



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20220210

New Active Cases

India records 67,084 new Covid cases, 1,241 more deaths Active Covid cases in country decline to 7,90,789 (The Tribune: 20220210)

<https://www.tribuneindia.com/news/nation/india-records-67-084-new-covid-cases-1-241-more-deaths-368678>

India logged 67,084 new coronavirus infections, taking the country's total tally of Covid cases to 4,24,78,060, while the active cases declined to 7,90,789, according to the Union Health Ministry data updated on Thursday.

The death toll climbed to 5,06,520 with 1,241 fresh fatalities, the data updated at 8 am stated.

The active cases comprised 1.86 per cent of the total infections, while the national Covid recovery rate had further improved to 96.95 per cent, the ministry said.

A reduction of 1,02,039 cases has been recorded in the active Covid caseload in a span of 24 hours.

WHO

Possibility of new Covid-19 variants really high, warns WHO (The Tribune: 20220210)

<https://www.tribuneindia.com/news/world/possibility-of-new-covid-19-variants-really-high-warns-who-368450>

Omicron variant is increasingly dominant - making up nearly 97 per cent of all cases

Possibility of new Covid-19 variants really high, warns WHO

A medical worker walks past a makeshift testing centre for the coronavirus disease following the outbreak, outside a shopping mall at Sha Tin district, in Hong Kong, on February 7, 2022. Reuters

Describing the new COVID-19 variants as the “wild card”, a top World Health Organisation official has warned that the Omicron will not be the last one and the possibility of other new variants is really high.

During a question and answer session live streamed on WHO’s social media platforms on Tuesday, the WHO Covid-19 Technical Lead Maria Van Kerkhove said the global health agency is tracking four different versions of Omicron.

“We know a lot about this virus, but we don’t know everything. And quite frankly, the variants are the wild card. So we are tracking this virus in real time as it mutates as it changes...But this virus has a lot of room to move,” she said.

“Omicron is the latest variant of concern. It will not be the last variant of concern that WHO will speak about. The next one, you know, that will come hopefully, it will take some time to get there. But with the level of intensity of spread, the possibility that we will have other variants is really high,” she said.

“So we need to ensure that we again, not only increase vaccination coverage, but we also take measures to reduce the spread,” she added.

Since the designation of B.1.1.529 as a variant of concern on November 26, 2021, several lineages have been identified. These include Pango lineages BA.1, BA.1.1, BA.2 and BA.3, which are all being monitored by WHO under the umbrella of ‘Omicron’.

“BA.2 is more transmissible than BA.1 so we expect to see BA.2 increasing in detection around the world,” Van Kerkhove said.

According to the UN health agency’s weekly epidemiological report, released on Tuesday, the Omicron variant is increasingly dominant - making up nearly 97 per cent of all cases.

“The prevalence of the Omicron variant has increased globally and is now detected in almost all countries. However, many of the countries which reported an early rise in the number of cases due to the Omicron variant have now reported a decline in the total number of new cases since the beginning of January 2022,” it said.

Globally, during the week of January 31 to February 6, the number of new Covid-19 cases decreased by 17 per cent as compared to the number reported during the previous week, while the number of new deaths increased by 7 per cent.

As of February 6, over 392 million confirmed cases and over 5.7 million deaths have been reported globally.

Covid vaccine

Pfizer to rake in record-breaking earnings of over \$100 billion in Covid vaccine and antiviral pill (The Tribune: 20220210)

<https://www.tribuneindia.com/news/health/pfizer-to-rake-in-record-breaking-earnings-of-over-100-billion-in-covid-vaccine-and-antiviral-pill-368432>

Company revealed its fourth quarter earnings and revenue projections for 2022

Pfizer to rake in record-breaking earnings of over \$100 billion in Covid vaccine and antiviral pill

Vials with a sticker reading, 'Covid-19 / Coronavirus vaccine / Injection only' and a medical syringe are seen in front of a displayed Pfizer logo in this illustration. Reuters file photo

New Delhi, February 9

Pfizer estimates that it will rake in record-breaking earnings of more than \$100 billion this year due to sales of its Covid-19 vaccine and antiviral pill to treat the virus, Daily Mail reported.

The rollout of the vaccine has already led to a substantial financial windfall for the New York City-based company, and the prospect on enhanced distribution of Paxlovid, the potential rollout of Omicron-tailored vaccines and more booster shots in the future will lead to an influx of even more cash.

On Tuesday, the company revealed its fourth quarter earnings and revenue projections for 2022 where it said it estimates it will earn up to \$102 billion in sales next year, which would be a new record.

More than half of those earnings will be of its two Covid products, with the vaccine expected to bring in \$32 billion in sales, and Paxlovid expected to earn \$22 billion.

But despite the record earnings estimates, the drug maker posted mixed fourth-quarter results when it comes to actual revenue, with shares down 5.4 per cent in early morning trading. Shares were down 2.84 per cent by closing, the report said.

The Pfizer Covid-19 vaccine is the most commonly used jab in the US and many other countries around the world.

According to official data from the US Centers for Disease Control and Prevention (CDC), the jab has been used 319 million times - more than half of the 540 million vaccines administered in the nation overall.

This includes the nearly 50 million Pfizer booster shots that have been administered to Americans.

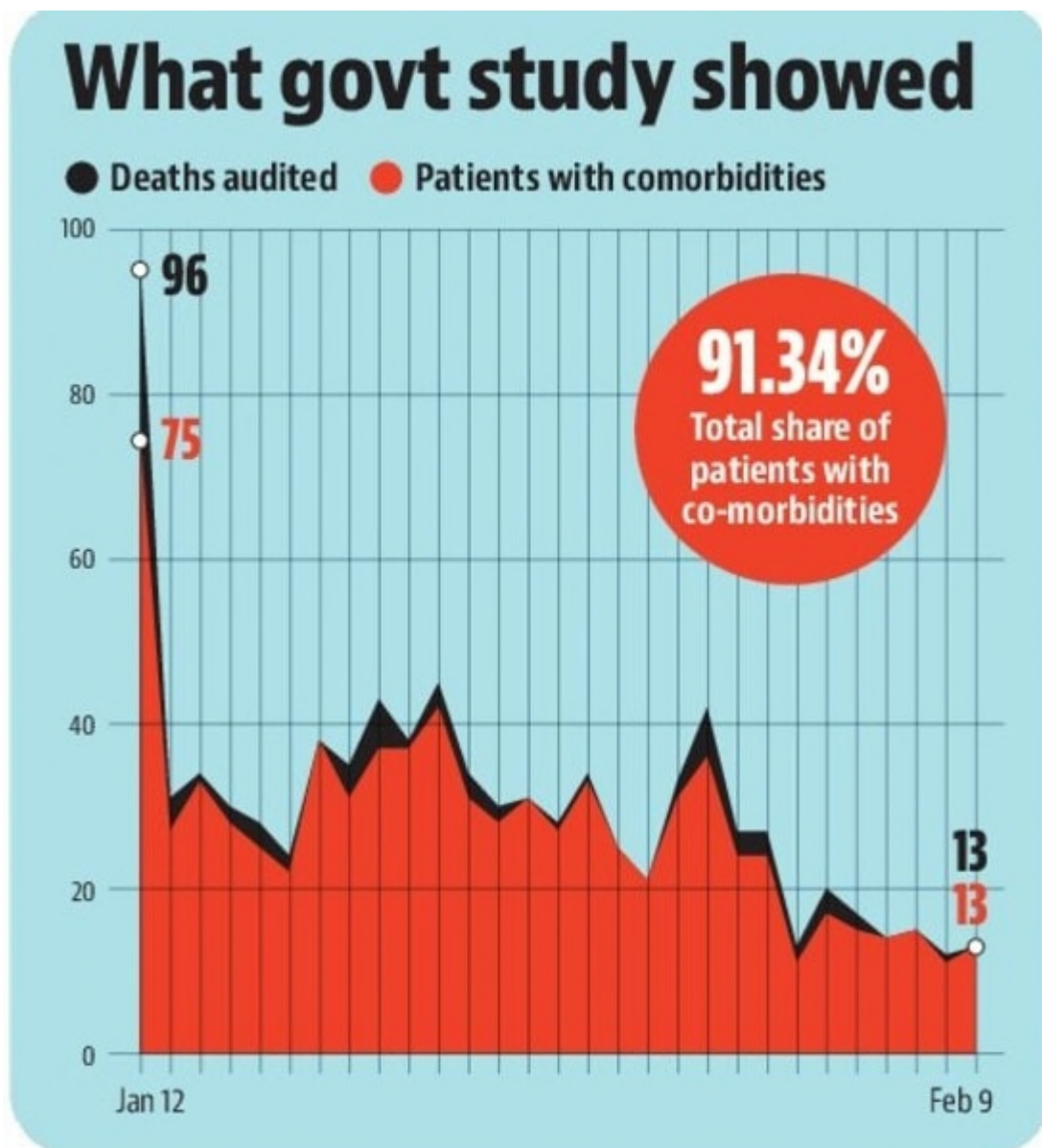
The company doubled its Q4 sales this year when compared to last, to \$23.84 billion over the last three months of last year, the report said.

More than half of that revenue, \$12.5 billion, came from the Covid vaccines alone.

This revenue stream will remain intact for years to come, potentially even the next decade, if Pfizer has its way.

comorbid illness

‘91+% victims from Jan 12 to Feb 9 had comorbid illness (Hindustan:’20220210)



Out of over 800 Covid-19 patients who succumbed to the infection between January 12 and February 9, the majority either suffered from heart conditions or renal ailments, an audit by the Delhi government showed, adding that nearly 50% were also either unvaccinated or partially vaccinated.

The death audit by the health department of the Delhi government showed that between January 12 and February 9, when the Capital saw a surge in Covid-19 infections fuelled by the Omicron variant, 878 people died of Covid infection and out of these deaths 802—nearly 91.34%—had serious co-morbid conditions. The remaining 11 people who died were accident victims and had tested positive during the course of their treatment and 18 were brought dead to the hospitals, government audit showed.

The data illustrates how people with particularly serious illnesses -- instead of more common lifestyle disease-linked comorbid conditions like diabetes and hypertension -- were at significantly more risk, providing crucial insight into the significantly different nature of the fifth Covid-19 wave in the capital.

Out of the 802 patients with co-morbidities, those with heart and renal ailments comprised the largest share of Covid deaths during this wave. Government data showed that 164 patients who died of the infection had a pre-existing heart condition and 152 had kidney diseases. Other critical co-morbidities that were seen among those who died of Covid infection in this period were patients with morbid obesity, Parkinson's disease or HIV positive (164), lung diseases (100), liver diseases (70), cancer (63), tuberculosis (43) and neurological conditions (46). There were only around 47 Covid patients (5.35%) who died in this period but did not have any known co-morbidities, according to the data.

Senior government officials also said that nearly 50% of the dead were either unvaccinated or partially vaccinated. Officials said that the death data suggests that while the severity of Covid infections is relatively milder in the Omicron wave but those with co-morbid conditions are still at risk and need to take utmost precaution against infection.

“The infection and death count is decreasing now but the vulnerable sections need to continue taking utmost precautions. We would also urge people to get vaccinated because vaccines are proving to be a great protective shield. Even if people are getting infected, the severity among the vaccinated population is much less as compared to those who are unvaccinated or partially vaccinated,” said a senior health official.

Health experts also agreed that a large share of those who died of Covid infection in this wave comprised those with pre-existing health conditions, multiple co-morbidities or those who were unvaccinated or partially vaccinated.

“Co-morbid conditions tend to aggravate any health condition, not just Covid. If your body is already vulnerable an infection tends to worsen your condition. This is the reason why the Covid infection tends to impact those with pre-existing medical conditions, more as compared to healthy individuals,” said Dr Jugal Kishore, head of the department of community medicine at Safdarjung Hospital.

Good eye health

Ayurveda alert: Consume these foods for good eye health (The Indian 20220210)

<https://indianexpress.com/article/lifestyle/health/ayurveda-eye-health-foods-amla-honey-7731788/>

eye health Here are some foods to help improve eyesight (Source: Getty Images/Thinkstock) With screen time only increasing amid the pandemic, it has become extremely essential to take care of one's eyes. While it is important to reduce exposure to blue light, practice eye exercises and go for regular checkups, what if we tell you that there are certain foods that can also help makes your eyes healthy?


According to Dr Aiswarya Santhosh, an Ayurveda practitioner, foods like ghee, amla, raisins, rock salt, and triphala must be consumed for better eye health and eyesight.

Also Read |Why Ayurveda suggests soaking almonds overnight and eating them without the skin

In a post on Instagram, she explained why each of these foods are essential.

- *Having Triphala powder mixed with ghee and honey at night is very good for eye health.
- *Amla is loaded with a high percentage of vitamin C, nearly 20 times more than orange. Vitamin C plays a significant role in maintaining retinal cells, and in promoting healthy capillaries.
- *Amla is chakshushya in nature, which means it is very good for the eyes. It is especially good in cases of diabetic retinopathy.
- *Rock salt is the only salt that is good for eye health. So try using rock salt for cooking.
- *The polyphenolic phytonutrients in raisins help get rid of the free radicals that harm vision and cause degeneration of the eye muscles. This helps to improve vision and overall health of the eyes.
- “Raisins are very pitta balancing in nature. As eye is a pitta sthana, having raisins helps to maintain good eye health,” she said.
- *Good honey is also chakshushya in quality, and helps promote eye health.
- *Having plain ghee, according to your digestive power, is good for the eyes. There are many medicated ghee, especially formulated for eye health, in Ayurveda.

She, however, cautions against consuming triphala powder for long periods.

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Infection

National Deworming Day 2022: From symptoms to prevention, know all about worm infection in children (The Indian Express:20220210)

<https://indianexpress.com/article/lifestyle/health/national-deworming-day-2022-symptoms-prevention-treatment-worm-infection-children-7762623/>

"Deworming improves immunity in children as well as adults, thereby protecting them from chronic illnesses caused by worms," Ayurvedacharya Dr Partap Chauhan said

National Deworming Day Deworming is done through the platforms of schools and Anganwadi centres. (Express File Photo)

Every year, February 10 is observed as National Deworming Day to create awareness about the importance of deworming all preschool and school-age children between the ages of 1-19 years. Led by the Ministry of Health and Family Welfare, Government of India, deworming is done through the platforms of schools and Anganwadi centres in order "to improve their overall health, nutritional status, access to education and quality of life".

According to World Health Organisation (WHO), around 24 per cent of the world population is infected with soil-transmitted helminths (worms). As a result, around 241 million children between the ages of 1 and 14 years are at risk of parasitic intestinal worms in India, known as soil-transmitted helminths.

"Deworming improves immunity in children as well as adults, thereby protecting them from chronic illnesses caused by worms," Dr Partap Chauhan, Director, Jiva Ayurveda, said.

ALSO READ |Has your child tested positive for Covid-19? Follow these measures for better health, immunity

Worm infections among children

According to Dr Chauhan, worm infections among children are caused by factors such as lack of personal hygiene, uncooked and contaminated food, and excess sweets and junk food consumption.

Symptoms

National Deworming Day Fatigue, abdominal pain, nausea are some of the symptoms of worm infection. (Source: Pexels)

*Abdominal pain

*Diarrhea, nausea, or vomiting

*Gas/bloating

- *Fatigue
- *Unexplained weight loss
- *Abdominal pain or tenderness

Prevention

To prevent intestinal worms, “regularly wash your hands with soap and hot water before and after using the toilet, and before preparing or eating foods,” the expert told indianexpress.com.

Ayurvedic treatment to get rid of worms in children and adults

Dr Chauhan listed a few effective Ayurvedic remedies to treat intestinal worms.

ALSO READ |Work from home amid pandemic: WHO, ILO lay down crucial measures to protect workers’ health

*Mix vidanga powder (Embelia Ribes) with honey or warm water and make your child drink it every day in the morning.

*Taking a concoction of dry ginger (adrak), black pepper (kaali mirch), pippali (piper longum) and honey for 15 days also reduce worms.

*Tulsi leaf juice with honey, or peach juice and honey is also helpful.

*Foods like ajwain (caraway), black pepper (kaali mirch), asafoetida (hing), black salt (kala namak), dry ginger, garlic, turmeric are good for deworming. Take ajwain mixed with a pinch of salt on empty stomach for a week to eliminate worms.

*Always drink boiled water. Give your child coconut water or water medicated with ajwain or vidang.

*For children up to the age of 4-5yrs, soak a piece of cotton in sesame oil or groundnut oil and place it at the anus to reduce itching.

*A decoction of nagarmotha, daruharidra, and drumstick bark along with the powder of piper longum and vidanga helps to remove worms as well.

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Yoga and Physical Fitness

Yoga techniques to help relieve stress and anxiety (The Times of India: 20220210)

<https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/yoga-techniques-to-help-relieve-stress-and-anxiety/articleshow/87107879.cms>

Stress and anxiety have become a part of our busy life. Whether at home or at work, everyone is prone to it every once in a while. With technological advancements and emerging new digital and social media platforms, we have become more vulnerable and more susceptible to losing our peace of mind. That said, there are many ways to manage these mental stressors. One of the best ways is through yoga and meditation.

Other than all the health and fitness benefits, yoga techniques can help you relax and provide you with mental peace and serenity. That said, here are some yoga ways to improve your mental health and manage stress levels.

Does yoga help fight stress?

In many ways, yoga relieves your body of all the physical and mental tension. Stress and anxiety can sometimes be triggered by the muscle knots, which induces physical discomfort. Yoga helps release that tension, alleviating stress and releasing feel-good hormones like endorphins.

Besides that, it helps relax and calm your nerves and muscles, improving focus, enhancing your concentration power and boosts overall brain efficiency. This in turn makes you more aware about your body, bodily sensations, thoughts, and feelings, making you feel love, joy and mental quiet and peace.

Breathing (Pranayama) to manage stress

Breathing exercises are known to calm anxious people down. It helps reduce stress and maintains the balance between your body and mind. 20-30 minutes of breathing practice everyday can reduce cortisol levels in the body, helping you manage stress and improving sleep quality.

In order to perform breathing exercises, you must make yourself comfortable. While doing deep breathing, you must let your breath flow down to your belly, but do not force it. Make sure you breathe in through your nose and out from your mouth. Be gentle and while breathing count from 1 to 5. Slowly, release your breath from your mouth and count from 1 to 5 again. Continue doing so for 3-5 minutes.

Yoga asanas to perform

There are many yoga postures that can free you from unnecessary stressors and worry. Here are some easy asanas to begin with.

Child's pose - Also known as Balasana, a child's pose can ease all the tension in the muscle around your shoulders, spine, thighs, hips, and ankles.

Cat-cow pose - Besides improving your posture and balance, a cat-cow pose or Marjaryasana to Bitilasana can help you relax and ease some of the day's stress.

Corpse pose - A very easy yoga pose you can start with, the corpse pose calms your central nervous system and aids in improving your digestive health. Also, it reduces headache, fatigue and lowers blood pressure levels.

Other than these yoga poses, you can always commit yourself to sun salutations or Suryanamaskar. It is a low-impact aerobic exercise, which is a great way to reduce stress and anxiety.

Meditation and relaxation

Meditation helps calm your mind. You can perform meditation on a chair or by sitting on the ground on a yoga mat. You must feel comfortable, be consistent and committed whenever you're performing meditation. It helps reduce negative emotions, increases self-awareness, helps build tolerance and patience and enhances your creativity levels.

One can resort to guided meditation wherein you do meditation in-person with a teacher or via a recording. Yoga nidra or yogic sleep is one of its kind.

End of the article

Mental well-being

Why yoga is good for your mental well-being (The Times of India: 20220210)

<https://timesofindia.indiatimes.com/life-style/health-fitness/fitness/why-yoga-is-good-for-your-mental-well-being/articleshow/83711843.cms>

Ever notice how good you feel—mentally—when you're practicing yoga regularly? Yoga is a lifestyle— I am certain if you have ever gone to a yoga class, there is a chance you have heard the teacher say this. Yoga helps us work with our body, the nature of the mind, which is the very essence of being human and helps us become mindful of how emotions live in our bodies and affect us physically, thereby affecting our behaviour and our minds. Yoga sharpens our intelligence and gives us the tools to truly help the body and the mind heal. Here are three ways in which yoga helps us improve our mental well-being:

Asana, Pranayama and meditation practises have a powerful impact on our nervous system

It moves you from the sympathetic nervous system to the parasympathetic nervous system, or from our fight-or-flight to rest-and-digest. Especially in the current pandemic environment, we are constantly in the flight or fight mode, which increases cortisol levels in our body and we truly are never in a state of relaxation. As soon as you start breathing deeply, you slow down out of fight-or-flight and calm your nervous system. As an exercise, it naturally produces serotonin, sometimes called the happy chemical because it contributes to feelings of wellbeing and happiness. Serotonin in the brain, is a natural mood stabiliser and has been associated with helping regulate anxiety and stress.

Yoga day edited thumbnail.

Pic: iStock

Yoga makes you smarter and improves overall cognitive ability — and here's how

When you lift weights, your muscles get stronger and bigger. When you do yoga, your brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory. Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain.

According to studies conducted and published in the Harvard Medical Review, using MRI scans and other brain imaging technology has now proven that people who regularly did yoga had a thicker cerebral cortex (the area of the brain responsible for information processing) and

hippocampus (the area of the brain involved in learning and memory) compared with non-practitioners. These areas of the brain typically shrink as you age, but the older yoga practitioners showed less shrinkage than those who did no yoga. This suggests that yoga may counteract age-related declines in memory and other cognitive skills.

Meditation also reduces activity in the limbic system — the part of the brain dedicated to emotions. As your emotional reactivity diminishes, you have a more thought-through response when faced with stressful situations. Research also shows that yoga and meditation may improve executive functions, such as reasoning, decision making, memory, learning, reaction time, and accuracy on tests of mental ability.

Yoga helps build your self-esteem and your sense of self hence making you a happier, calmer person

Non-violence, non-judgement and radical honesty are some of the pillars of the practise of Yoga and this over time helps one cultivate a more non-judgmental relationship with themselves. We start to take care of ourselves only when our unconscious mind tells us that we are worthy of self-care and self-love. At the end of the day, everything comes down to our relationship with ourselves. The more confident and rooted we are in our sense of self, the more balanced we start to feel. We get to that aspirational point of having nothing to prove and nothing to hide. We become courageous, not afraid of difficult conversations and situations — as we know we are still going to be OK at the end of the day. So while Instagram is full of people bending their bodies in all kinds of shapes, remember that the reach of yoga is way more than the physical body.

Meditation

Meditation: How to start and how long you should practice it (The Times of India: 20220210)

01/5Meditation: How to start and how long you should practice it

Meditation is a practice to achieve mental as well as emotional peace and stability. It requires an individual to include techniques such as focusing on a specific object, mindfulness and mental clearance. Apart from its health benefits, it is also significantly related to the spiritual aspects as in Hinduism and Buddhism. Meditation is a traditional practice and has been mentioned even in the Vedas.

At a glance, it might look like a simple activity, but only the one who has ever practised meditation knows how difficult it is to channelise your energy and focus. It is a real challenge for all beginners to calm the mind and begin the meditation journey. Here's everything you need to know about it that can help you start practicing meditation.

READMORE

02/5When is meditation effective?

You cannot just randomly meditate and claim all its psychological, neurological, and cardiovascular benefits. Scientists confirm that meditation only plays an advantageous role if you;

Maintain the proper frequency of meditation,
Regulate time or length of meditation,
Carry capability to conceive cultural relevance and determine the reason for your practice,
Enjoy this mindful practice,
And follow correct instructions.

When you practice meditation in an orderly manner and continue it for a longer duration of time, it is found to give you positive and desirable outcomes. For example; if you meditate regularly for an hour in the evening daily, you will gradually start feeling better.

READMORE

03/5 Do you know about meditation competence?

To achieve mastery in meditation is obviously the most difficult task. You can always improve your meditation skills but it is hard to define something that is called perfect or having proficiency in it. The Hindu religious texts equate true meditation as the samadhi, the highest state of mental concentration where the body unites with the soul and becomes totally undisturbed by every worldly noise.

04/5 What's the optimum length of the meditation?

For a normal being, an ideal length of the meditation is something he/she can regulate daily. It shouldn't be something that's fluctuating way too often. Hence it is vital to design your meditation as

Practical or realistic,

Replicable, (i.e followed exactly similar like the previous one)

Enjoyable.

05/5 Types of meditation

In simple and practical terminology, meditation is just a breathing and calming exercise. You necessarily should do it in a way that's comfortable to you, like practicing it while listening to your favourite tune or melody or while doing morning prayer.

Below are some other types of meditation you can do;

Coronavirus: Omicron BA.2

Coronavirus: Omicron BA.2 subvariant likely to spread globally, says WHO (The Times of India:20220210)

The BA.2 subvariant of Omicron is likely to spread globally, however it remains unclear whether it will cause reinfection among those infected with the original Omicron strain, according to the World Health Organisation.

According to Maria Van Kerkhove, the WHO's Covid-19 technical lead, the BA.2 subvariant, which is more contagious than the currently dominant BA.1 version, will likely become more common, CNBC reported.

"BA.2 is more transmissible than BA.1 so we expect to see BA.2 increasing in detection around the world," Van Kerkhove said during a question and answer session live streamed on WHO's social media platforms Tuesday.

The WHO is monitoring BA.2 to see if the subvariant causes an increase of new infections in countries that saw a rapid increase and then a sharp decline in omicron cases, Van Kerkhove said.

While research is still ongoing, there's no indication of a difference in the severity of infections caused by either subvariant, she added.

Although Omicron spreads faster, it is known to cause mild infections than the Alpha and Delta variants.

Researchers in Denmark have found that BA.2 is about 1.5 times more transmissible than BA.1 and it is more adept at infecting people who are vaccinated and even boosted. However, people who are fully vaccinated are less likely to spread it than the unvaccinated.

Van Kerkhove said the vaccines remain highly effective at preventing severe disease and death, though they don't prevent all infections. She called on people to get vaccinated and wear masks indoors.

Dr. Abdi Mahamud, the WHO's Covid incident manager, said it's unclear whether BA.2 can reinfect people who previously had BA.1, the report said.

The information could have a significant impact on how much the virus is able to spread. A study in the UK found that two-thirds of people who caught Omicron said they had Covid

Coronavirus: COVID

Coronavirus: COVID raises risk of heart complications up to a year later, study finds(The Times of India:20220210)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-covid-raises-risk-of-heart-complications-up-to-a-year-later-study-finds/articleshow/89447328.cms>

People, who have had Covid-19, are at increased risk of developing cardiovascular complications within the first month to a year after infection, report a study.

The researchers showed that Covid amplified the risk of heart disease among people who were clearly at risk for a heart condition before becoming infected with SARS-CoV-2.

But most remarkably, people who have never had any heart problems and were considered low risk are also developing heart problems after Covid-19.

The findings, published in the journal Nature Medicine, showed that heart disease, including heart failure and death, occurred in 4 per cent more people than those who had not been infected with Covid-19, which can roughly be translated as 3 million people in the US who have suffered cardiovascular complications due to Covid.

Compared with those in the control groups without any infections, people who contracted Covid-19 were 72 per cent more likely to suffer from coronary artery disease, 63 per cent more likely to have a heart attack, and 52 per cent more likely to experience a stroke.

Overall, those infected with the virus were 55 per cent more likely than those without Covid-19 to suffer a major adverse cardiovascular event, which includes heart attack, stroke, and death.

"Covid-19 can lead to serious cardiovascular complications and death. The heart does not regenerate or easily mend after heart damage. These are diseases that will affect people for a lifetime," said Ziyad Al-Aly, Assistant Professor of medicine at Washington University in St.Louis.

More than 380 million people globally have been infected with the virus since the pandemic started.

"Consequently, Covid-19 infections have, thus far, contributed to 15 million new cases of heart disease worldwide," said Al-Aly.

"This is quite significant. For anyone who has had an infection, it is essential that heart health be an integral part of post-acute Covid care."

The researchers created a controlled dataset that included health information of 153,760 people who had tested positive for Covid-19 sometime from March 1, 2020, through January 15, 2021, and who had survived the first 30 days of the disease.

The findings emphasise the importance of getting vaccinated against Covid-19 as a way to prevent heart damage, Al-Aly said.

He also advised governments and health systems around the world to get prepared to deal with the likely significant contribution of the Covid-19 pandemic to a rise in the burden of cardiovascular diseases.

End of the article

Covid Cases (The Asian Age: 20220210)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16157247>

India logs 1,217 deaths; 71,365 new Covid cases

SANJAY KAW
NEW DELHI, FEB. 9

For the treatment of adult patients suffering from Covid-19, Mumbai-based pharma company Glenmark and its partner Canadian biotech firm saNOTize Research has launched Nitric Oxide Nasal Spray (FabiSpray) in India. Glenmark had earlier received manufacturing and marketing approval from the Drugs Controller General of India for the nasal spray as part of the accelerated approval process. FabiSpray is designed to

kill the Covid-19 virus in the upper airways. The company stated that it has proven anti-microbial properties with a direct virucidal effect on SARS-CoV-2. NONS, when sprayed over nasal mucosa, acts as a physical and chemical barrier against the virus, preventing it from incubating and spreading to the lungs.

In July 2021, Glenmark had entered into an exclusive long term strategic partnership with Canadian biotech firm saNOTize to manufacture, market and distribute its Nitric Oxide Nasal Spray

for Covid-19 treatment in India and other Asian markets, including Singapore, Malaysia, Hong Kong, Taiwan, Nepal, Brunei, Cambodia, Laos, Myanmar, Sri Lanka, Timor-Leste and Vietnam.

India, meanwhile, logged 71,365 new coronavirus infections and 1,217 deaths in the last 24 hours. Of the 1,217 deaths, 824 fatalities were from Kerala and 57 from Maharashtra. The daily and weekly positivity rates stand at 4.54 per cent 7.57 per cent respectively. The country's total tally of Covid-19 cases has gone up to 4,24,10,976, while the

active cases have declined to 8,92,828. In all, 5,05,279 Covid-19 related deaths have been reported across the country.

The active cases comprise 2.11 per cent of the total infections, while the national Covid-19 recovery rate has improved to 96.70 per cent. There has been a reduction of 1,02,063 cases in the active Covid-19 caseload in a span of 24 hours.

India has also administered over 170.87 crore doses of vaccine against Covid-19 to its eligible population. Union health minister Mansukh Mandaviya

said that over one crore adolescents in the 15-18 years age group nationwide are now fully vaccinated against the novel coronavirus infection. He said more than 5.04 crore beneficiaries in this age group have been administered the first dose of vaccine. "What a historic feat by Young India! Over 1 crore youngsters between 15-18 age group are now fully vaccinated against Covid-19," Mr Mandaviya tweeted. Vaccination of children in the age group of 15-18 years began from January 3 across the country.

Omicron's mutations (New Kerala:20220210)

Omicron's mutations explain why it is less severe among vaccinated Sao Paulo, Feb 9: Brazilian researchers have found that Omicron has mutations detected in previous variants and that is the reason why it is less severe among the vaccinated. Omic-> View it--> <https://www.newkerala.com/news/2022/21883.htm>

Vaccination (New Kerala:20220210)

Omicron's mutations explain why it is less severe among vaccinated Sao Paulo, Feb 9: Brazilian researchers have found that Omicron has mutations detected in previous variants and that is the reason why it is less severe among the vaccinated. Omic-> View it--> <https://www.newkerala.com/news/2022/21883.htm>

Covid-19 nasal spray (New Kerala:20220210)

Aussie scientists hoping for Covid-19 nasal spray breakthrough Sydney, Feb 9: At least two Australian respiratory scientists are looking to develop a nasal spray for Covid-19 vaccination, according to research unveiled on Wednesday. ->-> View it--> <https://www.newkerala.com/news/2022/21742.htm>

Chronic Pain (New Kerala:20220210)

People with spinal cord injury and chronic pain have more risk of mental health issues: Study Michigan, February 8: A new study showed that adults living with spinal cord injuries had a near-80 per cent increased risk of developing psychological cond-> View it--> <https://www.newkerala.com/news/2022/21434.htm>

Third Wave (Dainik Bhasker :20220210)

<https://epaper.bhaskar.com/detail/929824/25905808784/rajasthan/10022022/14/image/>

भास्कर एनालिसिस: तीसरी लहर में राहत की डगर; 40 दिन में 80 बुजुर्गों सहित 116 मौतें हुई, दूसरी लहर की पीक के 2 माह में 1207 मौतें हुई थीं

तीसरी लहर के पीक में दूसरी से मरीज 1000 ज्यादा, लेकिन मौतें 1091 कम

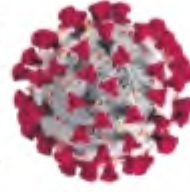
सिटी रिपोर्टर | जयपुर

जयपुर की अब तक की स्थिति

कोरोना की तीसरी लहर के साथ राहत की डगर नजर आ रही है। दूसरी लहर के पीक के मुकाबले तीसरी लहर के पीक में संक्रमित अधिक आए लेकिन मौतों का ग्राफ कम रहा है। दूसरी लहर के पीक के दौरान 2 माह (मई-जून) में 76 हजार संक्रमित मिले थे जबकि तीसरी लहर के पीक जनवरी-फरवरी के 40 दिन में 77 हजार हजार मरीज मिले हैं। तीसरी लहर में ओमिक्रॉन के मरीज अधिक मिलने के बावजूद मौतों का आंकड़ा कम रहा है। दूसरी लहर में 60 दिन में कोरोना ने 1207 लोगों को छीना था जबकि तीसरी लहर में 40 दिन में 116 संक्रमितों की मौत हुई है। एसएमएस अस्पताल के मेडिसन के डॉ. पुनीत सक्सेना का कहना है कि तीसरी लहर में वैक्सीनेशन और इम्युनिटी डबलप होने के कारण मौतें कम हुईं। दूसरी लहर में ओमिक्रॉन से ज्यादा खतरनाक डेल्टा वेरिएंट था। वैक्सीन भी सीमित लोगों को ही लगी थी।

युवाओं पर कम ही दिखा कोरोना की तीसरी लहर का असर

राजधानी में तीसरी लहर के इन 40 दिन में 116 लोगों की मौत हुई, जिनमें 80 लोग 60 से 90 साल तक उम्र के हैं। इन बुजुर्गों में ज्यादातर पहले से विभिन्न बीमारियों से पीड़ित थे। हालांकि मृतकों में ढाई साल का बालक और 15 दिन की बच्ची भी शामिल है।



सैपलिंग	3081718
पॉजिटिव	266155
रिकवर	255201
डेथ	2087

2021	पॉजिटिव	मौत
जनवरी	1669	13
फरवरी	621	05
मार्च	2154	03
मई	73770	1121
जून	2543	86
जुलाई	342	00
अगस्त	142	00
सितंबर	79	00
अक्टूबर	45	00
नवंबर	196	01
दिसंबर	806	00

इम्युनिटी कमजोर, इसलिए भी पॉजिटिव रिपोर्ट आई: एक्सपर्ट

एसएमएस मेडिकल कॉलेज के प्राचार्य डॉ. सुधीर भंडारी व अस्पताल के मेडिसन के डॉ. रमन शर्मा, डॉ. पुनीत सक्सेना का कहना है कि तीसरी लहर में मौतें होने का कारण केवल कोरोना नहीं है। अधिकतर मरीज पहले से अस्थमा, हाइपर टेंशन, डबल निमोनिया, कार्डियक, लीवर, सेप्टिक शॉक, रेस्पिरेटरी फेलियर, लीवर सिरोसिसस क्रोनिक किडनी फेल्योर से ग्रसित थे। इम्युनिटी कमजोर होने के कारण जांच में ये संक्रमित पाए गए।

