MAILBOX

thestarmagazine@gmail.com

The Science of Life

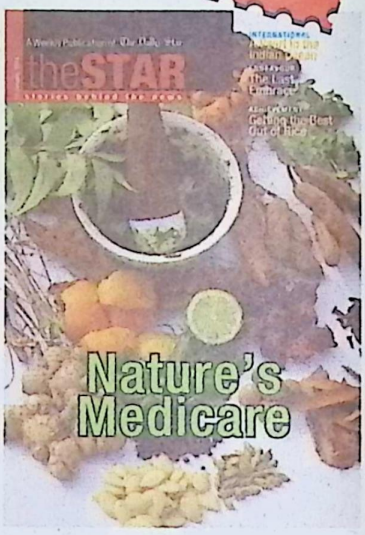
Ancient books of medicine written in the west during the middle ages follow the same rules as Ayurveda. It means there was a linkage between Mediterranean and eastern traditional cures. Thus, if a western doctor gets in touch with Ayurveda he gets in touch with his own roots. Unfortunately, regulatory restrictions and cultural prejudices inhibit its integration within mainstream health care provision in the US and Europe. Neuroscientist Dr Antonio Morandi of Italy is an exception. After working with neurodegenerative diseases in the US for two decades, he changed tracks, citing the need for a more inclusive and comprehensive way of looking at the nature of treatment for his patients. He started exploring the field of traditional medicine and found himself involved with Ayurveda. He returned to Italy and is now the chairman and director of Ayurvedic Point - a school of ayurveda in Milan offering Ayurvedic education and OPD facility. I hope more doctors will take Morandi's example and start looking at Ayurveda more seriously.

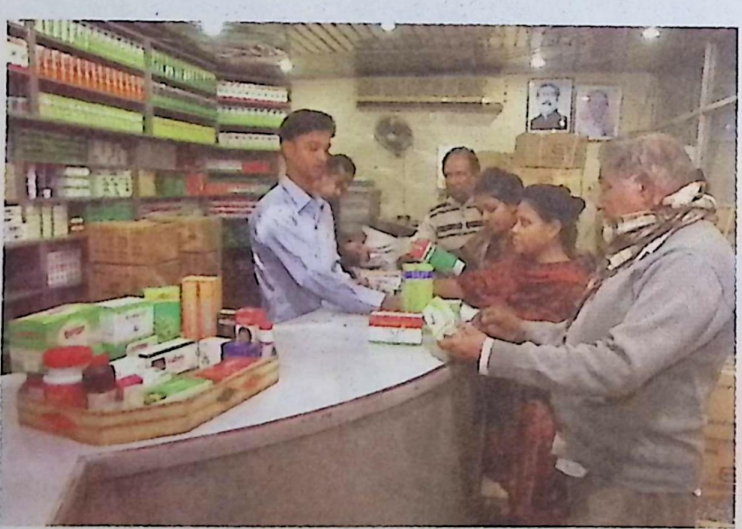
Mizanur Rahaman
Hamburg, Germany

★★★

While studying engineering in Aligarh Muslim University in Uttar Pradesh, India, I once had the opportunity to seek treatment from a Hakim who practices Unani medicine. I was suffering from insomnia and was losing a lot of weight fast. As a lifelong student of science, I was a bit skeptical about his skills as a physician. The elderly Hakim was affectionate and appeared to be most concerned about my well being. After thoroughly examining me, he prepared a 'tonic' for me and gave me some herbal pills. He advised me to take them both for two weeks and, if my problems persisted, see him again. Much to my surprise, I started sleeping well only after the first week of taking his medicines. It worked! Since then, Unani has been my choice of treatment when I need it.

Shibli Chowdhury Tushar
Dhanmondi, Dhaka





Religion with Red Cirlces

I was very much intrigued by the artworks and life story of Mukaddas Shadi Ahmad published on December 10, 2013. His childhood experiences growing up in Islamic and Christian tradition have given him a platform from which he gets alternative perspectives toward life. This is what any artist aspires to do-offer the audience with an alternative viewpoint. The article was written in fluid and short sentences that were fun to read.

Zahid Bin Sattar
Adabor, Dhaka

The opinions expressed in these letters do not necessarily represent the views held by *the Star*.

SUBMISSION GUIDELINE:

Letters to the Editor, Star Diary and Write to Mita, with the writer's name and address, should be within 200 words. All articles should be within 1,200 words. A cover letter is not necessary, but every write-up should include the writer's name, phone number and email address (if any). While The Star welcomes unsolicited articles and photographs, it cannot accept the responsibility of their loss or damage. The Star does not return unsolicited articles and photos. Response time for unsolicited write-ups ranges from three weeks to two months. All articles submitted are subject to editing for reasons of space and clarity.

All materials should be sent to: The Star magazine, 64-65, Kazi Nazrul Islam Avenue, Dhaka-1215, Fax: 880-2-8125155 or emailed to: <thestarmagazine@gmail.com>
It is recommended that those submitting work for the first time to The Star take a look at a sample copy beforehand. Our website is: http://www.thedailystar.net/magazine