



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 2022104

## Medicine Nobel

### Medicine Nobel goes to Swede who unlocked Neanderthal DNA secrets (Hindustan Times:2022105)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=4102bc9f177&imageview=0>

Medicine Nobel goes to Swede who unlocked Neanderthal DNA secrets

paleogeneticist Svante Paabo, who sequenced the genome of the Neanderthal and discovered the previously unknown hominin Denisova, on Monday won the Nobel Prize in Medicine.

Paabo's research gave rise to an entirely new scientific discipline called paleogenomics, and has "generated new understanding of our evolutionary history", the Nobel committee said. "By revealing genetic differences that distinguish all living humans from extinct hominins, his discoveries provide the basis for exploring what makes us uniquely human," it said in a statement. Paabo found that gene transfer had occurred from the extinct hominins to Homo Sapiens after the migration out of Africa around 70,000 years ago.

He told prize organisers that he was "gulping down his last cup of tea" before picking up his daughter when the committee called him on Monday to tell him his research was being honoured. He was surprised, he said. "I somehow did not think that this would really qualify for a Nobel Prize".

Paabo, 67, takes home the award sum of 10 million kronor (\$901,500). P2

## Man who altered study of human origins

Swedish geneticist Svante Paabo, 67, won the Nobel in medicine for his work on the genome of some of our extinct relatives


### Who is Svante Paabo

- Founder, director of genetics dept at Max Planck Institute for Evolutionary Anthropology in Leipzig
- Son of Nobel winner Sune Bergstrom, who won the prize in medicine in 1982
- Performed key studies at the University of Munich

### The pioneering work

**Genome sequencing of the Neanderthal:** Led to discovery of the previously unknown hominin Denisova—revealing link between extinct people and modern humans

**Gene transfer:** Found that the gene transferred from Denisova to Sapiens, giving an insight into how immune system reacts to infections



## Medicine

### Swedish DNA explorer wins Medicine Nobel (The Tribune:2022105)

<https://www.tribuneindia.com/news/world/swedish-dna-explorer-wins-medicine-nobel-437853>

His findings crucial to understanding human evolution

Swedish geneticist Svante Paabo won the 2022 Nobel Prize in Physiology or Medicine on Monday for discoveries that underpin our understanding of how modern-day humans evolved from extinct ancestors. Paabo, director at the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany, won the prize for "discoveries concerning the genomes of extinct hominins and human evolution," the award committee said. Paabo was "overwhelmed" and "very happy", said Thomas Perlmann, secretary for the Nobel Committee for Physiology or Medicine, after calling the scientist with the news.

Paabo (67) said he thought the call from Sweden had something to do with his summer house there.

"I was just gulping down the last cup of tea to go and pick up my daughter at her nanny where she has had an overnight stay," Paabo said in an audio recording posted on the Nobel website. "And then I got this call from Sweden and I thought it had something to do with our little summer house in Sweden ... I thought the lawn mower had broken down or something."

Asked if he thought he would get the award, he said: "No, I have received a couple of prizes before but I somehow did not think that this really would qualify for a Nobel Prize." Paabo, son of a Nobel Prize-winning biochemist, has been credited with transforming the study of human origins after developing ways to allow for the examination of DNA sequences from archaeological and paleontological remains reaching back to the dawn of human history.

Not only did he help uncover the existence of a previously unknown human species called the Denisovans, from a 40,000-year-old fragment of a finger bone discovered in Siberia, his crowning achievement is considered to be the methods developed to allow for the sequencing of an entire Neanderthal genome.

"This ancient flow of genes to present-day humans has physiological relevance today, for example affecting how our immune system reacts to infections," the Nobel Committee said in a statement on Monday. The prize, among the most prestigious in the scientific world, is awarded by the Nobel Assembly of Sweden's Karolinska Institute and is worth 10 million Swedish crowns (\$900,357). It is the first of this year's batch of prizes. Born in Stockholm, Paabo studied medicine and biochemistry at Uppsala University before creating a scientific discipline called "paleogenomics", which helped shed light on the genetic differences. — Agencies

## **Heart disease**

### **Consuming refined grains may up risk of premature heart disease Study (The Tribune:2022105)**

<https://www.tribuneindia.com/news/health/consuming-refined-grains-may-up-risk-of-premature-heart-disease-study-437796>

High amount of refined grains can be considered similar to consuming unhealthy sugars and oils, said author

Higher intake of refined grain may increase the risk of premature coronary artery disease (PCAD), finds a new study.

The findings indicate that eating refined grains was associated with increased risk of premature heart disease and whole grains consumption with reduced risk.

"A diet that includes consuming a high amount of unhealthy and refined grains can be considered similar to consuming a diet containing a lot of unhealthy sugars and oils," said author Mohammad Amin Khajavi Gaskarei from Isfahan University of Medical Sciences.

For the study, to be presented at the American College of Cardiology (ACC) Middle East 2022 Together with the 13th Emirates Cardiac Society Congress, taking place in Dubai, UAE, October 7-9, 2022, the team involved 2,099 people with PCAD from hospitals with

catheterization labs in different cities and ethnicities throughout Iran who underwent coronary angiography.

In total, 1,168 patients with normal coronary arteries were included in the control group, while 1,369 patients with CAD with obstruction equal or above 75 per cent in at least a single coronary artery.

Participants were given a food frequency questionnaire for dietary assessments to evaluate dietary behaviours and evaluate the association between whole grain and refined grain intake and the risk of PCAD in individuals without a prior diagnoses of heart disease. After adjusting for confounders, a higher intake of refined grains was associated with an increased risk of PCAD, while whole grain intake was inversely related to reduced risk of PCAD.

## **Cholera**

### **Cholera outbreaks surging worldwide, fatality rates rising: WHO (The Tribune:2022105)**

<https://www.tribuneindia.com/news/health/cholera-outbreaks-surging-worldwide-fatality-rates-rising-who-436871>

In a typical year, fewer than 20 countries report outbreaks of the disease which is spread by the ingestion of contaminated food or water and can cause acute diarrhoea

Cholera outbreaks surging worldwide, fatality rates rising: WHO

Photo for representational purpose only. iStock

Cholera cases have surged this year, especially in places of poverty and conflict, with outbreaks reported in 26 countries and fatality rates rising sharply, a World Health Organization official said on Friday.

In a typical year, fewer than 20 countries report outbreaks of the disease which is spread by the ingestion of contaminated food or water and can cause acute diarrhoea.

"After years of declining numbers, we are seeing a very worrying upsurge of cholera outbreaks around the globe over the past year," Philippe Barboza, WHO Team Lead for Cholera, told a press briefing in Geneva.

The average fatality rate so far this year has almost tripled compared with the five-year average and is currently around 3% in Africa, he added.

While most of those affected will have mild or no symptoms, cholera can kill within hours if untreated.

A cholera outbreak in Syria has already killed at least 33 people, posing a danger across the frontlines of the country's 11-year-long war and stirring fears in crowded camps for the displaced.

Barboza also expressed concern about outbreaks in the Horn of Africa and parts of Asia, including Pakistan, where some regions are flooded.

He said only a few million doses of vaccines were available for use before the end of this year, citing a shortage of manufacturers among the problems.

WHO maintains an emergency stockpile of cholera vaccines.

"So it's very clear that we do not have enough vaccine to respond to both acute outbreaks and even less to be able to implement preventive vaccination campaigns that could be a way to reduce the risk for many countries," he said.

There was no overall estimate of the number of cholera cases across the world because of differences in countries' surveillance systems, he said. Reuters

## **New drug NMT5**

### **New drug NMT5 may turn covid virus against itself, fight variants(The Tribune::2022105)**

<https://www.tribuneindia.com/news/coronavirus/new-drug-nmt5-may-turn-covid-virus-against-itself-fight-variants-436848>

Researchers from The Scripps Research Institute test NMT5 in isolated cells as well as animals

New drug NMT5 may turn covid virus against itself, fight variants

Scientists in the US have developed a new drug that can turn SARS-CoV-2 against itself, and prevent the deadly virus from infecting humans.

The researchers from The Scripps Research Institute believe that the drug, called NMT5, is likely to be effective against the emerging variants of SARS-CoV-2.

The drug, described in the journal Nature Chemical Biology, coats SARS-CoV-2 with chemicals that can temporarily alter the human ACE2 receptor -- the molecule the virus normally latches onto to infect cells.

When the virus is near, its path into human cells via the ACE2 receptor is blocked. In the absence of the virus, however, ACE2 can function as usual, the researchers said.

"What's so neat about this drug is that we're actually turning the virus against itself," said study senior author Stuart Lipton, a professor at The Scripps Research Institute.

The team tested a library of compounds and pinpointed NMT5 as having two key properties: It could recognise and attach to a pore on the surface of SARS-CoV-2, and chemically modify human ACE2 using a fragment of nitroglycerin as the warhead.

The researchers realised this could turn the virus into a delivery vehicle for its own demise.

They characterised and tested NMT5 in isolated cells as well as animals. The study showed how NMT5 attaches tightly to SARS-CoV-2 viral particles as the viruses move through the body.

The researchers then revealed the details of how the drug adds a chemical, similar to nitroglycerin, to certain molecules if it gets close enough. When the virus gets near ACE2 to infect a cell, it translates into NMT5 adding a "nitro group" to the receptor.

When ACE2 is modified in this way, its structure temporarily shifts -- for about 12 hours -- so that the SARS-CoV-2 virus can no longer bind to it to cause infection.

"What's really beautiful is that this only knocks down availability of ACE2 locally when the virus is coming at it. It doesn't knock down all the function of ACE2 elsewhere in the body, allowing for normal function of this protein," said Lipton.

In cell culture experiments testing how well the Omicron variant of SARS-CoV-2 can attach to human ACE2 receptors, the drug prevented 95 per cent of viral binding.

In hamsters with covid, NMT5 decreased virus levels by 100-fold, eliminated blood vessel damage in the animals' lungs, and ameliorated inflammation, the researchers said.

The drug also showed effectiveness against nearly a dozen other variants of the virus, including Alpha, Beta, Gamma and Delta strains, they said.

Most anti-viral drugs work by directly blocking part of a virus which can pressure it to evolve resistance to the drug.

Since NMT5 is only using the virus as a carrier, the researchers think the drug is likely to be effective against many other variants of SARS-CoV-2.

"We expect this compound would continue to be effective even as new variants emerge, because it doesn't rely on attacking parts of the virus that commonly mutate," said Chang-ki Oh, a senior staff scientist and first author of the research.

Though the researchers have only studied the compound in animal models, they are now making a version of the drug to evaluate for human use, while carrying out additional safety and effectiveness trials in animals.

## **Sudden Cardiac Death (SCD)**

### **What is Sudden Cardiac Death (SCD)? How to minimise associated risks? (The Tribune:2022105)**

<https://indianexpress.com/article/lifestyle/health-specials/sudden-cardiac-death-scd-minimise-risks-8187656/>

A multi-regional awareness outreach to spread key messages and educate people on CPR must be undertaken on high priority to save lives and reduce incidences of sudden deaths in our country, says Dr T S Kler, Chairman, Fortis Heart and Vascular Institute, Fortis Memorial Research Institute, Gurugram.

Sudden Death, also called Sudden Cardiac Death (SCD), is an unexpected, natural death within an hour, caused by an abrupt stoppage of the heart, preceded by fainting at the onset of acute cardiac malfunction. It can affect any individual with or without pre-existing heart disease but those with higher risk factors are more at risk. Many victims also die in their sleep. In recent times, many well-known public figures have succumbed to it, so there are a number of questions and even fear in people's minds on the causes, symptoms if any, and ways to prevent it if possible.

Don't miss |What does gym death of Salman Khan's body double tell you about workouts being safe for the heart? What are the dos and don'ts for a gym beginner?

Sudden Death almost always has cardiovascular causes with more than 95 per cent of the fatalities due to sudden cardiac arrest. Less than five per cent of these are due to rupture of some relatively big vessel (artery or aorta) leading to massive bleeding into the stomach, chest or brain. One of the important reasons for rupture of the aorta is excessive dilatation defined as an aortic aneurysm, which is a balloon-like bulge in the aorta, the large artery that carries blood from the heart through the chest and torso.

What tests are required for prevention?

The only way to diagnose these aneurysms is a routine ultrasound of the torso, particularly for those above 55 years of age. Aneurysm of the aorta in the chest can be picked up by X-ray or echocardiography. Hoarseness of voice can be a symptom of an aneurysm of the ascending aorta in our chest. The most common cause of bleeding in the brain in the elderly is hypertension, but among the young, it is mostly due to some congenital anomalies of vessels (arteriovenous anomalies or abnormal tangle of blood vessels in the brain, or even, connecting arteries and veins disrupting normal blood flow and oxygen circulation) in the brain. It is usually difficult to diagnose before at least one instance of bleeding.

Despite the rising number of SCDs in India, the levels of coverage of vital registration and the reliability of the cause of death as stated on the death certificate is often low, particularly in the rural areas, which has significantly impacted the estimation of SCD incidence. The first study on SCD in India in 2012 put the overall mortality due to SCD at 10.3 per cent, which translates



to 7 lakh cases annually. Among the victims, 21 per cent were people below the age of 50 years.

What are risk factors?

A family history of coronary artery disease, smoking, high blood pressure, high blood cholesterol, obesity, diabetes and a sedentary lifestyle are some of the factors that increase the risk of Sudden Death. Men are at a greater risk than women. Other risk factors include a previous heart attack, using illegal drugs such as cocaine or amphetamines, nutritional imbalance such as low potassium/magnesium levels, obstructive sleep apnea, and chronic kidney disease.

Causes of Sudden Death

Cardiac arrest, which leads to sudden death, occurs due to three dangerous rhythm abnormalities— Ventricular Tachycardia or VT, Ventricular Fibrillation or VF and Asystole. VT is a very high heart rate coming from the lower chambers of the heart. Normal heartbeat originates from the right upper chamber of the heart called the sinus node. If VT is not treated within a few minutes, it degenerates into Ventricular Fibrillation, a type of abnormal heart rhythm. VF is practically cardiac arrest because a person has only chaotic electric activity but there is no mechanical pumping of the heart. Blood pressure immediately drops to zero and if not treated with electric shock or cardiopulmonary resuscitation (CPR), a patient dies within five to eight minutes. In Asystole, there is no heartbeat or any electric or mechanical activity in the heart. Immediate CPR is the only hope of survival and the outcome of Asystole is much worse compared to VT/VF even if the best treatment is given immediately.

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Also read |World Heart Day: 31% of patients with heart ailments below 40 years of age: Bengaluru doctors

While sudden death almost invariably involves the heart, we must understand that there are differences between cardiac arrest and heart attack. Every cardiac arrest is not due to a heart attack and every heart attack does not cause cardiac arrest.

How is SCD different from a heart attack?

A heart attack occurs due to sudden, total (100 per cent) blockage of the two coronary arteries. If a heart attack occurs due to blockage in a major or big coronary artery, it can certainly lead to cardiac arrest. Only 15 per cent of sudden cardiac arrests occur due to heart attacks while 85 per cent are due to an already damaged heart. If we assess people susceptible to cardiac arrest, about 85 per cent of cardiac arrest cases occur if the heart's pumping capacity falls (LVEF less than 35 per cent) either due to a previous heart attack (coronary artery disease) or due to disease of the heart muscle (cardiomyopathy). LVEF, which stands for Left Ventricular Ejection



Fraction, is a medical term to describe the pumping capacity of the heart. The normal level of LVEF is 55-65 per cent.

The most common cause of sudden death in adults above 35 years of age is coronary artery disease which causes blockages in these vessels, leading to heart attacks. It is a different story for people under the age of 35 years for whom the most common cause is a disease called hypertrophic cardiomyopathy in which the muscle of the left ventricle thickens and becomes hypercontractile. It is largely hereditary and can be detected by echocardiography.

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Other reasons for sudden death in young people are rare gene problems. A few of these disorders are QT prolongation in which the heart's electrical system takes longer than usual to recharge between beats and Brugada syndrome, a rare but potentially life-threatening heart rhythm condition (arrhythmia) that is sometimes inherited. While an ECHO procedure may show a normal heart for these people, an ECG can detect abnormalities.

## Reducing risks to SCD

The risk of sudden death can be reduced with regular checkups, screening for heart disease (particularly for those with a family history), adopting a heart-healthy lifestyle and reducing obesity. Individuals with diabetes must keep it under control with a combination of lifestyle modification, exercise and medicines. The ideal control is to keep HbA1c which detects average blood sugar level in the last three months between 6 and 7 per cent. Those with blood pressure must keep it under control through lifestyle modification, exercise and drugs if required. The ideal BP control is to keep it below 130/80. Regular exercise, including yoga and meditation for 45 minutes at least five days a week, learning to overcome stress and adopting a positive attitude in life will also help cut the risk of SCD. For young people who want to play competitive sports or want to do high-intensity exercise, cardiac check-ups, ECG and ECHO are recommended.

By 2030, India is likely to reach the highest number of cardiac deaths in the world. It is a formidable challenge to neutralise but it is certainly not a lost cause. While there is no magic solution yet for cardiac problems that could eliminate SCD, adopting a lifestyle change is the first and most obvious step to counter it. Families with a history of someone young dying suddenly should screen themselves regularly/undergo echocardiography. Along with lifestyle changes, we must raise awareness levels about Sudden Death through public education and make health and wellness promotion a priority. Most importantly, each of us must learn CPR and administer it within the first six minutes if someone needs it. This can greatly improve the chances of survival as it immediately restarts heart functions, provides blood supply to the brain and gives the victim a chance to stay alive until he/she is taken to a hospital. A multi-regional awareness outreach to spread key messages and educate people on CPR must be undertaken on high priority to save lives and reduce incidences of sudden deaths in our country.

## Heart and gut health

### Why puffed rice is your perfect snack and good for your heart and gut health (The Indian Express: 2022105)

<https://indianexpress.com/article/lifestyle/health-specials/why-puffed-rice-is-your-perfect-snack-and-good-for-your-heart-and-gut-health-8186929/>

Puffed rice offers important vitamins and minerals without adding excess sodium, fat, or cholesterol, says Debjani Banerjee, Incharge Dietetics. PSRI Hospital New Delhi

Puffed rice offers important vitamins and minerals without adding excess sodium, fat, or cholesterol. (Photo source: Pexels)

The very thought of puffed rice or murmura reminds us of the mouth-watering roadside bhelpuri we all love to relish at any time of the day. Touted for its crunchy taste, this healthy snacking option is not only pocket-friendly but has many health benefits right from losing weight to maintaining your blood pressure and more.

To begin with, let us first understand the nutritional benefits of puffed rice before moving on to unveil its incredible health benefits.

Puffed rice offers important vitamins and minerals without adding excess sodium, fat, or cholesterol. Here's a look at the nutrient profile of a 100 g of puffed rice:

- Carbohydrates – 90 gr
- Fiber – 1.7 gr
- Protein – 6 gr
- Calcium – 6 mg
- Iron – 31.7 mg
- Vitamin B6 – 0.1 mg
- Magnesium – 25 mg

This staple Indian diet with its richness of carbohydrates, vitamins, and minerals offers some incredible health benefits. Unlike other rice, puffed rice is a type of short-grain rice that has been puffed or compressed using air. So it is denser, chewier, fibrous and has a nutty flavour. It is rich in vitamin B6. It has complex starch that needs time to be broken down, thereby preventing you from snacking.

Relieves constipation – Our desi murmura with its rich fiber content promotes the growth of good bacteria which help to ward off your constipation problem and prevent intestinal hemorrhages as well.

Its goodness doesn't just end here, it also acts as a digestive stimulant and promotes the secretion of digestive juices which in turn increases the absorption of essential nutrients through the intestine.

#### ADVERTISEMENT

Immunity booster – Puffed rice is an incredible cereal that works to boost immunity and protects you from various infections, fever, common cold, sore throat, and other respiratory ailments. Its rich antioxidant, mineral, and nutrient content does the trick.

Good for your heart – Puffed rice is just the right snack for those with blood pressure problems. It offers amazing benefits to help normalize blood pressure levels and prevent heart-related ailments.

Stronger bones – Puffed rice benefits your bones with its richness of nutrients like calcium, iron, vitamin D, and potassium that aid proper bone cell growth and regeneration.

#### ADVERTISEMENT

An excellent recipe for weight loss – The richness of fiber and complex carbohydrates in the staple murumura keeps your hunger pangs at bay and prevents overeating. What's more, it helps to shed those stubborn kilos and speeds up your weight loss goal.

High-on energy – With a decent amount of carbohydrates in every 100 grams of puffed rice, it contributes to filling the glycogen stores in the body and provides enough energy for daily tasks.

With so many benefits to its kitty, it is advisable to consume this desi cereal regularly as a healthy snacking option. However, make sure to consume it in moderation as anything in excess is not good for your health and puffed rice has a higher glycaemic index. But limited portions work well.

## PCOS

### Four Yoga asanas you must do for PCOS (The Indian Express: 2022105)

<https://indianexpress.com/article/lifestyle/health-specials/four-yoga-asanas-pcos-8184516/>

Team them up with Shambhavi Mudra, which manipulates your pituitary gland, the command centre for the hormonal system in your body, says yoga guru Kamini Bobde.

yoga pcosIt is advisable to practise every day or as regularly as possible to achieve faster results. (Representational/ File)

It is said that one in every five women is suffering from Polycystic Ovary Syndrome (PCOS) which results in infertility and insulin resistance. Sadly, it is not until conception becomes a problem that patients and their family sit up and take note of this condition. But PCOS should be detected early and resolved because it has been found that 40-80 per cent of women with PCOS gravitate to obesity and are highly prone to diabetes and other related problems.

Lifestyle and bad dietary habits with dependence on processed food and sugar are said to compound PCOS. Now for some good news. There are enough yoga asanas that can give you relief. It was heartening when many women, who had watched my YouTube videos and followed the routine, wrote back to me saying the practice had not only corrected their hormonal imbalance but helped them conceive.

Based on this success, I'm listing the asanas and pranayama practices for PCOS. Initially it is advisable to practise every day or as regularly as possible to achieve faster results.

#### Practice details

Warm and limber up before your sessions

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**Chakki Chalanasana (Stone mill grinding asana):** As the name indicates, it imitates the posture and movement of working a grinding mill, which was part of every home in the old days. Sit with your legs as far apart as much as comfortably possible. Interlock your fingers and straighten your arms in front of your body without bending the elbow. Arms will remain in this position throughout the practice.

Take a deep breath and move back the upper part of your body as much as possible, keeping the arms straight. Then as you exhale, swerve your arms to the left of the body bending forward so that your hand moves closely over your left toes. Then exhaling, move the hands over the right toes. As you inhale again, move back to the starting position, thus making a full circular clockwise movement. Then without stopping, continue the circular movement. Do five rounds in a clockwise direction and five rounds in an anti-clockwise direction.

This movement helps massage your lower reproductive organs as well as reduce fat around the belly. It tones the digestive system and nerves in the pelvic region. It's excellent for menstrual problems.

**Naukachalanasana (Boat-rowing asana):** As the name indicates, this asana imitates the boat rowing action. Sit with your legs placed together and stretched out in front of you. Clench your hands as if holding the rows of a boat.

## ADVERTISEMENT

With exhalation, move waist up in front of the body with arms straight in front as one does for rowing a boat. Then as you breathe in, lean back as much as possible imagining you are now pulling the rows back with the hands coming close to the shoulders. Repeat the same movement in five continuous rounds in one direction, then in the opposite direction. Here again the pelvic area is impacted, toning up the reproductive and digestive systems and burning the fat around the belly.

**Namaskar asana:** Sit on your haunches with feet flat on the floor. Initially if you find it difficult, then start with sitting on your toes or place cushions under your buttock to support the posture. Lock your elbows against the inside of your knees and push the knees apart as much as possible

with the elbows. Then join your hands in front of your body in typical namaskar pose. Keep back straight and relax.

Inhale in the starting position and as you exhale, straighten your arms in front of you, closing your knees in and dropping your head between your arms. The whole body is kind of closed in. Then as you inhale, push the knees apart with the elbows and straighten your head and back to the starting position. This is one round. Do five rounds.

#### ADVERTISEMENT

This asana impacts the hormonal system and tones the nerves and muscles of the thigh, arms, shoulders and neck. It also helps in better bowel movement.

Vayunishkanasana: This is a good follow-up to the above asana as you start in the same starting pose. Only difference is that your palms are placed under your feet with the fingers under the sole of the feet and the thumb on top of the feet. The elbows are still locked against the knees.

This is the starting pose. Relax your body, then inhale in the squatting position and as you exhale, straighten your knees and back with your fingers still under your feet. Your head will dangle at your knees. This should be done in one smooth, motion. Then as you inhale, come back to the starting position. This is one round. Do five rounds.

Don't miss |‘Reverse chronic illness: Wake up with the sun, eat by sunset, don’t hit the gym after dark, sleep deep and eat plant-based whole food’

Follow this up with the three standing asanas, which I have described earlier too and are only too well-known: Tadasana, Triyak-Tadasana and Kati-chakrasana. Follow this up with Suryanamaskar. Begin with three rounds but build up to a minimum of 10 rounds.

Always follow up Suryanamaskar with at least five minutes of Shavasana, which is a whole body relaxation practice.

#### ADVERTISEMENT

Pranayama: The breathing practices help distribute the awakened energies with asana practice and impacts the nervous system and our brain.

#### 1. Kapalbhati

2. Bhastrika

3. Anulom Vilom

Mudra

Shambhavi Mudra: Continue sitting in your pranayama pose. Relax body but keep your spine straight. Gently close your eyes. Move your eyeballs internally to the eye-brow centre. Visualise a beautiful candle flame or your favourite God or any other favourite symbol at the eye-brow centre. Hold your internal gaze as long as possible.

This is a powerful practice and manipulates your pituitary gland which is the command centre for the hormonal system in your body.

## **PM TB Mukh Bharat scheme**

### **Adopting 5k patients under PM TB Mukh Bharat scheme, says Union Minister Kapil Patil (The Hindu: 2022105)**

<https://www.thehindu.com/news/national/other-states/adopting-5k-patients-under-pm-tb-mukh-bharat-scheme-says-union-minister-kapil-patil/article65962520.ece>

“The adoption is for six months and the cost would be ₹600 per patient per month.”

Union Minister Kapil Patil on Sunday said he had adopted 5,000 tuberculosis patients in his Bhiwandi Lok Sabha constituency in Maharashtra's Thane district as part of the Pradhan Mantri TB Mukh Bharat Abhiyan.

The scheme, launched on September 9, allows individuals, elected representatives and institutions to adopt TB patients and care for them

Viral infections including COVID are among the important causes of dementia – one more reason to consider vaccination

COVID-positive outpatients have a more than three-fold higher risk of Alzheimer's.

Palmerston North (New Zealand), Oct 3 (The Conversation) With more of us living into old age than at any other time, dementia is increasing steadily worldwide, with major individual, family, societal and economic consequences.



Treatment remains largely ineffective and aspects of the underlying pathophysiology are still unclear. But there is good evidence that neurodegenerative diseases – and their manifestation as dementia – are not an inevitable consequence of ageing.

## **Healthians flags**

### **Diagnostics firm Healthians flags high stress level in 31-40 age group(The Hindu: 2022105)**

Three in every ten Indians have abnormal levels of total cholesterol, finds study

Healthians, a diagnostics company conducting tests in over 250 cities in India said its recent study revealed that six in ten Indians were found to have abnormal levels of bad cholesterol, with the highest prevalence amongst the 31-40 years age group.

The firm which used anonymised data from blood tests by 2.66 million people of ages 20 in the last few months, found that 63% have high low-density lipoprotein (LDL) cholesterol levels in their blood.

## **Constipation**

### **आयुर्वेद: कॉन्स्टिपेशन कम नहीं कर रहा कोई इलाज, छुटकारे के लिए एक्सपर्ट ने बताए उपाय(The Hindu: 2022105)**

<https://www.livehindustan.com/lifestyle/health/story-how-to-prevent-constipation-with-ayurvedic-tips-7174593.html>

**Ayurvedic Tips to Prevent Constipation:** एक हफ्ते में तीन से कम मल त्याग करने पर आपको कॉन्स्टिपेशन की समस्या हो सकती है। कब्ज को रोकने के लिए यहां कुछ आयुर्वेदिक उपाय दिए गए हैं। यहां जानिए-

आयुर्वेद: कॉन्स्टिपेशन कम नहीं कर रहा कोई इलाज, छुटकारे के लिए एक्सपर्ट ने बताए उपाय

हमें फॉलो करें

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कब्ज, एक सामान्य परेशानी है। हफ्ते में तीन बार कम मल त्याग करने को कब्ज के रूप में देखा जाता है। तीन दिनों के बाद, अगर मल सख्त हो जाता है और किसी को दबाव डालना पड़ता है, तो इसे कब्ज के सामान्य संकेत के रूप में देखा जाता है और यदि मल सूखा, कठोर और दर्दनाक होता है या आपको ऐसा महसूस होता है कि आपने अपनी आंतों को पूरी तरह से खाली नहीं किया है, तो आप कुछ घरेलू तरीकों को अपना सकते हैं।

कब्ज क्यों होती है?

एचटी के साथ एक बातचीत में, आयुष्य की सह-संस्थापक, डॉ स्मिता नारम ने खुलासा किया कि कब्ज का सबसे आम कारण हैवी, खट्टा, संसाधित, पैकेट और नॉन-फाइबर फूड खाने से होता है। कुछ लोगों को अपनी नैचुरल इच्छा को दबाने और दिन में ठंडा पानी पीने की आदत होती है, जिससे कब्ज भी होता है। इसके अलावा लाइफस्टाइल के कारण भी कब्ज हो सकती है। आयुर्वेद में, शरीर में वात ज्यादा होने के कारण कब्ज होता है। अगर आपके शरीर में बहुत अधिक वात है, तो शरीर शुष्क महसूस करता है और बहुत ज्यादा पानी सोख लेता है जिससे मल सूख जाता है। डॉ स्मिता नारम ने आयुर्वेद में कब्ज को कम करने के कई प्राकृतिक तरीकों के बारे में बताया है।

1) हरीतकी और अरंडी का तेल- हरीतकी, जिसे टर्मिनलिया चंबुला भी कहा जाता है। अरंडी का तेल टॉक्सिन को दूर करने और वात को संतुलित करने में मदद करता है। यह सूजन को दूर करने में मदद करता है, और ये मल त्याग को आसानी से बढ़ावा देता है।

2) काली किशमिश- इसमें वात कम करने वाले गुण होते हैं, जिससे गैस, सूजन और पाचन में मदद मिलती है। इसका ठंडा इफेक्ट पित्त और अम्लता को भी कम करता है। रोजाना 20 काली किशमिश को 1 गिलास पानी में रात भर के लिए भिगो दें और अगली सुबह पानी पीएं और सुबह इसे चबाएं।

कॉन्स्टिपेशन और पेट दर्द की समस्या से राहत पाने के लिए रोजाना करें ये योगासन, जल्दी मिलेगा आराम

## Brain boosting foods

**Brain boosting foods: ब्रेन पावर बढ़ाने के 5 आयुर्वेदिक उपाय, सालों तक दिमाग में छप जाएगी देखी-पढ़ी गई चीज(Navbharat Times : 2022105)**

<https://navbharattimes.indiatimes.com/lifestyle/health/according-to-ayurveda-follow-these-5-easy-and-effective-tips-to-boost-memory-and-brain-function-naturally/articleshow/94635388.cms?story=5>

**How to boost brain power:** याददाश्त को मजबूत बनाने के लिए अक्सर हेल्दी डाइट लेने और साथ ही टेंशन फ्री रहकर रोजाना एक्सरसाइज करने की सलाह दी जाती है। गंभीर मामलों में कुछ दवाएं काम आ सकती हैं। हालांकि कमजोर याददाश्त का आयुर्वेद भी बढ़िया इलाज मौजूद है।

according to ayurveda follow these 5 easy and effective tips to boost memory and brain function naturally

Brain boosting foods: ब्रेन पावर बढ़ाने के 5 आयुर्वेदिक उपाय, सालों तक दिमाग में छप जाएगी देखी-पढ़ी गई चीज

क्या आप एजाम की तैयारी कर रहे हैं, क्या आपको किसी चीज को याद रखने में परेशानी होने का डर है, क्या आप उन लोगों में से हैं, जो समय-समय पर चीजों को भूल जाते हैं? याददाश्त कमजोर होना और चीजों को भूलना बड़ी समस्याएं बनती जा रही हैं और बहुत से लोगों को रोजाना इसका सामना करना पड़ता है।

दिवाली सेल में पाइए टीवी और अप्लायंसेज पर 55% तक छूट |

याददाश्त कमजोर होने के कारण क्या है? भूल जाना कभी-कभी कोई बड़ी समस्या नहीं होती और किसी के साथ भी हो सकती है। हालांकि अगर आपके भूलने की बीमारी या याद करने की क्षमता में लगातार गिरावट आ रही है, तो आपको सतर्क हो जाना चाहिए और ऐसे मामले में अपने डॉक्टर से परामर्श करना चाहिए।

याददाश्त को मजबूत बनाने के लिए अक्सर हेल्दी डाइट लेने और साथ ही टेंशन फ्री रहकर रोजाना एक्सरसाइज करने की सलाह दी जाती है। गंभीर मामलों में कुछ दवाएं काम आ सकती हैं। हालांकि कमजोर याददाश्त का आयुर्वेद भी बढ़िया इलाज मौजूद है। कई आयुर्वेदिक तरीकों के जरिए मेमोरी बूस्ट करने और दिमागी कामकाज को बढ़ाने में मदद मिल सकती है।

दिमाग बढ़ाने वाली इन चीजों का करें सेवन

जैसे आपके शरीर को पोषण की आवश्यकता होती है, वैसे ही आपका मस्तिष्क भी स्वस्थ रहने और ठीक से काम करने के लिए भी होती है। बहुत सारे खाद्य पदार्थ हैं, जिन्हें आपको आज से ही अपने दैनिक आहार में शामिल करना चाहिए। आप घी, जैतून का तेल, अखरोट, भिगे हुए बादाम, किशमिश, खजूर और ताजे फल खा सकते हैं। अन्य खाद्य पदार्थ जो आपके मस्तिष्क के स्वास्थ्य के लिए बहुत अच्छे हैं, उनमें दाल, बीन्स, पनीर और दाल शामिल हैं। आयुर्वेद और NCBI की एक रिपोर्ट के अनुसार जीरा मस्तिष्क की नलिकाओं को खोलता है और काली मिर्च दिमाग की अग्नि को बढ़ाती है।

दिमाग तेज करने वाली जड़ी बूटियां

कई आयुर्वेदिक जड़ी-बूटियां मानव मस्तिष्क में तीनों सीखने की क्षमताओं का समर्थन और सुधार करती हैं- धी, धृति और स्मृति। इनमें से कुछ विशेष जड़ी-बूटियां जैसे गोटू कोला, अश्वगंधा और बकोपा मेमोरी बूस्टर के रूप में काम करती हैं।

ऑक्सीडेटिव डैमेज से बचने के लिए एंटीऑक्सिडेंट

दिमाग को ठीक से काम करने के लिए ऑक्सीजन की जरूरत होती है। कई बार ब्रेन की वजह से बॉडी की सेल्स में फ्री रेडिकल्स की अधिकता हो जाती है। नेशनल लाइब्रेरी ऑफ मेडिसिन की रिपोर्ट के अनुसार, एंटीऑक्सिडेंट फ्री रेडिकल को बेअसर करने का काम करता है। गुलाबी और लाल रंग के फल और सब्जियां, जैसे तरबूज और टमाटर, एंटीऑक्सिडेंट से भरपूर होते हैं।

ब्रेन को हाइड्रेट करने के लिए हर्बल चाय

जब शरीर में कार्यों को ठीक से करने के लिए पर्याप्त पानी नहीं होता है, तो आप कमजोर और अस्थिर महसूस कर सकते हैं। इसे डिहाइड्रेशन कहा जाता है। आयुर्वेदिक विशेषज्ञ सलाह देते हैं कि विशेष हर्बल चाय पीने से दिमाग को हाइड्रेट किया जा सकता है और हमारी मानसिक शक्ति और याददाश्त को बढ़ाया जा सकता है। हर्बल चाय की इन विशेष सामग्रियों में से कुछ में हिंग, हल्दी, अजवाइन और तुलसी शामिल हैं।

रात को अच्छी नींद लें

नींद की कमी मस्तिष्क के कार्य में गहराई से बाधा डाल सकती है, जो आपकी याददाश्त और सोचने के कौशल को खराब कर सकती है। इसलिए जरूरी है कि हर रात पर्याप्त आराम किया जाए। हर दिन एक ही समय पर बिस्तर पर जाने और सुबह उठने की कोशिश करें। इसके अलावा, अधिकतम लाभ के लिए अपने नींद चक्र को सूर्यास्त और सूर्योदय के समय ढालने की कोशिश करें। नींद न आने की स्थिति में, आयुर्वेदिक जड़ी बूटी बकोपा आपके मस्तिष्क को शांत करने और नींद को बढ़ावा देने में मदद कर सकती है।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

अंग्रेजी में इस स्टोरी को पढ़ने के लिए यहां क्लिक करें

घर और रसोई पर सबसे बड़ी बचत - वाटर प्यूरीफायर, गीजर, मिक्सर ग्राइंडर पर हर रोज नए डील्स प्राप्त करें |