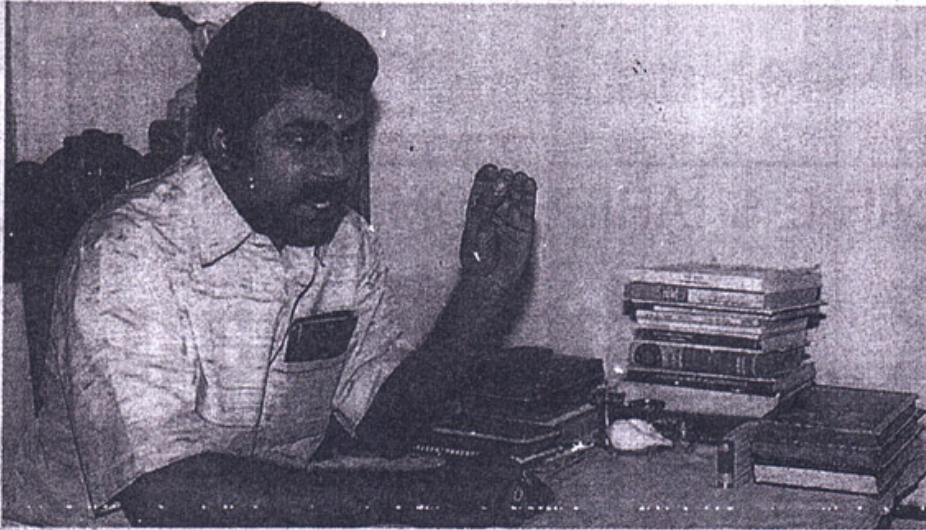


## Putting good health in the palm



Adarsh Kumar counts several celebrities among his clients.

**R**EADING THE future from your palm may not sound strange. But Adarsh Kumar, an engineer at ISRO, practises palmistry of a different sort. He foretells ailments. Medical palmistry, as the system is called, is yet to develop as a major branch of palmistry, but Kumar claims he can predict a number of diseases by simply scanning the health line on the palm.

"As part of my research, I am studying the lines of those affected by various ailments. Though a person's fate cannot be altered, he can take precautions to ward off ailments such as diabetes, high blood pressure and cholesterol which he is likely to fall prey to," he says.

Kumar, who has settled at Kunukuzhy in the city, claims he can detect nine ailments—mental depression, urinary tract infection, nasal complaints, high and low blood pressure, heart disease, joint pain, sexual complications and illnesses related to the chest

and kidney by just glancing at the palm.

Almost 80 per cent of cancer patients whom he has seen had similar lines on their palms, claims Kumar. The same pattern in the lines show that a person is prone to cancer.

Ailments like asthma and various kinds allergies can be detected from the 'Mount of Jupiter' on the palm, according to Kumar. Nerve diseases are detected from the 'Mount of Saturn', joint pains from the 'Mount of Mercury', and high blood pressure, cholesterol and chest diseases from the 'Mount of Mars'.

The upper part of the 'Mount of Moon' indicates the lower abdomen and gynaecological complaints, while the lower part indicates urinary tract infections and diabetes. Sexual complications are identified from the 'Mount of Venus', says Kumar.

"Earlier, I used to hang around in front of the Regional Cancer Centre and other hospitals and tactfully read the palm of patients. When I read similar lines

on the palms of others and warned them about the disease, they took offence. Later, however, they realised the truth of my predictions," he claims.

A septuagenarian had once called on him for a consultation. After reading her palm, Kumar told her that she was suffering from low blood pressure. "She then confessed that she was under treatment for the ailment for quite a long time."

Once when he attempted to read the palm of a youth afflicted by mental depression, the youngster turned violent and tried to assault him. Kumar feels the lines on the palm can also help in prescribing the right remedy for depression. Claiming that his friends in the medical fraternity now seek his help in this regard, Kumar adds that there is a margin of error in his predictions.

Celebrities from different walks of life consult him, claims Kumar. "They all have one demand, that I keep their visit a secret, and I oblige," he smiles.

By N.J. Nair

## In 10 Nati



**F**OR YEARS, the *National Geographic* magazine has been much-loved and precious possession of many Nature-lovers and environmentalists.

There are many who have been preserving the magazine's back issues for years together, a legacy to be handed down to one's children. Nothing could replace the printed word, the pleasure of poring over pages and leafing through glossy photographs, but the Web site [nationalgeographic.com](http://nationalgeographic.com), is worth a visit if you are an science or Nature-watcher.

As for children, the Web offers a wealth of information which could be of help in doing school projects, apart from the fun and games at cartoon links.

Check out the latest new Web site and you could know all about the recent expeditions; scientific discoveries, medical news so on. Did you know that according to a new study, instinctive fear of snakes and spiders in some of us is rooted in evolution, dating back to time when early mammals to survive in an environment dominated by reptiles?

Or that the 2000 U.S. Census recorded the largest ever 1 year population increase—33 million—in America's