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We welcome different opinions regarding management
of COVID19 or any other health conditions. However*

Swasthya is an independent publication aimed
at promoting debate on hot-topics and not for
making profits.

Last year, when Swasthya was undergoing planning considerations, there were anxious times regarding the enormity of the challenge. Often during the development stages, encouragement from many colleagues added to the strength of perseverance to face the challenge. It is indeed a sense of satisfaction to realise the successful completion of the target of the year by publishing all the quarterly issues.



The COVID pandemic has dominated almost all aspects of our lives with paralysing effect and unleashing a significant level of disruption. Thus, the issues related to the COVID pandemic has featured in many of the articles in some form or other. I would like to register our sadness at the loss of many of our colleagues who have sacrificed their lives while bravely contributing to alleviate sufferings and save many lives. Our condolences to the family of Dr KK Aggarwal, a remarkable medical professional of high repute among the giants of the medical fraternity who passed away after battling with COVID in India on 17th May 2021.

I am grateful to Dr Iqbal Singh for highlighting some key issues and recommendations arising out of the recently published Race Disparities Commission report with the insistence that it is vital to ensure that health action plans are led by BAME medics. Dr S Basra, GP, has resurrected the famous saying by a Greek Physician and Father of Modern Medicine, "All disease begins in the gut." His opinion article discusses the role of inflammatory processes in the well-being of the many patients seen by the GP surgeries for various ailments.

Swasthya has now three specialist sections; Surgery, Cardiology and Mental Health, with the editorial, focused on articles and information that promotes 'innovation & research' for improving patient care and safety.

There is an article and information on Clozapine and Pharmacogenetic Testing, which is regarded as a "Eureka" moment in modern psychiatry. Mental Health section Editor Dr Santosh Mudholkar has described it as a new dawn in the treatment for the Schizophrenia. Dr Mahendra C Patel has kindly pointed us towards a new research initiative on Asthma drug budesonide that shortens recovery time in non-hospitalised patients with COVID-19.

The readership of Swasthya is expanding and the expert contributions are being noticed by many institutions in the medical fraternity. I welcome Dr Sharad Agrawal, a Cardiologist who has kindly agreed to lead the Cardiology Section of Swasthya. Dr Santosh Mudholkar, a Consultant Psychiatrist is leading the Mental Health Section and assisted by Prof Nandini Chakraborty, a Consultant Psychiatrist as Associate Editor and Dr Fabida Aria, also a Consultant Psychiatrist. Mr C R Chandrasekar has taken the lead for the Surgery Section and he is joined by Mr Amit Sinha as Associate Editor, both Orthopaedic Surgeons.

The collective efforts are reflected in the quality of contributions of articles, and I am indebted to their guidance and support. I am looking forward to adding sections for other specialities as there will be new additions of experts joining the Swasthya editorial team in due course.

I am grateful to Dr Satwinder S Basra, Dr Anand Deshpande, Dr Kailash Chand and Prof Gautam Bodiwala for their encouragement and support for the Swasthya. I would also add my sincere thanks to Satish Parmar for his support and assistance.

As a team, we hope that you will find this issue, both informative and helpful.

Buddhdev Pandya MBE
Managing Editor
Swasthya