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Introduction:Are you searching for the best hospital for Bell’s palsy treatment in Guntur, Andhra Pradesh, or India? Look no further than Dr Raos hospital. Dr Raos hospital is not only the best in India but is also renowned for its neurocritical care. In this article, we will discuss why Dr Raos hospital is the best choice for Bell’s palsy treatment and neurocritical care.Bell’s palsy is a type of facial paralysis that can occur at any age. The cause is unknown, but it is believed to be due to a viral infection. There are two types of Bell’s palsy: complete and incomplete. The symptoms include weakness or paralysis of the muscles on one side of the face, drooping of the eyelid, and drooling. The risk factors include diabetes, pregnancy, and viral infections. The diagnosis is made based on the symptoms and a physical examination. Treatment includes corticosteroids, antiviral drugs, and physical therapy. Most people with Bell’s palsy recover completely, but some may have residual paralysis.Complete vs. Incomplete Bells PalsyThere are two types of Bell’s palsy: complete and incomplete. Complete paralysis means that all the muscles on one side of the face are affected. Incomplete paralysis means that only some of the muscles are affected.SymptomsThe symptoms of Bell’s palsy include weakness or paralysis of the muscles on one side of the face, drooping of the eyelid, and drooling. Paralysis can range from mild to severe.Risk FactorsThe risk factors for Bell’s palsy include diabetes, pregnancy, and viral infections.DiagnosisThe diagnosis of Bell’s palsy is made based on the symptoms and a physical examination. The examination includes checking for facial symmetry and muscle strength.TreatmentThe treatment for Bell’s palsy includes corticosteroids, antiviral drugs, and physical therapy. Corticosteroids are used to reduce inflammation. Antiviral drugs are used to treat the underlying viral infection. Physical therapy is used to help the muscles regain strength.Living with Bells PalsyMost people with Bell’s palsy recover completely, but some may have residual paralysis. Paralysis can range from mild to severe. There are a few precautions that can be taken to prevent Bell’s palsy, such as avoiding exposure to viruses and maintaining good hygiene.ConclusionDr Raos hospital is the best for the Bell’s palsy treatment and is best in neurocritical care in India. The hospital has the latest technology and equipment to provide the best care for its patients. The staff is highly trained and experienced in treating all neuro conditions and neurocritical care. The hospital has a high success rate in treating septicemia and neurocritical care. Contact us @9010056444 or 9010057444. At Medijump, we're making medical easy. You can search, compare, discuss, and book your medical all in one place. We open the door to the best medical providers worldwide, saving you time and energy along the way, and it's all for FREE, no hidden fees, and no price markups guaranteed. So what are you waiting for? Bell’s palsy refers to the weakness of the facial muscle, and the cause remains largely unknown. Nonetheless, the manifestation of Bell’s palsy has been linked to conditions/disorders such as Lyme disease, diabetes, multiple sclerosis, viral infections, respiratory diseases, high blood pressure, and injury. The condition leads to the damage of the seventh cranial nerve – the facial nerve – thus making the face to be profoundly deformed. The affected part usually experiences some degree of discomfort and/or pain. Patients’ of Bell’s palsy normally have difficulty making accurate facial expressions as facial strength is reduced. The condition may, however, disappear on its own without the use of medication, but this is not so for all cases – hence the need to consult a specialist nearby for Bell’s palsy treatment. Symptoms of Bell’s Palsy It has to be emphasized here that there are a number of medical conditions that may mimic Bell’s palsy, reflecting some of the below symptoms. That said, top on the list of observed symptoms of Bell’s palsy include: Drooling Headache Uncoordinated facial muscle movements like squinting, closing of eyelid, blinking, eyelid twitching. Headache Loss of taste Loss of feeling in the face Dry mouth and eating difficulty Eye irritation Pain in the face or around the ear on the affected side Pre-Treatment Considerations You should make plans to see a specialist for proper diagnosis and probably treatment at the very instance you experience any of the symptoms above, along with the inherent facial deformity. You should understand that the paralysis of the face – as seen in Bell’s palsy – is also realizable in disorders such as stroke and the presence of tumour. As such, the first concern of the specialist will be to closely examine your face and rule out the prospect of the other conditions being the reason for the paralysis. He/she will check your neck, ears, and head, and assess the muscles of the face to see if there is any other nerve involved asides the facial nerve. In the course of this consultation, the specialist will ask for your medical history, and may subject you to further diagnostic imaging examination. A treatment regimen may then be put forth once it has been confirmed that you are having Bell’s palsy. In reference to surgery, there are certain steps/measures that you will need to take prior to the date of your surgical appointment – these will be subsequently discussed. Treating Bell’s Palsy in India Bell’s palsy treatment in India is quite accessible; all you have to do is visit a top clinic nearby for Bell’s palsy treatment, with the equipment and resources to diagnose and take care of the situation. Bell’s palsy can be treated through surgical and non-surgical means. Non-Surgical Approach Regarding the non-surgical treatment; hormonal treatment with a steroid known as Prednisolone is normally recommended and this is highly effective when administered within the first 72 hours of the onset of the disorder. It alleviates the severity of the symptoms and also the inflammatory responses by blocking the release/flow of the substances like leukotrienes and prostaglandins – which trigger inflammatory actions. Side effects such as acne, dry skin, increasing appetite, sleeping difficulty, bloating, indigestion, allergic reactions, nausea, mood swing, dizziness, and tiredness have been associated with the use of prednisolone. A combinatory therapy, wherein prednisolone is used with other medication like antiretroviral drugs and eye drops and/or ointments may also be recommended. The antiretroviral will help in further suppressing the symptoms that might have arisen from viral infection. The need to lubricate the eyes with eye drops may be informed by the reduction in tear production that comes with Bell’s palsy as the eye [on the affected side] blinks in an uncoordinated manner. In the instance where a patient finds it difficult to close the eye while sleeping, a surgical tape can be applied. Mime therapy, facial exercises, and Botox injections have also been used in the treatment of Bell’s palsy. Surgical Approach Surgical interventions may be recommended in the instance where Bell’s palsy is severe or when other treatments have failed. In some cases, patients may get to see a cosmetic surgeon to have a reconstruction procedure performed on them. Several surgical procedures have been employed in Bell’s palsy treatment, but for the want of time and space, we shall only summarily discuss the cross facial nerve grafting and the temporalis transposition protocols here. Cross Facial Nerve Grafting: This is a 2-phase invasive surgical procedure, with the cosmetic surgeon attempting to restore normal facial appearance and also your smile. In most cases, the surgeon would recommend this procedure if there is no notable positive outcome from other therapeutic interventions – this is after evaluating your situation for about two years. Again, the surgeon will also run an assessment protocol to see the ability of your nerve to regrow. Facial nerve grafting usually takes up to eight hours to complete, and you will be admitted [as an in-patient] at the clinic before this procedure can be performed. Furthermore, you should desist from engaging in any laborious activity – including physical exercises – about 5 weeks before the surgery. You should also avoid smoking for this period – and even after the surgery. Food and drink should not be consumed six hours and two hours – respectively – before and after facial nerve grafting surgery. Now to the surgery proper; the surgeon will place you under general anaesthesia and then starts the first – of the two operations – by making a preauricular incision on the affected side. After this, a cut is made on the other side (that is, the healthy part) of the face to access the facial nerve branches. The surgeon now does a facelift, identifies specific facial nerve branches and a device known as a nerve stimulator is used to check the areas stimulated by each of the branches. After the surgeon has identified the two smile branches, he/she will sacrifice one of them to reactivate the smile on the affected side. The surgeon will then move to the second operation which involves harvesting a nerve graft from another part of the body – the sural nerve graft from the leg is the most suitable in this regard. Once harvested, the sural nerve graft is brought to the face and it is connected to the identified smile branch. Incisions are then made inward of the upper lip and the nerve (graft) is passed through these incisions with the aid of a fascia needle. The nerve is then released from the needle which is thereafter passed from the lip incision on the paralyzed side across the facial bone at the upper jaw and let out through the incision on the spot that the nerve is now occupying. The process is repeated until the nerve is completely grafted, the surgeon thereafter applies appropriate sutures to close up the surgical areas. Transposition of the Temporalis: The temporalis is a fan-shaped muscle that is actively involved in mastication, and surgical protocol, that has to do with its transposition, is geared at reanimating the mouth’s corner. To perform this surgery, the surgeon makes a preauricular incision that goes through the superior temporal line for him/her to have access to the temporalis and the surrounding connective tissue. With these areas clearly in view, the surgeon moves to make another incision along dense layer of the connective tissue; this would enable the elevation of the patient’s muscle fibres around the operated area. More specifically, the surgeon elevates the central one-third portion of the muscle to generate a tunnel. Another incision is then made to enable access to the orbicularis oculi, a muscle that functions to close the eye. Following this, the temporalis’ edge is connected to the orbicularis oculi using a specialized permanent suture. Thereafter, the surgeon will proceed to apply different layers of suturing to close up the surgical areas. Other surgical procedures that have been put forward for Bell’s palsy treatment include facial decompression, tarsorrhaphy, and subocularis oculi fat lift. Post-Treatment Considerations Irrespective of the treatment routine you might be undergoing to take care of Bell’s palsy, doing some facial exercises will be highly beneficial. Moreover, the follow-up sessions are to be taken very seriously for the surgeon to regularly reassess your situation thereby ensuring better management. This is exactly what Dr. Debraj Shome and the team of expert plastic surgeons at The Esthetic Clinics are out to actualize – restoring your smile, giving you an excellent facial reconstruction. There is no need to make travel plans to see a specialist as you can have the best Bell’s palsy treatment India has to deliver right at our clinic. Cost of Bell’s Palsy Treatment in India You may spend a few thousands of Rupees in treating your condition. The precise cost of Bell’s palsy treatment will depend on some variables that border on the type of treatment regimen that has been recommended; hospital stay; diagnostic examination; location of the clinic; type of anaesthesia used and consultancy/service fee. In view of the foregoing, it would only be logical to closely consider your condition to give you the right cost of bill. You can reach out to our representative to book an appointment with one of our surgeons. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. , the free encyclopedia that anyone can edit. 117,937 active editors 7,000,661 articles in English Andrea Navagero (1483–1529) was a Venetian diplomat and writer. He entered the Great Council of Venice at the age of twenty, five years younger than was normal at the time. He edited manuscripts at the Aldine Press, garnering a reputation as a scholar and a highly skilled writer. In 1515, he was appointed the official historian of the Republic of Venice as well as the caretaker of a library containing the collection of the scholar Bessarion. Navagero was named the Venetian ambassador to Spain in 1523 and navigated the volatile diplomatic climate caused by the conflict between Charles V of Spain and Francis I of France. By the time Navagero arrived back in Venice in 1528, he had grown disillusioned with politics and wished to return to editing manuscripts and cultivating his prized gardens. Much to his dismay, he was appointed ambassador to France in January 1529. After traveling to meet with Francis I, he fell ill and died that May. (Full article...) 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Archive Start a new article Nominate an article Ōnosato Daiki Ōnosato Daiki (pictured) becomes sumo's 75th yokozuna. In association football, Liverpool win the Premier League title. In motor racing, Álex Palou wins the Indianapolis 500. In basketball, the EuroLeague concludes with Fenerbahçe winning the Final Four Playoff. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Phil Robertson Mary K. Gaillard Peter David Alan Yentob Gerry Connolly Sebastião Salgado Nominate an article May 29: Feast day of Saint Paul VI (Catholicism) Headline in the New York Times 1233 – Mongol–Jin War: The Mongols entered and began looting Kaifeng, the capital of the Jin dynasty of China, after a 13-month siege. 1416 – A squadron of the Venetian navy captured many Ottoman ships at the Battle of Gallipoli, confirming Venetian naval superiority in the Aegean Sea for the next few decades. 1913 – During the premiere of the ballet Le Sacre du printemps by Igor Stravinsky at the Théâtre des Champs-Élysées in Paris, the avant-garde nature of the music and choreography caused a near-riot in the audience (report pictured). 1999 – Charlotte Perrelli, representing Sweden, won the Eurovision Song Contest, the first edition not to feature an orchestra or live accompaniment. 2011 – Residents of Portland, Oregon, held a rally called Hands Across Hawthorne in response to an attack against a gay couple holding hands while crossing the Hawthorne Bridge. Benedetto Pistrucci (b. 1783)G. K. Chesterton (b. 1874)Hubert Opperman (b. 1904)Uroš Drenović (d. 1944) More anniversaries: May 28 May 29 May 30 Archive By email List of days of the year About The Australian white ibis (Threskiornis molucca) is a wading bird of the ibis family, Threskiornithidae. It is widespread across much of Australia, and has a predominantly white plumage with a bare, black head, long downcurved bill, and black legs. While it is closely related to the African sacred ibis, the Australian white ibis is a native Australian bird. Due to its increasing presence in the urban environment and its habit of rummaging in garbage, the species has acquired a variety of colloquial names such as "tip turkey" and "bin chicken". This Australian white ibis was photographed at the Royal Botanic Garden, Sydney. Photograph credit: Charles J. Sharp Recently featured: Hell Gate Bridge Anemonoides blanda Bluespotted ribbontail ray Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Ελληνικά Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe Oʻzbekcha 50,000+ articles Asturianu Azərbaycanca [illegible] Bosanski کوردی Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių [illegible] Македонски [illegible] Norsk nynorsk [illegible] Shqip Slovenščina اردو [illegible] Retrieved from " 2 Calendar year Years Millennium 2nd millennium Centuries 12th century 13th century 14th century Decades 1210s 1220s 1230s 1240s 1250s Years 1230 1231 1232 1233 1234 1235 1236 vte 1233 by topic Leaders Political entities State leaders Religious leaders Birth and death categories Births – Deaths Establishments and disestablishments categories Establishments – Disestablishments Art and literature 1233 in poetry vte 1233 in various calendarsGregorian calendar1233MCCXXXIIIAb urbe condita1986Armenian calendar682ԹՎ ՈՁԲAssyrian calendar5983Balinese saka calendar1154–1155Bengali calendar639–640Berber calendar2183English Regnal year17 Hen. 3 – 18 Hen. 3Buddhist calendar1777Burmese calendar595Byzantine calendar6741–6742Chinese calendar壬辰年 (Water Dragon)3930 or 3723 — to —癸巳年 (Water Snake)3931 or 3724Coptic calendar949–950Discordian calendar2399Ethiopian calendar1225–1226Hebrew calendar4993–4994Hindu calendars - Vikram Samvat1289–1290 - Shaka Samvat1154–1155 - Kali Yuga4333–4334Holocene calendar11233Igbo calendar233–234Iranian calendar611–612Islamic calendar630–631Japanese calendarJōei 2 / Tenpuku 1(天福元年)Javanese calendar1142–1143Julian calendar1233MCCXXXIIIKorean calendar3566Minguo calendar679 before ROC民前679年Nanakshahi calendar−235Thai solar calendar1775–1776Tibetan calendar阳水龙年(male Water-Dragon)1359 or 978 or 206 — to —阴水蛇年(female Water-Snake)1360 or 979 or 207 Henry I of Cyprus receives a message Year 1233 (MCCXXXIII) was a common year starting on Saturday of the Julian calendar. War of the Lombards: Lombard forces at Kyrenia surrender to John of Beirut, after a 10-month siege. The defenders, with their personal belongings, are allowed to retire to Tyre. Captured prisoners are exchanged for those held by Richard Filangieri, commander of the Lombards, at Tyre. Cyprus is wholly restored under the rule of the 16-year-old King Henry I ("the Fat"). His vassals are rewarded, and loans that they have made are repaid.[1] August 20 – Oath of Bereg: King Andrew II of Hungary vows to the Holy See that he will not employ Jews and Muslims to administer royal revenues, which causes diplomatic complaints and ecclesiastical censures.[2] Winter – Reconquista: King Ferdinand III of Castile ("the Saint") conquers the cities of Trujillo and Úbeda. The Castilian army besieges the city of Peniscola. Ferdinand forces Ibn Hud, ruler of the Taifa of Zaragoza, to sign a truce.[3] August – Richard Marshal, 3rd Earl of Pembroke, signs an alliance with Llywelyn the Great, to join forces to revolt against King Henry III. Richard is faced by demands from royal bailiffs in September – where the garrison of Usk Castle is forced to surrender. November – Henry III's army camped at Grosmont Castle is attacked in the night, by a force of Welsh and English rebels. Several of Henry's supporters are captured, and the castle is returned to Hubert de Burgh, one of the rebels. May 29 – Mongol–Jin War: The Mongol army led by Ögedei Khan captures Kaifeng, capital of the Jin dynasty ('Great Jin'), after the 13-month Siege of Kaifeng (1232). The Mongols plunder the city, while Emperor Aizong of Jin flees for the town of Caizhou. Meanwhile, Ögedei departs and leaves the final conquest to his favoured general, Subutai. December – Siege of Caizhou: The Mongols under Ögedei Khan besiege Caizhou and ally themselves with the Chinese Song dynasty to eliminate the Jin Dynasty. Gendt receives its city rights from Otto II ("the Lame"), count of Guelders (modern Netherlands). Pope Gregory IX establishes the Papal Inquisition, to regularize the persecution of heresy. June/July – Ibn Manzur, Arab lexicographer and writer (d. 1312) August 15 – Philip Benizi de Damiani, Italian religious leader (d. 1285) October – Al-Nawawi, Syrian scholar, jurist and writer (d. 1277) Adelaide of Burgundy, duchess of Brabant (d. 1273) Choe Ui, Korean military leader and dictator (d. 1258) Ibn al-Quff, Ayyubid physician and surgeon (d. 1286) Sancho of Castile, archbishop of Toledo (d. 1261) January 6 – Matilda of Chester, Countess of Huntingdon (or Maud), English noblewoman (b. 1171) January 18 – Yang (or Gongsheng), Chinese empress (b. 1162) February 12 – Ermengarde de Beaumont, queen of Scotland March 1 – Thomas I (or Tommaso), count of Savoy (b. 1178) May – Simon of Joinville, French nobleman and knight (b. 1175) June – Yolanda de Courtenay, queen consort of Hungary July 8 – Konoe Motomichi, Japanese nobleman (b. 1160) July 26 – Wilbrand of Oldenburg, prince-bishop of Utrecht July 27 – Ferdinand (or Ferrand), count of Flanders (b. 1188) July 29 – Savari de Mauléon, French nobleman (b. 1181) July 30 – Konrad von Marburg, German priest (b. 1180) October 8 – Ugo Canefri, Italian health worker (b. 1148) October 22 – Fujiwara no Shunshi, Japanese empress consort (b. 1209) November 22 – Helena, duchess of Brunswick-Lüneburg November 27 – Shi Miyuan, Chinese politician (b. 1164) Ibn al-Athir, Seljuk historian and biographer (b. 1160) Bertran de Born lo Filhs, French troubadour (b. 1179) Bohemond IV ("the One-Eyed"), prince of Antioch (b. 1175) Gökböri ("Blue-Wolf"), Ayyubid general and ruler (b. 1154) Guillén Pérez de Guzmán, Spanish nobleman (b. 1180) John Apokaukos, Byzantine bishop and theologian Mathilde of Angoulême, French noblewoman (b. 1181) Sayf al-Din al-Amidi, Ayyubid scholar and jurist (b. 1156) William Comyn, Scoto-Norman nobleman (b. 1163) ^ Steven Runciman (1952). A History of The Crusades. Vol III: The Kingdom of Acre, pp. 169–170. ISBN 978-0-241-29877-0. ^ Berend, Nora (2001). At the Gate of Christendom: Jews, Muslims and "Pagans" in Medieval Hungary, c. 1000-c.1300. Cambridge University Press. p. 158. ISBN 978-0-521-02720-5. ^ Lourie, Elena (2004). Jews, Muslims, and Christians in and around the Crown of Aragon: essays in honour of Professor Elena Lourie. Brill. p. 270. ISBN 90-04-12951-0.[permanent dead link] Retrieved from " 3One hundred years, from 1101 to 1200 See also: Renaissance of the 12th century Millennia 2nd millennium Centuries 11th century 12th century 13th century Timelines 11th century 12th century 13th century State leaders 11th century 12th century 13th century Decades 1100s 1110s 1120s 1130s 1140s 1150s 1160s 1170s 1180s 1190s Categories: Births – Deaths Establishments – Disestablishments vte Eastern Hemisphere at the beginning of the 12th century The 12th century is the period from 1101 to 1200 in accordance with the Julian calendar. In the history of European culture, this period is considered part of the High Middle Ages and overlaps with what is often called the "'Golden Age' of the Cistercians". The Golden Age of Islam experienced significant development, particularly in Islamic Spain. In Song dynasty China, an invasion by Jurchens caused a political schism of north and south. The Khmer Empire of Cambodia flourished during this century, while the Fatimids of Egypt were overtaken by the Ayyubid dynasty. Following the expansions of the Ghaznavids and Ghurid Empire, the Muslim conquests in the Indian subcontinent took place at the end of the century. The Ghurid Empire converted to Islam from Buddhism. 1101: In July, the Treaty of Alton is signed between Henry I of England and his older brother Robert, Duke of Normandy in which Robert agrees to recognize Henry as king of England in exchange for a yearly stipend and other concessions. The agreement temporarily ends a crisis in the succession of the Anglo-Norman kings. 1101–1103: David the Builder takes over Kakheti and Hereti (now parts of Georgia). 1102: King Coloman unites Hungary and Croatia under the Hungarian Crown. 1102: Muslims conquer Señorío de Valencia. 1103–1104: A church council is convened by King David the Builder in Urbnisi to reorganize the Georgian Orthodox Church. 1104: In the Battle of Ertsukhi, King David the Builder defeats an army of Seljuks. 1104: King Jayawarsa of Kadiri (on Java) ascends to the throne.[citation needed] 1106: Battle of Tinchebray. 1107–1111: Sigurd I of Norway becomes the first Norwegian king to embark on a crusade to the Holy Land. He fights in Lisbon and on various Mediterranean isles and helps the King of Jerusalem to take Sidon from the Muslims. 1108: By the Treaty of Devol, signed in September, Bohemond I of Antioch has to submit to the Byzantine Empire, becoming the vassal of Alexius I. 1109: On June 10, Bertrand of Toulouse captures the County of Tripoli (northern Lebanon/western Syria). 1109: In the Battle of Nakło, Boleslaus III Wrymouth defeats the Pomeranians and re-establishes Polish access to the sea. 1109: On August 24, in the Battle of Hundsfeld, Boleslaus III Wrymouth defeats Emperor Henry V of Germany and stops German expansion eastward. 1111: On April 14, during Henry V's first expedition to Rome, he is crowned Holy Roman Emperor. 1113: Paramavishnulok is crowned as King Suryavarman II in Cambodia. He expands the Khmer Empire and builds Angkor Wat during the first half of the century. He establishes diplomatic relations with China. 1115: The Georgian army occupies Rustavi in the war with the Muslims. 1115: In Java, King Kamesvara of Kadiri ascends to the throne. Janggala ceases to exist and comes under Kadiri domination, highly possible under royal marriage. During his reign, Mpu Dharmaja writes Kakawin Smaradahana, a eulogy for the king which become the inspiration for the Panji cycle tales, which spread across Southeast Asia.[1] 1116: The Byzantine army defeats the Turks at Philomelion. 1116: Death of doña Jimena Díaz, governor of Valencia from 1099 to 1102. c. 1119: The Knights Templar are founded to protect Christian pilgrims in Jerusalem. A Black and White Photo of the 12th century Cuenca Cathedral (built from 1182 to 1270) in Cuenca, Spain 1120: On January 16, the Council of Nablus, a council of ecclesiastic and secular lords in the crusader Kingdom of Jerusalem, establishes the first written laws for the kingdom. 1120: On November 25, William Adelin, the only legitimate son of King Henry I of England, drowns in the White Ship Disaster, leading to a succession crisis which will bring down the Norman monarchy of England. 1121: On August 12, in the Battle of Didgori, the greatest military victory in Georgian history, King David the Builder with 45,000 Georgians, 15,000 Kipchak auxiliaries, 500 Alan mercenaries and 100 French Crusaders defeats a much larger Seljuk-led Muslim coalition army. 1121: On December 25, St. Norbert and 29 companions make their solemn vows in Premontre, France, establishing the Premonstratensian Order. 1122: The Battle of Beroia (Modern-day Stara Zagora, Bulgaria) results in the disappearance of the Pechenegs Turkish tribe as an independent force. 1122: On September 23, the Concordat of Worms (Pactum Calixtinum) is drawn up between Emperor Henry V and Pope Calixtus II bringing an end to the first phase of the power struggle between the papacy and the Holy Roman Empire. 1122: King David the Builder captures Tbilisi and declares it the capital city of Georgia, ending 400 years of Arab rule. 1123: The Jurchen dynasty of China forces Koryo (now Korea) to recognize their suzerainty. 1124: In April or May, David I is crowned King of the Scots. 1125: On June 11, in the Battle of Azaz, the Crusader states, led by King Baldwin II of Jerusalem, defeat the Seljuk Turks. 1125: In November, the Jurchens of the Jin dynasty declare war on the Song dynasty, beginning the Jin–Song wars. 1125: Lothair of Supplinburg, duke of Saxony, is elected Holy Roman Emperor instead of the nearest heir, Frederick of Swabia, beginning the great struggle between Guelphs and Ghibellines. 1127: The Northern Song dynasty loses power over northern China to the Jin dynasty. 1128: On June 24, the Kingdom of Portugal gains independence from the Kingdom of León at the Battle of São Mamede; (recognised by León in 1143). The temple complex of Angkor Wat, built during the reign of Suryavarman II in Cambodia of the Khmer Era. 1130–1180: 50-year drought in what is now the American Southwest. 1130–1138: Papal schism, Pope Innocent II vs. Antipope Anacletus II. 1130: On March 26, Sigurd I of Norway dies. A golden era of 95 years comes to an end for Norway as civil wars between the members of Harald Fairhair's family line rage for the remainder of the century. 1130: On Christmas Day, Roger II is crowned King of Sicily, the royal title being bestowed on him by Antipope Anacletus II. 1132: The Southern Song dynasty establishes China's first permanent standing navy, although China had a long naval history prior. The main admiral's office is at the port of Dinghai. 1132–1183: the Chinese navy increases from a mere 3,000 to 52,000 marine soldiers stationed in 20 different squadrons. During this time, hundreds of treadmill-operated paddle wheel craft are assembled for the navy to fight the Jin dynasty in the north. 1135: King Jayabaya of Kadiri ascends to the throne.[2] 1135–1154: The Anarchy takes place, during a period of civil war in England. 1136: Suger begins rebuilding the abbey church at St Denis north of Paris, which is regarded as the first major Gothic building. 1137: On July 22, the future King Louis VII of France marries Eleanor, the Duchess of Aquitaine. 1138: On October 11, the 1138 Aleppo earthquake devastates much of northern Syria. 1139: in April, the Second Lateran Council ends the papal schism. 1139: On July 5, in the Treaty of Mignano, Pope Innocent II confirms Roger II as King of Sicily, Duke of Apulia, and Prince of Capua and invests him with his titles. 1139: On July 25, the Portuguese defeat the Almoravids led by Ali ibn Yusuf in the Battle of Ourique; Prince Afonso Henriques is acclaimed King of Portugal by his soldiers. Averroes in a 14th-century painting by Andrea di Bonaiuto 1140–1150: Collapse of the Ancestral Puebloan culture at Chaco Canyon (modern-day New Mexico). 1141: The Treaty of Shaoxing ends the conflict between the Jin dynasty and Southern Song dynasty, legally establishing the boundaries of the two countries and forcing the Song dynasty to renounce all claims to its former territories north of the Huai River. The treaty reduces the Southern Song into a quasi-tributary state of the Jurchen Jin dynasty. 1143: Manuel I Komnenos is crowned as Byzantine emperor after the death of John II Komnenos. 1143: Afonso Henriques is proclaimed King of Portugal by the cortes. 1143: The Treaty of Zamora recognizes Portuguese independence from the Kingdom of León. Portugal also recognizes the suzerainty of the pope. 1144: On December 24, Edessa falls to the Atabeg Zengi. 1145–1148: The Second Crusade is launched in response to the fall of the County of Edessa. 1147: On October 25, the four-month-long Siege of Lisbon successfully brings the city under definitive Portuguese control, expelling the Moorish overlords. 1147: A new Berber dynasty, the Almohads, led by Emir Abd al-Mu'min, takes North Africa from the Almoravides and soon invades the Iberian Peninsula. The Almohads began as a religious movement to rid Islam of impurities. 1147: The Wendish Crusade against the Polabian Slavs (or "Wends") in what is now northern and eastern Germany. 1150: Ramon Berenguer IV, Count of Barcelona marries Petronilla, the Queen of Aragon. 1151: The Treaty of Tudilén is signed by Alfonso VII of León and Raymond Berengar IV, Count of Barcelona, recognizing the Aragonese conquests south of the Júcar and the right to expand in and annex the Kingdom of Murcia. 1153: The Treaty of Wallingford, ends the civil war between Empress Matilda and her cousin King Stephen of England fought over the English crown. Stephen acknowledges Matilda's son Henry of Anjou as heir. 1153: The First Treaty of Constance is signed between Emperor Frederick I and Pope Eugene III, by the terms of which, the emperor is to prevent any action by Manuel I Comnenus to reestablish the Byzantine Empire on Italian soil and to assist the pope against his enemies in revolt in Rome. 1154: the Moroccan-born Muslim geographer Muhammad al-Idrisi publishes his Geography. 1154: On December 27, Henry II is crowned King of England at Westminster Abbey. 1155: Pope Adrian IV grants overlordship of Ireland to Henry II of England in the bull Laudabiliter. 1156: On June 18, the Treaty of Benevento is entered into by Pope Adrian IV and the Norman Kingdom of Sicily. After years of turbulent relations, the popes finally settles down to peace with the Hauteville kings. The kingship of William I is recognized over all Sicily, Apulia, Calabria, Campania, and Capua. The tribute to the pope of 600 schifati agreed upon by Roger II in 1139 at Mignano is affirmed and another 400 shift is added for the new lands. 1158: The Treaty of Sahagún ends the war between Castile and León. The Liuhe Pagoda of Hangzhou, China, 1165 1161: the Song dynasty Chinese navy, employing gunpowder bombs launched from trebuchets, defeats the enormous Jin dynasty navy in the East China Sea in the Battle of Tangdao and on the Yangtze River in the Battle of Caishi. 1161: Kilij Arslan II, Sultan of Rum, makes peace with the Byzantine Empire, recognizing the emperor's primacy. 1161: In the siege of Ani, troops from the Kingdom of Georgia take control over the city, only to have it sold for the second time to the Shaddadids, a Kurdish dynasty. 1162: Genghis Khan, the founder of the Mongol Empire, is born as Temüjin in present-day Mongolia. 1163: The Norwegian Law of Succession takes effect. 1165–1182: Tensions and disputes between the Pagan Empire and the Kingdom of Polonnaruwa causes the Sinhalese under Parakramabahu the Great to raid Burma. 1168: King Valdemar I of Denmark conquers Arkona on the Island of Rügen, the strongest pagan fortress and temple in northern Europe. 1169: Political disputes within the Pandya Empire sparks the decade-long Pandyan Civil War. 1169: On May 1, the Norman invasion of Ireland begins. Richard fitzGilbert de Clare ('Strongbow') allies with the exiled Irish chief, Dermot MacMurrough, to help him recover his kingdom of Leinster. The defense of the Carroccio during the battle of Legnano (1176) by Amos Cassioli (1832–1891) 1170: The Treaty of Sahagún is signed by Alfonso VIII of Castile and Alfonso II of Aragon. Based on the terms of the accord, Alfonso VIII agrees to provide Alfonso II with three hostages, to be used as tribute payments owed by Ibn Mardanīš of Valencia and Murcia. 1170: On December 29, Thomas Becket is murdered in Canterbury Cathedral. 1171: Saladin deposes the last Fatimid Caliph Al-ʿĀḍid and establishes the Ayyubid dynasty. 1171: On November 11, Henry II of England lands in Ireland to assert his claim as Lord of Ireland. 1172: The Pandyan city of Madurai is sacked by the Sinhalese army due to an attempt to drive off the rival throne claimant, Kulasekara Pandyan. 1173: Sinhalese king Parakramabahu the Great gains a decisive victory by invading the Chola Empire as an ally of the Pandyas in the Pandyan Civil War. 1174: On July 12, William I of Scotland is captured by the English in the Battle of Alnwick. He accepts the feudal overlordship of the English crown and pays ceremonial allegiance at York. 1175: Hōnen Shōnin (Genkū) founds the Jōdo shū (Pure Land) sect of Buddhism. 1175: The Treaty of Windsor is signed by King Henry II of England and the High King of Ireland, Ruaidrí Ua Conchobair. 1176: On May 29, Frederick Barbarossa's forces are defeated in the Battle of Legnano by the Lombard League which results in the emperor's acknowledgment of the pope's sovereignty over the Papal States and Alexander acknowledging the emperor's overlordship of the imperial Church. 1176: On September 17, The Battle of Myriokephalon (Myriocephalum; Turkish: Miryakefalon Savaşı) is fought between the Byzantine Empire and the Seljuk Turks in Phrygia. It is a serious reversal for the Byzantine forces and will be the final, unsuccessful, effort by the Byzantines to recover the interior of Anatolia from the Seljuk Turks. 1177: The Treaty or Peace of Venice is signed by the papacy and its allies, and Frederick I, Holy Roman Emperor. The Norman Kingdom of Sicily also participates in negotiations and the treaty thereby determines the political course of all of Italy for the next several years. 1178: Chinese writer Zhou Qufei, a Guangzhou customs officer, writes of an island far west in the Indian Ocean (possibly Madagascar), from where people with skin "as black as lacquer" and with frizzy hair were captured and purchased as slaves by Arab merchants. 1179: The Treaty of Cazola (Cazorla) is signed by Alfonso II of Aragon and Alfonso VIII of Castile, dividing Andalusia into separate zones of conquest for the two kingdoms, so that the work of the Reconquista would not be stymied by internecine feuding. 1180: The Portuguese Navy defeats a Muslim fleet off the coast of Cape Espichel. 1180–1185: the Genpei War in Japan. 1181: Parakramabahu the Great conducts a large-scale raid on Burma, after a ship transporting a Sinhalese princess to the Khmer Empire is attacked by Burmese naval fleets. 1182: Religious reformations of Theravada Buddhism in Pagan Burma under the patronage of Narapatisithu are continued with the end of the Polonnaruwa-Pagan War. 1182: Revolt of the people of Constantinople against the Latins, whom they massacre, proclaiming Andronicus I Comnenus as co-emperor. 1183: On January 25, the final Peace of Constance between Frederick Barbarossa, the pope and the Lombard towns is signed, confirming the Peace of Venice of 1177. 1183: On September 24, Andronicus I Comnenus has his nephew Alexius II Comnenus strangled. 1184: On March 24, Queen Tamar, King of Georgia, accedes to the throne as sole ruler after reigning with her father, George III, for six years. 1184: Diet of Pentecost organised by Emperor Frederick I in Mainz. 1185: The Uprising of Asen and Peter against the Byzantine Empire leads to the restoration of the Bulgarian Empire. 1185: Andronicus I Comnenus is deposed and, on