



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20210826

Vaccine inequity

Vaccine inequity: 106 doses per 100 persons in richest nations (The Tribune: 20210826)

<https://www.tribuneindia.com/news/coronavirus/vaccine-inequity-106-doses-per-100-persons-in-richest-nations-302155>

Just 2 inoculated per 100 in poorest countries, says global report

The richest countries of the world have inoculated 106 persons after every 100 for Covid-19 as against just two persons in every 100 in the poorest countries.

Acclaimed open source data bank — Our World in Data's global vaccine report released today confirms gross inequities in the progress of Covid-19 vaccination across the world.

As of August 24, five billion vaccine doses had been administered globally.

Variations in the total doses administered per 100 people are shocking and vast — High-income countries: 106; upper-middle income countries 100; lower-middle income countries 31 and low-income countries 2.

Jab drive: India second

China leads the world in cumulative vaccine doses delivered claiming to have administered 1.98 billion doses so far

It is followed by India at nearly 600 million and the US at over 363.92 million doses, according to Our World in Data

India lags on the share of population that has received at least one dose

The data shows 32.9 per cent of the world population has so far received at least one dose of Covid-19 vaccine and 24.8 per cent is fully vaccinated.

“Nearly 5.04 billion doses have been administered globally and 33.68 million are now administered each day. Only 1.4 per cent of people in low-income countries have received at least one dose,” Edouard Mathieu, Head of Data, Our World in Data, said today. China leads the world on cumulative vaccine doses delivered claiming to have administered 1.98 billion doses so far followed by India at nearly 600 million and the US at over 363.92 million doses, according to Our World in Data.

India, however, lags on the share of population that has received at least one dose and the percentage population of fully vaccinated people.

Where in the UAE 84.5 per cent of the people have received at least one dose, followed by 79.2 per cent in Qatar and 78.1 per cent in Singapore, in India this percentage is 33.1 per cent, slightly better than the world average of 32.9 per cent.

The share of population fully vaccinated for Covid-19 is also high for the UAE at 74.3 per cent followed by Singapore 74.3 per cent and UK 61.8 per cent. The world average of fully vaccinated people is 24.8 per cent and the Indian percentage is 9.6 per cent, lower than the global average, says Our World in Data.

Covid-19 mortality

Decoded: What causes Covid-19 mortality? (The Tribune: 20210826)

<https://www.tribuneindia.com/news/coronavirus/decoded-what-causes-covid-19-mortality-301908>

The enzyme, secreted phospholipase A2 group IIA, or sPLA2-IIA, has long been known to play a critical role in defense against bacterial infections, destroying microbial cell membranes. PTI/file

A team of researchers has identified what may be the key molecular mechanism responsible for Covid-19 mortality -- an enzyme related to neurotoxins found in rattlesnake venom.

The enzyme, secreted phospholipase A2 group IIA, or sPLA2-IIA, has long been known to play a critical role in defense against bacterial infections, destroying microbial cell membranes.

Most healthy individuals have circulating levels of the sPLA2-IIA enzyme hovering around half a nanogram per milliliter.

But, Covid-19 was lethal in 63 per cent of patients who had severe Covid-19 and levels of sPLA2-IIA equal to or greater than 10 nanograms per millilitres, the study showed.

The enzyme tries to kill the virus, but at a certain point when it is released in such high amounts, it destroys the patient's cell membranes, contributing to multiple organ failure and death.

The findings could provide a new therapeutic target to reduce Covid-19 mortality, according to the study published in the Journal of Clinical Investigation.

"Many patients who died from Covid-19 had some of the highest levels of this enzyme that have ever been reported," said Floyd (Ski) Chilton, from Arizona University's College of Agriculture and Life Sciences.

When the activated enzyme circulates at high levels, it has the capacity to "shred" the membranes of vital organs, Chilton said, adding that "it's a bell-shaped curve of disease resistance versus host tolerance".

The team collected stored plasma samples and went to work analysing medical charts and tracking down critical clinical data from 127 patients hospitalised at Stony Brook University between January and July 2020.

A second independent cohort included a mix of 154 patient samples collected from Stony Brook and Banner University Medical Center in Tucson between January and November 2020.

Previous research has shown how the enzyme destroys microbial cell membranes in bacterial infections, as well as its similar genetic ancestry with a key enzyme found in snake venom.

The protein "shares a high sequence homology to the active enzyme in rattlesnake venom and, like venom coursing through the body, it has the capacity to bind to receptors at neuromuscular junctions and potentially disable the function of these muscles", Chilton said.

The team also suspects the enzyme's role in people suffering from long Covid. IANS

Vaccination

Protection gained after vaccination wanes in months: UK study on Covid-19(The Tribune: 20210826)

<https://www.tribuneindia.com/news/coronavirus/protection-gained-after-vaccination-wanes-in-months-uk-study-on-covid-19-301928>

The findings would seem to reaffirm the UK government's plan to offer booster shots to the most vulnerable groups, expected from next month

The protection gained after being fully vaccinated with both doses of the Pfizer/BioNTech and Oxford/AstraZeneca vaccines against Covid-19 wanes over time, a new UK study reported on Wednesday.

The ZOE Covid Study, a not-for-profit app-based initiative that has been studying real-world data in the UK on the deadly virus since last year, found that protection after two shots of the Pfizer/BioNTech vaccine decreased from 88 per cent at one month to 74 per cent at five to six months.

With Oxford/AstraZeneca, being administered in India as Covishield, the fall was from 77 per cent to 67 per cent at four to five months.

The findings would seem to reaffirm the UK government's plan to offer booster shots to the most vulnerable groups, expected from next month.

"In my opinion, a reasonable worst-case scenario could see protection below 50 per cent for the elderly and healthcare workers by winter," said Professor Tim Spector, lead scientist on the ZOE Covid Study.

However, he insisted that vaccines still provide strong protection against severe Covid-19, especially against the highly transmissible Delta variant first identified in India.

"Waning protection is to be expected and is not a reason to not get vaccinated. Vaccines still provide high levels of protection for the majority of the population, especially against the Delta variant, so we still need as many people as possible to get fully vaccinated," he said.

Professor Spector said that there is an urgency to make plans for "vaccine boosters" and also decide if a strategy to vaccinate children would meet the ultimate aim of reducing deaths and hospital admissions.

The vast study involved more than 1.2 million test results and participants, though the vaccines were not trialled against the now dominant Delta variant of the virus.

Public Health England (PHE) estimates that around 84,600 deaths and 23 million infections have been prevented as a result of the Covid-19 vaccination programme in England so far.

Meanwhile, the Department of Health and Social Care (DHSC) confirmed a new clinical trial to determine whether a third so-called booster dose of vaccine will improve the immune response for people who have weakened immune systems is launching in the UK.

The study, OCTAVE DUO, will offer people who are immunosuppressed or immunocompromised a Pfizer, Moderna or Novavax vaccine to determine whether this will give a stronger immune response than just two doses of two-dose vaccines.

"Vaccines have built a strong wall of defence in the UK and this is allowing most of us to learn to live safely with Covid-19," said UK Health Secretary Sajid Javid.

"We know some people may get less protection from the vaccine than others, so we are planning for a booster programme in the autumn, prioritising those most at risk. This new study will play an important role in helping to shape the deployment of future vaccine doses for these specific at-risk groups," he said.

The 2.2 million pound study will build on the OCTAVE trial, led by the University of Glasgow and coordinated by the University of Birmingham's Cancer Research UK Clinical Trials Unit.

The OCTAVE trial published preliminary data this week showing that 89 per cent of people who are immunocompromised or immunosuppressed, with underlying health conditions, generate antibodies following vaccination, and 60 per cent generate a strong antibody response following two doses of a vaccine.

However, 40 per cent of people in these groups mounted a low, or undetectable, immune response after two doses, and the level of antibody response varies between the groups studied.

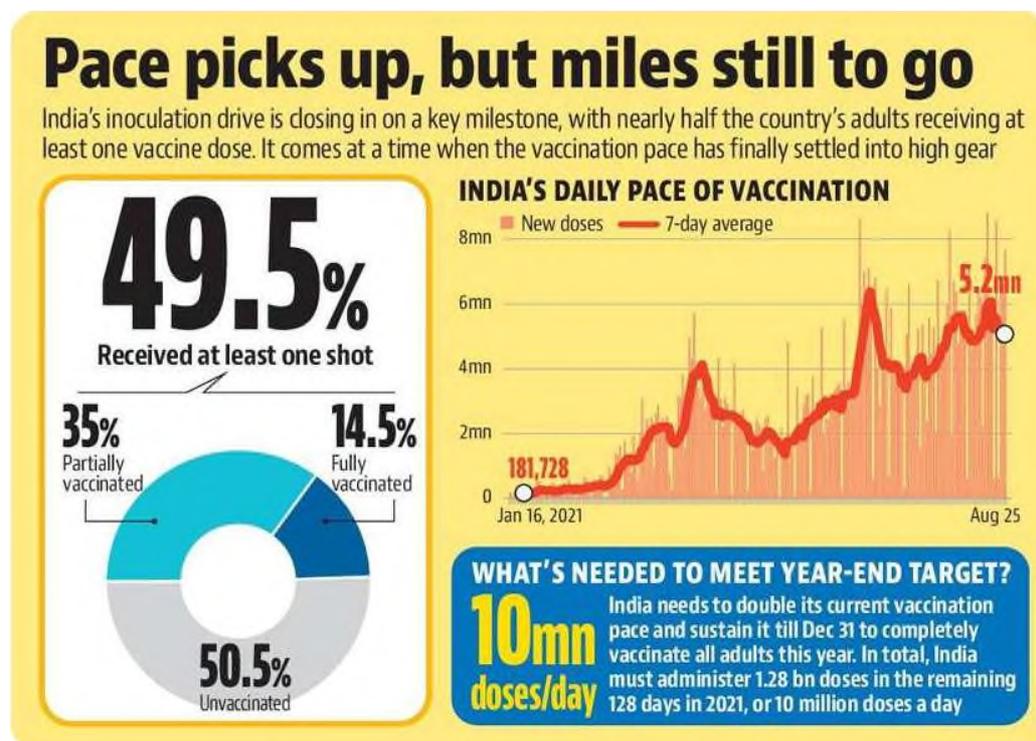
The level of antibodies required for protection from Covid-19 is still not known, and it is likely that T cells also play an important role in protecting people from the deadly virus.

Up to 1,200 patients who are already involved in the OCTAVE study or those with other at-risk conditions involved in parallel studies will be recruited to the new OCTAVE DUO trial, co-funded by the government's Vaccines Taskforce and UK Research and Innovation (UKRI) and led by the University of Glasgow and University of Birmingham. — PTI

Vax milestone:

India nears vax milestone: At least 1 jab to 50% adults (Hindustan Times: 20210826)

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



A little over seven months since the day India launched its Covid-19 vaccination drive on January 16, the mass inoculation programme is closing in on a major milestone, with nearly half the country's adult population receiving at least one shot of the vaccine.

On several fronts, the drive has seen progress – the pace of vaccination has picked up in recent weeks; India's overall population coverage is now on par with the global average. But data shows that there is still a long way to go if India wants to achieve its stated target of vaccinating its entire adult population of 940 million by the end of 2021.

Till Wednesday night, India has administered 602.4 million doses of Covid-19 vaccine to 465.7 million people with 329 million people partially vaccinated and 126.7 million people having received both doses of the vaccine. When seen alongside the country's projected adult population of 940 million (according to the Census of India's National Commission on Population), this means that 49.5% of people above the age of 18 years have received vaccine shots – 35% have been partially vaccinated and 14.5% having received both doses.

The proportion is likely to cross the 50% mark as early as Thursday.

The headline number on population coverage, however, glosses over the wide variations in different states.

While Himachal Pradesh is the standout in terms of administering doses to the largest proportion of its adults (97% with at least one shot), it is followed by Uttarakhand (75.3% adults vaccinated with at least one shot) and Kerala (74.2%). Delhi, with 60.4% of estimated adult population having received at least one dose of the vaccine, lies above the national average. At the other end, several high population states such as West Bengal (37.3%), Uttar Pradesh (37.6%), and Bihar (38%) trail far behind the pack.

The milestone comes at a time when the country's rate of vaccination, which has been patchy at best, has finally settled into high gear. In the past week, an average of 5.2 million doses has been administered across the country every day. While this number is still slightly off peak levels seen in the week ended June 26 when the rate of vaccination touched 6.4 million a day, it has hovered within the 4.9 million-5.5 million range almost throughout August – a significant improvement for the drive which had consistently remained in sub-2 million levels through most of May.

Data shows that the country needs to double the current pace of vaccinations till the end of the year to completely vaccinate all adults by the end of December, a commitment the government has made in a submission to the Supreme Court. In total, India needed to administer around 1.88 billion doses by the end of the year to meet this target. Since 602 million of these have already been administered, that leaves 1.28 billion doses still left in the remaining 128 days in the year, or 10 million doses a day – a feat that has not been achieved on even a single day so far.

Government officials are confident that the pace of vaccinations will accelerate.

“September is a crucial month as things will improve further because of availability of more vaccine doses. We are capable of administering many more vaccine doses in a single day (at least 10 million); and it will happen soon,” said NK Arora, chairman, National Technical Advisory Group on Immunisation said on Wednesday.

In absolute numbers, India is second only to China (with 1.98 billion doses administered) in terms of total shots given in a country, but it lags several others in terms of total proportion of people vaccinated – only 33% of the country's total population (including those under 18) have been vaccinated with at least one dose. This figure is on par with the global average, according

to data collated by Our World in Data. However, much of the western world has covered nearly twice their proportion of population. The US, for instance, has administered 364 million shots as of Tuesday night (it is in the third spot in overall doses given), thus covering around 60% of its population. Portugal has covered 82% of its population, Spain 77%, Canada 73% and the United Kingdom 70%.

An HT analysis done on August 4 showed that while the Delta variant of Covid-19, a highly contagious variant of Sars-CoV-2, has led to a massive surge in infections nearly across the world, nations that have high vaccination rates have managed to keep their deaths far lower than in previous waves, while nations in Asia and Africa with low vaccination coverage are struggling to do the same.

This, experts said, is a crucial factor for improving India's coverage. Should a possible third wave of Covid-19 hit the country, mass vaccination may give large swathes of the population protection from hospitalisation, severe disease, and if things go south, death.

“It's a very pertinent milestone for the country to cross in our battle against Covid-19. It is equally important that the people of this country get not one, but both doses as quickly as possible because we do not know if or when the third wave can hit us. Mass vaccination is perhaps one of the most important and long-lasting measure we can take that can delay or reduce the impact of a possible third wave,” said Dr Lalit Kant, former head of epidemiology at ICMR.

“But vaccination can't be the only measure... We still need to wear masks, avoid crowded areas even after being fully vaccinated. This is because new mutations can always take place that can even evade the immunity produced by vaccines. This is where the role of local government comes into play – they need to constantly screen positive results for new variants. Whenever we record new mutations we need to be able to correlate it with the epidemiological picture so we can stay ahead of the virus,” he said.

Health Care Services® (The Asian Age: 20210826)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15793380>

Covid-19 rapid response centre opened at Rajiv Gandhi Hospital

AGE CORRESPONDENT
NEW DELHI, AUG. 25

Ahead of possible third wave, the delhi government in a bid to bolster city's healthcare infrastructure, a new Covid-19 rapid response centre was inaugurated on Wednesday at a leading Delhi government-run coronavirus facility.

The centre, was inaugurated by health minister Satyendra Jain at teh Rajiv Gandhi Super Speciality Hospital. The newly opened centre has an ICU unit, which will act as a buffer zone between the patient arrival area and the medical wards. Authorities who have been handling the two waves of the deadly disease explained, "We need to be prepared for a similar surge (in the future)."

For better management of patients and for matching of bed turnover to the number of patients arriving in real-time, rapid response centre is the need of the hour.

The rapid response centre has been divided into two areas — a seven-bed triage area and a 23-bed ICU. All beds have multi-para monitors with critical care equipment like ventilators, BIPAP



Delhi health minister Satyendra Jain at the inauguration of Covid rapid response centre at Rajiv Gandhi Super Speciality Hospital in New Delhi on Wednesday. — G.N. JHA

machines, HFNC and crash carts, the official said. It is fully equipped with a centralised oxygen supply and suction is available for each bed. A rapid response team, comprising critical care consultants, resident doctors, nursing staff and orderlies, and technicians will man the centre.

Patients will be provided complete critical care at the centre till bed availability is ensured in a Covid-19 ward or a Covid ICU ward, the official

said. Delhi health minister Satyendar Jain on Tuesday said medical infrastructure is being ramped up and 37,000 beds dedicated for Covid-19 patients are being set up to tackle the anticipated third wave of the pandemic in the national capital.

He also underlined that that though the positivity rate has shown a downward trend and the number of fatalities has been zero in the past few days, the Delhi government is

not dropping its guard.

The national capital had reeled under the brutal second wave of the pandemic that swept the country recently, claiming a massive number of lives daily with the issue of shortage in oxygen supply at various hospitals adding to the woes. Delhi has so far reported over 14.3 lakh cases of Covid-19 till date since the start of the pandemic while more than 25,000 people have died due to the disease.

ICMR (The Asian Age: 20210826)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15793160>

ICMR role in making Covaxin underplayed by Bharat Biotech

BALU PULIPAKA
HYDERABAD, AUG. 25

Earlier in May this year, Bharat Biotech claimed that the ICMR did not contribute or do anything much for the development of Covaxin, India's first indigenously Covid-19 vaccine, besides providing a virus strain from the National Institute of Virology in Pune. The Hyderabad-based pharma company also said that the ICMR had "assisted" with animal tests of Bharat Biotech's vaccine candidates that actually made the development of Covaxin possible.

Both the claims of Bharat Biotech, one of India's major pharma and vaccine giants, to put it charitably, are disingenuous, prove research into documents, and conversations with people in both the government-owned institutions and other sources.

During a panel discus-

sion organised by the Confederation of Indian Industry and private television channels in May 2021, Dr Suchitra Ella, a top official of Bharat Biotech, holding the position of joint managing director), however, did acknowledge that NIV and ICMR "collaborated" with the company for "animal studies" because private industry does not have access to such animals. But she denied on behalf of her company that there was "any technology transfer involved" from the NIV to Bharat Biotech.

Research shows that on the contrary, Bharat Biotech was completely dependent on the Indian Medical Research Council-National Institute of Virology, Pune, for animal testing of its candidate vaccines and all tweakings required in the vaccines to make them effective against the SARS-CoV2 virus.

Nutrition alert

Nutrition alert: Should you soak nuts and dals? (The Indian Express: 20210826)

<https://indianexpress.com/article/lifestyle/health/soaking-nuts-dals-lentils-grains-benefits-gas-bloating-digestion-cooking-7390031/>

"Almonds provide healthy protein, beneficial fiber, and lots of vitamins and nutrients. Improper preparation, however, can lead to uncomfortable bloat because these foods are dense and can be difficult to digest on their own, said a nutritionist

soaking nuts, why are dals soaked in water, soaking process and lentils, indianexpress.com, indianexpress, soaking nuts and seeds, nmami agarwal, soaking in water, Should you be eating dals? (Source: Getty Images.Thinkstock)

Nuts like almonds, and dals or lentils like toor or chana are usually first soaked in water before they are consumed or cooked, especially in Indian kitchens. But have you ever wondered why?

Of course, doing so helps reduce the cooking time, but it also has numerous health benefits.

Nutritionist Nmami Agarwal took to Instagram to share how soaking nuts and lentils is one of the best health hacks when it comes to optimum nutrition.

“Nuts like almonds provide healthy protein, beneficial fibre, and lots of vitamins and nutrients. Improper preparation, however, can lead to uncomfortable bloat because these foods are dense and can be difficult to digest on their own,” she said.

Soaking helps reduce anti-nutrient content, reduces gas or bloating and provides more nutrition to the body, she added.

Experts say nuts and lentils have a cover of phytic acid which is necessary for their growth but is also known to cause digestive issues in humans as well certain nutrient deficiencies. According to WebMD, while all plants contain phytic acid, legumes, nuts and grains contain the highest levels.

Soaking also reduces tannins and polyphenols levels which helps increase the body’s ability to absorb minerals including iron, zinc, and calcium, as well as proteins found in foods such as chickpeas, and peas, mentioned Agarwal.

Five important health concerns women

Five important health concerns women must discuss with their gynaecologists (The Indian Express: 20210826)

<https://indianexpress.com/article/lifestyle/health/important-concerns-discuss-with-gynaecologist-sex-periods-vagina-7468292/>

Dr Vaishali Joshi, senior obstetrician and gynecologists at Kokilaben Ambani Hospital shares five basic yet important concerns that a woman must visit a gynecologist for and get it treated

gynaecologist Always check with your gynaecologist at regular intervals. (Source: Getty Images/Thinkstock)

A woman goes through various hormonal changes in her life. While some of it is deemed normal, there comes a time when certain concerns need to be addressed and further discussed with a healthcare expert.

Dr Vaishali Joshi, a senior obstetrician and gynecologist at Kokilaben Ambani Hospital shares five basic yet important concerns that a woman must visit a gynaecologist for and get it treated.

Painful periods

It is also called dysmenorrhoea. If pain incapacitates women to abstain from work or affects their quality of life then it needs to be investigated. Clinical examination by and pelvic sonography is required before definitive treatment is offered.

Vaginal discomfort or pain

This may be due to multitude of reasons. It may be due to vaginal infection or urine infection or boil in skin near lips of the vagina (vulva). Occasionally there may be vaginal discharge or itching. Over the counter medicines usually do not work as correct treatment by the doctor is necessary to treat it.

women health, gynaecologist Consult your gynaecologist if you are facing these issues. (Source: Pixabay)

Bleeding after sex or bleeding in between two periods

It can be a warning sign of sexually transmitted infections (STI), also called as pelvic inflammatory disease or cervical cancer or infection. Clear visualisation of the lower genital organs is required along with specific tests such as Pap smear test, Chlymadia test to make the diagnosis. STIs and early cancer of the cervix (neck of the womb) can be treated completely if detected early.

Urine leakage

It is very embarrassing socially and hence, most women find it difficult to open up about urinary leakage. It usually happens while coughing or sneezing or exercising or when one has a strong urge to pass urine and leakage occurs before one reaches the toilet. Sometimes it can be associated with involuntary leakage of watery stools or gas from the back passage. These problems need to be assessed early by a specialist so that correct exercises, bladder training treatments can be started to prevent progression of the issue.

Any lump or bump in the breast or discharge through the nipple should be taken seriously. The clinical examination by the doctor is essential so that further testing by sonography or mammography can be carried out to ascertain the nature of the lump. Hence, it's very important to do self-breast examination every month by every woman.

Breast milk

Breast milk of vaccinated mothers contains antibodies that fight Covid-19(The Indian Express: 20210826)

<https://indianexpress.com/article/lifestyle/health/breast-milk-of-vaccinated-mothers-contains-antibodies-that-fight-covid19-7470397/>

The research, published in the journal *Breastfeeding Medicine*, strongly suggests that vaccines can help protect both mother and baby, another compelling reason for pregnant or lactating women to get immunised

Breast milk, Breast milk of vaccinated mothers, covid-19 The researchers recruited 21 lactating health care workers who had never contracted COVID-19. (Photo: Getty Images./Thinkstock)

The breast milk of lactating mothers who have received the COVID-19 vaccine contains a significant supply of antibodies that may help protect nursing infants from the illness, according to a study.

The research, published in the journal *Breastfeeding Medicine*, strongly suggests that vaccines can help protect both mother and baby, another compelling reason for pregnant or lactating women to get immunised.

“Our findings show that vaccination results in a significant increase in antibodies against SARS-CoV-2 in breast milk, suggesting that vaccinated mothers can pass on this immunity to their babies,” said Joseph Larkin, a senior study author, and an associate professor at the University of Florida, US.

The researchers noted that when babies are born, their immune systems are underdeveloped, making it hard for them to fight infections on their own.

They are also often too young to respond adequately to certain types of vaccines, they said.

“During this vulnerable period, breast milk allows nursing mothers to provide infants with ‘passive immunity’,” said Josef Neu, study’s co-author and a professor at the University of Florida.

Breast milk, Breast milk of vaccinated mothers, covid-19 The research strongly suggests that vaccines can help protect both mother and baby, another compelling reason for pregnant or lactating women to get immunised. (Photo: Getty Images/Thinkstock)

“Think of breast milk as a toolbox full of all the different tools that help prepare the infant for life. Vaccination adds another tool to the toolbox, one that has the potential to be especially good at preventing COVID-19 illness,” Neu explained.

The study was conducted between December 2020 and March 2021, when the Pfizer and Moderna COVID-19 vaccines first became available to health care workers in the US.

The researchers recruited 21 lactating health care workers who had never contracted COVID-19.

They sampled the mothers' breast milk and blood three times: before vaccination, after the first dose and after the second dose.

"We saw a robust antibody response in blood and breast milk after the second dose — about a hundred-fold increase compared with levels before vaccination," said Lauren Stafford, a doctoral student in Larkin's lab.

"These levels are also higher than those observed after natural infection with the virus," added Vivian Valcarce, from the University of Florida.

Vaccinating mothers to protect babies is nothing new, Valcarce said.

"Typically, expectant mothers are vaccinated against whooping cough and flu because these can be serious illnesses for infants. Babies can also catch COVID-19, so routine vaccination of mothers against the virus could be something we see in the future," he said.

The team is continuing to explore how breast milk containing COVID-19 antibodies gained through vaccination protects babies who consume it.

"We would like to know if infants who consume breast milk containing these antibodies develop their own protection against COVID-19," Larkin said.

The researchers said many other simultaneous studies conducted around the world also show antibodies in the breastmilk of vaccinated mothers.

Effective Ayurvedic remedies

Effective Ayurvedic remedies to combat cold, cough (The Indian Express: 20210826)

<https://indianexpress.com/article/lifestyle/health/ayurvedic-home-remedies-beat-cold-cough-monsoon-7456245/>

"I believe kitchen is our first pharmacy and all these ingredients are handy," said Ayurvedic expert Dr Dixa Bhavsar

cold, flu remedies Try home remedies to alleviate cough and cold. (Source: Getty Images/Thinkstock)

Cold and cough are extremely common during season change. While medicines are available to treat and manage the same, many people prefer to opt for home remedies like steam and

gargle. In case you would like to try some other effective remedies, Ayurveda says that certain foods can also help prevent as well as recover from cold and cough faster.

To help you, we have some timely tips from ayurvedic practitioner Dr Dixa Bhavsar. “I believe kitchen is our first pharmacy and all these ingredients are handy,” she captioned a post on Instagram.

*A mixture of one teaspoon turmeric, dash of black pepper and honey.

*Tulsi water/tea 2-3 times a day.

*Sour fruits like amla, pineapple, lime, lemon, kiwi, etc.

*Boil 7-8 tulsi leaves, a small piece of ginger, few cloves of garlic, 1 teaspoon of carom seeds, 1 teaspoon of fenugreek seeds, turmeric (dry or fresh) and 4-5 black pepper in one litre of water, until it gets half, and drink it first thing in the morning.

*Avoid cold water for shower and drinking.

*Drink warm water to promote digestive function.

*Honey helps you soothe your throat.

*Drink ginger, turmeric, lemon tea.

*Add some ajwain, eucalyptus oil, or turmeric in boiled water for steam inhalation.

*Drink warm milk with turmeric.

*Gargle with licorice decoction or luke warm water with turmeric and rock salt in case of sore throat.

*Chew tulsi leaves or liquorice (mulethi).

“Along with these, you also need to reduce your intake of fatty, fried, stale, and street food. Try and eat light home-cooked food,” she said.

Exercises to do

*Perform bhasrika, anuloma viloma and bhrumri pranayama twice every day, both in the morning and at night.

Hypertension

Number of people with hypertension doubled worldwide in 30 years: Lancet study(The Indian Express: 20210826)

<https://indianexpress.com/article/lifestyle/health/number-of-people-with-hypertension-doubled-worldwide-in-30-years-lancet-study-7470029/>

Despite being straightforward to diagnose and relatively easy to treat with low-cost drugs, nearly half of people with hypertension worldwide in 2019 were unaware of their condition, the researchers said.

hypertensionThe number of people with hypertension rose from an estimated 331 million women and 317 million men in 1990 to 626 million women and 652 million men in 2019. (Source: Getty images/Thinkstock)

The number of adults living with hypertension worldwide has doubled over the past 30 years, with most of this increase occurring in low- and middle-income countries, according to a study published in The Lancet journal.

The international team of researchers analysed blood pressure measurements from more than 100 million people aged 30-79 years taken over three decades in 184 countries.

ALSO READ |World Hypertension Day: Know about its symptoms, warning signs and treatment

They found that the number of people with hypertension rose from an estimated 331 million women and 317 million men in 1990 to 626 million women and 652 million men in 2019.

Despite being straightforward to diagnose and relatively easy to treat with low-cost drugs, nearly half of people with hypertension worldwide in 2019 were unaware of their condition, the researchers said.

Also more than half of women (53 per cent) and men (62 per cent) with the condition were not treated, they said.

“Despite medical and pharmacological advances over decades, global progress in hypertension management has been slow, and the vast majority of people with hypertension remain untreated, with large disadvantages in low- and middle-income countries,” said Professor Majid Ezzati, Imperial College London, UK, the senior author of the study.

“Our analysis has revealed good practice in diagnosing and treating hypertension not just in high-income countries but also in middle-income countries,” Ezzati said.

heart attack, hypertension, heart attack symptoms Lowering blood pressure can cut the number of strokes by 35-40 per cent, heart attacks by 20-25 per cent, and heart failure by around 50 per cent. (Photo: Getty Images/Thinkstock)

The authors noted that large improvements in treatment and control rates seen in some middle-income countries show that the expansion of universal health coverage and strengthening primary care have been instrumental in improving high blood pressure care.

High blood pressure is directly linked to more than 8.5 million deaths worldwide each year and is the leading risk factor for stroke, ischaemic heart disease, other vascular diseases, and renal disease.

Lowering blood pressure can cut the number of strokes by 35-40 per cent, heart attacks by 20-25 per cent, and heart failure by around 50 per cent.

Hypertension was defined as having systolic blood pressure of 140 millimeters of mercury (mm Hg) or greater, and diastolic blood pressure of 90 mm Hg or greater, or taking medication for high blood pressure.

The amount of pressure in the arteries during the contraction of heart muscle is called systolic pressure. The blood pressure when the heart muscle is between beats is called diastolic pressure.

Modelling was used to estimate prevalence of hypertension and the proportion of people with hypertension who had a previous diagnosis, were taking medication for hypertension, and whose hypertension was controlled to below 140/90 mm Hg, by country, year, and age.

The global age-standardised prevalence of hypertension in adults has remained largely unchanged over the past 30 years — with around a third of the adult population worldwide living with hypertension in 1990 and 2019, the researchers said.

ALSO READ | Understanding 'inactive lifestyle' and its effect on the back, spine, and neck

The rates have dropped sharply in high-income countries, but have increased or remained unchanged in many low- and middle-income countries (LMICs), especially those in Oceania, they said.

Canada and Peru had the lowest proportion of people living with hypertension in 2019 at around 1 in 4, according to the study

Hypertension Lowering blood pressure can cut the number of strokes by 35-40 per cent, heart attacks by 20-25 per cent, and heart failure by around 50 per cent. (Source: Unsplash)

Taiwan, South Korea, Japan, and some countries in western Europe including Switzerland, Spain, and the UK had the lowest hypertension rates in women, while Eritrea, Bangladesh, Ethiopia, and the Solomon Islands had the lowest rates in men.

At the other extreme, more than half of women had hypertension in Paraguay and Tuvalu in 2019, and over half of men in Argentina, Paraguay, Tajikistan and several countries in central and eastern Europe, the researchers found.

Treatment and control have improved in most countries since 1990, with particularly large improvements seen in high-income countries like Canada, Iceland, and South Korea, they said.

However, there has been little change in LMICs in sub-Saharan Africa and Oceania, Nepal, and Indonesia.

“Low detection and treatment rates that persist in the world’s poorest nations, coupled with the rising number of people who have hypertension, will shift an increasing share of the burden of vascular and kidney diseases to sub-Saharan Africa, Oceania and south Asia,” said study co-author Leanne Riley from WHO, Switzerland.

“Improving the capacity of these countries to detect and treat hypertension as part of primary health care and universal health coverage must be accelerated,” Riley added.

Coronavirus live updates

Coronavirus live updates | COVID-19 Rapid Response Centre opens at Rajiv Gandhi Hospital, Delhi (The Hindu: 20210826)

<https://www.thehindu.com/news/national/coronavirus-august-26-live-updates/article36110568.ece>

New Zealand has reported 68 new community cases of the coronavirus.

New Zealand has reported 68 new community cases of the coronavirus, the largest daily increase since April of last year as an outbreak of the delta variant

Healthcare services

Has COVID-19 affected our other healthcare services? | In Focus podcast (The Hindu: 20210826)

<https://www.thehindu.com/podcast/has-covid-19-affected-our-other-healthcare-services-in-focus-podcast/article35759669.ece>

Dr. Rajib Dasgupta tells us what governments can do to ensure that healthcare services do not suffer

Since March 2020, when the COVID-19 pandemic first struck India, a majority of our health resources have been allocated towards battling the virus. The

Vaccine

Explained | How will human trials for new HIV vaccine work? (The Hindu: 20210826)

<https://www.thehindu.com/sci-tech/health/explained-how-will-human-trials-for-new-hiv-vaccine-work/article36039000.ece>

Why is the m-RNA platform being used and how did the COVID-19 experience help?

The story so far: Moderna, the Massachusetts-based American biotechnology company, has indicated that it may begin human trials for a vaccine for HIV (human immunodeficiency virus) in September, according to the ClinicalTrials.gov website, employing the same m-RNA platform that it has used in its COVID-19 vaccine.