



LIFESTYLE

## Untreated depression affects language development

blocking the reabsorption of serotonin in the brain, raising their levels. They include Prozac, Zoloft and Paxil.

“This study is among the first to show how maternal depression and its treatment can change the timing of language development in babies,” says senior study author Janet Werker, professor of psychology at the University of British Columbia, reports the journal *Proceedings of the National Academy of Sciences*.

The study followed three groups of mothers - one being treated for depression with SRIs, one with depression not taking anti-depressants and one with no symptoms of depression, according to a British Columbia statement.

By measuring changes in heart rate and eye movement

to sounds and video images of native and non-native languages, researchers calculated the language development of babies at three intervals, including six and 10 months of age.

Researchers also studied how the heart rates of unborn babies responded to languages at the age of 36 weeks in the uterus. “We also hope to explore more classes of anti-depressants to determine if they have similar or different impacts on early childhood development,” says Werker.

“These findings once again remind us that poor mental health during pregnancy is a major public health issue for mothers and their infants,” says co-author Tim Oberlander, professor of developmental paediatrics at UBC. *IANS*



**MATERNAL DEPRESSION AND** specific anti-depressants can impact a crucial period of language development in babies, according to researchers.

They found that treatment of maternal depression with a class of anti-depressants, known as selective serotonin re-uptake inhibitors (SSRIs), can speed up babies' ability to attune to the sounds and sights of their native language while such depression untreated by SSRIs may prolong the period of tuning.

SSRIs are a class of anti-depressants that work by



YOGA

## Revolved Head-of-Knee Pose (Parivrtta Janu Sirsasana)

**This is a deep, seated twist that stretches the whole body, and strengthens your legs and core. It's a powerful variation of the forward fold, Head-of-Knee Pose (Janu Sirsasana), that deepens the stretch to the hamstrings and spine, while providing all of the benefits of a spinal twist.**

### TECHNIQUE

- Sit on the mat with your legs extended in front of you in Seated Staff Pose (Dandasana).
- Place your hands on the floor behind your body and lean your torso back slightly. Then open your legs as wide as comfortable. Work towards opening your legs to a 90-degree angle (with the pelvis as the apex).
- Keep the tops of your kneecaps and your toes pointing straight up toward the ceiling. Flex your feet and strongly engage your thigh muscles, pressing your legs down towards the floor. Reach out through your heels.
- Bring the sole of your left foot to the inside of your right



thigh.

- On exhalation, lean to the right. Slide your right hand along the inner edge of your right leg, palm facing up, towards your right foot's toes. Press your right shoulder blade against the inside of your right knee, and let your forearm rest on the floor. Turn your right hand to clasp the inner edge of your right foot. Hold the sole of your foot with your fingers, and the top of your foot with your thumb.
- Reach your left hand's fingers up towards the ceiling. Then reach towards your right foot, bringing your left arm directly over your left ear. Rest your left bicep alongside

your head. Clasp the outer edge of your right foot.

- Draw your left shoulder back, keeping your chest open. Turn your head to look up at the ceiling. If doing so hurts your neck, gaze forward, instead.
- Twist your upper torso further, opening your torso and chest towards the ceiling.
- Keep your left thigh bone firmly down towards the floor.
- With each inhalation, lengthen the front torso. With each exhalation, twist deeper.
- Hold for 30 seconds. To release the pose, unwind your torso and bring it to the center line between your legs. Press your tailbone towards

the floor as you inhale and lift your torso. Extend your left leg along the floor next to your right leg. Then repeat the pose on the opposite side for the same length of time.

### BENEFITS

- The Revolved Head-of-Knee pose is a great pose that stretches the shoulders, back, spine and hamstrings.
- This pose stimulates the kidneys, the liver and other important abdominal organs.
- Provides relief from mild backache.
- Relaxes the body thus relieving fatigue.
- Works towards reducing anxiety.
- Helps in the treatment of insomnia.

### CAUTION

- You should not come upright in the twisted pose as it could cause injuries.
- If you suffer from a delicate digestive system or are suffering from diarrhea, you should not do this pose.
- Also make sure that you have someone to guide you through the entire routine.

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## ALIGN YOUR LIFE

### On The Bright Side

**FENG SHUI** is a science of energy management. It is based on the interaction of five elements - fire, earth, metal, water and wood. All these elements are important for one aspect of life or another. However it is the element of fire that will help in activating yang energy in your home. The easiest way to activate fire element is through the use of lights. Artificial as well as natural light helps in creating yang energy in your home. The quality and type of light used will be responsible for the kind of energy you create.

Whenever an area is lighted up, it activates yang energy and creates movement. Light has always been a source of energy and by inviting more light into your personal space, you will be energising your life. When decorating a home, you need to identify the areas that need enhancement, and what type of light will do the trick. Lights can be used for creating a vibrant living room or a mellow bedroom. Let's look at some of the tips that will help you brighten up your home. Different coloured lights help to create different types of energies. Soft lighting arrangements create calming energy, while bright lights create active energy. Use bright and strong lights in your living room to energise the most active area of your home. While bedrooms should always have soft or mellow lighting, as the function of a bedroom is to rest and recharge. Paper lampshades can be used in bedrooms for softer effect. Use shades of peach and pink in your bedroom to enhance relationships. Avoid using strong lighting in the bedroom, as it could cause arguments.

If there are beams or sharp edges in the house, use soft lights to reflect on these areas. It will smoothen the energy flow and help you restore balance. If your living room or bedroom is odd shaped, place lamps in the missing or odd corners to harmonise the energy. If you are living in a small apartment, use mirrors to reflect light throughout your apartment. When designing bedrooms for children, use bright lights to create yang energy, to help enhance movement in their growing years. If the lighting is dim or mellow, your kids are likely to be focused on resting rather than studying. Kitchens should be well lit and must have ample lighting arrangement. Keeping it well energised will help in creating healthy energy. Your home entrance should be well lit and devoid of any broken lamps or lights. Use bright outdoor lights with tall poles in your garden, to enhance energy flow and to create boundaries around your home. Pick a right lighting arrangement to brighten up your life.

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