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PRESS RELEASE

JAYADEVA HEART INSTITUTE STUDY

“Polished Rice, Food Taboos and Heart Failure in Babies – Study conducted by Jayadeva Hospital”

It is known that children below 6 months of age depend on breast milk for their nutrition. So mother's food habits play an important role in the well being of children. In the Southern and North Eastern parts of India, Polished rice is the staple food. Consumption of polished rice can result in breast milk that is nutritionally depleted. This directly leads to heart failure in new born babies.

In a study conducted by the Department of Paediatric Cardiology at Sri Jayadeva Institute of Cardiovascular Sciences, Bengaluru over a Period of six year has shown this alarming link between maternal diet and heart function. **The Lead Authors of this study are Paediatric Cardiologist Dr. Usha, Dr. Jayaranganath, and Team undertook this land mark study.**

250 babies below six months of age were admitted with problems of fast breathing, vomiting and inability to breast feed. Many babies required admission to ICU and some required artificial respiratory support. Evaluation revealed severely elevated pressures in the right side of the heart



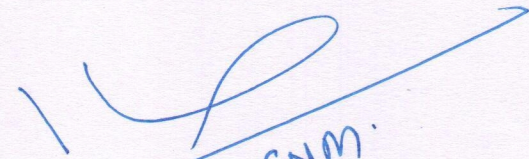
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and the blood vessels of the lungs. This entity, in medical terms is called **"Pulmonary Hypertension"**. Doctors realised that this life threatening condition is related to the deficiency of a vitamin in the breast milk of Mothers and can be treated with a common, cheaply available vitamin called "Thiamine" or Vitamin B1. Of the 250 babies who were admitted, 230 had dramatic and complete improvement and were cured of the disease. **This research was recently published in a leading journal "The Journal of Archives of Diseases in Childhood"**.

Date:

What could be the reason why so many babies develop this life threatening disease? Polished rice is aesthetically pleasing for its colour, texture and ease of cooking. This polishing strips the rice of the most nutritious outer layer which is rich in vitamin B1. As a part of dietary tradition, strict dietary restrictions are imposed on new mothers for 2 to 3 months after child birth called **"Bananthi Pathya"**, where they are given meals comprising of just rice, devoid of dal, beans, legumes and vegetables. This tradition is practiced till today in most parts of Karnataka, few parts of Andhra Pradesh and Telangana.

According to Dr.C.N.Manjuranth, Institute Director, providing new mothers with a diet rich in red rice, parboiled rice, ragi, millets with abundant milk and vegetables can provide a robust diet rich in all vitamins, improve the quality of breast milk and can prevent this life threatening disease in the vulnerable new born.


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