



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220801

Cancer

Kurukshetra: Women's wing of Khap panchayat to launch campaign against cancer (The Tribune: 20220801)

<https://www.tribuneindia.com/news/haryana/womens-wing-of-khap-panchayat-to-launch-campaign-against-cancer-417616>

Kurukshetra: Women's wing of Khap panchayat to launch campaign against cancer
Tribune News Service

Following the continuous rise in the number of cancer patients in the state, the women's wing of the Sarva Jatiya Sarva Khap Mahapanchayat has decided to run a campaign in Haryana to raise awareness and educate people about the disease.

Proposed steps to fight disease

Launch of 'Dudh Dahi Ka Khana, Cancer Mukht Haryana' campaign
Discouraging single-use plastic, packaged food and chemical-based products
Promoting earthen pots, clay-based utensils in homes
Cases increasing

Cancer cases are increasing in the country. Haryana is also recording a large number of new cancer patients every year. We have decided to launch a 'Dudh Dahi Ka Khana, Cancer Mukht Haryana' campaign to raise awareness about cancer. — Dr Santosh Dahiya, National Prez, Women's wing

Dr Santosh Dahiya, national president of the women's wing, said, "Cancer cases are increasing in the country and, unfortunately, Haryana is also recording a large number of new cancer patients every year, which is a matter of concern for us. We have decided to launch a 'Dudh Dahi Ka Khana, Cancer Mukht Haryana' campaign in the state to raise awareness and educate people about the prevention and screening of cancers.

“A programme was organised on the occasion of Teej festival today where the women were administered oath to make a start in the cancer-free campaign. The women will ensure that they will not use single-use plastic, packaged food, chemical-based products, other harmful products and utensils in their homes and also educate other people about the same. They will also tell people how they can reduce the risk of getting common cancers and motivate them to lead a healthy lifestyle,” she added.

The women on this occasion said the cancer patients were increasing rapidly, but the health facilities were not increasing at the same pace. It was sad to see that people die due to the lack of medical facilities and in-time treatment. The women’s wing will collaborate with the people working to provide affordable cancer treatment. If the disease was detected and treated at an early stage, lives of hundreds of people could be saved.

Dahiya, who is also the national president of the All India Mahila Shakti Manch, said, “Earlier, earthen pots were used in our kitchen and experts, too, recommend using earthen pots due to the multiple benefits they offer, but over the years earthen pots have been replaced by different kind of utensils. We will also motivate people to use earthen pots and other clay-based utensils. It has been decided to run campaigns in the villages across the state. During the campaign, we will tell people about the early signs, symptoms of cancer and help the cancer patients in getting treatment at affordable rates.”

Heart attacks

Rise in heart attacks among youth, say doctors (The Tribune: 20220801)

<https://www.tribuneindia.com/news/punjab/rise-in-heart-attacks-among-youth-say-doctors-417528>

Rise in heart attacks among youth, say doctors

Heart attacks are on the rise among youngsters in the state. Doctors say on an average, they are getting five or six patients such cases every month. - File photo

Heart attacks are on the rise among youngsters in the state. Doctors say on an average, they are getting five or six patients such cases every month. Various factors, including smoking and lack of exercise, are responsible for this lifestyle disease.

The deaths of actor Siddharth Shukla and Kannada superstar Puneeth Rajkumar at a young age following heart attacks have sent shock waves across the country.

A city-based consultant interventional cardiologist from Jindal Heart Institute, Dr RK Jindal, said Indians were the highest vulnerable group as far as rising incidence of heart disease was concerned.

He said there had been an exponential rise in heart attacks among youth. The proportion of under-40 adults having heart attacks had risen by 2 per cent every year in the last decade.

Globally 17 million people die from cardiovascular diseases, accounting for 30 per cent of total mortality.

“Warm-up before exercise and cooling down body post workout are must. In people with a family history of cardiac issues, cholesterol level should be checked regularly. In case of minor and major blocks in the heart, coronary angiograms can help in detection,” he added.

Prof Dr Vitull K Gupta, executive committee member of the Cardiological Society of India, said “A surge in heart attacks in younger Indians has been reported.”

Doctors’ advice

Warm-up before exercise and cooling down body post workout are must
Cardiac patients should take diet low in carbohydrates, fats and processed food

Antibiotics

Antibiotics in young kids can cause permanent asthma, allergies: Study ‘Antibiotics among the most used medications in children, affect gut microbiome communities and metabolic functions; these changes in microbiota structure can impact host immunity’

Antibiotics in young kids can cause permanent asthma, allergies: Study (The Tribune: 20220801)

<https://www.tribuneindia.com/news/health/antibiotics-in-young-kids-can-cause-permanent-asthma-allergies-study-417509>

Early exposure to antibiotics kills healthy bacteria in the digestive tract and can cause asthma and allergies, claims a new study conducted on mice.

The study, published in ‘Mucosal Immunology’, has provided the strongest evidence, so far, that the long-observed connection between antibiotic exposure in early childhood and later development of asthma and allergies is causal.

“The practical implication is simple: Avoid antibiotic use in young children whenever you can because it may elevate the risk of significant, long-term problems with allergy and/or asthma,” said Martin Blaser, director of the Center for Advanced Biotechnology and Medicine at Rutgers University in the US.

In the study, the researchers from Rutgers, New York University and the University of Zurich, noted that antibiotics, “among the most used medications in children, affect gut microbiome communities and metabolic functions. These changes in microbiota structure can impact host immunity.”

In the first part of the experiment, five-day-old mice received water, azithromycin or amoxicillin. After the mice matured, researchers exposed them to a common allergen derived from house dust mites. Mice that had received either of the antibiotics, especially azithromycin, exhibited elevated rates of immune responses—i.e., allergies.

The second and third parts of the experiment tested the hypothesis that early exposure to antibiotics (but not later exposure) causes allergies and asthma by killing some healthy gut bacteria that support proper immune system development.

Lead author Timothy Borbet first transferred bacteria-rich faecal samples from the first set of mice to a second set of adult mice with no previous exposure to any bacteria or germs. Some received samples from mice given azithromycin or amoxicillin in infancy. Others received normal samples from mice that had received water.

Mice that received antibiotic-altered samples were no more likely than other mice to develop immune responses to house dust mites, just as people who receive antibiotics in adulthood are no more likely to develop asthma or allergies than those who don't.

Things were different, however, for the next generation. Offspring of mice that received antibiotic-altered samples reacted more to house dust mites than those whose parents received samples unaltered by antibiotics, just as mice that originally received antibiotics as babies reacted more to the allergen than those that received water.

“This was a carefully controlled experiment,” said Blaser. “The only variable in the first part was antibiotic exposure. The only variable in the second two parts was whether the mixture of gut bacteria had been affected by antibiotics. Everything else about the mice was identical.

Blaser added that “these experiments provide strong evidence that antibiotics cause unwanted immune responses to develop via their effect on gut bacteria, but only if gut bacteria are altered in early childhood.” IANS

Monkeypox vs chickenpox

Monkeypox vs chickenpox: Difference in way symptoms of both diseases manifest in patients, say doctors

In a couple of instances reported recently, two suspected cases of monkeypox turned out to be (The Tribune: 20220801)

<https://www.tribuneindia.com/news/nation/monkeypox-vs-chickenpox-difference-in-way-symptoms-of-both-diseases-manifest-in-patients-say-doctors-417499>

Monkeypox vs chickenpox: Difference in way symptoms of both diseases manifest in patients, say doctors

Photo for representation.

Skin rashes and fever, the common symptoms in both monkeypox and chickenpox have caused confusion among people although doctors have stressed that there is a difference in the way the symptoms of both the viral diseases manifest in patients.

They have also advised to consult a doctor to dispel any doubts.

Monkeypox is a viral zoonosis (a virus transmitted to humans from animals) with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe.

In the rainy season, people are more prone to viral infections, and chickenpox cases are largely seen during this time along with other infections that also show symptoms like rashes and nausea, said Dr Ramanjit Singh, visiting consultant, dermatology, Medanta Hospital.

“Due to this situation, some patients are getting confused and misinterpret chickenpox with monkeypox. The patient may determine whether they have monkeypox or not by understanding the sequence and the onset of symptoms,” Singh said.

Explaining further, he said monkeypox usually starts with fever, malaise, headache, sometimes sore throat and cough, and lymphadenopathy (swollen lymph nodes) and all these symptoms appear four days prior to skin lesions, rashes and other problems which primarily start from hand and eyes and spread to the whole body.

Other experts agree and say that apart from skin involvement, there are other symptoms too in the case of monkeypox, but it is always better to consult a doctor to dispel any doubts.

In a couple of instances reported recently, two suspected cases of monkeypox turned out to be chickenpox.

A suspect case of monkeypox admitted to the LNJP Hospital in Delhi last week with fever and lesions, tested negative for the infection but was diagnosed with chickenpox. Similarly, an Ethiopian citizen, who had gone to Bengaluru was tested for monkeypox after he showed symptoms but his report confirmed that he had chickenpox.

India has so far reported four cases of monkeypox - three from Kerala and one from Delhi.

Dr Satish Koul, Director, Internal Medicine, Fortis Memorial Research Institute said, “In monkeypox, the lesions are bigger than chickenpox. In monkeypox, the lesions are seen on palms and soles. In chickenpox, lesions are self limiting after seven to eight days but not so in monkeypox. The lesions are vesicular and itchy in chicken pox. In monkeypox the lesions are broad vesicular and non-itchy.”

Koul also said the duration of fever is longer in monkeypox and such a patient has enlarged lymph nodes.

Elaborating on the virus that causes chickenpox, Dr. S.C.L. Gupta, medical director of Batra Hospital, said chickenpox is a RNA virus which is not as severe but it too leads to rashes on the skin.

“This is the season of chickenpox. Usually, during monsoon, there is this dampness, rise in temperature, water logging, formation of moisture and wet clothes, all these leads to growth of the virus.

“Also, there is a religious aspect associated with the disease. People treat it like a ‘goddess’ and so such patients are not treated with any sort of medicines. They are kept in isolation and are given time to heal,” he said.

Talking about monkeypox, Gupta explained that such virus requires an animal host but is self limiting with soar throat, fever and normal virus signs.

“The main sign of this virus is the rashes on the body which have liquids inside. This leads to viral infection which weakens the body resistance. But problems arise due to its complication. In case, any bacterial infection and gets pusses and leads to blisters leading further complication into the body.

“Right now, monkeypox is at its juvenile stage. We do not have a proper treatment. We are just following the method of isolation and treating the suspected patient according to their symptoms. If there is a throat infection, we use the generic medicines that we usually take. So, here it is a case of symptomatic treatment,” he said.

Doctors have also received queries that whether previous chickenpox infection makes a patient immune to monekypox, to which the answer is an emphatic no.

Lung transplant

**AIIMS Delhi carries out second lung transplant in less than 3 months
AIIMS became the second public hospital in the country after PGIMER
Chandigarh, to have conducted a lung transplant procedure in May this
year (The Tribune: 20220801)**

<https://www.tribuneindia.com/news/health/aiims-delhi-carries-out-second-lung-transplant-in-less-than-3-months-417216>

AIIMS Delhi carries out second lung transplant in less than 3 months

A 50-year-old woman got new lungs at AIIMS here on Saturday, making it the second lung transplant procedure to be carried out at the premier institute in less than three months.

This is also the first time that lungs were harvested at AIIMS itself from a patient, a 36-year-old man who was declared brain dead, and transplanted successfully, Dr Deepak Gupta, Professor in the Department of Neurosurgery at AIIMS said.

The heart, liver and kidneys of the brain dead patient were also retrieved, which gave a new lease of life to four others, he told PTI.

AIIMS became the second public hospital in the country after PGIMER Chandigarh, to have conducted a lung transplant procedure in May this year.

The entire procedure of organ retrieval and transplantation, which started at 11.30 pm on Friday and went on till noon on Saturday, was made possible due to the effective coordination between the treating doctors, Organ Retrieval Banking Organisation (ORBO) coordinators, transplant team, forensic department, various organ retrieval teams, National Organ and Tissue Transplant Organisation (NOTTO) and police department, Dr Aarti Vij, head of ORBO at AIIMS, Delhi, said.

“In majority of the cases in the past, lungs were not medically suitable for transplantation. But here, evaluation showed the lungs were in a good condition and thus they were harvested and transplanted in the 50-year-old woman patient suffering from interstitial lung disease at the institute,” Dr Milind Hote, Professor of Cardio Thoracic and Vascular Surgery (CTVS) at AIIMS told PTI.

Dr Anant Mohan, Professor of Pulmonary Medicine and Sleep Disorders at the institute said the recipient is under observation in the post-operative ICU after the procedure.

“She was waiting for the lung transplant for more than a year,” he said.

Amresh Chand, a resident from Uttar Pradesh, had sustained heavy head injury after being hit by an auto rickshaw on July 27 near Jaitpur here.

He was rushed to the trauma centre and was operated, but declared brain dead the next day.

A team of doctors and transplant coordinators at AIIMS, New Delhi, counselled his family members to donate his organs.

“It is very sad to see a young life lost like this. Amresh’s family has suffered an irreplaceable loss, but their willingness to donate his organs and light others’ lives bears testimony to the fact that goodness prevails even at the darkest of times,” Dr Vij said.

Besides lungs, Amresh’s heart was given to a patient at the Army Research and Referral Hospital through NOTTO, Dr Hote said.

His liver was transplanted in a patient suffering from liver cancer, said Dr Sujoy Pal, Professor in the Department of gastrointestinal surgery at AIIMS.

Of the two kidneys, one was transplanted in a patient at AIIMS, while the other was given to the Institute of Liver and Biliary Sciences through NOTTO.

“Despite best efforts, the patient could not be saved and was declared brain dead at 8.50 pm on July 28. We counselled the patients family and also we told them about the Roli Prajapati case and how the parents of the five-year girl, who was declared brain dead at AIIMS trauma centre, had donated her organs.

“After listening to her story, the patient’s wife an ASHA worker agreed to donate his organs,” Dr Gupta said.

All the organs, including lungs, were harvested at the AIIMS trauma centre, he added.

“The deceased Amresh managed farming back at his village and did a daily wage job in Delhi to make ends meet,” his brother-in law Mahender Kumar said.

Anxiety

ways to tackle ‘Sunday scaries’, the anxiety and dread many people feel at the end of the weekend (The Tribune: 20220801)

Research shows Sunday is our unhappiest day of the week with Saturday being the peak 3 ways to tackle ‘Sunday scaries’, the anxiety and dread many people feel at the end of the

<https://www.tribuneindia.com/news/lifestyle/3-ways-to-tackle-sunday-scaries-the-anxiety-and-dread-many-people-feel-at-the-end-of-the-weekend-417421>

Sunday is often a chance to catch up with friends, lost sleep, and recover from last night's hangover. But for many of us, by the time Sunday afternoon rolls around, a feeling of intense anxiety and dread sets in – often referred to as the “Sunday scaries”.

It's hardly surprising the “Sunday scaries” are so common. After all, research shows Sunday is our unhappiest day of the week – with Saturday being the peak. There are a number of reasons why the Sunday scaries happen, and how you spend your weekend can play a big role.

For example, spending all your weekend stuck inside on your computer probably isn't a good idea, even if it's for leisure. This is because research shows people who spend a lot of time on their computer tend to feel more anxious in general. Abundant alcohol and drug use can also cause your mood to plummet and cause anxiety levels to soar the following day. So if you spent your Saturday night partying, this might explain why you feel down or anxious by Sunday afternoon.

For many people, the Sunday scaries also happen due to the work they left behind on Friday evening. The anticipation of the next day, the work you might have to do, and all the emails you'll need to catch up on can cause anxiety. But working through the weekend isn't the answer either – and could actually leave your mental health worse off.

The Sunday scaries may also happen because of a social overload that happens during the weekend. This may be especially true for people who work hard during the week or those who are single, who designate their weekend as being their primary time for socialising. But spending time with others, as enjoyable as it may be, can put additional pressure on us. For example, when we share our friends' worries, we may become stressed too.

If you're someone who tends to suffer from the Sunday scaries, here are a few things you can do to cope.

1. Finish your tasks

One of the most effective ways of getting rid of the Sunday scaries is to prevent them from happening to begin with. This means trying to finish any tasks you need to do before the weekend, instead of leaving it until Monday morning.

When you know you have unfinished business to deal with on Monday, it can have a number of effects on you, including by ruining your night's sleep and making you more anxious on Sunday. It may even affect your next week by making you more likely to experience a burnout. This is why starting the week with a clean slate is crucial.

Before you switch off your computer on Friday evening, you might also want to take time to reflect on the negative things that may have happened during the week, consider what changes you might want to make for the next week, and try to tie up any loose ends and easy tasks that you can instead of leaving them for Monday.

If you're in a middle of a long-term project, at least try to complete a milestone task that will help you feel like a chapter of your work is closed on Friday, with a new one ready to begin on Monday.

2. Positive anticipation

Probably the biggest reason for feeling anxious on a Sunday evening is due to dreading the work you have to do the following week – especially those tasks you hate doing.

But having events planned for the week that you can look forward to can help balance out these negative emotions and make you feel more positive about the week ahead. Try creating a new routine on Sunday where you plan out fun things you can do the next week, such as meeting friends for lunch or going to the cinema after work.

3. Write it down

If you get your Sunday scaries but have no idea what's causing them, take 20 minutes of uninterrupted time to write down your deepest thoughts and feelings. This simple exercise can help you figure out what causes your anxious thoughts, which will ultimately help you address them.

But if you're someone who has never tried expressive writing before, here are a few things that might help you get started:

Write about your challenges using a different perspective (such as how your parent or best friend might see it).

Try writing at different times of the day. You may be more focused at different times of the day, which can be important for helping you tune into how you're feeling.

If you find it difficult to talk or write about yourself, imagine you're writing with a specific audience in mind, such as your friend. This may help you better express what you're feeling and understand why you're feeling that way.

If writing isn't for you, use a recorder or video to help you express yourself.

Of course, there are many reasons that people may experience the Sunday scaries. While some of these factors we can change, some of them are a bit more difficult to address, such as if your feelings of anxiety are due to working with people who treat you unfairly.

But regardless of the reasons you may get the Sunday scaries, remember that we often tend to over-exaggerate our anxieties in our heads – and often these fears turn out to be unfounded.

Quarter life, a series by The Conversation

Menopause

How to manage bone health during menopause? (The Indian Express: 20220801)

<https://indianexpress.com/article/lifestyle/health-specials/how-to-manage-bone-health-during-menopause-8060537/>

A woman's body achieves its peak bone mass between the ages of 25 and 30. This means that her skeleton stops growing and is at its thickest and strongest during this time. Now, if a woman's peak bone health is less than ideal, the chances of her contracting bone complications in later years increase, says Dr Yash Gulati, Senior Consultant, Orthopaedics and Joint Replacement, Indraprastha Apollo Hospital, New Delhi

A woman's body achieves its peak bone mass between the ages of 25 and 30. This means that her skeleton stops growing and is at its thickest and strongest during this time (Gettyimages/IndianExpress)

Menopause is a universal phenomenon experienced by middling women everywhere except that the associated symptoms differ from person to person. While some might feel relieved and happy as they don't have to go through menstrual pains and the extra care required every month, for others, menopause might bring hot flashes, insomnia, mood swings and hormonal imbalance.

In some cases, menopause affects the bone and cardiac health of women. The figures collected by the International Osteoporosis Foundation show that one out of every three women above the age of 60 will experience at least one fracture caused due to osteoporosis. During perimenopause, women's bodies start reacting to their surroundings differently. They become more vulnerable and the chances of them contracting diseases like arthritis, joint pain and osteoporosis in the post menopausal phase increase manifold. The reason is a reduced level of estrogen production post-menopause. The hormone, produced in women by her ovaries, plays a key role in deciding her bone health.

A woman's body achieves its peak bone mass between the ages of 25 and 30. This means that her skeleton stops growing and is at its thickest and strongest during this time. Now, if a woman's peak bone health is less than what is considered ideal, the chances of her contracting bone weakness — osteopenia or osteoporosis — and related complications in later years increase.

Research indicates that up to 20 per cent of bone loss can happen during these stages and approximately 1 in 10 women over the age of 60 are affected by osteoporosis worldwide.

The bones become brittle and weak, which increase the risks of fracture, bone and muscle pain. While menopausal arthritis can be caused due to genetically inherited abnormal genes reacting to the metabolism of estrogen present in the body, reduced levels of bone density can also cause joint pain that can affect the knees, shoulders, neck, elbows and other joints in the body.

Post-menopause, the chances of contracting primary osteoporosis are very high. This basically translates to decreased density and increased hollowness in the bone. Osteoporosis causes increased fragility of bones and can lead to fractures with little or no injury called “fragility fractures.” This is common in the hip, wrist and spine areas.

Also Read | Nutritionist shares simple diet tips to manage symptoms of menopause
Peri-menopausal osteoporosis and associated muscle wasting (sarcopenia) can have adverse effects on the daily lives of the person affected, causing hindrance in basic movements, constant body pain and susceptibility to injuries.

Peri-menopausal osteoporosis should be diagnosed and treated early to prevent complications. Simple, specific low-cost drugs are available for managing the condition. As the bones also start losing minerals and vitamins, it is suggested to maintain a good daily intake of the same. The daily diet should include at least 1300 mg of calcium. This can be achieved through the intake of a variety of dairy products, soy, almonds, tofu, green leafy vegetables and meats. Paired with calcium intake, and the body's capacity to absorb, maintaining good Vitamin D levels helps achieve good bone health. The easiest way to do so is daily exposure to early morning sunlight and supplements.

Do engage in some kind of physical activity, which includes weight bearing. Regular resistance training is the most effective way to gain strong bones and muscles.

New drugs for diabetes

New drugs for diabetes: Good for all or for a few? (The Indian Express: 20220801)

Gone are the days when we looked at blood sugar readings and HbA1C. Hence, among anti-diabetic drugs, those which can prevent and repair damage of vital organs are preferred over older ones, says Dr Anoop Misra, Chairman, Fortis CDOC Hospital for Diabetes and Allied Sciences

<https://indianexpress.com/article/lifestyle/health-specials/new-drugs-for-diabetes-good-for-all-or-for-a-few-8054159/>

Dr Anoop Misra writes: The goodness of these drugs is not limited to the kidney and heart in patients with diabetes. These reduce body weight to a significant degree.

Old-time diabetes drugs are time-tested, reliable and generally work well, like reliable Japanese cars. New drugs have novel ways of impacting metabolism and result in new effects on the body. But our experiences are still limited, similar to a new model of Lamborghini. Some of these new drugs are good and some others are better.

Gone are the days when we looked at the blood sugar readings and HbA1C and pronounced whether the patient is fine. Going rapidly past this approach, several other factors are now taken into account. Indeed, the condition of the whole body, and de-conditioning of organs, is the prime goal for correction, apart from blood sugar normalisation. Hence, among anti-diabetic drugs which are currently available, those which can prevent and repair damage of vital organs are preferred over the older ones.

Also Read |‘No clear, direct link between long Covid and new onset of diabetes; post-Covid fatigue, lifestyle changes may trigger it’

The first organ to be protected among vital organs is the heart. It can be damaged by arterial blockages (resulting in heart attacks) or muscle weakening (resulting in heart failure). New diabetes drugs and non-insulin injections have incredibly favourable actions on both these heart ailments. Research trials have shown remarkable decrease in hospitalisation due to morbid heart failure and prolongation of life with the use of drugs known as SGLT2 inhibitors (Empagliflozin, dapagliflozin, canagliflozin etc). Of more interest, non-insulin injectable drugs (GLP-1 receptor analogues) can work on concrete like barriers (plaques) in vital arteries and create more space for blood to pass through.

Then there is damage to vital organs like the kidneys (presenting with protein leakage and raised creatinine), which causes great disturbance to body physiology and majorly disrupts daily functioning of patients. Unfortunately, there are only a few drugs to control kidney damage. The only effective kidney drug for the last 20 years have been anti-hypertensive medicines of class ACEI/ARB. Recent trials show that SGLT2 inhibitor drugs not only improve kidney functions greatly, but also decrease heart disease in these patients.

Thus, a new era dawns for treatment of kidney disease! Now SGLT2 inhibitor drugs are being used for patients with heart and kidney disease even when patients do not have diabetes. We, the physicians, have never known such phenomenal drug effects previously.

The goodness of these drugs is not limited to the kidney and heart in patients with diabetes. These reduce body weight to a significant degree. Indeed, non-insulin injectable drugs (GLP-1 receptor analogues) are next only to bariatric weight loss surgery in terms of loss of kilos by patients and are now licensed to be used as weight loss therapy in non-diabetic obese patients.

Also Read |How can diabetics deal with nausea, bloating and acidity

Are these wonder drugs? Nearly so. Should these be given to all patients with diabetes? No. Patients should be categorised based on their size, clinical and metabolic profiles and economic status and then these new drugs should be fitted appropriately. They certainly cannot be given to patients with Type 1 diabetes, very thin people with diabetes, and in diabetes in pregnancy.

One point of view is surely emerging; no eligible patient should be denied benefits of these new drugs. It is best for patients to discuss pros and cons of these drugs with their physicians. Finally, any of these drugs will fail if correct choices in diet and exercise are not followed.

Monkeypox in India:

**Monkeypox in India: Here's what you must do upon noticing symptoms
Monkeypox virus is transmitted from infected animals to humans via indirect or direct contact. Human-to-human transmission can occur through direct contact with infectious skin or lesions, including face-to-face, skin-to-skin, and respiratory droplets, according to WHO (The Indian Express: 20220801)**

<https://indianexpress.com/article/lifestyle/health/monkeypox-india-who-global-health-emergency-symptoms-causes-treatment-8050139/>

monkeypoxDelhi reported one confirmed case of monkeypox on July 24, taking the total number of such patients in the country to four.

Four cases of monkeypox have been confirmed in India by health authorities, including one in the national capital. Notably, the first case was reported in a 35-year-old man who arrived from the Middle East. In the wake of emerging cases and the World Health Organization (WHO) declaring monkeypox as a global health emergency, it is important to pay attention to the first signs and symptoms and seek necessary treatment.

Dr Anita Mathew, Infectious Disease Specialist, Fortis Hospital, Mulund said that the symptoms of monkeypox include swollen lymph nodes, lesions, low energy, back pain, skin rashes, fever, muscle aches, and intense headaches.

“Generally, the infected person starts getting a rash on the face which resembles the one a smallpox patient gets. The rash, which starts as a little red elevated region later gets filled with blister-like whitish fluid, before drying up and healing. As the WHO describes it as a ‘self-limited disease’ with symptoms lasting from two to four weeks, the virus is clinically less severe,” said Dr Mathew.

Also Read |Monkeypox and Covid-19: Expert shares differences

Dr Rajiv Dang, senior director and HOD – Internal Medicine and Medical Director, Max Hospital, Gurugram called it a “simple viral illness” which presents like any other viral flu but “associated with it are lymph node enlargement or lymphadenopathy”. “This enlargement can be seen around the neck, which a doctor can examine and detect,” he said.

How does monkeypox spread?

Monkeypox virus is transmitted from infected animals to humans via indirect or direct contact. Human-to-human transmission can occur through direct contact with infectious skin or lesions, including face-to-face, skin-to-skin, and respiratory droplets, according to WHO.

The monkeypox virus is a slow-mutating DNA virus that is spread through large respiratory droplets and requires prolonged close contact with a patient for transmission. (Representative/Wiki Commons)

WHO notes that in the current outbreak, countries and amongst the reported monkeypox cases, “transmission appears to be occurring primarily through close physical contact, including sexual contact”. “Transmission can also occur from contaminated materials such as linens, bedding, electronics, clothing, that have infectious skin particles,” it notes.

What can be done?

With regards to the treatment, no proven methods exist and symptomatic treatment is followed, Dr Mathew said.

Also Read |Monkeypox is largely a self-limiting disease, but high-risk groups can have severe consequences

“If any individual gets in contact with a person showing symptoms of monkeypox, one should isolate themselves for three to four weeks. Also, we need to continue following hygiene practices like frequent washing of hands, masking, and social distancing. Following correct precautionary measures and proctors will help us control the further spread of the virus,” Dr Mathew advised.

Antidepressants

Taking certain opioids while on commonly prescribed antidepressants may increase the risk of overdose

Other types of drugs have been shown to increase the risk of overdose and other harmful interactions(The Indian Express: 20220801)

<https://indianexpress.com/article/lifestyle/health/opioids-commonly-prescribed-antidepressants-overdose-mental-health-8061202/>

antidepressantsBecause many patients with depression also experience chronic pain, opioids are often coprescribed with antidepressants (Source: Getty Images/Thinkstock)

By Ismaeel Yunusa

Taking oxycodone at the same time as certain selective serotonin reuptake inhibitors (SSRIs), a commonly prescribed class of antidepressant, can increase the risk of opioid overdose, according to a study my colleagues and I published.

Doctors prescribe the opioid oxycodone to treat moderate to severe pain after surgeries and injuries or certain conditions like cancer. Opioids are also a common drug of abuse. In the US, over 70 per cent of drug overdose deaths in 2019 involved an opioid.

Prior research has shown that certain SSRIs, namely fluoxetine (Prozac or Sarafem) and paroxetine (Paxil, Pexeva or Brisdelle), can strongly inhibit a liver enzyme crucial to the proper breakdown of drugs in the body, including oxycodone.

Also Read |A pharmaceutical scientist explains why some medications are swallowed while others are injected

The resulting increased concentration of oxycodone in the blood may lead to accidental overdose.

Further investigation of how other drugs interact with opioids could help doctors (Representative Image/ Getty Images/ Thinkstock)

To see whether different types of SSRIs might affect a patient's risk of overdosing on oxycodone, my colleagues and I examined data from three large US health insurance claims databases. We included over 2 million adults who began taking oxycodone while using SSRIs between 2000 and 2020. The average age of the group was around 50, and a little over 72 per cent were women. A little over 30 per cent were taking the SSRIs paroxetine and fluoxetine.

We found that patients taking paroxetine or fluoxetine had a 23 per cent higher risk of overdosing on oxycodone than those using other SSRIs.

About 30 per cent of patients with chronic pain experience adverse drug interactions while taking opioids. Other types of drugs have been shown to increase the risk of overdose and other harmful interactions.

These include some muscle relaxants commonly used to treat pain, benzodiazepines commonly used to treat anxiety or poor sleep and some antipsychotics commonly used to treat schizophrenia or bipolar disorder.

Similarly, in 2019, the Food and Drug Administration required drugmakers to include new warnings on using gabapentinoids, a class of drugs commonly used to treat epilepsy and pain, concurrently with opioids and other drugs that suppress the central nervous system. This mandate was due to an increased risk of dangerously reduced breathing rates that can result in overdose and death when these drugs are taken together.

Also Read |How to manage bone health during menopause

The findings from our study offer insight on which of the most commonly used antidepressants could most likely lead to opioid overdose. Further investigation of how other drugs interact with opioids could help doctors and patients better understand which drugs are safe to take at the same time.

The author is Assistant Professor of Clinical Pharmacy and Outcomes Sciences, University of South Carolina South Carolina

India logs 20,408 fresh Covid cases

India logs 20,408 fresh Covid cases, 44 deaths: Govt

The active cases comprise 0.33 per cent of the total infections, while the national Covid-19 recovery rate was recorded at 98.48 per cent, the health ministry said. (The Indian Express: 20220801)

<https://indianexpress.com/article/lifestyle/health/india-fresh-covid-cases-deaths-8060404/>

covid count According to the ministry, 203.94 crore doses of Covid vaccines have been administered in the country so far under the nationwide Covid-19 vaccination drive. (Express file photo)

India logged a single day rise of 20,408 new coronavirus infections, pushing India's total tally of Covid-19 cases to 4,40,00,138, as the active cases declined to 1,43,384, the Union Health Ministry said on Saturday.

The death toll has climbed to 5,26,312 with 44 new fatalities, the data updated by the government at 8 am said.

The active cases comprise 0.33 per cent of the total infections, while the national Covid-19 recovery rate was recorded at 98.48 per cent, the health ministry said.

A decrease of 604 cases has been recorded in the active Covid-19 caseload in a span of 24 hours.

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The daily positivity rate was recorded at 5.05 per cent. The weekly positivity rate was recorded at 4.92 per cent, according to the health ministry.

The number of people who recovered from the infection surged to 4,33,30,442, and the case fatality rate was recorded at 1.20 per cent.

According to the ministry, 203.94 crore doses of Covid vaccines 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, and surpassed the one-crore mark on December 19.

India crossed the grim milestone of two crore on May 4, 2021, three crore on June 23, and four crore on January 25 this year.

The 44 new fatalities include six each from Maharashtra and West Bengal, four each from Haryana and Karnataka, three each from Gujarat, Punjab, and Uttar Pradesh, two each from Bihar, Chhattisgarh, Jammu and Kashmir, and Madhya Pradesh and one each from Chandigarh, Delhi, Goa, Himachal Pradesh, Kerala, Odisha and Sikkim.

A total of 5,26,312 deaths have been reported so far in the country including 1,48,097 from Maharashtra, 70,451 from Kerala, 40,143 from Karnataka, 38,032 from Tamil Nadu, 26,308 from Delhi, 23,565 from Uttar Pradesh and 21,352 from West Bengal. The health ministry has stressed that more than 70 per cent of the deaths occurred due to comorbidities.

Healthy eating

Healthy eating: Find out what makes mosambi a ‘versatile summer fruit’ Nutritionist Lovneet Batra wrote that in addition to being a delicious snack, mosambi or sweet lime contains multitude of health benefits (The Indian Express: 20220801)

<https://indianexpress.com/article/lifestyle/health/sweet-lime-mosambi-benefits-diet-8056544/>

mosambi Mosambi has many health benefits (Source: Pixabay)

Among the many delicious summer fruits is mosambi or sweet lemon that, like most seasonal produce, comes packed with umpteen health benefits.

Listing some of these is nutritionist Lovneet Batra who took to Instagram and wrote: “In addition to being a delicious snack, mosambi or sweet lime is a versatile summer fruit containing a multitude of health benefits,” she said.

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Take a look at the benefits below:

*Promotes healthy skin – They’re high in vitamin C which is necessary to make collagen, a protein that keeps the skin firm and strong. Moreover, they are high in antioxidants, which may help combat age-related skin changes, too.

*Lowers the risk of cancer — Mosambi contains compounds called limonoids that have been linked to a lower risk of certain cancers.

Also Read | Covid-19: How do citrus fruits boost immunity?

*Aids digestion — Mosambi features a high-content value of flavonoids which energises the digestive tract by increasing the secretion of digestive juices, acids, and bile. Therefore, it helps with digestion simply by neutralising the acidic digestive juices made by the stomach and eliminates toxins through the excretory system.

**Study finds another condition that Vitamin D pills do not help
Vitamin D pills can protect bones from fractures but new research reports
that vitamin D pills taken with or without calcium have no effect on bone
fracture rates. (The Indian Express: 20220801)**

<https://indianexpress.com/article/lifestyle/health/study-finds-another-condition-that-vitamin-d-pills-do-not-help-8057304/>

vitamin D supplements
Researchers say that vitamin D pills taken with or without calcium have no effect on bone fracture rates (Source: Getty Images/Thinkstock)
By Gina Kolata

The idea made so much sense it was almost unquestioningly accepted: Vitamin D pills can protect bones from fractures. After all, the body needs the vitamin for the gut to absorb calcium, which bones need to grow and stay healthy.

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But now, in the first large randomized controlled study in the United States, funded by the federal government, researchers report that vitamin D pills taken with or without calcium have no effect on bone fracture rates. The results, published Thursday in The New England Journal of Medicine, hold for people with osteoporosis and even those whose blood tests deemed them vitamin D deficient.

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These results followed other conclusions from the same study that found no support for a long list of purported benefits of vitamin D supplements.

So, for the millions of Americans who take vitamin D supplements and the labs that do more than 10 million vitamin D tests each year, an editorial published along with the paper has some advice: Stop.

Also Read | [How to live with Covid-19 when you are tired of living with Covid-19](#)

“Providers should stop screening for 25-hydroxyvitamin D levels or recommending vitamin D supplements and people should stop taking vitamin D supplements in order to prevent major diseases or extend life,” wrote Dr. Steven R. Cummings, a research scientist at the California Pacific Medical Center Research Institute, and Dr. Clifford Rosen, a senior scientist at the Maine Medical Research Institute. Rosen is an editor at *The New England Journal of Medicine*.

There are exceptions, they say: People with conditions such as celiac or Crohn’s disease need vitamin D supplements, as do those who live in conditions where they are deprived of sunshine and may not get any of the mineral from foods that are routinely supplemented with vitamin D, such as cereals and dairy products.

Getting into such a severe vitamin D-deprived state is “very hard to do in the general population,” Cummings said.

The two scientists know that in making such strong statements they are taking on vitamin sellers, testing labs and advocates who have claimed that taking vitamin D, often in huge amounts, can cure or prevent a wide variety of ailments and even help people live longer.

Doctors often check for vitamin D levels as part of routine blood tests.

The study involved 25,871 participants — men aged 50 and older and women 55 and older — who were assigned to take 2,000 international units of vitamin D each day or a placebo.

The research was part of a comprehensive vitamin D study called VITAL. It was funded by the National Institutes of Health and began after an expert group convened by what is now the National Academy of Medicine, a nonprofit organization, examined the health effects of vitamin D supplements and found little evidence. The expert group’s members were supposed to come up with a minimum daily requirement for the vitamin but found that most clinical trials that had studied the subject were inadequate, making them ask if there was any truth to the claims that vitamin D improved health.

Vitamin D pills Another large study, in Australia, found that people taking the vitamin did not live longer (Source: Pexels)

The prevailing opinion at the time was that vitamin D was likely to prevent bone fractures. Researchers thought that as vitamin D levels fell, parathyroid hormone levels would increase at a detriment to bones.

Rosen said those concerns led him and the other members of the National Academy of Medicine’s expert group to set what he called an “arbitrary value” of 20 nanograms per milliliter of blood as the goal for vitamin D levels and to advise people to get 600 to 800 international units of vitamin D supplements to achieve that goal.

Labs in the United States then arbitrarily set 30 nanograms per milliliter as the cutoff point for normal vitamin D levels, a reading so high that almost everyone in the population would be considered vitamin D deficient.

Also Read | [What to know about Marburg virus disease](#)

The presumed relationship between vitamin D and parathyroid levels has not held up in subsequent research, Rosen said. But uncertainty continued, so the National Institutes of Health funded the VITAL trial to get some solid answers about vitamin D's relationship to health.

The first part of VITAL, previously published, found that vitamin D did not prevent cancer or cardiovascular disease in trial participants. Nor did it prevent falls, improve cognitive functioning, reduce atrial fibrillation, change body composition, reduce migraine frequency, improve stroke outcomes, protect against macular degeneration or reduce knee pain.

Another large study, in Australia, found that people taking the vitamin did not live longer.

Dr. JoAnn Manson, chief of preventive medicine at Brigham and Women's Hospital in Harvard Medical School and the leader of the main VITAL trial, said the study was so large it included thousands of people with osteoporosis or with vitamin D levels in a range considered low or "insufficient." That allowed the investigators to determine that they also received no benefit for fracture reduction from the supplement.

"That will surprise many," Manson said. "But we seem to need only small-to-moderate amounts of the vitamin for bone health. Larger amounts do not confer greater benefits."

The bone study's first author and principal investigator, Dr. Meryl S. LeBoff, an osteoporosis expert at Brigham and Women's Hospital, said she was surprised. She had expected a benefit.

But she cautioned that the study did not address the question of whether people with osteoporosis or low bone mass just short of the condition should be taking vitamin D and calcium, along with osteoporosis medications. Professional guidelines say they should take vitamin D and calcium, and she will continue to adhere to them in her own practice.

Dr. Dolores Shoback, an osteoporosis expert at the University of California, San Francisco, also will continue to advise patients with osteoporosis and low bone mass to take vitamin D and calcium.

It is "a simple intervention and I will continue to prescribe it," she said.

Others go a bit further.

Dr. Sundeep Khosla, a professor of medicine and physiology at the Mayo Clinic, said that since vitamin D "will do little or no harm and may have benefits," he would continue to advise his patients with osteoporosis to take it, recommending the 600 to 800 units a day in the National Academy of Medicine report.

"I will still tell my family and friends who don't have osteoporosis to take a multivitamin a day to make sure they don't get vitamin D deficient," he said.

Also Read | Largest study to date shows how Covid-19 vaccines affect periods
Khosla follows that advice himself. Many multivitamin tablets now contain 1,000 units of vitamin D, he added.

But Cummings and Rosen remain firm, even questioning the very idea of a vitamin D deficiency for healthy people.

“If vitamin D doesn’t help, what is a vitamin D deficiency?” Cummings asked. “That implies you should take vitamin D.”

And Rosen, who signed off on the National Academy of Medicine report, has become a vitamin D therapeutic nihilist.

“I don’t believe any more in 600 units,” he said. “I don’t believe you should do anything.”

Vitamin D pills

**HealthStudy finds another condition that Vitamin D pills do not help
Study finds another condition that Vitamin D pills do not help
Vitamin D pills can protect bones from fractures but new research reports
that vitamin D pills taken with or without calcium have no effect on bone
fracture rates. (The Indian Express: 20220801)**

vitamin D supplementsResearchers say that vitamin D pills taken with or without calcium have no effect on bone fracture rates (Source: Getty Images/Thinkstock)

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Also Read | [How to live with Covid-19 when you are tired of living with Covid-19](#)

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Vitamin D pills Another large study, in Australia, found that people taking the vitamin did not live longer (Source: Pexels)

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Also Read | [What to know about Marburg virus disease](#)

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Ayurveda expert shares

Ayurveda expert shares ‘medicated breakfast for the rainy season’ (recipe inside)

Dr Rekha Radhamony, wrote: "This is the simplest version of Karkitaka Kanji recipe — with some effort you can easily make this at home." (The Indian Express: 20220801)

<https://indianexpress.com/article/lifestyle/food-wine/expert-approved-medicated-breakfast-recipe-8048908/>

recipeDr Rekha Radhamony, an Ayurveda expert, shared a recipe of rice gruel, a medicated breakfast. (Representative image: Freepik)

The monsoon season brings along a host of health issues, including cough, cold, fever, and the seasonal flu.

Dr Rekha Radhamony, an ayurveda expert, says that during the rainy season our “body strength and agni (digestive fire) are low and all the doshas go out of balance”. “From fever, bone and joint ailments to skin disorders, our body is susceptible to a lot of diseases,” the expert wrote on Instagram.

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As such, she also went on to share a recipe for rice gruel, which she informs is packed with various benefits. She suggests consuming it for a month every morning after doing “abhyanga with sesame oil” and “taking a warm shower”.

“This is a medicated soup for subsiding vata; it is good for everyone and every body type! No matter what your original prakriti (mind and body constitution) is, you can still have vata following you like an invisible shadow,” she wrote on Instagram.

Also Read |As paneer butter masala trends on social media, enjoy this lip-smacking recipe
The expert listed the following benefits of medicated rice gruel

- *Improves agni
- *Improves strength of the body
- *Improves bowel movements
- *Builds immunity against diseases
- *Good for diabetes

Rice gruel recipe

Ingredients

- *Red rice (njavara rice) – 100 grams

*Coconut milk – sufficient quantity

*Powders to add: 5 grams each of dry ginger, garden cr

COVID-19 reinfection

COVID-19 reinfection common with BA.5 variants (The Hindu: 20220801)

<https://www.thehindu.com/sci-tech/science/covid-19-reinfection-common-with-ba5-variant/article65702008.ece>

Vaccines appear to be less effective in reducing the risk of outcomes for BA.5 compared with BA.2.

Vaccines appear to be less effective in reducing the risk of outcomes for BA.5 compared with BA.2. | Photo Credit: VIJAY SONEJI

SARS-CoV-2 spike protein interacts with other proteins in cardiac myocytes to cause inflammation

Compared with the earlier Omicron BA.2 subvariant, currently dominant Omicron BA.5 is linked with higher odds of causing a second SARS-COV-2 infection regardless of vaccination status, a study from Portugal suggests.

From late April this year to early June, researchers studied 15,396 adults infected with the BA.2 variant and 12,306 infected with BA.5. The vaccines and boosters were equally effective against both sublineages, according to a report posted on medRxiv ahead of peer review.

However, 10% of BA.5 cases were reinfections, compared to 5.6% of BA.2 cases, which suggests a reduction in protection conferred by previous infection against BA.5 compared to BA.2, the researchers said. Moreover, the vaccines appeared to be less effective in reducing the risk of severe outcomes for BA.5 compared with BA.2.

“Among those infected with BA.5, booster vaccination was associated with 77% and 88% reduction in risk of COVID-19 hospitalisation and death, respectively, while higher risk reduction was found for BA.2 cases, with 93% and 94%, respectively,” the researchers wrote.

While “COVID-19 booster vaccination still offers substantial protection against severe outcomes following BA.5 infection,” they said, their findings provide “evidence to adjust public health measures during the BA.5 surge.”

Damage to heart cells

The spike protein on its surface that SARS-CoV-2 uses to break into heart muscle cells also triggers a damaging attack from the immune system, according to new research.

The SARS-CoV-2 spike protein interacts with other proteins in cardiac myocytes to cause inflammation, researchers said in a presentation at the American Heart Association's Basic Cardiovascular Sciences Scientific Sessions 2022.

In experiments with mice hearts, comparing the effects of SARS-CoV-2 spike proteins and spike proteins from a different and relatively harmless coronavirus, the researchers found that only the SARS-CoV-2 spike protein caused heart dysfunction, enlargement, and inflammation.

They found that in infected heart muscle cells, only SARS-CoV-2 spike interacted with the so-called TLR4 proteins (Toll-like receptor-4) that recognise invaders and trigger inflammatory responses. In a deceased patient with COVID-19 inflammation, the researchers found the SARS-CoV-2 spike protein and TLR4 protein in both heart muscle cells and other cell types. Both were absent in a biopsy of a healthy human heart.

"This means that once the heart is infected with SARS-CoV-2, it will activate the TLR4 signalling," Zhiqiang Lin of the Masonic Medical Research Institute in Utica, New York, said in a statement. "We provided direct evidence that spike protein is toxic to the heart muscle cells and narrowed down the underlying mechanism as spike protein directly inflames the heart muscle cells," he added.

Omicron infections

A new monoclonal antibody combination can prevent and treat Omicron infections in monkeys, researchers reported in Nature Microbiology.

The antibodies, called P2G3 and P5C3, recognise regions of the spike protein the SARS-CoV-2 virus uses to enter cells. "P5C3 alone can block all SARS-CoV-2 variants that had dominated the pandemic up to Omicron BA.2," said Dr. Didier Trono of the Swiss Institute of Technology in Lausanne."

India records 19,673 Covid cases

India records 19,673 Covid cases, 39 fatalities in a day (The Hindu: 20220801)

<https://www.thehindu.com/news/national/india-records-19673-covid-cases-39-fatalities-in-a-day/article65706099.ece>

A healthcare worker takes a swab sample from a man for Covid-19 testing, in Jammu, on July 27, 2022.

A healthcare worker takes a swab sample from a man for Covid-19 testing, in Jammu, on July 27, 2022. | Photo Credit: PTI

Active caseload increases by 292 in 24 hours

India's COVID-19 case tally rose by 19,673 in a day to reach 4,40,19,811 while active cases reached 1,43,676, according to the Union Health Ministry data updated on Sunday.

The death toll has climbed to 5,26,357 with 39 more fatalities, the data updated at 8.00 a.m. stated.

Active caseload increased by 292 in a day and comprise 0.33% of the total infections, while the national COVID-19 recovery rate was 98.48%, the Ministry said.

The number of people who have recuperated from the viral disease surged to 4,33,49,778 while the case fatality rate was recorded at 1.20%.

The daily positivity rate was 4.96% and the weekly positivity rate was recorded at 4.88%.

According to the Union Health Ministry, 204.25 crore doses of Covid vaccine have been administered in the country so far.

India's COVID-19 case tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19, 2020. India crossed the grim milestone of two crore on May 4 last year, three crore on June 23 and four crore on January 25 this year.

The 39 new fatalities include seven in West Bengal, four in Maharashtra, three in Delhi, two each from Chhattisgarh, Gujarat, Haryana, Himachal Pradesh, Jammu and Kashmir, Kerala, Madhya Pradesh, Punjab, and Uttar Pradesh, and one each in Assam, Goa, Karnataka, Nagaland, Sikkim, Tripura, and Uttarakhand.

Universal immunisation

CoWin to gird universal immunisation (The Hindu: 20220801)

<https://www.thehindu.com/sci-tech/health/cowin-technology-to-be-repurposed-for-healthcare-operations/article65706052.ece>

A Healthcare worker registering a name in COWIN application before RT-PCR test for the Covid-19 at a healthcare centre. File

A Healthcare worker registering a name in COWIN application before RT-PCR test for the Covid-19 at a healthcare centre. File | Photo Credit: VIJAY SONEJI

Platform being repurposed to support healthcare requirements, including blood, organ donation
After the success of the Co-WIN platform, the government is looking to repurpose the technology for various healthcare cases. CoWIN is currently being repurposed for the universal immunisation program (UIP).

It will bring the ease of discovery of vaccination centres/camps and reminders for subsequent vaccinations for preventable diseases for mothers and the newly born, said CoWIN chief and CEO of the National Health Authority, Dr. R.S. Sharma.

Explained | What do we know about COVID-19's origins?

He added the addition of digitally verifiable certificates for routine immunisation would be the first of its kind globally and a great way to start building longitudinal health records for a child right from its birth.

“In addition to immunisation, the platform would also be considered for the use-cases of blood donation and organ donation in the months to come,” he said.

Stating that the CoWIN system has faced no major challenges so far, he said the new milestone to be achieved now is to adapt to the nuances of the UIP and bring the ease of technology to more domains in health. And the fact that to date, no valid complaint has been made on any form of data leak from the CoWIN platform puts all arguments against its security to rest.

Dr. Sharma said the country has been focusing on increasing the reach of technology through its Digital Public Goods (DPGs), and the prowess of these DPGs has been seen with the success of Unified Payments Interface (UPI), DigiLocker, and Aadhaar-based authentications.

Also read | In race for monkeypox vaccines, experts see repeat of COVID-19

“It was based on the learnings of building such DPGs and leveraging their technology further that we were able to build an open platform like Co-WIN. With CoWIN, India has created a unique model that addresses diversity, is interoperable and hence the ecosystem is friendly that allows for innovation,” he said.

He added that technology has been integral to India’s fight against COVID-19 and the CoWIN platform was developed in no time, leveraging experience in developing and implementing large scale applications such as Aadhaar, UPI, GST, etc.

Vaccine

Explained | What type of vaccine will work against monkeypox? (The Hindu: 20220801)

<https://www.thehindu.com/sci-tech/health/explained-what-type-of-vaccine-will-work-against-monkeypox/article65702772.ece>

How is India gearing up to face up to this health challenge posed by the viral zoonotic disease? The story so far: With the World Health Organization (WHO) declaring monkeypox as a Public Health Emergency of International Concern (PHEIC) and cases rising globally to around 19,179 in 78 countries as of July 27, governments around the world are initiating steps towards developing or even sourcing

Alzheimer's drug

Cassava Sciences faces U.S. criminal probe tied to Alzheimer's drug, sources say(The Hindu: 20220801)

<https://www.thehindu.com/sci-tech/health/cassava-sciences-faces-us-criminal-probe-tied-to-alzheimers-drug-sources-say/article65692851.ece>

The U.S. Justice Department has opened a criminal investigation into Cassava Sciences Inc. involving whether the biotech company manipulated research results for its experimental Alzheimer's drug, two people familiar with the inquiry said. File

The U.S. Justice Department has opened a criminal investigation into Cassava Sciences Inc. involving whether the biotech company manipulated research results for its experimental Alzheimer's drug, two people familiar with the inquiry said. File | Photo Credit: The Hindu photo library

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The Justice Department personnel conducting the investigation into Austin, Texas-based Cassava specialize in examining whether companies or individuals have misled or defrauded investors, government agencies or consumers, according to the sources, who spoke on condition of anonymity. The sources did not provide details of the focus of the probe and whether the department was looking into any specific individuals.

As in any Justice Department investigation, this one could lead to criminal charges or be closed without any charges being brought.

In an emailed statement, Kate Watson Moss, a lawyer representing Cassava, neither confirmed nor denied the existence of the Justice Department criminal probe.

“To be clear: Cassava Sciences vehemently denies any and all allegations of wrongdoing,” Watson Moss said, adding that the company “has never been charged with a crime, and for good reason - Cassava Sciences has never engaged in criminal conduct.”

Watson Moss added that Cassava Sciences has received confidential requests for information from government agencies, but declined to identify those agencies. Watson Moss said that “Cassava Sciences has provided information in response to these requests in full satisfaction of its legal obligations.” Watson Moss added that no government agency has accused the company of wrongdoing.

A Justice Department spokesperson declined to comment.

The company already was facing scrutiny from the U.S. Securities and Exchange Commission and investors after two physicians from outside Cassava last year made allegations of data manipulation and misrepresentation involving research underpinning the company's Alzheimer's drug, called simufilam.

Cassava, a small company with about two dozen employees, in a statement last year called the allegations of data manipulation and misrepresentation "false and misleading."

Cassava on its website describes simufilam as taking an "entirely new approach" to treating Alzheimer's, the most common form of dementia and a progressive brain disorder that affects nearly 6 million Americans. The oral medication restores the normal shape and function of a key protein in the brain, the company said.

A PETITION TO THE FDA

The criminal investigation began, according to the sources, sometime after a petition was filed in August 2021 with the U.S. Food and Drug Administration by a lawyer on behalf of two physicians asking the agency to halt clinical trials of simufilam. The physicians are David Bredt, a neuroscientist formerly at Johnson & Johnson's Janssen, and Geoffrey Pitt, a cardiologist who serves as director of Weill Cornell Medicine's Cardiovascular Research Institute in New York.

The petition filed by Jordan Thomas, a New York-based lawyer representing both doctors, said Cassava's published studies on clinical trials involving simufilam in various journals contained data misrepresentation and images of experiments that appeared to have been manipulated by photo-editing software. The FDA denied the petition and let the trials proceed.

Bredt and Pitt disclosed last November in an article published by The Wall Street Journal that they shorted Cassava's stock, betting that the price would go down once investors learned of the manipulation they alleged. They later told The New Yorker magazine that they no longer have a short position in Cassava, a claim Reuters could not independently verify.

The short-selling represents "a major conflict of interest," Watson Moss said in her statement to Reuters.

"Cassava Sciences is interested in helping those with Alzheimer's disease, not an easy payday," Watson Moss added.

Cassava's stock drop

Cassava's stock fell precipitously following the petition filed with the FDA by Thomas, presenting an opportunity for Bredt and Pitt to profit on their bet against the company.

Thomas declined to comment on the matter.

The FDA in February said the so-called citizen petition filed by the two physicians urging it to launch an investigation into simufilam was not a proper avenue for such a request. Requests for the FDA to initiate an enforcement action, meanwhile, are "expressly excluded from the scope of the FDA's citizen petition procedures," the agency said, adding that it exercises its own discretion on such matters.

An FDA spokesperson declined to comment.

Cassava shares rose on Nasdaq from around \$7 in January 2021 to above \$135 in July 2021 on investor hopes that the company was on the verge of a breakthrough in treating Alzheimer's. The stock plunged weeks later following word of the petition questioning Cassava's research results.

The company's shares closed at \$21.72 on Tuesday.

Cassava has received more than \$20 million from the U.S. National Institutes of Health to support developing simufilam.

The NIH told Reuters it does not discuss potential cases of research misconduct related to grants but that officials "take research misconduct very seriously. Research misconduct may distort NIH funding decisions, the overall integrity of the research we support and the public's trust in science and resulting outcomes."

Cassava also is facing the SEC investigation, the sources said. The Wall Street Journal last November first reported on the SEC probe, saying the agency was examining the claims made in the FDA petition. Reuters was unable to determine what specific claims, if any, drew the agency's scrutiny.

An SEC spokesperson said the agency "does not comment on the existence or nonexistence of a possible investigation."

Health Care Services (Dainik Bhasker: 20220801)

<https://epaper.bhaskar.com/detail/1484832/761081449/mpcg/01082022/194/image/>

आरएमएल के डॉक्टरों को साल के अंत तक मिल जाएगी आधुनिक हॉस्टल की सुविधाएं

लुटियन जोन में होगी सबसे ऊंची इमारत, मरीजों को होगा फायदा, तुरंत पहुंचेंगे डॉक्टर

भास्कर न्यूज़ | नई दिल्ली

824 कमरे और 250 गाड़ियों की पार्किंग होगी

डॉ राम मनोहर लोहिया (आरएमएल) अस्पताल में कार्यरत डॉक्टरों के लिए साल के अंत तक आधुनिक सुविधाओं से युक्त हॉस्टल मिल जाएगा। इस हॉस्टल के बनने के बाद अस्पताल में न केवल पार्किंग की समस्या खत्म होगी, बल्कि डॉक्टरों को रहने के लिए निजी हॉस्टल पर भी निर्भर नहीं रहना होगा।

बता दें कि अस्पताल में लुटियन जोन की सबसे ऊंची इमारत बनाई जा रही है। इसमें 800 से अधिक डॉक्टरों के रहने की व्यवस्था होगी। यह हॉस्टल दिसंबर के अंत तक बनकर तैयार हो जाएगा। इस संबंध में आरएमएल अस्पताल के चिकित्सा निदेशक डॉ बीएल शेरवाल ने बताया कि अस्पताल

हॉस्टल भवन में 824 कमरे होंगे। अस्पताल के डॉक्टरों ने बताया कि इस भवन के निर्माण के बाद यहां करीब आधे डॉक्टर यहां शिफ्ट हो जाएंगे। अभी इन डॉक्टरों को अस्पताल के बाहर या अन्य जगहों पर रहना पड़ रहा है। उन्होंने कहा यह भवन पूरी तरह से आधुनिक सुविधाओं के साथ तैयार किया जा रहा है। इस भवन में करीब 250 गाड़ियों को पार्क करने की व्यवस्था होगी। भवन के बनने के बाद अस्पताल में पार्किंग की समस्या भी दूर हो जाएगी।

में करीब दो हजार सीनियर रेजिडेंट डॉक्टर रहते हैं। मौजूदा समय में हॉस्टल की व्यवस्था न होने के कारण इन्हें अस्पताल के बाहर या अन्य व्यवस्था के साथ रहना पड़ता है। उन्होंने कहा कि डॉक्टरों की समस्या को देखते हुए प्रशासन अस्पताल में हॉस्टल के लिए नई इमारत बनाई जा रही है। इस भवन का 15 मंजिला बनकर तैयार हो गया है। हम उम्मीद

कर रहे हैं कि इसे एक साल में बनाकर पूरा कर दें। इस भवन में 3 बेसमेंट के अलावा एक ग्राउंड फ्लोर भी बनाया गया है। उन्होंने कहा कि इस भवन के बनने के बाद अस्पताल में ही डॉक्टरों के रहने की व्यवस्था हो जाएगी। अस्पताल में हॉस्टल बनने के साथ यहां आने वाले मरीजों को भी फायदा होगा। अभी डॉक्टरों को अस्पताल में पहुंचने में समय लग जाता है।

Lungs

World Lung Cancer Day 2022: फेफड़ों के एक-एक हिस्से में जमा गंदगी को बाहर निकाल देंगी ये 5 आयुर्वेदिक जड़ी-बूटी (Navbharat Times:20220801)

<https://navbharattimes.indiatimes.com/lifestyle/health/on-world-lung-cancer-day-ayurveda-doctor-share-5-ayurvedic-herbs-for-strong-and-healthy-lungs/articleshow/93263808.cms?story=6>

Which Ayurvedic herb is good for lungs: फेफड़े शरीर का महत्वपूर्ण अंग है और शरीर के बेहतर कामकाज के लिए इन्हें स्वस्थ, साफ और मजबूत बनाकर रखना बहुत जरूरी है। आयुर्वेद में ऐसी कई जड़ी बूटियां हैं, जिनके नियमित सेवन से आपको फायदा मिल सकता है।

on world lung cancer day ayurveda doctor share 5 ayurvedic herbs for strong and healthy lungs

World Lung Cancer Day 2022: फेफड़ों के एक-एक हिस्से में जमा गंदगी को बाहर निकाल देंगी ये 5 आयुर्वेदिक जड़ी-बूटी हर साल 1 अगस्त को वर्ल्ड लंग कैंसर डे (World Lung Cancer Day) मनाया जाता है। इस दिवस को मनाने का उद्देश्य फेफड़ों के कैंसर के बारे में जागरूकता बढ़ाना और पैदा करना है। लोगों को उन आदतों और कारकों के बारे में बताना है, जो फेफड़ों के कैंसर का कारण बन सकते हैं। फेफड़े यानी लंग्स शरीर के सबसे महत्वपूर्ण अंगों में से एक हैं जो बिना रुके लगातार काम करता है। फेफड़ों के माध्यम से सांस लेते समय ऑक्सीजन याने प्राणवायु शरीर में प्रवेश करता है, जो शरीर के सभी कार्यों में महत्वपूर्ण है।

वंडर वुमेन फेस्ट में बीबा, वेरो मोडा और अधिक जैसे शीर्ष ब्रांडों को 70% तक की छूट पर एक्सप्लोर करें, अब 30 जुलाई तक लाइव, सर्वोत्तम ऑफ़र प्राप्त करने के लिए अभी खरीदारी करें।

बढ़ते हुए प्रदूषण, धूल, विषाणु संक्रमण के कारण फेफड़े कमजोर हो जाते हैं जिससे अस्थमा, श्वसन संक्रमण बीमारियां हो जाती हैं। इससे फेफड़ों में कफ जमा होने लगता है और सांस लेने में तकलीफ होती है।

फेफड़ों को मजबूत रखने के लिए आयुर्वेद में कई उपाय बताये गए हैं। आयुर्वेद के अनुसार कई सारी औषधि वनस्पतियां फेफड़ों की सेहत सुधारने में लाभदायक होती हैं। इनमें से कुछ महत्वपूर्ण औषधियों के बारे में चरक फार्मा प्राइवेट लिमिटेड की मेडिकल एडवाइजर डॉक्टर मनीषा मिश्रा गोस्वामी आपको बता रही हैं।

पिप्पली

पिप्पली फेफड़ों की सेहत के लिए बहुत उपयोगी और श्वसनप्रणाली के लिए अमृत जैसी लाभदायक औषधी है। आयुर्वेद के अनुसार पिप्पली का वर्धमान क्रम में याने दूध के साथ रोज एक एक बढ़ाते हुए १५ दिन तक सेवन करके उसी क्रम में घटाना चाहिए। इससे शरीर की रोगप्रतिकारकक्षमता बढ़ती है। पिप्पली का शहद के साथ इस्तेमाल करने से सर्दी और खांसी जैसी कई श्वसन संबंधी समस्याएं दूर होती हैं।

सोंठ

सोंठ याने के सूखा हुआ अदरक यह फेफड़ों में संक्रमण के कारण होनेवाली सूजन को कम करती है। सोंठ श्वसन नली को साफ रखकर श्वसन की प्रक्रिया को सुगम बनाने में मदद करती हैं। सोंठ गले की सूजन कम करके गले की खराश और खांसी में भी आराम देती है। सोंठ अपने शरीर की रोगप्रतिकारकक्षमता को बढ़ाकर फेफड़ों को प्रभावित करनेवाले संक्रमणों को दूर रखने में मदद करती है।

बिभीतकी

बिभीतकी याने के बेहड़ा यह जनमानस में प्रसिद्ध त्रिफला इस आयुर्वेदिक औषधी का एक घटक द्रव्य है। यह फल सूखी खांसी, जुकाम और गले की खराश में लाभदायक है। आयुर्वेद के अनुसार बिभीतकी सभी प्रकार के खांसी और श्वसन प्रणाली के रोगों में लाभदायक है। यह गले की सूजन कम करता है और बढ़े हुए कफ को बाहर निकलकर श्वसनमार्ग के रोगों में आराम देता है।

मुलेठी

आयुर्वेद के अनुसार, मुलेठी अपने मीठे और ठंडे गुणों के कारण श्वसनप्रणाली के संक्रमणों में अच्छे से राहत देती है। मुलेठी का उपयोग, सर्दी और खांसी जैसी कई श्वसन संबंधी समस्याओं को दूर करने के लिए किया जाता है। मुलेठी फेफड़ों और गले में जमा होनेवाले गाढ़े बलगम को पिघलाकर निकालके फेफड़ों को स्वस्थ रखती हैं। गले की खराश और खांसी में मुलेठी से आराम मिलता है।

तुलसी

तुलसी बहुत ही गुणकारी औषधि है जिसका श्वसन संबंधी कई बीमारियों में प्रयोग फायदेमंद होता है। तुलसी के पत्तों में यूजेनॉल नामक तत्व पाया जाता है जो श्वसनप्रणाली में होनेवाली सर्दी, खांसी जैसी समस्याओं को रोकने में बहुत प्रभावी होता है। रोजाना तुलसी के पत्तों का सेवन करने से शरीर की रोगप्रतिकारक्षमता बढ़कर श्वसन संक्रमण और फेफड़ों की अन्य कई बीमारियों से बचा जा सकता है।

आयुर्वेदिक कफ सिरप

बार बार होने वाली सर्दी खांसी से छुटकारा पाने के लिए आयुर्वेदिक कफ सिरप का भी उपयोग हो सकता है जिससे श्वसन संस्था मजबूत होती है। यह सिरप खांसी, जुकाम जैसी श्वसन संबंधी रोगों में आराम देती है और फेफड़ों की सेहत सुधरने में लाभदायक है।

कैसे होता है फेफड़ों का कैंसर, कैसे करें बचाव

लाइफस्टाइल विडियो

Weight Loss Tips

Weight Loss Tips: जल्दी वेट लॉस करना चाहते हैं? न करें ये 5 गलती, न्यूट्रिशनिस्ट ने बताया मोटापा नहीं होगा कम (Navbharat Times: 20220801)

<https://navbharattimes.indiatimes.com/lifestyle/health/celebrity-nutritionist-rujuta-diwekar-shared-common-weight-loss-mistakes-which-can-lead-to-depression/articleshow/93264230.cms>

Weight loss mistakes to avoid: मोटापा आमतौर पर अनहेल्दी लाइफस्टाइल का नतीजा होता है। कुछ मामलों में मोटापा मेडिकल कंडीशन और मेडीकेशन के वजह से भी होता है। ऐसे में कम समय में वेट लॉस करने के लिए लोग हर तरह के उपायों करने में लग जाते हैं। सेलिब्रिटी न्यूट्रिशनिस्ट रुजुता बताती हैं कि अक्सर लोग इस बीच ऐसी गलतियां कर बैठते हैं, जो तनाव का कारण बन सकती हैं।

celebrity nutritionist rujuta diwekar shared common weight loss mistakes which can lead to depression

Weight Loss Tips: जल्दी वेट लॉस करना चाहते हैं? न करें ये 5 गलती, न्यूट्रिशनिस्ट ने बताया मोटापा नहीं होगा कम

वजन कम करना केवल एक्सरसाइज, डाइट से संबंधित नहीं होता है। इसमें पॉजिटिव माइंड सेट के साथ लगे रहना भी जरूरी होता है। जब वजन घटाने की बात आती है, तो ऐसा कोई एक तरीका नहीं है जो सभी के लिए काम करें। कभी-कभी, बेहतर आहार और व्यायाम के बाद भी वजन कम करना काफी कठिन हो सकता है। इसके अलावा, ऑनलाइन बहुत सी सलाह और सुझाव भी उपलब्ध हैं जो तेजी से वजन कम करने का दावा करते हैं। लेकिन वह कितने सच होते हैं ये तो सिर्फ बताने वाला जानता या है, या वह लोग जो इनसे प्रभावित होकर ट्राय करने का जोखिम उठाते हैं।

ऐसे में सेलिब्रिटी न्यूट्रिशनिस्ट रुजुता दिवेकर ने हाल ही में वजन घटाने की कुछ सामान्य गलतियों को अपने इंस्टा पोस्ट में शेयर किया है। जिसमें उन्होंने ज्यादा वजन से परेशान लोगों के लिए डाइट और व्यायाम के अलावा उन चीजों के बारे में बताया है, जिसके तरफ ज्यादातर लोगों का ध्यान ही नहीं जा पाता है। लेकिन इन छोटी-छोटी बातों की अनदेखी लंबे समय में आपको मानसिक रोग जैसे-अवसाद, एंजाइटी का शिकार बना सकती है।

Liver health

Liver health: लीवर को हेल्दी रखने के लिए खाएं ये 5 सुपरफूड, नहीं टिक पाएंगी Hepatitis समेत ये 10 बीमारियां (Navbharat Times: 20220801)

<https://navbharattimes.indiatimes.com/lifestyle/health/on-world-hepatitis-day-doctor-share-5-reasons-how-hepatitis-b-spread-and-who-is-at-risk-for/articleshow/93176318.cms?story=2>

What is the best way to repair liver: लीवर शरीर का महत्वपूर्ण अंग है। जिसका हेल्दी रहना आपके सेहतमंद रहने के लिए बहुत जरूरी होता है। जीवनशैली, जेनेटिक कारको जैसे कारणों से लीवर से जुड़ी कई सारी बीमारियों के चपेट में आप आ सकते हैं। ऐसे में हम आपको लीवर को मजबूत रखने के लिए पर्याप्त मात्रा में विटामिन, खनिज और एंटीऑक्सिडेंट की पूर्ति करने वाले सुपरफूड के बारे में बता रहे हैं।

hepatitis day 2022 know 5 superfood for prevention liver disease according to ncbi

Liver health: लीवर को हेल्दी रखने के लिए खाएं ये 5 सुपरफूड, नहीं टिक पाएंगी Hepatitis समेत ये 10 बीमारियां

यकृत(Liver) मानव शरीर का सबसे बड़ा अंग होता है। लीवर हमारे शरीर में लगभग 500 कार्यों को करता है। जिसमें आपके द्वारा खाए गए भोजन को तोड़ने के लिए पित्त बनाने से लेकर, पोषक तत्वों और विटामिनों को संग्रहीत करने और शरीर को संक्रमण और बीमारी से बचाने तक के काम शामिल हैं। यह अल्कोहल, दवाओं और मेटाबॉलिज्म के बायप्रोडक्ट जैसे विषाक्त पदार्थों को भी तोड़ता है। ऐसे में यदि आपका लीवर अनहेल्दी है तो इसका असर पूरे शरीर पर नजर आता है।

वंडर वुमेन फेस्ट में बीबा, वेरो मोडा और अधिक जैसे शीर्ष ब्रांडों को 70% तक की छूट पर एक्सप्लोर करें, अब 30 जुलाई तक लाइव, सर्वोत्तम ऑफ़र प्राप्त करने के लिए अभी खरीदारी करें।

लीवर कमजोर होने के लक्षण क्या होते हैं? लीवर खराब या कमजोर होने पर उल्टी होना, कम भूख लगना, थकावट, दस्त होना, पीलिया, लगातार वजन घटना, शरीर में खुजली होना, एडिमा, पेट में तरल पदार्थ बनना आदि लक्षण नजर आते हैं। यह भी जान लीजिए कि लीवर खराब होने का कारण क्या है? लीवर खान-पान से प्रभावित होने के साथ ही अल्कोहल के अधिक सेवन, एकस्ट्रा फैट, इंफेक्शन, ज्यादा मात्रा में आयरन व कॉपर का जमाव, टॉक्सिक डेमेज और कैंसर के कारण होता है। ऐसे में लीवर से जुड़ी कई सारी बीमारियों के चपेट में आप आ जाते हैं।

लीवर से जुड़ी सबसे आम बीमारी हेपेटाइटिस वायरस की वजह से होने वाला हेपेटाइटिस ए, हेपेटाइटिस बी, हेपेटाइटिस सी है। आज यानी की 28 जुलाई को दुनियाभर में हेपेटाइटिस डे(Hepatitis day) मनाया जाता है। ऐसे में हम आपको लीवर को मजबूत रखने के लिए पर्याप्त मात्रा में विटामिन, खनिज और एंटीऑक्सिडेंट की पूर्ति करने वाले सुपरफूड के बारे में बता रहे हैं।

क्या खाने से लीवर मजबूत होता है- क्रूसिफेरस सब्जियां

ब्रोकली, फूलगोभी, ब्रसेल्स स्प्राउट्स, गोभी और केल जैसी सब्जियों में ग्लूटाथियोन होता है, जो लीवर के टॉक्सिन क्लींजिंग एंजाइम को किकस्टार्ट करता है। इन्हें खाने से आपके सिस्टम में ग्लूकोसाइनोलेट का उत्पादन बढ़ता है, जो कार्सिनोजेन्स और अन्य विषाक्त पदार्थों को बाहर निकालने में मदद करता है।

ऑलिव ऑयल के फायदे- हेल्दी लीवर

जैतून के तेल में वसा होता है, लेकिन आमतौर पर इसे स्वस्थ माना जाता है। एनसीबीआई (NCBI)में प्रकाशित एक रिपोर्ट के अनुसार, जैतून के तेल का सेवन लीवर में वसा के स्तर को कम करने, रक्त प्रवाह को बढ़ाने और लीवर एंजाइम के स्तर में सुधार करने में मदद करता है।

लिवर को स्वस्थ कैसे रखा जाए- ग्रीन टी पिएं

नेशनल लाइब्रेरी ऑफ मेडिसिन की एक रिपोर्ट से यह पता चलता है कि ग्रीन टी लीवर के लिए फायदेमंद हो सकता है। ग्रीन टी एंटीऑक्सिडेंट से भरपूर होती है जिसे कैटेचिन के नाम से जाना जाता है। कैटेचिन लीवर को डिटॉक्सीफाई करने में मदद करता है और लीवर की सूजन को कम करता है।

लीवर के लिए कौन सा फल अच्छा है- खट्टे फल

खट्टे फल जिगर को उत्तेजित करते हैं और विषाक्त पदार्थों को ऐसे पदार्थों में बदलने में मदद करते हैं जिन्हें पानी द्वारा अवशोषित किया जा सकता है। अंगूर विशेष रूप से अच्छा है क्योंकि इसमें नारिंगिन होते हैं, जो एंटीऑक्सिडेंट होते हैं। यह लीवर को चोट से बचाने के साथ सूजन को कम करते हैं। हालांकि, अंगूर कुछ दवाओं के साथ परस्पर क्रिया कर सकता है, इसलिए यदि आप कोई दवाईयां ले रहे हैं तो अंगूर के सेवन को खाने से पहले अपने डॉक्टर से बात करें।

लहसुन में एक सल्फर यौगिक होता है जो लीवर एंजाइम को सक्रिय करता है। यह आपके शरीर से विषाक्त पदार्थों और अपशिष्ट पदार्थों को बाहर निकालने का काम करता है। इसमें सेलेनियम भी होता है जो लीवर को नुकसान से बचाता है।

डिस्कलेमर: 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।

World Hepatitis Day 2022:

World Hepatitis Day 2022: हेपेटाइटिस-B की जड़ हैं ये 5 गलतियां, जानते हुए भी लोग करते हैं दूसरा काम(Navbharat Times: 20220801)

Causes of Hepatitis-B: हर साल 28 जुलाई को वर्ल्ड हेपेटाइटिस डे मनाया जाता है। यह बीमारी लीवर की सूजन है जिसकी वजह से आपका लीवर बुरी तरह डैमेज हो सकता है। अगर आप इस बीमारी से बचना चाहते हैं, तो आपको डॉक्टर द्वारा बताए सुझावों का पालन करना चाहिए।

on world hepatitis day doctor share 5 reasons how hepatitis b spread and who is at risk for

World Hepatitis Day 2022: हेपेटाइटिस-B की जड़ हैं ये 5 गलतियां, जानते हुए भी लोग करते हैं दूसरा काम

हेपेटाइटिस (Hepatitis) का अर्थ है लीवर की सूजन। लीवर एक महत्वपूर्ण अंग है जो पोषक तत्वों को संसाधित करता है, रक्त को फिल्टर करता है और संक्रमण से लड़ता है। जब लीवर में सूजन या किसी तरह का नुकसान होता है, तो उसका कामकाज भी प्रभावित होता है। अत्यधिक शराब का सेवन, विषाक्त पदार्थ, कुछ दवाएं और कुछ चिकित्सीय स्थितियां हेपेटाइटिस का कारण बन सकती हैं। हालांकि, हेपेटाइटिस अक्सर एक वायरस के कारण होता है।

वंडर वुमेन फेस्ट में बीबा, वेरो मोडा और अधिक जैसे शीर्ष ब्रांडों को 70% तक की छूट पर एक्सप्लोर करें, अब 30 जुलाई तक लाइव, सर्वोत्तम ऑफर प्राप्त करने के लिए अभी खरीदारी करें।

हेपेटाइटिस बी एक किस्म का डीएनए वायरस है जो शरीर द्रव्यों के जरिए प्रसारित होता है। संक्रमित व्यक्ति के शरीर के द्रव्य में मौजूद हेपेटाइटिस बी वायरल पार्टिकल किसी दूसरे स्वस्थ व्यक्ति के शरीर में प्रवेश करते हैं और इस प्रकार संक्रमण फैलता है।

हर साल 28 जुलाई को विश्व हेपेटाइटिस दिवस (World Hepatitis Day) मनाया जाता है। यह दिवस लीवर और उससे जुड़ी बीमारियों के बारे में जागरूकता फैलाने के मकसद से मनाया जाता है। इस अवसर पर फरीदाबाद स्थित फोर्टिस एस्कोर्ट्स हॉस्पिटल में कंसल्टेंट गैस्ट्रोएंटरोलॉजी डॉक्टर शुभम वत्स्य आपको बता रहे हैं कि किसी व्यक्ति को हेपेटाइटिस बी कैसे हो सकता है।

मां से शिशु को (पेरिनेटल ट्रांसमिशन)

इसकी सबसे अधिक संभावना होती है और यह सर्वाधिक आम भी है जिसके क्रोनिक हेपेटाइटिस बी में बदलने की संभावना होती है। गर्भवती महिलाएं पेरिनेटल ट्रांसमिशन का सबसे बड़ा जोखिम कारक होती हैं क्योंकि उनके शरीर में एचबीवी डीएनए का स्तर अधिक होता है। एचबीवी गर्भनाल के ऊतकों तथा वास्क्युलर एंडोथीलियम को भी संक्रमित कर सकता है।

सेक्सुअल ट्रांसमिशन

हेपेटाइटिस बी का संक्रमण यौन गतिविधियों के माफ़त भी होता है। जिन वयस्कों ने वैक्सीनेशन नहीं करवाया होता और एकाधिक सैक्स पार्टनर्स भी होते हैं जिनमें कुछ क्रोनिक हेपेटाइटिस बी रोगी हो सकते हैं, उनके संक्रमित होने का जोखिम भी अधिक होता है।

सैंपलिंग या ड्रग इंजेक्शन में दूषित सुइयों का प्रयोग

आमतौर पर यह वायरस रोगी के खून में रहता है। जब भी स्वस्थ व्यक्ति रोगी के दूषित रक्त से संक्रमित इंजेक्शन की सुई बिना टेस्ट किये खून चढ़ाने में उपयोग में लेगा तो वायरस उसमें भी प्रवेश कर सकता है।

खून चढ़ाना (ब्लड ट्रांसफ्यूजन)

एचबीवी का संक्रमण ब्लड ट्रांसफ्यूजन के जरिए भी होता है, हालांकि इस प्रकार के ट्रांसमिशन की संभावना काफी कम होती है। एचबीवी ट्रांसमिशन आमतौर पर खून लेने वाले व्यक्ति के इम्यून स्टेटस और ब्लड प्रोडक्ट्स में मौजूद एचबीवी डीएनए की मात्रा पर निर्भर करता है।

इन 4 कारणों से होता है हेपेटाइटिस