



## **INDIAN COUNCIL OF MEDICAL RESEARCH**

Department of Health Research – Ministry of Health & Family Welfare  
Government of India

**Media report “Gandhi & Health @ 150” by ICMR)**  
**(25 March 2019)**

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**Mahatma's health records published: His good health attributed to exercise, vegetarian diet**

March 25, 2019/The New Indian Express

**Eat simple, stay healthy: Understanding Mahatma Gandhi's experiments with health and diet**

March 25, 2019/The Week

**Records reveal Mahatma Gandhi had low BMI, high BP**

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March 26, 2019/News Intervention

**[महात्मा गांधी इतना पैदल चले थे कि पृथ्वी के दो बार चक्कर पूरे हो जाते](#)**

March 26, 2019/ jagran.com

**[Mahatma Gandhi's health records published for the first time: 10 facts-battled high blood pressure & malaria](#)**

March 26, 2019/Timesnownews.com

**Mahatma's health records published: His good health attributed to exercise, vegetarian diet**

March 25, 2019/The New Indian Express

NEW DELHI: Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here. During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining when he was in London. Paul said Gandhi's principles of nutritious food being the key to good health form the ethos of the research and work undertaken by both ICMR and NITI Aayog in nutrition. Regional Director, WHO South-East Asia, Dr Poonam Khetrpal Singh said that Mahatma Gandhi played a transformative role in taking the message of preventive and promotive health to the masses.

**Eat simple, stay healthy: Understanding Mahatma Gandhi's experiments with health and diet**

March 25, 2019/The Week

He was known for his "healing touch", but few are aware of how Mahatma Gandhi himself struggled with ill-health. Gandhiji was hypertensive, fell prey to a plethora of diseases such as pleurisy (inflammation of the lung lining), gastric flu and malaria, and had to be operated twice in his life. These, and many such intriguing details about the Mahatma's experiments with diet and naturopathy to cure himself, have been revealed in the latest issue of the Indian Journal of Medical Research. The special issue, titled 'Gandhi and health @150:Footprints of **Indian Council of Medical Research's** century long journey' discusses Gandhiji's medical reports, health files, dietary regimes and nutritional dilemma from the year 1924 to 1948. So how did Gandhiji manage, given his frequent health troubles? He would experiment with natural remedies and different schools of thought, according to the journal. Sometimes, though, the treatment protocols would be rather unconventional. For instance, during his stint in South Africa, Gandhiji suffered headaches and constipation. When diet and laxatives didn't work, he adopted a method that most nutritionists and practitioners of modern medicine would scoff at -- he started skipping breakfast. In the chapter 'Health File of Mahatma Gandhi', the authors explain his experiment: "...he had heard of the 'No Breakfast Association' in Manchester that worked towards improving the health of those who

ate too much...For the first few days, he found this new regimen tough, but gradually, the headaches disappeared completely...it made him realise he was perhaps eating more than what was needed.”

At other times, however, his methods were rather extreme—according to the authors, at one point in his life, Gandhiji gave up food and milk and was convinced he could survive on a dozen or two oranges. He only gave this idea up after his doctors convinced him that he would need at least 50-75 oranges daily to survive!



### [Records reveal Mahatma Gandhi had low BMI, high BP](#)

March 25, 2019/Deccan Herald

His power struggle with Subhash Chandra Bose on leading the Congress movement for Independence and ideas to create a separate state of Pakistan may be among the factors that sky-rocketed Mahatma Gandhi's blood pressure.

The Father of the Nation's health records – released by **Indian Council of Medical Research** on Monday in a special issue of its journal – demonstrate how he suffered from high blood pressure through the better part of his life. In addition, he was grossly under-nourished with a body-weight of 46 kg and a body mass index of 17.1. In March and April of 1939 when the Congress party was virtually split into two camps led by Gandhi and Bose, Mahatma's blood pressure varied from 170/110 (March 4) and 180/110 (March 5) to 160/100 (April 30).

On April 29, in a letter to Bose, he wrote, “...knowing how you and most of the members differ on fundamentals.. you are free to choose your own Committee.” On the same day, the Bengal leader resigned from the post of Congress president after reading out Gandhi's letter at the AICC meeting held at Tirupati.

A year later, doctors looking after Mahatma's health recorded a blood pressure of 220/110 on February 19, 1940. While the ICMR document doesn't provide any insight, it is to be noted that such a high BP was recorded a month before the Lahore session of All India Muslim League where then Bengal Prime Minister A K Fazlul Haq proposed a 'Pakistan Resolution' that was duly passed, putting the demand for a separate homeland for the Indian Muslims openly for the first time in black and white.

### [Gandhi's health records are published](#)

March 25, 2019/The Hindu

Mahatma Gandhi's health files, published for the first time, reveal that the 'Father of the Nation' ailed from high blood pressure, weighed 46.7 kg at a height of 5 feet 5 inches (recorded in 1939). He suffered from malaria thrice (in 1925, 1936 and 1944), and was operated upon for piles and appendicitis in 1919 and 1924. He also suffered from pleurisy (inflammation of tissues that line lungs and chest cavity) while he was in London. These facts related to his health have been published for the first time in a special edition the Indian Journal of Medical Research (IJMR) on 'Gandhi and Health @ 150' by the **Indian Council of Medical Research (ICMR)**.

“This special edition of the IJMR details Gandhi's medical legacy, his health profile and his experiments on health, based on published articles and available health records,” said Director General, ICMR, Dr. Balram Bhargava. He added that the edition also highlights the ICMR's contributions to areas that are relevant to Gandhian principles, such as the importance of hygiene and sanitation, which is relevant to diseases like cholera, malaria, tuberculosis and leprosy; living a disciplined life; and the role of physical fitness with meditation, which is relevant to lifestyle diseases, mental health and the youth; and a balanced diet, which is

relevant to nutrition. "This edition also illustrates how the ICMR has focussed its research on areas that Gandhi was passionate about — environment, lifestyle diseases, and social behavior," added Dr. Bhargava.



### **Mahatma's health records published: His good health attributed to exercise, vegetarian diet**

March 25, 2019/Business Standard

Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here. During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining, when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20. As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed. "The good health he enjoyed was mostly attributed to his vegetarian diet and exercise in open air," the book records. Gandhi weighed 46.7 kilograms and had a body-mass index of 17.1 at the age of 70, which the health experts termed as being "underweight".

### **Gandhi & Health @150, ICMR's tribute to Mahatma Gandhi**

March 25, 2019/Medi Bulletin

In an interesting initiative, the Indian **Council of medical Research (ICMR)** has developed a collector's edition of Indian Journal of Medical Research (IJMR) focusing on the health of Mahatma Gandhi and Gandhian principles of health. The special edition titled, 'Gandhi & Health @150' was launched in Dharamshala by His Holiness the Dalai Lama on 20th March 2019 to kick off a two-day symposium (25-26 March 2019) in New Delhi, organised by ICMR and the National Gandhi Museum. 2019 is being celebrated at the 150th anniversary of the Father of the Nation. This special edition of IJMR details the medical legacy of Gandhi, his health profile and his experiments on health, based on articles published and health records that are available. It also highlights ICMR's contributions in areas that are relevant to Gandhian principles, such as importance of hygiene and sanitation (relevant to diseases like cholera, malaria, TB and leprosy), living a disciplined life and the role of physical fitness with meditation (relevant to lifestyle diseases, mental health and the youth) and balanced diet (relevant to nutrition). This edition also illustrates how ICMR has focused its research on areas that Gandhi was passionate about – environment, lifestyle diseases and social behaviour.

## High BP, low weight: How Bose, Pak hit Bapu's health

March 25, 2019/Deccan Herald



His power struggle with Subhash Chandra Bose on leading the Congress movement for Independence and ideas to create a separate state of Pakistan may be among the factors that pushed up Mahatma Gandhi's blood pressure.

The Father of the Nation's health records — released by the **Indian Council of Medical Research (ICMR)** on Monday in a special issue of its journal — demonstrate how he suffered from high blood pressure through the better part of his life. He was also grossly undernourished, with a body weight of 46 kg and a body mass index (BMI) of 17.1. In March and April, 1939, when then Congress party was virtually split into two camps, led by Gandhi and Bose, the Mahatma's blood pressure varied from 170/110 (March 4) and 180/110 (March 5) to 160/100 (April 30). On April 29, in a letter to Bose, he wrote, "...knowing how you and most of the members differ on fundamentals... you are free to choose your own Committee." On the same day, the Bengal leader resigned from the post of Congress president after reading out Gandhi's letter at the AICC meeting held in Tirupati. A year later, doctors looking after Gandhi's health recorded a blood pressure of 220/110 on February 19, 1940. While the ICMR document doesn't provide any insight, it is to be noted that such high blood pressure was recorded a month before the Lahore session of the All India Muslim League where the then Bengal Prime Minister A K Fazlul Huq proposed a 'Pakistan Resolution' that was duly passed, putting the demand for a separate homeland for Indian Muslims openly for the first time in black and white. "As per the health file of Gandhiji (1924-47), his blood pressure readings were as high as 194/130 and 220/110 (on Oct 26, 1937, and February 19, 1940). In between as well, his blood pressure readings were higher than normal and touched 170/110 and 180/105," says the ICMR journal that was published to commemorate Gandhi's 150th birth anniversary.

## What Ailed The Mahatma? Gandhi's Health Records Revealed For The 1st Time

March 25, 2019/NDTV

MCLEODGANJ, DHARAMSHALA:

Called "a half-naked seditious fakir" by Winston Churchill, one of his bitterest critics, Mahatma Gandhi managed to change the world in more ways than one. But what constituted Mohandas Karamchand Gandhi? Was it just his grit and determination? Now, for the first time, the Mahatma's personal health records have been made public that reveal he was as prone to illness as anyone else and suffered for a long time with high blood pressure. And yet, he managed to "make his life his message" as he said famously and also worked tirelessly with leprosy afflicted patients to fight the stigma. Well-preserved in the National Gandhi Museum in New Delhi, Mahatma Gandhi's health files have now been published for the first time in the book "Gandhi and Health @ 150" by the **Indian Council of Medical Research (ICMR)** and released in Dharamshala by the 14th Dalai Lama who said the Mahtma's philosophy of ahimsa (non-violence) and mental hygiene are very relevant even in the 21st century. The health files reveal that he weighed merely 46.7 kilograms and his height was five feet five inches or 165 centimetres as recorded in 1939. This gave him a body mass index of 17.1 - which, according to current estimates, means an "underweight" individual. These days, for an individual with those stats, the Ministry of Health and Family Welfare would

suggest: "try to eat more and eat the right kinds of nutritious foods as you are underweight. It may also be useful to visit your doctor for a regular health check-up."



### **Mahatma Gandhi's Underweight Health Records Revealed For the 1st Time; Know his Heart Health, Serious Diseases**

March 25, 2019/Krishi Jagran

Mahatma Gandhi's personal health records have been made public for the very first time. The health file reveals that Gandhi ji was as prone to illness as anyone else and suffered for a long time with high blood pressure.

Very well preserved in the National Gandhi Museum in New Delhi, Mahatma Gandhi's health files have now been published for the first time in the book "Gandhi and Health @ 150" by the **Indian Council of Medical Research (ICMR)**. It was released in Dharamshala by the 14th Dalai Lama who said the Mahatma's philosophy of ahimsa (non-violence) and mental hygiene are very relevant even in the 21st century. Gandhi ji weighed merely 46.7 kilograms and his height was five feet five inches or 165 centimetres as recorded in 1939. This gave him a body mass index of 17.1 - which, according to current estimates, means an "underweight" individual. The book also mentions that during campaigning from 1913 to 1948, Mahatma Gandhi walked around 79,000 kilometres. The health records also reveal that the Mahatma Gandhi suffered from many serious ailments like contracting malaria three times in 1925, 1936 and 1944. He was operated for piles and appendicitis in 1919 and 1924. He also suffered from pleurisy - inflammation of the tissues that line the lungs and chest cavity - when he was in London. His experiments on his own diet are legendary and his act of undertaking long fasts sometimes led to his health condition deteriorating to almost "near death".

### **Mahatma Gandhi was healthy but underweight, show health records**

March 26, 2019/Hindustan Times

For a man who refused modern medicine to treat his chronic high blood pressure, Mahatma Gandhi was unbelievably healthy because of his simple diet and active lifestyle, according to his health records in a collectors' edition book, Gandhi and Health @150, released on Monday by the Indian Journal of Medical Research (IJMR) as part of his 150th birth anniversary celebrations.

Gandhi walked around 18 km, or 22,500 steps, every day for over 40 years, and covered a total of 79,000km for his campaigns between 1913 and 1948. "This is equivalent to walking around the Earth twice," the journal said. The World Health Organisation recommends walking 8,000-10,000 steps a day to stay healthy.

"The book aims to look at the Gandhian philosophy of health care and learn from his personal life. He led a disciplined life and followed a routine that included daily exercise. He also promoted a vegetarian diet, which is known to be good for health, and stayed away from tobacco or alcohol. We should follow in his footsteps," said Dr Balram Bhargava, director general of **ICMR**.

At the age of 70, Mohandas Karamchand Gandhi weighed 46.7 kg. He was 5-feet-5-inches tall, which means he had a body mass index (BMI) of 17.1, which falls in the underweight category. BMI is an indicator of healthy weight and is calculated by dividing the weight of a person in kilograms by the square of their height in metres.

## [Mahatma walked 79,000 km during freedom movement, equal to walking earth twice](#)

March 26, 2019/The Tribune



Mahatma Gandhi's health records published for the first time by the government show he was underweight, but healthy enough to walk 79,000 km during his movement for India's independence. "Gandhi and Health @ 150" unveiled today by the **Indian Council of Medical Research (ICMR)** documents the health statistics of the Father and the Nation who, according to the journal, stayed clear of allopathy and experimented on his body using earth and water materials. "Mahatma Gandhi was a quintessential naturopath," says Dr VK Paul, member, health, NITI Ayog who launched the journal today. What's interesting is that Mahatma Gandhi weighed a mere 46.7 kg, as recorded in 1939, was 5 feet 5 inches tall and had a body mass index of 17.1 which under modern definitions qualified him as underweight. Gandhi also suffered from high blood pressure starting 1927 and reported the highest hypertension data of 220/110 in 1939. The journal attributes his healthy life despite hypertension to the fact that he was an avid walker and walked 18 km a day. "During campaigning from 1913 to 1948, he walked around 79,000 kilometres, which is the equivalent to walking around the Earth twice," says the journal published under the guidance of ICMR Chief Dr Balram Bhargava, a cardiologist, who says Gandhi's heart was healthy and his ECG records show that his cardiac degeneration was arrested even though he experimented with natural elements on his body. The records were accessed from the National Gandhi Museum and published as a collector's item to mark 150th birth anniversary celebrations of the Mahatma.

## [Around the earth on foot, twice](#)

March 26, 2019/The Telegraph

Mahatma Gandhi often walked 18km a day, and enough over 35 years to circle the earth twice, had unusually high blood pressure in old age but was otherwise in good health, the **Indian Council of Medical Research** said on Monday. The ICMR has in collaboration with the National Gandhi Museum included information from Gandhi's health records in a "collector's edition" of the Indian Journal of Medical Research to mark Gandhi's 150th birth anniversary, which falls on October 2 this year. Health researchers working with the museum staff used historical documents to determine that Gandhi often walked up to 18km a day over 36 years, covering 79,000km from 1913 to 1948, equivalent to walking around the planet twice. The journal has also cited a "health file" on Gandhi that documented two of his blood pressure readings — 194/130 on October 26, 1937, at age 68 and 220/110 on February 19, 1940, at age 70 — as evidence of unusually high blood pressure. Gandhi's blood sugar levels were often significantly lower — 41, 71 and 115 on different dates in 1936, 1937 and 1938 — than the normal levels between 80 and 120. "We can say he was in good health, a good basal metabolism," Balram Bhargava, a senior cardiologist and director-general of the ICMR, told The Telegraph. Bhargava said that documents show Gandhi taking drops of an extract from the plant *Rauwolfia serpentina*, known as sarpagandha in Ayurveda, for high blood pressure. Medical records too suggest that Gandhi used the *R. serpentina* extract, shown through clinical trials to be a promising remedy for high blood pressure.

## [Mahatma Gandhi had high BP, got malaria thrice](#)

March 26, 2019/DNA



A gamut of ailments troubled Mahatma Gandhi during his lifetime whose constant companion was high blood pressure. The Father of the Nation may not have bowed down to the British, but malaria got the better of him thrice. These nuggets of information are part of files, published for the first time, by the **Indian Council Medical Research**, giving all recorded details of Gandhi's health profile and his daily routines. Gandhi was down with Malaria in 1925, 1936, and 1944. He weighed only 46.7 kilograms at 165 centimeters in 1939, with a body mass index of 17.1, meaning he was 'underweight' as per current Ministry of Health estimates. The records also show that he was operated for piles and appendicitis in 1919 and 1924 respectively. Gandhi suffered from high blood pressure. "As per health file of Gandhiji (1924-47), his blood pressure readings were as high as 194/130 and 220/110 [on Oct 26, 1937, and February 19, 1940]. In between as well, his blood pressure readings were higher than normal and touched 170/110 and 180/105," says the published material. The records, with a foreword from Union Health Minister JP Nadda, have been published in the Indian Journal of Medical Research collector's edition and launched by the 14th Dalai Lama. The Journal also highlights ICMR's contribution in areas that are relevant to Gandhian principles including importance to hygiene and sanitation (relevant to diseases like cholera, malaria, TB and leprosy), living a disciplined life and the role of physical fitness with meditation (relevant to lifestyle diseases, mental health and the youth) and balanced diet (relevant to nutrition).

## [Mahatma Gandhi's private health records published, had high blood pressure](#)

March 26, 2019/Zee News

New Delhi: Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum here.

During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining, when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20.

As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed. "The good health he enjoyed was mostly attributed to his vegetarian diet and exercise in open air," the book records.

## [Mahatma Gandhi battled malaria and high blood pressure, reveal health records](#)



March 26, 2019/News Nation

Mahatma Gandhi firmly followed a vegetarian diet and went for exercise in open air as he believed that exercise was as necessary for mind and body as food was for mind, bones and flesh, a book has revealed. These and many other facets related to his health -- ranging from diet charts to the ailments he suffered from -- form a part of the book, titled 'Gandhi & Health @150', published by the **Indian Council of Medical Research** to commemorate the 150th birth anniversary of the Father of the Nation. Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that "he was at death's door", claims the book, which puts together the Mahatma's private health records, preserved in the National Gandhi Museum. During various phases of his life, Gandhi suffered from several ailments including constipation, malaria and pleurisy, according to the ICMR "collector's edition", which details his medical legacy, health profile and his experiments on health, based on articles published and available health records. Gandhi suffered from malaria on three occasions -- 1925, 1936 and 1944 -- and also pleurisy, a condition in which there is inflammation of the lung lining, when he was in London. He was operated for piles in 1919 and for appendicitis in 1924, according to the book. It was launched in Dharamshala by the Dalai Lama on March 20. As a student in London, Gandhiji used to walk for about eight miles every day in the evening and then again for 30-40 minutes before going to bed. "The good health he enjoyed was mostly attributed to his vegetarian diet and exercise in open air," the book records.

## [Dalai Lama launches a special edition of ICMR journal on Mahatma Gandhi's health](#)

March 26, 2019/News Intervention

The **Indian Council of medical Research (ICMR)** has come out with a special edition of Indian Journal of Medical Research (IJMR) focusing on the health of Mahatma Gandhi and Gandhian principles of health. Titled as 'Gandhi & Health @150' the journal was launched in Dharamshala by His Holiness the Dalai Lama on 20th March 2019. Releasing the edition in Dharamshala, His Holiness the Dalai Lama said, "Mahatma Gandhi was a man with extraordinary qualities. His motivation to solve the problems of society and steer the freedom movement through the path of truth and non-violence is inspired by his physical and emotional well-being. Gandhi Ji's life shows us that by dedicating one's life to others makes a person emotionally and physically strong. Honouring Gandhi ji's philosophy on health will not only inform the present society on improving the well-being of people but will also help them imbibe a lifestyle that is disciplined and rewarding." Prof (Dr.) Balam Bhargava, Secretary, Department of Health Research and Director General, ICMR said, "The Indian Council of Medical Research was set up in 1911. In a journey, that has spanned more than a century, this institution has made immense contribution towards various disease control programmes and has tried to follow the path shown by the Mahatma Gandhi, by touching and impacting the lives of millions of Indians. Mahatma Gandhi had spearheaded many revolutions in our country and ICMR has embodied his values and principles in its health research to improve the health and well-being of the country.

## महात्मा गांधी इतना पैदल चले थे कि पृथ्वी के दो बार चक्कर पूरे हो जाते

March 26, 2019/ jagran.com



नई दिल्ली (जेएनएन)। नई दिल्ली के नेशनल गांधी म्यूजियम में सुरक्षित रखी गई राष्ट्रपिता महात्मा गांधी के स्वास्थ्य से जुड़ी फाइलें पहली बार एक किताब की शकल में लोगों के सामने आई है। 'गांधी एंड हेल्थ @ 150' शीर्षक से प्रकाशित इस किताब में खुलासा किया गया है कि 220/110 तक के हाई ब्लडप्रेसर की गिरफ्त में होने के बावजूद बापू कैसे खुद को फिट रख पाते थे। किताब को **इंडियन काउंसिल ऑफ मेडिकल रिसर्च (आईसीएमआर)** की ओर से प्रकाशित कराया गया है। किताब को धर्मशाला में 14वें दलाई लामा द्वारा लॉन्च किया। इस मौके पर दलाई लामा ने कहा कि अहिंसा और मानसिक चिकित्सा पर महात्मा का दर्शन 21वीं सदी में भी प्रासंगिक है। किताब में महात्मा के स्वास्थ्य से जुड़ी रिपोर्ट के हवाले से चौकाने वाले खुलासे हुए हैं। रिपोर्ट के मुताबिक, साल 1938 में बापू का वजन 46.7 किलोग्राम और उनकी लंबाई पांच फुट पांच इंच थी। बॉडी मास इंडेक्स (17.1-) के लिहाज से यह दशा 'अंडरवेट' कही जाएगी। मौजूदा वक्त में यदि कोई इस हालत में हो तो केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्रालय के मुताबिक, 'उसे ज्यादा और संतुलित भोजन करने साथ नियमित हेल्थ चेकअप की जरूरत है।' इन सबके बावजूद महात्मा ने आजादी की लड़ाई का नेतृत्व करते हुए देश को स्वतंत्र कराया। सन 1927 से बापू को हाई ब्लडप्रेसर की शिकायत सामने आई थी। 19 फरवरी 1940 को बापू का ब्लडप्रेसर 220/110 तक पहुंच गया था। फिर भी बापू जीवित रहे और खुद को शांत बनाए रखा। कुछ महीने बाद बापू ने सुशीला नैयर को एक चिट्ठी लिखी थी। इस पत्र में उन्होंने नैयर से कहा था कि मैं हाई ब्लडप्रेसर के हवाले हूं, मैंने सर्पगंधा की तीन बूंदें ली हैं। इस बीमारी के बावजूद बापू कैसे खुद को फिट रखते थे, इस बारे में किताब के 166वें पेज में खुलासा किया गया है। इस पेज में बताया गया है कि बापू रोज 18 किलोमीटर पैदल चलते थे। यही नहीं 1913 से 1948 तक बापू ने लगभग 79,000 किलोमीटर की पैदल यात्रा की। किताब के मुताबिक यह दूरी पृथ्वी की गोलाई के लगभग दोगुने के बराबर है।

## Mahatma Gandhi's health records published for the first time: 10 facts-battled high blood pressure & malaria

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New Delhi: Mahatma Gandhi was not only a man of true words and a true fighter but he was also extremely healthy. Gandhiji also led a very simple and frugal lifestyle. Now, Gandhiji's health files, published for the first time, reveal that the 'Father of the Nation' led a disciplined life, which included exercising daily in the open air. He also firmly followed a vegetarian diet, which is known to be good for health, and stayed away from tobacco or alcohol. To commemorate the 150th birth anniversary of the Father of the Nation, the **Indian Council of Medical Research (ICMR)** has developed a collector's edition of Indian Journal of Medical Research (IJMR) focusing on Mahatma Gandhi's health and Gandhian principles of health. The book titled 'Gandhi & Health @150' also reveals Bapu suffered from high blood pressure and weighed 46.7 kg at a height of 5 feet 5 inches (recorded in 1939).

"The special edition of IJMR details Gandhiji's medical legacy, his health profile and his experiments on health, based on articles published and health records that are available," said Dr Balram Bhargava, Director General, ICMR. The book, preserved in the National Gandhi Museum, claims that Gandhi's experiments with food, long fasts and hesitation to take medical aid deteriorated his health condition at some occasions and he felt that 'he was at death's door', news agency PTI reported.

With regards,

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