



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Friday 20220722

## WHO

### **WHO moves to roll out first malaria vaccine in Africa?**

**WHO endorsed the vaccine last fall as a “historic” breakthrough in the fight against malaria, but the Gates Foundation told The Associated Press this week it will no longer financially support the shot (The Tribune: 20220722)**

<https://www.tribuneindia.com/news/health/who-moves-to-roll-out-first-malaria-vaccine-in-africa-414456>

As the World Health Organisation announces the next step in its rollout of the world’s first authorised malaria vaccine in three African countries, concerns about its value have come from an unlikely source: the Bill and Melinda Gates Foundation, arguably the vaccine’s biggest backer.

WHO endorsed the vaccine last fall as a “historic” breakthrough in the fight against malaria, but the Gates Foundation told The Associated Press this week it will no longer financially support the shot.

Some scientists say they’re mystified by that decision, warning it could leave millions of African children at risk of dying from malaria as well as undermine future efforts to solve intractable problems in public health.

The vaccine, sold by GlaxoSmithKline as Mosquirix, is about 30% effective and requires four doses.

The malaria vaccine has “a much lower efficacy than we would like,” Philip Welkhoff, the Gates Foundation’s director of malaria programs, told the AP. Explaining its decision to end support after spending more than \$200 million and several decades getting the vaccine to market, he said the shot is relatively expensive and logistically challenging to deliver.

“If we’re trying to save as many lives with our existing funding, that cost-effectiveness matters,” he said.

The Gates Foundation's decision to pivot away from supporting the rollout of the vaccine in Africa was made years ago after detailed deliberations, including whether the foundation's money would be better spent on other malaria vaccines, treatments or production capacity, Welkhoff said. Some of the resources that might have gone into getting the vaccine to countries have been redirected to buy new insecticidal nets, for example.

"It's not the greatest vaccine in the world, but there are ways of using it that could have a big impact," said Alister Craig, dean of biological sciences at Liverpool School of Tropical Medicine. The world is struggling to contain the spike in malaria seen since the coronavirus pandemic disrupted efforts to stop the parasitic disease, which killed more than 620,000 people in 2020 and caused 241 million cases, mainly in children under 5 in Africa, Craig said.

"It's not like we have a lot of other alternatives," Craig said. "There could be another vaccine approved in about five years, but that's a lot of lives lost if we wait until then," he said, referring to a shot being developed by Oxford University. BioNTech, creator of the Pfizer COVID-19 vaccine, plans to apply the messenger RNA technology it used for the coronavirus to malaria, but that project is in its infancy.

Another big obstacle is availability; GSK says it can only produce about 15 million doses per year until 2028. WHO estimates that to protect the 25 million children born in Africa every year, at least 100 million doses every year might be needed. Although there are plans to transfer the technology to an Indian drugmaker, it will be years before any doses are produced.

"All the money in the world" wouldn't alleviate the vaccine's short-term supply constraints, said Welkhoff, of the Gates Foundation. He noted that the Gates Foundation continues to support vaccines alliance Gavi, which is investing nearly \$156 million into making the shot initially available in three African countries: Ghana, Kenya and Malawi.

"We're supporting the roll-out via the Gavi funding, but we decided we would not dedicate additional direct funding to extend the supply of the vaccine," Welkhoff said.

On Thursday, WHO and Gavi invited developing countries to apply for funding to pay for the malaria vaccine in their countries.

"If delivered to scale, the vaccine will help to prevent millions of cases of malaria, save tens of thousands of lives and ensure a brighter future for the continent," said Dr Matshidiso Moeti, WHO's Africa director.

The Gates Foundation's withdrawal of financial support for the malaria vaccine might unnerve others, Dr David Schellenberg of the London School of Hygiene and Tropical Medicine, said.

"There is a risk that this could discourage others who are considering financing the malaria vaccine or even be a disincentive for people working on other vaccines," he said. He said that combining the vaccine's use with other measures, like distributing drugs during malaria's peak season could dramatically reduce cases and deaths.

"We still see people coming in with four or five episodes of malaria a year," he said. "We don't have a magic bullet, but we could make better use of the tools we do have." An imperfect roll-

out of the vaccine would still save lives, Dr Dyann Wirth, an infectious diseases expert at Harvard University, said.

“We would love to have 100 million doses, but that kind of money doesn’t exist for malaria,” she said. “The 15 million doses we have is still 15 million opportunities to protect children that we didn’t previously have.” The Gates Foundation had done its part in bringing the vaccine to market and it is now up to countries, donors and other health organizations to ensure it is used, she said.

The vaccine, even with its imperfections, is eagerly awaited in Malawi.

Nolia Zidana, 32, said she is keen to get her two young sons immunised after seeing malaria sicken them numerous times — and surviving it herself.

“Growing up with my parents and siblings, we have been sick from malaria all the time,” said Zidana, who lives in Malawi’s central Ntcheu district. “My elder son has had malaria countless times within the four years that he has been around. While just at 7 months old, twice my younger son has already been down with malaria,” she said.

She said although they sleep under mosquito nets, sometimes they get bitten before going to bed as they are preparing meals for supper in the dark of the evening.

“We hear other people use mosquito repellents or burn anti-mosquito incense coils, which we cannot afford as we are just peasant farmers that live from hand to mouth,” she said.

Dr Michael Kayange of Malawi’s Ministry of Health, urged everyone in the country to take whatever measures they can to curb malaria. Immunisation itself is insufficient to stop the disease and people should adopt multiple strategies, he said.

“Even just by sleeping under a mosquito net, you have played your role in reducing the malaria burden in the country,” he said. AP

## **Alzheimer's and gut health**

### **Study confirms link between Alzheimer's and gut health**

**While there are currently no known curative treatments, study's findings suggest cholesterol-lowering medications (statins) could be therapeutically beneficial in treating both AD and gut disorders(The Tribune: 20220722)**

<https://www.tribuneindia.com/news/health/study-confirms-link-between-alzheimers-and-gut-health-414440>

The chances of developing Alzheimer's disease may be higher in people with gut disorders, according to a new study conducted by Edith Cowan University.

The study has confirmed the link between the two, and it could lead to earlier detection and new potential treatments.

AD destroys memory and thinking ability and is the most prevalent form of dementia.

It has no known curative treatments and is expected to affect more than 82 million people and cost US\$2 trillion by 2030.

Previous observational studies have suggested a relationship between AD and gastrointestinal tract disorders, but what underpins these relationships had been unclear -- until now.

ECU's Centre for Precision Health has now provided new insights into these relationships by confirming a genetic link between AD and multiple gut disorders.

The study analysed large sets of genetic data from AD and several gut-disorder studies -- each of about 4,00,000 people.

Research lead Dr Emmanuel Adewuyi said it was the first comprehensive assessment of the genetic relationship between AD and multiple gut disorders.

The team discovered people with AD and gut disorders have genes in common -- which is important for many reasons.

"The study provides a novel insight into the genetics behind the observed co-occurrence of AD and gut disorders," Dr Adewuyi said.

"This improves our understanding of the causes of these conditions and identifies new targets to investigate to potentially detect the disease earlier and develop new treatments for both types of conditions." Centre for Precision Health director and study supervisor Professor Simon Laws said whilst the study didn't conclude gut disorders cause AD or vice versa, the results are immensely valuable.

"These findings provide further evidence to support the concept of the 'gut-brain' axis, a two-way link between the brain's cognitive and emotional centres, and the functioning of the intestines," Professor Laws said.

Is cholesterol a key?

When researchers conducted further analysis into the shared genetics, they found other important links between AD and gut disorders -- such as the role cholesterol may play.

Dr Adewuyi said abnormal levels of cholesterol were shown to be a risk for both AD and gut disorders.

"Looking at the genetic and biological characteristics common to AD and these gut disorders suggests a strong role for lipids metabolism, the immune system, and cholesterol-lowering medications," he said.

"Whilst further study is needed into the shared mechanisms between the conditions, there is evidence high cholesterol can transfer into the central nervous system, resulting in abnormal cholesterol metabolism in the brain.

"There is also evidence suggesting abnormal blood lipids may be caused or made worse by gut bacteria (H.pylori), all of which support the potential roles of abnormal lipids in AD and gut disorders.

"For example, elevated cholesterol in the brain has been linked to brain degeneration and subsequent cognitive impairment." Hope for the future

The cholesterol link could prove vital in treating AD in the future.

While there are currently no known curative treatments, the study's findings suggest cholesterol-lowering medications (statins) could be therapeutically beneficial in treating both AD and gut disorders.

"Evidence indicates statins have properties which help reduce inflammation, modulate immunity and protect the gut," Dr Adewuyi said.

However, he said there was a need for more studies and patients needed to be assessed individually to judge whether they would benefit from statin use.

The research also indicated diet could play a part in treating and preventing AD and gut disorders. (ANI)

The Supreme Court on Thursday allowed a 25-year-old unmarried woman to abort her 24-week-old unwanted pregnancy from a consensual relationship, subject to a report from a medical board of AIIMS, Delhi, that there was no risk to her life.

"Petitioner should not be denied the benefit (of the provisions of the Medical Termination of Pregnancy Act) merely on the ground that she is an unmarried woman," a Bench led by Justice DY Chandrachud said, reversing an order of the Delhi High Court that had turned down her plea on July 15.

## **Pregnancy**

### **Single woman allowed to end 24-wk pregnancy (The Tribune: 20220722)**

<https://www.tribuneindia.com/news/nation/single-woman-allowed-to-end-24-wk-pregnancy-414539>

The Supreme Court on Thursday allowed a 25-year-old unmarried woman to abort her 24-week-old unwanted pregnancy from a consensual relationship, subject to a report from a medical board of AIIMS, Delhi, that there was no risk to her life.

“Petitioner should not be denied the benefit (of the provisions of the Medical Termination of Pregnancy Act) merely on the ground that she is an unmarried woman,” a Bench led by Justice DY Chandrachud said, reversing an order of the Delhi High Court that had turned down her plea on July 15.

Under the Act, abortion isn’t permitted after 20 weeks in a pregnancy arising out of a consensual relationship.

## **Breastfeeding**

### **HomeLifestyleHealthWhy breastfeeding women must not ignore burning, itching, and swelling in the nipples (Indian Express: 20220722)**

<https://indianexpress.com/article/lifestyle/health/nipple-fungal-infection-breastfeeding-mothers-monsoon-symptoms-causes-treatment-8026410/>

Why breastfeeding women must not ignore burning, itching, and swelling in the nipples  
"Any imbalance in the numbers of good bacteria can lead to thrush, a fungal infection," said Dr Suman Bijlani, gynaecologist obstetrician endoscopic surgeon, SRV Hospital Mumbai

breastfeeding, breastfeeding secrets, breastfeeding tips, new mothers and breastfeeding, breastfeeding tips for new moms, indian express newsBreastfeeding mothers can have nipple infection (Photo: Getty/Thinkstock)

Lactating mothers may experience many health and hormonal problems. One among the many is the painful fungal infection in the nipples, which is commonly seen during monsoon.

## **Spinach and cabbage can reduce antibiotic resistance**

### **Spinach and cabbage can reduce antibiotic resistance A dietician and a nutritionist decode how viruses develop antibiotic resistance and how cruciferous plants are capable of preventing their resistant nature. (Indian Express: 20220722)**

<https://indianexpress.com/article/lifestyle/health-specials/spinach-and-cabbage-can-reduce-antibiotic-resistance-8043921/>

Spinach, cabbage, antibiotic resistanceBesides getting DIM from leafy greens, people can also take DIM as a supplement.(image source: pixabay)

Cruciferous vegetables, including spinach, broccoli, cauliflower and cabbage, are rich in nutrients and minerals and their consumption is beneficial in many other ways, including their antioxidant and anti-inflammatory nature. They are crucial supplements to build immunity and are rich sources of Vitamin A. Now, a study from Ben-Gurion University of the Negev has shown that these plants also help in dealing with antimicrobial or antibiotic resistance that World Health Organisation (WHO) in 2021 listed under the top ten global public health threats facing humanity.

## **Metabolism**

### **How does gapping meals impact your metabolism?**

**It is important to understand that the optimal diet plan for a person relies upon various factors such as lifestyle, the nature of their profession, chronic illnesses or conditions and other stressors. Diet is still very much a customised deal, says Dr Suranjit Chatterjee, Senior (Indian Express: 20220722)**

<https://indianexpress.com/article/lifestyle/health-specials/how-does-gapping-meals-impact-your-metabolism-8043192/>

The meal frequency is often considered a catalyst for weight loss and is believed to influence the amount of weight a person sheds or keeps, says Dr Suranjith Chaudhary (Courtesy: Pixabay)

Eating habits or scheduling meals in a day is a subjective choice and differs from person to person. While diet plans may differ, there are preconceived notions regarding healthy eating habits and the required gap between each meal. There are two major schools of thought: “Eating three or fewer large meals a day” or “eating frequent yet smaller portions in a day.”

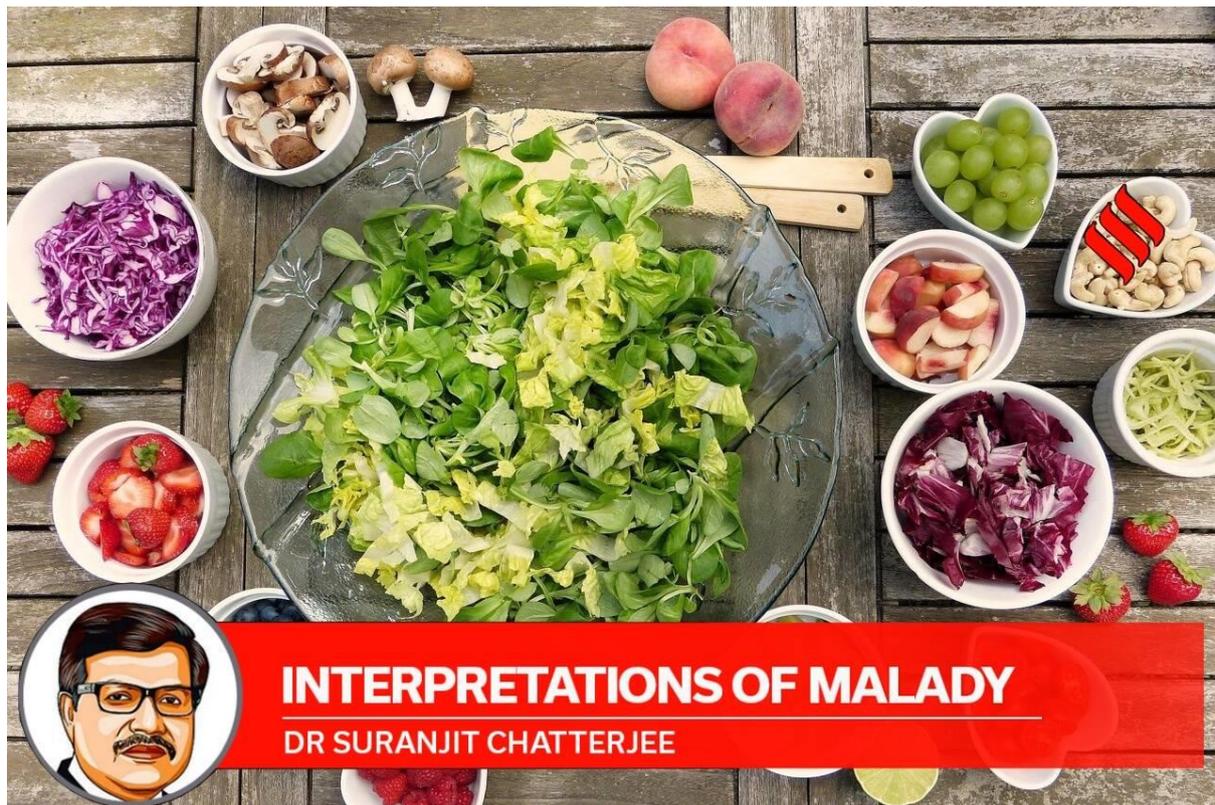
## **Covid fatalities**

### **India logs 60 new Covid fatalities**

**An increase of 601 cases has been recorded in the active Covid-19 caseload in a span of 24 hours. (Indian Express: 20220722)**

covid indiaThe country crossed the grim milestone of two crore Covid cases on May 4 last year, the three-crore mark on June 23 last year and four crore cases on January 25 this year. (Express file photo)

India saw a single day rise of 21,880 coronavirus infections taking the total tally of Covid-19 cases to 4,38,47,065, while the active cases rose to 1,49,482, according to the Union Health Ministry data updated on Friday.



## Overhydration

**Overhydration: This is what happens if you drink too much water**  
"If your urine is colourless or light yellow, then probably you have adequate fluid in your body," said Dr Ashutosh, senior director-internal medicine. (Indian Express: 20220722)

<https://indianexpress.com/article/lifestyle/health/overhydration-water-symptoms-intake-amount-healthy-living-8029499/>

overhydration"Men should drink about 15.5 cups (3.7 liters) of fluids a day and women around 11.5 cups (2.7 liters)," recommended Richa, a nutritionist, in her Instagram post. (Photo: Pexels)

Drinking enough water during the day is said to be extremely beneficial for overall well-being. However, much like everything else, excess water intake is also not good for the body.

## **Healthcare muscle**

### **Amazon builds healthcare muscle with \$3.49 billion One Medical deal (Indian Express: 20220722)**

<https://www.thehindu.com/sci-tech/technology/amazon-builds-healthcare-muscle-with-349-billion-one-medical-deal/article65669485.ece>

One Medical offers both telehealth services and face-to-face options for patients in the USA. Amazon.com Inc on Thursday agreed to buy primary care provider One Medical for \$3.49 billion, expanding the e-commerce giant's virtual care presence and adding some brick-and-mortar doctors' offices to its healthcare arsenal.

(Sign up to our Technology newsletter, Today's Cache, for insights on emerging themes at the intersection of technology, business and policy. [Click here to](#)

## **India records 21,566 fresh COVID-19 cases**

### **India records 21,566 fresh COVID-19 cases (The Hindu: 20220722)**

<https://www.thehindu.com/sci-tech/health/india-coronavirus-cases-on-july-21-2022/article65665075.ece>

200.91 crore doses of COVID-19 vaccines have so far been administered nationwide. India saw a single-day rise of 21,566 coronavirus cases, the highest in 152 days, taking its COVID-19 tally to 4,38,25,185, while the number of active cases in the country climbed to 1,48,881 on Thursday, July 21, 2022, the Union Health Ministry said.

The death toll due to the viral disease has gone up to 5,25,870 with 45 more fatalities, according to the ministry's data updated at 8 am.

## **WHO's methodology**

### **WHO's methodology for estimating COVID-19 deaths unscientific, says Centre ((The Hindu: 20220722)**

<https://www.thehindu.com/news/national/who-methodology-for-estimating-covid-deaths-unscientific-government/article65658099.ece>

The WHO has projected an estimate of about 47 lakh excess deaths in India associated directly or indirectly with the COVID-19 pandemic, between January 1, 2020 and December 31, 2021. The mathematical modeling approach adopted by the WHO to project excess mortality estimates related to COVID-19 suffers from erroneous assumptions and is unscientific and India had registered its strong objection to this methodology, the government informed Parliament on July 19.

India had objected to the 'one size fits all' approach adopted by the WHO as it might be true for smaller countries but cannot be applied to a huge and diverse

## **COVID-19: More retractions in journals than preprints**

### **COVID-19: More retractions in journals than preprints (The Hindu: 20220722)**

<https://www.thehindu.com/sci-tech/science/covid-19-more-retractions-in-journals-than-preprints/article65645453.ece>

Retraction Watch database was used to identify retracted preprints and journal papers. Emergency use authorisation, pharmaceutical companies announcing the results of clinical trials first through press releases, free access to all COVID-19 scientific papers published in journals and a sharp increase in the number of preprints posted became more common during the pandemic. Except free access to all COVID-19 papers in journals, which otherwise would have been behind paywalls, all the others came under severe criticism at some point.

As per a comment in The Lancet, an average of 39.5 COVID-19 preprints were posted each day during the pandemic compared with just 10.5 per day during

## Amla

**रोजाना सिर्फ 20 ml आंवला रस, Ayurveda डॉक्टर ने माना-डायबिटीज-कोलेस्ट्रॉल जैसे 10 रोगों की छुट्टी (Navbharat Times: 20220722)**

<https://navbharattimes.indiatimes.com/lifestyle/health/according-ayurveda-doctor-drink-amlaj-juice-to-get-rid-diabetes-and-cholesterol/articleshow/93027973.cms?story=5>

**Amla health benefits in Hindi:** डॉक्टर ने बताया कि यह मेरे थायराइड को कंट्रोल करने में मदद करता है और बालों के झड़ने को रोकता है। इतना ही नहीं, यह बालों को समय से पहले सफेद होने से भी बचाता है। यह एसिडिटी, मुहांसे, डल स्किन, थकान, कब्ज, एसिडिटी का सही इलाज है।

**according ayurveda doctor drink amla juice to get rid diabetes and cholesterol**

रोजाना सिर्फ 20 ml आंवला रस, Ayurveda डॉक्टर ने माना-डायबिटीज-कोलेस्ट्रॉल जैसे 10 रोगों की छुट्टी आंवला को आयुर्वेद में एक खास खाद्य पदार्थ माना गया है। विटामिन सी से भरपूर यह खट्टा फल विभिन्न पोषक तत्वों का भंडार है। इसका कई तरीके से इस्तेमाल किया जाता है। कई लोग इसे सूखा या कच्चा खाना पसंद करते हैं, तो कई इसका रस पीना पसंद करते हैं। आयुर्वेदिक डॉक्टर दीक्षा भावसार का मानना है कि उनकी सेहत का राज भी आंवला जूस है। उन्होंने बताया है कि उनके दिन की 20 ml जूस के साथ होती है।  
एमजॉन प्राइम डे डीलस, वॉशिंग मशीन से लेकर फ्रिज पर 50% तक की छूट

रोजाना आंवला का सेवन क्यों करना चाहिए? डॉक्टर ने बताया कि यह मेरे थायराइड को कंट्रोल करने में मदद करता है और बालों के झड़ने को रोकता है। इतना ही नहीं, यह बालों को समय से पहले सफेद होने से भी बचाता है। यह एसिडिटी, मुहांसे, डल स्किन, थकान, कब्ज, एसिडिटी, ब्लोटिंग या किसी अन्य गैस्ट्रिक समस्या में भी मदद करता है। चलिए जानते हैं कि रोजाना आंवला जूस पीने से सेहत को क्या-क्या फायदे होते हैं। पाचन में करता है सुधार

डॉक्टर के अनुसार, आंवला पाचन में सुधार करता है और हाई ब्लड शुगर और कोलेस्ट्रॉल को कम करने में भी मदद करता है। यही वजह है कि यह दिल के लिए बेहतर है।

इम्यून सिस्टम को बनाता है मजबूत

यह प्रतिरक्षा में सुधार करता है। साथ ही वजन कम करने और बनाए रखने में मदद करता है। आंखों को स्वस्थ रखने के लिए आपको रोजाना आंवला जूस पीना चाहिए।

आंवला रस पीने के फायदे

आंवला रस के आयुर्वेदिक गुण

रस: यह स्वाद में खट्टा होता है, अन्य सभी स्वादों के साथ अर्थात; लवना (नमकीन) को छोड़कर पंच रसा।

वीर्य : इसकी तासीर ठंडी होती है।

विपाक (पाचन के बाद का प्रभाव): मधुरा

आंवला के पोषक तत्व

यह शोध से भी साबित हुआ है कि इसमें एंटी-एजिंग, एंटी-ऑक्सीडेंट, एंटी-माइक्रोबियल, एंटी-इमेटिक, एंटी-इंफ्लेमेटरी, एंटी-डायबिटिक, हेपेटोप्रोटेक्टिव (लिवर के लिए अच्छा) और हाइपोलिपिडेमिक (कोलेस्ट्रॉल कम करता है) के गुण हैं।

आंवला रस बनाने की रेसिपी

इसके लिए आप तीन आंवला लेकर उनका रस निकाल लें। यदि आंवला उपलब्ध नहीं है तो आप स्थानीय आयुर्वेदिक स्टोर से आंवला पाउडर या जूस ले सकते हैं। आप अपनी त्वचा, आंख, बाल और प्रतिरक्षा में सुधार करना चाहते हैं, तो रोजाना आंवला लें।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

बिना कसरत वजन घटाता है कपिवा का ये आयुर्वेदिक जूस, तुरंत खरीदें  
संबंधित स्टोरीज़  
और पढ़ें

**Omicron symptoms:** भयंकर हुआ ओमीक्रोन, वैज्ञानिकों की चेतावनी-पीठ के इस हिस्से में दर्द को न करें नजरअंदाज  
हेल्थ

**Omicron symptoms:** भयंकर हुआ ओमीक्रोन, वैज्ञानिकों की चेतावनी-पीठ के इस हिस्से में दर्द को न करें नजरअंदाज

**Diet Tips:** सलाद को सच में घास-फूस बना देंगी ये 5 गलतियां, एक्सपर्ट से जाने Salad बनाने-खाने का सही तरीका  
हेल्थ

**Diet Tips:** सलाद को सच में घास-फूस बना देंगी ये 5 गलतियां, एक्सपर्ट से जाने Salad बनाने-खाने का सही तरीका

**Oral Health** के लिए रोज खाएं ये 5 फूड, दांतों की कैविटी- मसूड़ों में सड़न से नहीं पड़ेगा पाला  
हेल्थ

**Oral Health** के लिए रोज खाएं ये 5 फूड, दांतों की कैविटी- मसूड़ों में सड़न से नहीं पड़ेगा पाला

लंच में दाल-रोटी खाकर इस इंजीनियर ने घटाया 20 Kg वजन, जबरदस्त ट्रांसफॉर्मेशन देख आप भी हो जाएंगे हैरान  
हेल्थ

लंच में दाल-रोटी खाकर इस इंजीनियर ने घटाया 20 Kg वजन, जबरदस्त ट्रांसफॉर्मेशन देख आप भी हो जाएंगे हैरान

**Diet tips:** पपीते के साथ गलती से भी न खाएं ये 5 चीजें, एक्सपर्ट ने माना-जहर जैसा होता है असर  
हेल्थ

**Diet tips:** पपीते के साथ गलती से भी न खाएं ये 5 चीजें, एक्सपर्ट ने माना-जहर जैसा होता है असर  
अगला लेख

**Diet Tips:** सलाद को सच में घास-फूस बना देंगी ये 5 गलतियां, एक्सपर्ट से जाने Salad बनाने-खाने का सही तरीका

**Navbharat Times News App:** देश-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिज़नेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, वायरल न्यूज़ और धर्म-कर्म... पाएँ हिंदी की ताज़ा खबरें डाउनलोड करें NBT ऐप

लेटेस्ट न्यूज़ से अपडेट रहने के लिए NBT फेसबुकपेज लाइक करें

कॉमेंट लिखें

रहें हर खबर से अपडेट नवभारत टाइम्स के साथ

Follow Us