



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20190708

## Health ranking

### Health ranking: Tamil Nadu objects, NITI says any relook only next year (The Indian Express: 20190708)

<https://indianexpress.com/article/india/health-ranking-tamil-nadu-objects-niti-says-any-relook-only-next-year-5819852/>

Tamil Nadu, considered one of the best states in the country in quality and affordable healthcare, had been placed ninth in the ranking, slipping six places since the 2015-16 report.

UP Cabinet discusses NITI suggestions, merger of ministries, govt departments on the anvil

From orphanage to collector's office, Kerala man's journey against odds

Union Budget must focus on reviving investment, address rural distress

health index, health index second round, health index niti aayog, health index Tamil Nadu, top healthcare facilities in india

A top consultant with the National Health Mission said Tamil Nadu could end up losing funds as a result, with allocation of 40 per cent of incentives to states based on this ranking. (File)

NITI Aayog has said that it can consider Tamil Nadu's objections to its poor ranking on the 'Healthy States Progressive India Report (2017-18)', released on June 26, only next year.

Tamil Nadu, considered one of the best states in the country in quality and affordable healthcare, had been placed ninth in the ranking, slipping six places since the 2015-16 report. A top consultant with the National Health Mission said Tamil Nadu could end up losing funds as a result, with allocation of 40 per cent of incentives to states based on this ranking.

The states were judged on parameters such as institutional deliveries and immunisation coverage, and functional 24X7 Public Health Centres. Kerala, Andhra Pradesh, Maharashtra and Gujarat were among the top-ranking states.

Tamil Nadu has alleged discrepancies in NITI Aayog's assessment and called it based on wrong methodology and indicators. It has also said that a senior state officer had reported these errors to NITI Aayog CEO Amitabh Kant during consultation and preparation of the draft report.

While Kant was not available for comment, Alok Kumar, Advisor (Health), NITI Aayog said they had to frame a standard base for the states given the diversity of the country.

He added that CEO Kant had held a video conference with principal secretaries of all states and examined their recommendations following a first-round report last year. "Some of their (views) were accepted and some were not... For the second report's preparation, every state was given details of the parameters used for ranking them," he said, adding, "Once you agree on certain rules of the game, you cannot change them midway. In a country like India, it is impossible to satisfy every state on every issue... Where do we end up if... each and every state starts to disagree with denominators and insists on its own?"

About Tamil Nadu's demand for "corrections", Kumar said a committee under the Health Ministry would consider and accept all the "genuine demands" in next year's report.

The NITI Aayog health index has been evolved to also steer government investments towards states more efficient and innovative in meeting targets. But the incremental ranking has come as a negative for traditionally "better" states as it is usually more difficult to traverse the last mile on health indices.

Following the release of the report, both Tamil Nadu Chief Secretary Girija Vaidyanathan and Health Minister C Vijayabaskar had written to NITI Aayog laying down the state's stand. Vijayabaskar had also held a press meeting accusing the panel of ignoring the state's "outstanding" performance in public health.

29 killed, several injured after bus falls off Yamuna Expressway into canal

Karnataka: Kumaraswamy back from US, goes into huddle with Cong to save govt

Budget blues continue as Sensex loses over 400 points in morning trade

A senior state health officer told The Indian Express, "We raised (objections) during the consultation stage itself. And those representations to make NITI Aayog understand about our public health network and services were at the highest level, in a letter sent by the Chief Secretary to the CEO of NITI Aayog. Unfortunately, they ignored us and released a report with discrepancies and approximate figures instead of accurate data, and based on wrong methodologies."

Senior state officers and health experts listed following examples of alleged discrepancies, "wrong methodology" and "inaccurate data" in the report:

\* Why was Maternal Mortality Ratio (MMR), "one of the most important health indicators", not taken into consideration? As per the state's Sample Registration System, its MMR is 16, while Andhra Pradesh, that came second in the health ranking, has an MMR of 32 and Gujarat, fourth in the report, an MMR of 30. Tamil Nadu has also cited its low Infant Mortality Rate (IMR), 2, compared to Kerala's 1, and Andhra Pradesh and Gujarat's 13 and 11 respectively, and said the report ignored the state's live data in this regard.

NITI Aayog advisor Kumar said MMR data was not considered as theirs was an annual report while MMR data was for three years.

Explained: Behind the decline in fiscal deficit

\* Why was average expenditure on health in the state, public health delivery system, and status of the state in crucial sectors such as non-communicable diseases and trauma care not assessed?

\* Officers say real-time data captured by Tamil Nadu through its Pregnancy and Infant Cohort Monitoring and Evaluation System shows 9.4 lakh live births. They add that using actual live birth data, and correlating the same with the state's Mother and Child Tracking System and Civil Registration System, would have put institutional delivery at 99.8% against 80.5% as in the report.

Harsh Vardhan, state Health Minister Vijayabaskar said NITI Aayog had failed to consider the state's unique public health cadre system. Unlike other states that have only a Chief Medical Officer in districts, the state has an officer in each district who is a public health expert with a medical degree, who monitors all national programmes and public health challenges locally. The state also cites its "unique" secondary healthcare network, including a separate directorate and one secondary care hospital in every taluk, with a network of 278 such hospitals.



## **BP drug**

### **This BP drug may up risk of bowel condition (The Tribune: 20190708)**

<https://www.tribuneindia.com/news/health/this-bp-drug-may-up-risk-of-bowel-condition/797643.html>

Researchers, including one of Indian-origin, have identified a blood pressure-lowering drug -- non-dihydropyridine, a calcium channel blocker -- that may increase the risk of a bowel condition called diverticulosis.

This condition causes small bulges or pouches to appear in the lining of the intestine. Particularly affecting the elderly (as many as 65 per cent of people aged above 85 may be affected), diverticulosis can in some cases lead to a medical emergency if the pouches become infected or burst.

"This is the first time that this class of blood pressure drug has been associated with diverticulosis. We're not sure of the underlying mechanism - although it may relate to effects on the function of intestine muscles, which perform contractions to transport food through the gut," said Dipender Gill from the varsity.

In the study published in the journal *Circulation*, researchers from Imperial College London investigated the effectiveness and side effects of three common blood pressure lowering medications -- ACE-inhibitors, beta-blockers and calcium channel blockers.

For the study, the research team used genetic analyses to study the effects of the drugs.

First, the researchers identified proteins targeted by the drugs, and which help lower blood pressure. Next, they analysed genetic data from around 750,000 people and identified genetic variants that code for these proteins.

According to the findings, the genetic variants were linked to lower heart disease and stroke risk.

However, after assessing the risk of around 900 different diseases, the team found that the versions of genes related to the effects of a particular type of calcium channel blocker -- the non-dihydropyridine class -- were linked to an increased risk of diverticulosis. —IANS

## **Antidepressants**

### **Antidepressants reduce mortality by 35% in people with diabetes: Study (The Tribune: 20190708)**

<https://www.tribuneindia.com/news/health/antidepressants-reduce-mortality-by-35-in-people-with-diabetes-study/797645.html>

Antidepressants reduce deaths by more than a third in patients with diabetes and depression, a study has found.

Researchers from Chang Gung University in Puzi, Taiwan found that antidepressants have significantly reduced mortality by 35 per cent.

"The incidence of major depressive disorder amongst individuals with diabetes is significantly greater than the general population," said study's corresponding author Vincent Chin-Hung Chen.

"Diabetes and depression each independently contribute to increasing total mortality," he said.

The research was published in the *Journal of Clinical Endocrinology & Metabolism*.

In this large population-based study, the researchers used the National Health Insurance Research Database in Taiwan to identify 53,412 patients diagnosed with diabetes and depression since 2000.

For the study, they followed this population until 2013 to see if antidepressants reduced the death rate.—PTI

## **Pesticide exposure**

### **Pesticide exposure linked to teen depression: Study (The Tribune: 20190708)**

<https://www.tribuneindia.com/news/health/pesticide-exposure-linked-to-teen-depression-study/797648.html>

Adolescents exposed to elevated levels of pesticides are at an increased risk of depression, a study has found.

Researchers at University of California in the US have been tracking the development of children living near agricultural fields in Ecuadorian Andes since 2008.

For the study, published in the International Journal of Hygiene and Environmental Health, they examined 529 adolescents between the ages of 11 and 17.

To test exposure levels of children, the research team measured levels of the enzyme acetylcholinesterase (AChE) in the blood.

Pesticides such as organophosphates and carbamates exert their toxicity by inhibiting AChE activity, according to the study.

Teens that had lower AChE activity, suggesting greater exposure to cholinesterase inhibitors, showed more symptoms of depression assessed using a standardized depression assessment tool.

"Agricultural workers and people in these communities have long offered anecdotal reports of a rise in adolescent depression and suicidal tendencies," said Suarez-Lopez from University of California. PTI

## **Diabetes**

### **Diabetes can increase risk of cardiovascular diseases, say experts (The Tribune: 20190708)**

<https://www.tribuneindia.com/news/health/diabetes-can-increase-risk-of-cardiovascular-diseases-say-experts/798552.html>

People with diabetes are at a higher risk of suffering heart attack, experts say and recommend routine health checkups and lifestyle modification to keep the condition in check.

With 69.2 million people suffering from diabetes, India is among the top 10 countries in the world suffering from the condition, according to International Diabetes Federation's Diabetes Atlas. Apart from that, 36.5 million people suffer from pre-diabetes conditions.

"Diabetes damages blood vessels, making a person more prone to cardiovascular diseases. It is strongly recommended that all people with diabetes have their heart disease risk factors checked as aggressively and routinely as people who have already had heart attacks," said Dr RN Kalra Cardiologist, Medical Director and CEO of Kalra Hospital.

Dr Ajay Kumar Ajmani, Endocrinologist at BLK Super Speciality Hospital said studies have proven that diabetic patients are prone heart disease at a young age.

"A new study has also revealed that people with undetected diabetes have a higher risk of a heart attack. Hence, routine health checkups to detect a diabetic condition can help in reducing the risk of heart diseases as well," he said.

Dr Archana Dhawan Bajaj, gynaecologist, obstetrician and IVF expert at Nurture IVF Centre said diabetes puts pregnant women at high risks of congenital malformations in the fetus including heart defects, genital urinary defects, caudal syndrome and multiple others defects.

Maternal diabetes also carries an increased risk of fetal loss and major congenital malformations. High blood pressure during pregnancy and preeclampsia are more common in women with diabetes, she said.

"In severe cases, there may be risk of heart failure. The effects of gestational diabetes in the growing fetus can be minimised by proper antenatal care, strict sugar control, lifestyle modifications, and care during delivery," the doctor explained.

Experts recommend regular check-ups, lifestyle modification which includes regular exercise, at least 30 minutes brisk walk five days a week, nutritious diet, quitting smoking and alcohol to keep diabetes at bay. — PTI

## **Lung ailments**

### **1 in 3 traffic cops on city roads suffers lung ailments: Study (Hindustan Times: 20190708)**

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

1 in 5 traffic cops diagnosed with stress and hypertension; some have low bone density, joint ache

> If the average Delhiite is dying 10 years earlier than those in other cities, then traffic officials, forced to stay out, are dying at a pace two times faster. Unless the govt comes out with a plan to reduce pollution, residents will continue to suffer deadly lifestyle diseases. ANUMITA ROYCHOWDHURY, Centre for Science and Environment

NEW DELHI: At least 33% of Delhi traffic police officials, deployed on the city's roads, were detected with breathing ailments while around 23% were diagnosed with stress and hypertension, findings of health checkups conducted for traffic policemen revealed.

The results of a six-month-long health camp organised for traffic officials revealed that around 33% traffic policemen in the national Capital showed signs of asthma, lung congestion, throat irritation and thick sputum. The report also found that 23% officials were experiencing high stress levels and hypertension while some even suffered from low bone density and joint aches.

Police officials from each traffic circle were sent for health checkups at two city hospitals. "These are occupational hazards that come with standing for long hours in the middle of heavy traffic zones. A large number of officials were not even aware of their deteriorating health conditions, their answers to the preliminary questionnaire showed," the report by Saroj Super Speciality Hospital read.

The traffic department has tied up with other hospitals as well to conduct such checkups regularly. Prolonged exposure to high levels of nitrogen oxide (NOx) and sulphur oxide (SOx), the primary toxic gases released through vehicular fumes, is a primary cause of lung-related ailments among traffic officials.

The rising vehicular population in the city – over 1 crore – adds to the rising levels of air pollution as well.

A study detailing the impact of the environment on traffic police officials, published in January 2017, had also showed similar results. The study, conducted by TERI University and the University of Surrey, had suggested that traffic officials have significantly worsened respiratory and cardiovascular health than other office-goers.

The study, which compared 523 traffic officials to 150 regular office goers with similar socioeconomic backgrounds and age groups, found that 59% of the surveyed traffic officials reported having thick sputum, as compared to 15% of office-goers. Similarly, 45% more traffic officials reported pain in joints and 39% more reported shortness of breath, compared to office workers. While no office-goers reported coughing with blood, 26% of the surveyed traffic officials reported the symptom.

After the study's findings were released, the department had started distributing pollution control masks to all traffic officials. "We do organise regular health checkups and give our officials safety gear to protect them from the constant exposure to pollution. If any policeman complains of poor health, we considered transfers as well," Taj Hassan, special commissioner of police (traffic), said.

Anumita Roychowdhury, executive director (research and advocacy) at Centre for Science and Environment, said constant exposure to Delhi's deteriorating air quality not only impacts health but also reduces quality of life in the longer run.

"If the average Delhiite is dying 10 years before than those in other cities then these men, who are forced to stay out throughout the day, are dying at a pace two times faster. Unless government comes out with a comprehensive plan for reducing pollution, residents will continue to fall victims to deadly lifestyle diseases," Roychowdhury said.

Former traffic chief Maxwell Pereira said along with respiratory ailments, officials are under constant stress as they have to deal with instances such as road rage and arguments by motorists.

“The stress level is certainly high but that is a part and parcel of the job,” he said.

Experts suggested intervention by providing safety gear and ensuring regular transfers of officials from high traffic zones so that they are not exposed to hazardous conditions for long periods. “Monetary benefits could also be provided to officials who are stationed at high traffic areas to compensate for the health risks that come with their postings,” Roychowdhury added.

## **Positive behaviour**

### **Social media can amplify positive behaviour among teens: Survey (Hindustan Times: 20190708)**

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

Close to four in five — 78% — of a total of 4,000 students who were polled for a survey said they spend a lot of time a day on social media and that it should be used as a tool to spread awareness and dispel myths about mental health issues.

As per the survey conducted by Fortis hospitals, around 82% of students studying psychology in classes XI and XII in at least 200 schools across Delhi, Mumbai, Mohali, Ludhiana, Bengaluru, Lucknow, Varanasi, Dehradun and Chennai have said social media has influenced their opinions and attitudes.

Dr Samir Parikh, director, department of mental health and behavioural sciences, Fortis hospitals, said, “The general reaction is that social media is addictive for young people and that they should not use it. However, such knee-jerk reaction is not right as use of any media can have both positive and negative influences. It all depends on how children interact with the medium. For the purpose, parents need to create media literacy so that children can use the medium to their benefit.”

“Social media is a very powerful medium and reaches out a large audience. This can be both — good and bad. So, instead of telling children to just get off social media, which they might not even do, they need to be aware about the message they send out and analyse the information they receive,” said Dr Rajesh Sagar, head of the department of psychiatry, All India Institute of Medical Sciences (AIIMS).

The Fortis survey found that 94% of the students believed that social media is a means to create awareness, but only 44% followed accounts talking of social causes.

“Social media has an immense scope for spreading good information, but people end up not following such accounts mainly because they don’t know who is doing what and they are not asked what they are doing online. Children need to be taught that media is not a one-sided communication; they must be taught to ask whether the information they are getting is correct,

whether it is just partially true, whether it is just appealing to their emotions. Not just that, parents also need to be aware about the medium and have conversations,” said Dr Parikh.

Around 96% of the students surveyed said information on social media should be carefully evaluated, while 90% said adults need to be aware and must discuss what children are consuming on social media.

“This willingness (of children) to engage in a positive dialogue needs to be utilised by adults to enter into conversations with students,” the survey reveals.

On mental health issues, 46% said mainstream media is not doing enough to create awareness and 32% believed that it has, in fact, increased stigma.

“There is truth to it; mental illnesses are usually portrayed for comedy, to depict the motive of a crime and violence, or to show strange obsessive love. This gap can be addressed by social media, where they can actually interact with people with a range of issues, provided that parents teach the children to critically think and question what they see,” said Dr Parikh.

### **Food and Nutrition (The Asian Age: 20190708)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13336259>

## ROASTED BROCCOLI & PEANUT KULCHA

<b>INGREDIENTS:</b>	
Maida	01 kgs
Salt	06 gms
Refined soya oil	70 ml
Baking powder	10 gms
Sugar grain	10 gms
Water	600 ml
Vanaspati ghee	100 gms
Kulcha mix base	600 gms
Butter yellow-table	50 gms

### METHOD:

- In a mixing bowl take maida, salt, baking powder, sugar and water to make a dough.
- Roll the dough, spread ghee on one side and book fold the dough, repeat the folding process three times.
- Divide the dough into 10 equal size ball flatten the ball a little, add stuffing and seal through the edges to make a stuffed peda.
- Flatten the stuffed peda with rolling pin and cook the bread in tandoor.
- Finish the bread with melted butter.

### KULCHA MIX BASE

<b>INGREDIENTS:</b>	
Broccoli	850 gms
Potato boiled	200 gms
Kasoori methi	02 gms
Mozzarella cheese	180 gms
Amchoor whole	10 gms
Anardana powder	10 gms
Pinenuts	100 gms
Raisins	50 gms
Black pepper crushed	05 gms
Bhuna jeera powder	10 gms
Salt	10 gms
Garam masala	05 gms
Chilly degi	10 gms

### METHOD:

- Roughly chop broccoli and blanch it.
- 2. Add grated boil potato and mozzarella cheese for little binding.
- 3. Mix with all dry spices with soft hand.



# Desi style, an all time hit!

Paatras, a synonym to utensils in which cooking generally takes place, are still in much demand while preparing Indian dishes. A restaurant with similar name 'Paatra' has a lot to offer to those who are not willing to compromise on the Indian gastronomy. The restaurant takes you on a culinary journey



of Indian Cuisine, where different 'paatras' or utensils determine the unique cooking methods that conserve the flavor of the food. The elegant setting promises to deliver an unforgettable food experience. Some of the cuisines on offer include delicacies from Kashmir, Rajasthan and Gujarat among many other states. These Indian dishes with a progressive approach aren't only hit among Indians but among the foreigners who are willing to take a risk with the spicy components.



## KISHTI DILRUBA

<b>INGREDIENTS:</b>	
Refined Oil	2 tbsp
Ginger	1tbsp
Jeera	1tsp
Green chilli	½
Tbsp	
Assorted Bell pepper (chop)	150gm
Chop potato	100 gm
Paneer	100 gm
Cashewnut (fried)	50 gm
Raisin	50 gm
Salto taste	50 gm
Turmeric	½ tsp
Yellow chilli	½ tsp
Black pepper	½ tsp
Amchoor	1 tsp
Roasted cumin	1 tsp
Kasoori methi	1 tsp
Black salt	½ tsp
Chat masala	1 tsp
Degi mirch	½ tsp

Sour cream 15 gm

**METHOD:**

- Peel potatoes and make barrels out of them scoop them out and make the hollow.
- Blanch potato in turmeric and salt water.
- Deep fry the barrels.

**For stuffing:**

- Put jeera in oil in a heavy bot tom pan
- In a mixing bowl take maida, salt, baking powder, sugar and water to make a dough.
- Roll the dough, spread ghee on one side and book fold the dough, repeat the folding process three times.
- Divide the dough into 10 equal size ball flatten the ball a little, add stuffing
- Seal through the edges to make a stuffed peda.
- Flatten the stuffed peda with rolling pin and cook the bread in tandoor.
- Finish the bread with melted butter.

**For Potato Barrels**

Potato 3no. (big)

**For Crumbing(Thin Batter)**

Corn flour 100gm  
Refined flour 50 gm  
Salt to taste

Bread crumb for crumbing  
Water as required

**For Plating**

Olive 6no.

## QUEEN & TONIC

<b>INGREDIENTS:</b>	
Five-spice powder	15gm
Hoisin sauce	80gm
Honey	60gm
Soy sauce	60ml
Dry sherry	45ml
Dack spareribs	1 rack

arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place the ribs on cool side of the grill, reserving marinade. Cover and cook ribs for 30 minutes. Brush ribs all over with reserved marinade, cover, and cook an additional 30 minutes. Brush again with reserved marinade and move ribs directly over the grill, reserving marinade. Cover and marinate overnight.

■ Light a chimney 3/4 full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place the ribs on cool side of the grill, reserving marinade. Cover and cook ribs for 30 minutes. Brush ribs all over with reserved marinade, cover, and cook an additional 30 minutes. Brush again with reserved marinade and move ribs directly over the grill, reserving marinade. Cover and marinate overnight.

■ Light a chimney 3/4 full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and



# Vietnamese food, home style

## KISHTI DILRUBA

<b>INGREDIENTS:</b>	
Five-spice powder	15gm
Hoisin sauce	80gm
Honey	60gm
Soy sauce	60ml
Dry sherry	45ml
Dack spareribs	1 rack

### METHOD:

- Season ribs all over with five-spice powder.
- Combine hoisin, honey, soy sauce, and sherry in a small bowl. Place ribs in a large resealable bag, add in sauce, and toss until evenly coated. Place bag in refrigerator and marinate overnight.
- Light a chimney 3/4 full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place the ribs on cool side of the



grill, reserving marinade. Cover and cook ribs for 30 minutes. Brush ribs all over with reserved marinade, cover, and cook an additional 30 minutes. Brush again with reserved marinade and move ribs directly over the coals. Grill until ribs are glazed, and sticky, about 5 to 10 minutes. Remove from grill, let rest for 5 minutes, and serve.

The journey of Vietnamese palate from the pre-historic times to the present day has witnessed its evolution from hunting to domesticating the wild, from being gatherers and foragers to farmers and settled cultivators. Vietnamese food in the Diaspora, touches upon the nostalgia of cooking traditional Vietnamese dishes, as an effort to recreate the feeling of home 'through taste'. On experimenting with flavours, they relished on some of the most renowned dishes from the Vietnamese cuisine like tempura-battered catfish, Cassava Salad and Prawns with Garlic Sauce. The food along with some boosting cocktails have a less spicy, lighter tone that would be smooth on both your tongue and intestine.

## DARK & STORMY

<b>INGREDIENTS:</b>	
Bourbon whisky	50 ml
Almond liqueur	20 ml
Pineapple peel syrup	5 ml
Lime juice	10 ml
Chocolate bitters	2 dash
Pineapple juice	20 ml

### METHOD:

- At first take shaker add all ingredients together. Shake well, take a chilled glass n fine strain the drink in it. Garnish with burnt pineapple slice and pine of pineapple.

## Antibiotics

### Antibiotics can weaken flu defences: Study (The Busniss Standard: 20190708)

[https://www.business-standard.com/article/pti-stories/antibiotics-can-weaken-flu-defences-study-119070500508\\_1.html](https://www.business-standard.com/article/pti-stories/antibiotics-can-weaken-flu-defences-study-119070500508_1.html)

Antibiotics can leave the lung vulnerable to flu viruses, leading to significantly worse infections and symptoms, according to a study.

The research, published in the journal *Cell Reports*, discovered that signals from gut bacteria help to maintain a first line of defence in the lining of the lung.

When mice with healthy gut bacteria were infected with the flu, around 80 per cent of them survived. However, only a third survived if they were given antibiotics before being infected.

"We found that antibiotics can wipe out early flu resistance, adding further evidence that they should not be taken or prescribed lightly," Andreas Wack, who led the research at Francis Crick Institute in the UK.

"Inappropriate use not only promotes antibiotic resistance and kills helpful gut bacteria, but may also leave us more vulnerable to viruses. This could be relevant not only in humans but also livestock animals, as many farms around the world use antibiotics prophylactically," Wack said.

The study found that type I interferon signalling, which is known to regulate immune responses, was key to early defence.

Among the genes switched on by interferon is a mouse gene, *Mx1*, which is the equivalent of the human *MxA* gene. This antiviral gene produces proteins that can interfere with influenza virus replication.

Although often studied in immune cells, researchers found that microbiota-driven interferon signals also keep antiviral genes in the lung lining active, preventing the virus from gaining a foothold.

"We were surprised to discover that the cells lining the lung, rather than immune cells, were responsible for early flu resistance induced by microbiota," Wack said.

"Previous studies have focused on immune cells, but we found that the lining cells are more important for the crucial early stages of infection," he said.

"They are the only place that the virus can multiply, so they are the key battleground in the fight against flu. Gut bacteria send a signal that keeps the cells lining the lung prepared, preventing the virus from multiplying so quickly," he added.

To test whether the protective effect was related to gut bacteria rather than local processes in the lung, the researchers treated mice with antibiotics and then repopulated their gut bacteria through faecal transplant.

This restored interferon signalling and associated flu resistance, suggesting that gut bacteria play a crucial role in maintaining defences.

"Taken together, our findings show that gut bacteria help to keep non-immune cells elsewhere in the body prepared for attack," Wack said.

"They are better protected from flu because antiviral genes are already switched on when the virus arrives. So when the virus infects a prepared organism, it has almost lost before the battle starts," he said.

"By contrast, without gut bacteria, the antiviral genes won't come on until the immune response kicks in. This is sometimes too late as the virus has already multiplied many times, so a massive, damaging immune response is inevitable," he added.

(This story has not been edited by Business Standard staff and is auto-generated from a syndicated feed.)

## Heart Attack Medicine (Hindustan: 20190708)

[http://epaper.livehindustan.com/imageview\\_120907\\_72005866\\_4\\_1\\_08-07-2019\\_i\\_14.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_120907_72005866_4_1_08-07-2019_i_14.pagezoomsinwindows.php)

बीएचयू के वैज्ञानिकों को मिली सफलता, अंतरराष्ट्रीय पत्रिका हिमेटोलॉजिका जनरल में छपा शोध पत्र

# हार्ट अटैक-ब्रेन स्ट्रोक की कारगर दवा बनाई

**उपलब्धि**

वाराणसी | आनंद मिश्र

बीएचयू के इंस्टीट्यूट ऑफ मेडिकल साइंस ( आईएमएस ) के वैज्ञानिकों ने एक ऐसी दवाई बनाने में कामयाबी हासिल की है, जिससे हार्ट अटैक तथा ब्रेन स्ट्रोक की संभावना टाली जा सकती है। यह मधुमेह व रक्तचाप के रोगियों के लिए ज्यादा कारगर है। साथ ही, उनके लिए भी जिन्हें हार्ट अटैक या ब्रेन स्ट्रोक का एक दौरा पड़ चुका हो। दवा प्लेटलेट्स के आपस में जुड़ने तथा रक्त का थक्का बनने की प्रक्रिया रोककर अटैक से बचाती है। आईएमएस में बायोकेमिस्ट्री विभाग के प्रो. डी. दाश की देखरेख में बीते चार साल से चल रहे शोध में प्रारंभिक सफलता मिली है। शोध को इसी वर्ष अप्रैल में प्रतिष्ठित पत्रिका हिमेटोलॉजिका जनरल्स ने भी प्रकाशित किया। चूहों पर सफल प्रयोग के बाद दवा के इंसानों पर प्रयोग की तैयारी चली रही है।

मौजूदा दवा कुछ खास परिस्थितियों से उत्पन्न अटैक को ही ठीक कर सकती हैं। हमारी दवा किसी भी प्रकार से हुए अटैक को रोक और ठीक कर सकती है। इसपर आगे और परीक्षण कर रहे हैं।

-प्रो. डी. दाश, विभागाध्यक्ष, बायोकेमिस्ट्री विभाग, आईएमएस, बीएचयू



शोध छात्र-छात्राओं के साथ प्रो. डी. दाश (बीच में कुर्सी पर)। • हिन्दुस्तान

## Fats (Hindustan: 20190708)

[http://epaper.livehindustan.com/imageview\\_120914\\_71602512\\_4\\_1\\_08-07-2019\\_i\\_20.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_120914_71602512_4_1_08-07-2019_i_20.pagezoomsinwindows.php)

वसा की कमी से पिछले कुछ सालों में लाखों लोगों की मौत हो चुकी है

# खाने में वसा की कमी से बीमारियों का खतरा



सेहत

नई दिल्ली | हिन्दुस्तान टीम

मांस, अंडे और मक्खन का ज्यादा सेवन स्वास्थ्य के लिए अच्छा नहीं माना जाता है, क्योंकि इनमें सेचुरेटेड फैट (संतृप्त वसा) की मात्रा होती है। विश्व स्वास्थ्य संगठन सेचुरेटेड फैट को खान-पान में कम करने का सुझाव दे चुका है। लेकिन एक नए शोध में दावा किया गया है कि खाने में सेचुरेटेड फैट की कटौती कई बीमारियों को बुलावा दे सकती है।

**कम वसा जानलेवा :** अमेरिका और यूरोप के दर्जनभर वैज्ञानिकों ने अपने शोधपत्र के जरिये विश्व स्वास्थ्य संगठन के सुझाव पर अंगुली उठाई है। इसमें कहा गया है कि खाने में सेचुरेटेड फैट की कमी की वजह से होने वाली बीमारियों से पिछले कुछ सालों में लाखों लोगों की मौत हो चुकी है। इनका कहना है कि सेचुरेटेड फैट को दिल के दौर (हॉर्ट अटैक) की वजह बताकर खान-पान में इसको नजरअंदाज करने से कई ऐसे पौष्टिक तत्व हमारे आहार से गायब

## दिल के दौरे से बचाव में मददगार



कोपेनहेगेन यूनिवर्सिटी के न्यूट्रिशन विभाग के प्रमुख और शोध टीम का नेतृत्व करने वाले अरने एस्ट्रप का कहना है कि सेचुरेटेड फैट से भरपूर दूध, मक्खन, पनीर और मांस सहित कई खाद्य पदार्थों में प्रोटीन, जिंक, विटामिन और आयरन समेत कई ऐसे पोषक तत्व पाए जाते हैं जो हॉर्ट अटैक, कैंसर और टाइप 2 डायबिटीज को रोकने में कारगर हैं।

हो जाते हैं जो बेहद जरूरी हैं।

**अधिक कैलोरी लेने को मिला बढ़ावा :** शोध टीम का नेतृत्व करने वाले अरने एस्ट्रप और उनके सहयोगियों का कहना है कि पिछले 15-20 वर्षों में जो शोध हुए उनमें खान-पान की शैली को लेकर काफी जोर रहा और उसमें सेचुरेटेड फैट को कम करने की सलाह दी गई। एस्ट्रप का कहना है कि ऐसी स्थिति में प्रोसेस्ड फूड को खाने का चलन बढ़ा। इसमें तेल और तली हुई चीजों को बढ़ावा मिला जिसमें ट्रांस फैट की मात्रा ज्यादा होती है। उनका

कहना है अब जाकर लोग स्वीकार करने लगे हैं कि इससे नुकसान हो रहा है। उनका कहना है कि यदि सेचुरेटेड फैट पर केन्द्रित शोध होता तो ऐसी नौबत नहीं आती, क्योंकि खाद्य पदार्थ और खान-पान की आदतें दो अलग पहलू हैं।

अमेरिका में 19 फीसदी तक लोग ट्रांस फैट की वजह से हार्ट अटैक की गंभीर स्थिति से मरते हैं। वहीं ब्रिटेन में हर साल 2700 लोगों की मौत इसकी वजह से हो जाती है। बता दें कि वसा एक आवश्यक पोषक तत्व है। यह शरीर के सामान्य कार्यों के लिए महत्वपूर्ण है।

**Cancer (Hindustan: 20190708)**

[http://epaper.livehindustan.com/imageview\\_120914\\_71603752\\_4\\_1\\_08-07-2019\\_i\\_20.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_120914_71603752_4_1_08-07-2019_i_20.pagezoomsinwindows.php)

# कैंसर से बचाने में मदद करता है दही

**न्यूयॉर्क।** दही खाने की थाली की सिर्फ शोभा नहीं बढ़ाता, बल्कि इसके कई फायदे भी हैं। खासकर गर्मियों के मौसम में दही सेहत के लिए बहुत लाभदायक है।

दही में कैल्शियम, प्रोटीन, लैक्टोज, आयरन, फास्फोरस जैसे रासायनिक पदार्थ होते हैं, जो हमारे शरीर के लिए अच्छे साबित होते हैं। दही पेट को ठंडा रखने के साथ-साथ एसिडिटी की समस्या से छुटकारा दिलाता है।

हाल ही में हुए एक अध्ययन में यह बात सामने आई है कि दही जिसे योगर्ट भी कहते हैं, कैंसर से लड़ने में भी मददगार है। अध्ययन के मुताबिक, वैसे पुरुष जो हफ्ते में दो या इससे ज्यादा बार दही खाते हैं, उनमें कोलोन कैंसर होने का खतरा 26 प्रतिशत कम हो जाता है। हालांकि अनुसंधानकर्ताओं का यह भी कहना है कि उनके इस अध्ययन का मतलब यह नहीं है कि दही, कोलोन कैंसर होने से बचा सकता है। **(एजेसी)**

**Exercise (Hindustan: 20190708)**

[http://epaper.livehindustan.com/imageview\\_120914\\_71604062\\_4\\_1\\_08-07-2019\\_i\\_20.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_120914_71604062_4_1_08-07-2019_i_20.pagezoomsinwindows.php)

## व्यायाम से घटेगा पीरियड का दर्द

**लंदन।** मासिक धर्म के दौरान होने वाले दर्द से निपटने में ट्रेडमिल पर किया जाने वाला व्यायाम काफी कारगर साबित हो सकता है। एक हालिया शोध में यह दावा किया गया है।

पत्रिका कॉन्टेंपररी क्लीनिकल ट्रायल्स में प्रकाशित शोध में शोधकर्ताओं ने सात महीने तक एक परीक्षण किया ताकि पीरियड्स के दौरान होने वाले दर्द और ट्रेडमिल व्यायाम से होने वाले फायदे को समझा जा सके।

(एजेसी)

## Vitamin D (Hindustan: 20190708)

[http://epaper.livehindustan.com/imageview\\_120914\\_71604706\\_4\\_1\\_08-07-2019\\_i\\_20.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_120914_71604706_4_1_08-07-2019_i_20.pagezoomsinwindows.php)

# कम विटामिन डी से उच्च रक्तचाप

**न्यूयॉर्क।** जन्म से लेकर बचपन तक जिन बच्चों में विटामिन डी की कमी होती है , उनमें 6 से 18 साल की उम्र तक उच्च रक्तचाप का खतरा बढ़ जाता है। एक हालिया शोध में यह दावा किया गया है। विटामिन डी की कमी से सिस्टोलिक रक्तचाप बढ़ जाता है।

सिस्टोलिक रक्तचाप ब्लड प्रेशर रीडिंग के ऊपर वाला नंबर होता है। सिस्टोलिक रक्तचाप के बढ़ने से दिल संबंधी बीमारियों का खतरा बढ़ जाता है।

(एजेसी)

## Bimaru Health System (Navbharat Times: 20190708)

<http://epaper.navbharattimes.com/details/44917-58218-1.html>

# सवाल चमकी का नहीं, बीमार सिस्टम का है

बिहार के मुजफ्फरपुर में बच्चों की मौत से उपजी देशव्यापी सहानुभूति की लहर का दबाव राज्य की स्वास्थ्य सेवाओं में आमूल-चूल बदलाव का आधार भी बन सकता है



सुबोध कुमार

पिछले करीब डेढ़ महीने में बिहार के मुजफ्फरपुर और आसपास के 12 और जिलों में एक्यूट इंसेफलाइटिस सिंड्रोम (एईएस) 180 बच्चों की जान ले चुका है। फिर भी ऐसा लगता नहीं कि सरकार तत्काल इस पर प्रभावी रोक लगाने की स्थिति में है। अकेले राज्य सरकार की बात नहीं है। भारत अपने जीडीपी का 1.4 प्रतिशत ही स्वास्थ्य पर खर्च करता है, जबकि नॉर्वे, जर्मनी, ऑस्ट्रेलिया, अमेरिका, कनाडा जैसे देश जीडीपी का 9 प्रतिशत तक इस मद में खर्च करते हैं। पिछले दिनों नीति आयोग का स्वास्थ्य सूचकांक आया जिसमें बिहार, उत्तर प्रदेश और ओडिशा सबसे निचले पायदान पर हैं। बिहार ऐसा प्रदेश है जो मानव विकास सूचकांक और गरीबी दोनों ही मामलों में लगातार दशकों से निचले स्थान पर बना हुआ है।

ध्यान रहे, यह कोई नया मामला नहीं है। पांच साल पहले 2014 में भी एईएस या चमकी बीमारी ने 400 बच्चों की जान ली थी। तब 100 बिस्तर वाला सुपर स्पेशलिटी हॉस्पिटल बनाने का वादा किया गया था जो अभी तक नहीं बना। चमकी बुखार को लेकर जागरूकता अभियान नहीं चलाया गया और न ही वर्ल्ड हेल्थ ऑर्गनाइजेशन (डब्ल्यूएचओ) की मदद लेकर टीकाकरण की पर्याप्त व्यवस्था की गई। जैसा कि हमें पता है बिहार के 80 प्रतिशत परिवार सार्वजनिक वितरण व्यवस्था यानी पीडीएस सिस्टम पर आश्रित हैं और इस व्यवस्था की खामियों के कारण इन परिवारों को खाद्य पदार्थ मुहैया कराने में दिक्कत आ रही है। सबसे बड़ी बात यह है कि बिहार सरकार ने 2014 से ही चीनी का वितरण रोक दिया है। अब चीनी पीडीएस सिस्टम के तहत नहीं मिलता है। चमकी बुखार से मरने वाले ज्यादातर बच्चों की जान ग्लूकोज की कमी से गई है। बिहार में पिछले 5 सालों में फल एवं सब्जी के उत्पादन में भी भारी कमी आई है। फलस्वरूप पोषिक आहार बच्चों को नहीं मिल रहा है। बच्चों की मृत्यु के पीछे गर्मी के साथ ही भूख और कुव्यवस्था का भी हाथ है।

बिहार की विशाल आबादी को देखते हुए यहाँ 800 सामुदायिक स्वास्थ्य केंद्र होने चाहिए, लेकिन मात्र 148 हैं। 622 रेफरल



कॉमन रूम

अस्पतालों की जरूरत है, लेकिन मात्र 70 हैं। 212 स्पेशलिस्ट सब डिवीजनल अस्पताल होने चाहिए, लेकिन मात्र 44 हैं। राज्य को कम से कम 40 मेडिकल कॉलेजों की आवश्यकता है, लेकिन मात्र 9 कॉलेज हैं।

डॉक्टरों की बात करें तो राज्य में बढ़ावा के लिए 11393 पदों को मंजूरी प्राप्त है, पर मात्र 2700 डॉक्टर पदस्थापित हैं। यहाँ 40 हजार आबादी पर 1 डॉक्टर का अनुपात है जो 11000 पर एक डॉक्टर के राष्ट्रीय औसत के सामने कहीं नहीं ठहरता। हालाँकि डब्ल्यूएचओ ने 1000 की जनसंख्या पर एक डॉक्टर का स्टैंडर्ड तय किया है।

साफ है कि रातोंरात हालात में सुधार की

उम्मीद नहीं की जा सकती। राज्य में स्वास्थ्य सेवाओं को बेहतर बनाने के लिए तीन पहलुओं पर ध्यान देने की आवश्यकता है। पहला, स्वास्थ्य के इंफ्रास्ट्रक्चर की कमी का सुधार कर उन्हें परिचालित करना। दूसरा, लोगों को स्वास्थ्य सेवाओं के उपयोग के प्रति जागरूक बनाना जिससे उनके नजरिये और व्यवहार में बदलाव आए। तीसरा, पब्लिक-प्राइवेट मॉडल को अपनाता ताकि सरकारी फंड की कमी इंफ्रास्ट्रक्चर के विकास में बाधा न बने। इसके साथ ही पंचायती राज संस्थाओं को सशक्त बनाना भी जरूरी है। यह सुनिश्चित करना होगा कि पंचायती राज संस्थाओं के पास पर्याप्त पैसा हो जिसे वे बिना किसी बाधा के खर्च कर सकें।

अगर इन मोर्चों पर उपयुक्त ढंग से प्रयास किए जाएं तो बिहार में स्वास्थ्य सेवाएं सुदृढ़ होंगी। यह रास्ता लंबा और समयसाध्य लग सकता है, लेकिन यह समझना होगा कि बिहार में स्वास्थ्य सेवाओं की जो स्थिति है उसमें समस्याओं के हल का कोई शॉर्टकट नहीं है। ये कदम मेडिकल टूरिज्म को बढ़ावा देने के साथ ही निवेश और नौकरियों के लिए भी नए द्वार खोलेंगे। यह आवश्यक है कि बिहार सरकार अपेक्षित स्वास्थ्य सेवाओं के लिए वित्त, योजना और वितरण की जरूरी कार्यवाही करे।

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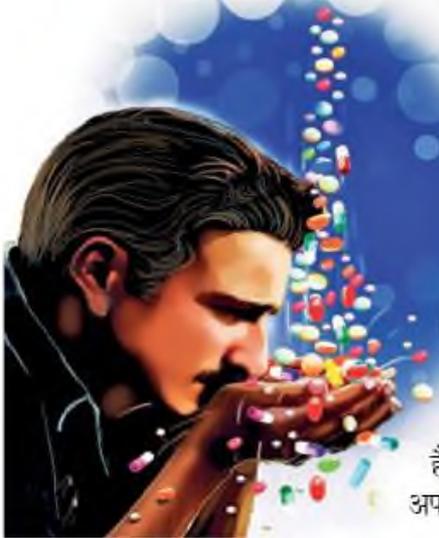
# कानून बनेगा, क्लीनिक पर डॉक्टरों को अब लिखनी होंगी जेनरिक दवाएं

■ विस, नई दिल्ली

जल्द ही डॉक्टर मरीजों को मनमर्जी से पेटेंटेड या ब्रैंडेड दवाएं नहीं दे पाएंगे। उन्हें अपने क्लीनिक पर मरीज को जेनरिक दवाएं ही बेचनी होंगी। सरकार इस सिलसिले में ड्रग एंड कॉस्मेटिक्स एक्ट में संशोधन करने पर विचार कर रही है। इस एक्ट में डॉक्टरों को दवाएं बेचने का अधिकार दिया गया है, लेकिन यह

स्पष्ट नहीं किया गया है कि वह किस तरह की दवाएं बेच सकेंगे। इसके कारण डॉक्टर आमतौर पर अपने क्लीनिक पर महंगी पेटेंटेड और ब्रैंडेड दवाएं ही रखते हैं। इससे मरीज को न चाहते हुए भी इन दवाओं को खरीदना पड़ता है।

यह मामला हाल में ही सरकार की औषधि सलाहकार समिति की बैठक में उठा। बैठक में डॉक्टरों द्वारा जेनरिक दवाएं न मुहैया कराने पर ऐतराज जताया गया। गौरतलब है कि मेडिकल काउंसिल ऑफ इंडिया ने डॉक्टरों को जेनरिक दवाएं ही लिखने का निर्देश भी दिया है। हालांकि ज्यादातर डॉक्टर इस निर्देश की अनदेखी कर रहे हैं। बैठक में यह भी कहा गया कि डॉक्टरों को उन्हें मिलने वाले सैंपल मरीजों को मुफ्त में देने होंगे। इंडियन मेडिकल काउंसिल इस विचार से सहमत है कि डॉक्टरों को जेनरिक दवाएं ही अपने मरीजों को मुहैया करानी चाहिए।



हर दवा के साइड इफेक्ट्स पर रहेगी सरकार की नजर

■ विस, नई दिल्ली : दवाओं के साइड इफेक्ट्स पर नजर रखने के मामले में सरकार सख्ती बरतने जा रही है। सरकार ने जिला अस्पतालों के साथ ही देश के तमाम मेडिकल कॉलजों में साइड इफेक्ट्स पर नजर रखने के लिए सेंटर बनाने का फैसला किया है। सरकार की ओर से फॉर्मकोपिया कमिशन ऑफ इंडिया (पीसीआई) इस काम पर नजर रखेगा। गौरतलब है कि कई दवा कंपनियां दवाओं के साइड इफेक्ट्स के बारे में दवा की पैकिंग या क्लीनिकल ट्रायल के नतीजे जाहिर करने के दौरान पूरी जानकारी नहीं देतीं। साइड इफेक्ट्स की जानकारी न होने पर आमतौर पर लोग इन्हें बाजार से खुद खरीदकर भी खा लेते हैं। जानकारी न दिए जाने से कई बार डॉक्टर भी अक्सर इनके साइड इफेक्ट्स से अनजान होते हैं। इसे देखते हुए ही सरकार ने अब खुद इसका पता लगाने का फैसला किया है।