



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20210120

## Obesity

### Obesity may impact Covid vaccines' efficacy: Experts (The Tribune: 20210120)

<https://www.tribuneindia.com/news/health/obesity-may-impact-covid-vaccines-efficacy-experts-200739>

Say obese people may have higher levels of a variety of immune-regulating proteins, including cytokines

Obesity may impact Covid vaccines' efficacy: Experts

Covid-19 vaccines may not be fully effective in people who are suffering from obesity, as experts on Tuesday suggested that the process of healing may be slower in obese people as compared to the healthy ones.

According to a report on Nature, obesity correlates with a dulled immune response to Covid-19. And vaccines for a handful of other conditions often don't work as well in obese people, suggesting that a shot for Covid-19 might not provide as much protection as researchers would like.

"The severity of Covid-19 is potentially high in obese or diabetic people. The fact is that the immunity and the process of healing may be slower in an obese person than a healthy person," Navneet Sood, Pulmonary Consultant, Dharamshila Narayana Superspeciality Hospital, told IANS.

"Such conditions also influence the immune system's response to vaccines. Same is applied on Covid-19 vaccine. But there is no study yet which strongly confirms the direct relation between Covid-19 vaccines' effectiveness and obesity," Sood added.

Obesity can cause chronic, low-grade inflammation, which is thought to contribute to the increased risk of conditions such as diabetes and heart disease. As a result, people who are obese might have higher levels of a variety of immune-regulating proteins, including cytokines.

The immune responses unleashed by cytokines can damage healthy tissue in some cases of severe Covid-19, according to the report.

According to a recently released study, published in the journal Perspectives on Psychological Science, suggests that depression, stress, loneliness and poor health behaviours can weaken the body's immune system and lower the effectiveness of new Covid-19 vaccines.

The researchers emphasise that environmental factors, as well as an individual's genetics and physical and mental health can weaken the body's immune system, slowing the response to a vaccine.

"In addition to the physical toll of COVID-19, the pandemic has an equally troubling mental health component, causing anxiety and depression, among many other related problems. Emotional stressors like these can affect a person's immune system, impairing their ability to ward off infections," said the researcher of the study Annelise Madison from the Ohio State University in the US.

Health experts also suggest that there are several factors that may lower the effectiveness of new Covid-19 vaccines and therefore it should be avoided.

"Immune system of people with severe health conditions and low immunity may influence the response to the vaccine," said Jyoti Mutta, Senior Consultant, Microbiology, Sri Balaji Action Medical Institute, New Delhi.

"People on steroids, severe liver diseases, uncontrolled diabetes or with immunosuppressed conditions like cancer patients, severe kidney patients may come in this category. Also alcohol consumption should be avoided. If one is leading a healthy lifestyle there is no apparent contra indication," Mutta added. IANS

## **New drug**

### **New drug combination may help treat acute myeloid leukemia (The Tribune: 20210120)**

<https://www.tribuneindia.com/news/health/new-drug-combination-may-help-treat-acute-myeloid-leukemia-200736>

Researchers able to significantly enhance cancer cell death by jointly administering MDM2 inhibitors and BET inhibitors

Researchers have identified two drugs that are potent against acute myeloid leukemia (AML) when combined, but only weakly effective when used alone.

The research team was able to significantly enhance cancer cell death by jointly administering the drugs that are only partially effective when used as single-agent therapies.

"Our study shows that two types of drugs, MDM2 inhibitors and BET inhibitors, work synergistically to promote significant anti-leukemia activity," said researcher Peter Adams, Professor at the Sanford Burnham Prebys Medical Discovery Institute in the US.

"The results were surprising because previous research had shown that each drug on its own had modest benefit against AML. The new research provides scientific rationale to advance clinical studies of the drug combination in patients with AML," Adams added in the study published in the journal Nature Communications.

There are many types of AML, and different cases have different chromosome changes, gene mutations and epigenetic modifications, making it difficult for researchers to find novel therapies that will work for a substantial proportion of patients. Although much progress has been made toward finding effective treatments in recent years, the long-term overall survival has stagnated.

According to the American Cancer Society, the five-year survival rate for adults with AML remains less than 30 per cent.

Notably, TP53, the most frequently mutated gene in all human cancers, is found unaltered in about 90 per cent of AML patients, the researchers said.

Since the product of the TP53 gene, p53, acts to suppress tumours, scientists have sought drugs that reactivate or boost its anti-cancer powers in AML, which should provide a clinical benefit. However, such drugs on their own, have been disappointing in AML.

"We were interested in combining MDM2 and BET inhibitors because each showed encouraging pre-clinical activity, but limited activity when given to patients as a single agent," said Adams.

"Our research unexpectedly showed that like MDM2 inhibitors, BET inhibitors activate p53, but through a different pathway. BET inhibitors mute the power of a protein called BRD4, which we found is a p53 suppressor in AML," Adams added. IANS

## Smoking

### **Cigarettes bad for health, smoking-vegetarianism-COVID link not fully understood: Scientists (The Tribune: 20210120)**

<https://www.tribuneindia.com/news/health/cigarettes-bad-for-health-smoking-vegetarianism-covid-link-not-fully-understood-scientists-200672>

CSIR survey suggests that smoking and a vegetarian diet may provide protection against COVID-19

A pan-India CSIR survey suggests that smoking and a vegetarian diet may provide protection against COVID-19, but there is no cause for either group to celebrate with scientists as well authors of the study cautioning that this is an observation and requires further research.

Smoking is bad for health. Period. And the link between vegetarianism, smoking and less COVID-19 sero-positivity is only a reported association, stressed Anurag Agarwal, director of the Council of Scientific and Industrial Research-Institute of Genomics and Integrated Biology (CSIR-IGIB) and one of the authors of the survey. Sero-positivity means a positive result for antibodies in a blood test.

The CSIR paper, yet to be peer-reviewed or published, also cites two studies from France and similar reports from Italy, New York and China, which reported lower infection rates among smokers.

“There is some such data elsewhere for smoking. There are many (studies) that have found the opposite too. As I said this is an association. Smokers and those with chronic obstructive pulmonary disease (COPD) are at greater risk of death. We do not advocate smoking,” Agarwal told PTI.

“Most importantly, low sero-positivity can be due to lower production or faster loss of antibodies also. The topic needs further study,” he clarified.

The CSIR survey, reported earlier this week, tracked about 10,000 of its employees on the prevalence of COVID-19, and found that nearly 10 per cent of the staff had antibodies.

The study also found that smoking and vegetarianism are associated with lower chances of contracting the virus. It did not go into scientific details of why and how beyond reporting the observations.

“Use of private transport, lower-exposure occupations, smoking, vegetarianism and ‘A’ or ‘O’ blood groups appeared to be protective, using sero-positivity as a surrogate for infection,” the authors of the pan-India survey said.

For its study, CSIR took samples of 10,427 adult individuals working in its laboratories or institutions and their family members, based on voluntary participation, to assess the presence of antibodies against SARS-CoV-2, the virus that causes COVID-19.

The study, piloted by CSIR-IGIB, Delhi, found that 1,058 (10.14 per cent) of the 10,427 had antibodies against SARS-CoV-2. The study did not specify how many of these are smokers or vegetarians.

Agarwal said the study suggests that declining infections in India by October end last year may be linked to sub-community level immunity.

“Most importantly, low sero-positivity can be due to lower production or faster loss of antibodies also. The topic needs further study,” he added.

(Click here for the latest developments on COVID-19 epidemic)

The key takeaway from the study, Agarwal said, is to be cautious since the disease spreads very fast and easily, and there is some optimism that the worst is behind us.

He added that the antibody stability for six months found in the study is a good sign.

Reacting to the conclusions drawn from the survey, immunologist Satyajit Rath noted that the research

,” Rath told PTI.

Classically, sero-positivity is interpreted as evidence of prior exposure, not as evidence of susceptibility, he explained.

“All interpretations about so-called roles for blood groups, smoking, and vegetarianism appear to be based on this incorrect interpretation,” Rath, from Delhi’s National Institute of Immunology (NII), added.

A review of 174 cohort studies in August revealed an unexpected low number of current smokers among subjects tested for SARS-CoV-2 infections. The prevalence of current smokers suffering from symptomatic COVID-19 was frequently significantly lower than in the general population, it said.

Cohort study is a type of panel study where the individuals in the panel share a common characteristic. The World Health Organisation (WHO) associates smoking with an adverse progression of COVID-19 and has in the past called on people to quit smoking.

There are also many published studies which suggest that quitting smoking might reduce the risk of a severe coronavirus infection.

According to a study published in the journal *Developmental Cell* in May, cigarette smoke spurs the lungs to make more of the receptor protein which the novel coronavirus uses to enter human cells.

The findings may explain why smokers appear to be particularly vulnerable to severe COVID-19, the researchers of the study said.

Another study published in the journal *Cell Stem Cell* in November, pointed out that smoking cigarettes causes more severe infection by the novel coronavirus in the airways of the lungs.

“In the absence of specifically designed studies, any hypothesis on the effect of smoking/nicotine uptake on symptomatic COVID-19 remains speculative,” according to an editorial published in the journal ‘*Tobacco Induced Diseases*’.

While there isn’t much scientific literature on the effect of vegetarian diet on chances of getting ill with COVID-19, the CSIR study does suggest that vegetarianism is associated with less COVID-19 sero-positivity.

K Srinath Reddy, president of the Public Health Foundation of India, told PTI in an earlier interview that there is no proof at the moment that vegetarians are protected against COVID-19.

However, he said people who take a lot of fruits and vegetables as part of their natural diet have better innate immunity, and might be able to fight the infection much better.

According to immunologist Vineeta Bal, while the CSIR study provides useful data, there are some limitations to it.

Science Education and Research, told PTI.

“Samples are also primarily city based. Male-female ratios don’t reflect the population distribution. These concerns are important from a public health perspective as recommendations for issuing guidelines about food, smoking etc. should have a more sound and wider basis,” she said.

She also noted that the CSIR study is an observational one and such studies can only highlight associations.

“More focused studies will be needed to strengthen or refute observations reported in this study. In any case, I think it is premature to derive public guidelines out of this study for people to make an informed choice,” Bal said. PTI

## **Active cases: Govt**

### **Number of people vaccinated against COVID-19 more than double number of active cases: Govt (The Tribune: 20210120)**

<https://www.tribuneindia.com/news/health/number-of-people-vaccinated-against-covid-19-more-than-double-number-of-active-cases-govt-200647>

In 24 hours, 2,23,669 people were vaccinated for COVID-19 across 3,930 sessions

Number of people vaccinated against COVID-19 more than double number of active cases: Govt

In 24 hours, 2,23,669 people were vaccinated for COVID-19 across 3,930 sessions

A total of 4,54,049 beneficiaries have so far been vaccinated against COVID-19 in the country which is more than double the number of coronavirus active cases, the Union Health Ministry said on Tuesday.

In 24 hours, 2,23,669 people were vaccinated for COVID-19 across 3,930 sessions taking the cumulative total of people vaccinated to 4,54,049 (across 7,860 sessions conducted so far) in the country, the ministry said.

India's total COVID-19 active caseload has dropped to 2 lakh (2,00,528) as on date which consists of just 1.90 per cent of the total cases, while the daily new cases have touched a new low on Tuesday with 10,064 daily new infections being added to the national tally after seven months. The daily new cases were 10,956 on June 12, 2020, the ministry said.

“The fall in the number of daily new cases is accompanied by a fast-rising number of people getting vaccinated against COVID-19 across all states and UTs,” it said.

“The total number of people vaccinated is more than double the number of active cases,” the ministry highlighted.

The COVID-19 positivity rate has also seen a deep dip with the increase in the number of the testing infrastructure.

India's weekly positivity rate is 1.97 per cent, the ministry said underlining 22 states and UTs have a weekly positivity rate less than the national average.

Thirteen states and UTs have weekly positivity rate more than the national average, it stated.

The country has recorded less than 140 fatalities (137 fatalities) in 24 hours after approximately 8 months, it said.

The total number of recoveries has touched 1,02,28,753, while the number of active cases in the country stands at 2,08,012.

A total of 17,411 recoveries have been registered in a span of 24 hours in the country.

The ministry said that 80.41 per cent of the new recovered cases are observed from ten states and UTs.

Kerala has reported the highest number of recoveries with 3,921 newly recovered cases in a single day. A total of 3,854 people have been recovered in Maharashtra in the past 24 hours followed by 1,301 in Chhattisgarh.

Over 71 per cent of the new cases are from six states and UTs.

Kerala continues to report the highest number of daily new cases at 3,346. It is followed by Maharashtra and Tamil Nadu with 1,924 and 551 new cases, respectively.

Eight states and UTs have reported 72.99 per cent of the total fatalities happened in 24 hours.

Maharashtra has reported 35 deaths. Kerala also saw a fatality count of 17 while West Bengal reported 10 new deaths.— PTI

## **A new COVID-19 challenge**

### **A new COVID-19 challenge: Mutations rise along with cases (The Tribune: 20210120)**

<https://www.tribuneindia.com/news/health/a-new-covid-19-challenge-mutations-rise-along-with-cases-200607>

The race against the virus that causes COVID-19 has taken a new turn: Mutations are rapidly popping up, and the longer it takes to vaccinate people, the more likely it is that a variant that can elude current tests, treatments and vaccines could emerge.

The coronavirus is becoming more genetically diverse, and health officials say the high rate of new cases is the main reason. Each new infection gives the virus a chance to mutate as it makes copies of itself, threatening to undo the progress made so far to control the pandemic.

On Friday, the World Health Organisation urged more effort to detect new variants. The US Centres for Disease Control and Prevention said a new version first identified in the United Kingdom may become dominant in the US by March. Although it doesn't cause more severe illness, it will lead to more hospitalisations and deaths just because it spreads much more easily, said the CDC, warning of “a new phase of exponential growth”.

"We're taking it really very seriously," Dr Anthony Fauci, the US government's top infectious disease expert, said Sunday on NBC's “Meet the Press.”

"We need to do everything we can now...to get transmission as low as we possibly can," said Harvard University's Dr Michael Mina. "The best way to prevent mutant strains from emerging is to slow transmission."

So far, vaccines seem to remain effective, but there are signs that some of the new mutations may undermine tests for the virus and reduce the effectiveness of antibody drugs as treatments.

"We're in a race against time" because the virus "may stumble upon a mutation" that makes it more dangerous, said Dr Pardis Sabeti, an evolutionary biologist at the Broad Institute of MIT and Harvard.

Younger people may be less willing to wear masks, shun crowds and take other steps to avoid infection because the current strain doesn't seem to make them very sick, but "in one mutational change, it might," she warned. Sabeti documented a change in the Ebola virus during the 2014 outbreak that made it much worse.

It's normal for viruses to acquire small changes or mutations in their genetic alphabet as they reproduce. Ones that help the virus flourish give it a competitive advantage and thus crowd out other versions.

In March, just a couple months after the coronavirus was discovered in China, a mutation called D614G emerged that made it more likely to spread. It soon became the dominant version in the world.

Now, after months of relative calm, "we've started to see some striking evolution" of the virus, biologist Trevor Bedford of the Fred Hutchinson Cancer Research Centre in Seattle wrote on Twitter last week.

"The fact that we've observed three variants of concern emerge since September suggests that there are likely more to come." One was first identified in the United Kingdom and quickly became dominant in parts of England. It has now been reported in at least 30 countries, including the United States.

Soon afterward, South Africa and Brazil reported new variants, and the main mutation in the version identified in Britain turned up on a different version "that's been circulating in Ohio...at least as far back as September," said Dr Dan Jones, a molecular pathologist at Ohio State University who announced that finding last week.

"The important finding here is that this is unlikely to be travel-related" and instead may reflect the virus acquiring similar mutations independently as more infections occur, Jones said.

That also suggests that travel restrictions might be ineffective, Mina said.

Because the United States has so many cases, "we can breed our own variants that are just as bad or worse" as those in other countries, he said.

Some lab tests suggest the variants identified in South Africa and Brazil may be less susceptible to antibody drugs or convalescent plasma, antibody-rich blood from COVID-19 survivors — both of which help people fight off the virus.

Government scientists are “actively looking” into that possibility, Dr Janet Woodcock of the US Food and Drug Administration told reporters on Thursday. The government is encouraging development of multi-antibody treatments rather than single-antibody drugs to have more ways to target the virus in case one proves ineffective, she said.

Current vaccines induce broad enough immune responses that they should remain effective, many scientists say. Enough genetic change eventually may require tweaking the vaccine formula, but “it’s probably going to be on the order of years if we use the vaccine well rather than months,” Dr Andrew Pavia of the University of Utah said Thursday on a webcast hosted by the Infectious Diseases Society of America.

Health officials also worry that if the virus changes enough, people might get COVID-19 a second time. Reinfection currently is rare, but Brazil already confirmed a case in someone with a new variant who had been sickened with a previous version several months earlier.

“We’re seeing a lot of variants, viral diversity, because there’s a lot of virus out there,” and reducing new infections is the best way to curb it, said Dr Adam Luring, an infectious diseases expert at the University of Michigan in Ann Arbor.

Loyce Pace, who heads the nonprofit Global Health Council and is a member of President-elect Joe Biden’s COVID-19 advisory board, said the same precautions scientists have been advising all along “still work and they still matter”. AP

## **Vaccination lagging,**

**Vaccination lagging, govt appeals against hesitancy (Hindustan Times: 20210120)**

<https://epaper.hindustantimes.com/Home/ArticleView>

## No-shows: An unexpected hurdle

Officials said reluctance by health care workers to get vaccinated was 'upsetting'

**631,417**

People inoculated till Tuesday

**11,660**

Vaccination sessions carried out

**54**

People vaccinated, out of the target of 100, per session

Data: Health ministry

### STATE-WISE INOCULATIONS

A look at the vaccination coverage in states/UTs till Monday



There are at least three states where fewer than 40% of people turned up for coronavirus vaccination, top government officials said on Tuesday, calling hesitancy among doctors and nurses “upsetting” and issuing fervent appeals for them to come forward.

The remarks were made at the government’s weekly briefing on Covid-19, which was opened by Union health secretary Rajesh Bhushan, who said three regions – Tamil Nadu, Puducherry and Punjab – vaccinated fewer than 40% of their targets. Figures released later showed till Tuesday, 631,417 people have been inoculated in 11,660 sessions – translating to a coverage rate of 54 people per session, nearly half of the 100 identified as an appropriate threshold.

Officials who asked not to be named said the situation is now so serious that in All India Institute of Medical Sciences (AIIMS), where the health minister and a bevy of top officials launched the mammoth vaccination drive on Saturday, did 55 vaccinations on Tuesday, a day after doing only 8.

Staff in other hospitals across Delhi now fear that vials of vaccine may go to waste if they don’t have 10 people to administer doses to within four hours of opening a vial.

“If doctors and nurses are declining to take vaccines, it is upsetting. The government appeals to you – please come don’t be reluctant. Because we don’t know how the pandemic will shape up in the coming days,” said VK Paul, Niti Aayog member (health).

Paul and Bhushan said that three days of vaccinations have shown that adverse reactions were lower than what has been seen globally, and the adverse effect following immunisation (AEFI) monitoring mechanism was robust enough to catch any problems. Bhushan said the number of mild AEFIs – reactions such as pain, nausea, mild fever – were reported in 0.18% of people vaccinated till Monday night. Severe AEFIs, which required hospitalisations, accounted for 0.002% of the immunisations. “Look at the data, look at the AEFI surveillance system we have put in place. This system has been built over two-and-a-half decades. We should have faith on such a system. If something serious comes up, we will respond to it. But if there isn’t, why are we afraid? Vaccine hesitancy among health workers should end,” Paul said.

Paul added that by India's capacity and speed, health care workers in the country can be vaccinated "in a matter of not even months, but days", and this, he said, could allow all health care services to be opened up.

"We are very fortunate that we are able to begin vaccinations when our pandemic is under control. In this period, the most we can vaccinate, we must. We will reach vaccine-induced herd immunity soon," he said.

His appeal was reiterated by Indian Council of Medical Research (ICMR) director Balram Bhargava. "As we approach half a million vaccinations, it's very clear both vaccines are very safe. There are three things we must remember about Covid vaccines: they do not cause Covid-19, they prevent Covid-19 infections, and they prevent Covid-19 deaths. The time to take a vaccine is now, when we can break the chain of transmission."

Tuesday's 54% vaccination rate was only marginally better than the 50% seen till Monday. According to preliminary figures released by the Union health ministry late in the evening, there were 3,800 sessions across the country throughout the day and roughly 180,000 vaccinations were done. AIIMS director Randeep Guleria told HT in an interview on Monday that some of the hesitancy has been fuelled by misconceptions about vaccines in general and due to misplaced concerns about safety of the two vaccines being used in India in particular. The problem is exacerbated by the fact that one of the vaccines, Covaxin made by Bharat Biotech, is yet to draw any significant clues from Phase 3 trials.

The other factor hampering the colossal exercise has been glitches in the digital tool to identify and track recipients. The government moved to address problems with the Co-WIN mobile application after complaints from states. The app identifies 100 recipients for a particular session and triggers automatic SMS alerts. But as selected recipients failed to turn up, vaccinators discovered a flaw in the design that would not allow them to call in others instead – this problem was rectified on Tuesday.

"We have made a provision in the app to also accommodate beneficiaries scheduled to take the jab on other dates. Earlier, the software wasn't designed to accept beneficiaries outside the day's list," said Dr RS Sharma, chairman, empowered group on Covid-19 vaccination.

The application is particularly crucial because India has created a matrix of recipients based on their vulnerability to the disease and their likelihood of catching the virus. First among the priority groups are health workers, who will be followed by frontline essential workers like police and cleaning staff, and ultimately people above 50 and those younger but with associated comorbid conditions.

## **Vaccine Drive (The Asian Age: 20210120)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15356556>

# Vaccine drive picks amid concerns

*Bharat Biotech explains who shouldn't take the vaccine, K'taka docs say let us choose*

**VINEETA PANDEY**  
NEW DELHI, JAN. 19

India's vaccination drive against Covid-19 picked up pace on Tuesday with more than 6.31 lakh healthcare and frontline workers getting the jab amidst concerns over the efficacy and adverse effects of the indigenous Covaxin. Though no adverse reactions of the two vac-

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▶ **India to supply Covid vaccines to 6 countries from today, says MEA**

cines – Covaxin (Bharat Biotech) and Covishield (Serum Institute of India) — were reported on Tuesday after the cumulative 580 cases of Adverse Effect Follo-

wing Immunisation (AEFI) in the first three days, healthcare workers in several parts of the country continue to show reluctance to take Covaxin. In most places the demand was for Covishield.

However, the Central government on Tuesday said both the vaccines are safe and healthcare workers should drop their hesitancy and

take the shots. Union health ministry officials added that both Covishield and Covaxin have been dispatched to states and Union Territories and it is the local authorities that are deciding which vaccines are to be used where.

The major concern has been with regard to Covaxin, developed by

■ **Turn to Page 2**

**Vaccines ((The Asian Age: 20210120)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15356595>

# Shivraj's Cabinet meet signals phase out of Covid rules in MP

Restrictions on transfer of employees due to pandemic to be withdrawn

RABINDRA NATH  
CHOUDHURY  
BHOPAL, JAN. 19

For the first time during the pandemic period, Chief Minister Shivraj Singh Chouhan on Tuesday held a physical cabinet meeting here signaling that restrictions imposed in Madhya Pradesh in the wake of outbreak of Coronavirus last year would be phased out gradually.

Shivraj Singh Chouhan, who assumed office for the fourth time on March 20, ended the trend of holding virtual cabinet meetings by chairing the meeting of his council of ministers in the state secretariat in the morning.

The Chief Minister announced that the restrictions imposed on transfer of state government employees due to the pandemic would be withdrawn on April one and the routine transfer of employees would continue till April 30.

A dozen ministers in the Shivraj ministry including the Chief Minister had tested positive for Coronavirus. All of them have since recovered. Till date, the chief minister has been holding cabinet and other official meetings through video conferences in view of the pandemic.

Meanwhile, in a sign of slowing down of the pandemic, the number of fresh Coronavirus positive cases in Madhya Pradesh dipped to 304, the lowest since the outbreak of the pandemic, on Monday. The state recorded three deaths on Monday.

As on Monday, MP has reported a total 2,51,882 positive cases and 3,756 deaths. Total 2,42,996 coronavirus patients have so far recovered in the state.

Madhya Pradesh has also reported vaccination of 9,543 people on January 16, recording 63.2 per cent of vaccination of registered persons on the day.

Similarly, the state has reported vaccination of 8,995 people on January 18, recording 59.9 per cent of vaccination of registered persons on the day.



A medic vaccinates a healthworker with Covishield vaccine during a countrywide inoculation drive against Coronavirus, at Rajawadi Municipal Hospital in Mumbai on Tuesday. — PTI

## ■ Maldives, Bhutan to be first recipients India to supply vaccines to 6 countries from today

AGE CORRESPONDENT  
NEW DELHI, JAN. 19

India on Tuesday announced that it will begin supplies of Indian-manufactured Covid vaccines under grant assistance to Bhutan, the Maldives, Bangladesh, Nepal, Myanmar and Seychelles from Wednesday.

New Delhi further said that regarding supply of these vaccines to Sri Lanka, Afghanistan and Mauritius, it is awaiting the "confirmation of necessary regulatory clearances" from these three countries.

So far as vaccine supply to Bhutan is concerned, it is understood that a consignment containing 1.5 lakh doses of Covishield vaccines will reach Thimphu on Wednesday. It is also understood that a consignment containing one lakh doses of Covishield vaccines will reach the Maldivian capi-

tal Male on Wednesday. Bhutan and the Maldives will therefore be the first two foreign countries to receive the Covishield vaccines, manufactured by the Serum Institute of India. This is being seen as India's "gift" to these two neighbouring countries, highlighting their close strategic proximity to India.

The Indian government is also conducting training programmes for the administration of the vaccines on Jan 19-20 in all the recipient countries. Meanwhile, in a statement, the MEA said, "The Government of India has received several requests

for the supply of Indian manufactured vaccines from neighbouring and key partner countries. In response to these requests, and in keeping with India's stated commitment to use India's vaccine production and delivery capacity to help all of humanity fight the Covid pandemic, supplies under grant assistance to Bhutan, Maldives, Bangladesh, Nepal, Myanmar and Seychelles will begin from Wednesday. In respect of Sri Lanka, Afghanistan and Mauritius, we are awaiting their confirmation of necessary regulatory clearances."

Meanwhile, India's vaccination drive against Covid-19 picked up pace on Tuesday with more than 6.31 lakh healthcare and frontline workers getting the jab.

Also, fresh cases of Covid-19 on Tuesday dropped to 10,064 with 137 deaths being reported.

## Odisha health staff refusing vaccination to lose free jobs

AKSHAYA KUMAR  
SAHOO  
BHUBANESWAR, JAN. 19

The Odisha government on Tuesday sent a veiled caution to a section of health workers in the state who were not showing interest to take the Covid-19 vaccines. It said the health workers refusing to take Covid vaccination may lose the chance to get Covid-19 vaccine free of cost later.

"Many health workers have informed us in writing that they will not take vaccines as a mark of protest to non-fulfillment of their certain demands. We appeal to them to come forward and get themselves vaccinated so that they would be safe as well as family members. Those who remain absent during the vaccination, will be considered subsequently but those who refuse to take the vaccine may not get the same free of cost later," said state health director Bijay Panigrahy.

Panigrahy said that the second day of the first phase was successful. As many as 32,526 health workers were immunised in 375 sessions against the government target of 31,902. The government achieved a 102 per cent target by vaccinating more health workers on Monday, he added.

As many as 192 sessions were conducted on Tuesday vaccinating 16,261 health professionals, he pointed out.

Similarly 92 sessions will be held on January 20, 436 sessions on January 21, 141 sessions on January 22, 178 sessions on January 23 and 279 sessions on January 25.

On Saturday, Covid vaccines were administered at 161 session sites across the state after the roll out of the vaccination initiative while the government stalled the inoculation drive on Sunday.

## **India's COVID-19 vaccination drive**

### **Injecting confidence: On India's COVID-19 vaccination drive ((The Asian Age: 20210120)**

<https://www.thehindu.com/opinion/editorial/injecting-confidence-the-hindu-editorial-on-indias-covid-19-vaccination-drive/article33595220.ece>

India must ensure appraisal of the prowess of the vaccines is disseminated widely

India began the largest vaccination drive in its history with over 2 lakh people vaccinated across the country in 3,350 sessions on the first day. Covishield manufactured at the Serum Institute of India was available in all States whereas only 12 States had vaccination sites where Bharat Biotech's Covaxin was administered. In the first tranche of vaccines, there are 11 million doses of Covishield and 5.5 million of Covaxin that will be administered to healthcare workers, sanitation workers and municipal workers in the coming days. The first day of the vaccine programme, inaugurated by Prime Minister Narendra Modi, included ceremonial inoculations across the country. It is significant that India has not lagged behind any other country in ensuring that frontline personnel stand to get vaccinated. It is only a year since the first reports of the novel coronavirus pandemic approaching India surfaced and that just 12 subsequent months of uncertainty, tragedy and upheaval have resulted in promising vaccines with the potential to save many lives and spark hope and optimism in millions. This is a commendable achievement. However, one cannot lose sight of the fact that this is a marathon. The optimism of day one has almost no bearing on the days that lie ahead. India's immediate plan, as has been announced, is to inoculate 3 crore frontline health workers, and later 27 crore of those most vulnerable to the disease by July. A lot is expected to change even before this deadline.

Establishing the efficacy based on final analysis of phase-3 trials and full licensure may take months. Till then, it is rational and scientific on the part of anyone to choose or decline a vaccine on the basis of whether the potential risks outweigh the benefits. Given India's experience with childhood immunisation and administering millions of doses in extremely diverse geographical conditions, there is reasonable confidence that the country has the executive ability to scale up vaccination. The approval of the vaccines earlier this month has seen divisions among scientists and doctors themselves on the sagacity of the government promoting both Covishield and Covaxin as being equivalent to one another. They are not. Covaxin is being administered as part of a clinical trial and its efficacy is not established. All the vaccines on offer in the United States or the United Kingdom have some — insufficient, nonetheless — efficacy data and therefore inspire greater confidence. Rather than dismiss concerns as 'rumour mongering' and 'politically motivated', the government has to work doubly hard to ensure that an honest appraisal of the vaccine's prowess is rapidly disseminated. Those lining up for shots are adults — and a significant fraction of them far more medically literate than the average Indian — and all arms of government must treat them so. It is their

experience that will percolate and influence adoption of the vaccines among the larger population.

## **Breast cancer**

### **Male sex hormones may help treat breast cancer: Study (New Kerala: 20210120)**

<https://www.newkerala.com/news/2021/11310.htm>

Researchers have found new evidence about the positive role of androgens, commonly thought of as male sex hormones but also found at lower levels in women, in breast cancer treatment.

In normal breast development, estrogen stimulates and androgen inhibits growth at puberty and throughout adult life.

Abnormal estrogen activity is responsible for the majority of breast cancers, but the role of androgen activity in this disease has been controversial.

The new research published in the journal Nature Medicine showed that androgens have potential for treatment of estrogen receptor positive breast cancer.

A cancer is called estrogen receptor positive if it has receptors for estrogen, according to Breastcancer.org.

Using cell-line and patient-derived models, the global team, including researchers at the University of Adelaide and the Garvan Institute of Medical Research in Australia, demonstrated that androgen receptor activation by natural androgen or a new androgenic drug had potent anti-tumour activity in all estrogen receptor positive breast cancers, even those resistant to current standard-of-care treatments.

In contrast, androgen receptor inhibitors had no effect.

"This work has immediate implications for women with metastatic estrogen receptor positive breast cancer, including those resistant to current forms of endocrine therapy," said lead researcher Theresa Hickey, Associate Professor at the University of Adelaide.

"We provide compelling new experimental evidence that androgen receptor stimulating drugs can be more effective than existing (e.g. Tamoxifen) or new (e.g. Palbociclib) standard-of-care treatments and, in the case of the latter, can be combined to enhance growth inhibition," said Wayne Tilley, Director of the Dame Roma Mitchell Cancer Research Laboratories, Adelaide Medical School, University of Adelaide.

Androgens were historically used to treat breast cancer, but knowledge of hormone receptors in breast tissue was rudimentary at the time and the treatment's efficacy misunderstood.

Androgen therapy was discontinued due to virilising side effects and the advent of anti-estrogenic endocrine therapies.

While endocrine therapy is standard-of-care for estrogen receptor positive breast cancer, resistance to these drugs is the major cause of breast cancer mortality.

"The new insights from this study should clarify the widespread confusion over the role of the androgen receptor in estrogen receptor driven breast cancer," said Elgene Lim, a breast oncologist and Head of the Connie Johnson Breast Cancer Research Lab at the Garvan Institute.

"Given the efficacy of this treatment strategy at multiple stages of disease in our study, we hope to translate these findings into clinical trials as a new class of endocrine therapy for breast cancer."

## **Colorectal cancer**

### **Simple, cheap test can help save lives from colorectal cancer (New Kerala: 20210120)**

<https://www.newkerala.com/news/2021/11098.htm>

Researchers have demonstrated that a simple, cheap test can help identify who is at risk of developing colorectal cancer, aiding early diagnosis and potentially saving lives.

Colorectal cancer has a high mortality rate - each year, 1.8 million cases are diagnosed worldwide, and the disease causes global 900,000 deaths annually.

"Our findings are very exciting -- we show that this simple and inexpensive test performs exceptionally well in this group of patients with low-risk symptoms, to quickly and accurately tell us who is likely to not have colorectal cancer, and who should be referred for investigation," said researcher Sarah Bailey from the University of Exeter.

For the study, published in the British Journal of Cancer, the team examined data from nearly 4,000 patients aged 50 and over.

The study involved all healthcare providers in the South West of England taking a new approach.

Over six months, they provided the faecal immunochemical test (FIT), which costs around 4 pound and can pick up traces of hidden blood in faeces.

The test was given to anyone with low-risk symptoms of colorectal cancer -- that is, symptoms can be caused by bowel cancer but are also very often caused by other things -- such as stomach ache, unexplained weight loss, or anaemia.

Prior to this, there was no easy to do test available for people with low risk symptoms of colorectal cancer.

Of those, 618 tested positive for blood in their faeces, 43 of whom had received a diagnosis of colorectal cancer within 12 months. In the group that tested negative, only eight were diagnosed with colorectal cancer a year later.

## **Diabetes**

### **How can you treat diabetes the Ayurvedic Way? (New Kerala: 20210120)**

<https://www.newkerala.com/news/2021/11057.htm>

One of India's leading Ayurvedic medicines developers, Butterfly Ayurveda, recommends people to take care of their sugar levels with Ayurveda, particularly during this pandemic since they are at huge risk of COVID-19.

According to the International Diabetes Federation, the number of people with diabetes in India is expected to rise to 69.9 million from 40.9 million by 2025. The Indian subcontinent is commonly called the diabetic capital of the world. Diabetes is a condition in which body sugar level is high. This could be due to faulty function of an organ near the stomach called the pancreas which produces hormone called insulin which regulates the body sugar, or due to improper utilization of the sugar by the body.

Sedentary lifestyle and unhealthy food habits are some of the important causative factors of the disease. If the disease is not managed properly at the right time it can cause serious complications in the body. It is seen a silent killer. Since this disease grows gradually, at the early stage symptoms are mild and are often ignored by people, therefore, detection of diabetes and managing diabetes becomes utmost important.

Some of the common symptoms of Diabetic patients are frequent urination and thirst, feeling tired and hungry, slow healing of wounds, pain in hands or feet and patches of dark skin. Many a times there are associated problems such as elevated blood pressure, cholesterol, variation in weight etc. Longstanding or chronic diabetes condition can give birth to or aggravate other disease conditions like cardiovascular diseases, kidney problems, eye and skin diseases and more.

As per Ayurveda details, "Prameha" could be related to Diabetes. 'Prameha', which literally translates into 'Pra' - Abundant, 'Meha' - urine or urination. Therefore, the passing of frequent or large amounts of urine is associated with diabetic condition, and this is a precursor for Diabetes Mellitus to set in which could be called as 'Madhumeha' of Ayurveda which means sweet urine or passing of large quantities of sweet urine. This is a state of hyperglycemia i.e. high level of blood sugar which could be due to defective insulin production in the body.

The major cause leading to diabetes mellitus as per Ayurveda is aggravated Kapha dosha, which could be due to a sedentary lifestyle and poor eating habits. However, on the basis of predominance and derangement of doshas there are three main types of prameha which is further subdivided in twenty types i.e. ten kaphaj, six pittaj and 4 vataj.

Kaphaj, in which kapha affects lipid metabolism, muscle tissue development and fluids in the urinary bladder. Excessive consumption of fresh pulses, curd, til (sesame), urad or heavy and oily foods or sweet foods along with loss of exercise, oversleep increase kapha and meda (fat) that build up toxins or 'ama' that then pass through the urine and thereby cause prameha.

Pittaj, in which pitta aggravated due to excessive intake of hot, amla (sour), lavana (salty taste), alkaline and pungent foods, irregular diet, excessive exposure to the sun, anger and over exertion also create 'ama' and a sustained condition like this develops into prameha.

Vataj, in which vayu causes prameha. Use of excessive amounts of astringent, pungent, bitter substances in foods, irregular eating habits or eating cold foods, or excessive exercise, emesis and purgation can cause of this type of prameha.

According to Ayurveda, the treatment of prameha is also dependent on the individual's body constitution i.e. prakriti. It is a requirement in today's era to switch over to a healthy lifestyle along with a suitable diet and right treatment for the specific body type. Studies and research have shown that polyherbal formulations tend to have a good effect on all body types.

Butterfly Ayurveda recommends Pancreofly, a polyherbal formulation that has been clinically evaluated and comes in the form of veg capsules. It is meant for diabetics and borderline cases of sugar patients or symptoms of prediabetes. These capsules are uniquely formulated by combining herbal extracts developed scientifically based on Ayurvedic concepts. This ayurvedic medicine for diabetes helps in moderation of blood sugar levels, maintains healthy cholesterol levels and helps in normalizing the kidney and liver functions.

It shows promising results if taken with the allopathic medicine. Further, it is understood that the medicine is also helpful in minimizing the associated complications that come with the disease.

What makes Pancreofly a reliable choice for controlling blood sugar is its well-researched ingredients.

- It is rich in fiber which helps to improve metabolic symptoms associated with Type 2 diabetes and lowers blood sugar levels.

- It is used as a vegetable, and has been traditionally used for medicinal purposes to prevent a sudden spike of blood sugar and it is also helpful in improving glycemic control.

- HARIDRA is the Sanskrit name of HALDI. It is a turmeric plant that has been used as a traditional medicine in India since ages. It balances Kapha dosha, manages and alleviates the diabetic symptoms.

- It is a rational combination of three plants items (Pippali, dry ginger and Kali mirch). Piperine is a potent bioavailability enhancer. It has shown prominent protective effects on diabetic liver, kidney, eye and neural system complications. Trikatu acts as a catalyst and increases the bioavailability of the herbs present in the capsule.

- It has anti-diabetic activity which is attributed to the ability of Gymnemic acid that delays the glucose absorption in the blood. It also helps in maintaining cholesterol levels.

- This fruit is used for edible purpose and helps lower the blood glucose probably by insulin secretagogue effect.

- It exerts strong antioxidant effect along with anti-diabetic effect. It has a good potential to regulate glucose homeostasis through decreased gluconeogenesis.

\* PANCREOFLY helps in achieving better control over blood sugar levels by increasing insulin secretion from pancreas and the peripheral utilization of glucose by enhancement of hepatic and muscle glycogen content.

\* PANCREOFLY supports in maintaining healthy triglycerides and cholesterol levels.

\* PANCREOFLY provides a sense of well being and feeling of less tired and fatigue- improves quality of life and restored libido.

\* PANCREOFLY helps in minimizing long-term diabetic complications- peripheral neuropathy, retinopathy and impotency in male.

\* Regular consumption of the recommended dosage will help pre-diabetics in controlling their sugar levels, thus preventing the diabetic condition to a significant extent.

\* Along with Type 2 diabetes, this product proves to be safe and effective for gestational diabetes as well.

\* This supplement is quite effective when paired with the necessary lifestyle changes.

Butterfly Ayurveda has a wide range of ayurvedic products for diabetics or borderline sugar cases. These include

Diabe Choice Cookies are packed with protein, calcium, antioxidants, and vitamin c. These cookies help boost bone health, benefit the nervous system, and pacify Vata and Kapha Doshas. They are made using cardamom, cinnamon, fenugreek, barley flour and coconut palm sugar that has a relatively low glycemic index score as compared to the normal sugar variants that are used in our daily life.

Diabe Infusion is a herbal infusion made by using selected herbs such as Gymnema, Giloy and Vijaysar to support healthy sugar and cholesterol levels. It helps to manage weight and supports liver health. It also has stevia that makes it palatable.

Livofly SF Livofly SF is a sugar-free Ayurvedic syrup that helps treat all liver problems. It is a natural hepatoprotective decoction based syrup, developed and formulated scientifically

using Ayurvedic concepts. It helps improve all body metabolisms, helps relieving hyperacidity and improves digestion.

Butterfly Ayurveda encourages everyone to take to ayurvedic consultation for their health issues, and also to treat diabetes, and its related conditions. Ayurvedic treatment and way of life can help prevent numerous lifestyle-related disorders and improve overall health and life in a drastic way. It is important that along with ayurvedic treatment necessary lifestyle changes are accompanied for effective results. These include having the needful exercise regimen, a healthy diet, proper rest and sleep, which will help to recover fast and also boost overall immunity.

This story is provided by BusinessWire India. ANI will not be responsible in any way for the content of this article.

## **Natural and ayurvedic tips**

### **Natural and ayurvedic tips to prevent bird flu (New Kerala: 20210120)**

<https://www.newkerala.com/news/2021/11014.htm>

Natural and ayurvedic tips to prevent bird flu

Bird flu, also called avian influenza, has come as a double whammy for countries that are already fighting their biggest battle against Covid-19. Again the sign and symptoms are related to the respiratory system only along with fever. Since there is not much clarity about its complications and other issues which patients can face, there is no one way to deal with this situation.

As per the available data and as a general rule of Ayurveda strength of diseases can be reduced by only good immunity. So, the best way to protect yourself from any kind of disease is to boost your immunity and follow a healthy lifestyle which can go beyond opting good eating habits. Daily routine, waking up early morning and sleeping on time are also part of a healthy lifestyle.

With work-from-home in place, people now-a-days tend to work over night resulting in a disturbed sleep cycle. Such lifestyles affect our immunity and various 'doshas' of the body, says Dr. Pooja Kohli.

"So, first of all we all need to follow a healthy lifestyle which includes a healthy meal on time, sound sleep, daily exercise iamp; meditation, offering food for our mind as well as soul," says Kohli who is the Vice President of Ayurveda Growth at NirogStreet.

To keep your immune system in shape and strengthen body's fighting mechanism she suggests these simple yet impactful tips to follow.

Give that extra herbs touch You can add a few herbs like Ginger, garlic, turmeric in your daily diet to avoid bird flu kind of infections. These herbs give strength to the body for fighting back and also protect our body from getting infected.

Nasya to keep your respiratory system in shape Every morning putting two to four drops of Anu tail in each nostril will give strength to the respiratory system, this therapy is known as Nasya. This also helps in flushing out pollutants or foreign bodies from the nasal cavity and prevents them from crossing the nasal pathway.

Remove toxins with oil pulling therapy, gargling and steam inhalation One of the other important therapy is oil pulling therapy, it can be done by holding lukewarm oil in the mouth for a few seconds followed by gargling with lukewarm water with a pinch of salt and turmeric along with steam inhalation. Oil pulling therapy, gargling and steam inhalation helps in removing toxins and boost immunity of the person.

Start your morning with one spoon of Chyawanprash One more important add on in daily life is Chyawanprash. Every morning during breakfast taking one spoon of Chyawanprash helps in boosting immunity and strengthens respiratory system.

Golden Milk Before sleeping, taking golden milk (Milk with sugar and pinch of turmeric) is one of the best remedies to get rid of symptoms like fever, cold and running nose etc.

### **Vaccination (Hindustan: 20210120)**

[https://epaper.livehindustan.com/imageview\\_585243\\_57380052\\_4\\_1\\_20-01-2021\\_2\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_585243_57380052_4_1_20-01-2021_2_i_1_sf.html)

लक्ष्य के मुताबिक टीका नहीं लगने के कारण टीकाकरण केंद्रों को सूची में बदलाव का अधिकार मिला

# नियमों में बदलाव से बढ़ेगा टीकाकरण

उम्मीद

नई दिल्ली | वरिष्ठ संवाददाता

कोरोना टीकाकरण के तरीके में बदलाव किए जाने से एक दिन में ज्यादा लोगों को कोरोना का टीका लगाया जा सकेगा। दिल्ली में शुरुआती दो दिनों में 16 हजार लोगों को टीका लगाने का लक्ष्य था, लेकिन 50 फीसदी से भी कम लोग टीका लगवाने के लिए आए। इससे हर दिन करीब 8000 लोगों का पंजीकरण होने के बाद भी टीका नहीं लग सका।

अब सरकार ने केंद्रों को कहा है कि वह चाहे तो अपने केंद्र की मास्टरलिस्ट (पंजीकृत स्वास्थ्यकर्मियों की सूची) में शामिल लोगों से बात करके तय समय से पहले बचे हुए स्लॉट में शामिल करके टीका लगा सकते हैं। केंद्र सरकार का मानना है कि इससे टीकाकरण में तेजी आएगी और बाकी स्वास्थ्यकर्मियों में सकारात्मक संदेश भी जाएगा। इससे ज्यादा से ज्यादा लोगों को टीका लगाकर उन्हें संक्रमण से बचाया जा सकेगा। साथ ही कोरोना का टीका लगाने के बाद उसके व्यापक असर का भी अंदाजा लगाया जा सकेगा। दिल्ली में शनिवार को 8100 लोगों में महज 53 फीसदी लोग टीका लेने आए। इसी तरह सोमवार



राजीव गांधी सुपर स्पेशियलिटी अस्पताल में मंगलवार को स्वास्थ्यकर्मियों को कोरोना का टीका लगाया गया। • राज के राज

को उससे भी कम महज 44 फीसदी लोग ही आगे आए।

इसके बाद दिल्ली ने केंद्र सरकार से सूची में बदलाव का अधिकार मांगा था। केंद्र ने मंगलवार दोपहर को यह छूट केंद्र को दे दी है। अगर जिन 100 लोगों को टीका लगवाने के लिए एसएमएस गया है, उनमें 30 लोग नहीं आते हैं तो उनके बचे हुए टीके को डोज केंद्र दूसरे

स्वास्थ्यकर्मी को लगा सकता है।

**सूची में बदलाव का अधिकार पर टीका 100 को ही लगेगा** : केंद्र ने छूट के साथ दो निर्देश दिए हैं। पहला जिन 100 लोगों को एसएमएस गया है, अगर वह केंद्र पर आते हैं तो उन्हें प्राथमिकता देनी होगी। दूसरा छूट का मतलब यह नहीं है एक केंद्र पर एक दिन में 100 से अधिक लोगों को टीका लगा सकते हैं।

ऐसे लोगों जिनका स्लॉट तय नहीं था, मगर टीका लगा है कोविड ऐप में मास्टर लिस्ट में उनके नाम के आगे मार्क करना होगा, जिससे भविष्य में उन्हें टीका लगवाने के लिए एसएमएस न जाएं। इसका उद्देश्य तेजी से टीकाकरण करना है साथ ही 100 की संख्या सीमित करने का उद्देश्य सभी मानकों को पूरा करते हुए टीकाकरण करना है।

100 स्वास्थ्यकर्मियों को हर केंद्र पर टीका लगाया जा रहा है

78 लोगों में दो दिन में कोरोना वैक्सीन लगाने के बाद दुष्प्रभाव सामने आए हैं

## कोविन ऐप में अब भी बनी हुई हैं समस्याएं

कोविन ऐप के नहीं चलने की समस्या भी आ रही है। कभी यह स्लो चलता है तो कई बार उन लोगों को दोबारा एसएमएस जा रहा है, जिन्हें टीका लग चुका है। इससे अभियान सुस्त पड़ा है। मंगलवार को भी यह समस्या कई केंद्र पर रही है। दोपहर तक बहुत कम लोगों का ही टीकाकरण हो पाया।

टीका लगवाना है कि नहीं, यह स्वास्थ्यकर्मियों का व्यक्तिगत निर्णय है। काउंसिलिंग की जा रही है। विश्वास बढ़ेगा तो वैक्सीन लगवाने वालों की संख्या भी बढ़ेगी। कोविन ऐप को लेकर भी कुछ दिक्कत है, जिसका हल निकालने को कहा गया है।

सत्येंद्र जैन, स्वास्थ्य मंत्री

Vaccine (Hindustan: 20210120)

[https://epaper.livehindustan.com/imageview\\_585243\\_57238892\\_4\\_1\\_20-01-2021\\_2\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_585243_57238892_4_1_20-01-2021_2_i_1_sf.html)

# संक्रमण घटने से कम टीकाकरण

## विशेषज्ञों की राय

नई दिल्ली | वरिष्ठ संवाददाता

अधिकतर लोग कोरोना का टीका इस वजह से नहीं लगवा रहे हैं, क्योंकि उन्हें लगता है कि कोरोना का संक्रमण अब बहुत कम रह गया है। दिल्ली में हर रोज 400 से कम मामले मिल रहे हैं। ऐसे में स्वास्थ्यकर्मियों को कोरोना का डर कम है। वहीं कुछ कर्मचारी टीकाकरण को लेकर डर रहे हैं।

नीति आयोग के सदस्य डॉक्टर वीके पॉल के मुताबिक कई लोगों में टीके के

## चिंताजनक

- अब भी कई स्वास्थ्य कर्मचारियों में टीके को लेकर डर है
- तीसरे चरण के नतीजे सामने नहीं आने के कारण भी बनाई दूरी

दुष्प्रभावों को लेकर शंकाएं हैं। उन्होंने कहा कि मैंने खुद अपनी पत्नी के साथ ह्यूको वैक्सीन का टीका लगवाया है। हम दोनों बिल्कुल ठीक हैं। डॉक्टर पॉल ने लोगों से टीकाकरण के लिए आगे आने की अपील की है और कहा है कि

यह बेहद सुरक्षित है।

एम्स के पूर्व डॉक्टर हरजीत सिंह भट्टी कहते हैं कि कोरोना के कोवैक्सीन टीके के तीसरे चरण के ट्रायल के नतीजे अभी तक सामने नहीं आए हैं, इस वजह से भी स्वस्थ्यकर्मी टीका लगाने नहीं आ रहे हैं। राम मनोहर लोहिया अस्पताल की रेजिडेंट डॉक्टर एसोसिएशन के उपाध्यक्ष डॉक्टर निर्माल्य महापात्रा भी यही वजह बताते हैं कि केंद्र के अस्पतालों में सभी को भारत बायोटेक का टीका लगाया जा रहा है, जिसे पहले एम्स के निदेशक ने बैकअप वैक्सीन कहा था।

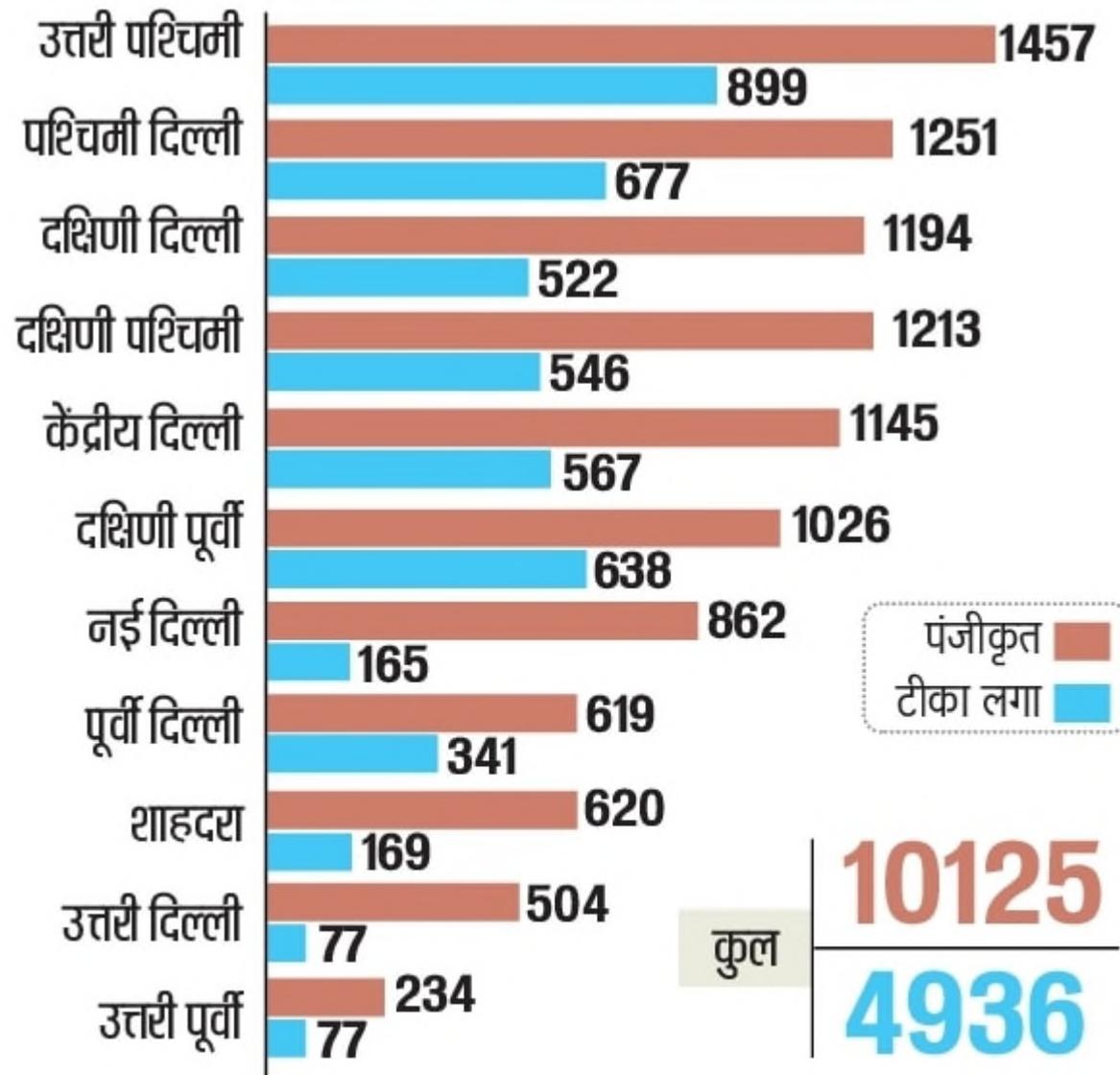
**Health Care Services (Hindustan: 20210120)**

[https://epaper.livehindustan.com/imageview\\_585243\\_57381292\\_4\\_1\\_20-01-2021\\_2\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_585243_57381292_4_1_20-01-2021_2_i_1_sf.html)

# टीका लगवाने सिर्फ 49 फीसदी लोग आगे आए

कोरोना टीकाकरण के तीसरे दिन 49 फीसदी स्वास्थ्य कर्मचारियों ने टीका लगवाया, हालांकि सोमवार के मुकाबले टीका लगवाने वालों की संख्या अधिक रही। मंगलवार को 4936 लोग टीका लगवाने पहुंचे। 16 लोगों में टीके के हल्के दुष्प्रभाव देखे गए, हालांकि किसी को भर्ती करने को जरूरत नहीं पड़ी। टीकाकरण कार्यक्रम सुबह 9 बजे से शाम 5 बजे तक चला।

## किस जिले में कितने लोगों ने टीका लगवाया



## Arthrities

नजरअंदाज न करें जोड़ों में होने वाला दर्द, बन सकती है किसी बड़ी परेशानी की वजह Dainik Gagan: 20210120)

<https://www.jagran.com/lifestyle/health-do-not-ignore-joint-pain-may-become-the-cause-of-any-major-problem-21290015.html>

गठिया सैकड़ों टाइप के होते हैं लेकिन इसमें ऑस्टियो आर्थराइटिस और रूमेटाइड सबसे कॉमन है। रूमेटाइड आर्थराइटिस एक तरह का ऑटोइम्यून डिसऑर्डर है। जिसकी शुरुआत तब होती है जब आपका इम्यून सिस्टम आपके बॉडी के टिशूज पर हमला करता है। तो क्या है इस बीमारी के लक्षण और उपचार जानेंगे।

रनिंग, जॉगिंग, स्किपिंग के दौरान घुटनों में होने वाले दर्द को ज्यादातर लोग ओवर एक्सरसाइज की वजह मानकर इग्नोर कर देते हैं जो सही नहीं। दरअसल लोगों को लगता है कि आर्थराइटिस यानि गठिया की समस्या बुजुर्गों की बीमारी है लेकिन अब ऐसा बिल्कुल भी नहीं। तो समय रहते हल्के-फुल्के और लगातार होने वाले दर्द में डॉक्टर से संपर्क जरूर करें और उचित सावधानियां बरत कर इस समस्या से छुटकारा पाएं।

क्या हैं इसके लक्षण

पहले-पहले तो मरीज को अक्सर बुखार आता रहता है, मसल्स में दर्द बना रहता है, ज्यादातर थकान महसूस होती रहती है, भूख कम लगती है और वजन भी कम होने लगता है। बॉडी के अलग-अलग ज्वॉइंट्स में इतना दर्द होता है कि उन्हें हिलाने पर ही बहुत ही ज्यादा तकलीफ होती है, खासकर सुबह के वक्त। जोड़ों में जहां-जहां दर्द होता है, वहां सूजन आना भी इस बीमारी में आम है। जोड़ों के इर्द-गिर्द सख्त सर्कुलर गांठें जैसी उभर आती हैं जिनमें हाथ-पैर हिलाने पर आवाज आती है। बॉडी के किसी भी पार्ट्स को हिलाने पर दर्द, जलन और सूजन की तकलीफ होती है।

बचाव

- जब भी नहाएं गुनगुने पानी से नहाएं।
- ज्यादा वजन से आपके घुटनों और कूल्हों पर दबाव पड़ता है इसलिए अपना वजन हमेशा नियंत्रित रखें।
- दवाएं ले रहे हैं तो इन्हें वक्त पर लें। इससे अकड़न और दर्द में राहत मिलती है।
- वैसे एक्सरसाइज और हल्के-फुल्के योग भी इसमें काफी फायदेमंद होते हैं लेकिन इसे करने से पहले एक्सपर्ट की सलाह बेहद जरूरी है।

मानव के आंतरिक अंगों का क्लियर फोटो

इन फल और सब्जियों को भोजन में शामिल कर रखें अपने लीवर को दुरुस्त

यह भी पढ़ें

- रोजाना कम से कम 8-10 पानी जरूर पिएं
- शराब और धूमपान से परहेज करें।
- न्यूट्रिशन से भरपूर डाइट लें।

- समस्या को जल्द से जल्द दूर करने के लिए डॉक्टर के संपर्क में रहें।

घरेलू इलाज से भी मिलेगी राहत

- गठिया दर्द में आराम के लिए जैतून के तेल की मालिश करें, इससे दर्द में बहुत आराम मिलता है।

- स्टीम बाथ और बॉडी की मालिश इसमें काफी फायदेमंद होती है।

मिश्री ना सिर्फ आपकी सेहत के लिए फायदेमंद है बल्कि स्किन के लिए भी फायदेमंद है।

**Sugar Milk Health Benefits:** सेहतमंद रहना चाहते हैं तो मिश्री का दूध पीएं, जानिए फायदे

यह भी पढ़ें

- अरंडी के तेल की मालिश भी समस्या में काफी लाभकारी है।

- जिंक, विटामिन-सी और कैल्शियम सप्लीमेंट्स का सेवन जरूर करें।

- रोजाना थोड़ा सा सोंठ पाउडर भी दर्द में आराम दिलाता है।

- सोने से पहले दर्द वाली जगह सिरके से मालिश करें।

- इस समस्या में आपका पेट साफ रहना बहुत जरूरी है इसलिए फाइबर रिच फूड्स का सेवन करें जिससे सुबह-सुबह पेट अच्छी तरह साफ हो जाए।

Pic credit- Freepik

Anni Red Sarees

