



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA  
Friday 20220715

## Japanese Encephalitis

**Three more persons die of Japanese Encephalitis in Assam, 23 new cases found**

**Altogether 144 cases of JE have been reported in the northeastern state since July 1**

**Three more persons die of Japanese Encephalitis in Assam, 23 new cases found (The Tribune: 20220715)**

<https://www.tribuneindia.com/news/health/three-more-persons-die-of-japanese-encephalitis-in-assam-23-new-cases-found-412420>

Three more persons lost their lives due to Japanese Encephalitis in Assam, taking the toll to 19 in the state, an official release said on Thursday.

The National Health Mission, Assam said one person each died of the infection in Darrang, Sonitpur and Udalguri in the last 24 hours.

Besides, 23 fresh cases of Japanese Encephalitis were detected in Golaghat, Jorhat, Majuli, Kamrup Metropolitan, Kamrup, Karbi Anglong, Lakhimpur, Morigaon, Nagaon and Udalguri, the statement said.

Altogether 144 cases of JE have been reported in the northeastern state since July 1, it said.

Japanese Encephalitis is spread by mosquitoes.

## **Ayurvedic, Siddha and Unani drugs**

**Govt asks e-commerce platforms to sell Ayurvedic, Siddha and Unani drugs only after valid prescription  
Consuming such drugs without medical supervision can lead to severe health complications: (The Tribune: 20220715)**

<https://www.tribuneindia.com/news/nation/govt-asks-e-commerce-platforms-to-sell-ayurvedic-siddha-and-unani-drugs-only-after-valid-prescription-412390>

The Centre has directed e-commerce platforms to sell Ayurvedic, Siddha and Unani drugs only after a valid prescription of a registered Ayurveda, Siddha or Unani practitioner.

According to an advisory issued by the Central Consumer Protection Authority (CCPA) concerning the sale of Ayurvedic, Siddha and Unani drugs containing ingredients listed in Schedule E (1) of the Drugs and Cosmetics Rules, 1945, e-commerce platforms have been advised that the sale or facilitating the sale of such drugs will be done only after a valid prescription of a registered Ayurveda, Siddha or Unani practitioner, respectively, is uploaded by the user on the platform, according to an official statement.

Consuming such drugs without medical supervision can lead to severe health complications, it added.

As per Rule 161(2) of the Drugs and Cosmetics Rules, 1945, the container of a medicine for internal use for the treatment of human ailments shall, if it is made up of a substance specified in Schedule E (1), be labelled conspicuously with words “Caution: To be taken under medical supervision” both in English and Hindi language.

The Ministry of Ayush issued a public notice in February 2016 informing stakeholders that the aforementioned drugs are required to be taken under medical supervision and purchasing the same online should be avoided without medical consultation, according to officials.

## **Nasal spray lowers**

**Nasal spray lowers Covid viral load by 94 per cent in 24 hours: Lancet study  
Nitric Oxide blocks entry into nasal passage, kills the virus and stops its replication, says the study (The Tribune: 20220715)**

<https://www.tribuneindia.com/news/health/nasal-spray-lowers-covid-viral-load-by-94-per-cent-in-24-hours-lancet-study-412372>

Nasal spray lowers Covid viral load by 94 per cent in 24 hours: Lancet study  
Photo for representational purpose only. iStock

A nasal spray administered in high-risk adult COVID-19 patients in India reduced viral load by 94 per cent within 24 hours and 99 per cent in 48 hours, according to the results of Phase-3 trial of the drug published in The Lancet Regional Health Southeast Asia journal.

The study on Nitric Oxide Nasal Spray (NONS) was conducted by Mumbai-based pharmaceutical company Glenmark in 306 vaccinated and unvaccinated adults with symptomatic mild COVID-19 across 20 clinical sites in India.

PlayUnmute

Fullscreen

The trial evaluated a seven-day treatment of NONS plus standard of care versus placebo nasal spray and standard care in patients with symptomatic COVID-19. NONS was self-administered six times daily as two sprays per nostril for seven days.

The study was conducted during the Delta and Omicron surges. The research found that high-risk patients who received NONS had significant reduction in viral load within 24 hours, which was sustained over seven days of treatment.

Viral load was reduced by 93.7 per cent within 24 hours and by 99 per cent within 48 hours of treatment with NONS. Similar results were observed in vaccinated and unvaccinated populations, the authors said.

“The robust double-blind trial demonstrated significant efficacy and remarkable safety of NONS,” Monika Tandon, Senior VP & Head - Clinical Development, Glenmark, and one of the authors of the study said.

“This therapy has the potential to make a crucial contribution to COVID-19 management, with its ease of use in the current highly transmissible phase of pandemic,” Tandon said in a statement.

NONS was launched in India under the brand name FabiSpray in February, after it received manufacturing and marketing approval from the Drugs Controller General of India (DCGI) as part of the accelerated approval process.

Nitric Oxide blocks entry into the nasal passage, kills the virus, and stops its replication, which is why viral load is reduced so rapidly with NONS, the statement said.

The median time to viral cure was three days in the NONS group and seven days in the placebo group after the start of the treatment, it said.

The proportion of immediate contacts having a positive COVID-19 test or becoming symptomatic, remained nearly the same in the NONS group while it numerically increased in the placebo group over the treatment, the authors added.

## **Mental health**

### **Heat waves worsen mental health conditions (The Tribune: 20220715)**

<https://www.tribuneindia.com/news/health/heat-waves-worsen-mental-health-conditions-412098>

Research shows that areas of the brain responsible for framing and solving complex cognitive tasks are impaired by heat stress

Heatwaves have a huge impact on our physical and mental health. Doctors usually dread them, as emergency rooms quickly fill up with patients suffering from dehydration, delirium and fainting.

Recent studies suggest at least a 10 per cent rise in hospital emergency room visits on days when temperatures reach or exceed the top 5 per cent of the normal temperature range for a given location.

Soaring temperatures can also make symptoms worse in those with mental health conditions. Heatwaves – as well as other weather events such as floods and fires – have been linked to a rise in depressive symptoms in people with depression, and a rise in anxiety symptoms in those with generalised anxiety disorder – a disorder where people feel anxious most of the time.

There is also a link between daily high temperature and suicide and suicide attempts. And, roughly speaking, for every 1 degree Celsius increase in monthly average temperature, mental health-related deaths increase by 2.2 per cent. Spikes in relative humidity also result in a higher occurrence of suicide.

Humidity and temperature – both of which are changing as a result of human-induced climate change – have been causally linked to a rise in manic episodes in people with bipolar disorder. This state of the illness causes significant harm and can result in hospitalisation for psychosis and thoughts of suicide.

Further problems are posed by the fact that the effectiveness of important drugs used to treat psychiatric illness can be reduced by the effects of heat. We know that many drugs increase the risk of heat-related death, for example, antipsychotics, which can suppress thirst resulting in people becoming dehydrated.

Some drugs will work differently depending on the body temperature and how dehydrated the person is, such as lithium, a very potent and widely used mood-stabiliser, frequently prescribed for people with bipolar disorder.

Fuzzy thinking, aggressive behaviour

Heat can also affect the mental health and ability to think and reason of people without a mental health disorder. Research shows that areas of the brain responsible for framing and solving complex cognitive tasks are impaired by heat stress.

A study of students in Boston found that those in rooms without air conditioning during a heatwave performed 13 per cent worse than their peers in cognitive tests and had 13 per cent slower reaction time.

When people are not thinking clearly due to heat, it is more likely they will become frustrated, and this, in turn, can lead to aggression.

There is strong evidence linking extreme heat with a rise in violent crime. Even just a one or two degree celsius increase in ambient temperatures can lead to a 3-5 per cent spike in assaults.

By 2090, it is estimated that climate change could be responsible for up to a 5 per cent increase in all crime categories, globally. The reasons for these increases involve a complex interaction of psychological, social and biological factors. For instance, a brain chemical called serotonin, which, among other things, keeps levels of aggression in check, is affected by high temperatures.

Hot days can also exacerbate eco-anxiety. In the UK, 60 per cent of young people surveyed said they are very worried or extremely worried about climate change. More than 45 per cent of those questioned said feelings about the climate affected their daily lives.

There is still a lot we don't understand about the complex interplay and feedback loops between climate change and mental health – especially the effects of heatwaves. But what we do know is that we are playing a dangerous game with ourselves and the planet.

Heatwaves, and the effects they have on our mental health, are important reminders that the best thing we can do to help ourselves and future generations is to act on climate change. (The Conversation)

## **Alcoholism**

### **Young people face higher health risks from alcohol than older adults: Lancet study**

**This is the 1st study to report alcohol risk by geographical region, age, sex and year(The Tribune: 20220715)**

<https://www.tribuneindia.com/news/health/young-people-face-higher-health-risks-from-alcohol-than-older-adults-lancet-study-412623>

Young people face higher health risks from alcohol consumption than older adults, according to a global study published in The Lancet journal on Friday.

This is the first study to report alcohol risk by geographical region, age, sex and year.

It suggests that global alcohol consumption recommendations should be based on age and location, with the strictest guidelines targeted towards males between ages 15-39, who are at the greatest risk of harmful alcohol consumption worldwide.

The study also suggests that adults aged 40 and older without underlying health conditions may see some benefits from little alcohol consumption -- between one and two standard drinks per day -- including a reduced risk in cardiovascular disease, stroke and diabetes.

Using estimates of alcohol use in 204 countries, researchers calculated that 1.34 billion people consumed harmful amounts in 2020.

In every region, the largest segment of the population drinking unsafe amounts of alcohol were males aged 15-39 and for this age group, drinking alcohol does not provide any health benefits and presents many health risks, the researchers said.

About 60 per cent of alcohol-related injuries occur among people in this age group, including motor vehicle accidents, suicides, and homicides, they said.

"Our message is simple: young people should not drink, but older people may benefit from drinking small amounts," said study senior author Emmanuela Gakidou, a professor at the Institute for Health Metrics and Evaluation at the University of Washington, US.

"While it may not be realistic to think young adults will abstain from drinking, we do think it is important to communicate the latest evidence so that everyone can make informed decisions about their health," Gakidou said.

The researchers looked at the risk of alcohol consumption on 22 health outcomes, including injuries, cardiovascular diseases and cancers using 2020 Global Burden of Disease data for males and females aged 15-95 years and older between 1990 and 2020, in 204 countries and territories.

From this, the researchers were able to estimate the average daily intake of alcohol that minimises risk to a population.

The study also estimates how much alcohol a person can drink before taking on excess risk to their health compared to someone who does not drink any alcohol.

The recommended amount of alcohol for people aged 15-39 before risking health loss was 0.136 standard drinks per day -- a little more than one-tenth of a standard drink, according to the researchers.

That amount was slightly higher for females aged 15-39 years at 0.273 drinks -- about a quarter of a standard drink per day.

One standard drink is defined as 10 grams of pure alcohol, which is equivalent to a small glass of red wine (100ml) at 13 per cent alcohol by volume, a can or bottle of beer (375 ml) at 3.5 per cent alcohol by volume, or a shot of whiskey or other spirits (30 ml) at 40 per cent alcohol by volume.

The analysis also suggests that for adults aged 40 and older without any underlying health conditions, drinking a small amount of alcohol may provide some benefits, such as reducing the risk of ischemic heart disease, stroke and diabetes, the researchers said.

In general, for individuals aged 40-64 years in 2020, safe alcohol consumption levels ranged from about half a standard drink per day (0.527 drinks for males and 0.562 standard drinks per day for females) to almost two standard drinks (1.69 standard drinks per day for males and 1.82 for females), they said.

For individuals over 65 years in 2020, the risks of health loss from alcohol consumption were reached after consuming a little more than three standard drinks per day (3.19 drinks for males and 3.51 for females).

The estimates suggest that small amounts of alcohol consumption in populations over 40 without underlying conditions may be associated with improved health outcomes, particularly those facing a higher burden of cardiovascular diseases.

## **HealthMenstrual health**

### **HomeLifestyleHealthMenstrual health (Indian Express: 20220715)**

HomeLifestyleHealthMenstrual health: Five common signs that point to red flags during periods

Menstrual health: Five common signs that point to red flags during periods

The colour of your periods indicates a lot of things about your health. The ideal colour, says a doctor, is cranberry red

<https://indianexpress.com/article/lifestyle/health/menstrual-health-five-common-signs-that-point-to-red-flags-during-periods-8020808/>

menstrual health, menstrual health and hygiene, periods, period and health, period cramps, menstrual red flags, period red flags, health, indian express newsIn case your cramps are so bad that they affect your daily routine, then it is a problem. (Photo: Getty/Thinkstock)

The human body has a way of alerting that something is wrong, in the form of signs and symptoms, which should always be heeded.

## **Cervical cancer**

### **Cervical cancer: What is the right age to take the HPV vaccine? (Indian Express: 20220715)**

<https://indianexpress.com/article/lifestyle/health/hpv-vaccine-cervical-cancer-serum-institute-best-age-group-efficacy-8028640/>

Experts share the best age group for taking this vaccine for better protection against cervical cancer

cervical cancer It is important that the vaccine is given at a younger age (Source: Getty Images/Thinkstock)

Cervavac, India's first quadrivalent human papillomavirus vaccine (gHPV), recently received a nod for market authorisation by the Drugs Controller General of India. Developed by the Serum Institute of India, it is intended to treat cervical cancer in women in an "affordable" and "accessible" manner.

## **Migraine**

**Migraine sufferers have treatment choices – a neurologist explains options beyond just pain medication**

**A migraine can be debilitating. Those who are experiencing one are often curled up in a dark room accompanied by only their pain (Indian Express: 20220715)**

<https://indianexpress.com/article/lifestyle/health/migraine-sufferers-treatment-choices-pain-medication-8024211/>

migraine Researchers have discovered that genetics and environmental factors play a role in the condition of migraine. (Source: Getty Images/Thinkstock)

Migraine headaches currently affect more than one billion people across the globe and are the second-leading cause of disability worldwide.

## **Coronavirus India Highlights:**

**Coronavirus India Highlights: Delhi records 520 fresh Covid-19 cases, 1 death; Mumbai logs 339 Covid cases and 2 deaths**

**Covid News India, Coronavirus in India: Free Covid precaution doses will create healthier country, says PM Modi; Covid-19 cases on Thursday - Delhi (520), Mumbai (339), Bengaluru (Indian Express: 20220715)**

<https://indianexpress.com/article/lifestyle/health/coronavirus-india-live-updates-new-cases-deaths-booster-vaccines-8025914/>

Kolkata: A healthcare worker takes a swab sample of a woman for Covid-19 testing amid a surge in coronavirus cases, in Kolkata, Monday, July 4, 2022. India's active cases increased to 1,13,864, according to the Union Health Ministry data updated on Monday. (PTI Photo)

Covid News India News Highlights: Delhi on Thursday recorded 520 fresh Covid-19 cases, while one more person succumbed to the viral disease, according to health department data. The city's positivity rate stands at 3.44%. Mumbai on Thursday recorded 339 fresh covid infections and registered two pandemic related deaths.

## **Monkeypox**

**Ensure testing for monkeypox, Health Ministry tells States (The Hindu: 20220715)**

<https://www.thehindu.com/sci-tech/health/be-alert-and-prepared-to-tackle-monkeypox-health-ministry-tells-states/article65640501.ece>

It also flagged the low uptake of Sputnik-V precaution doses and advised them to ensure availability in private vaccination centers.

The Union Health Ministry in its communication to stakeholders on Thursday said that while COVID-19 pandemic continues to pose challenges, it is vital that States remain aware, alert and ready to tackle other public health threats like Monkeypox which is on the rise globally.

It also added that uptake of precaution dose of Sputnik V is only 0.5% of those who are due for it. It has now advised that States must ensure availability

## **Monkeypox case**

### **Kerala reports India's first confirmed monkeypox case (The Hindu: 20220715)**

<https://www.thehindu.com/sci-tech/health/kerala-reports-indias-first-confirmed-monkeypox-case/article65640571.ece>

Man who arrived in Thiruvananthapuram from UAE tests positive

The first known lab-confirmed case of monkeypox in India — the official declaration should come from the Union Health Ministry — has been reported in a 35-year-old male in Kerala, who reached the State capital three days ago from the UAE.

State Health Minister Veena George, who earlier on Thursday informed media about a possible suspected case of monkeypox, said here at 7 p.m. that the

## **Free COVID-19 booster**

### **Free COVID-19 booster shots for all adults for 75 days from July 15 at government centres (The Hindu: 20220715)**

<https://www.thehindu.com/news/national/centre-to-provide-free-covid-booster-shots-for-75-days/article65634925.ece>

The Centre recently reduced the gap between the second and precaution doses of COVID-19 vaccines from nine to six months

As part of the Azadi Ka Amrit Mahotsav celebrations, free precaution doses of COVID-19 vaccines will be available for all citizens above 18 years of age at government vaccination centres from July 15 for 75 days, Anurag Singh Thakur, Union Minister of Information and Broadcasting, announced on July 13, following a meeting of the Union Cabinet.

Tweeting on the decision, Health Minister Mansukh Mandaviya said that it

## **Alzheimer's risk**

### **Brain inflammation may link Alzheimer's risk, sleep disturbance (The Hindu: 20220715)**

Scientists have discovered that brain inflammation may link Alzheimer's disease risk with sleep disturbance, which may aid early detection and prevention efforts by -> View it--> <https://www.newkerala.com/news/2022/92285.htm>

## **Depression**

### **Genetic testing can be beneficial for depression patients, suggests study (The Hindu: 20220715)**

Pharmacogenomic testing can help providers avoid prescribing antidepressant medications that may have undesirable outcomes, suggests a new US Department of -> View it--> <https://www.newkerala.com/news/2022/91975.htm>

## **SARS-CoV-2**

### **Can flu virus affect SARS-CoV-2 severity? (The Hindu: 20220715)**

: Coinfection of SARS-CoV-2 and influenza A virus changes neither the trajectory, nor the severity of influenza A virus, regardless of timing. But if a person contracts influenza A virus first -> View it--> <https://www.newkerala.com/news/2022/91607.htm>

## **Hypertension**

### **Hypertension Home Remedy: 'साइलेंट किलर' BP के मरीज रोज पिएं ये 4 जूस, ब्लड प्रेशर ही नहीं शुगर भी रहेगा कंट्रोल (The Hindu: 20220715)**

<https://navbharattimes.indiatimes.com/lifestyle/health/how-to-control-hypertension-at-home-these-4-drinks-can-help-you-to-protect-heart-from-diseases-high-blood-pressure-and-blood-sugar-effect/articleshow/92873414.cms?story=4>

How to reduce blood pressure: हाई ब्लड प्रेशर शिकायत आनुवांशिक होने के साथ ही साथ असंतुलित जीवनशैली का नतीजा भी होती है। ऐसे में कुछ स्टडी बताते हैं कि आप अपने खान-पान और जीवनशैली में सुधार करने के अलावा कुछ विशेष प्रकार के ड्रिंक की मदद से भी अपने हार्ट को हेल्दी और ब्लड प्रेशर को कम कर सकते हैं।

how to control hypertension at home these 4 drinks can help you to protect heart from diseases high blood pressure and blood sugar effect

Hypertension Home Remedy: 'साइलेंट किलर' BP के मरीज रोज पिएं ये 4 जूस, ब्लड प्रेशर ही नहीं शुगर भी रहेगा कंट्रोल बजट बाजार में ब्लॉकबस्टर डील | शुरू \_\_\_\_\_ ₹ 11,349

विश्व स्वास्थ्य संगठन(WHO)के अनुसार, भारत में कुल मौतों का लगभग 63% गैर-संचारी रोगों के कारण होता है, जिनमें से 27% मौत के लिए हृदय रोग जिम्मेदार होते हैं, जो 40-69 आयु वर्ग के 45% लोगों को प्रभावित करता है। बढ़ा हुआ रक्तचाप हार्ट संबंधित बीमारियों के लिए सबसे महत्वपूर्ण जोखिम कारकों में से एक है। अनुमान के अनुसार 2025 तक देश की लगभग 25 प्रतिशत आबादी हाइपरटेंशन या हाई बीपी की शिकार हो सकती है।

हाई बीपी की पहचान कैसे करें? इसके कोई विशेष लक्षण नहीं होते हैं इसलिए इसे साइलेंट किलर भी कहा जाता है। हालांकि कुछ आम लक्षण हैं जिन्हें हाइपरटेंशन का संकेत समझा जा सकता है। इसमें सिरदर्द, भारीपन, जी मचलना, चक्कर आना, धड़कन का अचानक से तेज होना शामिल है। सही समय पर बीपी को कंट्रोल नहीं करने से आपको भविष्य में स्ट्रोक, हार्ट फेल, हार्ट अटैक जैसी गंभीर दिक्कतों का सामना करना पड़ सकता है।

कैसे बढ़ जाता है बीपी? उच्च रक्तचाप आमतौर पर समय के साथ विकसित होता है। खराब आहार, शारीरिक गतिविधि की कमी, मधुमेह और मोटापे सहित कुछ स्वास्थ्य स्थितियों की वजह से रक्तचाप अनियंत्रित हो जाता है। उच्च रक्तचाप (High BP) के खिलाफ आपकी रक्षा के लिए आहार मुख्य रूप से आपकी मदद कर सकता है। कुछ खाद्य पदार्थों के अलावा आप अपने रक्तचाप को नियंत्रित या कर करने के लिए High BP फ्रेंडली ड्रिंक भी ले सकते हैं।

चुकंदर का जूस

एक स्टडी के अनुसार, चुकंदर आपके हृदय की सेहत के लिए फायदेमंद होता है। इसमें मौजूद नाइट्रेट रक्तचाप को सामान्य कर हार्ट की बीमारी और हार्ट अटैक से बचा सकता है। इसमें एंटीइंफ्लेमेटरी गुण, विटामिन्स और मिनरल्स हृदय को स्वस्थ रखने का काम करते हैं। दिल के रोगों से बचने के लिए चुकंदर का सेवन रोजाना किया जा सकता है। इसे काट कर सलाद के रूप में या फिर इसका जूस भी पिया जा सकता है।

अनार का जूस

अनार शरीर में खून बढ़ाने का काम करता है, यह बात तो ज्यादातर लोगों को पता होती है। लेकिन इसके एंटीहाइपरटेंसिव गुण के बारे में बेहद कम ही लोग जानते हैं। एक शोध के अनुसार, ब्लड प्रेशर कम करने वाला गुण के साथ ही धमनियों में वसा के जमाव को रोकने वाला गुण भी पाया जाता है। इसके अलावा, शोध में यह भी माना गया है कि अनार का उपयोग कर बढ़े हुए कोलेस्ट्रॉल को नियंत्रित करने में भी मदद मिल सकती है।

ब्लूबेरी का जूस

2016 नेचर में प्रकाशित एक शोध के अनुसार, ब्लूबेरी खाने से सिस्टोलिक ब्लड प्रेशर और एलडीएल कोलेस्ट्रॉल दोनों कम होते हैं। शोधकर्ताओं का मानना है कि ब्लूबेरी में हृदय को सेहतमंद रखने वाले गुण पाए जाते हैं। यदि आप स्टोर से खरीदे गए बेरी जूस का विकल्प चुनते हैं, तो सुनिश्चित करें कि इसमें कोई अतिरिक्त चीनी न हो।

टमाटर का जूस

एक अध्ययन में शोधकर्ताओं ने हृदय रोग के जोखिम वाले लोगों को प्रति दिन औसतन एक कप टमाटर का जूस पीलाकर देखा। और उन्होंने पाया कि टमाटर का रस सिस्टोलिक और डायस्टोलिक रक्तचाप, साथ ही एलडीएल कोलेस्ट्रॉल दोनों में सुधार करता है। दरअसल, टमाटर में कार्डियो प्रोटेक्टिव गुण होते हैं। साथ ही यह लाइकोपीन, बीटा-कैरोटीन, फोलेट, पोटेशियम, विटामिन-सी, फ्लेवोनोइड और विटामिन-ई का समृद्ध स्रोत होता है जो हार्ट संबंधी बीमारियों के जोखिम को कम करता है।

2022-23 की बोर्ड परीक्षा में लाने हैं टॉपर जैसे नंबरर्स, तो सीबीएसई, आईसीएसई की इन कक्षा10 क्वेश्चन बैंक से करें तैयारी संबंधित स्टोरीज़