



### ICMR study: Delay in stroke treatment a major risk

- A new Indian Council of Medical Research (ICMR) study shows that **about 38 % of stroke patients reach a hospital *more than 24 hours after symptoms begin***, significantly reducing the chances of effective treatment and recovery. Experts are emphasising the need for *early recognition* of stroke signs (FAST: Face drooping, Arm weakness, Speech difficulty, Time to act) and immediate medical help.

👉 *Why this matters:* Stroke is a medical emergency where every minute counts — early hospital care can vastly improve outcomes and reduce long-term disability.

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### Ayurveda / Alternative medicine spotlight — Panchakarma training appeal

- A widely shared article highlighted **Panchakarma**, a traditional Ayurvedic detox and healing therapy, suggesting doctors from other regions (e.g., Patna) might benefit from training at a Kerala centre to help manage chronic and “incurable” conditions. While popular in complementary health circles, evidence for broad clinical effectiveness varies and is distinct from conventional medicine.

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### Public health warning on stroke patterns & emergency response

- Alongside the ICMR findings, health discussions are increasing around stroke awareness, including recognition and rapid response strategies to avoid long-term disability or death. Medical professionals stress public education on symptoms and rapid EMS contact.

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## Additional health report — Unregulated hair transplant practices flagged

- Medical experts at the **FUE Asia Regional Conference 2026** in Hyderabad warned that **unsafe and unregulated hair transplant procedures** pose a *public health risk*, potentially causing severe complications. They noted that underlying medical conditions like hormonal imbalances or thyroid disorders may be overlooked when cosmetic procedures are done improperly, stressing greater regulation and awareness.