



ANDHRA PRADESH NEUROSCIENTISTS ASSOCIATION

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Official Newsletter of APNSA

(For private circulations to APNSA members only) (Pre 19th APNSA Conference Newsletter)

www.ap-ns.com

April 2012

Brain Health

The Brain Tumor Awareness Walk

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The Brain Tumor Awareness Walk was conducted on On 26th February, 2012, Sunday at 6:00 am in Hyderabad. Special Invitee, the world famous Indian Cricketer, Shree V.V.S. Laxman inaugurated the event. There were 400 participants including members of APNSA. The event proper and the wide coverage in media has brought some awareness in our society about the brain tumors as one of the aims and objectives of APNSA.

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Gabapin-ME

Gabapentin 100/300mg & Methylcobalamin 500mcg tabs

Antispastic

BaclofOD

Baclofen extended release (GRS) 20 & 30 mg Tabs.

Cloba

Clobazam 5/10/20 mg tab^s

SEFSTART

(Folic Acid 5mg + Pyridoxine 1.5mg + Methylcobalamine 1500mcg + DHA 200 mg)

ZOSTUM 1gm/ 2gm/500mg

(Cefoperazone + Sulbactam) 1.5gm/3gm

ZOSTUM-O

(Cefditoren pivoxil 200mg Tablets)

BEVON-CD

(Lycopene 25mg + ALA 50mg + EPA45mg + DHA 30mg + Mixed Carotenoids 10mg + Selenium 150mcg + Manganese 1.5 mg + Copper 1mg + Chromium 200mcg + Zinc 7.5mg)

The Brain Tumor Awareness Walk



MINUTES OF MIDTERM MEETING OF APNSA AND PRE- AP NEUROCON 2012 CONFERENCE PLANS

Following executives and the members of the AP Neurocon were present:

President

Prof. M.R.C. Naidu

Vice President

Prof. C. Sundaram

Secretary

Prof. A.K. Purohit

Joint Organizing Secretary

Dr. K. Babji

Treasurer

Dr. B.S.V. Raju

Executive Members

Prof. K. Satya Vara Prasad

Dr. Ch. Siva Ramakrishna

Following EB Members could not attend the meeting

Dr. T.V. Ramakrishna Murthy

Dr. A.V. Ramana Murthy

Dr. M. Madhusudan Rao

Dr. J. Venkateshwarlu

Along with the executives the following local conference members were also present:

Prof. N. Subramanyam, Dr K.A. Naidu, Dr. Babji Shyam kumar ,Prof. B. Subba rao, Prof. K. venkateswarulu; Prof. K. Buchi Raju, Dr . Madhusudhan babu; Dr. T. suresh, Dr. Vijay sekar.

As per agenda the President DR. M.R.C. Naidu welcomed all members and discussed the points:

1. **Secretary's Report: Secretary informed that**

- a. The application form for 80G will be submitted soon. All the members (total 9) have submitted the details (Pan Card, ID and Signature)
 - b. No much response in the drive for APNSA membership enrolment has been seen since the time of 19th AP Neurocon held in Hyderabad. Same was requested to the members to enroll more members.
 - c. A Brain tumor awareness walk will be held.
 - d. It was suggested that in future we should have Head and Spinal injury prevention event and should be held at maximum number of places in Andhra Pradesh. It was request to send news for publication in APNSA Newsletter.
 - e. Responses on awareness programmes from most of the executives is still awaited.
 - f. Dr. Babji & Dr. Ch. Siva Rama Krishna informed me they had conducted epilepsy and stroke day at their respective place. They were requested to send the photographs and news for publication in APNSA Newsletter, if these events have been conducted under the banner of APNSA.
2. APNEUROCON 2012 organizers were instructed to follow the format of organizing committee designations as done in past.
 3. Dr. S. Balaparameshwar Rao Symposium topic was discussed and resolved to have on "Dementia". The speakers were short listed.
 4. All executive members thanked organizing committee of AP Neurocon 2011 and organizing secretary Dr. Ameer Pasha and Chairman Dr. JMK Murthy for contribution of Rs. 50000/- to APNSA towards registration amount received for AP Neurocon-2011 conference
 5. Speakers for oration were short listed and various members were given responsibility to facilitate communication with them.
 6. Requested to develop District Neuro Clubs wherever enough number of neuroscientists are available.
 7. **About the APNSA 2012 Conference**
 - a. Pre Conf Epilipsy Surgery workshop was accepted, Neurovascular interventional live work shop was deferred. In place of this an another slot was granted during the main conference.
 - b. APNSA executives were instructed to regularly inform the organizing secretary informed the organizing secretary to regularly inform about the progress of the conference and have the organizing committee under the precedence of past. All the committee members would discuss the matters amongst all of them and would forward the minutes to the central executives. The rotl of the scientific session committee member is very crucial who will update his good work regularly. Vice President would ultimately finalize the programme.
 8. **About the APNSA future conferences and bids (read at other page).**

MEMBERS OF APNSA WHO ATTENDED THE PRE-CONFERENCE MEETING JAN. 2012



AGENDA FOR APNSA – 2012, GENERAL BODY MEETING TO BE

1. Welcome by the President Prof. M.R.C. Naidu
2. Secretary's Report.
3. Treasurer's Report.
4. Final report and discussion on achieving following aims and objectives of APNSA
 - . To Promote close association among those scientists and organizations devoting full time specific branch of Neurosciences.
 - . To Maintain high standards of ethics and practice of the speciality – by Dr. Ch. Siva Ramakrishna.
 - . To promote and encourage research in clinical and experimental work pertaining to the speciality- Dr. V. Satya Varaprasad.
 - . To Conduct CME Programme in the association for maintaining the up to date Knowledge in neurosciences - Dr. A.V. Ramana Murthy.
5. Announcement of results of bid for 2014 APNSA Conference and discussion on the rules from NSI constitution for implementation in APNSA.
6. Announcement of the result of the election of Vice President and other executives.
7. Distribution of membership certificates to new members of APNSA.
8. Discussion on the amendments to the constitution if any.
9. Any other item with the permission of the chair.
10. Thanks giving to the organizing committee of the conference.

BIDS FOR APNSA CONFERENCES

The midterm executive committee meeting had suggested that from hereon location of the conference will be bedecided only by inviting bids from local neuroclubs/Societies. The next APNSA CONFERENCE was given to Guntur neuroclub (2013) in the earlier general body meetings held in Warangal and Hyderabad. Hence, interested neuroclubs should write to organising secretary of APNSA to bid for next APNSA conference (year 2014) before 30th of June, 2012.

It was decided to have once again discussion on the rules from NSI constitution for implementation in APNSA, as there are some hindrances.

SCIENTIFIC PROGRAMME-XIX 'APNSA' CONFERENCE AP NEUROCON 2012

Friday 13.7.2012- Pre-conference Epilepsy and Medax Rex Drill Workshops (See details on other pages)
There will be meeting of all the office bearer at 7. pm on 13th July. Venue will be announced later.

Saturday 14.07.12

08.00 onwards	Registration
08.30-09.10	Session I : Free Papers
09.10-09.50	Session II: Free Papers
09.50-10.30	Session III: Presidential Oration by Prof. M.R.C. Naidu
10.30-10.50	Coffee Break
10.50-11.30	Session IV: Prof. B. Dayananda Rao Oration by Prof. J.M.K. Murthy
11.30-12.00	Session V: Guest Lecture I by Prof. V.R. Khosla
12.00-13.00	Session: VI Clinico-pathological Conference by Dept.of Pathology, NIMS, Hyderabad
13.00-13.45	Lunch
13.45-14.25	Session: VII Free Papers
14.25-14.55	Session: VIII Guest Lecture II
14.55-15.25	Session:IX Free papers
15.25-15.55	Session: X Guest Lecture:III
16.15-17.15	General body meeting
18.00-19.00	Inaugural Function
19.00 onwards	Cultural Programme and Dinner

Sunday 15.07.12

07.30 onwards	Registration
08.00-09.00	Session XI - Neuroradiology Film Reading
09.00-10.00	Session: XII - SVIMS Award Papers
09:30: 10:00	Session: XIII - Prof Rajendra Prasad Neuro-allied free papers
10.00-10.40	Session: XIV – Prof. B.Muralidhar Oration by Dr. S.S. Kale
10.40-11.00	Coffee Break
11.00-13.00	Prof S.B.P. Rao Symposium on Dementia Prof. S.K. Shankar - Pathobiology of Dementia Prof. P.S. Mathuranath - Mild cognitive impairment and neuroimaging in Dementia Dr. A. Suvarna- Clinical evaluation of Dementia Dr. K. Chandrasekhar -Management & Rehabilitation of Dementia
13.00-14.00	How I do- Nellore Neuro club How I do- Endovascular management of intracr. aneurysms – Dr. Sibasankar Dalai How I treat chronic headache – Prof. V. Satya narayana
14.00-14.45	Lunch
14.45-15.25	Session XVI Free Papers
15.25-16.15	Session XVII Free Papers
16.15-16.45	Valedictory Function

INCOME AND EXPENDITURE ACCOUNT OF AP NEUROCON-2011

Particulars	Amount in Rs.	To	Exhibit. Stall & Water Proofing Charges	164350
I. Income		To	Secretarial Staff	125000
Delegates Reg. Fee	210000			
Sponsorship Fee	1188300	To	Travelling & Accomodation Charges	205300
II. Expenditure		To	Misc.,/Photos Expenses	32500
To Printing & Media Charges	345700	To	Excess of Income over Expenditure	50
To Hall Rent & Food Expenses	525400			1398300

PRECONFERENCE EPILEPSY WORKSHOP – APNEUROCON 2012

Indus Hospitals, Vizag, Friday 13th July 2012

7:30-8:30 am:	Registration and Breakfast
8:10-8:15am:	Opening remarks and welcome address
Session 1	
8:15 - 8:45:	Case Discussion I (2cases) Selection of ideal candidate and when not to operate. Take home message Dr. Suryaprabha/Dr. Rajesh
8:45-9:15:	Case discussion II (2cases) Outcome of surgery for TLE-analysing reasons for failure. Take home message Dr. Jabeen /Dr. Suchanda
Session 2	
9:15-9:40:	Role of Structural & functional imaging in TLE. Dr. VSV Rammohan
9:40 - 10:00:	Role of invasive EEG evaluation and intraop electrocorticography. Dr. TVRK Murthy
Session 3	
10:00-10:30:	Case Discussion III (2 cases) Failure of medical therapy in TLE - Why and When ? Take home message Dr Sita Jayalaxmi
10:30-10:50:	Surgery for TLE - Standard ATL-AH - Steps and Complication avoidance. Dr Manas
10:50 onwards:	Introduction to operative case & Relay of surgery from OT.
Session 4	
2:00-2:20:	Pathology of Mesial temporal sclerosis Dr. Shankar
2:20-2:50:	Challenges in the medical management of drug resistant seizures. Dr. Vengamma
12:45-1:30:	Inauguration and keynote address Concept and evolution of Mesial temporal lobe epilepsy by Dr J M K Murthy
1:00 - 2:00PM	LUNCH
Session 5	
2:50-3:15	Case discussion IV- Mimickers of temporal lobe epilepsy vs frontal lobe epilepsy Dr Taraknath
3:15-3:40	Dr Jayanthi Mani
3:40-4:00	
4:00PM	TEA @ snack
4:00-6:00.	Video session on Semiology in Temporal Lobe Epilepsy
4:00-6:00PM	Hands on cadaveric brain dissection and lectures on surgical anatomy of medial temporal lobe Faculty - Dr. Malla Bhaskar Rao and Dr. Manas Panigrahi Co-ordinators -Dr. Vijaya Saradhi, Dr K V L N Rao, Dr. Rajesh A.

PRECONFERENCE WORKSHOP - MIDAS REX WORKSHOP

Venue : AMCOSA Auditorium, ZP Junction, Vizag
Registration is a must. Please register with Dr. K.A. Naidu,
Cell : 9866045667, email : atchi22@doctor.com
Course Fees : Rs. 1000/- (limited seats-20) on 1st come 1st served basis

We wish to inform you that, we are conducting a Midas Rex workshop for neurosurgeons on 13th July 2012 at AMCOSA VIZAG .

Midas Rex Course features an introduction to high-speed motors, exposure to a wide variety of attachments, and exploration of many tools and their dissecting characteristics. Cranial procedures will be simulated on animal bone with an emphasis on dissecting techniques, tool selection, safety and efficiency. MIDAS REX INSTITUTE CRANIAL CERTIFICATES WILL BE PROVIDED UPON COMPLETION OF THE WORKSHOP.

The course would be conducted by TCL.Narayana, M.Tech (Biomedical Engineering), Training and Education Manager from India Medtronic. He is a certified Midas Rex trainer, has been trained and certified by Midasrex Institute, Fortworth, USA. He is also in the panel of International Midas Rex Trainers and has conducted several surgeons' trainings courses in Singapore, Bangkok, Srilanka and India. He has more than 12 years of experience in Medical industry.

Course will happen in two batches 9:00 AM- 12:00 PM and 2 PM- 5 :00 PM .

We have only 10 seats in each batch, you are requested to send you registration at the earliest. Registration Charges are Rs 1000/-. (DD favouring APNEUROCON 2012 to be sent to Org. Secretary)

This workshop is a judicious combination of Lectures and Animal Bone dissection by the Faculty, who innovated.

We are looking forward for your participation. Especially the Neuro Surgical residents.

APNSA ELECTION NOTIFICATION FOR THE POST OF VICE PRESIDENT (NEUROLOGIST) 2012-13 AND OTHER EXECUTIVES 2012-1015

S.No.	Posts	No. of Vacancies	Term of Office
1.	Vice President-Elect	One	One Year
2.	Secretary	One	Three Years
3.	Joint Organizing Secretary	One	Three Years
4.	Treasurer	One	Three Years
5.	Executive Members	Five	Three Years

Dear Members,

The Election for the above posts will be held either unanimously or by ballot (if necessary) during the General Body Meeting to be held on 14th July, 4.15 - 5.15pm, during the forthcoming APNSA conference in Vizak.

Eligibility for Vice President-Elect :

1. The contestant should have completed 20yrs. after getting MCh, MD or equivalent DNB qualification.
2. He/She should be a Life Member of APNSA for at least 10yrs.
3. The Nomination should be proposed and seconded by members who have voting right and should be submitted along with a letter of acceptance from the person proposed. (Honorary members and associate members shall have no voting right).

Eligibility for other Posts:

- a. For the post of Secretary, the member should have completed 15 yrs post MCh, DM or MD and should be a Life Member APNSA for the last 8 years.
- b. For the Joint Secretary, Treasurer and EC Members the should have completed 5 years post degree and should be a Life Member of APNSA 3 Years.
- c. Only Life Members are eligible.
- d. The Nomination must be proposed and seconded by one each life member.
- e. Nomination paper should be signed by the contestant.
- f. Xerox copy of the degree certificate and Life member registration should be produced along with the nomination.
- g. If more than one nomination is received for one post the election will be conducted through postal ballot. The filled up postal ballot should be sent to the Secretary in the sealed cover or you can submit at the Vizag conference venue or drop in a box assigned for the ballot at the venue.
- h. If no nomination is received for any post that will be filled up from the floor of the general body meeting to be held in Vizag 2012

Interested candidates should send their nomination to the secretary APNSA before 06/06/2012. Nominations received after this date will not be considered valid. If no nomination is received within the stipulated time The Secretary will call the nominations from the floor of the General Body and the post will be filled up with suitable candidate.

Nomination Paper duly filled-in and addressed to the Gen. Secretary, at the official address of APNSA NOT LATER THAN midnight of **6th June, 2012.**

NOTE: The election of President from Neurologists and Neurosurgeons alternately and the Vice President taking over as the next president are not constitutional obligations and are followed as a conventions. This arrangement actually precludes allied specialists becoming Presidents or Vice Presidents. However, The General Body may consider giving up this convention in the interests of the Association.

"APNSA ELECTION - 2012 SCHEDULE"

(Subject to change under unforeseen circumstances)

Last date for filing nomination **06-06-2012**

Scrutiny of nomination papers **12-06-2012**

Last date for withdrawal of nomination **18-06-2012**

Kindly note that APNSA officially accepted records made on or before **1st June 2012** will be considered as valid for the purpose of APNSA Election **2012.**

CANVASSING IN ANY MANNER IS PROHIBITED.

Advised to study the APNSA constitution for eligibility and other doubts.

The best preparation for good work tomorrow is to do good work today- Elbert Hubbard

ANDHRA PRADESH NEURO SCIENTISTS ASSOCIATION NOMINATION FORM

1. Contestant

I, Dr here by submit the nomination for the post of of APNSA for the election **Yr.** for which nomination has been filled as per proforma. I do not have any dues to our Association. I am Life Member since I here by declare that all informations given by me is correct and I own the responsibility for the same.

Membership. No: Signature:

Date: Full Name:

Postal Add: Telephone:

..... Email Id:

2. Proposer

I here by propose the name of Dr of (place) of APNSA for the election **Yr.** I do not have dues to our Association.

Membership. No: Signature:

Date: Full Name:

Postal Add: Telephone:

..... Email Id:

3. Seconder

Name of is seconded by me, for the post of I do not have any dues to our Association.

Membership. No: Signature:

Date: Full Name:

Postal Add: Telephone:

..... Email Id:

Please note Important Dates:

- Completed nomination form to be returned to General Secretary before 6th June 2011.
- You may Xerox and send it to us.

Previous APNSA Conferences and Presidents List

S No	Year & Place	Organizing Secretary	APNSA President	APNSA Secretary & Treasurer
I	APNSA 1994 Visakhapatnam	Dr. B. Dibbala Rao	Dr. K.V. Chalapathi Rao	Dr. B. Subba Rao & Dr. B. Dibbala Rao
II	APNSA 1995 Hyderabad (Gandhi Hospital)	Dr. Muralidhar	Dr. K.V. Chalapathi Rao	Dr. B. Subba Rao & Dr. B. Dibbala Rao
III	APNSA 1996 Tirupathi	Dr. Ravikanth Palur	Dr. K.V. Chalapathi Rao	Dr. B. Subba Rao & Dr. B. Dibbala Rao
IV	APNSA 1997 Vijayawada	Dr. S.V. Ranga Rao	Dr. Mohan Das	Dr. B. Subba Rao & Dr. B. Dibbala Rao
V	APNSA 1998 Kurnool	Dr. W. Seetharam	Dr. Seetharam	Dr. S.V. Ranga Rao & Dr. V.S. Reddy
VI	APNSA 1999 Kakinada	Dr. N. Krishna Mohan	Dr. Anandvalli	Dr. S.V. Ranga Rao & Dr. V.S. Reddy
VII	APNSA 2000 Visakhapatnam	Dr. Vishnuprasad	Dr. B. Subba Rao	Dr. S.V. Ranga Rao & Dr. V.S. Reddy
VIII	APNSA 2001 Guntur	Dr. V. Ramatarakanath	Dr. V. Satyanarayana	Dr. S.V. Ranga Rao & Dr. V.S. Reddy
IX	APNSA 2002 Hyderabad (Care Hospital)	Dr. B.C.M. Prasad	Dr. K. Satyanarayana	Dr. S.V. Ranga Rao & Dr. V.S. Reddy
X	APNSA 2003 (SVIMS, Tirupathi)	Dr. Vengamma	Dr. Ramatarakanath	Dr. B. Narayan Das & Dr. MCS Reddy
XI	APNSA 2004 Hyderabad	Dr. B. Narayan Das	Dr. D. Raja Reddy	Dr. B. Narayan Das & Dr. MCS Reddy
XII	APNSA 2005 Vijayawada	Dr. V.S. Reddy	Dr. A. Krishna Veni	Dr. G. Mallaeswara Rao & Dr. K. Balaji
XIII	APNSA 2006 Nellore	Dr. P.S. Reddy	Dr. I. Dinakar	Dr. G. Mallaeswara Rao & Dr. K. Balaji
XIV	APNSA 2007 Kurnool	Dr. Narasaram	Dr. J.M.K. Murthy	Dr. P.S. Reddy & Dr. Akber Ali
XV	APNSA 2008 Hyderabad (Prime Hospital)	Dr. B.S.V. Raju	Dr. A. Krishna Reddy	Dr. P.S. Reddy & Dr. Akber Ali
XVI	APNSA 2009 Rajahmundry	Dr. T. Perumallu	Dr. Vengamma	Dr. P.S. Reddy & Dr. Akber Ali
XVII	APNSA 2010 Warangal	Dr. T. Sanjay	Dr. S.V. Ranga Rao	Prof. A.K. Purohit & Dr. B.S.V. Raju
XVIII	APNSA 2011 Hyderabad (Care Hospital)	Dr. Ameer Basha	Dr. K. Venkateshwarlu	Prof. A.K. Purohit & Dr. B.S.V. Raju
XIX	APNSA 2012 Visakhapatnam	Dr. Vijayasekhar	Dr. M.R.C. Naidu	Prof. A.K. Purohit & Dr. B.S.V. Raju

WELCOME TO APNEUROCON-2012



Dear Colleagues,

Greetings from Visakhapatnam

Our sincere thanks to all those who have registered as early birds. We request you all to kindly register as soon as possible along with your colleagues, both members & non members, to register as delegates to the conference.

The Vice President & other state executive are putting all efforts in keeping the Scientific Programme very interesting & lively. In addition, on 13th July 2012 a preconference workshop is planned on "Epilepsy Surgery". This is going to be very interesting to both Neuro Physicians & Neuro Surgeons. Even live surgical demonstration are being planned. A special Interventional Neuro Radiology session followed by Gala Dinner are being planned.

In addition to the Academic feast, you will relish the good delicious feasts & cultural night. Above all, we are sure every one of you will enjoy the natural beauty of Vizag beaches & eastern ghats. Awaiting to see you all at Vizag.

APPEALS

1. We are facing serious problem of return of many mailed newsletters. We request you to please inform the editorial office about the change of your and your colleague's address. Your support will help us in perfect prompt communication amongst the members of the Association.

We also request you to improve upon your existing address, provide all the phone numbers and e-mail IDs.

Important information

Preconference Workshop: **13th July 2012 (registration is must for every course)**

- 1) Epilepsy Surgery - Indus Hospital
- 2) Hands on Workshop - Midas Rex Certification Course on Drills

Main Conference : **14th & 15th July 2012** (Gateway Hotel, Vizag)

Registration Details:

Category	Dead Line	Registration Charges	
		Member*	Non Member**
Regular	31 st May 2012	` 2500/-	` 3000/-
Spot	1 st June 2012 onwards	` 3500/-	` 4000/-

* Members please quote your life membership number.

** Non members can become life members & can avail registration as given above on production of proof.

50% of above fee for: Post Graduates/Residents (enclose letter from HOD), Spouse and accompanying person

Abstract submission : 30th April 2012 (only by email)
email : apneurocon@yahoo.com,
dr_vijayasekhar@yahoo.com

Address for correspondence : **Dr. M.V. Vijaya Sekhar**
Organising Secretary - AP Neurocon 2012
Flat No. S-2, Padma Palace Apts., Opp. Old
CBI Bus Stop, Chinna Waltair Colony,
Visakhapatnam - 530 003.
Cell : 98491 15723, 96669 99609

Organising Committee

Chief Patron :
Dr. K. Venkateswarulu

Patrons :
Dr. G. Santa Rao
Dr. P. Shyam Prasad

Chairman :
Dr. K. Vishnu Prasad

Vice Chairman :
Dr. G. Butchi Raju

Organising Secretary :
Dr. M.V. Vijaya Sekhar

Org. Secretary (Academic):
Dr. I. Babji Syam Kumar

Treasurer :
Dr. T. Sateesh Kumar

Joint Org. Secretaries :
Dr. S.Gopi
Dr. B.D.B.S. Nayak

Advisory Committee :
Dr. V. Satyanarayana
Dr. B. SubbaRao
Dr. Dibbala Rao
Dr. N. Subrahmanyam
Dr. K. SatyaRao
Dr.Y.PrabhakaraRao
Dr. M. Madhusudana Babu
Dr. K. Satya Vara Prasad
Dr. D. Lakshmana Rao



Picture of inspection of the venue of APNEUROCON, VIzak by central executives and members of the organizing committee of the conference (Jan 2012).

MYSTERY AND SCIENCE OF TICKLING



Amazingly, if a person tickles his body he cannot induce laughter. But if someone else tickles he starts laughing. This has been observed mostly in human beings. However, to some extent, tickling induced laughter has also been observed in chimpanzees and similar ancestors of human race.

The intensity of tickling induced laughter varies from person to person. It has been observed that the laughter varies according to one's psychological status and the source of stimulation. Nevertheless, it is also interesting to note that in an individual, some parts of the body surface (axilla, sole) induce laughter whereas other parts cannot. Means, the intensity of laughter varies from one part of the body surface to another part. For example,

as mentioned earlier, the axilla has more propensity to induce laughter than the face.

What is the significance of these amazing facts in our life?

We do not have an answer to explain the reasons and variables of tickling phenomena on the basis of available scientific knowledge. Surprisingly, hardly any attempts have been made to explore them scientifically. Moreover, we have not utilized laughter in the human race for the promotion of good health. However, laughter has been definitely used by human race in some phase of their life i.e. tickling their babies. The psychologists have proved that this builds positive parent child relationship .Means, this promotes everlasting bondage and positive health amongst the family members. Not only this, the child also learns to be humorous. The child reciprocates this happiness to parents when they become old.

Tickling, according to some scientific studies, is a reflex phenomenon generated by tickling some parts of the body surface (e.g. axilla). The impulses generated in this manner travel to the spinal cord and brain via peripheral nerves (31 spinal and 12 cranial nerve pairs). The centre, not yet fully known, situated somewhere in the brain, gets stimulated. In this phenomenon visual and sound stimuli also play some role i.e. when parents make different funny facial expressions and produce variety of sounds which reach the child's brain. However, in this reflex the cognition; past knowledge memory, experience and sounds do not play a very important role contrary to what happens in adults after listening or viewing humorous anecdotes. Therefore, tickling is considered a much simpler reflex phenomenon.

From the centre(s) in the brain the impulses travel to somatic motor areas and to the sound producing and respiratory motor nuclei (brain stem). They in turn send impulses to various muscles of the body like face, limbs and trunk (motor phenomenon of laughing) The special sound that the child makes while laughing is also the result of the stimulation of various brain nuclei. In fact the child's respiration, an important vital function also improves as a result of stimulation of these nuclei. Overall, laughing is a good exercise for the body, especially for the respiratory system, to improve the health of the lungs and respiratory tract. Similarly, if the game of tickling is played, the health of even the grownup people can also be improved. The game has to be played every day 2-4 times for 5-10 minutes. The inhibition to play amongst us should subside. We have to develop activities , functions , competitions , and events to encourage tickling. Indeed, it is a simple, easy, non-time consuming and cost effective method for promoting physical, mental and social well being i.e. the health.

We must play safely the game of tickling. It should be preferably played on the floor with a good cushion and the place should be well ventilated with pure air. Tickling should be started gently and then the intensity should be gradually increased. The person who is to be tickled should not feel irritated or offended. People having heart disease, should not be heavily tickled. However, in them also generation of milder laughter is indeed very helpful for better health of the heart. Hopefully, with great discipline, this method of generating laughter would develop in our society to promote instantaneous happiness and health for our people.

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