

Health awareness camp held at Tangla



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Jayanta Kumar Das 7 August 2016 Updated 7 Aug 13550 views

A day long Ayurvedic health awareness camp was held at [Tangla](#) on August [6](#). The health camp was organised at Lokapriya Bordoloi Smriti Bhawah, [Tangla](#) by a [group](#) of fifteen health conscious citizens of [Tangla](#). Noted Ayurvedic health care expert Acharjya Pankaj Pathak attended the health awareness camp [as](#) the [chief](#) guest. Several hundred people mostly woman were present in the awareness camp. Speaking on the occasion Acharjya Pathak advised people on the necessity of taking care of own health with locally available herbs, fruits, vegetables etc able to cure several dreaded diseases like high [blood](#) pressure, arthritis, thyroid imbalance, diabetics, hairfall etc. Speaking on use of packaged food, he said that nature had given so many varieties of fruits and vegetables traditionally grown in Assam or NE work [against](#) several diseases, which medicines could not cure easily. "Assam being situated in tropical zone, fruits and vegetables like bhimkol etc work [as](#) wonder in most of the stomach disorders specially for children. But our parents prefer to packaged foods and cold region fruits like apple which never do good in our climate", He said. Speaking [against](#) packaged child foods he advised parents to change food habit of the children. Acharjya Pathak had also an interactive session with several hundred people including patients, giving advices to their specific health problems. [Social](#) worker Dina Nath [Das](#) of [Tangla](#) also spoke a few words on the occasion.

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BY JAYANTA KUMAR DAS

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