



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20220831

Swine flu cases

Rise in swine flu cases in Punjab leaves doctors baffled (The Tribune:20220831)

<https://www.tribuneindia.com/news/punjab/rise-in-swine-flu-cases-leaves-doctors-baffled-426967>

7 deaths, 44 positive cases reported before onset of winter

Rise in swine flu cases in Punjab leaves doctors baffled

A swine flu ward set up at the Samana Civil Hospital. Tribune Photo

Though swine flu usually occurs during the late fall (September to October) and winter, around 44 people have already tested positive and seven have lost their lives in the state. Of seven, three deaths have been reported in Ludhiana district, two in Patiala and one each in Malerkotla and Sangrur.

Last week, a 22-year-old youth from Patiala had died of Swine flu at PGI, Chandigarh.

Following the rise in cases of swine flu, the Health Department has directed all the districts to take preventive steps and set up “flu corners” at the hospitals.

Officials in the department said 220 persons had already been tested for swine flu in the state.

Nodal Officer Dr Gagandeep Grover said, “Swine flu cases are usually reported from November till March. It is quite strange that positive cases are being reported earlier. The ‘flu corners’ are being set up in each district.”

When asked about the rising deaths, Dr Grover said, “A team comprising experts from the PGIMER and medical colleges will conduct a death audit. Majority of the patients who died of swine flu had comorbidities.”

He said majority of the swine flu cases were scattered and no clusters had been reported so far. “We are closely monitoring the situation. Around 134 contacts of positive patients have been given Tamiflu.”

Complex heart valve

PGIMS-Rohtak doctors perform complex heart valve implant procedure New lease of life for 77-year-old patient from Bihar (The Tribune:20220831)

PGIMS-Rohtak doctors perform complex heart valve implant procedure

A team of PGIMS doctors who performed the complex heart valve implantation procedure.
Tribune Photo

<https://www.tribuneindia.com/news/haryana/pgims-doctors-perform-complex-heart-valve-implant-procedure-426988>

A team of doctors at Pt BD Sharma, PGIMS, led by Dr SS Lohchab, gave a new lease of life to a 77-year-old patient from Bihar by performing a complex procedure of heart valve implantation through percutaneous route as the patient was not fit for an open-heart surgery. It was for the first time that a transcatheter aortic valve replacement (TAVR) procedure was performed at the PGIMS.

Dr SS Lohchab, senior prof, cardiac surgery, and Director, PGIMS, said the patient was brought in with breathing issues and had a swelling on his feet. During the check-up, he was found suffering from severe calcification of aortic valve that reduced the blood flow through the aortic valve. The condition was common among persons more than 60 years of age, said Dr Lohchab.

“It was an uneventful procedure. The artificial heart valve replacement was done through the transcatheter route from the groin by puncturing the artery. TAVR is performed in a few government medical institutions like AIIMS, New Delhi. So, it was a new milestone that we achieved here at PGIMS,” he said.

Lohchab said the procedure was performed by a team of heart surgeons, cardiologists and cardiac anaesthetists under the proctorship of Dr Ravinder Rao from Jaipur.

“The entire team included Dr KS Laller (Senior Prof & HOD, Cardiology), Dr Naveen Malhotra (Senior Prof and HOD, Cardiac Anaesthesia), Dr Ashwani Kumar (Associate Prof, Cardiology), Dr Rajesh Nandal (Assistant Prof, Cardiology), Dr Indira Malik (Assistant Prof, Cardiac Anaesthesia),” told Lohchab.

Cancer-causing compounds

Indians build AI system to pick carcinogens from chemical crowd, make global waves

Nature Chemical Biology publishes the seminal work of 4 Indian research institutes including

Indians build AI system to pick carcinogens from chemical crowd, make global waves

A team of Indian scientists are making global waves for developing an artificial intelligence-based system that can pick cancer-causing compounds out of a chemical crowd, offering massive potential to alter the face of cancer detection landscape. (The Tribune:20220831)

<https://www.tribuneindia.com/news/nation/india-builds-artificial-intelligence-system-to-pick-carcinogens-from-chemical-crowd-426935>

A team of Indian scientists are making global waves for developing an Artificial Intelligence-based system that can pick cancer causing compounds out of a chemical crowd, offering massive potential to alter the face of cancer detection landscape.

The paper, “Artificial intelligence uncovers carcinogenic human metabolites”, published in the globally acclaimed “Nature Chemical Biology”, presents a novel AI approach which can identify cancer causing substances from among a sea of molecules.

The work of four collaborating institutes – Indraprastha Institute of Information Technology Delhi, IIT Ropar, CSIR-Institute of Genomics and Integrative Biology and Rajiv Gandhi Cancer Institute, is already being hailed as a game changer in the field of oncology considering only five to 10 per cent of cancer types are heritable and the rest are caused by exposure to carcinogens.

“Since over 90 per cent cancers are caused by exposure to compounds, the ability of our AI method to accurately identify a carcinogen can make a huge difference to cancer response. Over the last few decades, over 700 FDA-approved drugs have had to be withdrawn because these were later shown to be carcinogenic although they passed trial stages. It is a huge burden on pharma to determine a compound’s cancer causing potential. Our AI system, Metabokiller, is a reliable way to accurately detect cancer causing compounds,” Gaurav Ahuja, senior author of the study, told The Tribune on Tuesday.

The Indian researchers’ proved their AI model’s worth by flagging two compounds (which none of the currently used cancer detection models flag as cancer causing) as carcinogenic and proving these as such in experiments.

Ahuja and collaborator Dr Debarka Sengupta say current predictive models for carcinogenicity prediction mainly screen compounds for whether these cause DNA damage and predict carcinogenicity based on this knowledge.

“But a potential cancer causing compound may not essentially damage the DNA alone. Carcinogens can have many other biochemical properties which our AI model assesses for detection. It vastly expands the carcinogen detection ability and can be used by the cosmetic, food, beverages and pharma industries alike,” says Ahuja.

Metabokiller follows biochemical properties known to be associated with carcinogens to detect cancer compounds – a potential carcinogen might induce cellular proliferation (cell division), genomic instability, anti-apoptotic (ability in a cell to not die) response, epigenetic alterations (changes to DNA) and might have electrophilic character (where it induces a positive charge to impact the DNA which is negatively charged). The AI software has already outperformed all current state of the art carcinogenicity detection models.

Asked how it would help, Ahuja explains, “Pharma firms spend billions to validate whether their new drugs can cause cancer. The process takes at least six years and involves animal studies. It would enable the detection of carcinogens on a laptop in two seconds versus six years. The compounds thus flagged by our software can then enter priority research by pharma which can save money, time and animal lives.”

IITD researchers are now working on a predictive model to detect which carcinogen attacks which gene in the human body. “Gall bladder cancer is common among people living in the Ganga belt. Cancer types are often associated with the region people inhabit. We are now working to establish a link between the carcinogen and the gene it targets and mutates,” says Ahuja.

Tea

Tea drinkers enjoy possible health benefits; study suggests (The Tribune:20220831)

Tea contains helpful substances known to reduce inflammation

<https://www.tribuneindia.com/news/health/tea-drinkers-enjoy-possible-health-benefits-study-suggests-426812>

A cup of tea just got a bit more relaxing.

Tea can be part of a healthy diet and people who drink tea may even be a little more likely to live longer than those who don't, according to a large study.

Tea contains helpful substances known to reduce inflammation. Past studies in China and Japan, where green tea is popular, suggested health benefits.

The new study extends the good news to the UK's favourite drink: black tea.

Scientists from the US National Cancer Institute asked about the tea habits of nearly a half million adults in the United Kingdom, then followed them for up to 14 years.

They adjusted for risk factors such as health, socio-economics, smoking, alcohol intake, diet, age, race and gender.

Higher tea intake—two or more cups daily—was linked to a modest benefit: a 9% to 13% lower risk of death from any cause vs non-tea drinkers. Tea temperature, or adding milk or sugar, didn't change the results.

The study, published on Monday in *Annals of Internal Medicine*, found the association held up for heart disease deaths, but there was no clear trend for cancer deaths.

Researchers weren't sure why, but it's possible there weren't enough cancer deaths for any effect to show up, said Maki Inoue-Choi, who led the study.

A study like this, based on observing people's habits and health, can't prove cause and effect.

“Observational studies like this always raise the question: Is there something else about tea drinkers that makes them healthier?” said Marion Nestle, a professor of food studies at New York University.

“I like tea. It's great to drink. But a cautious interpretation seems like a good idea.”

There's not enough evidence to advise changing tea habits, said Inoue-Choi.

“If you drink one cup a day already, I think that is good,” she said. “And please enjoy your cup of tea.”

Covid virus

**New durable coating may kill Covid virus, other germs in minutes: Scientists
The coating contains antimicrobial molecules derived from tea tree oil and
cinnamon oil (The Tribune:20220831)**

<https://www.tribuneindia.com/news/health/new-durable-coating-may-kill-covid-virus-other-germs-in-minutes-scientists-426502>

New durable coating may kill Covid virus, other germs in minutes: Scientists
Photo for representational purpose only. iStock

Scientists in the US have developed a durable and safe-to-use coating that may kill the COVID-19 causing SARS-CoV-2 virus, E. coli and MRSA bacteria, and a variety of other pathogens within minutes.

The coating developed by researchers at the University of Michigan killed 99.9 per cent of microbes even after months of repeated cleaning and abrasion on real-world surfaces like keyboards, cell phone screens and chicken-slathered cutting boards.

The coating could be a game changer in traditionally germ-laden public spaces like airports and hospitals, said Anish Tuteja, a professor at the University of Michigan.

“Disinfectant cleaners can kill germs in only a minute or two but they dissipate quickly and leave surfaces vulnerable to reinfection” said Tuteja, a co-corresponding author of the research published in the journal *Matter*.

“We do have long-lasting antibacterial surfaces based on metals like copper and zinc, but they take hours to kill bacteria. This coating offers the best of both worlds,” he explained.

The coating, which is clear and can be brushed or sprayed on, uses antimicrobial molecules derived from tea tree oil and cinnamon oil, both used for centuries as safe and effective germ killers that work in under two minutes, the researchers said.

The coating’s durability comes from polyurethane, a tough, varnish-like sealer that is commonly used on surfaces like floors and furniture, they said.

“The antimicrobials we tested are classified as ‘generally regarded as safe’ by the FDA, and some have even been approved as food additives,” Tuteja said.

“Polyurethane is a safe and very commonly used coating. But we did do toxicity testing just to be sure, and we found that our particular combination of ingredients is even safer than many of today’s antimicrobials,” he added.

The results of the study’s durability tests suggest that the coating could keep killing germs for six months or longer before its oil begins to evaporate and reduce its disinfectant power.

However, even then, Tuteja said it can be recharged by wiping it with fresh oil which is reabsorbed by the surface, starting the cycle again. Tuteja estimates that the technology could be commercially available within a year.

It has been licensed to Hygratek, a spinoff company that Tuteja founded with assistance from the University of Michigan Innovation Partnerships.

The key challenge in making the coating was to combine the oil and polyurethane in a way that let the oil molecules do their germ-killing work while preventing them from evaporating quickly.

The team, including associate professor Geeta Mehta, and materials science and engineering PhD students Abhishek Dhyani and Taylor Repetto, found a possible solution in cross-linking, a well-known process that uses heating to link materials together at the molecular level.

The smaller oil molecules readily combined with the cross-linking polymer molecules, forming a stable matrix, the researchers said.

However, to kill germs, the oil molecules need to penetrate their cell walls, which they can't do if they are tightly tethered into the matrix.

Good Sleeping

Study reveals risk of heart disease, stroke low among good sleepers Researchers finds that the risk of coronary heart disease and stroke decreases by 22% for every 1-point rise in the sleep score at baseline (The Tribune:20220831)

<https://www.tribuneindia.com/news/health/study-reveals-risk-of-heart-disease-stroke-low-among-good-sleepers-426501>

Study reveals risk of heart disease, stroke low among good sleepers
Photo for representational purpose only. — ANI

A survey found that nine out of ten Americans do not get enough sleep at night. Inadequate sleep has been associated with an increased risk of cardiovascular disease and stroke. Seven out of ten of these cardiovascular disorders could be avoided if everyone slept well, according to the researchers.

“The low prevalence of good sleepers was expected given our busy, 24/7 lives,” said study author Dr. Aboubakari Nambiema of INSERM (the French National Institute of Health and Medical Research), Paris, France. “The importance of sleep quality and quantity for heart health should be taught early in life when healthy behaviours become established. Minimising night-time noise and stress at work can both help improve sleep.”

Previous studies on sleep and heart disease have generally focused on one sleep habit, such as sleep duration or sleep apnoea, where breathing stops and starts while sleeping. In addition, prior studies have often assessed sleep at baseline only. The current study used a healthy sleep score combining five sleep habits. The researchers investigated the association between the baseline sleep score, and changes over time in the sleep score, and incident cardiovascular disease.

This study included 7,200 participants of the Paris Prospective Study III (PPP3), an observational community-based prospective cohort. Men and women aged 50 to 75 years and free of cardiovascular disease were recruited in a preventive medical centre between 2008 and 2011. The average age was 59.7 years and 62% were men. Participants underwent a physical examination and completed questionnaires on lifestyle, personal and family medical history, and medical conditions.

Questionnaires were used to collect information on five sleep habits at baseline and two follow up visits. Each factor was given 1 point if optimal and 0 if not. A healthy sleep score ranging

from 0 to 5 was calculated, with 0 or 1 considered poor and 5 considered optimal. Those with an optimal score reported sleeping 7 to 8 hours per night, never or rarely having insomnia, no frequent excessive daytime sleepiness, no sleep apnoea, and an early chronotype (being a morning person). The researchers checked for incident coronary heart disease and stroke every two years for a total of 10 years.

At baseline, 10% of participants had an optimal sleep score and 8% had a poor score. During a median follow up of eight years, 274 participants developed coronary heart disease or stroke. The researchers analysed the association between sleep scores and cardiovascular events after adjusting for age, sex, alcohol consumption, occupation, smoking, body mass index, physical activity, cholesterol level, diabetes, and family history of heart attack, stroke or sudden cardiac death. They found that the risk of coronary heart disease and stroke decreased by 22% for every 1 point rise in the sleep score at baseline. More specifically, compared to those with a score of 0 or 1, participants with a score of 5 had a 75% lower risk of heart disease or stroke.

The researchers estimated the proportion of cardiovascular events that could be prevented with healthier sleep. They found that if all participants had an optimal sleep score, 72% of new cases of coronary heart disease and stroke might be avoided each year.

Over two follow-ups, almost half of participants (48%) changed their sleep score: in 25% it decreased whereas in 23% it improved. When the researchers examined the association between the change in score and cardiovascular events, they found that a 1 point increment over time was associated with a 7% reduction in the risk of coronary heart disease or stroke.

Dr. Nambiema said: “Our study illustrates the potential for sleeping well to preserve heart health and suggests that improving sleep is linked with lower risks of coronary heart disease and stroke. We also found that the vast majority of people have sleep difficulties. Given that cardiovascular disease is the top cause of death worldwide, greater awareness is needed on the importance of good sleep for maintaining a healthy heart.”

ICMR

Want to reverse diabetes? Cut down carbs to 55 per cent, increase protein to 20 per cent, says ICMR (Indian Express: 20220831)

<https://indianexpress.com/article/lifestyle/health-specials/reverse-diabetes-carbs-protein-diet-icmr-8120194/>

Around 60 to 75 per cent of our total calorie intake is in the form of carbohydrates and only 10 per cent comprises proteins. Now, if a person has three idlis instead of four and increases protein consumption -- preferably plant protein; fish and chicken also work but not red meat – then there can be a remission in diabetes, says Dr V Mohan, one of the study authors

The optimal nutritional requirement for remission of newly-diagnosed diabetes was found to be carbohydrates accounting for 49 to 54 per cent of energy consumption, proteins 19 to 20 per cent, fat 21 to 26 per cent and dietary fibres 5 to 6 per cent.

If you're a pre-diabetic, just cut down on rice and rotis and increase your protein intake. This way you can halt Type-2 diabetes and even reverse it if you have been newly diagnosed, according to the country's largest ongoing study on the disease. It recommends reducing carbohydrate consumption to just about 50-55 per cent of the daily energy consumed and increasing the protein intake to 20 per cent.

Gluten-free diet

What can you eat in a gluten-free diet? Does it affect diabetes and weight loss (Indian Express: 20220831)?

<https://indianexpress.com/article/lifestyle/health-specials/eat-gluten-free-diet-gluten-free-diet-health-benefits-8119262/>

Always consult a nutritionist to ascertain if you are indeed gluten-intolerant or suffering the consequences of an unbalanced diet. After your diagnosis, attempt a gradual change. Each of our bodies is used to a certain biodiversity of food, so ensure a slow progression, maybe replace half a portion of your regular meal. During the changeover, add more fruits, vegetables and lean proteins, says Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospital, Delhi

India's great millet heritage presents us with a whole series of options, says Dr Priyanka Rohatgi (Representational image)

Everybody wants to switch over to a gluten-free diet, thinking it is the magic formula to self-correct lifestyle diseases like diabetes and manage body weight. With celebrities and Instagram influencers legitimising gluten-free diets as the next big thing, there is a lot of misconception as to when one should go gluten-free, who needs such a diet and what one should have. Please understand that gluten-free diets are not for everyone and don't necessarily mean a no-carbohydrate meal plan. And presumptions may do you more harm than good.

Post-delivery: Dietary guidelines for better health

From preconception to post-delivery: Dietary guidelines for better health
"During preconception and pregnancy, the basic principles of healthy eating remain the same — get plenty of fruits, vegetables, whole grains, lean protein, and healthy fats." (Indian Express: 20220831)

<https://indianexpress.com/article/lifestyle/health/dietary-guidelines-preconception-post-delivery-tips-8041143/>

conceptionHere's what you should be mindful about (Source: Getty Images/Thinkstock)
A woman's health, especially before conception and after delivery, is extremely crucial. As such, it is essential to adopt a healthy routine, and practice habits you can do before, in-between, and after pregnancy to improve the likelihood of having a healthy baby and a healthy self. This is because the body needs to prepare for pregnancy in advance.

NCRB report 2021

NCRB report 2021: 7.2 per cent increase in death by suicide; experts say 'busting myths, stigma is crucial' (Indian Express: 20220831)

<https://indianexpress.com/article/lifestyle/health/ncrb-report-2021-death-by-suicide-rate-increase-mental-health-experts-realistic-tips-awareness-8120292/>

"Mental health topics and emotional behaviours should be introduced at a young age in schools, and teachers must be sensitised," said Dr Sonal Anand, a psychiatrist

mental healthWhy are suicides on the rise? (Source: Getty Images/Thinkstock)
The latest statistics from the National Crime Records Bureau (NCRB) note that the burden of deaths by suicide has increased in India — by 7.2 per cent from 2020 — with a total of 1,64,033 people dying by suicide in 2021. NCRB, which collects data from police recorded suicide cases, further stipulates in Chapter-2 of the report that every year, more than 1,00,000 people die by suicide in the country. The report follows a 2021 Lancet study that noted "India reports the highest number of suicide deaths in the world".

Aanti-rabies vaccines

Kerala to institute an expert panel to check the quality of anti-rabies vaccines (The Hindu:20220831)

<https://www.thehindu.com/news/national/kerala/kerala-institute-expert-panel-anti-rabies-vaccines-quality-check/article65829437.ece>

Chief Minister surprises the Opposition by acceding to one of their main demands that the anti-rabies vaccine be subjected to quality checks

The Health department will engage an expert committee to check if there are any quality or efficacy issues related to the anti-rabies vaccine supplied across the State now, Chief Minister Pinarayi Vijayan told the Assembly on Tuesday.

Social Problems

45,026 females committed suicide in 2021, over half were housewives (The Hindu:20220831)

<https://www.thehindu.com/news/national/45026-females-committed-suicide-in-2021-over-half-were-housewives/article65829427.ece>

Highest number (23,178) was of house-wives followed by students (5,693) and daily wage earners (4,246)

As many as 45,026 females committed suicide in 2021 in the country of whom more than half were housewives.

Antibiotics

Improving access to antibiotics through innovation (The Hindu:20220831)

<https://www.thehindu.com/sci-tech/science/improving-access-to-antibiotics-through-innovation/article65814724.ece>

Antimicrobial resistance is a growing health crisis, and tackling it needs a multi-pronged approach

In his Nobel lecture, Sir Alexander Fleming, who was awarded the Prize for the discovery of penicillin, had a profound warning. "The time may come when penicillin can be bought by anyone in the shops," he said. "Then, there is the danger that the ignorant man may easily underdose himself and by exposing his microbes to non-lethal quantities of the drug make them resistant." Within a century of his prophecy, the time has come.

Pregnancy

प्रेगनेंसी में रख रही हैं हरतालिका तीज का व्रत तो ध्यान में रखें ये जरूरी बातें, नहीं बिगड़ेगी तबियत (Hindustan: 20220831)

: कहते हैं हरतालिका तीज का व्रत करवाचौथ के व्रत से ज्यादा मुश्किल होता है। प्रेगनेंट महिलाएं भी इस व्रत को करती हैं, गर्भवती महिलाओं को व्रत के दौरान कुछ बातें ध्यान में रखनी चाहिए।

प्रेगनेंसी में रख रही हैं हरतालिका तीज का व्रत तो ध्यान में रखें ये जरूरी बातें, नहीं बिगड़ेगी तबियत

<https://www.livehindustan.com/lifestyle/health/story-pregnant-women-can-follow-these-tips-for-hartalika-teej-2022-fasting-7003910.html>

Hartalika Teej 2022 Fasting Tips for Pregnant Women: गणेश चतुर्थी से ठीक एक दिन पहले भारत में हरतालिका तीज मनाई जाती है। इस साल तीज 30 अगस्त को मनाई जाएगी। इस दिन शादीशुदा महिलाएं अपने पति की लंबी उम्र के लिए व्रत रखने के साथ ही पार्वती और भगवान शिव की पूजा करती हैं। इस व्रत को करवाचौथ से ज्यादा मुश्किल माना जाता है। ऐसे में अगर प्रेगनेंट महिला को व्रत के दौरान ज्यादा सावधानियां बरतनी चाहिए। यहां कुछ टिप्स हैं जो प्रेगनेंट महिलाएं अपना सकती हैं।

प्रेगनेंसी में इस तरह रख सकती हैं हरतालिका तीज व्रत

मान्यताओं के अनुसार, महिलाओं को हरतालिका तीज पर 'निर्जल' व्रत रखना होता है। हालांकि कई गर्भवती महिलाएं भी ये व्रत रखना चाहती हैं, इसलिए उन्हें 'निर्जल' व्रत नहीं रखने का सुझाव दिया जाता है क्योंकि इससे मां और बच्चे दोनों की हेल्थ पर असर पड़ता है। ऐसे में आप निर्जला व्रत की जगह फलहार वाला व्रत रख सकती हैं। जिसमें आप अनाज न खाएं लेकिन फल, पानी को नियमितत तौर पर ले सकती हैं।

व्रत के दौरान इन बातों का रखें ख्याल

1) खुद को हाइड्रेटेड रखें- भले ही महिलाएं हरतालिका तीज पर 'निर्जल' व्रत रखती हैं, लेकिन गर्भवती महिलाओं के लिए यह सही नहीं है। इसलिए अगर आप व्रत रख रहे हैं तो आपको खुद को हाइड्रेट रखना चाहिए। दिन भर जूस और पानी जैसी लिक्विड चीजें पीते रहें।

2) चाय-कॉफी से बचें- अक्सर लोग व्रत के दौरान चाय और कॉफी पीते हैं, लेकिन इससे पूरी तरह बचना चाहिए। इससे पेट में जलन या गैस की समस्या हो सकती है। इसकी जगह आप नारियल पानी, दही या दूध जैसे पी सकती हैं।

3) फल खाएं- प्रेगनेंसी में ज्यादा देर तक खाली पेट नहीं रहना चाहिए तो खाली पेट न रहें और ऐसे फल खाएं जो आपके पेट को भरा रखें और आपको हाइड्रेटेड।

यह भी पढ़ें : भारत में तेजी से बढ़ रहे हैं सर्वाइकल कैंसर के मामले, जानिए कितनी प्रभावी है एचपीवी वैक्सीन

4) भूखी न रहें- व्रत रखते समय इस बात का ध्यान भी रखें कि आपका बच्चा केवल आपके आहार पर निर्भर है इसलिए व्रत में पूरी तरह से खाना न छोड़ें। हर थोड़ी देर में कुछ न कुछ खा सकती हैं। यह भी पढ़ें : **Hartalika Teej Mehndi Design**: हरतालिका तीज पर मेहंदी लगाकर बढ़ाएं हाथों की खूबसूरती, देखें डिजाइन

Colosteral

कोलेस्ट्रॉल बढ़ गया है तो अपनाएं ये आयुर्वेदिक तरीके, दिखेगा आराम

Ayurveda: कोलेस्ट्रॉल दिल की बीमारियों के खतरे को बढ़ाता है। अगर आपके टेस्ट में कोलेस्ट्रॉल बढ़ा निकला है तो परेशान होने की जरूरत नहीं। आप कुछ आसान घरेलू तरीकों से इसे मैनेज कर सकते हैं।

कोलेस्ट्रॉल बढ़ गया है तो अपनाएं ये आयुर्वेदिक तरीके, दिखेगा आराम(Hindustan: 20220831)

<https://www.livehindustan.com/lifestyle/story-diet-and-ayurveda-home-remedies-to-reduce-cholesterol-7003935.html>

हमारे शरीर को हेल्दी सेल्स बनाने के लिए कोलेस्ट्रॉल की जरूरत होती है लेकिन ज्यादा कोलेस्ट्रॉल आपके दिल की सेहत के लिए नुकसानदायक होता है। अगर आपका बैड कोलेस्ट्रॉल बढ़ गया है तो आपको हार्ट अटैक का खतरा भी बढ़ जाता है। कोलेस्ट्रॉल बढ़ने की मुख्य वजह आपका खान-पान और इनऐक्टिव लाइफस्टाइल होती है। कोलेस्ट्रॉल कम करने के लिए डॉक्टरों की सलाह पर दवाएं ली जा सकती हैं। वहीं आयुर्वेद में योग, ब्रीदिंग एक्सरसाइज, आसन के अलावा हर्बल सप्लिमेंट्स भी रिक्मेंड किए जाते हैं। यहां आप जान सकते हैं कुछ उपाय।

बिना दवा के भी मैनेज कर सकते हैं कोलेस्ट्रॉल

कोलेस्ट्रॉल बढ़ने के साथ लोगों को डायट में कई तरह के रिस्ट्रिक्शंस बताए जाते हैं। न्यूट्रिशनिस्ट और वेलनेस एक्सपर्ट करिश्मा शाह ने अपने इंस्टाग्राम पेज पर कुछ कोलेस्ट्रॉल मैनेज करने के कुछ टिप्स शेयर किए हैं।

कफ को करें बैलेंस

कोलेस्ट्रॉल मैनेज करने के लिए जरूरी है कि आप अपने कफ को मैनेज करें। ऐसी डायट खाना जरूरी है जो आपके कफ को बैलेंस करे। अगर आपको कोलेस्ट्रॉल है तो ऐक्टिव रहना जरूरी है।

धनिया के बीज

धनिया के बीजों में फॉलिक एसिड, विटामिन एक और विटामिन सी पाया जाता है। ये सभी मिलकर आपकी बॉडी के डिटॉक्स प्रॉसेस को बढ़ाते हैं।

मेथी के बीज

मेथी के बीजों में भी खाने का स्वाद बढ़ाने के अलावा औषधि के रूप में भी यूज किए जाते हैं। ये बीज विटामिन ई रिच होते हैं। इनमें ऐंटी डायबिटिक, ऐंटीऑक्सीडेंट और ऐंटी इनफ्लेमेट्री गुणों से भरपूर होते हैं।

यह भी पढ़ें : ये 5 लक्षण बताते हैं कि आप पहुंच रही हैं मेनाेपॉज के करीब, जानिए इसके बारे में सब कुछ

Health Tips In Hindi