

Hyderabad

6.2.84.

Dear Ram,

I would like to share two articles I read recently with you. Not Astronomy! Hope you won't be mad at me about the second article. I though I really donot know if you have any problem, I wondered if you would be interested in knowing about it. Both your trips here had been very enjoyable. I was really savouring(?) some ideas we all discussed and jokes we exchanged. I am very happy to have known you; though for a short time.

Can you explain what is meant by 'trailing' in your paper? In the case of stars in the Galaxy, leading or trailing would mean that with respect to ^{the velocity of} a defined center of mass, whether the velocity of a star is greater or lesser. Whose velocity would be equivalent to the velocity of "the defined center."

Please reply when you have time.

Yours apply

Chandrasekhar

भारत
INDIA

50

महात्मा गांधी



Prof. R. K. Varma,
Physical Research Laboratory,
Navrang pura,
Ahmedabad - 380009.

The Question whether a given management style
is more consistent with pursuit of excellence...
Or is it the whole culture.

Do we let us as a scientific community take our job
seriously?



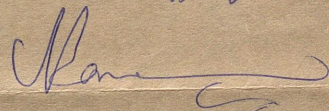
Hyderabad
19. 1. 84.

Dear Prof. Varma,

Got your letter & Card.

Thank you very much. Please come to Hyderabad before 31st. I am going out of town from 1/2 to 9/2. Please also find Prof. S.M. Alladin's letter, inviting you here. You will be received by us & your accomodation etc will be also taken care of. Hoping it is alright with you.

Yours affly,



FOREHEAD LIFTS



Baggy Eyelids - Before



After

No two operations are the same, no one technique may be applied to all and, each case would entail a highly personalized, exacting and meticulous understanding of the individual case and an imaginative and inventive approach to that particular person's need. It is this almost artistic achievement which constitutes the readily identifiable difference between a mere exercise to remove excess tissue and meaningful achievement, to a totally different dimension creating the most appropriate setting for the most invaluable asset we possess.

The art of eyelid surgery first appeared in the tenth century in Arabia. It was noted that excess folds of skin on the upper eyelids impaired vision and methods were sought to remove this.

Blepharoplasty is the word used to describe reconstructive surgery to repair deformities of the eyelid either

by excising excess skin above or below the eye or, repairing tissue affected either by congenital causes which may include failure of the development of the eyeball, or by diseases such as leprosy, tumours, industrial or domestic injuries and burns. Often urgent repair may be necessary to save the eyeball, or in

most congenital deformities, skin from the surrounding tissues may be used and a skin graft applied.

The most common cause, and one which is dealt with most efficiently by aesthetic or plastic surgery is the havoc caused by the onslaught of middle age which is

usually accompanied by an increase of fat, lax skin and added wrinkles. Buggy eyelids however, can occur at any age. In young children it may be the result of *EDEMA* or the swelling of tissue which accumulates during kidney disease. In adolescents it may be an overabundance of fat which could be hereditary in nature. During middle age the degenerative changes of the skin accentuates changes which often result in giving the whole appearance an over-tired, drawn and harassed appearance, adding a certain crepiness to the skin.

In some cases, complaints of the eyelids are often accompanied by excessive furrowing of the eyebrows or ptosis (drooping) of the eyebrows causing them to overhang and at such times it is feasible to have both operations to the brow and eyelid performed simultaneously. Cosmetic surgery of the eyelids may often be done in conjunction with a brow lift, the joint effect being more aesthetic and definitely giving far greater satisfaction.

In cases of problematic vision, consult the ophthalmologist before surgery is proposed. Visual acuity must be examined for each eye separately and, with or without glasses. The patient's skin type, pigmentation and tone should be appraised and, as always, the patient's expectations along with the practical eventuality considered.

Brow Lift

In all cases of blepharoplasty surgery the face and hair is always washed with medicated soap and shampooed respectively. For lifting of the brow an incision is usually made about 3 cm behind the frontal hairline. No shaving of the hair is necessary although the hair in that area may be cut to facilitate suturing skin. After the incision is made the brow flap or excess tissue is pulled upward and backward, bleeding controlled, and the wound closed.

Surgery for the Upper Eyelids

For upper eyelids an incision is made, not nearer than 1 cm. to the lid margin. A surgeon may, prior to the operation, mark the amount of tissue to be removed, which should be such that it can be grasped by forceps without causing the eye to open. If the eye does open it means the skin is grasped too much and has resulted in a stretched unnatural look. The

excess tissue is then removed and the closure of the wound commenced. The resulting scar would then lie just within the fold and not be seen.

Surgery for the Lower Eyelids

Similarly, for the lower lid the incision should be made as nearer the lower lid margin as possible. If you have large bulges of fat on the lower lids and no excess skin, skin may be stretched tight by the bulging fat and removal of the fat may produce a slight concavity but this corrects itself in due course of time, after surgery.

For the removal of fat one needs to go through the skin and the circular eye muscle which gives optimum exposure of the fat compartments. The excess fat is then trimmed off by using a cautery so that there is no delayed bleeding. Fat removal for baggy eyelids is most essential for a good result.

The removal of this excess skin may also be extended to the corners of the eye to correct "crows" feet. However, as a simpler remedy, a chemical peel is also most efficacious in cases of "crows" feet.

The wound is then closed and stitched with care with very fine nylon sutures. It must be remembered that under anaesthesia the lower lid is relaxed and tends to sag, and failure to take this into account could result in too much skin being excised. The key question as in most cases of aesthetic surgery is, 'how much' and here of course, the surgeon's experience and artistic ability is tested to the utmost.

POST-OPERATIVE CARE

After the operation eyes should be bandaged for 24 hours with head in a slightly raised position and all effort should be made to prevent vomiting and nausea. After 24 hours delayed bleeding may be controlled with the application of cold sponges or compresses which also prove soothing and are a source of relief from discomfort or itching or burning sensations.

Excessive use of the eyes, once bandages are removed should be avoided, hence not too much reading or TV, or driving should be indulged in. Sometimes in the case of any swelling, squeeze eyelids together very tightly in succession and repeat this ten times daily.



The climate and weather influence every aspect of you. Your hair too is deeply influenced by the weather and by your surroundings. The factors that affect your hair are air pollution, heat, humidity, cold, sun and water.

Industrial pollution: If you are working or living in an industrial area, your hair is bound to get dirty very soon, since the surrounding area abounds with particles of soot, grime and smog. These attach themselves to the hair, especially if it is oily or sprayed. It is popularly believed that air pollution affects the colour of bleached hair.

Heat: tends to make hair dirtier as we tend to perspire and consequently dirt sticks to the hair. Normal hair requires to be washed more often. Deep conditioning once a month will help to keep the hair in good condition. Heat intensifies the natural condition of hair. If hair is dry it will become drier, if it is oily, it will become oilier. Thus it is necessary to use an instant hair conditioner on dry hair after every wash and a deep conditioner every three weeks. Since oily hair becomes oilier, it will require more shampooing than usual. It will also require deep conditioning treatment every three or four weeks.

Humidity: has an adverse effect on all hair. Humidity, too, intensifies the natural condition of hair—curly hair becomes curlier, straight hair becomes straighter. Even balanced hair tends to lose shape more quickly. During times when there is more humidity in the air, it is better to choose simple hair styles. Using a strong setting lotion helps a great deal. A deep conditioning treatment helps to give better shape to the hair.

Marium Zaveri

Dr. R. J. Maneksha

EYELID AND



Today, blepharoplasty has become quite common and is probably the most exacting surgery to be performed. No other form of surgery entails such precision or such thoughtful planning or individualized technique. The eyes reflect the very personality of the person and are often the most vital feature we possess forming the most potent impact.

They convey every human emotion we feel, from animation to sorrow, from genuine warmth to cold dislike, and are the first basis of human contact and often the last point of human forgetfulness. The globes of the eyeball in themselves are full of expression, – they form the lines and wrinkles of age, the laughter at the corners or, the lines of suffering; lines which radiate joy, which accentuate our change of mood, emphasise our nonverbal communication and effectively attract or impede the quality of our person which we silently wish to convey.

Considering this awesome task, one can see the enormous responsibility involved in blepharoplasty.
