Union Health Ministry's decision came after the six-year-old was feared to be infected with WNV, a mosquito-borne disease mostly reported in the US. Union Health Minister J P Nadda then reviewed the situation with Secretary Preeti Sudan and directed all support to be extended to Kerala for the prevention and management in the spread of the disease, his Ministry said.

The **Indian Council of Medical Research (ICMR)** has also been alerted and a close watch is being maintained both at the central and state level.

There, however, are no reports of the spread of the virus to any other parts of the country. West Nile fever is spread by Culex mosquitoes and the infection could be confirmed only if the second samples tests positive. Symptoms include fever, headache, tiredness, body aches, nausea, vomiting, occasionally a skin rash on the body, and swollen lymph glands. The World Health Organisation (WHO) says that WNV is transmitted to humans through bites from mosquitoes which get infected when they feed on infected birds. The Kerala health authorities have taken elaborate steps to tackle it.

## Six-year-old West Nile Virus patient passes away in Kerala

March 18, 2019/The New Indian Express

A six-year-old boy who was on treatment for West Nile Fever at Kozhikode Medical College hospital died here on Monday. Muhammad Shan, hailing from AR Nagar panchayat in Malappuram district was diagnosed with West Nile fever nearly a week ago. According to District Medical officer, the boy breathed his last at 3 am in the hospital. The body was taken to his house at Azad Nagar colony and buried at a nearby mosque around 10 am. Malappuram district medical officer Dr K Sakeena, Thahalsildar and other officers were present. A meeting of District collector and District Medical officers have been scheduled for today evening to evaluate the situation. A central medical team had visited the house of the boy on March 15. After the meeting, the team had also visited the boy at the hospital.

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## [Flyer from Malaysia held at Mumbai airport in embryo-smuggling racket](#)

March 19, 2019/The Times of India

A man from Malaysia carrying a human embryo in a specialised nitrogen-packed canister was arrested on Friday, blowing the lid off a racket involving smuggling of frozen embryos into the country by an infertility clinic. Directorate of Revenue Intelligence (DRI) officials, who made the arrest, said the embryo was to be delivered to the Indo Nippon IVF clinic in Mumbai's Bandra (West). They suspect the embryos were meant to be transplanted into the womb of Indian surrogates, as the process could be much cheaper in India. Rules on assisted reproduction are nebulous, but import of embryo is banned except for research and, that too, only after obtaining a no-objection from the **Indian Council of Medical Research**.

The arrested man, Partiban Durai, worked for a commission and, officials said, he has admitted to making 10 such trips to the Bandra clinic in the last 18 months. He would arrive in the morning with the package and leave by an evening flight.

Goral Gandhi, co-founder of Indo Nippon, moved the Bombay HC on Monday after receiving DRI summons. Her lawyer told the court that she is a "renowned embryologist" and denied allegations that the frozen embryos were for her clinic. DRI's counsel countered, citing text messages on Durai's cellphone indicating the clinic as the place of delivery. The bench of Justices Ranjit More and Bharati Dangre posted the matter to April 3 and in an interim relief, restrained agencies from arresting her.

## [Rare West Nile virus claims first victim, Kerala boy dies](#)

March 19, 2019/Hindustan Times

A six-year-old boy from Kerala, who died on Monday after contracting the West Nile Virus (WNV), could be the first casualty of the disease reported from the country, say experts in the Union ministry of health and family welfare. The ministry said it will be tracking each case that tests positive for WNV disease to document the disease outcome.

"This could be the first death that we know of. There may have been deaths earlier but we don't seem to have any documented evidence whether any of those [people] tested positive for the disease or not," said an expert from the ministry, asking not to be identified. Three cases of the WNV disease have been reported from the country so far this year, all from Kerala, and all in the past three months. The boy was one of them. Six laboratories of the **Indian Council of Medical Research (ICMR)** have been routinely testing samples for WNV across the country.

There have been sporadic outbreaks in different parts of the country, including the north-east. The six labs are in Lucknow, Thiruvananthapuram, Chennai, Patna, Dibrugarh and Agartala. In India, the existence of antibodies (protein produced by the human body to fight bacteria and viruses) against WNV in humans was recorded for the first time in 1952, according to a 2006 research paper titled "West Nile Virus isolates from India: evidence for a distinct genetic lineage".

The research was conducted by experts at the National Institute of Virology in Pune, and published in the Journal of General Virology.



## [Human embryo smuggling: Mock delivery leads DRI to Mumbai clinic](#)

March 19, 2019/The Indian Express



AN INVESTIGATION that involved the arrest of a Malaysian national and the “mock delivery” of a canister led the Directorate of Revenue Intelligence (DRI) to conduct a search at a well-known in-vitro fertilization (IVF) clinic in Mumbai run by a top embryologist, who is now being probed in connection with the alleged smuggling of human embryos. The search at the office of embryologist and IVF trainer, Dr Goral Gandhi, was conducted on March 16, a day after the DRI detained Malaysian national Partheban Durai on his arrival at the Mumbai international airport and seized a canister of human embryos. Gandhi is the scientific and laboratory director at the Indo Nippon IVF clinic in Bandra. The DRI probe found that Durai, a “regular carrier” of human embryos, was to allegedly deliver the canister to the IVF clinic that Gandhi runs. DRI sources said officers questioned Durai and took him to the IVF clinic to complete a “mock delivery” before recording his arrest. Gandhi has denied the allegations and approached the Bombay High Court, which asked the DRI Monday not to take any coercive steps against her till April 3. A division bench of Justices Ranjit More and Bharati Dangre also directed Gandhi to appear before the DRI on March 22. According to DRI officials, this is the first instance of the agency investigating a case related to the alleged smuggling of human embryos. Speaking to, a DRI official claimed that the agency “searched the office premises of the IVF centre and recovered incriminating documents related to the smuggling of embryos”. The official claimed the “carrier” revealed during questioning that it was his “seventh or eighth” trip with smuggled embryos.

The **Indian Council of Medical Research (ICMR)** bans the import of embryos or gametes — by 2015-end, human embryos were placed under the restricted category. “Even a no-objection certificate is not issued by the Council for any import,” said Dr R S Sharma, senior director, ICMR. The Council only allows export of embryos in cases where foreign nationals started their IVF procedure in India but continued the process abroad. About three months ago, the ICMR submitted to the Ministry of Health and Director General of Foreign Trade guidelines mandating stringent checks before import of human embryos or gametes can be permitted. They are yet to be implemented.

## [Expert team from ICMR visits Malappuram to conduct a detailed study of WNV](#)

March 20, 2019/United News of India

Malappuram Mar 20 (UNI) An expert team from the **Indian Council of Medical Research (ICMR)** visited Thirurangadi near here on Wednesday to hold more detailed study of the West Nile Virus (WNV) and interact with the health officials. It was on Monday last that a seven-year old boy, Muhammed Shan of A R Nagar from Thirurangadi, who was infected with WNV early this month, had died at the Kozhikode Medical College Hospital. Human infection is most often the result of bites from infected culex mosquitoes. Consequent to the confirmation of WNV, an expert team of Health officials had on Thursday last visited the Shan's house in Thirurangadi and had inspected the wells and nearby areas. The team, who found some wells with mosquito presence, had cautioned the people to be alert against the menace. The ICMR team had inspected the wells and nearby places in Venniyoor and A R Nagar and had collected samples of mosquitoes and bird droppings. The result of this is expected to be available for further study by Monday next. Meanwhile, a team from the Department of Entomology is expected

to arrive in Malappuram by this evening to hold discussions with the district health officials in the collectorate.



### **Couple wants to go ahead with surrogacy process to have dead son's child, moves HC**

March 22, 2019/The Times of India

MUMBAI: Bombay high court has issued a notice to the **Indian Council of Medical Research**, seeking its reply to a petition by a couple from Karnataka who want a fertility centre in Solapur to go ahead with the surrogacy process so that they can have their deceased son's child. The couple from Kalburgi moved court after Navjeevan Fertility and IVF Centre told them that it cannot proceed with the implantation of an embryo as their daughter-in-law had withdrawn her consent and their son was dead. A bench of Justices Abhay Oka and M S Sanklecha on March 14 also issued notices to the IVF centre and the daughter-in-law.

The petition by the 70-year-old retired principal of a college and his 65-year-old wife said their son married in November 2014 and lived separately. As the young couple was unable to conceive after two years of marriage, they visited the Solapur centre and opted for surrogacy. After a medical check-up, sperm and eggs were collected from both for a Caro Embryo Transfer, a process of assisted reproduction in which the embryo is placed into the uterus of a female with the intent to establish pregnancy. Two married daughters had agreed to become surrogate mothers. The centre created an embryo but before it could be implanted, their son had an untimely death on October 2, 2017. Thereafter, their daughter-in-law revoked her consent.

### **'Indian-made diagnostic test for TB being validated'**

March 23, 2019/The Hindu

The World Health Organisation (WHO) is working with the **Indian Council of Medical Research (ICMR)** on validating an Indian-made diagnostic test for tuberculosis. If this is validated, India would have developed a TB diagnostic test for the world, Soumya Swaminathan, chief scientist, WHO, said on Friday.

"We have the Indian-made diagnostic test — TruNat — that is in the process of getting validated. It will be the first point of care molecular TB diagnostic test that can be taken into a primary health centre and used because it is battery-operated. It is much more user-friendly than GeneXpert," she said, while taking part in a felicitation programme at the National Institute for Research in Tuberculosis (NIRT) on World TB Day. She said the first United Nations high-level meeting on TB was held in September last year. "Since then, the call from the UN meeting was to ask all countries, especially TB high-burden countries, to invest more in TB control. Currently, we have a gap of about two-thirds of what is needed annually for TB, including research and development. It is estimated that you need \$2 billion per year to generate new tools, diagnostics, drugs, vaccines, and we are only spending less than a third of that," she said. "We seem to be moving faster on MDR and XDR (Extensively Drug-Resistant) TB than on drug-sensitive TB. We need to look at other innovative approaches," she said. NIRT remembered "heroes" who made ICMR-NIRT what it is today on the occasion. They offered tributes to D. A. Mitchison, founder of bacteriology laboratory. Former director general of ICMR S.P. Tripathy was felicitated. Srikanth Tripathy, director in-charge of NIRT and Lt. Gen. D. Raghunath, principal executive (retd.), were present.

## People in Hyderabad low on vitamins

March 23, 2019/Telangana Today

The twin cities are hit by severe Vitamin deficiency coupled with poor dietary habits and inadequate nutrient intake, observed a study conducted by researchers from **Indian Council of Medical Research (ICMR)**-National Institute of Nutrition (NIN). Almost all the respondents of the study appeared to be healthy but were found to be struggling with severe deficiency of various kinds of Vitamins. They were found to be what the study described as 'silent victims of multiple Vitamin deficiencies and high dietary inadequacies'. Led by Dr G Bhanu Prakash Reddy and published in the January edition of science journal 'Nutrition', the study screened 300 respondents in Hyderabad and Secunderabad for Vitamin A, D, B1, B2, B6, B12 and Folate deficiencies. This happens to be the first time that researchers explored blood levels of major Vitamin groups along with dietary intake. Interestingly, it also focused on finding homocysteine levels, which are common amino acids in the blood that can give an indication of the early development of heart disease. Among those studied, 50 per cent had Vitamin B2 deficiency, 46 per cent had B6 deficiency, 46 per cent had B12 deficiency, 32 per cent had a deficiency of Folate and 29 per cent had Vitamin D deficient. In terms of dietary intakes, nutrient inadequacy was found in the diets of 72 per cent of the participants. About 52 per cent of the respondents had high levels of homocysteine, an indication of them being prone to heart ailments in the near future. A majority of the respondents who had higher levels of amino acids were men, indicating the high risk of heart disease that they carry.

## Sree Chitra develops intravenous cancer drug

March 24, 2019/The Times of India

THIRUVANANTHAPURAM: Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Thiruvananthapuram, has developed a path-breaking drug delivery system for cancer treatment with a single-molecule chemical derived from a plant commonly seen in the country and across the world. Said to be the first of its kind, this particular drug can be administered intravenously. The institute has completed a successful trial in animals and will soon proceed with clinical trials in humans after fixing a safe dosage for this cytotoxic drug. Coded SCTAC2010 – intellectual property rights prevent the institute from disclosing the name of the plant or the chemical derived for now – the drug is a conjugation of a particular chemical with anti-cancer properties and albumin, a protein abundant in human blood, for intravenous administration. SCTIMST director Asha Kishore said there will be a few more phases of clinical trials and involvement of industry partners before the drug can get a final approval from authorities like the Drugs Controller General of India. "This formulation has been proven to destroy cancer cells. We are transferring this technology to our industry partner with great hopes," she said. The project has funding from **Indian Council of Medical Research** for this project.

### **Biosafety Level 3 TB laboratory inaugurated**

March 25, 2019/The Pioneer

All India Institute of Medical Sciences, Bhopal here on Sunday inaugurated the level 3 biosafety laboratory (BSL-3) for TB and viral infections. This facility becomes first in central India and in this laboratory the scientists can handle all microorganisms which are labelled risk group 3 such as live HIV, SARS, Influenza, and Zika virus, Plague bacteria, Mycobacterium tuberculosis (all forms including MDR and XDR-TB), to name a few. The facility was dedicated to the AIIMS by Prof Balram Bhargava, Secretary, Department of Health Research and Director General, **Indian Council of Medical Research**, Government of India. This facility was funded by the Department of Health Research, Government of India with a total cost of 5 crore. Prof Bargava said that a dozen BSL-3 are present in the country and this facility inaugurated today at AIIMS, Bhopal is the first BSL-3 Lab in all the AIIMS of India. He elaborated that this service will cater for TB and other viral infections to include Zika virus, HIV, SARS etc. in the very heart of the country, Bhopal. The Director & CEO, All India Institute of Medical Sciences (AIIMS), Bhopal - Dr Sarman Singh said that this facility will be a resource for the whole region of central India and AIIMS Bhopal will be able to handle outbreaks of such infectious diseases in the region and other parts of the country, if needed. While celebrating the world TB day, the AIIMS started the day with 5.7 km "Run for TB" early in the morning, in which 200 students and other volunteers took part. Speaking on the occasion of inauguration, of TB symposium, Chief Guest of the function, the DG-ICMR, Dr Balram Bhargava, highlighted that during the past 70 years after independence, India has not only done phenomenally well in mobile & IT, green revolution and white revolution but also in health care and pharma industries. He said that we are lacking in emergency medicine and in universal health coverage.

### **Mahatma's health records published: His good health attributed to exercise, vegetarian diet**

March 25, 2019/The New Indian Express

NEW DELHI: Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here. During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining when he was in London.

## Eat simple, stay healthy: Understanding Mahatma Gandhi's experiments with health and diet



March 25, 2019/The Week

He was known for his “healing touch”, but few are aware of how Mahatma Gandhi himself struggled with ill-health. Gandhiji was hypertensive, fell prey to a plethora of diseases such as pleurisy (inflammation of the lung lining), gastric flu and malaria, and had to be operated twice in his life. These, and many such intriguing details about the Mahatma's experiments with diet and naturopathy to cure himself, have been revealed in the latest issue of the Indian Journal of Medical Research. The special issue, titled 'Gandhi and health @150:Footprints of **Indian Council of Medical Research's** century long journey' discusses Gandhiji's medical reports, health files, dietary regimes and nutritional dilemma from the year 1924 to 1948. So how did Gandhiji manage, given his frequent health troubles? He would experiment with natural remedies and different schools of thought, according to the journal. Sometimes, though, the treatment protocols would be rather unconventional. For instance, during his stint in South Africa, Gandhiji suffered headaches and constipation. When diet and laxatives didn't work, he adopted a method that most nutritionists and practitioners of modern medicine would scoff at – he started skipping breakfast. In the chapter 'Health File of Mahatma Gandhi', the authors explain his experiment: “...he had heard of the 'No Breakfast Association' in Manchester that worked towards improving the health of those who ate too much...For the first few days, he found this new regimen tough, but gradually, the headaches disappeared completely...it made him realise he was perhaps eating more than what was needed.”

At other times, however, his methods were rather extreme—according to the authors, at one point in his life, Gandhiji gave up food and milk and was convinced he could survive on a dozen or two oranges. He only gave this idea up after his doctors convinced him that he would need at least 50-75 oranges daily to survive!

## Records reveal Mahatma Gandhi had low BMI, high BP

March 25, 2019/Deccan Herald

His power struggle with Subhash Chandra Bose on leading the Congress movement for Independence and ideas to create a separate state of Pakistan may be among the factors that sky-rocketed Mahatma Gandhi's blood pressure. The Father of the Nation's health records – released by **Indian Council of Medical Research** on Monday in a special issue of its journal – demonstrate how he suffered from high blood pressure through the better part of his life. In addition, he was grossly under-nourished with a body-weight of 46 kg and a body mass index of 17.1. In March and April of 1939 when the Congress party was virtually split into two camps led by Gandhi and Bose, Mahatma's blood pressure varied from 170/110 (March 4) and 180/110 (March 5) to 160/100 (April 30). On April 29, in a letter to Bose, he wrote, “...knowing how you and most of the members differ on fundamentals.. you are free to choose your own Committee.” On the same day, the Bengal leader resigned from the post of Congress president after reading out Gandhi's letter at the AICC meeting held at Tirupati. A year later, doctors looking after Mahatma's health recorded a blood pressure of 220/110 on February 19, 1940. While the ICMR document doesn't provide any insight, it is to be noted that such a high BP was recorded a month before the Lahore session of All India Muslim League where then Bengal Prime Minister A K Fazlul Haq proposed a 'Pakistan Resolution' that was duly passed, putting the demand for a separate

homeland for the Indian Muslims openly for the first time in black and white.



### **Gandhi's health records are published**

March 25, 2019/The Hindu

Mahatma Gandhi's health files, published for the first time, reveal that the 'Father of the Nation' ailed from high blood pressure, weighed 46.7 kg at a height of 5 feet 5 inches (recorded in 1939). He suffered from malaria thrice (in 1925, 1936 and 1944), and was operated upon for piles and appendicitis in 1919 and 1924. He also suffered from pleurisy (inflammation of tissues that line lungs and chest cavity) while he was in London. These facts related to his health have been published for the first time in a special edition the Indian Journal of Medical Research (IJMR) on 'Gandhi and Health @ 150' by the **Indian Council of Medical Research (ICMR)**.

"This special edition of the IJMR details Gandhi's medical legacy, his health profile and his experiments on health, based on published articles and available health records," said Director General, ICMR, Dr. Balram Bhargava. He added that the edition also highlights the ICMR's contributions to areas that are relevant to Gandhian principles, such as the importance of hygiene and sanitation, which is relevant to diseases like cholera, malaria, tuberculosis and leprosy; living a disciplined life; and the role of physical fitness with meditation, which is relevant to lifestyle diseases, mental health and the youth; and a balanced diet, which is relevant to nutrition. "This edition also illustrates how the ICMR has focussed its research on areas that Gandhi was passionate about — environment, lifestyle diseases, and social behavior," added Dr. Bhargava.

### **Mahatma's health records published: His good health attributed to exercise, vegetarian diet**

March 25, 2019/Business Standard

Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here. During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining, when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20. As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed. "The good health he enjoyed was mostly attributed to his vegetarian diet and exercise in open air," the book records.

In an interesting initiative, the Indian **Council of medical Research (ICMR)** has developed a collector's edition of Indian Journal of Medical Research (IJMR) focusing on the health of Mahatma Gandhi and Gandhian principles of health. The special edition titled, 'Gandhi & Health @150' was launched in Dharamshala by His Holiness the Dalai Lama on 20th March 2019 to kick off a two-day symposium (25-26 March 2019) in New Delhi, organised by ICMR and the National Gandhi Museum. 2019 is being celebrated at the 150th anniversary of the Father of the Nation. This special edition of IJMR details the medical legacy of Gandhi, his health profile and his experiments on health, based on articles published and health records that are available. It also highlights ICMR's contributions in areas that are relevant to Gandhian principles, such as importance of hygiene and sanitation (relevant to diseases like cholera, malaria, TB and leprosy), living a disciplined life and the role of physical fitness with meditation (relevant to lifestyle diseases, mental health and the youth) and balanced diet (relevant to nutrition). This edition also illustrates how ICMR has focused its research on areas that Gandhi was passionate about – environment, lifestyle diseases and social behaviour.

**High BP, low weight: How Bose, Pak hit Bapu's health**

March 25, 2019/Deccan Herald

His power struggle with Subhash Chandra Bose on leading the Congress movement for Independence and ideas to create a separate state of Pakistan may be among the factors that pushed up Mahatma Gandhi's blood pressure. The Father of the Nation's health records — released by the **Indian Council of Medical Research (ICMR)** on Monday in a special issue of its journal — demonstrate how he suffered from high blood pressure through the better part of his life. He was also grossly undernourished, with a body weight of 46 kg and a body mass index (BMI) of 17.1. In March and April, 1939, when then Congress party was virtually split into two camps, led by Gandhi and Bose, the Mahatma's blood pressure varied from 170/110 (March 4) and 180/110 (March 5) to 160/100 (April 30). On April 29, in a letter to Bose, he wrote, "...knowing how you and most of the members differ on fundamentals... you are free to choose your own Committee." On the same day, the Bengal leader resigned from the post of Congress president after reading out Gandhi's letter at the AICC meeting held in Tirupati. A year later, doctors looking after Gandhi's health recorded a blood pressure of 220/110 on February 19, 1940. While the ICMR document doesn't provide any insight, it is to be noted that such high blood pressure was recorded a month before the Lahore session of the All India Muslim League where the then Bengal Prime Minister A K Fazlul Huq proposed a 'Pakistan Resolution' that was duly passed, putting the demand for a separate homeland for Indian Muslims openly for the first time in black and white. "As per the health file of Gandhiji (1924-47), his blood pressure readings were as high as 194/130 and 220/110 (on Oct 26, 1937, and February 19, 1940). In between as well, his blood pressure readings were higher than normal and touched 170/110 and 180/105," says the ICMR journal that was published to commemorate Gandhi's 150th birth anniversary.

## [What Ailed The Mahatma? Gandhi's Health Records Revealed For The 1st Time](#)

March 25, 2019/NDTV

MCLEODGANJ, DHARAMSHALA:

Called "a half-naked seditious fakir" by Winston Churchill, one of his bitterest critics, Mahatma Gandhi managed to change the world in more ways than one. But what constituted Mohandas Karamchand Gandhi? Was it just his grit and determination? Now, for the first time, the Mahatma's personal health records have been made public that reveal he was as prone to illness as anyone else and suffered for a long time with high blood pressure. And yet, he managed to "make his life his message" as he said famously and also worked tirelessly with leprosy afflicted patients to fight the stigma. Well-preserved in the National Gandhi Museum in New Delhi, Mahatma Gandhi's health files have now been published for the first time in the book "Gandhi and Health @ 150" by the **Indian Council of Medical Research (ICMR)** and released in Dharamshala by the 14th Dalai Lama who said the Mahatma's philosophy of ahimsa (non-violence) and mental hygiene are very relevant even in the 21st century. The health files reveal that he weighed merely 46.7 kilograms and his height was five feet five inches or 165 centimetres as recorded in 1939. This gave him a body mass index of 17.1 - which, according to current estimates, means an "underweight" individual. These days, for an individual with those stats, the Ministry of Health and Family Welfare would suggest: "try to eat more and eat the right kinds of nutritious foods as you are underweight. It may also be useful to visit your doctor for a regular health check-up."

## [Mahatma Gandhi's Underweight Health Records Revealed For the 1st Time; Know his Heart Health, Serious Diseases](#)

March 25, 2019/Krishi Jagran

Mahatma Gandhi's personal health records have been made public for the very first time. The health file reveals that Gandhi ji was as prone to illness as anyone else and suffered for a long time with high blood pressure.

Very well preserved in the National Gandhi Museum in New Delhi, Mahatma Gandhi's health files have now been published for the first time in the book "Gandhi and Health @ 150" by the **Indian Council of Medical Research (ICMR)**. It was released in Dharamshala by the 14th Dalai Lama who said the Mahatma's philosophy of ahimsa (non-violence) and mental hygiene are very relevant even in the 21st century. Gandhi ji weighed merely 46.7 kilograms and his height was five feet five inches or 165 centimetres as recorded in 1939. This gave him a body mass index of 17.1 - which, according to current estimates, means an "underweight" individual. The book also mentions that during campaigning from 1913 to 1948, Mahatma Gandhi walked around 79,000 kilometres. The health records also reveal that the Mahatma Gandhi suffered from many serious ailments like contracting malaria three times in 1925, 1936 and 1944. He was operated for piles and appendicitis in 1919 and 1924. He also suffered from pleurisy - inflammation of the tissues that line the lungs and chest cavity - when he was in London. His experiments on his own diet are legendary and his act of undertaking long fasts sometimes led to his health condition deteriorating to almost "near death".



## [Mahatma Gandhi was healthy but underweight, show health records](#)

March 26, 2019/Hindustan Times

For a man who refused modern medicine to treat his chronic high blood pressure, Mahatma Gandhi was unbelievably healthy because of his simple diet and active lifestyle, according to his health records in a collectors' edition book, *Gandhi and Health @150*, released on Monday by the Indian Journal of Medical Research (IJMR) as part of his 150th birth anniversary celebrations.

Gandhi walked around 18 km, or 22,500 steps, every day for over 40 years, and covered a total of 79,000km for his campaigns between 1913 and 1948. "This is equivalent to walking around the Earth twice," the journal said. The World Health Organisation recommends walking 8,000-10,000 steps a day to stay healthy.

"The book aims to look at the Gandhian philosophy of health care and learn from his personal life. He led a disciplined life and followed a routine that included daily exercise. He also promoted a vegetarian diet, which is known to be good for health, and stayed away from tobacco or alcohol. We should follow in his footsteps," said Dr Balram Bhargava, director general of **ICMR**.

At the age of 70, Mohandas Karamchand Gandhi weighed 46.7 kg. He was 5-feet-5-inches tall, which means he had a body mass index (BMI) of 17.1, which falls in the underweight category. BMI is an indicator of healthy weight and is calculated by dividing the weight of a person in kilograms by the square of their height in metres.

## [Mahatma walked 79,000 km during freedom movement, equal to walking earth twice](#)

March 26, 2019/The Tribune

Mahatma Gandhi's health records published for the first time by the government show he was underweight, but healthy enough to walk 79,000 km during his movement for India's independence. "Gandhi and Health @ 150" unveiled today by the **Indian Council of Medical Research (ICMR)** documents the health statistics of the Father and the Nation who, according to the journal, stayed clear of allopathy and experimented on his body using earth and water materials. "Mahatma Gandhi was a quintessential naturopath," says Dr VK Paul, member, health, NITI Ayog who launched the journal today. What's interesting is that Mahatma Gandhi weighed a mere 46.7 kg, as recorded in 1939, was 5 feet 5 inches tall and had a body mass index of 17.1 which under modern definitions qualified him as underweight. Gandhi also suffered from high blood pressure starting 1927 and reported the highest hypertension data of 220/110 in 1939. The journal attributes his healthy life despite hypertension to the fact that he was an avid walker and walked 18 km a day. "During campaigning from 1913 to 1948, he walked around 79,000 kilometres, which is the equivalent to walking around the Earth twice," says the journal published under the guidance of ICMR Chief Dr Balram Bhargava, a cardiologist, who says Gandhi's heart was healthy and his ECG records show that his cardiac degeneration was arrested even though he experimented with natural elements on his body. The records were accessed from the National Gandhi Museum and published as a collector's item to mark 150th birth anniversary celebrations of the Mahatma.

## [Around the earth on foot, twice](#)

March 26, 2019/The Telegraph

Mahatma Gandhi often walked 18km a day, and enough over 35 years to circle the earth twice, had unusually high blood pressure in old age but was otherwise in good health, the **Indian Council of Medical Research** said on Monday.

The ICMR has in collaboration with the National Gandhi Museum included information from Gandhi's health records in a "collector's edition" of the Indian Journal of Medical Research to mark Gandhi's 150th birth anniversary, which falls on October 2 this year. Health researchers working with the museum staff used historical documents to determine that Gandhi often walked up to 18km a day over 36 years, covering 79,000km from 1913 to 1948, equivalent to walking around the planet twice. The journal has also cited a "health file" on Gandhi that documented two of his blood pressure readings — 194/130 on October 26, 1937, at age 68 and 220/110 on February 19, 1940, at age 70 — as evidence of unusually high blood pressure. Gandhi's blood sugar levels were often significantly lower — 41, 71 and 115 on different dates in 1936, 1937 and 1938 — than the normal levels between 80 and 120. "We can say he was in good health, a good basal metabolism," Balram Bhargava, a senior cardiologist and director-general of the ICMR, told The Telegraph. Bhargava said that documents show Gandhi taking drops of an extract from the plant *Rauwolfia serpentina*, known as sarpagandha in Ayurveda, for high blood pressure. Medical records too suggest that Gandhi used the *R. serpentina* extract, shown through clinical trials to be a promising remedy for high blood pressure.

## [Mahatma Gandhi had high BP, got malaria thrice](#)

March 26, 2019/DNA

A gamut of ailments troubled Mahatma Gandhi during his lifetime whose constant companion was high blood pressure. The Father of the Nation may not have bowed down to the British, but malaria got the better of him thrice. These nuggets of information are part of files, published for the first time, by the **Indian Council Medical Research**, giving all recorded details of Gandhi's health profile and his daily routines. Gandhi was down with Malaria in 1925, 1936, and 1944. He weighed only 46.7 kilograms at 165 centimeters in 1939, with a body mass index of 17.1, meaning he was 'underweight' as per current Ministry of Health estimates. The records also show that he was operated for piles and appendicitis in 1919 and 1924 respectively. Gandhi suffered from high blood pressure. "As per health file of Gandhiji (1924-47), his blood pressure readings were as high as 194/130 and 220/110 [on Oct 26, 1937, and February 19, 1940]. In between as well, his blood pressure readings were higher than normal and touched 170/110 and 180/105," says the published material. The records, with a foreword from Union Health Minister JP Nadda, have been published in the Indian Journal of Medical Research collector's edition and launched by the 14th Dalai Lama. The Journal also highlights ICMR's contribution in areas that are relevant to Gandhian principles including importance to hygiene and sanitation (relevant to diseases like cholera, malaria, TB and leprosy), living a disciplined life and the role of physical fitness with meditation (relevant to lifestyle diseases, mental health and the youth) and balanced diet (relevant to nutrition).

## [Mahatma Gandhi's private health records published, had high blood pressure](#)

March 26, 2019/Zee News

New Delhi: Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here.

During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining, when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20.

As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed. "The good health he enjoyed was mostly attributed to his vegetarian diet and exercise in open air," the book records.

## [Mahatma Gandhi battled malaria and high blood pressure, reveal health records](#)

March 26, 2019/News Nation

Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum. During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining, when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20. As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed.

## **Dalai Lama launches a special edition of ICMR journal on Mahatma Gandhi's health**

March 26, 2019/News Intervention

The **Indian Council of medical Research (ICMR)** has come out with a special edition of Indian Journal of Medical Research (IJMR) focusing on the health of Mahatma Gandhi and Gandhian principles of health. Titled as 'Gandhi & Health @150' the journal was launched in Dharamshala by His Holiness the Dalai Lama on 20th March 2019. Releasing the edition in Dharamshala, His Holiness the Dalai Lama said, "Mahatma Gandhi was a man with extraordinary qualities. His motivation to solve the problems of society and steer the freedom movement through the path of truth and non-violence is inspired by his physical and emotional well-being. Gandhi Ji's life shows us that by dedicating one's life to others makes a person emotionally and physically strong. Honouring Gandhi ji's philosophy on health will not only inform the present society on improving the well-being of people but will also help them imbibe a lifestyle that is disciplined and rewarding." Prof (Dr.) Balram Bhargava, Secretary, Department of Health Research and Director General, ICMR said, "The Indian Council of Medical Research was set up in 1911. In a journey, that has spanned more than a century, this institution has made immense contribution towards various disease control programmes and has tried to follow the path shown by the Mahatma Gandhi, by touching and impacting the lives of millions of Indians. Mahatma Gandhi had spearheaded many revolutions in our country and ICMR has embodied his values and principles in its health research to improve the health and well-being of the country.

### **महात्मा गांधी इतना पैदल चले थे कि पृथ्वी के दो बार चक्कर पूरे हो जाते**

March 26, 2019/ jagran.com

नई दिल्ली (जेएनएन)। नई दिल्ली के नेशनल गांधी म्यूजियम में सुरक्षित रखी गई राष्ट्रपिता महात्मा गांधी के स्वास्थ्य से जुड़ी फाइलें पहली बार एक किताब की शकल में लोगों के सामने आई है। 'गांधी एंड हेल्थ @ 150' शीर्षक से प्रकाशित इस किताब में खुलासा किया गया है कि 220/110 तक के हाई ब्लडप्रेसर की गिरफ्त में होने के बावजूद बापू कैसे खुद को फिट रख पाते थे। किताब को **इंडियन काउंसिल ऑफ मेडिकल रिसर्च (आईसीएमआर)** की ओर से प्रकाशित कराया गया है। किताब को धर्मशाला में 14वें दलाई लामा द्वारा लॉन्च किया। इस मौके पर दलाई लामा ने कहा कि अहिंसा और मानसिक चिकित्सा पर महात्मा का दर्शन 21वीं सदी में भी प्रासंगिक है। किताब में महात्मा के स्वास्थ्य से जुड़ी रिपोर्ट के हवाले से चौंकाने वाले खुलासे हुए हैं। रिपोर्ट के मुताबिक, साल 1938 में बापू का वजन 46.7 किलोग्राम और उनकी लंबाई पांच फुट पांच इंच थी। बॉडी मास इंडेक्स (17.1-) के लिहाज से यह दशा 'अंडरवेट' कही जाएगी। मौजूदा वक्त में यदि कोई इस हालत में हो तो केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्रालय के मुताबिक, 'उसे ज्यादा और संतुलित भोजन करने साथ नियमित हेल्थ चेकअप की जरूरत है।' इन सबके बावजूद महात्मा ने आजादी की लड़ाई का नेतृत्व करते हुए देश को स्वतंत्र कराया। सन 1927 से बापू को हाई ब्लडप्रेसर की शिकायत सामने आई थी। 19 फरवरी 1940 को बापू का ब्लडप्रेसर 220/110 तक पहुंच गया था। फिर भी बापू जीवित रहे और खुद को शांत बनाए रखा। कुछ महीने बाद बापू ने सुशीला नैयर को एक चिट्ठी लिखी थी। इस पत्र में उन्होंने नैयर से कहा था कि मैं हाई ब्लडप्रेसर के हवाले हूँ, मैंने सर्पगंधा की तीन बूंदें ली हैं। इस बीमारी के बावजूद बापू कैसे खुद को फिट रखते थे, इस बारे में किताब के 166वें पेज में खुलासा किया गया है। इस पेज में बताया गया है कि बापू रोज 18 किलोमीटर पैदल चलते थे। यही नहीं 1913 से 1948 तक बापू ने लगभग 79,000 किलोमीटर की पैदल यात्रा की। किताब के मुताबिक यह दूरी पृथ्वी की गोलाई के लगभग दोगुने के बराबर है।

## [Mahatma Gandhi's health records published for the first time: 10 facts-battled high blood pressure & malaria](#)

March 26, 2019/Timesnownews.com

New Delhi: Mahatma Gandhi was not only a man of true words and a true fighter but he was also extremely healthy. Gandhiji also led a very simple and frugal lifestyle. Now, Gandhiji's health files, published for the first time, reveal that the 'Father of the Nation' led a disciplined life, which included exercising daily in the open air. He also firmly followed a vegetarian diet, which is known to be good for health, and stayed away from tobacco or alcohol. To commemorate the 150th birth anniversary of the Father of the Nation, the **Indian Council of Medical Research (ICMR)** has developed a collector's edition of Indian Journal of Medical Research (IJMR) focusing on Mahatma Gandhi's health and Gandhian principles of health. The book titled 'Gandhi & Health @150' also reveals Bapu suffered from high blood pressure and weighed 46.7 kg at a height of 5 feet 5 inches (recorded in 1939).

"The special edition of IJMR details Gandhiji's medical legacy, his health profile and his experiments on health, based on articles published and health records that are available," said Dr Balram Bhargava, Director General, ICMR. The book, preserved in the National Gandhi Museum, claims that Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that 'he was at death's door', news agency PTI reported.

## [Gandhiji had High BP, Constipation: ICMR releases Health Record](#)

March 26, 2019/Medical Dialogues

New Delhi: Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as the food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health — ranging from diet charts to the ailments he suffered from — form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here. During various phases of his life, Gandhi suffered from several ailments including high bp, constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records.

Gandhi suffered from malaria on three occasions — 1925, 1936 and 1944 — and also pleurisy, a condition in which there is inflammation of the lung lining when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20. As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed. "The good health he enjoyed was mostly attributed to his vegetarian diet and exercise in the open air," the book records. Gandhi weighed 46.7 kilograms and had a body-mass index of 17.1 at the age of 70, which the health experts termed as being "underweight".

## Gandhi and Health @150: man who walked two earths

March 27, 2019/Orissa post



For a Mahatma and the Father of the nation M. K. Gandhi was a simple living high thinking purist who refused modern medicine to treat his chronic high blood pressure, acute amoebic dysentery that almost killed him in 1918 and a number of ailments that are listed in the collectors' edition book, *Gandhi and Health @150* released Monday by the Indian Journal of Medical Research (IJMR) as part of his 150th birth anniversary celebrations. The book attempts an insight at the Gandhian philosophy of health and the naturalist approach of his lifestyle. He led a disciplined life and followed a routine that included daily exercise which mostly included walking for long miles. He also promoted a vegetarian diet and stayed away from tobacco or alcohol. We should follow in his footsteps," said Dr Balram Bhargava, director general of **ICMR**.

**Walks:** - Gandhi walked around 18 km, or 22,500 steps, every day for over 40 years, and covered a total of 79,000km for his campaigns between 1913 and 1948. "This is equivalent to walking around the Earth twice," the journal said. The World Health Organisation recommends walking 8,000-10,000 steps a day to stay healthy.

**Weight:** - Mohandas Karamchand Gandhi weighed 46.7 kg and was 5-feet-5-inches tall at age 70. The weight to height ratio that is called the body mass index (BMI) of Gandhi at that time was 17.1, which falls in the underweight category.

**Blood:** - Gandhi's blood pressure peaked February 19, 1940 and was recorded at 220/110, against a healthy blood pressure of under 120/80. In his usual way he refused synthetic medicine and applied mud poultice on his abdomen every day and ate garlic and Sarp Gandha (Indian snakeroot), which is an undershrub flower found in sub-Himalayan region.

"The high blood pressure did cause some changes to his cardiovascular health but his overall heart health was good," said Dr Bhargava, who is a cardiologist by training.

## India-African Union sign MoU on strengthening cooperation in healthcare sector: MEA

March 27, 2019/The Economic Times

NEW DELHI: An agreement has been signed between India and the African Union to initiate and strengthen the cooperation in health sector in a structured and organised manner by establishing an India-Africa health sciences collaborative platform, the Ministry of External Affairs (MEA) said. The MEA, in a statement, said that in order to carry forward the strategic vision of India-Africa Forum Summit (IAFS) III through a structured and concrete partnership in the health sector, the MEA partnered with **Indian Council of Medical Research** and had jointly organised the first India-Africa Health Sciences Meet in 2016 in New Delhi. The MoU will pave the way for the cooperation in the areas of research and development, capacity building, health services, pharmaceutical trade and manufacturing capabilities for drugs and diagnostics, it said. The MEA said it has offered full support for implementation of the agreement. "Following the deliberations in this meet, ICMR had taken up the mandate to initiate and strengthen the cooperation in health sector in a structured and

organized manner by establishing an India-Africa Health Sciences Collaborative Platform (IAHSP). The signed MoU aims to formalise this partnership by establishing a framework," it said.



### [India-African Union sign MoU on strengthening cooperation in healthcare sector: MEA](#)

March 27, 2019/Outlook India

New Delhi, Mar 27 An agreement has been signed between India and the African Union to initiate and strengthen the cooperation in health sector in a structured and organised manner by establishing an India-Africa health sciences collaborative platform, the Ministry of External Affairs (MEA) said.

The MEA, in a statement, said that in order to carry forward the strategic vision of India-Africa Forum Summit (IAFS) III through a structured and concrete partnership in the health sector, the MEA partnered with **Indian Council of Medical Research** and had jointly organised the first India-Africa Health Sciences Meet in 2016 in New Delhi. The MoU will pave the way for the cooperation in the areas of research and development, capacity building, health services, pharmaceutical trade and manufacturing capabilities for drugs and diagnostics, it said. The MEA said it has offered full support for implementation of the agreement. "Following the deliberations in this meet, ICMR had taken up the mandate to initiate and strengthen the cooperation in health sector in a structured and organized manner by establishing an India-Africa Health Sciences Collaborative Platform (IAHSP). The signed MoU aims to formalise this partnership by establishing a framework," it said. According to an ICMR statement, the programme would focus on training and strengthening capacity of health professionals, researchers, regulators and industry staff, support research collaborations for developing preventive tools and improved diagnostics for diseases which are regional priorities in India and Africa.

### [India, African Union ink MoU on health sciences cooperation](#)

March 27, 2019/Business Standard

The **Indian Council of Medical Research** and the African Union (AU) on Wednesday signed a Memorandum of Understanding (MoU) which formalised the India-Africa Health Sciences Collaborative Platform (IAHSP) by establishing a framework.

"India for Africa. MoU on India-Africa Health Sciences Cooperation between @ICMRDELHI & African Union was signed. It will pave way for cooperation in R & D, capacity building, health services, pharmaceutical trade, and manufacturing capabilities," Ministry of External Affairs (MEA) Spokesperson Raveesh Kumar tweeted. The IAHSP was established after the first India-Africa Health Sciences Meet in 2016 in New Delhi. The IAHSP strengthens cooperation in the health sector in a structured and organized manner. The MEA has offered full support for the implementation of the MoU.

## [MoU on strengthening cooperation in healthcare sector signed with African Union: MEA](#)

March 27, 2019/Devdiscourse

An agreement has been signed between India and the African Union to initiate and strengthen the cooperation in the health sector in a structured and organised manner by establishing an India-Africa health sciences collaborative platform, the Ministry of External Affairs (MEA) said. The MEA, in a statement, said that in order to carry forward the strategic vision of India-Africa Forum Summit (IAFS) III through a structured and concrete partnership in the health sector, the MEA partnered with **Indian Council of Medical Research** and had jointly organised the first India-Africa Health Sciences Meet in 2016 in New Delhi. The MoU will pave the way for the cooperation in the areas of research and development, capacity building, health services, pharmaceutical trade and manufacturing capabilities for drugs and diagnostics, it said. The MEA said it has offered full support for the implementation of the agreement. "Following the deliberations in this meet, ICMR had taken up the mandate to initiate and strengthen the cooperation in the health sector in a structured and organized manner by establishing an India-Africa Health Sciences Collaborative Platform (IAHSP). The signed MoU aims to formalise this partnership by establishing a framework," it said. According to an ICMR statement, the programme would focus on training and strengthening capacity of health professionals, researchers, regulators and industry staff, support research collaborations for developing preventive tools and improved diagnostics for diseases which are regional priorities in India and Africa.

## [India-African Union sign MoU on strengthening cooperation in healthcare sector](#)

March 28, 2019/News Services Division

An agreement has been signed between India and the African Union to establish an India-Africa health sciences collaborative platform. The Ministry of External Affairs (MEA) said in a statement that the MoU will pave the way for cooperation in research and development, capacity building, health services, pharmaceutical trade and manufacturing capabilities for drugs and diagnostics. The statement said, to carry forward the vision of a structured and concrete partnership in the health sector, the MEA partnered with **Indian Council of Medical Research** and had jointly organised the first India-Africa Health Sciences Meet in 2016 in New Delhi.

## [India, African Union ink MoU on health sciences cooperation](#)

March 28, 2019/Sify News

The **Indian Council of Medical Research** and the African Union (AU) on Wednesday signed a Memorandum of Understanding (MoU) which formalised the India-Africa Health Sciences Collaborative Platform (IAHSP) by establishing a framework. "India for Africa, MoU on India-Africa Health Sciences Cooperation between @ICMRDELHI & African Union was signed. It will pave way for cooperation in R&D, capacity building, health services, pharmaceutical trade, and manufacturing capabilities," Ministry of External Affairs (MEA) Spokesperson Raveesh Kumar tweeted. The IAHSP was established after the first India-Africa Health Sciences Meet in 2016 in New Delhi. The IAHSP strengthens cooperation in



the health sector in a structured and organized manner. The MEA has offered full support for the implementation of the MoU. (ANI)



### **ICMR signs MOU with African Union to promote Health Sciences Research**

March 28, 2019/Medical Dialogues

New Delhi: **Indian Council of Medical Research (ICMR)**, Ministry of Health and Family Welfare, Government of India has signed an MoU with the African Union (AU) represented by Scientific Technical and Research Commission (AU-STRC) here in New Delhi. The MoU will strengthen South-South collaboration in advancing health sciences research; enhance local capacity and ownership. Recognizing the common health challenges faced by limited public health resources the current initiative aspires to intensify cooperation and collaboration to develop cutting-edge, innovative and sustainable solutions catering to the health needs of respective regions of the globe. The programme would focus on training and strengthening capacity of health professionals, researchers, regulators and industry staff; support research collaborations for developing preventive tools and improved diagnostics for diseases which are regional priorities in India and Africa strengthening product development and manufacturing capacities for drugs and diagnostics.

Dr. Eng. Ahmed Hamdy, Executive Director, AU-STRC said that it is relevant for India and Africa to work synergistically towards shared core priorities by leveraging on existing resources in the achievement of mutual health goals. Dr Neena Malhotra, JS (E & SA), Ministry of External Affairs, GOI briefed about the initiatives taken by GOI for collaboration between India and many African countries and extended support from MEA to strengthen this MoU. Dr S. Eswara Reddy, Drugs Controller General of India, Directorate General of Health Services, Ministry of Health & Family Welfare, GoI highlighted regulatory mechanisms and India's relationship with several African countries. He expressed interest to facilitate the collaborative arrangements in the ambit of this MoU.

The programme secretariat jointly managed by ICMR and AU-STRC would roll out the implementation plan.

### **India-African Union sign MoU on cooperation in healthcare sector**

March 28, 2019/Study IQ

India and African Union (AU) has signed MoU to initiate and strengthen cooperation in health sector in structured and organised manner. Under this MoU, India-Africa Health Sciences Collaborative Platform (IAHSP) will be established.

#### **Features of MoU**

- It aims to formalise this partnership by establishing IAHSP. It will pave the way for cooperation in areas of research and development, capacity building, health services, pharmaceutical trade and manufacturing capabilities for drugs and diagnostics.

**ICMR** is mandated to initiate and strengthen cooperation in health sector in a structured and organized manner by establishing IAHSF.



- This programme will focus on training and strengthening capacity of health professionals, regulators, researchers and industry staff, support research collaborations for developing preventive tools and improved diagnostics for diseases which are regional priorities in India and Africa.
- Significance: It will carry forward strategic vision of India-Africa Forum Summit (IAFS) III through structured and concrete partnership in health sector. It will carry out objectives set in first India-Africa Health Sciences Meet in 2016 held in New Delhi.

### **ICMR, African Union pact to enhance ties in health, research**

March 28, 2019/Drug Today Medical Times

NEW DELHI: The **Indian Council of Medical Research (ICMR)** and the African Union have signed an MoU to advance health sciences research and improve local capacity. The MoU will intensify cooperation and collaboration for training and strengthening capacity of researchers, health professionals, regulators and industry workers, and also support research collaborations for developing protective tools and improved diagnostic for diseases.

Dr. Balram Bhargava, DG, ICMR, said, “The deliberations charted through series of dialogues with leading experts will ensure advancements in strategic and multifaceted regional collaboration to optimize available resources towards contesting shared challenges in health sciences.”

Dr. Eng. Ahmed Hamdy, Executive Director, African Union, said, “Our need is to focus on indigenous development of affordable, safe and effective medicines, diagnostics and vaccines towards addressing specific common regional ailment load and nurturing an ecosystem that has a strong impact on transforming the health standards of the people.”

### **March 28, 2019/Virat Vaibhav**

**समझौता**

भारतीय चिकित्सा अनुसंधान परिषद (आईसीएमआर) और अफ्रीकन यूनियन ऑन इंडिया अफ्रीका हेल्थ साइंस कॉरपोरेशन के बीच बुधवार को दिल्ली में एक समझौता ज्ञापन पर हस्ताक्षर किए गए। छाया: वैभव



## India, African Union ink MoU on strengthening cooperation in healthcare

March 29, 2019/elets

An agreement has been signed between India and the African Union to initiate and strengthen the cooperation in health sector in a structured and organised manner, the Ministry of External Affairs (MEA) said recently. As per an agreement, an India-Africa health sciences collaborative platform will be established to boost different deliverables of healthcare. The MEA, in a statement, said that in order to carry forward the strategic vision of India-Africa Forum Summit (IAFS) III through a structured and concrete partnership in the health sector, the MEA partnered with **Indian Council of Medical Research** and had jointly organised the first India-Africa Health Sciences Meet in 2016 in New Delhi. The MoU will pave the way for the cooperation in the areas of research and development, capacity building, health services, pharmaceutical trade and manufacturing capabilities for drugs and diagnostics, it said. The MEA said it has offered full support for implementation of the agreement. “Following the deliberations in this meet, ICMR had taken up the mandate to initiate and strengthen the cooperation in health sector in a structured and organized manner by establishing an India-Africa Health Sciences Collaborative Platform (IAHSP). The signed MoU aims to formalise this partnership by establishing a framework,” it said.

With regards,

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