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**How well do
you know the
air you breathe?**

**Air Pollution:
Living with
the enemy**

R HealthBeat

Quarterly Health Magazine - Vol. 23, February 2020

**Decoding
Coronavirus**

**Pollution &
exercise:
Everything you
need to know**

**Purify the air
around you:
Know how!**



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From the Editor's Desk

Hello Readers,

It gives me immense pleasure to introduce the new edition of R HealthBeat. With every edition we try to bring the latest wellness trends and issues to our readers to whom I would like to thank for their continued support. This time we have taken up a theme 'Up in the Air', which focuses on a major challenge that we all are facing on a daily basis. Air Pollution!

It is all around us indoors, outdoors, in cities everywhere. It affects us all, whether we realize it or not. For the longest time, we have taken the air we breathe for granted, so much so that now India is home to 7 of the 10 most polluted cities in the world.

If you live in a big city, chances are the Air Quality alert on your phone or weather app must have pinged at some point. But what does it mean? Read more to know about the air you breathe and its impact on your health.

We're regularly bombarded from all sides about pollution, minimizing our ecological footprint and protecting our environment. At times it can be overwhelming to know where to even start! Have you thought about introducing plants in your homes and offices; after all we spend 90% of time indoors. Read on to discover how plants can improve your indoor air quality.

A healthy person takes about 25,000 breaths a day. To keep your lungs healthy there are 'Ways you can purify your lungs naturally'. Read more about these ways under the section 'Health Guide'.

We don't decide our workout schedule anymore, the air quality does. Under the section 'Fitness today' explore how to work out when the air pollution is bad.

If you are wondering whether there are any places left that are still breathing clean? Fret no more and discover the cleanest getaways in India under 'Travelogue'.

To summarize the edition I would like to quote

“ *It is the worst of times but it is still the best of times because we still have a chance*”- Dr. Sylvia Earle ”

I wish you all great health!

Warm regards,
Rakesh Jain



Rakesh Jain

Chief Executive Officer
Reliance General Insurance &
Editor-in-Chief, R HealthBeat

1

Readers' Connect

2

Did You Know

- The air that we breathe

4

Special Focus

- A manual to respiratory health
- Know about Coronavirus

6

Health Guide

- Air Pollution: Living with the enemy
- Breathe fresh with plants that purify air around you
- Ways you can purify your lungs naturally!

12

Fitness Today

- Pollution & Exercise: Everything you need to know
- 20 minutes Yoga workout to help you breathe better

14

Technology

- Beat the pollution with the right mask!

16

Travelogue

- Plan for lung cleansing vacations!

17

Well Being

- Anti-pollution skincare is even more important now: Here's why
- Foods that help you reduce harmful effects of air pollution

19

Bibliography



EDITORIAL TEAM

Editor
Anand Singhi
Raman Arora

Project Head
Dr. Mahesh Yelapure

Concept and Content
Sakshi Dogra
Aradhana Yallatkar
Dr. Ishita Dhanuka
Chetan Thadeshwar

Marketing & Compliance
Santosh Sen
Mantra Nath Jha

Printing & Publishing
Ashfaque Shaikh

Readers' Connect



Look what our **readers have to say** about R HealthBeat

I have been following the health magazine since initial editions and find it to be an extremely informative read. The content is top notch and is helpful in recognizing the benefits of healthy living. I appreciate all the hard work put in and wish all the best to the team.

Mr. Sanjay Grover

Manager (F&A)

Zramagundam Fertilizers and Chemicals Ltd.

R HealthBeat is a delightful read covering the entire spectrum of Health and Wellness. The choice of topics is superb; right from the informative content and relevance to people today. I appreciate Reliance Team for their efforts and wish them best of luck!

Mr. Vishal Dhuharia

Associate Director - Human Resources

The Lodhi

R HealthBeat consists high quality content which caters to all age groups. Our modern lives can be hectic & stressful, but this magazine can help change that. I would highly recommend this magazine.

Bhupen Chand Bhatt

DGM – HR

PVR Limited

Scan the QR code to read the previous editions of R HealthBeat



GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at rgicl.rcarehealth@relianceada.com

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.

How well do you know the air you breathe?

Nothing is more vital to life than breathing: in a lifetime, about 250m litres of air passes through your lungs. Walk along a busy city street and you will inhale something like 20m particles in a single lungful. Today, air pollution is the world's top killer.

Air Quality Index 101

The purpose of the AQI is to help people know how the local air quality impacts their health, it defines the level of toxicity or pollutants in the air, and it keeps changing hour to hour. On a good day, the air quality level must be around 0-50. If it gets worse, the table below should give you a clear idea.

Good



0-50

Air quality poses little or no risk

Caution: NONE



Coding color

Moderate



51-100

Air quality acceptable, can affect few people unusually sensitive to air pollution

Caution: Children and adults, especially with respiratory disorders such as asthma should limit prolonged time outdoors



Coding color

**Unhealthy
for sensitive groups**



101-150

General public likely unaffected, sensitive groups may experience health impact

Caution: Children and adults, especially with respiratory disorders such as asthma should avoid prolonged time outdoors



Coding color



Worsened air quality is cutting global life expectancy by nearly two years per person

India itself has 7 of the 10 most polluted cities in the world

Breathing polluted air affects health, happiness, cognitive performance & workplace productivity

Air pollution is all around us having a noxious effect on us. Many of us might think of air pollution as something which is outdoors emitting from vehicles including trucks, cars, trains, airplanes etc. But air pollution is hard to escape, no matter even if you choose to stay indoors. To help you better understand the air around, thankfully a tool called Air Quality Index was created to monitor the local air quality, so that one can understand its impact on health.

151-200

Everyone begins to experience health effects, serious health impact for sensitive groups

Caution: Everyone should limit prolonged time outdoors

 Coding color



Unhealthy

201-300

It is an emergency with health warnings, the local population likely to be affected

Caution: Everyone should avoid prolonged time outdoors

 Coding color



Very Unhealthy

301+

Health hazard alert for everyone. All may experience serious health effects.

Caution: Everyone should avoid prolonged time outdoors

 Coding color



Toxic



A manual to **RESPIRATORY HEALTH**

Inhale. Exhale.

One minute of this exercise counts to minimum 15 to 20 breaths, making it more than 20,000 breaths a day. With each one, oxygen travels through our bloodstream, fueling your body's cells. Every breath that reaches to our lungs is filtered through the natural air filters which are a part of our respiratory system.

Air is drawn in via mouth and nose, the latter acting as an air filters by trapping dust particles and ensures air is warmed and humidified. As the air passes through trachea also lined with cilia, sweeps away the fluids and foreign particles out of airway so that they stay out of the lungs.



But what happens




When we bombard our lungs with Pollutants and Irritants

such as secondhand smoke and fumes from household cleaning supplies?

Even a healthy person can experience health impact from polluted air including respiratory, irritation or breathing difficulties.



IMMEDIATE EFFECTS

-  Added stress to heart and lungs, which must work harder to supply the body with oxygen
-  Aggravated cardiovascular and respiratory illness
-  Damaged cells in the respiratory system

LONG TERM EFFECTS

-  Accelerated aging of the lungs
-  Loss of lung capacity and decreased lung function
-  Development of diseases such as asthma, bronchitis, emphysema, and possibly cancer
-  Shortened life span

WHO IS MORE AFFECTED?



Elderly



Pregnant women



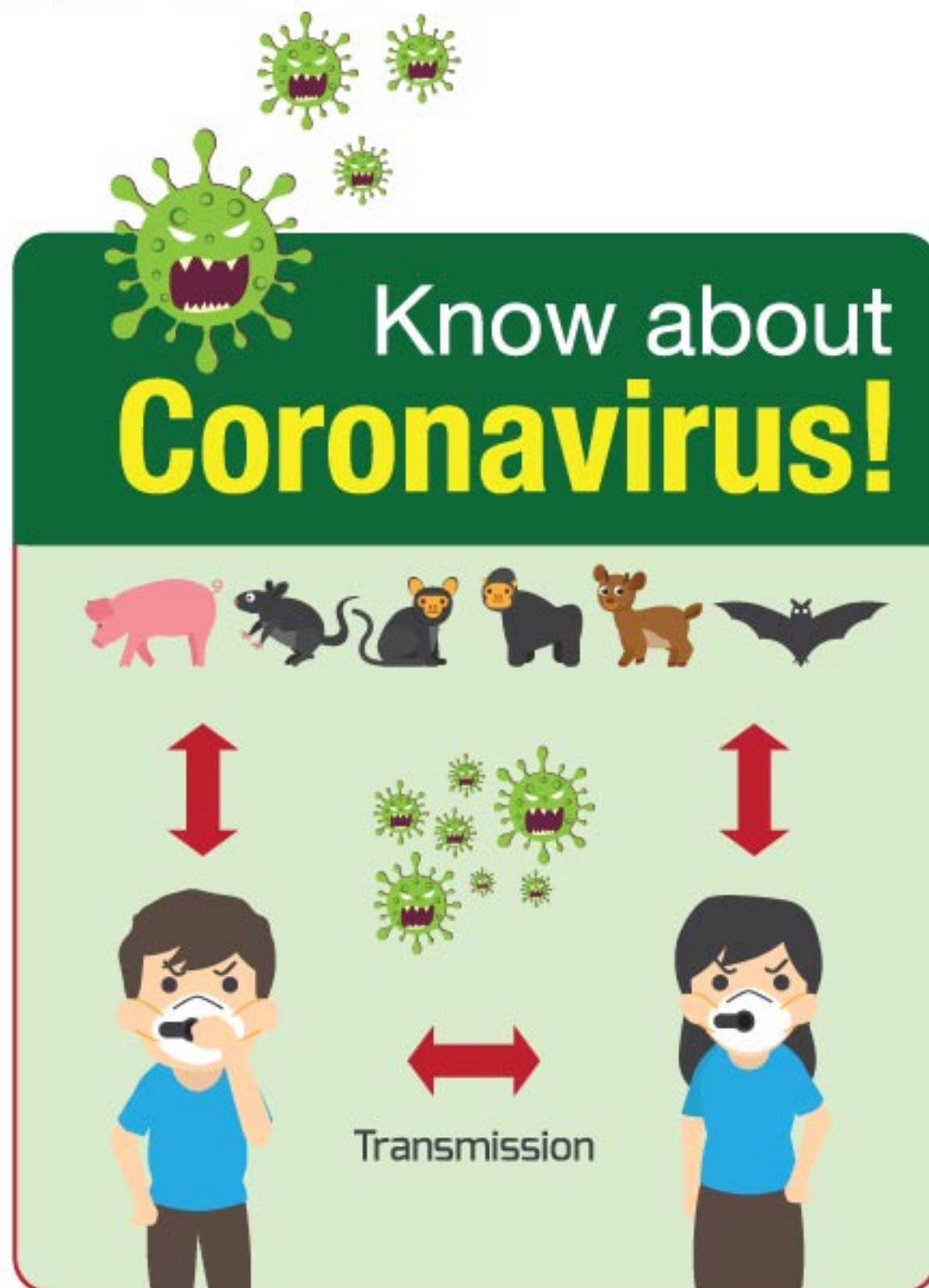
Children under age 14



People who exercise outdoor



People with chronic Lung / Heart Disease



An outbreak of a new Coronavirus that began in the Chinese city of Wuhan has been in news lately for the rise in number of infected people and is also creating a state of panic in others. Read along to understand what exactly is Coronavirus? How does it spread? How can you stay safe?

A Coronavirus is a large family of virus that causes illness ranging from infection in your nose, sinuses, or upper throat to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

How it is transmitted?

Coronaviruses are zoonotic, meaning they are transmitted between animals and people.

Human-to-human transmission: Coronavirus are most commonly spread from an infected person by the following means:

- Coughing and sneezing
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, and then touching your mouth, nose, or eyes before washing your hands.
- Fecal contamination

Signs & Symptoms



Fever

Sore throat
or cough

Difficulty in
breathing

Running
nose

Headache

In more severe cases,
the infection can cause high
fever (100.4°F or higher),
pneumonia, kidney failure
and even death.

How you can stay safe?

While research is going on to understand this new virus, currently there is no vaccination available to treat it. However, to avoid exposure to it here are few things that you can practice every day and also while travelling:

- Frequently clean hands by using alcohol-based hand rub or soap and water.
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with anyone who has fever and cough.
- The consumption of raw or undercooked animal products should be avoided.
- Avoid direct unprotected contact with live animals and surfaces in contact with animals.
- If you choose to wear face mask, be sure to cover mouth and nose. Avoid touching it once it's on. Immediately discard single use mask after each use and wash hands.
- If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.



AIR POLLUTION- LIVING WITH THE ENEMY

Most of us recognize the health concerns associated with outdoor air pollution, but rarely consider how poor their indoor air quality is, even though an average human spends nearly 80-90 per cent of their time indoors.

Other than the outdoor air pollutants entering our homes, toxic products, inadequate ventilation, high temperature and humidity are few of the primary causes of indoor air pollution in our homes. Whether outdoors or indoors, let's take a look how air pollution is affecting you.



INCREASED BREATHING PROBLEMS

Polluted air causes difficulty in breathing, asthma, and other lung problems and can worsen pre-existing medical condition of adults with lung and heart problems. In children air pollution has been linked to lung damage & can inhibit growth of lung function.



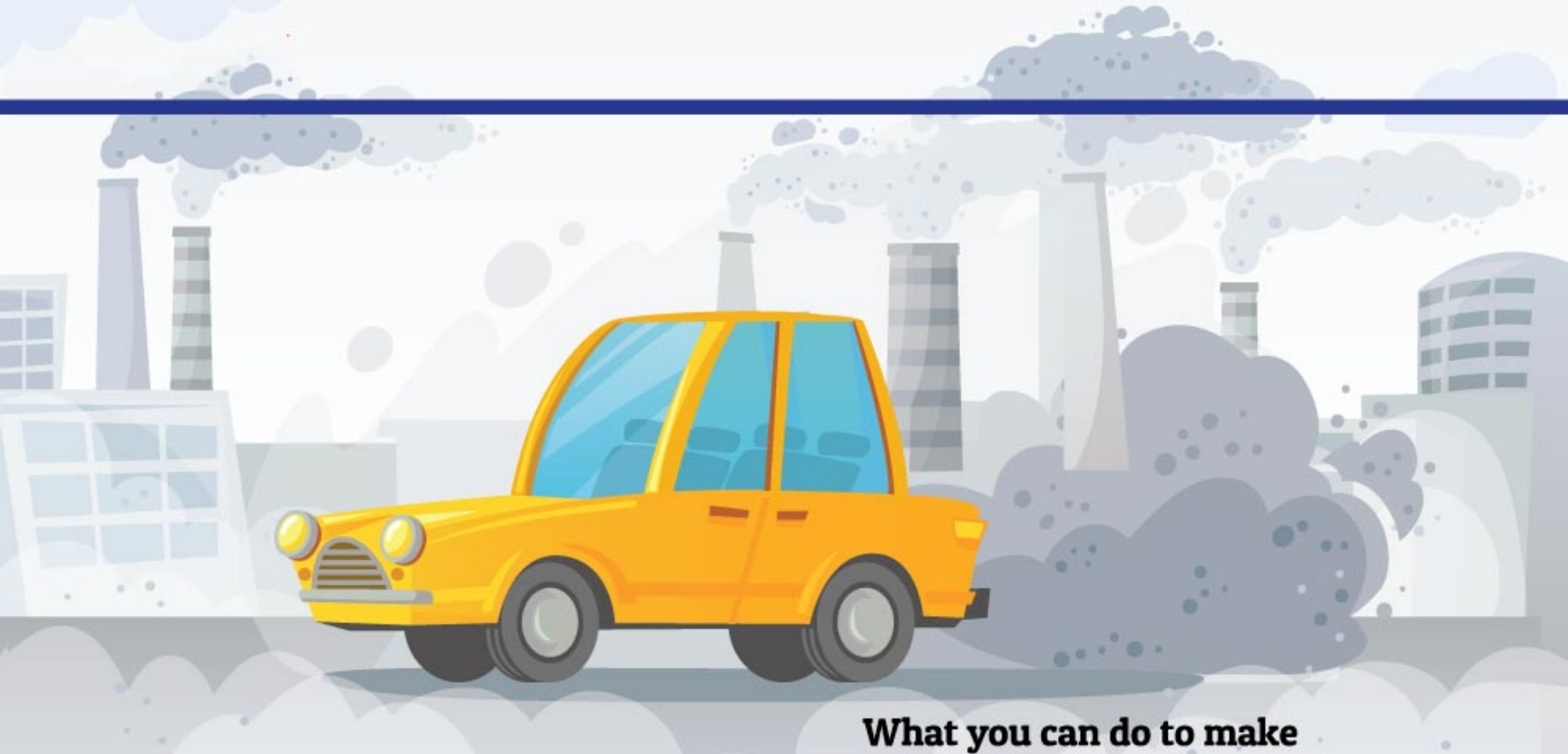
EYE IRRITATION

Eyes can suffer oxidative damage, toxic molecular injuries as well as physical abrasion. The delicate moist mucous membrane of the eye gets irritated due to physical presence of particulate matter, toxic effect of solvents, gases and other chemicals. Redness, watering, burning sensation, itching, are some of the symptoms that can disturb the visual function.



HINDERS OXYGEN TRANSPORT

Polluted air contains harmful gases like carbon monoxide which bind with haemoglobin in blood in place of oxygen. This phenomenon can reduce the oxygen-carrying capacity of the body and cause problems like easy fatigue and hasten the ageing of the body.



What you can do to make things little better for self



Increased chances of cancer

When we breathe in polluted air, it is equivalent to passive smoking. Common air pollutants like particulate matter, sulphur particles and other toxic particles can trigger oncogenes and cause cancerous growth in the body.



Infertility

Pollution is known to have deteriorated human fertility globally. It can affect the sperm count, motility, and morphology. Infertility due to pollution is also prominent in females. It is linked to early menopause and even ovarian cancers.

In pregnant people, air pollution may trigger inflammation throughout the body, including the uterus, which increases the risk of preterm birth.



- Drive cars with air con running and window panes up. Clean the condenser pipes every morning with a water jet. Close the vent to disallow atmospheric air to come in. Exchange air only on reaching home.



- Lubricate eyes frequently with eye drops that are preferably preservative free. As often as possible rinse eyes in running, clean water (may be filter) every morning, after reaching home from work/school/college and before going off to sleep.



- Burn your calories at the right time. It is recommended to exercise only during early morning or late in the evening when pollution has been cleared.



- Drink lots of water, staying hydrated is important to maintain one's health.



- Include Immunity boosting fruits and vegetables in your diet. Few of the detoxifying foods include broccoli, lemon, garlic, jaggery. These help to get rid of toxins naturally. Herbal tea is also one of best source in minimizing pollution effects.

- Ventilate your kitchen to avoid indoor air pollution, install chimneys in the kitchen and an exhaust in the bathroom. This will ensure the air is recirculated.

- Use air purifiers in kids and elderly rooms as they are more prone to the ill effects. Use activated charcoal packs for cleaner air inside.



Peace Lily:

It's a **great general cleanser** and air purifying plant that effectively removes all common indoor pollutants generated by furniture, electronics and cleaning products. It does well in indirect light and requires minimal watering.



Money plant:

One of the **most powerful air purifying plants** that can purify the air inside your house in the most effective manner due to its particular affinity for volatile organic compounds most commonly in the form of off-gassing from synthetic paint or carpets.



Areca Palm:

one of the best air indoor plant. This plant helps in absorbing pollutants, thus **minimizing respiratory disease.** The harmful gases which are present indoors can harm children and fetus in pregnant women. This plant helps to reduce these gases and creates a fresh environment.

***Breathe fresh
with plants
that purify air
around you***

Whether at home or at work, we spend 90% of time indoors, be it sleeping, indulging in mobile phones or in office. And that time spent inside exposes us to indoor air pollution! Common residential **indoor pollutants include excessive moisture, volatile organic compounds (VOCs), combustion products, pesticides, dust particles etc. increasing the levels of carbon monoxide, nitrogen dioxide, benzene, formaldehydes etc.**

To combat indoor air pollution, you can choose the natural purifiers- Indoor foliage which have become a latest trend. They not only increase the liveliness of the area but work a little harder to clean the air you breathe in and also offer many health benefits as well.

Snake plant:

Place it in a pot in your bedroom for a sound sleep.

It releases oxygen at night!

This plant that grows only up to a maximum height of six inches and thrives well in dry conditions and bright sunlight.



Bamboo plant:

An excellent air purifier and a natural humidifier, producing a litre of ambient water every 24 hours, making it a

well-suited plant for dry climates or those with breathing troubles.

They grow rapidly and prefer bright, filtered light and enjoy being watered frequently when growing.



Aloe-vera:

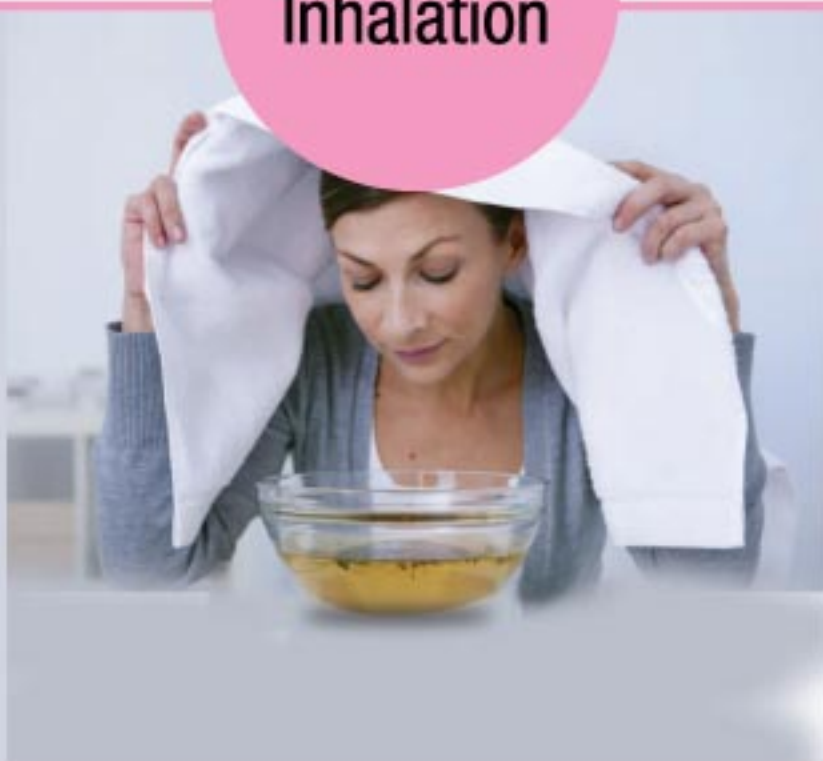
Apart from being great for skin and wellness, Aloe Vera plant proves great in **absorbing formaldehyde, carbon monoxide and carbon dioxide present in the air**



Ways you can purify your lungs naturally!

Our lungs are mostly a self cleaning organ, but regular detoxification will help in smooth functioning and in expulsion of toxins. There are many ways you can practice a lung cleanse; here are few natural ways which you can try.

Steam Inhalation



It involves inhaling water vapor to open the airways and help the lungs drain mucus. Cold or dry climate can dry out the mucous membranes in the airways and restrict blood flow. Steam adds warmth and moisture to the air, which may improve breathing and help, loosen mucus inside the airways and lungs. Inhaling water vapor can provide immediate relief and help you breathe more easily.

Controlled Coughing

Coughing is the body's way of naturally expelling toxins that it has trapped in mucus. Follow the below steps to cleanse lungs of excess mucus:

- 1) Sit down on a chair with the shoulders relaxed, keeping both feet flat on the floor
- 2) Fold the arms over the stomach
- 3) Slowly inhale through the nose
- 4) Slowly exhale while leaning forward, pushing the arms against the stomach
- 5) Cough 2 or 3 times while exhaling, keeping the mouth slightly open
- 6) Slowly inhale through the nose
- 7) Rest and repeat as necessary



Add exercise to your routine

Exercising regularly will help you be able to breathe deeper and more efficiently which can cleanse and purify your lungs. Diaphragmatic breathing, also known as “**belly breathing**,” is an effective technique to strengthen the diaphragm and increase the oxygen carrying capacity of the lungs.

Take a deep breath in, almost as if you were attempting to breathe all the way in your stomach. As the inhalation occurs, you will feel the diaphragm contract. Exhale slowly through pursed lips, this creates back-pressure in the alveoli which is great for improved lung compliance and detoxifying your lungs.

Bring on the Green Tea

Green tea contains many antioxidants that may help reduce inflammation in the lungs. These compounds may even protect lung tissue from the harmful effects of smoke inhalation.



Anti-inflammatory foods

Have a diet rich in vitamins, minerals, and nutrients as they are essential for healthy lung functioning. It's a good idea to add garlic, onions, apples, oranges, and grapefruits to the diet if possible. Other foods for healthy lungs are: beans, berries, fatty fish, ginger, turmeric, nuts, olive oil, poultry, spinach, and whole grains.

Above all, you should drink enough water and keep your body hydrated on a regular basis. Water helps to speed up the lungs healing process. Water flushes toxins out of the body and cleanses lungs in a natural way. Plus, your body needs fluid in the blood so that it can flow in and out of the lungs for oxygenation.

Take a hot shower

A 20-minute hot bath daily will aid in removing toxins. You could also add a few drops of eucalyptus oil to hot water and inhale the steam to purify your lungs naturally. The expectorant compound found in eucalyptus helps in soothing sore throat, congestion and sinus problems.



Practice percussion

Also called as chest physiotherapy, it uses clapping of the chest with a cupped hand to vibrate the airways in the lungs. This vibration moves the mucus from smaller airways into larger ones where it can be coughed up. Take help of a healthcare professional or respiratory therapist to practice it.

Pollution & Exercise

Everything you need to know

We don't decide our morning workout schedule anymore, the air quality does! If the air quality is consistently in the unhealthy to hazardous range as they are in many parts of the country, and you don't belong to a gym or have space for a treadmill at home, the choice becomes very clear whether to exercise in polluted air or not to exercise at all?



Choose your workout timings carefully

Air quality gets worse as the temperature rises, so working out in the early morning or evening can help you avoid the negative effects of the mid-day heat. Consider planning your workouts for better breathing using apps which monitors real time air quality in your city. You can also vary your routine with occasional indoor activities, especially on poor air quality days.

Shorten your exercise sessions

If you normally cycle for an hour cut back to 45 minutes, if you run for 45 minutes, trim it down to 30. Instead of going for longer workouts a few times a week, do shorter bursts of exercise more often to limit the amount of time you are exposed to pollutants each time you workout.

Consider where to workout

Exercising in an area with poor air quality might even cancel out many of the health benefits of your workout. Pollution levels are likely to be highest within 400-500 meters of a road. If possible, avoid these kinds of areas when exercising.

Ease the pace

When you exercise you are breathing more deeply and more often through your mouth. The air doesn't pass through the nasal passages and doesn't get filtered as much, so don't try to beat your best time when the air is smoggy. Slow your speed to light jogs or ride and try to breathe through your nose for at least part of your workout.



Yoga is a system of healthy living to the core, which heals and purifies the body on continuous basis. But can yoga help in mitigating the effects of pollution on human health? The answer is yes! Yogasanas have deep influence on the blood circulation which enhances the distribution of oxygen and nourishment to various parts of the body and the removal of toxic and dead materials.

Even a short 20 minute yoga routine will help strengthen your lungs, cleanse your nasal passage and help you combat pollutants.

1 Kapalbhati (4 Minutes)

- Sit in a comfortable meditation posture. The head and spine should be straight, with the hands resting on the knees.
- Exhale through both nostrils accompanied by a forceful contraction of the abdominal muscles.
- The inhalation should take place passively by allowing the abdominal muscles to relax, and should be spontaneous. Continue doing this rhythmically.

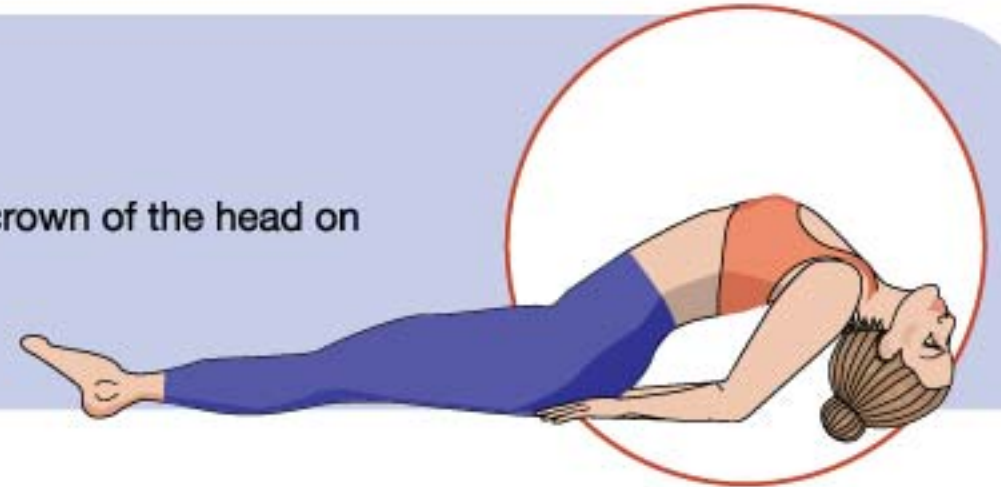


2 Bhujang Asana (4 Minutes)

- Lie down on your back, keep your hands in line with your elbows.
- Inhale and bring your head up, chest up, pointing your chin to the ground. Your elbows should be slightly bent.
- Stay in this position and breathe, inhaling and exhaling deeply, opening up your chest.

3 Matsya Asana (4 Minutes)

- Lie on your back and tuck your arms underneath your body.
- Inhale, lift your head and chest up and then arching your back rest the crown of the head on the ground. Use your elbows to maintain balance.
- Inhale and exhale deeply opening up the chest.



4 Padahast Asana (4 Minutes)

- Stand up and keep your feet a few inches apart.
- Bend your knees slightly and fold your torso over your legs.
- Grab the opposite elbows, forming a square with your arms and let your head and neck hang loose.
- Relax in this posture, breathing deeply.

It is a highly effective way to avoid pollution related infections, particularly of the sinuses. Try to make this part of your daily morning routine, including it with brushing your teeth.

5 Anulom Vilom (4 Minutes)

- Sit in a comfortable posture with your spine straight, close your eyes and take a few deep breaths.
- The index finger and middle finger of the right hand curled into the palm and the other three fingers pointed outwards. Bring your right hand to your nose, keeping the left hand on your knee.
- Inhale from your left nostril, keeping the right nostril shut and then close both nostrils, retaining the breath for a few seconds.
- Exhale completely from the right nostril.
- Breathe in from the right nostril, retain the breath for a second and exhale completely from the left nostril.



Beat the pollution with **THE RIGHT MASK!**



Over the past few years, pollution masks have become a part of our wardrobe! The quest for the right anti-pollution mask can be a confusing affair given you have to choose between simple surgical style ones or filter based respirators to large gas masks. Vehicular traffic emissions, crop burning, dependence on fossil fuels and industrial emissions, are some of the leading causes of India's poor air quality.

Your ideal anti-pollution mask should, therefore, be able to filter out pollutants like suspended particulate matter (**PM 10 & PM 2.5**), and harmful compounds like **S02** (Sulphur Dioxide), **Co2** (Carbon Dioxide), **O3** (Ozone) and **N02** (Nitrogen Dioxide).

Masks are categorized in three kinds of filters: '**N**', '**R**', or '**P**'

MASK CATEGORY

N99

95, 99 and **100** indicate the efficiency levels of three filters

A 99 Rating means the filter can trap 99% of the pollutant particles whereas a Rating of 100 offer the best protection.

N95, N99, N100 and P95 are the most commonly used respiratory filters.

N95 mask

This is the most widely used air pollution mask. It removes up to 95% non-oily allergens as small as 0.3 micron. It is intolerant to oil and is ineffective in oily environments.

N95 masks usually have more than one layer of filtration. The electro-statically charged microfibers facilitate free movement of air and keep the mask cool.

Commonly used by bikers, cyclist and people travelling by car, bus, metro & train.

Effective against:

- Bacteria
- Fine suspended dust
- Vehicular emissions



Life: Washable & Reusable



N99 and N100 masks

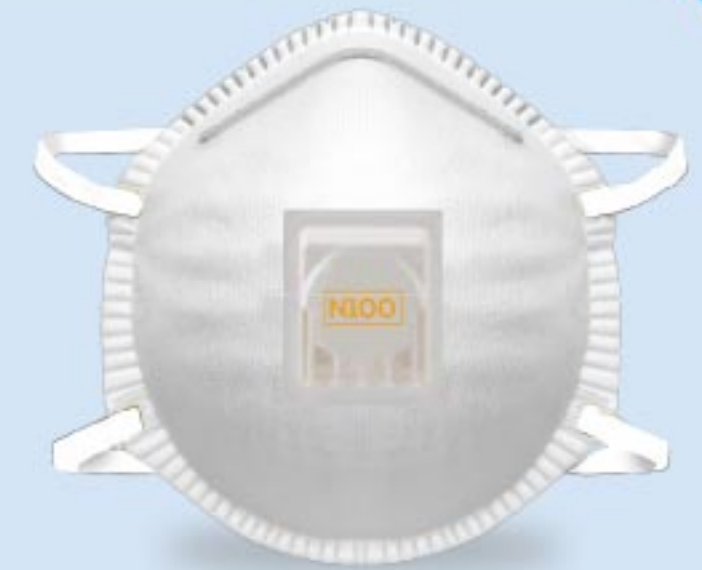
The N99 can remove up to 99% particles as small as 0.3 micron. It is not resistant to oil, and hence, is not suitable for oil-filled environments.

It is a HEPA mask with superior particulate filtration. N99 and N100 masks have multiple stages of filtration. Its innermost layer is made of activated carbon, and combats gaseous impurities like VOCs and foul smells.

Offers breathing protection against

- Finer dust • Pollution on roads
- Construction sites & quarries

Suitable for high-risk groups like children, pregnant women, the elderly and people with respiratory problems.



Life: Washable & Reusable

They can be used for 3 to 6 months with proper maintenance.

P95 mask

P95 masks intercept both oil-based and non-oil based impurities. P95 masks remove up to 95% of all air pollutants of size 0.3 micron and larger. P95 masks are designed to keep out grease.

The multi-stage respirator media removes fumes from paints, solvents and lubricants. Most P95 masks have cooling valves to combat heat and moisture build-up.

Excellent for oily environments:

- Gas stations • Refineries • Pharmaceutical plants,
- Kitchens • Factories processing oil and fried food.

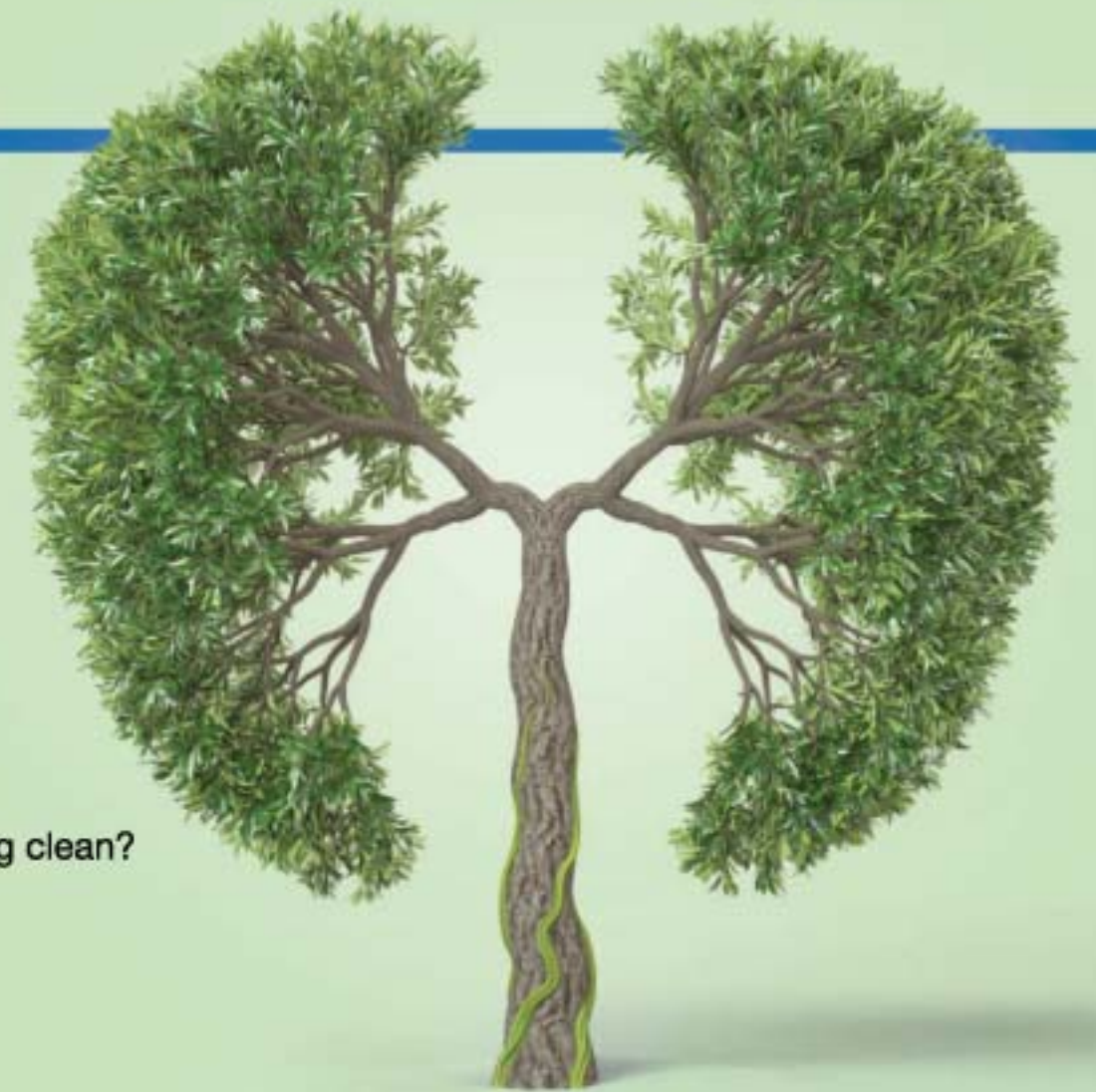


Life: Since P95 respirators filter grease, they become grimy very quickly and need to be washed frequently. It should not be used for more than 8 hours at a stretch.



PLAN FOR LUNG CLEANSING VACATIONS

Living in the cities slowly converting into gas chambers; do you ever wonder whether there are any places left that are still breathing clean? Well fret no more and start planning your getaways to these locations and give yourself a much needed oxygen boost.



Pathanamthitta, Kerala

City that makes no compromises on its air quality, so much so that apart from meeting the air quality benchmark of the Central Pollution Control Board (CPCB), even the World Health Organization certified it as the '**city with the cleanest air in India**'. Oxygen achievements aside, this town is also known the 'pilgrim capital of India'



Tiruchirappalli, Tamil Nadu

Regularly featuring in the cleanest city rankings, Tiruchirappalli, or Trichy as it's popularly known, is home to some of India's most exquisitely sculpted temples and fortresses. The city is worth visiting especially during Pongal, a harvest festival celebrated in January which attracts tourists from all over the world.

Chandigarh, Punjab

Famed for topping cleanliness charts and holding the distinction of being India's only planned city, Chandigarh offers the best of both worlds – beautiful, open spaces along with the convenience of modern life that doesn't come at the cost of your lungs. **The entire city is smoke-free and environmental laws are well implemented.** If you are a nature enthusiast, the city has third highest forest cover in India



Mawlynnong, Meghalaya

This quaint village, around 90km from Shillong, holds the distinction of being the cleanest village in Asia! Among its numerous titles is '**God's own garden**'. The dustbins here are made of bamboo, and all the waste in it gets recycled as manure. A highlight of this gorgeous village is the Sky view, 85-feet viewing tower made of bamboo again! Don't miss the living roof bridges that actually grow from the roots of ancient rubber trees.

Anti-pollution skincare is even more important now!

How does air pollution affect your skin?

Pollution is a silent aggressor, it doesn't just sit on the surface of your skin, it can seep deep down into the skin. Air pollution such as particulate matters, volatile organic compounds, ultraviolet radiation, ozone rays and cigarette smoke directly affect the outer barrier of the body, which is the skin, they are known to induce oxidative stress. The smog also induces free radical formation and reduces the level of antioxidants in the skin such as vitamin E, ascorbic acid and vitamin C.



Find out how an
Ayurvedic skin care
routine can help you deal
with pollution and its effects

Your skin care routine essentially consists of these three basic steps.

1 CLEANSING Removing impurities from the skin

Cleansing your skin twice or thrice a day is essential to remove the environmental pollutants and dirt that clog the pores. Use natural cleansers that gently remove impurities without stripping the skin of its natural oils. Ingredients that you should look for in a cleanser:

- Aloe Vera: Known for its cooling and gently hydrating properties. It supports the natural healing process of the skin. Taking 1-2 teaspoons fresh aloe gel daily is good for healthy skin.
- Neem: has excellent antibacterial qualities that help in detoxifying skin. Consuming three-four neem leaves a day will purify your body from deep within.

- Tulsi: Preferred choice for its cleansing and toning properties. Consume Tulsi as it spreads high amounts of oxygen and has a very soothing fragrance.
- Sandalwood: It is a powerful antiseptic, that curbs excessive sebaceous gland activity and cools inflamed skin. It can be applied as a paste.

2 TONING Balancing the skin

Ayurveda offers various natural toners with plenty of antioxidants, antimicrobial and anti-inflammatory properties to heal and soothe the skin. Use a toner after washing your face and before moisturizing

- Pure rose water: Is an ultimate solution for locking skin moisture and helps in tightening pores. It is loaded with plenty of antioxidants and is a natural astringent that balances and restores skin's PH level.
- Pure Lavender water: Has a calming action which makes it perfect for sensitive, irritated skin prone to rashes and allergies. It helps in maintaining moisture balance and provides an instant boost to skin.
- Pure Mogra water: Suitable skin toner that balances dry, mature and sensitive skin. Its anti-inflammatory properties relieve stressed skin while it calms the nerves and alleviates tension.

3 MOISTURIZING Hydrating the skin

The main purpose of using a moisturizer is to hydrate and nourish the skin. Regular cleansing of face and exposure to the environment results in the skin losing its natural moisture. Ayurveda recommends using natural ingredients like:

- Coconut Milk: Known for its soothing properties, you can rub coconut milk on your skin directly for 20-30 minutes to combat dryness and promote healthy skin.
- Sesame Oil: It is a moisturizing, protective, regenerative and warming oil. It balances dry and rough skin
- Essential Oil: A few drops of your favorite essential oil can help nourish your skin and treat all common skin problems.



Foods that help you reduce harmful effects of air pollution

The air that we are breathing is reaching dangerous level of pollution with various pollutants getting injected into our lungs on daily basis. The protective antioxidants present in the lining of our lungs fight it out till they are outnumbered, thereafter the pollutants start attacking the immune system and the body cells start producing free radicals causing inflammation. One should be careful about the diet around this time. The antioxidants in fruits and vegetables have also been helping you breathe easier.



Vitamin E: The fat soluble vitamin E provides the first line of defense against injury to human tissues. Our body consumes vitamin E from plant based cooking oils like sunflower, safflower and rice bran oil. Other rich sources are almonds, sunflower seeds, and nuts. If you are non-vegetarian, include salmon, roe and eel for vitamin E content



Omega-3 Fats: Having these in the body helps in protecting the body against the detrimental effects of air pollution. The rich sources of Omega-3 Fats are fishes. However, for vegetarians, you can try nuts, seeds like walnuts, chia seeds and flax seeds. You can also add Methi seeds, mustard seeds, green leafy vegetables, kala chana, rajma and bajra.



Vitamin C: The single most potent antioxidant for our body, Vitamin C is easily available in Citrus fruits. It is water soluble and scavenges free radicals. Most importantly, it also contributes to vitamin E regeneration. Include vegetables like coriander leaves, chaulai ka saag, drumsticks, parsley, cabbage and turnip greens. In fruits, amla and guava are rich sources.

Beta Carotene: With an important role in controlling inflammation, Beta Carotene converts to vitamin A in our body. To have it, depend on food items like Leafy vegetables, coriander, fenugreek, lettuce and spinach. Other great sources are radish leaves and carrots.

Ayurvedic Solutions: Apart from these vitamins and fats, certain herbs and spices are also known to have antioxidant qualities. Turmeric is a well-known antioxidant. Mixing turmeric and ghee can relieve cough and aid during asthma. Jaggery mixed with onion juice is another useful medicine during both wet and dry cough.

Here is an anti-pollution smoothie recipe for a quick fix!

- One large handful of mixed berries (Can be frozen)
- One tablespoon flaxseed
- Half an avocado
- One scoop berry protein powder
- Unsweetened almond or coconut milk
- Blend in a smoothie maker and drink immediately.

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