

# What is body dysmorphia

Understanding symptoms, struggles, and treatment

**Amisha Shirgave** 

mental health condition known as body dysmorphic disorder (BDD) causes an individual to obsess about one or more perceived imperfections in their appearance, even if they are small or invisible to others. But you might avoid a lot of social situations because you feel so nervous, embarrassed, and ashamed.

When you suffer from BDD, you may spend several hours a day worrying excessively about your appearance and body image.

You may also find yourself constantly grooming, checking the mirror, or looking for validation. You experience severe distress and find it difficult to carry out your everyday activities as a result of your perceived fault and the recurrent behaviours.

During his appearance on Raj Shamani's podcast, KJo shared, "I have body dysmor-

phia. It is a condition when you just cannot look at yourself in the mirror without any clothes on. It is when you are ashamed of your body and you are awkward without clothes on. I am still not okay with looking at my

body and feeling good about

# **Symptoms**

• Being highly obsessed with

plucking.

• Attempting to conceal perceived defects through styling, makeup, or clothing. Constantly comparing your attractiveness to others. When he was asked about

the difference between being

cult to avoid or control, such

as frequent checking the

mirror, grooming, or skin

mildly uncomfortable in one's body and having body dysmorphia, Karan explained, "You are uncomfortable, yes. But you don't feel disgusted looking at your body. That is body dysmorphia. Mujhe ghinn aati hai. Main apne aap ko dekh hi nahi sakta bina kapdo ke. Now it is better but I am still not completely okay with it."

# **Treatment**

Treatment for BDD typically involves a combination of psychotherapy, medication, and supportive care. Here's a

# **Cognitive Behavioural** Therapy (CBT)

- Most effective treatment. Focuses on identifying and changing distorted beliefs about appearance.
- Includes exposure and response prevention (ERP) exposing the person to situations they fear (like going out without makeup) and preventing compulsive behaviours (like mirror checking).

• Helps reduce anxiety and

improve quality of life. **Medications** 

## • SSRIs (Selective Serotonin Reuptake Inhibitors) are the first-line pharmacological

**Rajshree Vora** 

Tnee inflammation Knee

refers to swelling and

irritation in the knee joint,

It can be acute or chronic

depending on the cause.

Swelling or puffiness

ing weight or moving.

Stiffness or reduced

range of motion.

ness inside the

joint.

• Feeling of tight-

Occasional click-

Injury to the knee,

such as a ligament tear

ing or locking of

Causes

• Warmth or redness in the

• Pain, especially when bear-

**Symptoms** 

around the knee.

affected area.

usually due to fluid build-up

or irritation of the joint lining.

(Synovitis or Swelling)

- treatment. • May take 8-12 weeks to see full effects.
- In severe cases, antipsychotics or augmentation strategies may be considered under psychiatric guidance.

# When to seek help

It is best to seek help when you notice this condition having a large impact on your everyday life. You should seek help when there are strong emotions of anxiety, sadness, or discomfort as a result of the obsession with beauty. If you find yourself refusing to engage socially out of a fear of being scrutinized or evaluated for alleged shortcomings, you should consider seeing a doctor.

Body dysmorphia is a serious mental condition in today's world. Social media has created false beauty standards due to which teens, young adults and even millennials are constantly trying to impress people around them. Wanting to look presentable is a good motivation but obsessively wanting people to say nice things about your appearance might be a sign that you need help.

edsores, also known as pressure ulcers, pressure injuries, or decubitus ulcers, are injuries to the skin and the tissue just below it. These injuries happen when there's long-lasting pressure

on the skin. They most commonly show up on areas of the body that cover bones, like the heels, ankles, hips, and the tailbone. Bedsores can start to develop quite quickly, sometimes in just hours or days. While many heal with treatment, some might not ever heal completely.

to get bedsores are those with medical conditions that make it hard for them to move or change positions. This includes people who spend most of their time in bed or a

# **Causes**

The main reason bedsores form is pressure against the skin that reduces blood flow. Blood is vital because it carries oxygen and nutrients to the tissues. Without enough blood flow

due to constant pressure, the skin and nearby tissues can get damaged and may even die over time. This pressure often occurs in bony areas that don't have much muscle or fat padding, such as the spine, tailbone, shoulder blades, hips, heels, and elbows

# Acupressure

lenged people, treat yourself with Ayurveda acupressure. It involves sedating specific meridian points like the spleen meridian point Sp6 and uri-

# **Home remedies**

• Gentle stretching for hamstring and quad stretches to

reduce stiffness. Cold pack for swelling, ho pack for stiffness.

• Consume turmeric, ginger, flaxseed, walnuts. • Gentle exercise like swim-

# ming, cycling, yoga,. **Sujok Therapy**

On highlighted area (see figure), press with probe with bearable pressure for five to 10 minutes. Then apply moong seeds and keep for five to six hours. Remove if any discomfort. For left knee, do this on the left hand and for right knee, use right hand. Consult a health care professional if no improvement.

(Rajshree Vora is an obesity consultant, dietitian and nutritionist, Sujok therapist, counsellor, and yoga therapist. You can write to her at enquiry@rajshreeyoga.com)

# **SELF HEALING**

Tackling knee inflammation

(like ACL), meniscus damage,

• Overuse or repetitive strain

squatting, or kneeling can irri-

from activities like running,

tate the joint and lead to

inflammation over time.

Osteoarthritis causes the

cartilage to wear down, lead-

ing to friction between bones

• Rheumatoid arthritis results

in the body's immune system

causing persistent swelling

Gout can cause

sudden and intense

to the buildup of uric

joint.

(bursae) that

cushion the knee.

Bursitis.

knee inflammation due

acid crystals

within the

Inflammation of

the small fluid sacs

attacking the joint lining,

and pain.

and chronic knee inflamma-

or a fracture, can trigger

inflammation.

# Acupressure for bedsores

People who are most likely

**PROF G B LUTHRIA** 

For older or mobility-chal-

nary bladder meridian UB 54 (see figure). Sedating a meridian point, involves pasting the yellow side of a Byol Magnet on tape and the white side on the skin.

# Seeking help You should seek medical care

right away if you see signs of infection, such as fever, drainage from the sore (especially if it smells bad), or warmth and swelling around the sore.

Disclaimer: The content provided here is for informational purposes only and does not substitute professional medical advice

**FPJ Features Desk** 

Then I decided to create Only Women, I had definitely wanted it to be successful but I hadn't dreamt of the milestones we would create in less than a year," says former broadcast journalist Vidyottama Sharma while talking about Only Women, a community of senior women professionals that she created last year. She is its Founder and CEO. Only Women is a collective of

women thought leaders and a think tank with C-Suite executives, founders/ entrepreneurs and senior independent professionals as its members. They meet periodically to enhance their learning curve, deliberate on and take up issues related to women professionals, mentor

# By woman, for women!

a perceived defect in appear-

notion that you have a flaw in

extra notice of your looks in

a negative light or mock you.

ance that others cannot see

or appears minor. Strong

vour look that renders vou

Belief that others take

• Engaging in actions

intended at mending or

covering the perceived

imperfection that are diffi-

ugly or deformed.

younger leaders, strengthen bonding and support among women professionals, and create memorable shared experiences. For mentoring young leaders, it has partnered with Vinayaka Mission's Law School, Chennai. Its first beneficiary under its Helping Hands initiative is Mumbai

Only Women announced its advisory board this month. It comprises Apurva Purohit, Co-Founder, Aazol Ventures Pvt. Ltd., Independent Director on many boards and bestsell-

**Only Women** is a think tank backed by eminent advisors

ing author; Dr. Ganesh Natarajan, Executive Chairman and Co-Founder, 5F World, GTT Data Solutions Ltd. and Lighthouse Communities Foundation, Chairman, Honeywell Automation India and EPPS, Independent Board member on many boards, and Global Partner in Cornerstone Ventures and Arise Ventures and author, Vijayalaxmi Chhabra, former Director General of Doordarshan, one of the world's largest public service broadcasters. Commonwealth Fellow and social

media influencer; Rahat Beri, Founder and Managing Director, Blue Ocean IMC and Acryptoverse and a leading voice in crisis and image management, and Prameela Kalive, Global Chief Operating Officer, Mastek Ltd., Member, Executive Council, WILL (Women in Leadership Forum), former missile scientist with Defense Research and Development Organisation (DRDO) and India's first woman COO of an IT company.

While professional and personal development along with networking and bonding are its focus areas at present, Only Women also emphases on shared experiences for its members and organizes movie watching, heritage walks, get-togethers and various workshops and celebrations. It plans to organize its annual summit later this year.

# **YOUR DAY**



misunderstandings may Health: Minor issues such as digestion problems, stress may arise. Lucky number: 1

Lucky colour: Yellow, orange



TAURUS: A time to focus on health and longterm planning,

with patience yielding positive results. **Domestic & Love Life: Emotional distance among** family members may need Health: Muscle pain or

breathing issues may arise. Lucky number: 5 Lucky colour: Green



for intellectual growth, new learning opportunities, and travel.

**GEMINI:** A time

**Domestic & Love Life:** Romantic prospects may bloom, and existing relationships will see renewed passion. Health: Respiratory health or knee/waist pain may need attention. Lucky number: 8 Lucky colour: Light blue,



**CANCER: Emotional** maturity and career progress with strong intuition

guiding your decisions. **Domestic & Love Life:** Strengthened family bonds and potential pilgrimage. Health: Issues like muscle pain, breathing problems, or thigh pain may arise. Lucky number: 2, 3 Lucky colour: Silver,



LEO: Focus on leadership, selfdevelopment, but decisions should

be taken wisely. **Domestic & Love Life:** Family disputes are **Health:** Focus on heart and back health; asthma or muscle pain may occur. Lucky number: 9 Lucky colour: Red, gold

# By Vinayak Vishwas Karandikar

VIRGO: A reflective

period for pursuing spiritual growth. Domestic & Love Life: Religious activities may strengthen bonds.

Health: Stress, overthinking, or breathing problems. Lucky number: 7, 8 Lucky colour: White, blue



LIBRA: A socially active period requiring balance in Domestic & Love Life:

Romantic moments are **Health:** Focus on kidney health and inflammation. Lucky number: 5

Lucky colour: Pink, green SCORPIO: A transformative phase requiring

resilience and inner strength. Domestic & Love Life: Be mindful of possessiveness. Health: Issues like throat or back pain may arise. Lucky number: 3 Lucky colour: Maroon, yellow

**SAGITTARIUS:** A period of optimism, personal growth. Disputes are possible.

Lucky number: 4, 9 Lucky colour: Purple, red

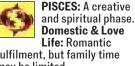
Health: Headaches may

**CAPRICORN:** Hard work and discipline lead to success. Domestic & Love Life: Pilgrimage or foreign travel is indicated.

Health: Issues like muscle pain, ear problems, or breathing may arise. Lucky number: 6, 10 Lucky colour: Brown, pink

**AQUARIUS:** A phase of innovation. **Domestic & Love** Life: Strong family bonds and visits from relatives. Health: Muscle pain may

Lucky number: 5 Lucky colour: Electric blue,

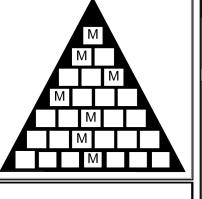


Life: Romantic fulfilment, but family time may be limited. Health: Issues like weight gain or obesity may occur. Lucky number: 2, 12 Lucky colour: Sea green,

# **ALPHA TRIANGLE**

Beginning at the top move towards the bottom seven letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

- 1 Bond's boss
- 2 Do, re, \_\_ fa.... 3 Goal
- 4 Biblical trio
- 5 Street urchin
- 7 Cultivating



M, Mi, Aim, Magi, Gamin, Arming, Farming.

Solution to Alpha Triangle

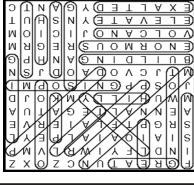
# **Word Search**

FGREATUNCZOXZ NDLFYIWRLVMP IAIOAIALPEYL SRGPTFLAIERVE AENNALTEGATUA MWUHILLYMKOJD OSPPGNISOPMI TJCVODAODJSN ILDINGANHPG ENORMOUSREGRM VOLCANOJICIOM LEVATEYNSHUT EXALTEDYGANTC

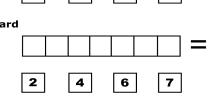
Can you find the words connected in one way or the other with the theme indicated by the title in today's Word Search?

The words may be read horizontally, vertically or diagonally either forwards or backwards, but always in straight lines. Use a ruler to cross them through as you find them.

Imposing Pillar Ascend Building Leading Pyramid Elevate Lofty Soaring **Enormous Massif** Sprout Exalted Mountain Tall Great Overtop Towering Peak High Volcano Hill Pile



# Go Figure Place the four numbers in the first, third, fifth, and sevent oxes and whatever operators you care to use in the second ourth, and sixth boxes in the correct order to get the answe Ise the numbers only once. Operations should be carried ou equentially. BODMAS rule does not apply. The operators: Medium 8 1 3 4 8 Hard



 $08 = 4 - 7 \times 2 \times 3$ 8 = 8 + 1 - 5 - 4 - muib = Mkse∃ **ν** = Δ - Ι + ε + Δ -Our Solutions:

rearranging any of its letters. cein, ner, nere, ere, nerein Answer: The word is "therein" The words are: the, there, he, re (as in do, re, mi), in,

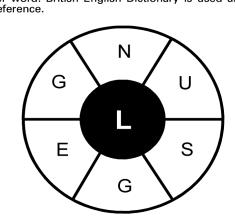
Riddler

What seven letter word in the English

language contains ten other words without

# **BULL'S EYE**

How many words of four or more letters can you make from the letters shown? Each word can use a letter only once and must contain the central letter. There should be at least one 7-letter word. British English Dictionary is used as



04 average; 05 good; 07 outstanding. glen, glue, lung, lunge, slug, slung, SNUGGLE

**SOLUTION:** 

Ratings:



Border on 13 Eight as a prefix

16 Sweet courses 18 Three-legged stands or supports
20 Type of an axe used
by mountaineers to

cut steps Fawkes : 21 conspirator in gun-powder plot? 22 Garden dwarfs from

25 Stay on the water 28 Attack and rob 29 Sauron's footsoldier in Lord Of The Rings 30 Not stiff or firm

31 An enclosure 32 Girl's name which reads the same backwards 33 Avinash's pet name? 34 Score at cricket 35 Hair stylist's need 36 A liquid fuel

53 Greek god of love Agreement Construction piece An Indian of the Amazon basin

or concealed?

47 A wading bird 48 \_\_\_ Fleming : creator of James

49 Organs of sight 50 Bollywood's \_\_\_\_ Agnihotri

51 Sty-dweller? 52 Dexterous

Temporary substitute Character created by Enid Blyton Top cards or people Getting beaten

Afghanistan
32 Large wardrobe
34 Turned over
35 Physician informally
37 Female ruff
38 In the of : in the middle of or in the company of?
40 Aquatic rock-ridge
41 Ski lift - "brat"
anagram ? (1-3) 42 Partisan commander Yugoslavia 43 Unchanged (2,2) 44 Tiny drink 45 Helicopter Assoc. International

46 Colouring agent

24 Mark of an injury

26 Reside or dwell 27 Leaving out or

excluding 28 Adult males 31 Monetary unit of

Afghanistan

10 Outside Air Temperature 11 Public vehicle 26 Live, 27 Omitting, 28 Men, 31 Pul, 32 Armoire, 34 Rolled, 35 Doc, 37 Ree, 38 Midst, 40 Reef, 15 T-bar, 42 Tito, 43 LAL, 46 Dye. 20 (cc, 71 Guy, 22 Gnones, 52 Float, 28 Mug, 29 Grc, 30 Limp, 31 Pen, 32 Anna, 33 Avi, 34 Guy, 25 Grootes, 25 Float, 36 Riote, 31 Grootes, 44 Shieided, 47 Ibis, 48 Ian, 49 Eyez, 39 Riotes, 50 Rait, 51 Float, 52 Green, 51 Float, 52 Grootes, 52 Green, 52 Grootes, 52 Grootes, 52 Green, 53 Float, 53 Grootes, 52 Grootes,

# **SUDOKU**



WHAT TO DO: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9. Every puzzle has only one correct solution.