



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA
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WHO

WHO official warns of continued Covid transmission after inoculation (The Tribune: 20210127)

<https://www.tribuneindia.com/news/health/who-official-warns-of-continued-covid-transmission-after-inoculation-203958>

The official doesn't believe the world should start setting elimination or eradication of this virus as the bar for success.

WHO official warns of continued Covid transmission after inoculation

The official doesn't believe the world should start setting elimination or eradication of this virus as the bar for success. Reuters photo.

A senior World Health Organization (WHO) official warned of the risk of continued transmission of the novel coronavirus even after large-scale vaccinations in the foreseeable future.

Michael Ryan, executive director of the WHO Health Emergencies Programme, told a virtual press conference on Monday that he doesn't believe the world should start setting elimination or eradication of this virus as the bar for success.

"That is not the bar for success. The bar for success is reducing the capacity of this virus to kill, to put people in hospital, to destroy our economic and social lives," Xinhua news agency quoted Ryan as saying.

Asked whether Covid-19 will become an endemic, he emphasised that "for the foreseeable future, the coverage of vaccines will not reach a point where it will stop transmission. So we're likely to have continued transmission".

Noting that countries should probably not expect to get rid of the virus by 2021, Ryan reminded that so far in human history "we've only ever eradicated one disease on this planet: smallpox".

"We have to reach a point where we're in control of the virus," he added.

Ryan's warning came as the global coronavirus caseload was nearing the 100 million mark.

In its latest update on Tuesday morning, the the Johns Hopkins University revealed that the current global caseload and death toll stood at 99,660,483 and 2,138,299, respectively.

Vaccine

Moderna says it believes vaccine will work against new variants (The Tribune: 20210127)

<https://www.tribuneindia.com/news/health/moderna-says-it-believes-vaccine-will-work-against-new-variants-203927>

The company said it found no reduction in the antibody response against the variant found in Britain.

Moderna says it believes vaccine will work against new variants

The company said it found no reduction in the antibody response against the variant found in Britain.

Moderna Inc said on Monday it believes its COVID-19 vaccine protects against new variants found in Britain and South Africa, although it will test a new booster shot aimed at the South African variant after concluding the antibody response could be diminished.

The company said in a news release it found no reduction in the antibody response against the variant found in Britain.

Against the South African variant, it found a reduced response but still believed its two-dose regimen would provide protection.

Moderna shares closed 12.2% higher at \$147.00 on Monday.

The emergence of new variants in Britain, South Africa and Brazil has created some concern that mutations in the virus may make vaccines less effective.

Moderna said it is looking at whether a booster shot - either of its existing vaccine or of a new shot designed to protect against the South African variant - could be made available in future if evidence were to emerge that protection declined.

"The virus isn't going to stand still," Moderna President Stephen Hoge said on a conference call. "While the current strains appear to be well-protected by our COVID-19 ... it's important that we remain vigilant and develop potential tools and countermeasures that would allow us to continue to beat back the pandemic."

Moderna said it expects its current vaccine will remain protective for at least a year after completing the two-dose course. It does not expect to test the third dose until at least six months after that course is finished.

Jefferies analyst Michael Yee said in a research note it was encouraging that the antibody response of the Moderna vaccine to the South African variant was still above the levels that provide protection.

Sleep, stress

Study links insufficient sleep, stress to symptoms resembling concussion (The Tribune: 20210127)

Study links insufficient sleep, stress to symptoms resembling concussion

<https://www.tribuneindia.com/news/health/study-links-insufficient-sleep-stress-to-symptoms-resembling-concussion-203551>

While we all know how getting less sleep and stress can be harmful to a person's health, a new study suggested that lack of sleep, pre-existing mental health issues, and stress could also lead to symptoms that resemble concussion.

The study was published in the journal 'Sports Medicine'. This finding supports researchers' argument that athletes recovering from a brain injury should be assessed and treated on a highly individualised basis. This study was conducted by the Concussion Assessment, Research and Education (CARE) Consortium established by the NCAA and U.S. Department of Defense.

In the study, between 11 per cent and 27 per cent of healthy college athletes with no history of a recent concussion reported combinations of symptoms that met the criteria for the post-concussion syndrome (PCS) as defined by an international classification system.

Among the nearly 31,000 student-athletes surveyed, three factors stood out as the most likely to predict PCS-like symptoms: lack of sleep, pre-existing mental health problems, and stress.

The participants were cadets from four U.S. military service academies, who undergo rigorous training and are required to participate in athletics and students who competed in NCAA sports at 26 U.S. higher education institutions.

Beyond the substantial numbers of students who reported clusters of PCS-like symptoms, between one-half and three-quarters of all of the athletes surveyed reported one or more symptoms commonly experienced by people who've had a concussion, the most common being fatigue or low energy and drowsiness.

"The numbers were high and were consistent with previous research in this area, but it is quite shocking," said study lead author Jaclyn Caccese, assistant professor in The Ohio State University School of Health and Rehabilitation Sciences.

"These are elite athletes who are physically fit, and they are experiencing that many symptoms commonly reported following a concussion. So looking across the general population, they'd probably have even more," Caccese added.

It's important to understand that there are multiple sources of these symptoms, researchers stated, so that student-athletes' post-concussion care zeroes in on symptoms caused by the injury. In addition, knowing athletes' medical history and baseline symptom status may help clinicians predict which pre-existing factors could contribute to a slower recovery from a concussion.

"When a patient comes into a clinic and they are a month or more out from their most recent concussion, we need to know what symptoms they were experiencing before their concussion to know if their symptoms are attributable to their concussion or something else. Then we can start treating the concussion-related symptoms to hopefully help people recover more quickly," Caccese said.

The initiative is designed to fill gaps in knowledge about concussion effects and recovery among student-athletes at colleges, universities, and military service academies by collecting and analyzing data on men and women who compete in a range of sports and undergo military training.

Participants in this study included 12,039 military service academy cadets and 18,548 NCAA student-athletes who completed the Sport Concussion Assessment Tool symptom evaluation as part of the consortium's baseline testing. The consortium also collected demographic data and personal and family medical histories from participants.

Statistical analyses showed which factors in athletes' medical histories were most closely associated with reports of symptoms that aligned with PCS criteria. Among cadets, 17.8 per cent of men and 27.6 per cent of women reported a cluster of symptoms that met PCS criteria. Among NCAA athletes, 11.4 per cent of men and 20 per cent of women reported combined symptoms that mimicked the PCS criteria.

Caccese said the varied timing of data collection at military service academies compared to NCAA preseason testing likely contributed to the symptoms reported by a higher percentage of cadets.

For both groups, sleep problems - and particularly insufficient sleep the night before the test - and pre-existing psychiatric disorders were the most predictive conditions, and a history of migraines also contributed to symptoms that met PCS criteria. In cadets, academic problems and being a first-year student increased odds of having symptoms that met PCS criteria, and in NCAA athletes, a history of ADHD or depression contributed to meeting PCS criteria.

The International Classification of Diseases, Tenth Revision uses the term post-concussion syndrome for persistent symptoms following a concussion, although the cause or causes of these symptoms can be difficult to determine. Symptoms range from persistent headaches, dizziness, and fatigue to anxiety, insomnia, and loss of concentration and memory.

A complicating factor with high symptom reporting is that recognising a concussion and determining return to play is based on reported symptoms. And while some symptoms may be more closely connected to concussion than others - such as dizziness, pressure in the head, or sensitivity to light or noise - others, like fatigue, drowsiness, and even headaches, can be linked to a variety of causes.

The CARE Consortium also aims to identify factors that will help predict outcomes in student-athletes and cadets who suffer concussions. (ANI)

Loneliness leads to depressive

COVID-19 lockdown loneliness leads to depressive symptoms in adults: Study (The Tribune: 20210127)

<https://www.tribuneindia.com/news/health/covid-19-lockdown-loneliness-leads-to-depressive-symptoms-in-adults-study-203550>

Researchers had access to data going back to 2015 for participants of the PROTECT online study

COVID-19 lockdown loneliness leads to depressive symptoms in adults: Study

The ongoing coronavirus pandemic has meant more time at home for everyone and people have turned to cooking, reading, among other activities to deal with the health crisis, which brings a fresh supply of stress every day.

According to a new study, loneliness in adults aged 50 and over during the COVID-19 lockdown was linked to worsening depressive and other mental health symptoms.

Loneliness emerged as a key factor linked to worsening symptoms of depression and anxiety in a study of more than 3,000 people aged 50 or over led by the University of Exeter and King's College London and funded by The National Institute for Health Research (NIHR) Maudsley Biomedical Research Centre (BRC).

Researchers had access to data going back to 2015 for participants of the PROTECT online study. They also found that a decrease in physical activity since the start of the pandemic was associated with worsening symptoms of depression and anxiety during the pandemic. Other factors included being female and being retired.

Dr Byron Creese, of the University of Exeter Medical School, who led the study, said, "Even before the pandemic, loneliness and physical activity levels were a huge issue in society, particularly among older people. Our study enabled us to compare mental health symptoms before and after COVID-19 in a large group of people aged 50 and over."

Creese added, "We found that during lockdown, loneliness and decreased physical activity were associated with more symptoms of poor mental health, especially depression. It's now

crucial that we build on this data to find new ways to mitigate the risk of worsening mental health during the pandemic."

The study found that before the pandemic, lonely people would report an average of two symptoms of depression for at least several days over the previous last two weeks. During the lockdown, lonely people reported either an increase in the frequency of depressive symptoms, to more than half the days in the two week period, or a new symptom for at least several days in that timeframe. In people who were not lonely, levels of depressive symptoms were unaffected.

PROTECT began in 2011 and has 25,000 participants signed up. Designed to understand the factors involved in healthy aging, the innovative study combines detailed lifestyle questionnaires with cognitive tests that assess aspects of brain function including memory, judgment, and reasoning over time.

In May, researchers included a new questionnaire designed to assess the impact of COVID-19 on health and wellbeing. Running from May 13 to June 8, the questionnaire was completed by 3,300 people, of which 1,900 were long-standing PROTECT participants. The study is continuing to run so that longer-term outcomes can be assessed.

Zunera Khan, Research Portfolio Lead at Institute of Psychiatry, Psychology and Neuroscience said, "We have found links between loneliness and a drop in physical exercise and worsening mental health symptoms. It should be within our power to find ways of keeping people socially engaged and active. Our online PROTECT platform ultimately aims to find new ways to engage people in their homes, however, technology can only be part of the picture. We need to ensure we can find new ways to help people stay active and social, whether they are online or not."

The study planned to conduct further analysis on groups at particularly high risk, such as people with cognitive impairment and those with caring roles. (ANI)

Natural antioxidants

Natural antioxidants can keep heart, cancer diseases at bay (The Tribune: 20210127)

<https://www.tribuneindia.com/news/health/natural-antioxidants-can-keep-heart-cancer-diseases-at-bay-203018>

Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

Natural antioxidants can keep heart, cancer diseases at bay

Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

If you want to keep your immune system strong for fighting cardiovascular diseases or cancer, start taking natural antioxidants as health experts on Sunday stressed that it helps in improving overall health by providing many other health benefits.

According to experts, antioxidants are substances that may protect your cells against free radicals, which play a role in heart disease, cancer and other diseases.

Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

The latest antioxidant which is produced for the first time in India is gamma oryzanol, which is very quickly gaining popularity as a super antioxidant.

It is a substance that is taken out of rice bran oil. It is also found in wheat bran and some fruits and vegetables.

The experts said that gamma oryzanol is used for high cholesterol, symptoms of menopause and many other conditions.

"Gamma oryzanol is useful for controlling elevated cholesterol and triglyceride levels, supporting cardiovascular health along with controlling menopausal symptoms. Gamma oryzanol helps lower cholesterol because it helps decrease cholesterol absorption and increase cholesterol elimination. Along with this, it is also known to boost metabolic rate and may help with weight loss," Swapna Chaturvedi, senior dietician, Department of Dietetics, AIIMS told IANS.

As gamma oryzanol is found to be effective in controlling high cholesterol level in the body, it is registered in Japan and the US as a natural medicine to treat hyperlipidemia/dyslipidaemia (elevated cholesterol levels/unhealthy cholesterol levels).

Most research shows that taking natural antioxidants decreases total cholesterol, "bad" low-density lipoprotein (LDL) cholesterol, and blood fats called triglycerides in people with high cholesterol.

"It also helps in preventing heart attack by preventing platelet aggregation, a system where platelets blood gets stuck together and form clots that block arteries," said Praveen Chandra, Head of Department, Interventional Cardiology, Medanta, The Medicity in Gurugram.

The experts mentioned that gamma oryzanol is also used for increasing testosterone and human growth hormone levels, as well as improving strength during resistance exercise training.

Gamma oryzanol also helps to inhibit different cancers in the body and builds immunity to fight cancer cells.

"Many of the antioxidants have proven beneficial in inhibiting the cancers at various stages. Gamma oryzanol has been found out to be effective antioxidant which comes from rice bran and helps in preventing cancer if taken for a long period," said Rahul Bhargava, Director, Institute of Blood Disorder and BMT, Fortis Hospital, New Delhi.

Gamma oryzanol is activator of NK cells which gives the cancer cells a check.

It not only works through NK cells but also inhibits angiogenesis. It means it cuts the supply for the cancer cells to grow and increases your body's own immunity to gather the strength to kill cancers.

"Gamma oryzanol also prevents cancers and studies show it helps in regressing the prostate cancer cells," Bhargava noted.--IANS

Postnatal depression in men

Relationship insecurities may up postnatal depression in men (The Tribune: 20210127)

<https://www.tribuneindia.com/news/health/relationship-insecurities-may-up-postnatal-depression-in-men-202565>

Low self-confidence in close relationships seems to trigger parental stress, says researcher

Men, take note. If you are a new father and insecure about the relationship with your partner, it may trigger depression, a new study suggests.

The findings indicate that male postnatal depression is more common in men who are insecure in their relationship with their partner.

"Low self-confidence in close relationships seems to trigger parental stress, which in turn triggers the symptoms of depression," said researcher Elia Psouni, Associate Professor, Lund University in Sweden.

According to the researchers, depression affects around 10-12 per cent of new mothers, and at least 8 per cent of new fathers.

The study focused on reasons behind the fathers' depressive symptoms.

For the study, published in the journal APA Psyc Net, the research team involved new 530 fathers.

The researchers said that 143 had symptoms of depression that would justify a referral for further assessment. Of these, 43 fathers described very debilitating symptoms and 22 described very serious symptoms.

Affected men often have a negative view of themselves and are worried about being inadequate in their intimate relationships; a concern that may be based on childhood experiences with their own parents, the team said.

The study also revealed that men whose female partners suffered from postpartum depression were over-represented, and that very few of them were in contact with a professional to get help. — IANS

Coronavirus

Coronavirus | Vaccinated people may still transmit COVID-19, warns England's Deputy Chief Medical Officer (The Hindu: 20210127)

<https://www.thehindu.com/sci-tech/health/vaccinated-people-may-still-transmit-covid-19-warns-englands-deputy-chief-medical-officer/article33649452.ece>

Deputy Chief Medical Officer, Professor Jonathan Van-Tam. File | Photo Credit: Reuters

Protection takes up to three weeks to kick in and we don't yet know the impact of vaccines on transmission, says Professor Jonathan Van-Tam

One of England's leading medical officers on Sunday urged the public to continue to follow the strict lockdown rules because any vaccine-related immunity from COVID-19 takes at least three weeks to kick in.

Professor Jonathan Van-Tam, England's Deputy Chief Medical Officer, also warned that there is no clear evidence yet to show that vaccinated people cannot transmit the deadly virus on to others.

“Regardless of whether someone has had their vaccination or not, it is vital that everyone follows the national restrictions and public health advice, as protection takes up to three weeks to kick in and we don't yet know the impact of vaccines on transmission,” said Prof. Van-Tam.

His warning comes as the UK registered another high daily death toll from the virus of 1,348 this weekend, taking the country's total to 97,329.

However, he pointed to an additional 32 vaccination sites coming on stream to add to the thousands of venues where the National Health Service (NHS) has been delivering 140 jabs a minute, taking the vaccinated total to over 5.8 million.

“The vaccine is rightly something to celebrate – let's stay patient, stay at home and support the NHS as it continues to roll out the vaccine,” he said.

A Living Museum where the BBC filmed a hit drama series 'Peaky Blinders' based on the notorious Birmingham gang in the 1920s is among the new vaccine sites.

A former IKEA store at the Westfield shopping centre in Stratford, London, the Francis Crick Institute, which is also in the UK capital, the Nightingale Hospital in Sunderland and the Blackpool Winter Gardens will also be new vaccination centres.

The latest openings mean there will be a network of almost 50 across the country, adding to options alongside hospitals, pharmacies and general practice (GP) surgeries.

“Through the vaccines delivery plan, we have made outstanding progress in vaccinating our NHS and care staff and the most vulnerable people in society,” said U.K. Health Secretary Matt Hancock.

“We must not drop our guard. While the vaccine can prevent severe disease, we do not know if it stops you from passing on the virus to others, and it takes time to develop immunity after a jab, so for now everyone must continue to stay at home to help bring down infections and protect the NHS,” he said.

The NHS said the new vaccine centres will each be capable of delivering thousands of jabs each week, scaling up and down according to vaccine supplies and demand.

People eligible in the priority criteria of over-80s, followed by over-70s, care home workers and staff as well as frontline workers, are being invited when it is their turn and people are being urged not to just turn up.

“These new centres provide another option for people invited for their jabs, alongside the fantastic work of local GPs,” said Professor Stephen Powis, NHS national medical director.

Vaccine Minister Nadhim Zahawi added: “As of next week there will be almost 50 vaccination centres, more than 250 hospitals hubs and over 1,000 local vaccination service sites, run by GPs and pharmacies right across the country.

“This will enable us to vaccinate as many people as possible in the weeks and months to come and I encourage anyone who has been invited for a free vaccine to come forward and get a jab.” The NHS said its new Vaccination Centres will kick off by jabbing mainly health and social care staff from Monday before opening their doors to more patients on Tuesday.

Happy childhood

Happy childhood may lower drink, drug risk among teens (New Kerala: 20210127)

<https://www.newkerala.com/news/2021/15865.htm>

Happy childhood may lower drink, drug risk among teens

If your teenage child has memories of a happy childhood, they are less likely to indulge in drinking or substance abuse and enjoy learning, a new study suggests.

The findings, published in the journal *Addiction Research and Theory*, indicated that positive attitudes towards the past, present and future put adolescents at lower risk of alcohol use, binge drinking and marijuana.

"Many teenagers also aren't engaging with online learning during Covid-19 or have lower engagement levels," said researcher John Mark Froiland from Purdue University in Indiana, US.

"But they are more likely to be enthusiastic learners and not use drink and drugs if teachers take time to build more positive relationships with them. They can help students see that everything they are learning is truly valuable. Parents have a role to play too," Froiland added.

For the study, the team assessed 1,961 students at a high school and half (53 per cent) of the pupils included in the study were female.

The researchers looked at responses from pupils where they rated how nostalgic they were of their childhood, current happiness levels in life and how much they look forward to future happiness.

They also analysed marijuana and alcohol habits over the past 30 days including binge drinking, and average academic grades. They analysed motivation levels, and behaviour in lessons such as how much teenagers paid attention and listened.

Statistical techniques were used by the researchers to assess the associations between all these different factors and establish the key predictors for alcohol and marijuana misuse.

The researchers are calling on teachers and parents to help students develop more positive mindsets and become motivated to learn so they are less likely to binge drink or use marijuana.

The aim of this study was to establish how substance misuse and behaviour towards learning are affected by students' feelings about the past, present and future.

High omega-3

High omega-3 levels in blood may reduce death risk due to Covid (New Kerala: 20210127)

New Kerala: 20210127)

People with higher omega-3 levels in their blood may have a reduced risk of death from Covid-19 infection, a new study suggests.

The findings, published in the journal *Prostaglandins, Leukotrienes and Essential Fatty Acids*, indicated that the relative risk of death was about four times higher in those with a lower omega-3 Index (O3I) compared to those with higher levels.

According to the researchers, an excessive inflammatory response, referred to as a 'cytokine storm,' is a fundamental mediator of severe Covid-19 illness.

Omega-3 fatty acids (DHA and EPA) have potent anti-inflammatory activities, and this pilot study provides suggestive evidence that these fatty acids may dampen Covid-19's cytokine storm, the researchers said.

"While not meeting standard statistical significance thresholds, this pilot study -- along with multiple lines of evidence regarding the anti-inflammatory effects of EPA and DHA -- strongly suggests that these nutritionally available marine fatty acids may help reduce risk for adverse outcomes in Covid-19 patients," said lead author Arash Asher, from Samuel Oschin Comprehensive Cancer Institute at Cedars-Sinai Medical Center in the US.

For the study, the team included 100 patients admitted to the hospital with Covid-19 for whom admission blood samples had been stored.

Clinical outcomes for these patients were obtained and blood was analyzed for the Omega-3 Index (O3I, red blood cell membrane EPA+DHA levels) at OmegaQuant Analytics (Sioux Falls, SD). Fourteen of the patients died.

The 100 patients were grouped into four quartiles according to their O3I, with 25 per cent of the patients in each quartile. There was one death in the top quartile, with 13 deaths in the remaining patients.

In age-and-sex adjusted regression analyses, those in the highest quartile were 75 per cent less likely to die compared with those in the lower three quartiles.

Light pollution

Light pollution could increase preterm birth: Study (New Kerala: 20210127)

<https://www.newkerala.com/news/2021/15857.htm>

Light pollution could increase preterm birth: Study

Light pollution, based on a direct measure of skyglow, could increase the likelihood of preterm birth, a new study suggests.

The study, published in the Southern Economic Journal, examined the fetal health impact of light pollution based on a direct measure of skyglow -- an important aspect of light pollution.

Using an empirical regularity discovered in physics called Walker's Law, the team found evidence of reduced birth weight, shortened gestational length and preterm births.

"While greater use of artificial light at night (ALAN) is often associated with greater economic prosperity, our study highlights an often neglected health benefit of 'darkness'," said researcher Muzhe Yang from the Lehigh University in the US.

Specifically, the likelihood of a preterm birth could increase by approximately 1.48 per cent points (or 12.9 per cent) as a result of increased nighttime brightness, according to the researchers.

Nighttime brightness is characterised by being able to see only one-fourth to one-third of the stars that are visible in the natural unpolluted night sky.

One possible biological mechanism underlying the findings, based on the existing literature, is light-pollution-induced circadian rhythm disruption, Yang said.

While essential to a modern society, ALAN can disrupt a human body's circadian rhythm and therefore become a "pollutant". The societal benefits of ALAN, for example, through increased economic activity, may be offset by ALAN's negative externalities such as adverse health effects, the authors said.

The contribution of ALAN to the alteration of natural nocturnal lighting levels is often referred to as light pollution. Light pollution is considered a worldwide ongoing problem.

Childhood cancer

Childhood cancer survivors not more likely to undergo abortion: Study (New Kerala: 20210127)

<https://www.newkerala.com/news/2021/15656.htm>

According to a new study, female childhood cancer survivors face a lower likelihood of becoming pregnant than women in the general population, but once pregnant, they are not more likely to undergo an abortion.

The findings were published online in the journal 'CANCER'. Cancer survivors might be reluctant to start a family due to concerns for their children's health as well as the potential recurrence of their own cancer. This could lead to a greater likelihood of induced abortions in female survivors who become pregnant.

To examine whether pregnancies of childhood cancer survivors are more likely to end with induced abortions, Johanna M Melin, MD, PhD, of the Finnish Cancer Registry in Helsinki, Finland, and her colleagues examined data from Finnish registers on cancer, births, and induced abortions.

When the researchers compared 420 first pregnancies of childhood cancer survivors with 2,508 first pregnancies from the general population in 1987 to 2013, survivors had a 28 percent lower probability of becoming pregnant compared with women in the general population, but their risk of a first pregnancy resulting in an induced abortion was similar.

"Our study shows that the risk of terminating a pregnancy is similar in childhood cancer survivors and population controls, suggesting that female childhood cancer survivors are as willing as their peers to continue the pregnancy and become parents," said Dr Melin.

"Also, research has found no increased risk for congenital anomalies in children born to cancer survivors. In our study, termination of pregnancy due to a congenital anomaly or birth defect of the fetus was very rare in childhood cancer survivors," added Melin.

Melin noted that the reduced probability of pregnancy in childhood cancer survivors seen in this study highlights the persisting need for interventions to preserve patients' fertility during treatment. This supports the American Cancer Society's Preserving Fertility in Female Cancer Patient initiative.

Kidney

शरीर के सबसे खास अंग किडनी की सफाई के लिए अपनाएं ये आसान घरेलू उपाय Dainik Gagan: 20210127)

<https://www.jagran.com/lifestyle/health-follow-these-easy-home-remedies-for-cleaning-the-kidneys-the-most-important-part-of-the-body-21310379.html>

शरीर के खास अंगों में से एक किडनी की समय-समय पर साफ-सफाई बेहद जरूरी है। इसमें कई तरह के टॉक्सिन्स जमा होते रहते हैं जो हमारी सेहत के लिए बिल्कुल भी सही नहीं। तो किचन में मौजूद कुछ चीजों की मदद से आसानी से कर सकते हैं इसे क्लीन।

किडनी एक तरह से हमारे शरीर में फिल्टर की तरह काम करता है। मतलब शरीर की गंदगी को बाहर निकालने का। दरअसल, किडनी में गंदगी जमा होती रहती है। जिससे स्टोन (पथरी) होने की संभावना रहती है। इन्हीं कारणों से किडनी की सफाई बहुत जरूरी है। तो इसके लिए आपको किसी तरह के खास ट्रीटमेंट की जरूरत नहीं, बस किचन में मौजूद कुछ चीजों की मदद से ही आप रख सकते हैं किडनी को हेल्दी।

नींबू

विटामिन सी से भरपूर नींबू बॉडी में मौजूद टॉक्सिन्स को दूर करने में बेहद कारगर है। इसके लिए आपको बस रोजाना एक गिलास गुनगुने पानी में नींबू का रस निचोड़कर पीना होगा। अगर किडनी की किसी बीमारी से जूझ रहे हैं तो डॉक्टर की सलाह के बाद ही ऐसा करें और अगर किसी बीमारी से ठीक होने के लिए नहीं बल्कि हमेशा ही किडनी को हेल्दी और क्लीन रखना चाहते हैं तो रोजाना इसका सेवन करें।

शिमला मिर्च

शिमला मिर्च में भी विटामिन सी की अच्छी-खासी मात्रा मौजूद होती है लेकिन लाल शिमला मिर्च में विटामिन सी के अलावा फोलिक एसिड और विटामिन ए भी मौजूद होता है। साथ ही कुछ मात्रा में पोटैशियम भी। तो ये सारी ही चीजें किडनी को नेचुरली साफ करने में मदद करती हैं।

दही

दही में प्रोबायोटिक बैक्टीरिया पाए जाते हैं जो डाइजेशन के लिए बहुत ही फायदेमंद होता है। ये न सिर्फ किडनी को साफ करते हैं, बल्कि इम्यून सिस्टम को भी दुरुस्त रखते हैं।

अदरक

किडनी की सफाई में अदरक का इस्तेमाल भी बेहद कारगर है। ऐसा इसलिए क्योंकि इसमें क्लोरीन, आयोडीन, विटामिन और कैल्शियम जैसे कई पोषक तत्व शामिल होते हैं, जो किडनी में मौजूद अपशिष्ट पदार्थों को बाहर निकालते हैं। अदरक के इस्तेमाल से लंबे समय तक किडनी की समस्याओं से भी दूर रहा जा सकता है।

योगा स्टूडियो में योगाभ्यास करती हुई महिलाएं

नामुमकिन नहीं शुगर कंट्रोल करना, बस बदलते मौसम के साथ करें लाइफस्टाइल में ये चेजेंस

विटामिन सी से भरपूर ज्यादातर चीजों का इस्तेमाल आप किडनी की सफाई के लिए कर सकते हैं और उन्हीं में से एक है अंगूर। हरे, काले और लाल अंगूर में से इसके लिए आप लाल अंगूर को चुनें। पोटैशियम, कैल्शियम, फोलेट और आयरन से भरपूर लाल अंगूर खाने से पेट से जुड़ी समस्याएं नहीं होती।

शॉर्ट में जानें सभी बड़ी खबरें और पायें ई-पेपर, ऑडियो न्यूज़, और अन्य सर्विस, डाउनलोड जागरण ऐप