



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20190621

Yoga and Physical Fitness

Yoga is above everything; it's an integral part of life: Modi (The Tribune: 20190621)

<https://www.tribuneindia.com/news/nation/yoga-is-above-everything-it-s-an-integral-part-of-life-modi/791001.html>



Appealing to people to take yoga to all sections of society, Prime Minister Narendra Modi on Friday said yoga is above everything, as he performed various asanas with around 40,000 enthusiasts at the Prabhat Tara ground here to mark the fifth International Day of Yoga.

Modi also urged people to make yoga an integral part of life.

"We should make efforts to take yoga from cities to villages and tribal areas. Yoga is above religion, caste, colour, gender and region, it is above everything," he told the gathering.

The main event for the yoga day was held at the Jharkhand capital.

"It (yoga) is constant and evolving for centuries. The essence of yoga has been stable and remained the same -- healthy body, stable mind, spirit of oneness. Yoga has provided a perfect blend of knowledge, karma and bhakti," the prime minister said.

Events to mark the day are being held across the globe and in India, several of them are being led by Union ministers, including Amit Shah and Rajnath Singh.

Modi also said the government has been working to make yoga a pillar of preventive healthcare.

Expressing concern that young people are becoming vulnerable to heart ailments, Modi said, "Yoga can play a huge role in tackling the issue and hence, this year's theme is 'Yoga for Heart'."

"It is painful to read about alcoholism, substance abuse, diabetes and other things, adding yoga offers a solution to these problems," he added.

He stressed that for yoga to become popular, infrastructure for it must be strengthened and said the government was working towards it.

"Peace and harmony are related to yoga. People across the world must practice it," Modi said.

The prime minister had arrived here Thursday night. On his way out of the venue, Modi shook hands with several participants, including school children, who reached out to the prime minister over barricades.

The International Day of Yoga is being celebrated annually on June 21 since 2015. PTI

Vector-borne diseases'

Do your best to curb vector-borne diseases' (The Hindu: 20190621)

<https://www.thehindu.com/news/cities/Delhi/do-your-best-to-curb-vector-borne-diseases/article28090607.ece>

Health Minister requests civic bodies

Delhi Health Minister Satyendar Jain on Thursday requested the BJP-run municipal bodies to "do their best" to fight vector-borne diseases such as dengue and chikungunya.

Chief Minister Arvind Kejriwal on Thursday chaired a high-level meeting to review the action plan for the prevention of vector-borne diseases ahead of monsoon.

"Our response should be very quick. I request all the municipal corporations to do their best and have a very good monitoring team to keep a regular check on the on-ground team and feedback for any further steps to be taken," Mr. Jain said.

The Chief Minister said that there were 15,000 cases of dengue in 2015 and about 2,700 cases in 2018 and the government will try to keep a check on the number this year.

“Next four months are very important for the health and well being of the people of Delhi, we have to better the situation from the last year and get the number of the cases further down. We all are together in this fight and we all must put in our best for Delhi. I am sure that we will further reduce the number of cases this year,” he said.

Mr Kejriwal said that the vector borne diseases have witnessed a sharp decline in Delhi during last four years as a result of joint efforts of the Delhi government and the residents. He stressed on the importance of prevention and awareness to control the spread of vector borne diseases during the rainy season and immediately after it.

“The monitoring of the work of prevention and awareness of the vector borne diseases is very important. Awareness material on the measures to be taken for prevention, dos and don'ts must reach everyone so that every resident is aware of the preventive steps,” Mr. Jain said.

Health infrastructure

NHRC questions frailty of health infrastructure (The Hindu: 20190621)

<https://www.thehindu.com/news/national/nhrc-questions-frailty-of-health-infrastructure/article28089433.ece>

Awaiting help: A child suffering from AES lies on a bed at a hospital in Muzaffarpur.

Awaiting help: A child suffering from AES lies on a bed at a hospital in Muzaffarpur. | Photo Credit: Reuters

Deplores public health infrastructure in the country

The National Human Rights Commission (NHRC) on Thursday issued notices to the Union Health and Family Welfare Ministry (MoHFW), and all States and Union Territories, over what it termed was the “deplorable public health infrastructure in the country”, an NHRC statement said.

The NHRC took suo motu cognisance of several media reports on recent deaths across the country due to “deficiencies and inadequacies in the healthcare system”.

This comes in the wake of over 100 children dying in Bihar's Muzaffarpur due to Acute Encephalitis Syndrome (AES) recently.

“The Commission has observed that large number of deaths of innocent people including women, children and elderly persons, are taking place due to lack of proper medical care, infrastructure, manpower and due to administrative failure, across the country,” the statement read.

Deaths of children

The NHRC cited 143 recent deaths of children in Muzaffarpur as well as the loss of lives of children in Gorakhpur, Uttar Pradesh, due to the failure of oxygen supply in 2017.

“The Commission has reminded the Central/State Governments of their constitutional duty under Article 21 of the Constitution under which Right to Life is guaranteed. Quoting the Supreme Court of India, the Commission has observed that right to live with human dignity is part of Right to Life.

“Referring to the widespread malnutrition prevalent in several States, the Commission observed that it is the primary duty of the State under Article 47 of the Constitution to raise the level of nutrition and standard of living of its people, which the Commission observed, the State has failed,” the statement said.



Parkinson's in brain

Scientists find earliest signs of Parkinson's in brain (The Hindu: 20190621)

<https://www.thehindu.com/sci-tech/health/scientists-find-earliest-signs-of-parkinsons-in-brain/article28089188.ece>

They found that changes in the serotonin system in the brains of Parkinson's sufferers started to malfunction well before other symptoms occurred.

Scientists said Thursday they had found the earliest signs of Parkinson's disease in the brain years before patients show any symptoms, a discovery that could eventually lead to better screening for at-risk people.

Parkinson's, a neurodegenerative disorder that causes patients movement and cognitive problems, is estimated to effect up to 10 million people worldwide.

It is diagnosed by a build-up in the brain of a specific protein, a-synuclein, the cause of which is unclear.

However some people are born with a genetic mutation that makes them almost certain to develop the disease at some stage in their life.

Researchers from King's College London compared data from 14 individuals carrying the mutation with that of 65 non-genetic Parkinson's patients and 25 healthy volunteers.

They found that changes in the serotonin system in the brains of Parkinson's sufferers started to malfunction well before other symptoms occurred.

“Serotonin function was an excellent marker for how advanced Parkinson's disease has become,” said Heather Wilson, from the university's Institute of Psychiatry, Psychology and Neuroscience.

“Therefore, brain imaging of the serotonin system could become a valuable tool to detect individuals at risk of Parkinson's diseases, monitor their progression and help with the development of new treatments.”

Suspected causes of the disease before the study included levels of the neurotransmitter dopamine, and there is growing evidence of a possible link between Parkinson's and gut function, though this is poorly understood

“Picking up on the condition earlier and being able to monitor its progression would aid the discovery of new and better treatments that could slow the loss of brain cells in Parkinson's,” said Beckie Port, research manager at Parkinson's UK, who was not involved in the study.

“Further research is needed to fully understand the importance of this discovery, but if it is able to unlock a tool to measure and monitor how Parkinson's develops, it could change countless lives.”

American Diabetes Association's 79th scientific session

Progression of kidney disease in diabetics: 'Starting insulin early checks complications (The Indian Express: 20190621)

<https://indianexpress.com/article/lifestyle/health/progression-of-kidney-disease-in-diabetics-starting-insulin-early-checks-complications-5791597/>

The study was presented at the American Diabetes Association's 79th scientific session — Bridging diabetes research with ground breaking discoveries — held in San Francisco last week.

Kabir Singh movie review: The Shahid Kapoor-starrer is all flourish

diabetes, dangers of diabetes, type 2 diabetes, diabetes linked to kidney disease, diabetes linked to kidney failure, kidney disease, kidney failure, how dangerous is diabetes, is diabetes dangerous, health news

Dr Jothydev Kesavadev

A study that examined patients with diabetes over a period of 15 years found that early initiation of insulin helped retard the progression of kidney disease. Not only did it prevent diabetes-related complications, but regular telemedicine visits helped patients exercise better control on diabetes.

“This has resulted in overall reduction in the cost of treating diabetes. There were no expensive medications or new therapies. Just behaviour modification, exercise and structured monitoring of glucose and blood pressure,” Dr Jothydev Kesavadev, a Kerala-based research diabetologist and managing director of Jothydev’s Diabetes Research Centres at Thiruvananthapuram, Attingal and Kochi, told The Indian Express.

The study was presented at the American Diabetes Association’s 79th scientific session — Bridging diabetes research with ground breaking discoveries — held in San Francisco last week.

India has close to 76.5 million people suffering from diabetes. If one looks at patients with chronic kidney diseases who require dialysis, at least 60-75 per cent of them are due to diabetes. While policy makers are focussing on developing dialysis centres, this is a cost-effective way to treat it, said Dr Jothydev.

He introduced the Diabetes Telemanagement system — a cost-effective model that helps achieve targets in diabetes management — in 1997-98.

“We followed 400 patients (of whom 200 patients had started taking insulin within seven years of being diagnosed with diabetes; for the remaining 200, insulin was initiated at a later stage) and were able to successfully retard the progression of kidney disease at the end of 15 years and also demonstrate better control of diabetes with lesser doses of insulin compared to the control arm,” Dr Jothydev said.

Early initiation of insulin and close monitoring of the patients showed that at the end of 15 years, the dose of insulin remained very low, around 9 units in one group, compared to 30 units in the other group.

“Usually in India, insulin is started when diabetes is uncontrolled. However, all recommendations and studies say that insulin should be started sufficiently early. Patients are still apprehensive of an injection and this time-tested therapy. So, what we did at our end was sensitise our patients via the telemedicine project and help them, via virtual visits, manage blood pressure and sugar, resulting in reducing the insulin dose at 15 years. A multi-disciplinary team was engaged in the project, which provided continuous management, coaching, education and training of patients,” said Dr Jothydev.

“The challenge is for the initial few months. When insulin is started, it is mandatory to incorporate glucose monitoring at home and that involves time on the part of patients. It also includes a network of doctors and diabetes educators... through our programme, we have trained and empowered our patients to an extent that they need to come only for few direct hospital visits. Initially, they may find taking insulin costly but in the long run, it is saving the patient’s money. Chronic kidney disease is a huge problem in the country and today, the cost of a transplant and life-long therapies are nothing less than Rs 25 lakh,” he said.

Colon Cancer (The Asian Age: 20190621)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=13228775>

Mini robot may help detect colon cancer

London: Scientists have created a tiny robotic capsule that can take images inside the colon, and could replace the invasive and often painful procedure of endoscopy to detect diseases like cancer.

Known as a Sonopill, the device can be manoeuvred inside the colon to take micro-ultrasound images, which have the advantage of being better able to identify some types of cell change associated with cancer. The device could one day replace the need for patients to undergo an endoscopic examination, where a semi-rigid scope is passed into the bowel — an invasive procedure that can be painful.

The Sonopill is the cul-

mination of a decade of research by an international consortium of engineers and scientists which developed a technique called intelligent magnetic manipulation.

Based on the principle that magnets can attract and repel one another, a series of magnets on a robotic arm that passes over the patient interacts with a magnet inside the capsule, gently manoeuvring it through the colon, according to a study published in the journal *Science Robotics*.

The magnetic forces used are harmless and can pass through human tissue, doing away with the need for a physical connection between the robotic



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The device could replace the need for patients to undergo an endoscopic exam

arm and the capsule.

An AI system ensures the smooth capsule can position itself correctly against the gut wall to get the best quality micro-ultrasound images.

The feasibility study also showed should the capsule get dislodged, the AI sys-

tem can navigate it back to the required location.

"It has the potential to change the way doctors conduct examinations of the gastrointestinal tract," said Pietro Valdastrì, from University of Leeds.

"Previous studies showed that micro-ultra-

sound was able to capture high-resolution images and visualise small lesions in the superficial layers of the gut, providing valuable information about the early signs of disease," said Valdastrì.

"With this study, we show that intelligent magnetic manipulation is an effective technique to guide a micro-ultrasound capsule to perform targeted imaging deep inside the human body," he said.

"The platform is able to localise the position of the Sonopill at any time and adjust the external driving magnet to perform a diagnostic scan while maintaining a high quality ultrasound signal," he said.

—PTI

Pollution

Scientists warn of ozone spike as mercury likely to rise in three days (Hindustan Times: 20190621)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

Ozone is a highly reactive gas that can adversely affect people with asthma, respiratory illnesses

Scientists from the Union ministry of earth sciences have warned about a possible spike in ozone pollution over the next three days because of rising mercury levels.

Even though the overall air pollution levels in Delhi was in the moderate zone on Thursday, with the AQI hovering around 141 (on a scale of 0 – 500), scientists said that ozone was one of the main pollutants, along with PM10 and PM2.5.

"The mercury is expected to rise over the next three days, which is likely to increase ozone production. The overall pollution levels could rise to poor levels with ozone as one of the lead pollutants," said a statement issued by Safar, the pollution forecasting agency of the ministry of earth sciences, on Thursday.

The India Meteorological Department (IMD) has forecast that the temperature would remain around 40 degrees Celsius over the next three days. On Thursday, the maximum temperature was recorded at 38.8 degrees Celsius.

Even though Stratospheric ozone (ozone in the upper reaches of the atmosphere) is good as it absorbs the sun's harmful ultraviolet rays, it is the ground level ozone — formed when vehicular and industrial fumes undergo chemical reactions in the presence of sunlight — that can cause a variety of health problems including chest pain, coughing, throat irritation, and airway inflammation.

“This year ozone level has consistently been elevated because of heat waves in Delhi. There are very few occasions in a year when ozone becomes one of the lead pollutants. Peak summer is one such period,” said a Safar scientist.

The Centre for Science and Environment released a report on Wednesday, which also showed that ozone has emerged as a dominant pollutant along with particulate matter on at least 28 days during summer of 2019 (April 1 to June 5) as opposed to only 17 days in 2018 summer.

While in 2018 ozone pollution had exceeded the prescribed standards only on five percent days, this year such number of days with high ozone pollution has shot up to 16%.

In several residential areas, such as Siri Fort, Aurobindo Marg, RK Puram, JLN Stadium, Dwarka Sector 8 and Rohini, ozone pollution was higher than prescribed on at least 50% days this year. In NCR, Faridabad and Ghaziabad have experienced the biggest spikes. Compared to this, areas such as Aya Nagar, Karni Singh Shooting Range, IGI airport, Lodhi Road, Mandir Marg, Pusa Road, Patparganj, North Campus, ITO and Anand Vihar showed less ozone pollution, with the pollutant exceeding the limit on less than five percent of days.

The eight-hour average standard for ozone exposure is 100 microgram per cubic metre. The highest concentration in 2019 went up to 122 microgram per cubic metre, which is 1.22 times higher than the eight-hour average standard. During 2018, it had gone up to 106 microgram per per cubic metre.

“This is a matter of serious concern as ozone is a highly reactive gas and can have adverse effect on those suffering from asthma and respiratory conditions. If this trend continues and worsens, the Graded Response Action Plan will also have to initiate action to address the precursor gases that form ozone — NO_x, hydrocarbons etc — and crack down on vehicles and industry,” said Anumita Roychowdhury, CSE executive director (research and advocacy).

Acute Encephalitis Syndrome (AES)

Bihar begins door-to-door survey to detect AES early (Hindustan Times: 20190621)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

Bihar health workers have begun a daily door-to-door campaign to actively detect cases of Acute Encephalitis Syndrome (AES) for early referral and treatment on directions from the Union health ministry.

At least 136 children have died of AES in Bihar hospitals since June 5. The epicentre of the outbreak is Muzaffarpur, where nearly 85 children have died. Deaths have also been reported from Bhagalpur, Banka, Sitamarhi, West Champaran and Samastipur districts.

“The active case-finding campaign in the affected districts will help in identifying the disease at an early stage when proper management can save the children. People with symptoms will be referred to primary health centres, where initial management and support will be provided before referring patients to higher centres, if needed. Our efforts will be to ensure local protocols are established and followed, including a monitoring system to keep a check,” said Manoj Jhalani, mission director, National Health Mission.

For monitoring, early identification and daily reporting, sixteen senior district officials and medical personnel have been sent to vulnerable blocks in the affected districts. A team of 10 paediatricians and five paramedics were sent to Bihar on Wednesday to work in coordination with the state government.

A team of experts from the Indian Council of Medical Research is in the process of setting up a virology lab at the Sri Krishna Medical College and Hospital (SKMCH) in Muzaffarpur. The experts will review case records and the clinical, nutritional and epidemiological information of all AES patients treated at SKMCH since May 18.

“The team is reviewing the case records of discharged and deceased AES patients at SKMCH using a standardised tool to know the reasons for mortality. We expect to complete the activity in two to three days. A similar exercise will be undertaken at Kejriwal Hospital,” said Union health minister Harsh Vardhan.

Blood, urine and samples of cerebro-spinal fluid will be collected from these patients to zero in on the origin of the infection. The team will also conduct a study to understand the role of missing meals and consumption of unripe lychee using control households. Bihar principal secretary, health, Sanjay Kumar said, “... we have taken action and redeployed at least nine senior residents from different medical colleges to SKMCH... we will consider conducting short-term refresher courses on standard operating procedures for AES from next year.”

Yoga and physical Fitness (Hindustan: 20190621)

http://epaper.livehindustan.com/imageview_85666_69107310_4_1_21-06-2019_i_15.pagezoomsinwindows.php

दिल दुरुस्त रखना है तो आजमाएं ये आसन

21वीं सदी की भागमभाग मरी जिंदगी में हमने दिल पर इतना बोझ डाल दिया है कि उसके लिए धड़कना मुश्किल हो गया है। चूंकि इस साल योग दिवस की थीम 'योग फॉर हार्ट' यानी दिल के लिए योग है, तो आइए योग और दिल की सेहत के संबंध पर शोध करने वाले जीबी पंत हॉस्पिटल के हृदययोग विभाग के प्रो. मोहित गुप्ता से जानें ऐसे कुछ आसनों के बारे में जो दिल को दुरुस्त रखने में मददगार हैं।

सबके लिए फायदेमंद चार क्रियाएं

ताड़ासन

1 दिल की मांसपेशियों को मजबूत बनाता है, मस्तिष्क में ऑक्सीजन का प्रवाह बढ़ाकर तनाव कम करता है।

कैसे करें

- फर्श पर सीधे खड़े हो जाए, पैरों के बीच दो इंच की दूरी रखते हुए हाथों को कंधे तक उठाएं।
- हथेलियों को सामने रखकर दोनों हाथों की उंगलियों को आपस में गूँथें, फिर धीरे से कलाईयों को बाहर की तरफ मोड़ें।
- सांस अंदर लेते हुए हाथों को कंधे की सीध में उठाएं और सिर के ऊपर ले जाए, पंखियां उठाते हुए पंजों के बल खड़े हो जाएं।
- बिना संतुलन खोए या पैरों को हिलाने सामान्य रूप से सांस ले और छोड़ें, 10-15 सेकंड इस मुद्रा में रहें।
- इसके बाद सांस बाहर छोड़ते हुए धीरे-धीरे एड़ी जमीन पर ले जाए, उंगलियां खोलते हुए हाथ नीचे करें और सीधे खड़े हो जाएं।



सावधानी

उच्च रक्तचाप, चक्कर, वेंटिलो या पैरों की नसें में सूजन की शिकायत हो तो ताड़ासन न करें।

अन्य फायदे

- शैल करी, अनुलोम-विलोम, चंद्र भेदी और भ्रमरी जैसे प्राणायाम भी दिल की मांसपेशियों को मजबूत बनाते हैं, रक्तप्रवाह सुचारु बनाने और हृदयगति नियंत्रित रखने में खास मददगार साबित होते हैं।

ये भी आजमाएं

शैल करी, अनुलोम-विलोम, चंद्र भेदी और भ्रमरी जैसे प्राणायाम भी दिल की मांसपेशियों को मजबूत बनाते हैं, रक्तप्रवाह सुचारु बनाने और हृदयगति नियंत्रित रखने में खास मददगार साबित होते हैं।

मंडूकासन

2 यह आसन छाती की मांसपेशियों को खोलता है, जिससे रक्त प्रवाह में धमनियों पर ज्यादा दबाव नहीं पड़ता, रक्तचाप कम होता है।

कैसे करें

- फर्श पर घुटनों के बल इस तरह बैठें कि दोनों पैर के अंगुठे आपस में मिलें हों।
- दोनों हाथों के अंगुठों को अंदर दबाकर मुड़ी बांधें, मुड़ी को एक-दूसरे से सटाकर नाभी के पास रखें।
- अब सांस बाहर छोड़ते हुए शरीर को धीरे-धीरे आगे की ओर झुकाएं और छाती को घुटने से लगाएं।
- थोड़ी देर इस अवस्था में रहने के बाद धीरे-धीरे सीधे हो जाएं, एक बार में 3 से 5 बार करें अभ्यास।

सावधानी

घुटनों और कमर में दर्द की शिकायत हो या पेट की सर्जरी हुई हो तो मंडूकासन से करें परहेज।

अन्य फायदे

- इंसुलिन के उत्पादन को बढ़ावा देकर ब्लड शुगर नियंत्रित रखता है।
- मस्तिष्क में ऑक्सीजन का प्रवाह बढ़ाकर तनाव का स्तर घटाता है।

इनसे बचें

दिल के मरीज हैं तो उन आसनों से बचें, जिनमें पेट के बल लेटना होता है। इनमें हकरासन, हलासन, कर्णाशिरसन और स्वर्गासन जैसे आसन शामिल हैं। हृदय-श्वास गति बढ़ाने वाले आसन, मसलन सूर्य नामस्कार से भी परहेज करना बेहतर है।



हृदययोगी इनका करें अभ्यास

कटिकासन

3 रक्त प्रवाह सुचारु बनाता है, कोलेस्ट्रॉल के स्तर में कमी लाकर हार्ट अटैक से महफूज रखता है।

कैसे करें

- फर्श पर सीधे खड़े हो जाए, पैरों को कंधे की चौड़ाई जितनी दूरी पर रखें।
- हाथों को धीरे-धीरे सामने ले जाए, हथेलियों को एक-दूसरे के सामने रखें।
- सांस छोड़ते हुए बाईं और इस तरह मुड़ें कि दाएं हाथ की हथेली बायां कंधा छूए।
- कुछ देर इसी मुद्रा में रुकें, इसके बाद सांस अंदर लेते हुए धीरे-धीरे सामने की ओर आ जाएं।
- अब सांस छोड़ते हुए दाईं ओर इस तरह मुड़ें कि बाएं हाथ की हथेली दाएं कंधे को छू जाए।
- कुछ देर इसी मुद्रा में रुकने के बाद सांस अंदर लेते हुए सामने की ओर आए, हाथ नीचे ले जाएं।



सावधानी

अगर पेट का ऑपरेशन हुआ है या रिकल हिस्ट्री की शिकायत है तो इस आसन का अभ्यास न करें।

अन्य फायदे

- कमर और उसके आसपास के हिस्सों में जमी चबी घटाने में असरदार।
- रीढ़ को लचीला बनाए, कब्ज की समस्या दूर करे, बाल शूगर नियंत्रित रखे।

वज्रासन

4 स्ट्रेस हार्मोन 'कोर्टिसोल' का सात घंटाकर रक्त प्रवाह को सुचारु बनाता है, हृदयगति भी नियंत्रित रखता है।

कैसे करें

- फर्श पर दोनों पैर सामने की ओर फैलाकर सीधे बैठें।
- दोनों हाथों की कुल्लों के पास ले जाकर फर्श पर टिकाएँ।
- खाने न रखें, इस दौरान शरीर का पूरा भार हाथों पर न आए।
- अब पहले दायां, फिर बायां पैर मोड़कर कुल्लों के नीचे रखें।
- सुनिश्चित करें कि दोनों जांघें और पैर के अंगुठे आपस में सटें हों।
- अब दोनों हाथों को घुटनों पर रखें, टोंडी फर्श के समानांतर होंनी चाहिए।
- इसके बाद रीढ़ की



हथेली सीधी रखते हुए शरीर को ढीला छोड़ दें।

- आरंभ कर सामान्य रूप से सांस ले और छोड़ें, 5-10 मिनट इसी मुद्रा में रहें।
- इसके बाद शरीर को दाईं ओर झुकते हुए बायां पैर और बाईं ओर झुकते हुए दायां पैर आगे करें।

सावधानी

घुटनों में दर्द खोल रहे या टखने में चोट लगी हो तो वज्रासन न करें, बवासीर के मरीज भी बचें।

अन्य फायदे

- जांघें और गिंडलियों की नसें-मांसपेशियां मजबूत बनती हैं।
- वाहन लंब दूरदस्त रहता है, वीड-पैर दर्द में आराम मिलता है।

Vitamin D

Vitamin D may not reduce heart risk (Hindustan: 20190621)

<https://www.newkerala.com/news/read/160938/vitamin-d-may-not-reduce-heart-risk.html>

While there are several pieces of research that suggested a link between low levels of vitamin D in the blood and an increased risk of cardiovascular disease, researchers have now discovered that consuming vitamin D supplements won't decrease the risk.

The study, published in the Journal of the American Medical Association Cardiology, found that vitamin D supplements did not decrease the incidence of heart attacks, strokes or other major adverse cardiovascular events.

"We thought it would show some benefit. It didn't show even a small benefit. This was surprising," said one of the researchers, Mahmoud Barbarawi.

His finding was consistent for both men and women and for patients of different ages.

Many earlier studies have found an association of low levels of vitamin D in the blood and an increased risk of cardiovascular disease, suggesting that vitamin D supplements might reduce that risk.

Barbarawi led a team of researchers and reviewed data from 21 clinical trials, including more than 83,000 patients. Half the patients were administered vitamin D supplements, and half were given placebos. The meta-analysis of data showed no difference in the incidences of cardiovascular events or all causes of death between the two groups.

Vitamin D sometimes is known as the sunshine vitamin, because human skin makes vitamin D when exposed to the sun. Thus, those living farthest from the equator tend to have lower levels of vitamin D in their blood.

While some studies have found a link between low levels of the vitamin and an increased risk of adverse cardiovascular events, Barbarawi's study suggested that other factors, such as outdoor physical activity and nutritional status, might explain the association.

Barbarawi also noted that even though his findings showed no effect on heart health, some patients, such as those being treated for osteoporosis, still might benefit from the supplements.

As a result, he suggests that doctors and patients think twice about taking the vitamin to minimize the chances of a heart attack or other cardiovascular issues.

"We don't recommend taking vitamin D to reduce this risk," Barbarawi said.

Yogurt

Yogurt may help reduce pre-cancerous bowel growth risk in men: Study (Hindustan: 20190621)

<https://www.newkerala.com/news/read/160894/yogurt-may-help-reduce-pre-cancerous-bowel-growth-risk-in-men-study.html>

Regular consumption of yogurt may help to lower pre-cancerous bowel growth risk in men, recent findings suggest.

Eating two or more weekly servings of yogurt may help to lower the risk of developing the abnormal growths of tissues (adenomas) which precede the development of bowel cancer, a recent study published in the journal Gut suggested.

The observed associations were strongest for adenomas that are highly likely to become cancerous, and for those located in the colon rather than in the rectum, the findings indicate.

Previously published research has suggested that eating a lot of yogurt might lower the risk of bowel cancer by changing the type and volume of bacteria in the gut (microbiome). But it's not been clear whether yogurt intake might also be associated with a lower risk of pre-cancerous growths, known as adenomas.

The researchers therefore looked at the diets and subsequent development of different types of adenoma among 32,606 men who were part of the Health Professionals Follow Up Study and 55,743 women who were part of the Nurses Health Study.

All the study participants had had a lower bowel endoscopy--a procedure that enables a clinician to view the inside of the gut--between 1986 and 2012. And every four years, they provided detailed information on lifestyle and diet, including how much yogurt they ate.

During the study period, 5811 adenomas developed in the men and 8116 in the women.

Compared with men who didn't eat yogurt, those who ate two or more servings a week were 19 per cent less likely to develop a conventional adenoma.

This lower risk was even greater (26%) for adenomas that were highly likely to become cancerous, and for those located in the colon rather than in the rectum.

While no obvious association was seen for men with a potentially more dangerous type of adenoma (serrated), a trend towards reduced risk was seen for those measuring 1 or more cm, which is considered to be large.

By way of a possible explanation for what they found, the researchers point out that *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, two bacteria commonly found in live yogurt, may lower the number of cancer-causing chemicals in the gut.

And the stronger link seen for adenomas growing in the colon may partly be due to the lower acidity (pH) in this part of the gut, making it a more hospitable environment for these bacteria, they add.

Alternatively, yogurt may have anti-inflammatory properties and may reduce the 'leakiness' of the gut as adenomas are associated with increased gut permeability, they suggest.