



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20220615

## Heart disease

### How stress ups risk of cancer, heart disease

**People with higher stress scores had older-seeming immune profiles, with lower percentages of fresh disease fighters and higher percentages of worn-out white blood cells: Research (The Tribune: 20220615)**

<https://www.tribuneindia.com/news/health/how-stress-ups-risk-of-cancer-heart-disease-403892>

Stress -- in the form of traumatic events, job strain, everyday stressors and discrimination -- accelerates ageing of the immune system, potentially increasing a person's risk of cancer, cardiovascular disease and illness from infections such as Covid-19, according to a new study.

To calculate exposure to various forms of social stress, the researchers from University of Southern California analysed responses from a national sample of 5,744 adults over the age of 50.

Their experiences with social stress, including stressful life events, chronic stress, everyday discrimination and lifetime discrimination were compared with blood samples analysed through flow cytometry, a lab technique that counts and classifies blood cells as they pass one-by-one in a narrow stream in front of a laser.

As expected, people with higher stress scores had older-seeming immune profiles, with lower percentages of fresh disease fighters and higher percentages of worn-out white blood cells.

The association between stressful life events and fewer ready to respond, or naive, T cells remained strong even after controlling for education, smoking, drinking, BMI and race or ethnicity, the team revealed in the paper published in the Proceedings of the National Academy of Sciences (PNAS).

T-cells -- a critical component of immunity -- mature in a gland called the thymus, which sits just in front of and above the heart. As people age, the tissue in their thymus shrinks and is replaced by fatty tissue, resulting in reduced production of immune cells.

Past research suggests that this process is accelerated by lifestyle factors like poor diet and low exercise, which are both associated with social stress.

Improving diet and exercise behaviours in older adults may help offset the immune ageing associated with stress.

"In this study, after statistically controlling for poor diet and low exercise, the connection between stress and accelerated immune ageing wasn't as strong," said lead study author Eric Klopach, a postdoctoral scholar at the University.

"What this means is people who experience more stress tend to have poorer diet and exercise habits, partly explaining why they have more accelerated immune ageing," he added. IANS

## **Ramsay Hunt syndrome**

### **Justin Bieber: What is Ramsay Hunt syndrome, the condition affecting the singer?**

**Ramsay Hunt syndrome affects five in 1,00,000 people each year (The Tribune: 20220615)**

<https://www.tribuneindia.com/news/health/justin-bieber-what-is-ramsay-hunt-syndrome-the-condition-affecting-the-singer-404036>

Justin Bieber: What is Ramsay Hunt syndrome, the condition affecting the singer?

Singer Justin Bieber poses at the premiere for the documentary television series "Justin Bieber: Seasons" in Los Angeles, California, US, January 27, 2020. Reuters file

Justin Bieber has had to cancel future concert dates because of a viral infection that has paralysed one side of his face.

"As you can see, this eye is not blinking," Bieber told his fans in a video on Instagram. "I can't smile on this side of my face. This nostril will not move."

The 28-year-old Canadian popstar has a condition called Ramsay Hunt syndrome. It is caused by the varicella-zoster virus – the virus that causes chickenpox.

After a person has recovered from chickenpox, the virus can remain dormant in the body for decades. It usually hides in a structure called the dorsal root ganglion – a collection of nerve cells next to the spinal cord.

While it is dormant, the virus causes no symptoms. In some people, it becomes reactivated. This can happen spontaneously or by a known trigger, such as another infection (including COVID-19), a weakened immune system or stress. All of these things change the working of the immune system, enabling the varicella virus to spring back into action and cause disease.

When the virus is reactivated, it typically appears in a single section of the body (often the torso) as a painful rash and blisters known as shingles.

However, when the reactivation affects a nerve in the head called the facial nerve, it is known as Ramsay Hunt syndrome, after James Ramsay Hunt, the doctor who first described the disorder in 1907. Ramsay Hunt syndrome typically affects five in 100,000 people each year, and anyone who has had chickenpox can potentially develop it.

How it causes damage

The facial nerve leaves the brain to get to the face via a very narrow channel called the facial canal. There is one on each side of the brain to supply the left and right sides of the face. This narrow, bony tunnel is inside a very dense piece of bone, so the slightest inflammation can lead to the nerve being pinched. And because it is located deep in the skull, it can be very difficult to treat.

For part of its journey, the facial nerve, travels with the vestibulocochlear nerve, which is involved in hearing and balance, which is why some people with Ramsay Hunt syndrome also have problems with hearing, such as tinnitus, and occasionally balance.

The symptoms of this syndrome vary from case to case, but there is usually paralysis of the facial nerve which supplies the muscles of facial expression, making it difficult to smile or frown. It may also limit the ability to blink, and some people have slurred speech and changes in their taste.

A painful rash typically appears on and around the ear, on the same side as the paralysis. This rash is a telltale sign that it is not Bell's palsy (another type of facial paralysis).

One of the complications of Ramsay Hunt syndrome is the potential for damage to the cornea of the eye (where light passes through for vision). This is because of the lack of blinking, which helps to lubricate the eye. The facial nerve also supplies the lacrimal gland, which can also be paralysed. This gland produces the fluid that lubricates the eye.

People with Ramsay Hunt syndrome may need to lubricate their eye with artificial tears. And the affected eye needs to be taped shut at night.

Treatment is usually with antiviral drugs, steroids and painkillers. The chances of making a full recovery are best if treatment is started early. If treatment is given within three days of developing symptoms, about 70% of people make a full recovery. But if treatment isn't started in this timeframe, the chance of making a full recovery drops to 50%.

We can be sure that Bieber is receiving good treatment and will hopefully soon make a full recovery. (The Conversation)

## Mask policing

### **DGCA order disproportionate to present situation (The Tribune: 20220615)**

<https://www.tribuneindia.com/news/editorials/mask-policing-402485>

Acting on a Delhi High Court order, the DGCA has declared that the passengers who refuse to wear the mask in flight be de-boarded. Though after a three-month lull, the country is witnessing a surge in Covid-19 cases, the mandate seems disproportionate to the severity of the disease as patients are reporting mild symptoms. An advisory to the passengers on the benefit of wearing masks and the risk of shunning them should suffice at this stage. Let compliance be optional. Extreme measures are best reserved for situations that would seriously hamper leisure travel and, ideally, should be issued by public health officials.

Even as sanitisers and masks should be freely available in airports and planes, a vaccinated passenger donning a right fitting mask should feel fairly protected against possible infection, irrespective of the fellow flyers' choice. That people remove the facial covering to have food and beverages also partially defeats the purpose of the binding mask-wearing direction. Plus, the enforcement of this rule by the flight crew is a tricky one and likely to cause unpleasant scenes. Earlier, when flights resumed after the lifting of the lockdown, passengers were seen to be taking umbrage at the policing by the airlines and would often vent their anger at flight attendants. Deciding on what constitutes an 'unruly' flyer is subjective and entails a distinction between misbehaviour and being casual.

Having lived through over two years of the pandemic and three to five waves, including the first one when Covid-appropriate behaviour was sternly enforced and offenders were detained by the police, most people now have a pretty clear idea of the picture: you can postpone the onset of the pathogen, not avoid it. Then, the wave earlier this year — riding on the Omicron variant that led to mild infections, very low hospitalisation and mortality rates, along with the vaccine-induced immunity — to a large extent banished the fear of the disease. People have learnt to live with it and are generally tilted towards the pre-pandemic lifestyle. Let there be no more panic lockdowns.

## New Cases

### **8,822 Covid cases, 15 deaths in India in a day; active cases increase to 53,637 Tally rises to 4,32,45,517; death toll climbs to 5,24,792 with 15 more fatalities (The Tribune: 20220615)**

<https://www.tribuneindia.com/news/nation/8-822-covid-cases-15-deaths-in-india-in-a-day-active-cases-increase-to-53-637-404060>

8,822 Covid cases, 15 deaths in India in a day; active cases increase to 53,637

The country crossed the grim milestones of two crore cases on May 4, 2021 and three crore on June 23. PTI file

With 8,822 fresh coronavirus infections being reported in a day, India's tally of COVID-19 cases rose to 4,32,45,517 on Wednesday, while the count of active cases increased to 53,637, according to Union Health Ministry data.

The death toll due to the disease has climbed to 5,24,792 with 15 fatalities being reported in a span of 24 hours, the data updated at 8 am stated.

The count of active cases now comprises 0.12 per cent of the total infections, while the national COVID-19 recovery rate was recorded at 98.66 per cent, the health ministry said.

An increase of 3,089 cases has been recorded in the active COVID-19 caseload in a span of 24 hours, the data showed.

The daily positivity rate was recorded at two per cent and the weekly positivity rate at 2.35 per cent, according to the ministry.

The number of people who have recuperated from the disease has surged to 4,26,67,088, while the case fatality rate was recorded at 1.21 per cent, as per the data.

According to the ministry, 195.5 crore vaccine doses have been administered in the country so far under the nationwide COVID-19 vaccination drive.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5, 50 lakh on September 16, 60 lakh on September 28, 70 lakh on October 11, 80 lakh on October 29, 90 lakh on November 20 and the one-crore mark on December 19, 2020.

The country crossed the grim milestones of two crore cases on May 4, 2021 and three crore on June 23.

## **Covid-19 cases**

### **Covid-19 cases at 35-day high in city; severity low (The Tribune: 20220615)**

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=1560bdc096b&imageview=0>

There were 1,118 new Covid-19 cases in Delhi, government data released on Tuesday showed, taking the tally to over 1,000 after a gap of 35 days, leading authorities to step up vigil and prompting experts to renew calls for people to follow precautions.

Senior health department officials and experts, however, said that since hospitalisation and death continue to remain low, there is no reason to panic.

The last time daily cases crossed the 1,000-mark was on May 10. While the number of tests remained relatively on the lower end—17,210—the positivity rate climbed to 6.50% when compared with the 4.11% recorded on Saturday, the day tests were at similar levels. On Tuesday, two patients infected with the virus died.

Senior health officials said that they are keeping a close watch on the rising Covid numbers and have directed district administrations to ramp up action against people found not wearing masks and not abiding by Covid-appropriate behaviour. “Enforcement has been tightened and we are also overlooking preparations being made at hospitals for Covid patients. We are prepared for a worst-case scenario, even though the initial sense is that infection is not pushing people to hospitals,” said a health official on Tuesday. P4

## **Ayurveda**

### **Is banana shake really healthy?**

**"Ayurveda considers the combination of banana and milk as 'viruddha ahaar'," Dr Nitika Kohli said on Instagram (Indian Express: 20220615)**

<https://indianexpress.com/article/lifestyle/health/banana-shake-milk-health-impact-ayurveda-nitika-kohli-7968800/>

Know how banana shake can affect your health (Source: Getty Images/Thinkstock)

Many prefer starting their day with a glass of creamy and fresh banana shake — filled with the goodness of bananas and nutritious milk. It is not just extremely filling but also believed to be healthy.

“It is also a go-to drink for fitness enthusiasts who have it to replenish their nutrients and electrolytes post a workout,” Ayurvedic expert Dr Nitika Kohli said, adding that many prefer having a glass of banana shake as a pre-workout meal. “Banana shake or smoothie is also said to prevent muscle cramps.”

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But, is it really healthy? Apparently not.

According to Ayurveda, every food item possesses distinct energy, taste and effect on the body. Thus, you need to be mindful before mixing certain foods together. These combinations, that are best avoided, are known as Viruddha Ahara. Banana shake is one of them, according to Dr Kohli.

She said, “Ayurveda considers the combination of banana and milk as ‘Viruddha Ahaar’. While banana and milk can be consumed separately as they are packed with nutrition, having them together can lead to several health problems in the longer run.”

## sleep apnea

### Did you know you had sleep apnea?

**The condition is fully treatable with multiple interventions but early diagnosis is important. Otherwise, it may cause heart and respiratory issues, says Dr Vikas Mittal, Associate Director, Pulmonology, Max Super Speciality Hospital, Shalimar Bagh. (Indian Express: 20220615)**

<https://indianexpress.com/article/lifestyle/health/did-you-know-you-had-sleep-apnea-7969651/>

With lifestyle diseases on the rise and about 40 lakh people, particularly the elderly and obese, suffering from sleep apnea (OSA) in India, it is imperative that we avail treatment early. Otherwise, this condition impacts the body’s oxygen requirement and may cause heart and respiratory issues.

What is sleep apnea?

We sleep for eight hours, which is one-third of 24 hours. This amounts to us sleeping one-third of our lifetime. There are 84 known sleep disorders and sleep apnea is the second most common after insomnia. This is a serious disorder, which results in changing patterns of sleep, especially causing excessive drowsiness. Sleep apnea leads to continuous start and stoppage of your breathing cycle during sleep. There are three types of sleep apnea: obstructive, central, and mixed. Obstructive sleep apnea (OSA) is the most common and is caused by a blockage of the airways during sleep.

Obstructive Sleep Apnea (OSA) is a condition in which your upper airways get blocked during sleep, causing apnea or stoppage of breathing. There is a loss of muscle tone during sleep, which causes the airway muscles to become floppy and the tongue to fall back. This leads to narrowing of the upper airway during sleep in everybody, but this can cause severe constriction among obese people. Excessive respiratory efforts to overcome this obstruction and resultant a fall in oxygen level awaken you from your sleep. As you wake up, the airway opens up to make you comfortable, and you fall asleep again. But as soon as you shut your eyes, the cycle repeats and you are disturbed the whole night, making you feel sleepy, tired and fatigued the next day, causing a lack of concentration and irritability. In extreme situations, this can lead to automobile accidents if you are driving in a sleep-deprived condition.

Risks of sleep apnea

During sleep apnea, as your oxygen falls and sleep is disturbed, there is a worsening of your blood pressure and diabetes. People with sleep apnea also tend to gain weight as they feel hungrier due to increased secretion of the hunger hormone, Ghrelin, and lack of the satiety hormone, leptin. This creates a vicious cycle of obesity causing sleep apnea and sleep apnea worsening obesity.

### Symptoms of sleep apnea

Symptoms of sleep apnea include snoring, unable to stay asleep, morning headache, feeling of irritability, having a dry mouth after waking up, gasping for breath during sleep and most importantly excessive daytime sleepiness or tiredness.

Loud snoring is the most common symptom of sleep apnea. However not everyone who snores loud suffers from sleep apnea. Silent apnea refers to a condition in which the vibration of the tissues that caused snoring during airway collapse remains; thus, OSA persists but snoring does not.

### Management of sleep apnea

As there are sleep disorders, there are sleep specialists too. A sleep test called polysomnography helps diagnose your condition. The good news is that sleep apnea is fully treatable with multiple interventions, which include dental devices and the application of a device called positive airway pressure (PAP). This pushes air and relieves the obstruction during sleep with air pressure. This is considered as the most effective and reliable way of treating and coping with sleep apnea.

## **World Blood Donor Day 2022:**

### **World Blood Donor Day 2022: Expert shares health benefits of donating blood**

**"Donating blood is a great method to help the community because both the donor and the recipient will benefit from it," Dr Sumol Ratna said (Indian Express: 20220615)**

<https://indianexpress.com/article/lifestyle/health/world-blood-donor-day-blood-donation-health-benefits-7969023/>

Donating blood provides numerous health advantages (Source: Getty Images/Thinkstock)  
World Blood Donor Day is observed on June 14 every year to raise global awareness about the need for safe blood and blood products, and express gratitude to voluntary, unpaid blood donors “for their life-saving gifts of blood”, World Health Organisation (WHO) stated.

Donating blood can not just be beneficial and life-saving for recipients but also the donors, said Dr Sumol Ratna, MD, Medicine, Assistant Professor, Noida International Institute of Medical Sciences. He added, “Donating blood provides numerous health advantages.”

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Here are a few health benefits of donating blood, according to the expert.

Hemochromatosis is less likely to occur if blood is donated, he said. “Due to alcoholism, anaemia and a variety of other problems, this health condition may be inherited at our expense.”

ALSO READ |World Blood Donor Day: Things to keep in mind before and after donating blood

Production of blood cells

Blood donation leads to the production of blood cells as “the body will repair the blood loss when a person donates blood by promoting the synthesis of new blood cells”. “The new blood cells would aid in a person’s overall health,” he explained.

Body will repair the blood loss when a person donates blood by promoting the synthesis of new blood cells (Source: Getty Images/Thinkstock)

Decreasing the risk of cancer

Blood donation can mitigate the risk of cancer as it keeps iron levels in the blood at healthy ranges. Dr Ratna added, “A lower iron level in the body has been related to lower cancer risk. At the same time, when the body’s iron levels are too low, it causes iron deficiency and other health problems.”

Health of the heart and liver

It aids heart and liver health by lowering the health problems caused by an excess of iron in the body. “When people ingest too much food, only a portion of it is absorbed, and the remainder is stored in the heart, liver, or pancreas,” the expert said.

Explaining the health impacts of having excess iron in the body, he said, it “raises the chance of developing health problems such liver failure, pancreatic damage, and cardiac irregularities. As a result, by donating blood, the body can maintain the appropriate levels of iron while also lowering the chance of developing numerous health problems.”

ALSO READ |What are the health benefits of teas for women?

“Donating blood is a great method to help the community because both the donor and the recipient will benefit from it. Donating blood is a simple and quick operation. When it comes to blood donation, there are usually no negative consequences. If a person donates blood frequently, visiting a doctor about iron supplements and restoring normal blood levels in the body is required,” Dr Ratna concluded.

## Mental health

### Six-step guide for mental health diagnosis

**How often have we taken a day off due to a headache or a fever? How often do we ask friends for a doctor's reference? Reaching out for depression is as normal, says Dr Samir Parikh, Director, Fortis National Mental Health Programme (Indian Express: 20220615)**

<https://indianexpress.com/article/lifestyle/health/six-step-guide-for-mental-health-diagnosis-7967362/>

mental health, mental health matters, mental health crisis in india Our mental health impacts practically every aspect of our life. (Photo: Getty Images/thinkstock)

The World Health Organisation (WHO) estimates that close to one billion people in the world are living with a mental health disorder. Even though there are scientific, evidence-based treatments available to treat such conditions, more than 75 per cent people in low and middle-income countries don't receive any of them.

Despite them being some of the most significant contributors to the burden of care, mental health disorders remain shrouded in stigma. People fear that they will be judged, misunderstood, mocked or discriminated against. In fact, stigma is probably the leading barrier to help-seeking behaviour. This stigma exists because we lack awareness about mental health problems, and because these aren't spoken about freely and openly.

How often have we taken a day off due to a headache or a fever? How openly are we able to ask our friends for a reference to a doctor treating physical ailments? Can we envisage a time when we're able to have similar conversations about our mental health as well? To reach that point, what we have to remember is that mental health is an integral part of health, and needs to be understood in the same manner as physical health. And so, mental health disorders are not a sign of personal weakness or something one can just snap out of. Instead, they're caused due to an interplay of biological, psychological and social factors.

At the same time, mental health is not just about illnesses, but also about well-being. It's also about our ability to cope with the pressures of everyday life, realize our potential, work in a productive manner and contribute to our community. Think about it, and our mental health impacts practically every aspect of our life.

We all have emotions, which can at times be pleasant or unpleasant. We all have experiences that shape the way we think and relate with the world. We all go through bad days every once in a while. We all probably also know someone in our circles who may be living with a mental disorder.

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So, it's time we hit the #UnMute button and start having real conversations around mental health. Talking about how we feel is the first step. Remember that reaching out and asking for help is a sign of strength, not one of weakness. Sharing your experiences with a family, friend,

a colleague or a mentor can help not only vent your emotions but also validate your experiences, gain different perspectives, find solutions and feel supported in your journey.

It's our collective responsibility to be advocates for mental health. We need conversations on mental health in our homes, at schools, with our friends and at the workplace as well. Be sensitive, compassionate and non-judgmental in your conversations. Be mindful of the attitude your language conveys as well. If you see someone around you struggling to cope, don't hesitate to extend a hand. Reach out and let them know that you're available to listen. But most of all, remember that our support systems, be it helplines or mental health professionals, help is always available.

Here's a six-step guide on reaching out

- 1) Identify changes in your own behaviour, mood, performance and thought process. If anything impacts your overall functionality of life, it's time to reach out. You could feel zoned out, fatigued, irritable, sleepless, anxious and often give into uncontrolled emotions.
- 2) Talk to whoever you are close to, be it family, friends or anybody you trust. Share what you are going through.
- 3) Speak to your family physician and discuss the next steps.
- 4) Speak to a psychiatrist (near your place as proximity will help you take that first step or opt for an online consult)
- 5) Keep your family and support systems involved.
- 6) In case of a crisis, call a helpline and take guidance. Once settled, speak to a mental health expert for further intervention.

## Depression

**Causes of Depression:** डिप्रेशन के हो गए हैं शिकार? यहां जानिए क्यों होती है ये परेशानी और इसके लक्षण

मानसिक स्वास्थ्य को हेल्दी रखने के लिए दिमाग का शांत रहना बेहद जरूरी है। अगर आप थोड़ा भी डिप्रेस होते हैं तो हेल्पलेस फील करते हैं। यहां जानिए क्यों होता है डिप्रेशन (Hindustan :20220615)

<https://www.livehindustan.com/lifestyle/story-know-causes-of-depression-and-its-symptoms-6638447.html>

Causes of Depression: डिप्रेशन के हो गए हैं शिकार? यहां जानिए क्यों होती है ये परेशानी और इसके लक्षण

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डिप्रेशन एक गंभीर परेशानी होती है। कोई नहीं जानता कि वास्तव में इसका क्या कारण है, लेकिन यह कई कारणों से हो सकता है। कुछ लोगों को गंभीर बीमारी के दौरान डिप्रेशन होता है। दूसरों को जीवन में बदलाव के साथ डिप्रेशन हो सकता है। यहां कुछ कारण दिए गए हैं जिनकी वजह से डिप्रेशन हो सकता है।

क्यों होता है डिप्रेशन (Kyun Hota Hai Depression)

- 1) एब्जूर करना- शारीरिक, यौन या भावनात्मक शोषण आपको जीवन में डिप्रेशन के प्रति ज्यादा संवेदनशील बना सकता है।
- 2) उम्र- जो लोग बुजुर्ग हैं उनमें डिप्रेशन का खतरा ज्यादा होता है। दूसरे कारणों से ये और भी ज्यादा बढ़ सकता है, जैसे अकेले रहना और सामाजिक समर्थन की कमी होना।
- 3) जेंडर- पुरुषों की तुलना में महिलाओं के उदास होने की संभावना लगभग दोगुनी होती है। महिलाएं अपने जीवन के अलग-अलग समय में जिन हार्मोनल परिवर्तनों से गुजरती हैं, वे भी कारण हो सकता है।
- 4) गंभीर रोग- कभी-कभी, डिप्रेशन एक बड़ी बीमारी के साथ होता है या किसी अन्य चिकित्सा स्थिति से शुरू हो सकता है।
- 5) दूसरी पर्सनल समस्याएं- अन्य मानसिक बीमारियों के कारण सामाजिक डिप्रेशन, परिवार या सामाजिक ग्रुप से निकाले जाने जैसी समस्याएं डिप्रेशन के विकास के जोखिम का कारण हो सकता है।
- 6) टकराव- व्यक्तिगत संघर्ष या परिवार के सदस्यों या दोस्तों के साथ विवादों के कारण डिप्रेशन हो सकता है।

यह भी पढ़ें: Natural remedies for Mental health: डिप्रेशन और एंजायटी से हैं परेशान? ये नेचुरल तरीके आएं खूब काम

## Health Benefits of Soya Chunks

**Health Benefits of Soya Chunks:** प्रोटीन का पावरहाउस हैं सोया चंक्स, खाने से मिलते हैं ये गजब के फायदे

प्रोटीन से भरपूर चीजें हमारे स्वास्थ्य के लिए बेहद जरूरी होती हैं। वहीं, शाकाहारियों के लिए प्रोटीन के गिने-चुने ही विकल्प रह जाते हैं। ऐसे में सोया चंक्स एक परफेक्ट ऑप्शन साबित हो सकता है।(Hindustan :20220615)

<https://www.livehindustan.com/lifestyle/health/story-amazing-health-benefits-of-eating-soya-chunks-soya-badi-khaane-ke-fayde-6641898.html>

**Health Benefits of Soya Chunks:** प्रोटीन का पावरहाउस हैं सोया चंक्स, खाने से मिलते हैं ये गजब के फायदे

प्रोटीन से भरपूर चीजें हमारे स्वास्थ्य के लिए बेहद जरूरी होती हैं। प्रोटीन ना सिर्फ हमारी मांसपेशियों को बनाने में मदद करता है, बल्कि वेट लॉस के लिए भी अच्छा होता है। शाकाहारी लोगों के लिए प्रोटीन की कमी पूरी करने के लिए यह सबसे अच्छा विकल्प है। सोया से बने सोया चंक्स स्वादिष्ट होने के साथ-साथ प्रोटीन से भी भरपूर होते हैं। सोया चंक्स अपने हाई प्रोटीन कंटेंट की वजह से काफी लोकप्रिय हैं। 100 ग्राम सोयाबीन खाने से शरीर की दैनिक प्रोटीन की जरूरत लगभग 70% तक पूरी हो जाती है। इसके अलावा सोया चंक्स में विटामिन, मिनरल्स और ओमेगा 3 फैटी एसिड जैसे कई पोषक तत्व पाए जाते हैं जो शरीर के लिए अच्छे होते हैं। आइए जान लेते हैं सोया चंक्स खाने के फायदे -

दिल की बीमारियों के लिए - सोया चंक्स फाइबर और एंटीऑक्सीडेंट्स से भरपूर होते हैं जो कि शरीर में बैड कोलेस्ट्रॉल को कम करते हैं। इसके अलावा इनमें मौजूद अनसैचुरेटेड फैट्स भी बैड कोलेस्ट्रॉल के स्तर को कम करने में मदद करते हैं। दिल की सेहत के लिए यह बहुत फायदेमंद हैं।

यह भी पढ़ें : **Soya Badi ki Sabzi:** झटपट बनाएं सोया बड़ी की स्वादिष्ट सब्जी, भूल जाएंगे पनीर और चिकन करी का स्वाद

मजबूत हड्डियां - सोयाबीन में विटामिन, मिनरल के अलावा कैल्शियम, मैग्निशियम और कॉपर जैसे कई पोषक तत्व होते हैं जो हड्डियों को मजबूत बनाने में मदद करते हैं।

वेट लॉस - सोया चंक्स हमारे शरीर में अतिरिक्त फैट को बढ़ने से रोकते हैं। दरअसल, सोया चंक्स में काफी मात्रा में फाइबर होता है जिससे पेट लंबे समय तक भरा हुआ महसूस होता है और बार-बार भूख नहीं लगती है। वेट लॉस जर्नी के लिए यह एक टेस्टी और हेल्दी ऑप्शन है।

## Ayurveda

**Ayurveda में 300 बीमारियों का एक इलाज है ये पेड़, इसके फल-फूल, पत्ते, बीज सब है औषधीय गुणों से भरे (Navbharat Timesb :20220615)**

<https://navbharattimes.indiatimes.com/lifestyle/health/can-moringa-cures-300-diseases-know-the-amazing-health-benefits-of-drumsticks-tree/articleshow/92207903.cms?story=1>

**Health Benefits of Eating Drumstick:** सहजन अपने कई नामों और औषधीय गुणों के वजह से दुनियाभर में फेमस है। इस पेड़ के सभी भाग सेहत के लिए फायदेमंद है। विटामिन्स और मिनरल्स से भरपूर ये पेड़ पूरे 300 रोगों के उपचार में उपयोग लाया जाता है।

can moringa cures 300 diseases know the amazing health benefits of drumsticks tree

Ayurveda में 300 बीमारियों का एक इलाज है ये पेड़, इसके फल-फूल, पत्ते, बीज सब है औषधीय गुणों से भरे

Amazon पर हेडफोन्स में 50% तक की बंपर छूट

कोरोना के प्रकोप के बाद से लोग स्वास्थ्य और जीवनशैली को लेकर गंभीर हो गए हैं। और एक बार फिर आयुर्वेद के औषधी और उपायों पर भरोसा कर रहे हैं और इसे अपना भी रहे हैं। ऐसे में सहजन के गुण आपको कई सारी बीमारियों से छुटकारा पाने का रास्ता दिखला सकता है। इसे बरसों से आयुर्वेद में कई रोगों के उपचार के लिए इस्तेमाल किया जा रहा है। इसे मुनगा, मोरिंगा और ड्रमस्टिक भी कहते हैं। इसके पत्ते, तना समेत सभी भागों का उपयोग किया जाता है। माना जाता है इसके पत्तों में संतरे से 7 गुना ज्यादा विटामिन सी और केले से 15 गुना ज्यादा पोटैशियम पाया जाता है।

आयुर्वेद डॉक्टर दीक्षा भावसार ने सहजन से संबंधित तथ्यों को शेयर करते हुए बताया है कि आयुर्वेद में सहजन को पूरे 300 रोगों के उपचार के लिए उपयोग किया जाता है। इसलिए इसे कुछ लोग चमत्कारी पेड़ भी कहते हैं। यह पेड़ सामान्य परेशानी जैसे बाल झड़ने से लेकर अस्थमा और आर्थराइटिस रोगों के लिए फायदेमंद है।

सहजन के गुणों की खान होने के बावजूद डॉक्टर दीक्षा इसे बिना किसी एक्सपर्ट की सलाह के बिना अपने आहार में शामिल करने की सलाह नहीं देती हैं।

सहजन के औषधीय फायदे