

The Science of Power

Power is the potential to impact others to get a work done the way you want it.

There has been an evolution in the way power works. There was an era when Brahmins ruled using the power of knowledge. Then Kshatriyas ruled using their physical power. Then came the era of Vaishyas ruling with the power of money and a time will come when Shudras will rule with the power of their work.

In one of his lectures, Deepak Jain from Kellogg's said that the world has seen eras of physical power, economical power and the time has come that it will now be ruled by the power of human resources.

Former Governor of Mizoram AR Kohli, in one of his talks, said that there are four types of powers governing the universe – physical power, economical power, the power of the chair (ego) and the power of the human resource, which is based on consciousness.

Everyone has these four inherent powers. The physical power is based on fear, *tamas* and *rajas*. The economical and the power of chair are associated with one's ego and *rajas*. The power of human resource is linked to the soul, consciousness and *Satva*. The physical power is at the level of body, economic power is at the level

of mind, the power of chair is at the level of intellect and ego, while the power of human resources is at the level of soul. The power of human resource is based on Dharma and is universally accepted by all religions.

According to Mahabharata, the various powers include the power of human resource (righteousness or *Yudhishthir*), power to remained focused (*Arjun*), power to fight injustice (*Bheem*), power to help others (*Sahdev*) and power to remain neutral during any adversity (*Nakul*).

In Vedic sciences, these powers are also defined as *Ichhashakti* (the power of desires to be with the consciousness), *Kriyashakti* (the power to do selfless work), *Gyanshakti* (the power to learn about consciousness), *Chittashakti* (the power to take consciousness-based decisions) and *Anandshakti* (the power of inner happiness).

The power of human resources is focused on nurturing relationships. It is not based on the principles of survival of the fittest, which is an animal behavior. The power of human resource addresses training and developing everyone to survive and become the fittest of the fit.



Link Between Periodontal Treatment and CV Events in Stroke Patients

The first randomized study that looked into the effect of periodontal treatment on future risk of cardiovascular events or stroke finds some promising results.

The PREMIERS study was conducted among patients with a recent stroke or transient ischemic attack (TIA) who also had gum disease. The study found no statistically significant difference between intensive periodontal treatment and standard treatment in the rate of recurrent stroke, myocardial infarction (MI) or death in the 1-year follow-up. However, there was a strong trend towards benefit in the intensive group. Both the groups were found to have a considerably lower event rate compared with a historical control group comprising of similar patients. The number of dental visits had a significant correlation with a reduction in the composite event rate.

In the study, investigators randomized 280 patients from the Stroke Belt area (south-eastern part of the United States) with a recent stroke or TIA and periodontal disease to receive standard or intensive periodontal treatment and followed them for 1 year. Standard treatment included regular (every 3 months) supragingival removal of plaque and calculus, and patients were given a regular toothbrush and advice about dental care. Intensive treatment included supragingival and subgingival removal of plaque and calculus (every 3 months), extraction of hopeless teeth, local antibiotics, an electric toothbrush, mouthwash and air flosser for dental care. All patients also received conventional stroke risk factor treatment. After 1 year of follow-up, the primary outcome (stroke/MI/death) was noted in 7.7% of the intensive treatment group compared to 12.3% of the standard care group, with a HR of 0.65... (*Medscape, February 11, 2022*)