What are Satvik Offerings in Vedic Literature?

- **Food offerings:** Panchashasha (grains of five types – brown rice, mung or whole green gram, til or sesame, mashkalai (white urad dal) or any variety of whole black leguminous seed, jowar or millet).
- **Panchagobbo:** Five items obtained from cow (milk, ghee or clarified butter, curd, cow dung and gomutra), curd, honey, brown sugar, three big noibiddos, one small noibiddo, three bowls of madhupakka (a mixture of honey, curd, ghee and brown sugar for oblation), bhoger drobbadi (items for the feast), aaratir drobbadi mahasnan oil, dantokashtho, sugar cane juice, an earthen bowl of atop (a type of rice), til oil (sesame oil).
- **Water offerings:** Ushnodok (lukewarm water), coconut water, sarboushodhi, mahaoushodhi, water from oceans, rain water, spring water, water containing lotus pollen.
- **Three aashonanguriuk** (finger ring made of kusha).
- **Puja Items:** Sindur (vermillion), panchabarner guri (powders of five different colors – turmeric, rice, kusum flowers or red abir, rice chaff or coconut fiber burnt for the dark color, bel patra or powdered wood apple leaves), panchapallab (leaves of five trees – mango, pakur or a species of fig, banyan, betel and Joggodumur or fig), pancharatna (five types of gems – gold, diamond, sapphire, ruby and pearl), panchakoshay (bark of five trees – jaam, shimul, berela, kool, bokul powdered in equal portions and mixed with water), green coconut with stalk, three aashonanguriuk (finger ring made of kusha).
- **Panchamrit:** A mixture of honey, milk, curd, ghee and brown sugar.

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BP Control Rates Declined During Pandemic

The proportion of hypertensive patients with BP control declined considerably in the United States during the COVID-19 pandemic, provided the data from 24 health systems in the country is representative of national trends. The fall in BP control corresponded with a decline in follow-up visits for uncontrolled hypertension from the same data source, stated investigators. The BP Track study collected electronic medical data of around 1.8 million patients with hypertension between 2017 and 2020. Till the end of 2019 and before the pandemic started, a little less than 60% of the patients had BP control (BP <140/90 mmHg). When assessed from the start of the pandemic until the end of last year, the proportion of patients with BP under control declined by 7.2%, to just above 50%. For the target BP of <130/80 mmHg, the proportion dropped 4.6% over the same period, with only about 25% at that level of control. The findings were presented at the American Heart Association scientific sessions… (*Source: Medscape*)

Hypertension is a Risk Factor for Epilepsy

Hypertension increases the risk of developing epilepsy, suggests a new study reported in the journal *Epilepsia.*

The study examined the role of modifiable vascular risk factors in predicting subsequent epilepsy among participants aged 45 years or older in the Framingham Heart Study (FHS). The number of participants enrolled in the study was 2,986 with a mean age of 58 years. The vascular risk factors included diabetes mellitus, hypertension, hyperlipidemia and smoking.

At the end of the follow-up period of 19 years, 55 patients developed epilepsy. Among the risk factors evaluated, hypertension was found to almost double the risk of developing epilepsy (hazard ratio [HR] 1.93). Secondary analysis of data after exclusion of participants with normal BP on antihypertensive drugs showed a 2.44-times higher association of hypertension with epilepsy (50 new epilepsy cases). Hypertension is a modifiable risk factor for CVDs and diabetes. It is now also a risk factor for epilepsy in older age, as is evident from this study. Hypertension is a very widely prevalent condition. Aggressive management can not only reduce the chances of heart diseases and diabetes, but also epilepsy. (*Source: Epilepsia. 16 November 2021. https://doi.org/10.1111/epi.17108*)