



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20221010

## **New guidelines on aesthetic surgery**

### **New guidelines on aesthetic surgery (The Tribune:20221010)**

<https://www.tribuneindia.com/news/punjab/new-guidelines-on-aesthetic-surgery-439745>

The Ethics and Medical Registration Board of the National Medical Commission (NMC) recently issued guidelines on aesthetic surgery and hair transplant procedures.

This was done to check the “mushrooming salons” carrying out such procedures under unprofessional hands, without requisite qualifications and in the absence of medical supervision.

As per the guidelines, hair transplant should be undertaken only by those who have formal surgical training such as MCh/DNB (Plastic Surgery) and MD/DNB (Dermatology) with adequate schooling in dermatological surgical procedures and these specialties must have hair transplantation as a core topic in their curriculum.

It is unethical for a medical practitioner to train an individual to perform or assist in surgery who is not an accredited professional licensed to do so. As aesthetic procedures are not emergency surgeries, there is no reason for allowing any untrained person to perform these under the pretext of “exceptional circumstances”, read the guidelines.

Assistants of the operation theatre and technicians should be from a medical background, such as nurses, lab technicians and pharmacists.

## **Loneliness, sadness**

### **Loneliness, sadness speeds up ageing faster than smoking(The Tribune:20221010)**

<https://www.tribuneindia.com/news/health/loneliness-sadness-speed-up-ageing-faster-than-smoking-439705>

According to the latest article published in Aging-US, any anti-ageing therapy needs to focus on one's mental health as much as on one's physical healthspeed up ageing faster than smoking

According to a study, weakness and major diseases associated with ageing are worsened by the development of molecular damage. Some people's molecular processes are more intense than others, causing them to age faster.

Fortunately, the increased pace of ageing may be detected before its disastrous consequences manifest by using digital models of ageing (ageing clocks). Such models can also be used to derive anti-ageing therapies on individual and population levels.

According to the latest article published in Aging-US, any anti-ageing therapy needs to focus on one's mental health as much as on one's physical health. An international collaboration led by Deep Longevity with the US and Chinese scientists have measured the effects of being lonely, having restless sleep, or feeling unhappy on the pace of ageing and found it to be significant.

The article features a new ageing clock trained and verified with blood and biometric data of 11,914 Chinese adults. This is the first ageing clock to be trained exclusively on a Chinese cohort of such volume.

Ageing acceleration was detected in people with a history of stroke, liver and lung diseases, smokers, and most interestingly, people in a vulnerable mental state. In fact, feeling hopeless, unhappy, and lonely was shown to increase one's biological age more than smoking. Other factors linked to ageing acceleration include being single and living in a rural area (due to the low availability of medical services).

The authors of the article concluded that the psychological aspect of aging should not be neglected either in research or in practical anti-aging applications. According to Manuel Faria from Stanford University: "Mental and psychosocial states are some of the most robust predictors of health outcomes -- and quality of life -- yet they have largely been omitted from modern healthcare".

Alex Zhavoronkov, the CEO of Insilico Medicine, points out that the study provides a course of action to "slow down or even reverse psychological aging on a national scale.

Earlier this year, Deep Longevity released an AI-guided mental health web service FuturSelf.AI that is based on a preceding publication in Aging-US. The service offers a free psychological assessment that is processed by an AI and provides a comprehensive report on a user's psychological age as well as current and future mental well-being. Deepankar Nayak, the CEO of Deep longevity affirms, " FuturSelf.AI, in combination with the study of older Chinese adults, positions Deep Longevity at the forefront of biogerontological research".

## **Diabetes treatment**

### **Researchers develop new 3d technique to revolutionise diabetes treatment (The Tribune:20221010)**

<https://www.tribuneindia.com/news/health/researchers-develop-new-3d-technique-to-revolutionise-diabetes-treatment-439654>

Diabetes is among the top-10 causes of deaths worldwide

chers develop new 3d technique to revolutionise diabetes treatment

The study was published in the journal Drug Delivery and Translational Research. ANI

A new bandage treatment, known as a scaffold, to treat diabetic foot ulcers, which is cost-effective while improving patient outcomes, has been designed by researchers at Queen's University Belfast.

Produced by 3D bioprinting, the scaffolds slowly release antibiotics over a four-week period to effectively treat the wound. The study was published in the journal Drug Delivery and Translational Research.

Diabetes, a lifelong condition that causes a person's blood sugar level to become too high, is among the top ten causes of deaths worldwide.

Diabetic foot ulcer (DFU), is a serious complication of diabetes, affecting approximately 25% of diabetic patients. When identified, over 50 per cent are already infected and over 70 per cent of cases result in lower limb amputation.

The treatment strategy required for the effective healing of DFU is a complex process that requires several combined therapeutic approaches. As a result, there is a significant clinical and economic burden associated with treating DFU. These treatments are often unsuccessful, which leads to lower-limb amputation.

This new research demonstrates outcomes with significant implications for patient quality of life, as well as decreasing the costs and clinical burden in treating DFU. Recent research has focused on drug-loaded scaffolds to treat DFU. The scaffold structure is a novel carrier for cell and drug delivery that enhances wound healing.

The research, published in Springer Link, will be presented by Professor Lamprou at the Controlled Release Society (CRS) Workshop Italy (7-9 October).

Professor Dimitrios Lamprou, a Professor of Biofabrication and Advanced Manufacturing at Queen's School of Pharmacy and corresponding author, explains: "These scaffolds are like windows that enable doctors to monitor the healing constantly. This avoids needing to remove them constantly, which can provoke infection and delay the healing process.

"The 'frame' has an antibiotic that helps to 'kill' the bacteria infection, and the 'glass' that can be prepared by collagen/sodium alginate can contain a growth factor to encourage cell growth. The scaffold has two molecular layers that both play an important role in healing the wound." Lead author Ms Katie Glover, from the Queen's School of Pharmacy, concludes: "Using bioprinting technology, we have developed a scaffold with suitable mechanical properties to treat the wound, which can be easily modified to the size of the wound." Glover added, "This provides a low-cost alternative to current DFU treatments, which could revolutionise DFU treatment, improving patient outcomes while reducing the economic burden caused by rapidly increasing patient demand as the number of people with diabetes continues to increase every year."

## **Mental health tips**

### **6 mental health tips for Indian millennials that actually work (The Tribune:20221010)**

<https://www.tribuneindia.com/news/health/6-mental-health-tips-for-indian-millennials-that-actually-work-439637>

Reducing distractions, promoting self-reflection, and even enhancing sleep can provide you an opportunity to enjoy life

6 mental health tips for Indian millennials that actually work

Photo used for representational purpose only. iStock

Indian millennials frequently experience stress and anxiety since they belong to a generation that is constantly rushing to finish their tasks and accomplish their objectives. Concentration issues, tiredness, alterations in sleep and food patterns, and feelings of hopelessness and worthlessness are among the common issues.

Here's a look at 6 practical suggestions for the mental wellness of Indian millennials.

We must do the same when spending time with family and friends as we do when attending meetings at business by keeping our phones on silent mode. Constant usage of social media can result in negative emotions like melancholy, loneliness, jealousy, anxiety, and general life discontent. A digital detox entails cutting off from technology and social media. It is a time to

unwind, partake in enjoyable pursuits, or spend time with loved ones. You can live in the now and engage in meaningful conversations with people by taking a social media sabbatical. By reducing distractions, promoting self-reflection, and even enhancing sleep, taking a break from technology provides you an opportunity to enjoy life.

### Be honest with yourself

Honesty improves mental health. Before you can improve the situation, you must admit there's a problem. Others are easier to fool, but you must always be honest with yourself and observant of your feelings. Identify your ideal and actual self. Before making tangible, doable adjustments, you must understand where your ideal self comes from. It's as important to believe in one self as it is, to be honest with oneself because confidence can do so much.

### Reflect and adapt

Although it may appear that you have no control over the stress at work and at home, there are steps you can take to alleviate the strain and reclaim control. Effective stress management enables you to break stress's grasp on your life, allowing you to become happier, healthier, and more productive. The ultimate objective is a balanced existence that includes time for work, relationships, relaxation, and enjoyment, as well as the fortitude to withstand pressure and face obstacles head-on. We can handle every new or different situation by reflecting on our reactions to stress or other stimuli. While having a perfect work-life balance is a myth, it's important to try new things and figure out what works best by adopting the most effective stress-management techniques.

### You are precious

If you understand that every day is a gift, then you are living life seriously and know that you are precious. We occasionally lose sight of how fleeting life is and how priceless we are because of how busy we are. Only you know the difficulties you've faced, and your heart is aware of the amount of bravery you've displayed in each situation. Since you deserve to be loved and accepted, accept the precious you. In addition to preventing anxiety and depression, practicing self-love and knowing that you are precious is linked to an increase in pleasure, greater life satisfaction, and greater resiliency.

### Do not shy away from help

It takes courage but is extremely helpful to ask for mental health treatment. We must comprehend the significance of instilling good help-seeking behaviour to create a more compassionate and fulfilling society. This is so because we must erase the stigma around mental health. Our general well-being and happiness can be significantly enhanced by seeking treatment, as well as our personal and professional lives. By asking for assistance, one can avoid going through difficult times alone, acquire new coping mechanisms, develop relationships, and enhance your quality of life.

### Break lagalo

Our way of life has taken on the character of the Rajdhani Express, and there is a great deal of pressure to outdo everyone. While maintaining a high level of performance is good, it's also crucial to slow down. You are aware of what a Porsche with no breaks is capable of. So, unwind and take a break. Take that one day off to rest, and don't feel bad about it. Shake a leg during the break because dancing and grooving might result in many changes.

According to studies, moving causes the production of endorphins, or "happy hormones," so if your mind is going round in circles, try shaking your leg. Also, give yourself a pat on the back for a job well done since you are the only one who should be aware of and grateful for your efforts.

One must seek professional help for counselling if they are still experiencing stress, demotivation, depression, procrastination, or the inability to act decisively at work, which hinders growth at the workplace.

## **Mother's mood**

### **Mother's mood can impact children's speech development: Researchers (The Tribune:20221010)**

<https://www.tribuneindia.com/news/health/mothers-mood-can-impact-childrens-speech-development-researchers-439387>

Mother's mood can impact children's speech development: Researchers

According to research, postnatal depressive mood can have an impact on children's development and speech. However, it was previously unknown how this impairment manifests itself in infants' early language development.

In a study, scientists at the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig have now investigated how well babies can distinguish speech sounds from one another depending on their mother's mood.

This ability is considered an important prerequisite for further steps towards a well-developed language. If sounds can be distinguished from one another, individual words can also be distinguished from one another. It became clear that if mothers indicate a more negative mood two months after birth, their children show on average less mature processing of speech sounds at the age of six months.

The infants found it particularly difficult to distinguish between syllable pitches. Specifically, they showed that the development of their so-called Mismatch Response was delayed than in those whose mothers were in a more positive mood. This Mismatch Response in turn serves as a measure of how well someone can separate sounds from one another.

If this development towards a pronounced mismatch reaction is delayed, this is considered an indication of an increased risk of suffering from a speech disorder later in life.

"We suspect that the affected mothers use less infant-directed-speech," explains Gesa Schaadt, a postdoc at MPI CBS, professor of development in childhood and adolescence at FU Berlin and first author of the study, which has now appeared in the journal JAMA Network Open. "They probably use less pitch variation when directing speech to their infants." This also leads to a more limited perception of different pitches in the children, she said. This perception, in turn, is considered a prerequisite for further language development.

The results show how important it is that parents use infant-directed speech for the further language development of their children. Infant-directed speech that varies greatly in pitch, emphasizes certain parts of words more clearly - and thus focuses the little ones' attention on what is being said - is considered appropriate for children.

Mothers, in turn, who suffer from depressive moods, often use more monotonous, less infant-directed speech. "To ensure the proper development of young children, appropriate support is also needed for mothers who suffer from mild upsets that often do not yet require treatment," Schaadt says. That doesn't necessarily have to be organized intervention measures. "Sometimes it just takes the fathers to be more involved." The researchers investigated these relationships with the help of 46 mothers who reported different moods after giving birth.

Their moods were measured using a standardised questionnaire typically used to diagnose postnatal upset. They also used electroencephalography (EEG), which helps to measure how well babies can distinguish speech sounds from one another.

The so-called Mismatch Response is used for this purpose, in which a specific EEG signal shows how well the brain processes and distinguishes between different speech sounds. The researchers recorded this reaction in the babies at the ages of two and six months while they were presented with various syllables such as "ba," "ga" and "bu".

## **Medical education**

### **Madhya Pradesh to impart medical education in Hindi; Amit Shah to launch the initiative in Bhopal on Oct 16(The Tribune:20221010)**

<https://www.tribuneindia.com/news/nation/madhya-pradesh-to-impart-medical-education-in-hindi-amit-shah-to-launch-the-initiative-in-bhopal-on-oct-16-439027>

Chief Minister Shivraj Singh Chouhan said it was a programme to establish the pride of one's mother tongue

Madhya Pradesh to impart medical education in Hindi; Amit Shah to launch the initiative in Bhopal on Oct 16

Photo used for representational purpose only. iStock

Union Home Minister Amit Shah will launch the Madhya Pradesh government's ambitious project to impart medical education in Hindi at a function here on October 16, a senior minister said on Friday.

The Union home minister will unveil the textbooks of Hindi syllabus of medical education during a programme at Motilal Nehru stadium, state Medical Education Minister Vishvas Sarang told PTI.

While reviewing the preparations for the programme on Thursday, Chief Minister Shivraj Singh Chouhan said it was a programme to establish the pride of one's mother tongue and a landmark event to change the mindset of people.

This will be an example to prove that specialised subjects can be taught in Hindi and not just in English, he said.

Chouhan further said that apart from medical education, engineering, nursing and paramedical courses will also be taught in Hindi in the state in days to come.

The chief minister directed to ensure participation of maximum number of people in the programme, especially Hindi experts, as it is aimed at changing the mindset of people towards the language.

Speaking about the syllabus, Sarang said, "The first volume of books for subjects such as physiology, biochemistry and anatomy are ready and students studying in the first year of MBBS, will be given these books." Textbooks for the three subjects were readied by a team of experts, he said, adding that the second volume of these books was being prepared.

"Books are being prepared in such a manner that technical terms such as blood pressure, spine, heart, kidney and liver or other important body parts and related terms are written in Hindi as they are pronounced in English. They will also be written in brackets in English," said Sarang, who was behind the initiative.

The textbooks are prepared in such a way that those studying MBBS in Hindi won't lag behind after completion of the course, as they will learn all the technical and medical terms in English and Hindi, he said.

In the first year, physiology, anatomy and biochemistry are mainly taught to students, the minister said.

## **Cough syrup**

**'Shocked to hear...', Maiden Pharma breaks silence on cough syrup deaths in Gambia (The Tribune:20221010)**

<https://www.tribuneindia.com/news/business/shocked-to-hear-maiden-pharma-breaks-silence-on-cough-syrup-deaths-in-gambia-439430>



‘We are in the field of medicines for over three decades and have been diligently following the protocols of the health authorities, including Drugs Controller General (India) and the State Drugs Controllers’

The Indian Pharma company Maiden Pharmaceuticals on Saturday expressed shock over the media reports regarding the deaths of 66 children in the Gambia after consuming cough syrup manufactured by them.

In an exclusive input to ANI, the pharma company said, “We are shocked to hear the media reports regarding the deaths and deeply saddened on this incident but we received the official information from our agent at the Gambia on October 5, 2022, and on the subsequent date, World Health Organisation alert was issued against us.”

The pharma company Maiden Pharmaceuticals has come under scanner after 66 children died in the Gambia after consuming cough syrup produced in India.

In an official statement the company Director, Vivek Goyal said, “We are in the field of medicines for over three decades and have been diligently following the protocols of the health authorities including Drugs Controller General (India) and the State Drugs Controllers, Haryana,” reads the statement.

He further said that they have valid drug approvals for the export of the products his company is not selling anything in the domestic market. He also added that his company is obtaining raw materials from certified and reputed companies.

“The government agencies visited our factory on October 1 and October 3, October 6 and 7 October and the samples were drawn by the Central Drugs Standard Control Organisation(CDSCO) along with all relevant documents in question in presence of our directors,” Goyal said in the statement.

The drug regulators have collected the samples of cold and cough syrup from the manufacturing facility of Haryana-based Maiden Pharmaceutical in Sonapat, after WHO issued a medical alert and results are expected to come soon.

“The samples have been drawn by the CDSCO officials and we are awaiting the results and since the matter is already pending investigation and subjudice, we cannot comment on any other issues and shall update you in future as and when we receive the information,” he added.

WHO on Wednesday issued an alert over four India-made cough and cold syrups which are made by Maiden Pharmaceuticals in India. WHO has also notified that the same cough and cold syrups could be linked to the deaths of 66 children in Gambia.

As per sources, from the preliminary enquiry, it has been made out that Maiden Pharmaceutical Limited, Sonapat, Haryana is a manufacturer licensed by the State Drug Controller for the products under reference, and holds manufacturing permission for these products. The company has manufactured and exported these products only to the Gambia so far.

## **Covid complications**

### **Over 16,000 cancer deaths linked to Covid complications in US: Study (The Tribune:20221010)**

Over 16,000 cancer deaths linked to Covid complications in US: Study

<https://www.tribuneindia.com/news/health/over-16-000-cancer-deaths-linked-to-covid-complications-in-us-study-439102>

More than 16,000 cancer deaths from March to December 2020 were linked to complications due to COVID-19 in the US, according to a study.

The research, published in Journal of the American Medical Association (JAMA) Oncology, also found that a higher percentage of blood or prostate cancer deaths were linked to COVID-19 complications compared with cancer deaths without the disease.

“We know that cancer patients are at a higher risk of contracting COVID-19 due to weakened immune systems,” said study lead author Xuesong Han from the American Cancer Society (ACS).

“Patients with hematological neoplasms or blood cancer and prostate cancer might be particularly vulnerable to COVID-19 complications and die from it,” Han added.

The researchers found that a higher percentage of cancer-COVID-19 complicated deaths occurred among individuals with hematological neoplasms and prostate cancer compared to cancer deaths unrelated to COVID-19.

Hematological neoplasm is an abnormal mass of tissue located in the blood and blood-forming tissue.

“It is important to further study these patient populations to develop care strategies that reduce the risk of contracting the COVID-19 virus as well as optimise disease management for patients with comorbid COVID-19 infection,” Han said.

Compared to cancer deaths unrelated to COVID-19, cancer-COVID-19 complicated deaths were more likely to occur in large metropolitan areas, among males, those who were 85 years or older, and racial/ethnic minorities, the team said.

The study also found that most cancer deaths unrelated to COVID-19 occurred at home (53.2 per cent) or in health care facilities (10.8 per cent), while, a higher percentage of cancer-COVID-19 complicated deaths occurred in inpatient (61.5 per cent) or nursing home/long-term care (18.7 per cent ) settings.

The researchers identified and analysed 16,561 cancer-COVID-19 deaths for the study from March 2020 to December 2020 using the Multiple Cause of Death database with death certificate information for US residents.

“Future studies should also monitor the mortality burden from COVID-19 variants, such as Delta and Omicron, among patients with cancer, especially after vaccines became widely available,” Han said

## **Green Apple**

### **Why diabetics should have the green instead of the red apple (Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/why-diabetics-should-have-the-green-instead-of-the-red-apple-8199908/>

Although red apples taste sweeter, green apples contain less sugar, more fibre and antioxidants. They also lower blood sugar levels and have a low glycaemic index and glycaemic load, say nutritionists

The apple boosts the immune system as well as brain health due to the presence of Vitamin C and antioxidants. (File)

The juicy red apple from the hills is tempting on the shop shelf but this is one fruit you can safely sink your teeth into even if you are a diabetic. Eating apples on a regular basis has the potential to reduce insulin resistance, which should lead to lower blood sugar levels. “This is because the polyphenols in apples, which are found primarily in apple skin, stimulate your pancreas to release insulin and help your cells absorb sugar,” says Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospitals.

## **Moonlighting**

### **How moonlighting can affect your mental health and what you need to do to regain your own balance (Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/moonlighting-affect-mental-health-regain-balance-8198831/>

Do not go overboard with your moonlighting effort to the extent that it affects your physical health, pushes your psychological threshold and makes excessive demands on your performance on all fronts that can bring you to the brink of collapse. Therefore, recreation is very important, says holistic health and corporate life coach Dr Mickey Mehta.

## **Dental Health**

### **Is it safe to whiten my teeth with DIY kits? Should I only trust my dentist? Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/is-it-safe-to-whiten-my-teeth-with-diy-kits-should-i-only-trust-my-dentist-8198829/>

We caution patients who have extensive cavities or untreated dental problems against at-home whitening kits because the bleach can extend into cavities and damage the tooth structure permanently. It also can damage nerves, cause toothaches and lead to stomach problems. A treatment once a year is good and you do not need to do it often, says Dr Vivek Hegde, past president of the Indian Endodontic Society

There are two ways in which teeth-whitening procedures can be carried out: Professional bleaching of teeth at the dental clinic and at-home teeth whitening (Source:Gettyimages)

There's a lot of work that goes behind that seemingly easy, pleasant and warm smile, teeth whitening being the commonest cosmetic trick. That's why over the years, there has been a spurt of DIY (Do-it-Yourself) teeth-whitening kits with very convincing ad campaigns and promises. But are these indeed good for your teeth? Dr Vivek Hegde, past president of the Indian Endodontic Society, says that these come with risks of a worn-out enamel or other oral health concerns. He recommends whitening treatment once a year or so for the cosmetically-conscious and warns against repeated home procedures.

## **Ayurveda**

### **How to space out meal timings and control servings with Ayurveda Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/how-to-space-out-meal-timings-and-control-servings-with-ayurveda-8197544/>

Ayurveda divides the stomach into four quadrants. We should ideally eat to fill half our stomach, another one-fourth of the capacity should be kept for water and the last quarter should be kept empty, recommends Dr Jayan, Senior Doctor at CGH Earth Ayurveda (Kalari Kovilakom, Kalari Rasayana

## **Polio drops**

**She missed her polio drops, was paralysed, walked on callipers and became a doctor Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/she-missed-her-polio-drops-was-paralysed-walked-on-callipers-and-became-a-doctor-8197522/>

Despite being able to do her daily chores, walk by herself without callipers, complete her medical degree and the mandatory one-year long internship, Laxmi Chaudhary was given a 100 per cent disability certificate by Safdarjung Hospital, Delhi and disqualified from the PG course. She challenged the decision in courts, and won

With supportive school teachers and college professors, nothing prepared her for what she was about to face when heading for counselling for a PG seat.

Twenty-six-year-old Laxmi Chaudhary knew that her disability was not a hindrance to her becoming a well-respected doctor. And she went to court to prove just that.

## **Hereditary Breast Cancer**

**What is Hereditary Breast Cancer? It's a risk factor you can't change but can tame Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/hereditary-breast-cancer-risk-treatment-8197255/>

While the surgical removal of both breasts reduces the risk of developing breast cancer by 90 per cent, the same, if combined with the removal of ovaries and fallopian tubes, can reduce the risk by 95 per cent in BRCA carriers, says Dr P. K. Julka, Principal Director-Max Oncology Daycare

The American Cancer Society recommends that women who are at high risk (have a known BRCA1 or BRCA 2 gene mutation or have a positive family history of these mutations) of early-onset breast cancer should get a screening mammogram and breast MRI done every year starting at the age of 30 or lesser as recommended by their health care provider.

## **Multiple drugs**

**Why a combination of multiple drugs are needed to treat diabetes in young Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/combo-multiple-drugs-diabetes-young-8196158/>

A combination of two drugs can address three or four defects. If we are able to correct six defects – with medicines and lifestyle changes – the patient will be able to keep blood glucose levels under control. It is necessary to use medicines from different classes and not just a higher dose of a single medicine, says Dr V Mohan, president of the Madras Diabetes Research Foundation

Dr Mohan is a renowned diabetologist and the chairman of Dr Mohan's Diabetes Specialities Centre.

Though we may be keeping our blood sugar levels in check with medication, what really worries us is the constant battle to keep our HbA1c levels (blood glucose levels over a three month period) below the suggested seven per cent mark. A new study by the US-based National Institute of Health holds out hope. Analysing the effectiveness of four different classes of diabetes medicines in over 5,000 people for years, researchers found that they were almost at par when used with the first-line drug Metformin. But the long-acting insulin glargine and another medicine liraglutide were the best at keeping HbA1c levels within limits. Significantly, despite using the drugs, nearly a fourth of the diabetics weren't able to keep their blood glucose levels below the seven per cent mark. Does that mean that using medicines from different classes instead of a higher dose of a single medicine is better for controlling blood glucose levels?

## **Food and Nutrition**

### **Is breakfast the best time of the day to eat a big meal and lose belly fat? Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/big-meal-belly-fat-diet-tips-8195020/>

If one needs 1,600 calories, about 500-550 calories should be consumed during breakfast, about 400-450 during lunch, about 250 during tea time with snacks, 300-350 during dinner and 200-250 before dinner in the form of fruits and juices, says Dr Ushakiran Sisodia, head of Dietary

Calorie intake is subjective and differs, based on your physical fitness, exercise routine, and weight loss or gain goal.

The true meaning of diet is not to starve your body of nutrition but to balance its nutrient intake and distribute it in such a way throughout the day so as to perk up your metabolism and

discourage fat pileup. A weight loss programme cannot be successful unless it is customised to your body type, work profile and meal timings.

## **Cross-leg Flap Surgery technique**

### **Doctors use century old Cross-leg Flap Surgery technique to save Iraqi road accident victim's leg from amputation Indian Express:20221010)**

<https://indianexpress.com/article/lifestyle/health-specials/doctors-cross-leg-flap-surgery-iraqi-road-accident-victim-fortis-8194707/>

Typically, a flap surgery involves lifting tissue from a donor site and placing it on the recipient site with an intact blood supply. It was considered the gold standard for the reconstruction of soft tissue defects of the lower limb during its heydays.

“After much deliberation, we decided to adopt a complex, multi-step approach,” said Dr Gupta.

Doctors at Fortis Hospital Vasant Kunj successfully treated a 40-year-old road accident victim from Iraq with cross-leg flap surgery – an over a century old surgical technique – as the newer and more sophisticated ones were not feasible due to the patient’s precarious condition.

The patient, who had undergone three unsuccessful surgeries in Iraq over eight months, was admitted with acute dislocation of the left knee joint and a severely infected, pus-oozing leg. A team of doctors led by Dr Dhananjay Gupta, Director, Orthopaedics & Joint Replacement Surgery and Dr Rashmi Taneja, Director, Plastic & Reconstructive Surgery, thoroughly evaluated the patient. Investigations revealed that the patient’s affected leg had no intact blood vessel due to multiple injuries, which is necessary for reconstructive surgeries currently in vogue. The doctors then decided to perform the cross-leg flap surgery, a technique first described in medical literature in 1854.

What is cross-leg flap surgery?

Typically, a flap surgery involves lifting tissue from a donor site and placing it on the recipient site with an intact blood supply. It was considered the gold standard for the reconstruction of soft tissue defects of the lower limb during its heydays. However, the technique fell into disuse with the advent of the highly sophisticated microvascular techniques, which enable doctors to join or repair damaged blood vessels or nerves.

Sharing more details, Dr Gupta said, “After much deliberation, we decided to adopt a complex, multi-step approach. Though the treatment spanned over five weeks, the outcome is

satisfactory. At present, the patient's leg is well covered with soft tissue and there is no evidence of infection. The patient has been asked to start walking and he is currently undergoing physio rehabilitation. We hope that once the fracture heals over a period of three months, he will be able to take his full weight on that leg. We have also planned for additional procedures in the future, which may be required.”

Dr Taneja said, “This case was challenging because the patient had severe infection and poor bone quality. He was hypertensive and diabetic too. The patient's two legs had to overlap each other, and he had to be kept in that position for three weeks. So, placing it in a manner where there's no pressure between the two feet and making sure that there is no bending of the flap while it is taking up the new circulation was challenging and required planning and of course cooperation of the patient. We initially thought of doing a microvascular free flap reconstruction, which involves taking muscle and skin along with the blood vessels from either the back or the abdomen but had to abandon the idea as there was no intact blood vessel in the patient's leg.”

## **Eye donation**

### **Disparity among States in facilities for eye donation (The Hindu:20221010)**

<https://www.thehindu.com/news/national/despite-aggressive-drives-and-campaigns-many-states-ut-in-india-have-zero-eye-donation-banks-cornea-collection-or-transplant-rti/article65988858.ece>

The Health Ministry in its response to social activist Chandra Shekhar Gaur said that there continued to be States and Union Territories (UT) in India which had zero number of functional eye banks as on July 2021. File

The Health Ministry in its response to social activist Chandra Shekhar Gaur said that there continued to be States and Union Territories (UT) in India which had zero number of functional eye banks as on July 2021. File | Photo Credit: V. Raju

RTI data show that no cornea was collected in some States in 2021-22; Karnataka, Tamil Nadu, Telangana and Andhra Pradesh fare better; nearly 4.8 million are visually challenged in India

Despite Central Government's emphasis on improving eye-donations across the country—Goa, Jammu and Kashmir, some States of North-East and Island States— have had zero cornea collection in 2021-22 so far as per data procured through RTI. The data from 2016 onwards points to the fact that these States have also been consistently performing poorly. Topping the list for cornea collection is Karnataka, Tamil Nadu, Telangana and Andhra Pradesh. As per National Blindness Survey (2015-2019), there are about 4.8 million people suffering from blindness and corneal blindness is the second most common type of blindness. Corneal blindness is 7.4% of total blindness in India.

The Health Ministry in its response to social activist Chandra Shekhar Gaur said that there continued to be States and Union Territories (UT) in India which had zero number of functional eye banks as on July 2021. While States/UT having a robust cornea donation and transplant



system had a better network of eye banks., Uttar Pradesh (41), Karnataka (32), Gujarat (25), Andhra Pradesh (19) and Tamil Nadu (20) were examples of the same.

Cornea transplant stayed between 30,740 in (2016-17) to 24,783 (2021-22) while falling to a low of 11,859 during the COVID pandemic.

Senior Health Ministry officials admitted that the constraints in achieving the targets for donated eyes/cornea collection in the country included lack of awareness, myths surrounding eye donation and inadequate eye banking facilities.

As per the data reported by States/UTs under National Programme for Control of Blindness & Visual Impairment (NPCB&VI), on an average 40-50% donated eyes/corneas were utilised for corneal transplantation annually. The donated eyes/corneas were assessed by eye surgeons prior to corneal transplantation for its suitability for optical keratoplasty. Not all the collected corneas were found suitable for corneal transplantation because of various medical reasons like poor quality of collected corneas due to age of the donor, pre-existing degeneration/diseases etc. Donated corneas, not found suitable for corneal transplantation, were utilised either for therapeutic keratoplasty or for study, training and research purposes.

#### Corrective steps

The Ministry maintained that corrective steps had been initiated under NPCB & VI to improve the utilisation rate of donated corneas which included—recurring grant to eye banks for transportation, storage and collection of donated corneas and non-recurring grant to eye banks in public sector to meet the cost of ophthalmic equipments and instruments, providing free supply of short term and long term cornea preservation and storage medium to Government eye banks and giving in-service training to eye surgeons in eye banking and keratoplasty etc.

A corneal transplant is a surgical procedure that replaces a part of a person's cornea with corneal tissue from a donor. Cornea donation is necessary for the preservation and restoration of sight— one cornea donor can restore sight to 2 people. Everyone is a universal donor for corneal tissue— the donor's blood type does not have to match the blood type of the recipient. Age, eye colour and eyesight are not factors either. Aside from those suffering from infections or a few highly communicable diseases, most people are potential cornea donors.

## **World Mental Health Day**

### **World Mental Health Day | Experts underline need for more psychiatrists, early identification (The Hindu:20221010)**

<https://www.thehindu.com/sci-tech/health/world-mental-health-day-experts-underline-need-for-more-psychiatrists-early-identification/article65988890.ece>

Illustration used for representational purposes only. File

Illustration used for representational purposes only. File | Photo Credit: The Hindu Photo Library

WHO reported in 2017 that there were about 9,000 psychiatrists practising in India, which equates to 0.75% per lakh of people

Healthcare experts on Sunday underlined the need for more psychiatrists and developing a support system to tackle mental health issues which they said worsened during the COVID-19 pandemic.

On the eve of World Mental Health Day, they said the problem has grown rapidly and Covid contributed in bringing the topic out of the closet.

Also read | It's okay for employees to say 'I'm not okay' at work if they feel so: Accenture

Poonam Muttreja, executive director, Population Foundation of India, noted that although Covid contributed to bringing the topic of mental health out of the closet, the current crisis started developing well before the pandemic.

"Mental health problems have been growing rapidly over the last few decades, but our infrastructure has remained woefully inadequate," she told PTI.

The World Health Organisation reported in 2017 that there were about 9,000 psychiatrists practising in India, which equates to 0.75% per lakh of people.

WHO estimates that the ideal ratio is three psychiatrists for every lakh of people. Similarly, India has 1.93 mental health care professionals per 10,000 residents, compared to the global average of 6.6, Muttreja said.

'Covid-19 a great disruptor of people's lives' Calling COVID-19 a great disruptor of people's lives with its uncertainties and the economic recessions, Mr. Muttreja said women, young people and disadvantaged communities have been much worse hit due to the potential loss of income and work, school shutdowns and an increase in domestic violence and household work for women during lockdowns.

"Serious mental disease patients depend on routine care. For many who require such ongoing care, the shutdowns were disastrous. Although the full effects have not yet been documented, they seem to be pervasive and quite palpable for many of us," she added.

Also read | Employees take up additional role as 'mental health diplomat'

## **WHO**

**World Mental Health Day is celebrated on October 10 every year for global mental health education, awareness and advocacy against social stigma. (The Hindu:20221010)**

A 2022 WHO report mentioned that there was a 25 per cent increase in anxiety and depression among people.

Dr. Samir Parikh, director, Mental Health and Behavioural Sciences at Fortis Healthcare suggested ways to tackle mental health issues.

Ensuring that one invests in relationships and support system, need to collectively prioritise mental health, creating awareness and access as well as early identification were among solutions suggested by Dr. Parikh.

Dr. Saurabh Mehrotra, senior consultant, Institute of Neurosciences at Medanta Hospital in Gurugram said when Covid caught people off guard, they were all taken aback by the rising mortality rate; it was portrayed as a deadly disease with no effective treatment.

Anxiety about one's own and other family members' health became a prominent cause of anxiety increase. Also, this was the first time we had been hit by a virus with such high mortality, and people had never experienced lockdown before. So we were forced to do things we had never done before, he said. **ALSO READ**

Countries in South-East Asia region must make mental healthcare reality for all: WHO

Dr. Mehrotra said Covid increased people's reliance on the digital world and social media and were exposed to a lot of unverified information which resulted in a significant increase in anxiety and depressive disorders.

"We also noticed an increase in anger and irritability in some people. Some people were so afraid of being infected by the virus that they went overboard to maintain hygiene, started washing their hands and using hand sanitizers excessively, which led to compulsive disorder in some people. These are some of the reasons for the rise in mental health disorders since the pandemic," he said.

The transition from having a routine, familiar school environment and playing, to having no friends to spend time with and being confined at home had a significant impact on children, he noted.

"We are also receiving reports of children suffering from psychological disorders. Furthermore, because all of their education was confined to online classes, most of the children were given devices for classes, and many of them became addicted to digital devices. Screen addiction in children increased dramatically," he said.

Estimated 15% of working-age adults have a mental disorder at any point in time

Shyam Bishen - Head of Health and Healthcare at the World Economic Forum - urged stakeholders from the public and private sectors to come together and realise the vision of this year's World Mental Health Day -- to "make mental health and well-being for all a global priority".

An estimated 15% of working-age adults have a mental disorder at any point in time. Depression and anxiety are estimated to cost the global economy \$1 trillion each year driven predominantly by lost productivity, according to the WHO.

## **COVID transmission**

### **Investing in indoor air quality improvements in schools will reduce COVID transmission and help students learn (The Hindu:20221010)**

<https://www.thehindu.com/sci-tech/health/indoor-air-quality-improvements-in-schools-will-reduce-covid-transmission-and-help-students-learn/article65987888.ece>

Students work in a classroom at Beecher Hills Elementary School on Friday, in Atlanta. Image for Representation.

Students work in a classroom at Beecher Hills Elementary School on Friday, in Atlanta. Image for Representation. | Photo Credit: AP

Fall 2022 marks the start of the fourth school year affected by the COVID-19 pandemic

As fall temperatures cool across the U.S., many schools will struggle to ventilate classrooms while also keeping students and teachers comfortable and healthy.

Children and teachers spend over six hours a day in classrooms during the school year, often in buildings that are decades old and have inadequate heating, ventilation and air conditioning, or HVAC, systems.

Fall 2022 marks the start of the fourth school year affected by the COVID-19 pandemic, which has spotlighted the importance of indoor air quality in schools. Ideally, all school buildings would have adequate ventilation, filtered air in each classroom and windows that open. Sadly, this is not the case – and indoor air quality in many schools is poor as a result.

This is especially problematic in the wake of the U.S. Centers for Disease Control and Prevention's August 2022 COVID-19 guidance for schools, which scales back other measures for limiting transmission, such as masking, testing and quarantining.

Beyond minimizing COVID-19 transmission, indoor air quality also matters for student academic performance.

This is especially important given the learning losses that many children experienced in the first two years of the pandemic. Hot, stuffy classrooms make it harder for students to learn. So do cold classrooms.

Our research focuses on indoor environments and health – an area that has received increased attention during the pandemic, since most COVID-19 transmission occurs through shared air indoors.

There is ample evidence that smart investments in school buildings can reduce transmission of infectious disease, while also improving learning and increasing well-being for students, teachers and administrators.

Many school districts have limited resources and buildings in poor condition. Where should they start? Here are some priorities we see for immediate action and longer-term investments that can truly transform the school experience.

Since the spring of 2020, schools have invested millions of dollars in interventions to reduce COVID-19 transmission, including high-efficiency, free-standing commercial filter units and ventilation upgrades.

These actions are a drop in the bucket, given the structural improvements needed in many schools, especially in less wealthy school districts, but they are an important start. And their benefits extend beyond COVID-19, so they should not be discarded.

For example, high-efficiency filters – including commercial units, DIY boxes or filters with ratings of MERV-13 for HVAC systems – capture flu and common cold viruses as well as SARS-CoV-2 virus particles.

They also clean the air of pollen particles, mold spores and pollution from car exhaust and industrial operations. And in areas where wildfires are common, filters reduce the concentration of smoke particles inside buildings.

Schools with mechanical ventilation have been able to increase the amount of filtered fresh air that these systems pull indoors. This dilutes all indoor pollutants.

For kids and school staff, particularly those with asthma, allergies and sensitivities, this can mean fewer missed days of school, less medication, and fewer asthma attacks and subsequent trips to the hospital.

Improved ventilation can actually increase learning and attention.

A 2010 study showed that kids performed better on standardized tests when ventilation rates were higher.

Also Read | [Viral infections including COVID are among the important causes of dementia](#)

Poor ventilation may also affect teachers: A 2016 study found that office workers' cognitive performance improved when they were exposed to lower carbon dioxide levels, which is a marker of better ventilation. And a 2018 analysis showed that students' performance on school tests declined on hot days, especially in schools without air conditioning.

If you've ever felt that it was hard to concentrate in a hot, stuffy room, the science backs you up.

For now, we recommend that schools that have put improvements in place should maintain increased ventilation rates with maximum fresh air, continue to use high-efficiency filters in their HVAC systems and keep free-standing filters running in classrooms.

Schools that have not invested in these steps should do so, with states providing funding to lower-resourced districts as needed. The costs of these steps are modest compared with the benefits they provide for health and learning.

Families and staff who want to improve conditions in their schools should focus on providing every classroom with improved ventilation and filtration, including building DIY boxes, if necessary.

These near-term solutions can help, but the best way to ensure that schools provide healthy conditions for learning is by investing in healthier buildings.

Funds for this purpose are available now. All U.S. states have received millions of dollars from the American Rescue Plan, enacted in 2021 to address the impact of COVID-19, including Elementary and Secondary Schools Emergency Relief, or ESSER, funds. The Department of Education has disbursed \$122 billion to help schools prevent the spread of COVID-19 and operate safely.

School districts have used this money to address a variety of needs, including staffing, academic support and mental health, but much of it is still available. And only a handful of states have invested in HVAC. According to a review by the independent Brookings Institution, less than 5 per cent of the money from the most recent round of ESSER funds had been spent through the first quarter of 2022.

Another \$3 billion was authorized in the recently enacted Inflation Reduction Act for environmental and climate justice block grants. These can be used to upgrade buildings and ventilation systems to reduce indoor air pollution.

School districts may be tempted to put indoor air interventions on the back burner, given widespread perceptions that the pandemic is over and the many other challenges they face.

But in our view, other educational interventions will be less effective if kids are frequently absent due to illness or unable to concentrate in the classroom.

We believe it is important for families and staff to understand the benefits that healthy indoor learning environments offer to everyone who spends time in school buildings, and to hold states and school districts accountable for investing now in HVAC improvements for healthier school buildings.

## **TB**

### **Community support to TB patients: Karnataka among top five States(The Hindu:20221010)**

<https://www.thehindu.com/news/national/karnataka/community-support-to-tb-patients-karnataka-among-top-five-states/article65973055.ece>

The 'adopt a TB patient' (Ni-kshay Mitras) initiative allows any individual to adopt one or more TB patients and look after their nutritional and medical needs.

The 'adopt a TB patient' (Ni-kshay Mitras) initiative allows any individual to adopt one or more TB patients and look after their nutritional and medical needs. | Photo Credit: Getty Images/iStockphoto

Of the 58,982 notified TB patients till September 30 this year, 37,333 are still under treatment; 76% of these have consented to receive community support

With around 2,000 registered Ni-kshay Mitras in Karnataka, who have adopted Tuberculosis (TB) patients, Karnataka is among the top five States in the country. Overall, 29,831 Ni-kshay Mitras have been registered in the country.

The Union Health Ministry launched the “adopt a TB patient” (Ni-kshay Mitras) initiative on September 9 to fill the critical “community” elements into India’s fight towards the Pradhan Mantri TB Mukht Bharat Abhiyaan aimed at eliminating TB by 2025. The initiative allows any individual to adopt one or more TB patients and look after their nutritional and medical needs.

Following a review of TB Mukht Bharat Abhiyaan conducted by the Union Health Secretary Rajesh Bhushan on Friday, Arundathi Chandrashekar, State Mission Director, National Health Mission, held a State-level review with district TB officials with focus on scaling up the campaign.

State Health Commissioner Randeep D., who has adopted a TB patient, said improved nutritional status and weight gain in TB patients results in a better treatment outcome. He appealed to people to come forward and enrol as Ni-kshay Mitras.

While the State reported 72,703 notified TB cases in 2021, as many as 58,982 cases (including 14,381 private notifications) have been reported this year till September 30. Of the 58,982 notified patients, 37,333 are still under treatment.

#### Consent for support

State Deputy Director (TB) Ansar Ahmed told The Hindu on Wednesday that only 76.3% (28,493) of the 37,333 patients under treatment have consented to receive community support. While 2,534 patients have declined community support, the consent of remaining is pending, he said.

#### ‘Adopt a TB patient’ drive finds mitras

He said the State is doing its best to identify missed TB cases by increasing the number of presumptive tests. “To achieve the Sustainable Development Goals (SDG-3) target for TB (Baseline 2015), we need to reduce TB incidence rate by 80% and TB deaths by 90%. The current death rate is 5.5%,” Dr Ahmed said.

He said the State was focussing on early diagnosis by taking up biannual active case finding activity, differentiated TB case finding activity that involves triaging and risk assessment of all diagnosed TB patients, death audits to identify the cause of death and TB and comorbidities linkage activities.

#### Who can register?

Apart from individuals, co-operative societies, corporates, elected representatives, institutions, non-governmental organisations, political parties and partners who can support by adopting the health facilities (for individual donor), blocks/urban wards/districts/States for accelerating the response against TB to complement the government efforts, as per the district-specific requirements in coordination with the district administration can register as Ni-kshay Mitras.

Steady decline in TB notifications in Karnataka during pandemic

The 1,909 registered Ni-kshay Mitras in the State include 1,480 individuals, 25 elected representatives and 89 NGOs. Sources said a MP from the State is likely to adopt all the TB patients under treatment in Bengaluru Rural shortly.

The support provided to the patient under this initiative is in addition to the free diagnostics, free drugs and Ni-kshay Poshan Yojana provided by the National TB Elimination Programme (NTEP) to all the TB patients notified from both the public and the private sector.

Dr. Ansar Ahmed said community support will help achieve the SDG target to eliminate TB by 2025.

## **Cough syrups**

### **WHO alert on cough syrups 'alarming'; there are missing links that need to be probed: Expert (The Hindu:20221010)**

<https://www.thehindu.com/news/national/who-alert-on-cough-syrups-alarming-there-are-missing-links-that-need-to-be-probed-expert/article65984447.ece>

Y. K. Gupta, senior pharmacologist and vice-chairman of the Standing National Committee on Medicines. File

Y. K. Gupta, senior pharmacologist and vice-chairman of the Standing National Committee on Medicines. File | Photo Credit: Photo: @professor\_gupta

"The information from WHO that cough syrups manufactured by an Indian pharma company caused the death of 66 children due to the presence of ethylene glycol is alarming, Professor Y. K. Gupta, senior pharmacologist and vice-chairman of the Standing National Committee on Medicines said.

The World Health Organization's (WHO) recent alert linking cough syrups manufactured by an Indian pharmaceutical firm to the deaths of children in Gambia is "alarming" and there are some missing links that need to be "investigated", an expert said on October 8.

The WHO on Wednesday issued an alert, saying four "contaminated" and "substandard" cough syrups produced by Maiden Pharmaceuticals Limited could be the reason for the deaths in the West African nation.

The four products are Promethazine Oral Solution, Kofexmalin Baby Cough Syrup, Makoff Baby Cough Syrup and Magrip N Cold Syrup.

"The information from WHO that cough syrups manufactured by an Indian pharma company caused the death of 66 children due to the presence of ethylene glycol is alarming. "There are, however, some missing links that need to be carefully ascertained and investigated," said Professor Y. K. Gupta, senior pharmacologist and vice-chairman of the Standing National Committee on Medicines (SNCM). Dr. Gupta said the first death suspected to be due to the same reason was noted in July.



Cough syrups exported only to the Gambia, finds drug regulator's probe

The Drugs Controller General of India (DCGI) received a communication from WHO on September 29 and the Indian government and the drug regulator immediately swung into action. "The letter was responded to instantly by seeking full details. Despite October 1 being a Sunday and October 2 being a national holiday, investigations were initiated," Dr. Gupta explained.

"It is important to understand here that only new drug approval is granted by DCGI whereas license for manufacture and sale is given by State drug controller.

"In this case, the license for manufacture and sale was given by the State drug controller. The company was licensed to export only to this one country and not in any other country or in the Indian domestic market," he told PTI.

The other missing link is that of the 23 samples which were tested by WHO, ethylene glycol was found only in four samples, Dr. Gupta said adding, "This is perplexing and needs clarification." "Also, the importing country gets it tested as per defined standards or their pharmacopeia. It seems this was somehow missed," he said.

"Indian regulations are very robust and have a zero-tolerance policy in such matters. So one should not question the alertness of regulators," he said.

"The Indian pharma sector is producing drugs and vaccines which are used throughout the world and they are known for quality, and people trust them," he stated.

"Such isolated incidence must be thoroughly investigated and action should be taken but they must not be generalised and allowed to cast a bad shadow on the entire drug manufacturer in India," Dr. Gupta added.

## **World Mental Health Day**

**World Mental Health Day: मंत्र उच्चारण से हेल्थ पर पड़ता है पॉजिटिव असर, कई परेशानियों में मिलता है आराम (Hindustan:20221010)**

<https://www.livehindustan.com/lifestyle/health/story-world-mental-health-day-2022-know-amazing-benefits-of-chanting-mantras-for-your-mental-health-7197932.html>

World Mental Health Day 2022: ओवरऑल हेल्थ और मानसिक स्वास्थ्य के लिए अपने रोजाना की लाइफस्टाइल में मंत्र उच्चारण को शामिल करने से कई तरह के हेल्थ बेनिफिट्स मिल सकते हैं। जानिए कुछ फायदे-

**Mantra Jaap ke Fayde:** किसी भी पूजा से पहले या बाद में मंत्रों का उच्चारण किया जाता है। मंत्र हमारे फोकस को बढ़ाने और जमीनी बनाए रखने के लिए हमारे रोजाना के जीवन में बेहद जरूरी हैं। मानव कल्याण के विशिष्ट पहलुओं को प्रभावित करने के लिए मंत्रों को एक दिव्य कंपन के रूप में विकसित किया गया था। यह ध्यान का एक रूप है, जो आपको अपने मन को फ्री करने में मदद करता है।

एचटी के साथ बातचीत में मानसिक स्वास्थ्य अधिवक्ता और राउंडग्लास में ग्लोबल हेड, मेंटल हेल्थ एंड वेलबीइंग की प्रकृति पोद्दार का कहना है कि मंत्रों का जाप ध्यान के लिए बेहतरीन है। इस अभ्यास को अपनाने से कई फायदे भी मिलते हैं जो हमें अपनी लाइफस्टाइल में व्यवस्थित करने में मदद करते हैं। एक लाइन या एक शब्द का बार-बार जप करने से हम ज्यादा आत्म-जागरूक होते हैं, हमारा तनाव कम होता है और हमें ज्यादा शांति मिलती है। कुछ वैज्ञानिक अध्ययनों में, ध्यान में सुधार करने, पॉजिटिव मूड और सामाजिक सामंजस्य की भावनाओं को बढ़ाने के लिए जप फायदेमंद है। अपने मन को शांत करने के लिए रोजाना की लाइफस्टाइल में मंत्रों का जाप शामिल करें। जानिए मंत्र जाप के लाभ-

शांत दिमाग- जब आप मंत्रों का जाप करते हैं, तो आप एक तरह की दोहराव को अपनाने हैं। यह आपकी सांस को नियंत्रित करने, इसे गहरा करने और इसे एक लय में करने में मदद करता है। यह लय मन और नर्वस सिस्टम को शांत करने में मदद करती है, जिससे ओवर ऑल हेल्थ बूस्ट होती है।

एनर्जी फ्लो- कई मंत्र शरीर के चक्रों या ऊर्जा बिंदुओं को प्रभावित करते हैं। आवाज और मंत्रों के उच्चारण से कंपन अलग-अलग चक्रों को एक्टिव या संतुलित करने, पूरे शरीर में ऊर्जा के फ्लो को बेहतर बनाने में मदद कर सकते हैं।

मानसिक हेल्थ- जाप का मन पर भी असर होता है। शरीर में अलग-अलग कंपन फ्रीक्वेंसी बनाते हैं, तो आप अपने मन को भी प्रभावित करते हैं। जैसे कुछ श्वास तकनीकें आपके शारीरिक स्वास्थ्य को एक्टिव रूप से प्रभावित करती हैं, वैसे ही मन में स्वयं को कल्याण के रूप में प्रकट करना, मंत्र जप का एक समान प्रभाव होता है।

ध्यान में मदद- मंत्र जाप शुरुआती लोगों के लिए ध्यान की स्थिति में स्थानांतरित करने का एक बेहतरीन तरीका है, क्योंकि यह आपको ध्यान केंद्रित करने में मदद करता है, जिससे आपके मन में चल रही चीजें शांत हो जाती हैं।

मंत्र सुनने से भी मिलती है मदद - मंत्रों को सुनने से कंपन ध्वनि आवृत्तियों से कुछ लाभ प्राप्त होंगे। जब आप खाना बना रहे हों, नहा रहे हों, या गाड़ी चला रहे हों तो आप मंत्रों को सुन सकते हैं। ऐसा करने पर कंपन आवृत्तियों का पॉजिटिव इफेक्ट महसूस होता है। यह भी पढ़ें: मेंटल हेल्थ बेहतर बनाने में मदद करते हैं ये 5 न्यूट्रिएंट्स

## Curd

**आयुर्वेद: क्या वाकई रात में नहीं खाना चाहिए दही, जानिए इससे जुड़े कुछ इंटरेस्टिंग फैक्ट्स(Hindustan:20221010)**

<https://www.livehindustan.com/lifestyle/health/story-ayurveda-know-some-interesting-ayurvedic-facts-about-curd-7197907.html>

**Ayurvedic facts about Curds:** इन दिनों मौसम में बदलाव हो रहा है और धीरे-धीरे ठंडक होना शुरू हो गई है। ऐसे में दही की तासीर ठंडी मानी जाती है और इसे खाने से मना किया जाता है। ऐसे में जानिए कुछ फैक्ट्स-

रात में दही खाएं या नहीं, दही की तासीर गर्म है या ठंडी वगैरहा। इन सभी बातों को लेकर अक्सर बहस होती रहती है। कुछ कहते हैं इसे पचाना आसान और कुछ कहते हैं कि इसे पचाना मुश्किल है। इन सभी बातों ने अगर आपको कंप्यूज कर दिया है तो आपको आयुर्वेदिक एक्सपर्ट दीक्षा भावसार के लेटेस्ट इंस्टाग्राम पोस्ट देखना चाहिए। इस पोस्ट में उन्होंने दही को लेकर कुछ इंटरेस्टिंग आयुर्वेदिक फैक्ट्स बताए हैं। जानिए-

आयुर्वेद के अनुसार, दही स्वाद में खट्टा, गर्म प्रकृति का होता है। इसी के साथ दही को पचाने में काफी समय लग जाता है। यह फैट बढ़ाता है, ताकत में सुधार, कफ और पित्त बढ़ाता है (कम वात), अग्नि में सुधार (पाचन शक्ति) करता है।

दही से जुड़े इंटरेस्टिंग फैक्ट्स

1) बारिश के मौसम में अक्सर लोग दही को गर्म करके खाने की सलाह देते हैं। जबकि दही को गरम नहीं करना चाहिए। यह गर्म करने के कारण अपने गुणों को खो देता है।

- 2) मोटापे, कफ विकार, ब्लीडिंग और सूजन की स्थिति वाले लोगों को दही से बचना सबसे अच्छा है।
  - 3) रात के समय दही नहीं खाना चाहिए।
  - 4) दही रोज नहीं खाना चाहिए। हालांकि, मट्टा छाछ जिसमें सेंधा नमक, काली मिर्च और जीरा जैसे मसाले मिलाए गए हैं, उसको रोजाना डायट में शामिल किया जा सकता है।
  - 5) अपने दही को फलों के साथ न मिलाएं क्योंकि यह एक चैनल ब्लॉकर है। लंबे समय तक खाने से मेटाबॉलिज्म संबंधी समस्याएं और एलर्जी हो सकती है।
  - 6) दही मांस और मछली के साथ खराब है। चिकन, मटन या मछली जैसे मांस के साथ पकाए गए दही से शरीर में टॉक्सिन बढ़ते हैं।
- अगर आप दही खाना चाहते हैं, तो इसे कभी-कभार, दोपहर के समय और कम मात्रा में लें। जिन लोगों के पास यह नहीं है उनके लिए- सबसे अच्छा ऑप्शन छाछ है। यह भी पढ़ें: दही या छाछ, आयुर्वेद के मुताबिक जानिए क्या है ज्यादा फायदेमंद

## Pregnancy

**प्रेग्नेंसी में चावल खाना चाहिए या नहीं? हर मां को पता होने चाहिए डाइट से जुड़े ये फैक्ट्स (Hindustan:20221010)**

<https://www.livehindustan.com/lifestyle/story-should-we-eat-rice-during-pregnancy-or-not-every-mother-should-know-these-health-facts-7193429.html>

प्रेग्नेंसी जिंदगी का एक खास पड़ाव है। एक नए मेहमान के आने की खबर ही होने वाली मां और पिता के मन को खुशियों से भर देती है। खुशी और उम्मीद के साथ ही प्रेग्नेंसी महिलाओं के लिए कई तरह के चैलेंज को लेकर भी आती है। खासतौर पर पहली बार मां बनने वाली महिलाओं को यह समझ नहीं आता कि वे अपने ख्याल कैसे रखें और उन्हें डाइट में क्या खाना चाहिए और क्या नहीं। प्रेग्नेंसी के दौरान खाने-पीने को लेकर कई तरह की गलतफहमियां भी होती हैं। कई लोग कुछ चीजें खाने को मना करते हैं, तो कई लोग उन्हीं चीजों को खाने की सलाह देते हैं। ऐसे में बहुत जरूरी है कि लोगों की बातों पर आंखें बंद करके भरोसा करने से अच्छा हेल्थ एक्सपर्ट और डॉक्टर की सलाह ली जाए। प्रेग्नेंसी के दौरान कई लोगों का मानना होता है कि चावल नहीं खाना चाहिए। आइए, जानते हैं फैक्ट्स-

प्रेग्नेंसी में चावल खाना कितना सेफ?

हम सभी जानते हैं कि प्रेग्नेंसी के दौरान मां को हेल्दी फूड्स की ज्यादा मात्रा खाने की जरूरत होती है क्योंकि इससे बच्चे की ग्रोथ भी होती है। वहीं, मां को भी एनर्जी लेवल को बनाए रखने के लिए खाना ज्यादा खाना चाहिए। हेल्थ एक्सपर्ट्स की मानें, तो प्रेग्नेंसी के दौरान चावल खाना बिल्कुल सेफ है, लेकिन इसकी ज्यादा मात्रा न खाएं बल्कि कंट्रोल में रहकर ही चावल खाएं क्योंकि ज्यादा चावल खाने से वजन तेजी से बढ़ता है। इसे रेग्युलर डाइट में शामिल करने में कोई बुराई नहीं है क्योंकि यह मैनीशियम जैसे आवश्यक पोषक तत्वों से भरपूर होता है, जो बच्चे और मां दोनों के लिए अच्छा होता है।

कौन-से चावल है बेहतर

अब आप सोच रहे होंगे कि व्हाइट और ब्राउन राइस में से कौन-से चावल ज्यादा हेल्दी हैं? तो इसका जवाब है, कि दोनों ही चावल सेहत के लिए अच्छे होते हैं। दोनों तरह के चावल कैल्शियम, राइबोफ्लेविन, थायमिन, फाइबर और विटामिन डी से भरपूर होते हैं, जिससे इम्यूनिटी स्ट्रॉन्ग होती है। प्रेग्नेंसी के दौरान ब्राउन राइस डाइजेशन में भी हेल्प करता है क्योंकि इसमें घुलनशील फाइबर से भरा होता है।

चावल को ज्यादा हेल्दी कैसे बनाएं

-चावल को ज्यादा हेल्दी बनाने के लिए आप इसमें कई मौसमी सब्जियां डालकर खा सकते हैं। इससे इसकी पौष्टिकता बढ़ जाती है।

-चावल को घी की बजाय ऑलिव ऑयल या देसी घी में फ्राइ करना चाहिए, ये गुड फैट में काउंट होते हैं।

-प्रेग्नेंसी में बासी या रात के फ्रिज में रखे ठंडे चावल खाने की बजाय ताजे चावल बनाकर खाएं।

-चावल में ज्यादा दाल की मात्रा बढ़ाकर खाएं।

प्रेग्नेंसी में स्नैक्स की क्रेविंग होने पर खाएं ये हेल्दी और टेस्टी फूड्स

## PCOS

**बांझपन के अलावा ये खतरनाक समस्याएं भी पैदा करता है PCOS, बढ़ा देता है महिलाओं की टेंशन (Navbharat Times:20221010)**

**Complication of PCOS:** पीसीओएस की समस्या महिलाओं में बहुत तेजी से बढ़ रही है। इस रोग की वजह से महिलाओं में इनफर्टिलिटी (Infertility Problem) बढ़ जाती है। लेकिन इसके अलावा और भी कई बीमारियां पैदा हो सकती हैं। आइए इस आर्टिकल में पीसीओएस से होने वाली समस्याओं के बारे में जानते हैं।

pcos in women may increase the risk of many health problems like diabetes unwanted hair baldness

बांझपन के अलावा ये खतरनाक समस्याएं भी पैदा करता है PCOS, बढ़ा देता है महिलाओं की टेंशन

पीसीओएस यानी पॉलिसिस्टिक ओवेरियन सिंड्रोम महिलाओं में होने वाला एक हॉर्मोनल इम्बैलेंस है। इस सिंड्रोम के कारण महिलाओं में बांझपन की समस्या (Infertility in women) हो सकती है। लेकिन क्या आप जानते हैं कि इसके अलावा भी पीसीओएस महिलाओं में कई सारी समस्याओं की जड़ बन सकता है। पीसीओएस के कारण होने वाली समस्याओं के बारे में पता करने से पहले पीसीओएस का मतलब जान लेते हैं।

पीसीओएस क्या है? Johns Hopkins के मुताबिक, पीसीओएस ऐसी स्थिति है, जिसमें ओवरी एंड्रोजन हॉर्मोन का असंतुलित उत्पादन करने लगती है। जो कि एक मेल हॉर्मोन होता है और महिलाओं में बहुत कम मात्रा में मौजूद होता है। जब महिला का शरीर ओव्यूलेशन के लिए जिम्मेदार हॉर्मोन का उत्पादन कम या बंद कर देता है, तो ओवरी छोटे-छोटे सिस्ट विकसित करने लगती है। यही सिस्ट एंड्रोजन हॉर्मोन का उत्पादन करने लगते हैं।

महिलाओं में पीसीओएस क्यों होता है?

अभी तक एक्सपर्ट्स पीसीओएस के पीछे जिम्मेदार पुख्ता वजह को नहीं ढूंढ पाए हैं। लेकिन अंदाजा लगाया जाता है कि शरीर में इंसुलिन हॉर्मोन का सही इस्तेमाल ना होने, मोटापा और खराब जीवनशैली के कारण पॉलिसिस्टिक ओवरी सिंड्रोम विकसित हो सकता है। हालांकि, हेल्दी लाइफस्टाइल और दवाओं की मदद से पीसीओएस का इलाज (PCOS Treatment) संभव है।

PCOS के कारण हो सकती है टाइप-2 डायबिटीज

pcos-2-

पीसीओएस के कारण भी शरीर इंसुलिन रेजिस्टेंट हो जाता है यानी इंसुलिन हॉर्मोन का इस्तेमाल सही तरीके से नहीं हो पाता है। इस कारण ब्लड शुगर हाई हो जाता है और टाइप-2 डायबिटीज (Type-2 Diabetes due to PCOS) विकसित हो जाती है।

अनचाहे बालों का आना

अधिकतर महिलाओं को अपने शरीर पर अनचाहे बाल अच्छे नहीं लगते हैं। लेकिन, पीसीओएस के कारण यह समस्या गंभीर हो जाती है। ऐसा शरीर में मेल हॉर्मोन एंड्रोजन के असामान्य रूप से बढ़ने के कारण होता है। महिलाओं को अपर लिप्स (PCOS causes facial hairs), ठुड्डी, लोअर बैक, पेट का निचला हिस्सा, स्तनों आदि पर अनचाहे बाल आने लगते हैं।

बाल झड़ने के कारण गंजापन आ सकता है

महिलाओं में मेल हॉर्मोन बढ़ने के साथ पुरुषों की तरह गंजापन भी आ सकता है। क्योंकि, एंड्रोजन अत्यधिक होने से बाल कमजोर हो सकते हैं और गंभीर हेयर फॉल शुरू हो सकता है। अगर हेयर फॉल को कंट्रोल नहीं किया गया, तो यह गंजापन का कारण बन सकता है।

इर्रैगुलर पीरियड्स होने की दिक्कत

पीसीओएस की शिकार महिलाओं में इर्रैगुलर पीरियड्स की समस्या काफी आम होती है। इसके कारण पीरियड्स रुक भी सकते हैं। ऐसा इसलिए होता है कि क्योंकि असंतुलित हॉर्मोन ओवरी के फॉलिकल्स को मैच्योर नहीं होते देते और एग सेल्स रिलीज नहीं हो पाते हैं।

कैंसर का खतरा बढ़ जाता है

कई शोधों के मुताबिक, पीसीओएस के कारण महिलाओं में कैंसर का खतरा बढ़ सकता है। जिसका नाम एंडोमेट्रियल कैंसर होता है। एंडोमेट्रियल गर्भाशय की अंदरूनी परत होती है। जब पीसीओएस रोग लंबे समय तक ठीक नहीं किया जाता, तो यह खतरनाक बीमारी पैदा होने का खतरा बन जाता है।

## Prostate Cancer

**Prostate Cancer 1st stage symptoms: पेशाब की धार कम होना-जलन, अच्छी तरह समझें प्रोस्टेट कैंसर के 5 पहले लक्षण ((Navbharat Times:20221010)**

<https://navbharattimes.indiatimes.com/lifestyle/health/doctor-reveal-5-early-sign-and-symptoms-of-1st-stage-prostate-cancer/articleshow/94746360.cms?story=6>

How to check for prostate cancer at home: प्रोस्टेट पुरुषों की प्रजनन प्रणाली में अखरोट के आकार का एक अंग होता है। प्रोस्टेट में घातक ट्यूमर बनने के साथ ही प्रोस्टेट ग्रंथि आकार में बढ़ने लगती है, और मूत्रमार्ग में रुकावट उत्पन्न करती है। प्रोस्टेट कैंसर धीरे-धीरे बढ़ता है, और सालों तक इसका कोई लक्षण सामने नहीं आता। कुछ संकेतों से आप इसका पता लगा सकते हैं।

Prostate Cancer 1st stage symptoms:पेशाब की धार कम होना-जलन, अच्छी तरह समझें प्रोस्टेट कैंसर के 5 पहले लक्षण

प्रोस्टेट कैंसर (Prostate cancer) अमेरिका और यूरोप में पुरुषों में पाया जाने वाला सबसे आम कैंसर है। भारत में कैंसर की विभिन्न रजिस्ट्रीज के मुताबिक प्रोस्टेट कैंसर पुरुषों में पाया जाने वाला दूसरा सबसे आम कैंसर बनता जा रहा है। पूरी दुनिया में हर साल औसतन पचास हजार पुरुषों में प्रोस्टेट कैंसर पाया जाता है। पुरुषों में यह कैंसर फैला होने के बाद भी इसके बारे में जागरूकता की काफी कमी है।

सस्ते दाम में खरीदना है किचेन का सामान, ग्रेट इंडियन फेस्टिवल में मौका ही मौका |

प्रोस्टेट क्या है? गुरुग्राम स्थित मेदांता हॉस्पिटल में प्रोफेसर एमेरिटस, यूरोलॉजी एंड एंड्रोलॉजी, किडनी, एवं यूरोलॉजी इंस्टीट्यूट, डॉ. नर्मदा प्रसाद गुप्ता के अनुसार, प्रोस्टेट पुरुषों की प्रजनन प्रणाली में अखरोट के आकार का एक अंग होता है। यह मूत्राशय के आधार में मूत्रमार्ग के चारों ओर स्थित होता है। वीर्य वाहिनियों के साथ यह एक तरल पदार्थ छोड़कर शुक्राणुओं को पोषण करती है।

प्रोस्टेट में घातक ट्यूमर बनने के साथ ही प्रोस्टेट ग्रंथि आकार में बढ़ने लगती है, और मूत्रमार्ग में रुकावट उत्पन्न करती है। हालांकि यह बात भी ध्यान देने वाली है कि प्रोस्टेट का बढ़ना हर बार घातक हो। कभी-कभी सामान्य वृद्धि बिनाईन प्रोस्टेटिक हाईपरप्लेसिया के कारण भी प्रोस्टेट बढ़ सकती है, जो घातक नहीं होती।

प्रोस्टेट कैंसर का ज्यादा खतरा किसे है?

अनुवांशिक रूप से अफ्रीकी मूल के लोगों को प्रोस्टेट कैंसर होने की ज्यादा संभावना होती है। वृद्ध पुरुष, प्रोस्टेट या अन्य कैंसर के पारिवारिक इतिहास वाले लोग, यौन संक्रमण की बीमारियों (एसटीआई) का इतिहास रखने वाले लोगों को प्रोस्टेट कैंसर की संभावना ज्यादा होती है। अस्वास्थ्यकर जीवनशैली, धूम्रपान, तम्बाकू का सेवन, और मोटापे से प्रोस्टेट कैंसर का जोखिम बढ़ता है।

प्रोस्टेट कैंसर के शुरुआती लक्षण

शुरुआत में प्रोस्टेट कैंसर का कोई लक्षण प्रकट नहीं होता। जब प्रोस्टेट का आकार बढ़ता है, तो शुरुआती लक्षण जैसे बार-बार पेशाब आना, पेशाब करते वक्त जलन महसूस होना, पेशाब रुक-रुक कर होना, पेशाब की गति धीमी होना आदि लक्षण प्रकट होने लगते हैं। प्रोस्टेट कैंसर धीरे-धीरे बढ़ता है, और सालों तक इसका कोई लक्षण सामने नहीं आता।(फोटो साभार: TOI)

प्रोस्टेट कैंसर की जांच है जरूरी

इसके लक्षण तब तक प्रकट नहीं होते, जब तक बढ़ा हुआ प्रोस्टेट मूत्रमार्ग को प्रभावित न करने लगे। इसलिए नियमित रूप से जांच व परीक्षण कराए जाने पर बल दिया जाता है। प्रोस्टेट मलाशय के काफी नजदीक होता है, इसलिए इसे डिजिटल रेक्टल परीक्षण द्वारा देखा जा सकता है। परीक्षण का दूसरा तरीका खून की जाँच, प्रोस्टेट स्पेसिफिक एंटीजन टेस्ट (पीएसए) है। पीएसए लेवल के लिए सामान्य कट-ऑफ 4 है, लेकिन प्रोस्टेट की उम्र व आकार के अनुरूप यह कम-ज्यादा हो सकता है। यदि दूसरा पीएसए लेवल ज्यादा हो, तो प्रोस्टेट ग्रंथि का आगे का परीक्षण अल्ट्रासाउंड एवं एमआरआई द्वारा किया जाता है। जरूरत पड़ने पर बायोप्सी करके प्रोस्टेट की पुष्टि की जाती है।(फोटो साभार: TOI)

नियमित रूप से जांच कराएँ बुजुर्ग

50 साल से ज्यादा उम्र के पुरुष, और जिन पुरुषों को मूत्र की कोई समस्या है और जिन्हें अनुवांशिक कारणों से प्रोस्टेट कैंसर होने की संभावना हो, उन्हें नियमित रूप से जांच व परीक्षण कराते रहना चाहिए। पीएसए लेवल के लिए सामान्य कट-ऑफ 4 है, लेकिन प्रोस्टेट की उम्र व आकार के अनुरूप यह कम-ज्यादा हो सकता है। यदि दूसरा पीएसए लेवल भी ज्यादा हो, तो प्रोस्टेट ग्रंथि का आगे का परीक्षण किया जाता है। ज्यादा पीएसए लेवल संक्रमण, प्रोस्टेट ग्रंथि में सामान्य या घातक वृद्धि का संकेत है। इसके अलावा, अल्ट्रासाउंड स्कैन, एमआरआई, या प्रोस्टेट बायोप्सी द्वारा जांच की जाती है।(फोटो साभार: TOI)

लक्षणों की समय पर पहचान से इलाज संभव

प्रोस्टेटिक बायोप्सी में ग्लिसन स्कोर ने कैंसर की गंभीरता का आकलन होता है। यह स्कोर 2 से 10 के स्केल पर दिया जाता है। 2 से 5 का स्कोर होने पर यह वृद्धि चिंताजनक नहीं होती। 6 से ज्यादा स्कोर चिंताजनक होता है, जो लो-ग्रेड प्रोस्टेट कैंसर को प्रदर्शित करता है। 8 से ज्यादा स्कोर

गंभीर कैंसर प्रदर्शित करता है। अच्छी बात यह है कि शुरुआती चरणों में यदि प्रोस्टेट कैंसर की पहचान समय पर कर ली जाए, तो इसका पूरी तरह इलाज संभव है। इसके इलाज के विकल्पों में एक्टिव सर्वियलेंस, फोकल थेरेपी, रोबोटिक रेडिकल प्रॉस्टेटेक्टोमी ऑपरेशन, रेडिएशन थेरेपी (कैंसर की कोशिकाओं को जलाने के लिए हाई-पावर एक्स-रे) और हार्मोन एवं इम्युनोथेरेपी (एंटी-कैंसर दवाइयां) शामिल हैं। इसके इलाज का निर्णय कैंसर के ग्रेड और स्टेज तथा मरीज की उम्र व सहरुग्णताओं के आधार पर लिया जाता है।

प्रोस्टेट कैंसर की रोकथाम के उपाय

मेडिकल जांच के साथ सेहतमंद जीवनशैली व आदतें भी जरूरी हैं। इसके रोकथाम के सामान्य उपाय जीवनशैली के सेहतमंद विकल्प चुनना, सही आहार, शारीरिक व्यायाम करना और प्रोसेस्ड फूड, तम्बाकू का सेवन एवं धूम्रपान का त्याग हैं। इसके अलावा सुरक्षित रूप से यौन संसर्ग करना जोखिम को कम करने का अच्छा तरीका है, क्योंकि पूर्व में यौन संक्रमण की बीमारी (एसटीआई) और प्रोस्टेट कैंसर में करीबी संबंध देखा गया है।

## High BP causes

**High BP causes: ये 5 चीजें बढ़ाती है हाई ब्लड प्रेशर का खतरा, हार्ट अटैक आने से पहले कर लें समाधान(Navbharat Times:20221010)**

<https://navbharattimes.indiatimes.com/lifestyle/health/these-5-lesser-known-things-causes-high-blood-pressure-or-hypertension/articleshow/94724476.cms?story=5>

**How to prevent hypertension:** आज के समय में ज्यादातर लोगों को हाई बीपी की शिकायत है। कुछ लोगों में इस रोग का पता वक्त रहते चल जाता है, वहीं कुछ लोग को इससे होने वाले हार्ट अटैक, स्ट्रोक जैसे गंभीर परिणामों का शिकार होने के बाद इसका पता लगता है। हाई ब्लड प्रेशर के लक्षण नहीं (High Bp Symptoms) होते हैं इसलिए ऐसी चीजों से बचना चाहिए जो इसे ट्रिगर करते हैं।

these 5 lesser known things causes high blood pressure or hypertension

**High BP causes:** ये 5 चीजें बढ़ाती है हाई ब्लड प्रेशर का खतरा, हार्ट अटैक आने से पहले कर लें समाधान

हाई ब्लड प्रेशर को 'साइलेंट किलर' भी कहा जाता है, जिसे अगर बिना ध्यान दिए छोड़ दिया जाए तो हार्ट स्ट्रोक, अटैक, किडनी खराब होने या डिमेंशिया का खतरा हो सकता है। यदि आपका ब्लड प्रेशर 140/90 mmHg या इससे अधिक होता है तो हाइपरटेंशन की बीमारी हो सकती है। हाई ब्लड प्रेशर का कारण मोटापा, शराब का सेवन, धूम्रपान, पारिवारिक इतिहास या गतिहीन जीवन शैली आदि हो सकते हैं।

सस्ते दाम में खरीदना है किचन का सामान, ग्रेट इंडियन फेस्टिवल में मौका ही मौका |

वैसे तो उच्च रक्तचाप का विशेष लक्षण कुछ नहीं होता है। ऐसे में कई मामलों में मरीज को अपने इस बीमारी का निदान करने में लंबा समय लग जाता है। वर्ल्ड हेल्थ ऑर्गेनाइजेशन (WHO) के अनुसार, भारत में हर 4 में से 1 वयस्क हाई ब्लड प्रेशर से पीड़ित है। ऐसे में उन चीजों पर नजर रखना बहुत जरूरी हो जाता है तो इस बीमारी को शरीर में पनपने में मदद करते हैं। ऐसे ही कुछ चीजों के बारे में आज हम आपको बता रहें।

## विटामिन डी की कमी

एनसीबीआई में प्रकाशित एक रिपोर्ट के अनुसार, विटामिन डी की कमी हाइपरटेंशन के जोखिम को बढ़ाने का काम करती है। हालांकि ज्यादातर लोग विटामिन डी की कमी को केवल कमजोर हड्डियों और बाल झड़ने का कारण मानते हैं। लेकिन विटामिन डी हृदय स्वास्थ्य से भी संबंधित होता है। ऐसे में विटामिन डी का पर्याप्त स्तर शरीर में बहुत जरूरी होता है।

## स्लीप एपनिया

मेयो क्लिनिक के अनुसार, स्लीप एपनिया के दौरान होने वाली रक्त ऑक्सीजन के स्तर में अचानक गिरावट रक्तचाप को बढ़ाती है और हृदय प्रणाली को तनाव देती है। ऑक्सट्रिक्टव स्लीप एपनिया होने से आपके उच्च रक्तचाप (उच्च रक्तचाप) का खतरा बढ़ जाता है। ऑक्सट्रिक्टव स्लीप एपनिया आपके बार-बार होने वाले दिल के दौरों, स्ट्रोक और असामान्य दिल की धड़कन, जैसे जोखिम को भी बढ़ा सकता है। ऐसे में स्लीप एक्सपर्ट हर रात कम से कम 7 से 8 घंटे सोने की सलाह देते हैं।

## प्रोसेस्ड फूड

पैकेज्ड और प्रोसेस्ड खाद्य पदार्थ सेहतमंद नहीं होते हैं। साथ ही फास्ट फूड, चिप्स, कुकीज, डिब्बाबंद सूप और सॉस जैसे खाने में अत्यधिक सोडियम होता है, जो सीधे रक्तचाप को प्रभावित करता है। रक्त में अधिक नमक पानी खींचता है। जिससे रक्त वाहिकाओं के आसपास के ऊतकों से, जो रक्त की मात्रा बढ़ाता है, उसमें दबाव बनने लगता है। इसके अलावा, संसाधित खाद्य पदार्थों से वजन बढ़ता है, जिससे हृदय को रक्त पंप करना मुश्किल हो जाता है।

## अकेलापन

आज के समय में ज्यादातर लोग खुद को काम और सोशल मीडिया में व्यस्त रखना पसंद करते हैं। जिसके वजह से अकेलापन भी बढ़ता जा रहा है। लोग अब सिर्फ फोन पर ही बात करने में कंफर्टेबल महसूस करते हैं। पर सोशल लाइफ होना भी जरूरी है यह आपके दिमाग को फ्रेश रहने में मदद करता है जिससे तनाव और डिप्रेशन जैसे हालात पैदा नहीं होते हैं। इसमें कोई संदेह नहीं है कि लंबे समय से अकेलापन अवसाद से जुड़ा है और यह सीधे वजन बढ़ने और रक्तचाप में वृद्धि से संबंधित है।

## पैनकिलर

ज्यादातर लोग अपने सिरहाने पैनकिलर लिए सोते हैं, ताकि उन्हें थोड़ा सा भी दर्द महसूस करने की जरूरत न पड़े। सामान्य सिरदर्द या जोड़ों के दर्द के दौरान आप भी तुरंत दवा लेते हैं तो सावधान रहें। क्योंकि यह दवाएं तुरंत राहत पहुंचाकर शरीर में साइलेंट किलर हाई बीपी के जोखिम को बढ़ाने का काम करती है।



