



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Friday 20220805

## Health Care Services

### **Chandigarh mulls health check-up of senior citizens (The Tribune: 20220805)**

<https://www.tribuneindia.com/news/chandigarh/chandigarh-mulls-health-check-up-of-senior-citizens-418976>

Concerned over the health of elderly persons, the UT Administration is working on for a regular health check-up of residents of the Senior Citizen Home.

In a meeting of the management committee held under the chairmanship of Shalini Chetal, Director, Social Welfare, at the home in Sector 15, it was decided that the Director, Health Services, would be requested to depute a team of doctors for the regular health check-up of the residents of the home once a week. The committee inspected all facilities and reviewed the overall functioning of the home.

## Monkeypox cases

### **As monkeypox cases increase, Centre holds meeting of experts (The Tribune: 20220805)**

India has so far reported 9 cases of monkeypox including 1 death  
As monkeypox cases increase, Centre holds meeting of experts  
A health care worker inspects a patient who showed symptoms of monkeypox in Hyderabad.

<https://www.tribuneindia.com/news/nation/centre-holds-meeting-of-experts-on-monkeypox-418779>

A meeting of top health experts called by the Centre on the need for revisiting existing guidelines on management of monkeypox is under way here on Thursday amid rising number of cases of the disease in the country.

India has so far reported nine cases of monkeypox including one death.

"This is a technical meeting to revisit the existing guidelines," an official said.

The meeting is being chaired by L Swasticharan, director of Emergency Medical Relief, and is being attended by officials from the National AIDS Control Organisation, National Centre for Disease Control and World Health Organisation (WHO) representatives.

According to existing 'Guidelines on Management of Monkeypox Disease' issued by the Centre, any person having a history of travel to affected countries within the last 21 days presenting with an unexplained acute rash and symptoms like swollen lymph nodes, fever, headaches, body aches and profound weakness is to be considered to be a 'suspected case'.

A 'probable case' has to be a person meeting the case definition for a suspected case, clinically compatible illness and has an epidemiological link like face-to-face exposure, including health care workers without appropriate PPE, direct physical contact with skin or skin lesions, including sexual contact, or contact with contaminated material such as clothing, bedding or utensils.

A case is considered laboratory confirmed for monkeypox virus by detection of unique sequences of viral DNA either by polymerase chain reaction (PCR) and/or sequencing.

Defining contacts, the guidelines stated that a contact is defined as a person who, in the period beginning with the onset of the source case's first symptoms, and ending when all scabs have fallen off, has had one or more of the exposures-- face-to-face exposure, direct physical contact, including sexual contact, contact with contaminated materials such as clothing or bedding --- with a probable or confirmed case of monkeypox.

Cases can be prompted to identify contacts across household, workplace, school/nursery, sexual contacts, health care, houses of worship, transportation, sports, social gatherings, and any other recalled interactions.

Contacts should be monitored at least daily for the onset of signs/symptoms for a period of 21 days from the last contact with a patient or their contaminated material during the infection period. In case of occurrence of fever clinical/lab evaluation is warranted.

Asymptomatic contacts should not donate blood, cells, tissue, organs or semen while they are under surveillance.

Pre-school children may be excluded from day care, nursery, or other group settings.

The ministry guidelines state that human-to-human transmission occurs primarily through large respiratory droplets generally requiring prolonged close contact.

It can also be transmitted through direct contact with body fluids or lesions, and indirect contact with lesion material such as through contaminated clothing or linen of an infected person.

Animal-to-human transmission may occur by bite or scratch of infected animals or through bushmeat preparation.

The Tribune, now published from Chandigarh, started publication on February 2, 1881, in Lahore (now in Pakistan). It was started by Sardar Dyal Singh Majithia, a public-spirited philanthropist, and is run by a trust comprising four eminent persons as trustees.

The Tribune, the largest selling English daily in North India, publishes news and views without any bias or prejudice of any kind. Restraint and moderation, rather than agitational language and partisanship, are the hallmarks of the paper. It is an independent newspaper in the real sense of the term.

The Tribune has two sister publications, Punjabi Tribune (in Punjabi) and Dainik Tribune (in Hindi).

## **Ayushman scheme**

### **Ayushman scheme: Punjab's nod to Rs 100 cr for PGI, govt hospitals (The Tribune: 20220805)**

<https://www.tribuneindia.com/news/punjab/ayushman-scheme-punjab-nod-to-rs-100-cr-for-pgi-govt-hospitals-418537>

Two days after the Post-Graduate Institute of Medical Education and Research (PGIMER), Chandigarh, discontinued the treatment of Punjab patients under Ayushman Bharat Yojana, the state Finance Department on Wednesday sanctioned Rs 100 crore for the PGIMER and other government hospitals.

Ayushman scheme: Dues unpaid, PGI halts treatment of Punjab patients

Finance Minister Harpal Singh Cheema said the department had sanctioned the amount for clearing pending dues of the PGIMER and other government hospitals in Chandigarh. “The previous government’s Health Minister had stopped the insurance scheme in December last year. So the dues were pending. We have sanctioned Rs 100 crore today,” he said.

Rs 300 cr approved in principle

The Finance Dept has in principle sanctioned Rs 300 crore, which is pending under the Ayushman scheme. Rs 100 crore will be withdrawn by the Health Dept on Thursday. It will then start releasing the dues to PGI and govt hospitals

Priorities misplaced

The government’s misplaced priorities have spelled trouble for the poor who are not in a position to pay for their healthcare. — Partap Singh Bajwa, CLP leader

It is shocking

It is shocking that patients are being turned away from the PGI and GMCH as the AAP govt has failed to clear the dues. — Daljit Singh Cheema, SAD leader

Principal Health Secretary Ajoy Sharma said, “The funds will be received by the government hospitals of Chandigarh in two or three days. However, it will take some time to settle the amount. We will start paying in proportion so that the scheme can be started.”

Meanwhile, the PGIMER today clarified that the institute had been “constrained” to stop the scheme benefit to beneficiaries from Punjab as the pending claims exceeded Rs 15 crore. “However, the patients from the state can continue to seek treatment at the institute by paying user charges or under other applicable welfare schemes, if so eligible with effect from August 1,” an official statement said.

The institute has also clarified that the decision to halt treatment under the scheme for Punjab patients came into effect after bringing the matter to the notice of the State Health Authority, Punjab, and National Health Authority, repeatedly on April 1, May 13 and June 7. “Later, the matter was even brought to the attention of senior government officers,” said the institute.

“The PGIMER accords patient care top priority and extends poor free treatment in deserving cases. It is reiterated that the PGIMER will continue to extend quality treatment and patient care to each strata of society,” said the official statement.

## **Doctors**

### **Raids, crumbling infra 'force' over 50 Punjab doctors to resign in four months (The Tribune: 20220805)**

<https://www.tribuneindia.com/news/punjab/raids-crumbling-infra-force-over-50-punjab-doctors-to-resign-in-four-months-418535>

A large number of government doctors are making a beeline for premature retirement from the Health Department amid a crackdown on those indulging in malpractices, raids on hospitals by ‘overenthusiastic’ AAP leaders and crumbling infrastructure.

Be proactive but no 'aggressive' raids: Punjab CM Bhagwant Mann tells MLAs

Soon after coming to power, AAP leaders, including some MLAs and ministers, started raiding schools, police stations and hospitals. The biggest fall out of these raids and “shabby” treatment given to employees was witnessed in the Health and Medical Education Department, where suddenly the number of doctors resigning has gone up.

As per the government estimate, over 50 doctors have either applied for voluntary retirement scheme (VRS) or those not eligible have resigned in the past four months. Some of them even made videos before leaving and blamed the crumbling infrastructure and unfavourable circumstances for the resignation.

Govt hiding its inadequacies

The govt is hiding its inadequacies by mauling the health officials in the garb of surprise checks. This has dampened their morale and will lead to the collapse of health sector. — Dr Akhil Sarin, PCMS association head

System overhaul underway

Doctors quitting is an ongoing phenomenon. Despite this, the state hasn't gone too strict on private practice by govt doctors. We are doing a system overhaul to produce specialists. — Ajoy Sharma, health secy

Most of the doctors who have resigned are from the clinical branches and can have a flourishing practice in the private sector. Notably, the state is already reeling under the shortage of specialist doctors.

In the recent past, around a dozen doctors have either resigned or have applied for VRS. As per the list compiled by the Punjab Civil Medical Services (PCMS) Association, a government doctors' body, those who left the department in the recent past included orthopaedic surgeon Dr Dharmvir Kumar from Nakodar, medicine specialist Dr Mamta Sunda from Nawashahar, skin specialist Dr Radha Goel from Jagraon and surgeon Dr Milan Verma from Ludhiana.

Besides them, Dr Jagmohan Singh, a medicine specialist, who was posted as the Assistant Civil Surgeon in Sangrur has also resigned. Similarly, another medicine specialist Dr Sahebjot Singh from Baba Bakala has put in his papers. Dr Pragya, a gynaecologist, posted at the Primary Health Centre of Fatehgarh Churian in Gurdaspur and Dr Gurluv Singh Jaura, orthopaedic surgeon from Malout, too have resigned.

The PCMS Association says there is acute shortage of staff, medicines, infrastructure and funds, which had made it difficult for the doctors to work. "The public has high expectations from healthcare providers. This had led to a mismatch between the ground reality and the expectations. The budgetary allocations to the health sector are also meagre," said Dr Akhil Sarin, president of the association.

## **Covid -19**

**Long Covid real, can last from 90 to 150 days: Study (Hindustan Times: 20220805)**

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=5809073386&imageview=0>

One in eight people who have had Covid-19 have problems such as breathlessness and general tiredness 90 to 150 days after their coronavirus infection, a new study set to be published in the *The Lancet* journal early on Friday said, providing what may be the most reliable estimates of Long Covid prevalence yet.

Long Covid, a loosely defined set of conditions that people report after having caught Covid-19, is yet to be properly understood, either for the biology involved or its estimated prevalence.

The new study from The Netherlands seems to answer at least the second question. Participants were asked to report symptoms of what they were feeling regularly from early on in the pandemic, giving researchers the ability to determine how commonly certain conditions are present in people who weren't infected and in those who were.

This allowed identification of what may be the core symptoms of Long Covid: chest pain, difficulties breathing, pain when breathing, painful muscles, loss of taste and smell, tingling extremities, lump in throat, feeling hot and cold, heavy arms and/or legs, and general tiredness. "There is urgent need for data informing the scale and scope of the long-term symptoms experienced by some patients after Covid," said Judith Rosmalen from the University of Groningen, lead author of the study, in a release.

"However, most previous research into Long Covid has not looked at the frequency of these symptoms in people who haven't been diagnosed with Covid-19 or looked at individual patients' symptoms before the diagnosis of Covid-19," Rosmalen added.

Of the participants who submitted pre-Covid symptom data, the researchers found that 21.4% (381 out of 1,782) of Covid-19-positive participants experienced at least one of the above mentioned symptoms to at least moderate severity. In comparison, only about 8.7% (361 out of 4,130) had these symptoms in the control group, which can be the result of any number of illnesses, including chronic conditions. This allowed for the researchers to remove conditions that may not be linked to Covid-19. When compared, it translates into a 12.7% higher prevalence of Long Covid symptoms, which seemed to last three to five months after an infection.

"These core symptoms have major implications for future research, as these symptoms can be used to distinguish between post Covid-19 condition and non-Covid-19-related symptoms," said first author of the study, Aranka Ballering, according to the statement.

"Post-Covid-19 condition, otherwise known as Long Covid, is an urgent problem with a mounting human toll. Understanding the core symptoms and the prevalence in the general population represents a major step forward for our ability to design studies that can ultimately inform successful healthcare responses to the long-term symptoms of Covid-19," she added.

A variety of factors, including possible long-term effects on the brain and the cardiovascular system are being investigated to determine the biological underpinnings of Long Covid. The authors of the new study said future research must also look at mental health effects.

"Future research should include mental health symptoms (e.g. depression and anxiety symptoms), along with additional post-infectious symptoms that we could not assess in this study (such as brain fog, insomnia, and post-exertional malaise). We were unable to investigate what might cause any of the symptoms observed after Covid-19 in this study, but we hope

future research will be able to give insights into the mechanisms involved,” Rosmalen said, adding that due to the study’s timing — it was carried out from March 2020 to right before The Netherlands began widely vaccinating people a year later — the effect of Covid-19 vaccination and different Sars-CoV-2 variants on Long Covid was yet to be understood.

## **Heart inflammation**

### **New research proves Covid-19 causes heart inflammation (Indian Express: 20220805)**

<https://indianexpress.com/article/lifestyle/health-specials/new-research-proves-covid-19-causes-heart-inflammation-8070278/>

Don’t allow Covid to cause serious illness, so get yourself vaccinated. Judicious use of blood thinners and anticoagulants, in sick Covid patients, can reduce the risk of clotting and heart attacks, says Dr Nishith Chandra, Principal Director, Interventional Cardiology, Fortis Escorts Heart Institute

Researchers have conducted a series of experiments and shown that SARS-CoV-2’s spike protein can lead to heart muscle injury through an inflammatory process. (Source: Getty Images/Thinkstock)

New clues have emerged on the link between Covid-19 and heart health. Researchers have conducted a series of experiments and shown that SARS-CoV-2’s spike protein can lead to heart muscle injury through an inflammatory process.

## **Diabetics**

### **Why diabetics need protein in their diet (Indian Express: 20220805)**

<https://indianexpress.com/article/lifestyle/health-specials/why-diabetics-protein-diet-8067603/>

When you eat carbohydrates in combination with protein (or fat), it can take longer for your body to convert the former into glucose, leading to lower post-meal blood sugar levels in patients with Type 2 diabetes. Besides, protein builds muscle mass which prevents falls among diabetics, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare

The connection between sugar and diabetes is strong and embedded in our minds.

Do proteins have a role in diets for diabetes? Expectedly, when we talk about diabetes and meal planning, we mostly focus on carbohydrates (carbs). Diabetes is also called sugar in common parlance. The connection between sugar and diabetes is strong and embedded in our minds.

Not just people with diabetes, every health conscious person talks about reducing carbs in the diet. In all this craziness, we often miss the importance of proteins.

## **Breastfeeding Awareness Week**

### **Breastfeeding Awareness Week: How long should you breastfeed your baby?**

**According to a doctor, one should regularly breastfeed in the early weeks at least 8-12 times a day (Indian Express: 20220805)**

<https://indianexpress.com/article/lifestyle/health/breastfeeding-awareness-week-how-long-should-you-breastfeed-baby-8065548/>

Breastfeeding Awareness Week, breastfeeding, breastfeeding mothers, breastfeeding benefits, breastfeeding newborn, how long to breastfeed, exclusive breastfeeding, indian express news In the first few weeks post birth, feed your baby on demand (whenever they feel hungry). (Photo: Getty/Thinkstock)

That breastfeeding is beneficial for both the mother and her baby, has been established. It helps create a bond, while also protecting the newborn from allergies and diseases. Breast milk provides nutrition and is rich in vitamins, protein and fats that help in the baby's growth. It also contains antibodies for the little one to build an immunity against viruses and bacteria.

## **World Lung Cancer Day:**

### **World Lung Cancer Day: 'Tobacco damages lung tissue, smokers over 50 must get scans'**

**To spread awareness on the occasion of World Lung Cancer Day which was on August 1, Dr Digambar Behera, Director, Pulmonary Medicine at Fortis Hospital, Mohali, in an advisory explained the causes, symptoms, diagnosis, and treatment options to prevent lung cancer. (Indian Express: 20220805)**

Lung cancer can be diagnosed through lab tests, PET/CT scans, bronchoscopy, and endobronchial ultrasound (Source: Getty Images/Thinkstock)

Lung cancer is a common form of the disease and claims several lives across the world every year. It is one of the leading forms of cancer in men followed by the head-neck region and is the fifth most common cancer affecting women in India.



## **Bone and Joint Day**

**Bone and Joint Day: What do long work hours do to your health? Find out "Workstations should not be static; the arrangement should allow one to adopt various postures (a sit-stand workstation)," says a doctor(Indian Express: 20220805)**

<https://indianexpress.com/article/lifestyle/health/bone-and-joint-day-long-work-hours-health-sitting-standing-8067864/>

Bone and Joint Day, Bone and Joint Day 2022, bone health, joint pain, bone pain, long working hours, sitting for too long, standing for too long, indian express newsA doctor says that prolonged muscle inactivity and compression on intervertebral discs can lead to spondylosis. (Photo: Getty/Thinkstock)

Ever since the pandemic started, people have been working for longer hours, owing to the initial days of work-from-home. Now, many are following a hybrid approach to work — working from their house as well as office.

## **Monsoon healthcare**

**Monsoon healthcare: With leptospirosis cases on the rise, here's everything to know about the disease**

**A seasonal spike in leptospirosis cases during monsoon in India is seen because people come in contact with contaminated, stagnant water. Find out what experts say about staying safe, especially if you are a pet parent(Indian Express: 20220805)**

<https://indianexpress.com/article/lifestyle/health/monsoon-healthcare-leptospirosis-cases-disease-prevention-treatment-pets-infection-waterlogging-8051189/>

monsoon health, Indian monsoon, monsoon diseases in India, monsoon infection in India, leptospirosis, what is leptospirosis, leptospirosis causes, leptospirosis bacteria, leptospirosis infection, leptospirosis in India, leptospirosis cases, leptospirosis prevention, leptospirosis treatment, leptospirosis and pets, indian express newsLeptospira bacteria, which inhabit rodents and other animals, can infect humans when they come into contact with water that has been tainted with rodent or infected-animal urine. (PTI photo)

It was recently reported that amid the ongoing monsoon season, heavy rains and waterlogging situations in the city of Mumbai led to a surge in leptospirosis cases. The health department of the Brihanmumbai Municipal Corporation (BMC) even issued an advisory regarding safety

measures to follow. Residents have been asked to keep a check on diseases like dengue and leptospirosis, with more water stagnation expected in the coming days.

## **Living with Covid:**

### **Living with Covid: How treating masks like umbrellas could help us weather future pandemic threats**

**Staying at home while we're unwell is a sensible and considerate thing to do, particularly when COVID rates are high. (Indian Express: 20220805)**

<https://indianexpress.com/article/lifestyle/health/living-with-covid-how-treating-masks-like-umbrellas-could-help-us-weather-future-pandemic-threats-8068171/>

Covid pandemic, masksThe number of people in the UK who have had a COVID booster vaccine is considerably lower than the number who received their first and second doses(Source: Getty Images/Thinkstock)

Thankfully, the UK now looks to be past the peak of both the recent heatwave and the latest COVID wave. But there will be more of both – and in future, we might think about how we protect ourselves from COVID in the same way we protect ourselves from the weather.

## **Prostate cancer**

**Shift the focus! Prostate cancer may NOT always show urinary symptoms, finds study (Times of India :20220805)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/shift-the-focus-prostate-cancer-may-not-always-show-urinary-symptoms-finds-study/photostory/93348853.cms?picid=93348862>

Cancer in all its forms is dangerous, especially if it gets diagnosed at a later stage, where it becomes incurable.

As far as prostate cancer is concerned, it is one of the most common and concerning cancers in men. Reportedly, it is the second most frequent malignancy - after lung cancer - in men worldwide, accounting for about 1,276,106 new cases and causing 358,989 deaths in 2018.

More so, one of the primary reasons why so many people die from prostate cancer is due to misdiagnosis or delay in diagnosis.

According to the American Cancer Society (ACS), cancer starts when cells in the body begin to grow abnormally, which means cells in nearly any part of the body can become cancer cells, and can spread to other areas of the body.

Prostate cancer occurs in the prostate gland, which is a small walnut-shaped gland in males, that produces seminal fluid. The cells in the prostate begin to grow out of control, becoming cancerous.

As per the healthy body, there are different types of prostate cancer including small cell carcinomas, neuroendocrine tumors, transitional cell carcinomas, sarcomas.

#### READMORE

03/7 Prostate cancer may not always showcase urinary symptoms

Prostate cancer may not always showcase urinary symptoms

Most often, prostate cancer is associated with urinary symptoms, which include needing to pee more frequently, often during the night, difficulty in starting to pee, straining while peeing or a weak flow. Other symptoms include difficulty in ejaculation, feeling bladder pressure and blood in urine or in semen.

However, researchers believe waiting for urinary symptoms to appear can further delay diagnosis and treatment, increasing the risk of death.

Also read: Your abdominal pain could mean more than just gas! Possible causes to keep an eye out for

A study published by a team at the University of Cambridge shares that focusing on urinary symptoms can be misleading when it comes to diagnosing prostate cancer.

“When most people think of the symptoms of prostate cancer, they think of problems with peeing or needing to pee more frequently, particularly during the night,” explains Vincent Gnanapragasam, professor of urology at the university.

“This misperception has lasted for decades, despite very little evidence, and it’s potentially preventing us picking up cases at an early stage,” he adds.

Furthermore, a recent study went as far as to say that asymptomatic or a lack of urinary symptoms may in fact signal a higher risk of cancer.

#### READMORE

05/7 Prostate cancer is not always symptomatic

Researchers involved in the study have pointed out that the misconception that prostate cancer is always symptomatic can be misleading.

According to a study, 86 percent of the population associated prostate cancer with symptoms, but only one percent were aware that it could be asymptomatic.

“We urgently need to recognise that the information currently given to the public risks giving men a false sense of security if they don’t have any urinary symptoms,” said Professor Gnanapragasam.

“We need to emphasise that prostate cancer can be a silent or asymptomatic disease, particularly in its curable stages,” he adds.

He highlights: "Waiting out for urinary symptoms may mean missing opportunities to catch the disease when it's treatable."

## **Coronavirus:**

### **Coronavirus: Are you overcautious or too casual about COVID? These questions will help you decide (Times of India :20220805)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-are-you-overcautious-or-too-casual-about-covid-these-questions-will-help-you-decide/photostory/93344412.cms?picid=93344430>

We have lived through the COVID pandemic for two years now. We know a great deal about how to manage the infection, how to remain safe, when should we go for COVID testing and how important it is to remain isolated from others when there is an infection.

But, these are just a thing or two about the pandemic! The major responsibility lies in living the rules every single moment. Negligence made by individuals snowballs and leads to a pandemic situation.

So, while you might be thinking you are doing the best in avoiding the infection, these questions might be a clue if you are doing it right or not.

Read: Your abdominal pain could mean more than just gas! Possible causes to keep an eye out for

Read: Can you find the deer hidden in this picture within 10 seconds?READMORE

02/7Do you wear a mask?

Many people are seen not wearing masks these days. Maybe the very thought that vaccines have made them invincible against the virus is why they do not prefer wearing masks.

However, irrespective of whatever measures you are taking to protect yourself, if you are not wearing masks, you are too casual about the infection.

COVID reinfections are a possibility and many cases of reinfections have been reported from vaccinated individuals as well.

READMORE

03/7Do you only wear the mask in public places?

If you are one among those who have not yet forgotten their battle against the coronavirus, you must definitely be wearing the mask at a crowded place.

Wearing masks guards you against the virus and at the same time it also guards others against the possibility of virus transmission by you. Therefore by wearing a mask you are not just protecting yourself, you are also protecting others.

04/7Do you remove the mask immediately after disembarking a metro or bus or any other public transportation mode?

Though many people wear masks at public places or while taking public transport, they remove it immediately after deboarding the metro or bus.

This is a wrong practice. Masks should not be removed immediately after a ride in public transport or immediately after returning from a crowded place. It should be disposed of properly so that the viruses which might be present on the outer surface of the mask do not get a chance to enter the body.

05/7 Do you prefer not to wear a mask in the office or at home?

Only if your house or office is properly ventilated, you can prefer not to wear masks inside. But if it is crowded and there is no proper ventilation, it is always advisable to wear masks.

Virus does not see whether you are indoors or outdoors, it affects you the moment it gets a chance to enter your system.

06/7 How often do you sanitize your hands?

Just when the pandemic had hit the world, there was a dearth of hand sanitizers in shops. But right now, nobody seems to be using it.

Hand sanitizers keep your palm surface sterilized and devoid of the virus. It limits the entry of viruses through the mouth and nostrils which often happens through the hands.

It is very important to keep the hands sanitized particularly when you are using surfaces which are also used by others.

07/7 Bottomline

The coronavirus will remain in the environment and will wait for its chance to enter a host body and spread from there. It is on us to keep ourselves protected from the virus.

While safety protocols should be followed, we should also be careful about the symptoms. Even those with mild symptoms can spread the infection at a faster rate.

One should also be careful about the testing and isolation. If someone in your close contact has tested positive for the virus, test yourself and keep yourself isolated till the incubation period.

## **Monkeypox**

**Monkeypox can spread by direct skin-to-skin contact; high risk activities you should avoid (Times of India :20220805)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/monkeypox-can-spread-by-direct-skin-to-skin-contact-high-risk-activities-you-should-avoid/photostory/93340916.cms>

India reported its 9th monkeypox case on Wednesday, wherein a 31-year-old Nigerian woman tested positive for the virus. Becoming the first woman in the country to test positive for

monkeypox, officials have noted symptoms like fever and skin lesions in her. According to a PTI report, the patient is admitted to LNJP hospital.

Over 75 countries have reported outbreaks of monkeypox, where the viral disease is not endemic. Earlier, the World Health Organization (WHO) declared it as a global health emergency, highlighting the possible dangers associated with it.

That said, given the alarming numbers of monkeypox cases, it is important to stay vigilant and take proper measures against the virus.

Also read: From BP to BMI, these 5 numbers determine your heart health

#### READMORE

02/7Understanding monkeypox and how it spreads

Understanding monkeypox and how it spreads

Monkeypox is a rare, viral zoonotic infection that belongs to the same family of viruses as variola virus, the virus that causes smallpox. Fever, headache, muscle/backache, swollen lymph nodes, chills, exhaustion and certain respiratory issues are common symptoms of the viral disease.

Monkeypox transmission can occur through direct contact with a lesion that contains the virus or direct contact with bodily fluids that have the virus in it. That said, it is important to avoid close, direct contact with an infected person.

Below are some of the ways monkeypox spreads and transmits from human to human.

#### READMORE

03/7What close, direct skin-to-skin contact means

What close, direct skin-to-skin contact means

According to the US Centers for Disease Control and Prevention (CDC), monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.

Having said that, activities that include intimate contact such as oral, anal, and vaginal sex or touching the genitals, hugging, massaging, kissing and prolonged face-to-face contact can also increase one's risk of the virus.

04/7Study reveals monkeypox virus can persist in semen for weeks after recovery

Study reveals monkeypox virus can persist in semen for weeks after recovery

Is monkeypox a sexually transmitted disease? This question is currently on the minds of many people.

While experts have no conclusive report on the same, a recent study by The Lancet found that monkeypox virus can persist in semen for weeks after recovery.

Having assessed viral shedding in semen samples collected 5–19 days after symptom onset in a patient, Francesca Colavita, a researcher from the Laboratory of Virology, National Institute for Infectious Diseases 'Lazzaro Spallanzani' (IRCCS), Italy, has said, "Our findings support that prolonged shedding of monkeypox virus DNA can occur in the semen of infected patients for weeks after symptoms onset."

The patient was diagnosed at Italy's Lazzaro Spallanzani National Institute for Infectious Diseases and had a travel history to Austria during the first two weeks of May. The man self-identifies himself as someone who has sex with men and sexworkers. He also self-reported unsafe sexual intercourse with several male partners during his travel.

"The case discussed herein supports that transmission of monkeypox virus during sexual activity might be a viable and recognised route, especially in the current 2022 outbreak of disease," Colavita said, adding that the "prolonged viral DNA shedding, even at low viral copies, might hint at a possible genital reservoir".

However, "since the patient was an HIV-infected, viro-immunological responder, we cannot entirely exclude the possibility of an effect of HIV-associated chronic immune dysregulation on prolonged monkeypox virus shedding in semen," she added.

Health authorities have maintained that the virus is not a sexually transmitted disease and anyone can contract the disease by close contact.

#### READMORE

05/7 Sharing clothing, bedding, or towels can increase the spread

Sharing clothing, bedding, or towels can increase the spread

The CDC also warns against touching fabrics and objects that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, clothing.

It is believed that a person with monkeypox can spread the virus to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks, as per the health body.

As per the CDC, enclosed spaces, such as back rooms, saunas, sex clubs, or private and public sex parties where intimate, often anonymous sexual contact with multiple partners occurs, may have a higher likelihood of spreading monkeypox.

07/7 Can monkeypox spread through respiratory secretions?

Primarily, monkeypox spreads through prolonged skin-to-skin contact with lesions or bodily fluids containing the virus. However, according to the CDC, contact with respiratory secretions can also increase your chances of the disease.

The CDC's "What We Still Don't Know" section reads: "How often monkeypox virus may be spread from respiratory secretions, or at what point during infection a person with monkeypox symptoms might be more likely to spread monkeypox virus through respiratory secretions."

While this does not confirm that monkeypox can spread through respiratory secretions, the health agency does not completely disown the theory.

Health officials have also warned against coming in contact with people who could be showing respiratory symptoms such as coughs, sneezes and sore throats associated with monkeypox.

## Monkeypox

### Monkeypox can spread by direct skin-to-skin contact; high risk activities you should avoid (Times of India :20220805)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/monkeypox-can-spread-by-direct-skin-to-skin-contact-high-risk-activities-you-should-avoid/photostory/93340916.cms?picid=93340925>

India reported its 9th monkeypox case on Wednesday, wherein a 31-year-old Nigerian woman tested positive for the virus. Becoming the first woman in the country to test positive for monkeypox, officials have noted symptoms like fever and skin lesions in her. According to a PTI report, the patient is admitted to LNJP hospital.

Over 75 countries have reported outbreaks of monkeypox, where the viral disease is not endemic. Earlier, the World Health Organization (WHO) declared it as a global health emergency, highlighting the possible dangers associated with it.

That said, given the alarming numbers of monkeypox cases, it is important to stay vigilant and take proper measures against the virus.

Also read: From BP to BMI, these 5 numbers determine your heart health

#### READMORE

02/7Understanding monkeypox and how it spreads

Understanding monkeypox and how it spreads

Monkeypox is a rare, viral zoonotic infection that belongs to the same family of viruses as variola virus, the virus that causes smallpox. Fever, headache, muscle/backache, swollen lymph nodes, chills, exhaustion and certain respiratory issues are common symptoms of the viral disease.

Monkeypox transmission can occur through direct contact with a lesion that contains the virus or direct contact with bodily fluids that have the virus in it. That said, it is important to avoid close, direct contact with an infected person.

Below are some of the ways monkeypox spreads and transmits from human to human.

#### READMORE

03/7What close, direct skin-to-skin contact means

What close, direct skin-to-skin contact means

According to the US Centers for Disease Control and Prevention (CDC), monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.



Having said that, activities that include intimate contact such as oral, anal, and vaginal sex or touching the genitals, hugging, massaging, kissing and prolonged face-to-face contact can also increase one's risk of the virus.

04/7 Study reveals monkeypox virus can persist in semen for weeks after recovery

Study reveals monkeypox virus can persist in semen for weeks after recovery

Is monkeypox a sexually transmitted disease? This question is currently on the minds of many people.

While experts have no conclusive report on the same, a recent study by The Lancet found that monkeypox virus can persist in semen for weeks after recovery.

Having assessed viral shedding in semen samples collected 5–19 days after symptom onset in a patient, Francesca Colavita, a researcher from the Laboratory of Virology, National Institute for Infectious Diseases 'Lazzaro Spallanzani' (IRCCS), Italy, has said, "Our findings support that prolonged shedding of monkeypox virus DNA can occur in the semen of infected patients for weeks after symptoms onset."

The patient was diagnosed at Italy's Lazzaro Spallanzani National Institute for Infectious Diseases and had a travel history to Austria during the first two weeks of May. The man self-identifies himself as someone who has sex with men and sexworkers. He also self-reported unsafe sexual intercourse with several male partners during his travel.

"The case discussed herein supports that transmission of monkeypox virus during sexual activity might be a viable and recognised route, especially in the current 2022 outbreak of disease," Colavita said, adding that the "prolonged viral DNA shedding, even at low viral copies, might hint at a possible genital reservoir".

However, "since the patient was an HIV-infected, viro-immunological responder, we cannot entirely exclude the possibility of an effect of HIV-associated chronic immune dysregulation on prolonged monkeypox virus shedding in semen," she added.

Health authorities have maintained that the virus is not a sexually transmitted disease and anyone can contract the disease by close contact.

05/7 Sharing clothing, bedding, or towels can increase the spread

Sharing clothing, bedding, or towels can increase the spread

The CDC also warns against touching fabrics and objects that were used by a person with monkeypox and that have not been disinfected, such as bedding, towels, clothing.

It is believed that a person with monkeypox can spread the virus to others from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks, as per the health body.

06/7 Enclosed spaces may raise likelihood of virus spread

As per the CDC, enclosed spaces, such as back rooms, saunas, sex clubs, or private and public sex parties where intimate, often anonymous sexual contact with multiple partners occurs, may have a higher likelihood of spreading monkeypox.

07/7Can monkeypox spread through respiratory secretions?

Primarily, monkeypox spreads through prolonged skin-to-skin contact with lesions or bodily fluids containing the virus. However, according to the CDC, contact with respiratory secretions can also increase your chances of the disease.

The CDC's "What We Still Don't Know" section reads: "How often monkeypox virus may be spread from respiratory secretions, or at what point during infection a person with monkeypox symptoms might be more likely to spread monkeypox virus through respiratory secretions."

While this does not confirm that monkeypox can spread through respiratory secretions, the health agency does not completely disown the theory.

Health officials have also warned against coming in contact with people who could be showing respiratory symptoms such as coughs, sneezes and sore throats associated with monkeypox.

How sugar tricks you into feeling hungry and overeating

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A weekly guide to the biggest developments in health, medicine and wellbeing delivered to your inbox

Now Reading:Your abdominal pain could mean more than just gas! Possible cause...Share fbsharetwsharepinshareComments (0)

As discomforting as an intestinal gas may feel, it is as common and frequent in some people. Along with bloating, burping and nausea, one may experience abdominal pain and tenderness.

But abdominal pain is not just an outcome of digestive problems like gas, acid reflux or indigestion. It could mean something else or something more acute and serious, which is why it is necessary to watch out for all possible illnesses associated with abdominal pain.

Here are some common, possible causes of abdominal cramps that may need some medical intervention.

Also read: Study lists down vitamin B12 deficiency symptoms that ‘may not reverse’; supplementation may also fail to help

READMORE

02/7Muscle pull and strain

Muscle pull and strain

One of the most common causes of abdominal pain is a pulled or a strained muscle. Given that our abdominal muscles are engaged everytime we take on an activity that requires pulling, pushing and picking, abdominal injury is very likely.

Additionally, those who are trying to stay fit and lose weight, mostly target their core, increasing the risk of abdominal injury and therefore, pain and cramps.

Also read: From BP to BMI, these 5 numbers determine your heart health

03/7Food intolerances

Food intolerances

When a person suffers with food intolerance, he or she has difficulty digesting certain foods, leading to unpleasant reactions in the body, of which abdominal pain is one.

Additionally symptoms include bloating, farting, diarrhea, skin rashes and itching.

However, most of these symptoms start occurring a few hours after eating the food.

04/7Celiac disease

Celiac disease

Celiac disease is a condition that occurs in people who are allergic to gluten, which is a protein found in many grains including wheat and barley.

Besides causing inflammation in the small intestine, this disease can also lead to abdominal pain and discomfort. Diarrhea and bloating are some other common symptoms associated with the condition.

Those suffering from celiac disease therefore must avoid gluten-rich products.

05/7Urinary tract and/or bladder infections

Urinary tract and/or bladder infections

Urinary tract infections are very common in women and can occur in men too. These are caused by bacteria, primarily E.coli species, that take over and attack the urethra and bladder. UTI or other bladder infections can put a lot of pressure on your abdomen, leading to bloating, pain and painful urination.

06/7Endometriosis

Endometriosis

Women with endometriosis can also experience painful pelvic or lower abdominal discomfort.

Endometriosis is a disorder in which the tissue that normally lines the inside of your uterus grows outside the uterus. Other symptoms can range from dysmenorrhea, which is painful menstrual periods, lower back pain, pain during intercourse to infertility.

07/7Possible causes of acute abdominal pain

Possible causes of acute abdominal pain

There are various conditions that can cause acute abdominal pain accompanied by other symptoms. While some resolve on their own with medications and treatment, some others may need immediate intervention. That said, here are the possible causes of acute abdominal pain:

- Appendicitis

- Gastroesophageal reflux disease (GERD)
- Pancreatitis
- Gallbladder disease
- Diverticulitis
- Small bowel obstruction
- Crohn's disease
- Certain types of cancer

## **Belly Fat Loss:**

**Belly Fat Loss: पेट की चर्बी शरीर को बना सकती है गंभीर बीमारियों का घर, छुटकारा दिलाएंगे Nutritionist के ये 5 टिप्स (Navbharat Times :20220805)**

<https://navbharattimes.indiatimes.com/lifestyle/health/certified-dietitian-shared-5-tips-for-flat-stomach-common-weight-loss-goal/articleshow/93362161.cms?story=5>

What is the main cause of stomach fat: तनाव कोर्टिसोल को ट्रिगर करता है। इस एक हार्मोन की वजह से पिज्जा, फ्राइज़ और कुकीज़ जैसे उच्च वसा वाले, कार्ब-भारी खाद्य पदार्थों की क्रविंग होती है। ऐसे में आपके पेट के आसपास चर्बी जमा होने लगती है। इसके अलावा जो लोग कम घंटे सोते हैं उनके पेट की चर्बी भी अधिक होती है।

certified dietitian shared 5 tips for flat stomach common weight loss goal

**Belly Fat Loss:** पेट की चर्बी शरीर को बना सकती है गंभीर बीमारियों का घर, छुटकारा दिलाएंगे Nutritionist के ये 5 टिप्स पेट की चर्बी को कम करना वजन घटाने का मुख्य लक्ष्यों में से एक होता है। पेट में चर्बी का जमा होना न केवल दिखने में खराब लगता है, बल्कि कई तरह की बीमारियों को भी न्यौता देने का काम करता है। कई अध्ययनों में यह पाया गया है कि पेट में जमा होने वाला गंदा फैट टाइप 2 मधुमेह (Type 2 Diabetes) और हृदय रोग (Heart Disease) जैसी गंभीर बीमारियों से संबंधित होता है। अमेज़न ग्रेट फ्रीडम सेल अभी लाइव है - शानदार ऑफ़र के साथ सभी के लिए बड़ी बचत |

जर्नल ऑफ़ ऑस्टियोपैथिक मेडिसिन के अनुसार, पुरुषों में 40 इंच (102 सेमी) और महिलाओं में 35 इंच (88 सेमी) से अधिक कमर के उपर के माप को पेट का मोटापा कहा जाता है। ऐसे में जीवनशैली और खान-पान में बेहतर बदलाव करके पेट की चर्बी को कम किया जा सकता है।

सर्टिफाइड डाइटिशियन और न्यूट्रीनिस्ट निकिता तनवर ने हाल ही पेट में जमा चर्बी को कम करने के जरूरी टिप्स शेयर किए हैं। उन्होंने अपने इंस्टा पोस्ट में लिखा है कि यदि आप अपने कमर के आसपास जमा चर्बी को कम करना चाहते हैं, या करने का प्रयास कर रहे हैं तो यह टिप्स आपके बहुत काम आ सकती हैं।

न्यूट्रीनिस्ट के इस टिप्स से करें पेट की चर्बी कम

कोर मसल्स को मजबूत करने वाले एक्सरसाइज करें

कोर की मांसपेशियां पेट के आसपास होती हैं, इसमें पेट की मांसपेशियां और पीठ की मांसपेशियां दोनों शामिल होती हैं। एक मजबूत कोर कार्डियो और अन्य भारी गतिविधियों के दौरान शरीर को चोट लगने से बचाने के लिए सपोर्ट करने का काम करती है। जब कोई व्यक्ति पेट की चर्बी कम करता है तो कोर मांसपेशियों का निर्माण पेट को दिखने और टोन्ड महसूस करने में मदद कर सकता है।

नियमित और कम कैलोरी का सेवन है जरूरी

यदि आप 1-2 पाउंड या 0.5-1 किलो वेट लॉस करना चाहते हैं तो अपने दैनिक आहार में 500-1,000 तक कैलोरी की मात्रा को कम करें। ध्यान रहें कि कैलोरी को पूरी तरह से अपने आहार से न हटाएं। ऐसा करना आपके वेट लॉस की प्लानिंग को खराब कर सकता है। इसलिए, यह महत्वपूर्ण है कि आप अपने कैलोरी सेवन को बहुत अधिक या बहुत लंबे समय तक सीमित न रखें।

प्रोटीन युक्त भोजन है वेट लॉस में फायदेमंद

उच्च प्रोटीन आहार आपके मेटाबॉलिज्म की दर को बढ़ाने का काम करते हैं। इससे भूख कम होती है और वेट लॉस के दौरान मांसपेशियों को बनाए रखने में आपकी मदद कर सकते हैं। प्रोटीन आपके पेट के निचले हिस्से में मोटापे की दर से भी जुड़े हुए होते हैं। ऐसे में पर्याप्त मात्रा में प्रोटीन युक्त आहार लेने से पेट में जमा एक्सट्रा फैट कम करने में मदद मिल सकती है।

सिर्फ डाइट नहीं एक्टिव भी रहें

आपके द्वारा की जाने वाली गैर-व्यायाम गतिविधि की मात्रा में वृद्धि से आपके द्वारा दैनिक आधार पर बर्न की जाने वाली कैलोरी की संख्या में उल्लेखनीय रूप से वृद्धि हो सकती है।

पेट की चर्बी तेजी से खत्म करने के लिए घर में बनाएं ये **Weight Loss Powder**

न्यूट्रीनिस्ट हेल्दी फैट खाने की सलाह देती हैं। माना जाता है कि एक संतुलित आहार में स्वस्थ मोनोअनसैचुरेटेड और पॉलीअनसैचुरेटेड वसा शामिल होना चाहिए। इन फैटी एसिड के कुछ बेहतरीन स्रोतों में एवोकाडो, जैतून का तेल, नट्स, बीज और वसायुक्त मछली शामिल हैं। लोगों को यह भी सुनिश्चित करना चाहिए कि वे आहार में संतृप्त वसा की मात्रा को कुल कैलोरी के 10% से कम तक सीमित रखें।

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।

## **Dengue treatment: Ayurveda**

**Dengue treatment: Ayurveda डॉक्टर ने बताए डेंगू बुखार कम करने, प्लेटलेट काउंट बढ़ाने के 5 असरदार तरीके (Navbharat Times :20220805)**

<https://navbharattimes.indiatimes.com/lifestyle/health/ayurveda-doctor-share-5-effective-ayurvedic-tips-to-treat-dengue-fever-and-increase-platelet-count-naturally/articleshow/93360430.cms>

**How recover from dengue fast:** बारिश के मौसम में डेंगू के मामले बढ़ रहे हैं। अगर आप या घर में कोई डेंगू बुखार से पीड़ित है, तो आप उसे ठीक करने के लिए मेडिकल उपचार के साथ कुछ आयुर्वेदिक तरीके भी आजमा सकते हैं। आयुर्वेदिक डॉक्टर का मानना है कि आयुर्वेदिक जड़ी बूटियों में बुखार कम करने और प्लेटलेट काउंट बढ़ाने की क्षमता होती है।

**ayurveda doctor share 5 effective ayurvedic tips to treat dengue fever and increase platelet count naturally**

**Dengue treatment: Ayurveda** डॉक्टर ने बताए डेंगू बुखार कम करने, प्लेटलेट काउंट बढ़ाने के 5 असरदार तरीके

मानसून (Monsoon) का मौसम जारी है और इस दौरान बारिश की वजह कई तरह के संक्रमण और मच्छरों से होने वाली बीमारियों का खतरा बढ़ जाता है। हर साल देखा जाता है कि जुलाई और नवंबर के बीच डेंगू, मलेरिया और चिकनगुनिया जैसे गंभीर जानलेवा बीमारियों के मामले चरम पर होते हैं।

इसमें कोई शक नहीं है कि बरसात का मौसम जितना सुहावना होता है, उतना ही घातक भी होता है। इस मौसम को लेकर सबसे चिंता की बात यह है कि इस दौरान इम्यून सिस्टम कमजोर हो जाता है और यही वजह है कि आप आसानी से बीमार हो सकते हैं। बारिश का मौसम सिर्फ डेंगू या मलेरिया ही नहीं बल्कि चिकनगुनिया, हैजा, टायफाइड, वायरल बुखार, डायरिया, इन्फ्लूएंजा और कई तरह के पेट के संक्रमण का कारण बन सकता है।

इन रोगों के लिए मेडिकल में कई तरह के इलाज हैं लेकिन आप कुछ आयुर्वेदिक उपायों को आजमाकर घर में आराम पा सकते हैं। नोएडा के आयुर्वेदिक डॉक्टर कपिल त्यागी कुछ जड़ी बूटियों के बारे में बता रहे हैं जिनके इस्तेमाल से आप इस मौसम के सबसे गंभीर बीमारी डेंगू का इलाज कर सकते हैं।

आयुर्वेद और डेंगू

डॉक्टर का कहना है कि आयुर्वेद के अनुसार, डेंगू बुखार को 'विशामा ज्वर' की एक किस्म के रूप में समझा जा सकता है। इसमें तापमान में उतार-चढ़ाव होता है। यह वात और पित्त के बढ़ने को दर्शाता है। आयुर्वेद में बताए गए कुछ उपायों के इस्तेमाल से इस लगातार फैलने वाली संचारी बीमारी को रोका जा सकता है। आप कुछ जड़ी-बूटियों का इस्तेमाल करके इम्यून सिस्टम को मजबूत बना सकते हैं और तेज बुखार, शरीर में दर्द, प्लेटलेट काउंट में कमी और थकान से जुड़े लक्षणों को कम कर सकते हैं।

गुडूची या गिलोय

गिलोय या टिनोस्पौरा कॉर्डिफोलिया को आयुर्वेद में एक आदर्श जड़ी बूटी माना गया है, जो डेंगू बुखार के प्रमुख कारक वात और पित्त दोनों को कम करने में मदद करती है। गुडूची डेंगू के मरीजों में रोग की रोकथाम और उपचार दोनों में मदद करता है। आप इसे पानी में भिगोकर रख दें और सुबह इसका पानी पिएं।

कलामेघ (Kalamegha)

-kalamegha

यह आयुर्वेदिक जड़ी बूटी विशेष रूप से तीनों दोषों को संतुलित करने में मदद करती है। यह गर्म होने के साथ कसैला होता है, जिसका चयापच पर प्रभाव पड़ता है। यह विशेष रूप से वात और पित्त के प्रसार को कम करता है। यह इम्यून सिस्टम को मजबूत बनाने में भी सहायक है और रोग को रोक सकता है।

नीम या अन्य पत्तों का धूमन (धुंआ)

डेंगू को रोकने के लिए नीम, कलामेघा, हरिद्रा (कर्कुरा लोंगा) और उशीरा का उपयोग करके हर्बल धूमन या धुआं किया जा सकता है। ये वातावरण को बेहतर करने में मदद करता है, जो वायरस को फैलने से रोकता है और मच्छरों को दूर भगाता है। इन धुएं में सांस लेना भी रोग की रोकथाम और इम्यूनसिस्टम को बढ़ाने का एक तरीका है।

षडंगा पनिया (Shadanga Paniya)

-shadanga-paniya

बुखार के लिए इस आयुर्वेदिक उपचार में 7 जड़ी बूटियों का मिश्रण है। इसमें पाथ्या (टर्मिनलिया चेबुला), अक्ष (टर्मिनलिया बेलेरिका), आंवला (एम्ब्लिका ऑफिसिनेलिस), कलामेघ ( एंड्रोग्राफिस पैनिकुलता), हल्दी (करकुमा लोंगा), नीम (अजादिराचटा इंडिका) और गुडूची (टिनोस्पौरा

कॉर्डिफोलिया) शामिल हैं। आप 200 मिलीलीटर उबले पानी में 30 मिलीलीटर पथ्यशादंगम क्वाथ मिला सकते हैं और इसे समय-समय पर पीने से बुखार से राहत मिलती है।

डेंगू के लक्षण से बचाव तक डॉक्टर से जाने सारी जानकारी

ठंडे पेस्ट का प्रयोग करें

डेंगू बुखार के चक्के से अस्थायी राहत पाने के लिए आप चंदन और गुलाब जल से बने एक साधारण पेस्ट का इस्तेमाल कर सकते हैं। इस तरीके को आजमाने से पहले एक्सपर्ट से सलाह ले लें। इनके अलावा उबले हुए पानी का सेवन, कंटेनरों पर ढक्कन लगाना, मच्छरों के प्रजनन को रोकने के लिए बर्तनों और बालकनियों से पुराना पानी निकालना और मच्छरदानी लगाकर सोना आदि बातों का विशेष ध्यान रखें।

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।

अगला लेख

**High-protein food for weight loss:** प्रोटीन से भरी हैं ये 6 डिशेज, तेजी से कम करेंगी वजन, बनेगी तगड़ी बॉडी

**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