

HYPERTENSION

When we split this word, gives us two: 'hyper' and 'tension'. Well let us think like a kindergarten student who knows only a few broken words of English. Yes he knows these two words; 'hyper' and 'tension'. He knows both these words are Evil. Yes, they are. Apart from the medical knowledge, if one looks at these two words and try to curb them, he/she can win a battle with 'Hypertension'

With such busy lives (yes, we work hard to get a busy life, don't we?), getting 'Hyper' for tiny reasons is an ordinary phenomenon.

We get 'Hyper' when we misplace our hair-pin.

We get 'Hyper' when our closest friend doesn't answer our call in one ring.

We get 'Hyper' when we are late just to miss our favourite TV programme.

And our Tensions!!! Yes, we have a bagful. We don't fit in that old jean- Tension.

We get that red 'pimple' on our face - Tension.

My girlfriend is not okay with my friends- Tension. Why??????

Can't we stop looking at our life from a microscope or a telescope, just to make it look difficult? Look at it with a pair of beautiful eyes that you have got. Life is indeed beautiful. Chuck these two Ugly words 'Hyper' and 'Tension' from your dictionary. Medicines are there. But what if you never need any. Instead of looking at the pathophysiology and aetiology and all that 38-40 pages long medical literature; do what you can from your inner-self and do not what you shouldn't!

Have a healthy mind, because when

"You don't get hyper and you don't have tensions"

You can combat 'hypertension'.

- Dr. Bhairavee Samant

Student of MBA- Hospital & Healthcare Management

Symbiosis Institute of Health Sciences, Pune