



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Friday

2022107

Cough syrups

Lens on 4 cough syrups after WHO flags deaths (Hindustan Times: 2022107)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=710265bbe72&imageview=0>

India's drugs regulator has launched an investigation into reports of contamination of cough syrups made by an Indian firm that led to the deaths of 66 children in The Gambia, people familiar with the matter said on Thursday, with inspections being carried out at manufacturing units and other company premises in the country.

The Drugs Controller General of India (DCGI) has also sought more details from the World Health Organization (WHO), which on Wednesday issued an alert over four "substandard" cough syrups manufactured by Maiden Pharmaceuticals Ltd in Haryana's Sonapat, and sold in The Gambia.

"The samples (controlled samples of the same batch manufactured by Maiden Pharmaceuticals Limited for all the four drugs in question) have been taken and sent for testing to Regional Drug Testing Lab, Chandigarh by CDSCO (Central Drugs Standard Control Organisation), the results of which will guide further course of action as well as bring clarity on the inputs received/to be received from WHO," the Union health ministry said on Thursday.

The UN health agency on Wednesday issued an alert over four medicines – Promethazine Oral Solution, Kofexmalin Baby Cough Syrup, Makoff Baby Cough Syrup, and Magrip N Cold Syrup – made by the Indian firm, warning that the cough and cold syrups could potentially be linked to acute kidney injuries and deaths in children. "While the contaminated products have so far only been detected in The Gambia, they may have been distributed to other countries," WHO said. On Thursday, the health ministry said that as per preliminary enquiry of CDSCO, the drugs were only exported by the company and not distributed in the Indian market.

"The State Drug Controller had given licenses to the said company only for export of these four drugs... All these four drugs manufactured only for exports by Maiden Pharmaceuticals Limited are not licensed for manufacture and sale in India," the Union government said.

Meanwhile, more than 30 months after 14 infants died in Jammu and Kashmir after consuming cough syrup manufactured by a Himachal Pradesh-based pharmaceutical company, police are yet to file a charge sheet in the case, even as the latest incident brings the spotlight back on to bad regulatory practices and poor scrutiny of such incidents.

WHO has warned that the four “contaminated” cough syrups produced by Maiden Pharmaceuticals in Sonapat could be the reason for the deaths in the small West African nation

Haryana’s health minister Anil Vij said samples of the four cough syrups manufactured by the firm were also sent to the Central Drugs Laboratory in Kolkata for examination. “The samples have been collected by a team of the DCGI and Haryana’s Food and Drugs Administration Department and sent to the CDL, Kolkata for examination,” Vij said. According to WHO, out of 23 samples tested, four were found to contain diethylene glycol and ethylene glycol “beyond permissible limits”. According to public health experts, the problem of these two contaminants is not new, and it is largely the result of a weak regulatory mechanism.

Toxic effects of the two chemicals can include abdominal pain, vomiting, diarrhoea, bladder dysfunction, headache, altered mental state, and acute kidney injury, which may lead to death.

“The Indian pharmaceutical industry has had a DEG poisoning problem for a long time now, with the first event being reported in 1972 in Madras. The reason that such poisoning events take place is because many pharma companies in India do not test all excipients before they are used in manufacturing drugs, despite the Good Manufacturing Practice code expressly requiring such testing,” Dinesh Thakur, public health activist, quoted from his upcoming book “The Truth Pill: The Myth of Drug Regulation in India”. Thakur said that the company in question has been in the news earlier also because of the substandard quality of its drugs.

“In 2005, a drugs inspector from Kerala filed a prosecution against the company for which in 2017, a judicial first-class magistrate court in Kerala fined it; it was one of the 39 companies blacklisted by Vietnam for violation of quality control regulation and drug regulation; the Bihar government also black-listed it in 2011 for substandard drugs, etc. That’s the track record,” he alleged. HT visited the corporate headquarters of the company in Delhi’s Pitampura on Thursday but it was closed. When contacted over the phone, a company representative refused to comment on the matter.

In India, 14 patients died in Mumbai in 1986 when they were given glycerin contaminated with DEG. A second episode of poisoning occurred in 1998 as a result of children ingesting DEG; at least 33 children are known to have died in that episode in Gurugram.

DEG and EG are often found as contaminants in glycerin, which is used as a sweetener in formulations of many pharmaceutical syrups ingested orally. While they can make their way into medicines as a result of bad import and export practices, the two chemicals are also used on purpose illegally as cheaper substitutes to glycerin.

The health ministry, meanwhile, has sought more information from WHO on their investigation. “It has also been informed by WHO that the certificate of analysis will be made available to WHO in near future and WHO will share it with the Indian regulator, which is yet to be done. The exact one-to-one causal relation of death has not yet been provided by WHO to CDSCO,” it said. “As a robust national regulatory authority, CDSCO has requested WHO

to share at the earliest with it the report on establishment of causal relation to death with the medical products in question, etc.," it added.

According to people familiar with the matter, WHO on September 29 informed DCGI that the UN agency was providing technical assistance and advice to The Gambia after the deaths. The health agency also cautioned that the contaminated medications may have been distributed outside of the West African country. "It is an ongoing investigation, which the central and state governments are doing in collaboration. Both the central and state drugs regulators are working together to get to the bottom of the issue," said a senior government official, asking not to be named. CDSCO said it responded to WHO within an hour-and-a-half after receiving intimation after taking up the matter with the state regulatory authority. A detailed probe was launched to ascertain the facts and details into the matter in collaboration with Haryana state drugs controller, an official said. Preliminary investigations ascertained that Maiden Pharmaceutical Ltd was the manufacturer licensed by the state drug controller for the products under reference, and holds manufacturing permission for these products.

Old Cross-leg Flap Surgery technique

Doctors use century old Cross-leg Flap Surgery technique to save Iraqi road accident victim's leg from amputation (The Indian Express:2022107)

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

Doctors use century old Cross-leg Flap Surgery technique to save Iraqi road accident victim's leg from amputation

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.”

Why is it still considered a safe bet?

According to the US-based National Library of Medicine, “Cross-leg flaps remain a useful and highly reliable tool for the reconstruction of difficult wounds of the lower limb. It offers the possibility of salvaging limbs that are otherwise non-reconstructable. Cross-extremity flaps function as a nutrient flap for the distal limb even though the pedicle has been divided. It is a backup procedure in an urgent situation and supplies a large quantity of skin. Advantages of cross-leg flap include ease of dissection, versatility, shorter operating time, minimal donor site morbidity, and replacement of like tissue with little or no need for secondary revision. With its simplicity, reliability, absence of functional deficit, and good-quality coverage with only moderate aesthetic disadvantage, cross-leg flap finds a definite place in reconstructive trauma surgery. Therefore, we recommend its use for injuries unsuitable for local tissue transfer, when real microvascular expertise is not available or operating room time is restricted.”

Dental Health

Why you should not buy teeth aligners online even if Virat Kohli says so(The Indian Express:2022107)

<https://indianexpress.com/article/lifestyle/health-specials/why-you-should-not-buy-teeth-aligners-online-even-if-virat-kohli-says-so-8193920/>

‘The approach of any company marketing teeth-correcting aligners with a direct to consumer approach is unethical. This kind of minimum supervision orthodontic treatment can result in poor outcomes or permanent damage to innocent patients who get influenced by these advertisements,’ says Dr Balvinder Singh Thakkar, president, Indian Orthodontic Society

While the celebrities are being pulled up for the “thoughtless endorsement” of the product and being trolled with negative comments like, “There is more to orthodontics than just waving a wand,” the medical fraternity is extremely saddened by the overall cavalier approach of D2C companies to diagnosis and treatment. (File/ Getty images)

“Still relying on age-old methods to solve your teeth gap issues when you have an easy peasy solution available?” This is the question that cricketer Virat Kohli and actor wife Anushka Sharma ask as they feature in an advertisement that talks about buying teeth aligners off the shop shelf and literally fixing your smile. Promoting orthodontic treatment in a direct-to-consumer business model, Anushka says these are “easy to book, easy to use and easy on the pocket,” while Kohli suggests downloading an app to order the aligner, making it as simple as ordering food online.

Heart health and diabetes

What are must-have herbs for heart health and diabetes? (The Indian Express:2022107)

<https://indianexpress.com/article/lifestyle/health-specials/must-have-herbs-health-diabetes-8193028/>

You can easily set up a nutri-garden in your backyard or balcony that can help you maintain quality nutrition, says Manasa Lakshmi Penta, Clinical Dietician, GITAM Institute of Medical Sciences and Research, Visakhapatnam

Anuva for cancer research

Vedanta’s medical arm ties up with Anuva for cancer research in India (The Indian Express:2022107)

Anuva and BMC aim to use this cancer bio/data bank for clinical research to identify relevant insights for precision medicine application for cancer in India

Vedanta's BALCO Medical Centre (BMC), one of India's leading cancer hospitals, and Anuva, a genomics biotech company with a centre in India and backed by a UK-based hub, on Thursday jointly announced a strategic collaboration to build a Cancer Genomics Biobank for cancer research in India.

Anuva and BMC aim to use this cancer bio/data bank for clinical research to identify relevant insights for precision medicine application for cancer in India.

The companies said the collaboration leverages the strengths of both organisations – the clinical expertise of BALCO Medical Centre and Anuva's biobanking and genomic expertise.

"This is another milestone in the journey of BALCO Medical Centre towards becoming India's cancer care destination," said Jyoti Agarwal, Chairperson of BALCO Medical Centre

"Our collaboration with Anuva will bring together the best of knowledge, technology and research to serve the people of India better, through precision medicine and targeted treatment," she said.

The memorandum of understanding (MoU) was signed by Dr Jonathan Picker, CEO of Anuva, and Dr Bhawna Sirohi, Medical Director of BMC, at the BALCO Medical Centre at Naya Raipur in Chhattisgarh.

"I am tremendously excited to embark on this endeavour with BALCO Medical Centre. Despite all the research, cancer still remains the third leading cause of death. As a genetic disease, the research needs to be personalized to the affected populations," said Dr Picker.

"This partnership will provide us a bridge to support "bench to bedside" research, driving our efforts to accelerate progress in treating cancer and also help patients with cancer live longer with better quality of life," added Dr Sirohi.

A cancer focused bio/data bank is aimed at helping both organisations accelerate discoveries by bringing together biological factors with the background risk elements, at a population level, to find the critical genes that drive cancer. The resulting knowledge is expected to improve understanding of how genetic variants influence cancer, thereby, increasing effectiveness of diagnosis and treatment.

Headquartered in Singapore with presence in India, Dubai, Boston and the United Kingdom, Anuva describes itself as a translational research company with a mission to create the most diverse genomic bio/data bank of Asian populations, which is being utilised for research and development. In addition, it says its cohorts and biorepository allows for follow-on clinical and translational studies, which greatly empower drug development opportunities

BMC marks the flagship initiative of the Vedanta Medical Research Foundation (VMRF), a non-profit organisation initiative of Vedanta Resources and Bharat Aluminium Company Ltd (BALCO), to contribute towards prevention of cancer.

Smoking

Smoking linked with increased risk of viral infection, coronavirus illness: Study

The findings are published in the Nicotine and Tobacco Research journal (The Tribune:2022107)

<https://www.tribuneindia.com/news/health/smoking-linked-with-increased-risk-of-viral-infection-coronavirus-illness-study-438721>

Smoking linked with increased risk of viral infection, coronavirus illness: Study

Photo for representation only.

Cigarette smoking is associated with an increased risk of viral infection, including coronavirus and respiratory illness, according to a study.

The findings, published recently in the Nicotine and Tobacco Research journal, support urgent recommendations to help patients quit smoking as a way of countering covid.

The researchers from the University of California (UC) - Davis found that current smokers have a 12 per cent increased risk of a laboratory-confirmed viral infection and a 48 per cent increased risk of being diagnosed with respiratory illnesses.

"Past research has shown that smoking increases the risk of covid disease severity, but the risk of infection had been less clear," said study lead author Melanie Dove from UC Davis

"Our study findings show smokers have an increased risk of viral infection, including coronavirus and respiratory illness," Dove said.

The researchers re-analysed data from the British Cold Study (BCS), a 1986-1989 challenge research that exposed 399 healthy adults to one of five "common cold" viruses.

This included a type of common coronavirus (coronavirus 229E) that existed prior to the novel coronavirus (SARS-CoV-2 virus).

The team calculated overall and coronavirus-specific unadjusted and adjusted relative risks for current smokers, testing whether each association was modified by the type of respiratory virus.

The study showed that current smokers had an increased risk of respiratory viral infection and illness, with no significant difference across the types of viruses.

The increased associations for only the coronavirus 229E did not reach statistical significance. This was likely due to the small sample size with only 55 participants, of whom 20 were smokers, they said.

These findings are consistent with known harms caused by smoking to immune and respiratory defences and some observational evidence of increased covid infection and disease progression in current smokers, the researchers said.

The researchers noted that one of the main limitations of this study is that the mild common coronavirus 229E may have different biological and health effects than other coronaviruses, including SARS-CoV-2.

Therefore, the findings may not be generalisable to other coronaviruses, they said.

"These findings may have implications for addressing tobacco use at the population level as a strategy for preventing covid infection," said senior study author Elisa Tong from UC Davis Department of Internal Medicine.

Compound in some mouthwashes may suppress Covid, finds study

Commercially available mouthwashes contain a number of antibiotic and antiviral components that act against microorganisms in the mouth, say researchers

Compound in some mouthwashes may suppress Covid, finds study

Photo for representational purpose only.

A chemical found in some mouthwashes may suppress COVID-19 infection by blocking the entry of the SARS-CoV-2 virus into the cells, a study has found.

Commercially available mouthwashes contain a number of antibiotic and antiviral components that act against microorganisms in the mouth, the researchers said.

One of these, cetylpyridinium chloride (CPC) has been shown to reduce the viral load of SARS-CoV-2 in the mouth, primarily by disrupting the lipid membrane surrounding the virus, they said.

While there are other chemicals with similar effects, CPC has the advantage of being tasteless and odourless, according to the researcher.

The team at Hokkaido University in Japan studied the effects of CPC in Japanese mouthwashes which typically contain a fraction of the chemical compared to previously tested mouthwashes.

They tested the effects of CPC on cell cultures that express trans-membrane protease serine 2 (TMPRSS2), an enzyme required by the SARS-CoV-2 for entering the cell.

The study, published in the journal Scientific Reports, found that, within 10 minutes of application, 30–50 microgrammes per millilitre ($\mu\text{g}/\text{mL}$) of CPC inhibited the infectivity and capability for cell entry of SARS-CoV-2.

Commercially available mouthwashes that contain CPC performed better than CPC alone, the researchers said.

The study also showed that saliva did not alter the effects of CPC.

The researchers then tested four variants of SARS-CoV-2 -- the original, Alpha, Beta and Gamma—and showed that the effects of CPC were similar across all strains.

This study shows that low concentrations of CPC in commercial mouthwash suppress the infectivity of four variants of SARS-CoV-2.

The researchers have already begun assessing the impact of CPC-containing mouthwashes on viral loads in saliva of COVID-19 patients.

Future work will also focus on fully understanding the mechanism of the effect, as lower concentrations of CPC do not disrupt lipid membranes.

Cancer mortality

Wear, tear from stress can increase risk of cancer mortality: Study (The Tribune:2022107)

<https://www.tribuneindia.com/news/health/wear-tear-from-stress-can-increase-risk-of-cancer-mortality-study-438708>

The wear and tear on the body caused by chronic and life long stress can raise the risk of death rates from cancer, according to experts.

That wear and tear, called allostatic load, refers to the cumulative effects of stress over time.

external stressors, your body releases a stress hormone called cortisol, and then once the stress is over, these levels should go back down," said Dr. Justin Xavier Moore, epidemiologist at the Medical College of Georgia and Georgia Cancer Center.

"However, if you have chronic, ongoing psychosocial stressors, that never allow you to 'come down,' then that can cause wear and tear on your body at a biological level." Investigators, led by Moore, performed a retrospective analysis of more than 41,000 people from the National Health and Nutrition Examination Survey, or NHANES, collected between 1988-2019. That database includes baseline biological measures of participants -- body mass index, diastolic and systolic blood pressure, total cholesterol, hemoglobin A1C (higher levels indicate a risk for diabetes), albumin and creatinine (both measures of kidney function) and C-reactive protein (a measure of inflammation) -- that the researchers used to determine allostatic load. Those with a score of more than 3 were categorised as having high allostatic load.

Then they cross-referenced those participants with the National Death Index, maintained by the National Center for Health Statistics and the Centers for Disease Control and Prevention, to determine which people died from cancer and when, Moore explained.

"To date, there has been limited research on the relationship between allostatic load and cancer among a current, nationally representative sample of US adults," Moore and his colleagues write in the journal *SSM Population Health*. "Examining the association of allostatic load on cancer outcomes, and whether these associations vary by race may give insight to novel approaches in mitigating cancer disparities." The researchers found that, even without adjusting for any potential confounders like age, social demographics like race and sex, poverty to income ratio and educational level, those with a high allostatic load were 2.4 times more likely to die from cancer than those with low allostatic loads.

"But you have to adjust for confounding factors," Moore explains. "We know there are differences in allostatic loads based on age, race and gender." In fact, in previous research he and his colleagues observed that when looking at trends in allostatic load over 30 years among 50,671 individuals, adults aged 40 and older had greater than a 100% increased risk of high allostatic load when compared to adults under 30. Further, regardless of the time period, Black and Latino adults had an increased risk of high allostatic load when compared with their white counterparts. Much of that, Moore says, can be attributed to structural racism -- things like difficulty navigating better educational opportunities or fair and equitable home loans.

"If you're born into an environment where your opportunities are much different than your white male counterparts, for example being a black female, your life course trajectory involves dealing with more adversity," he said.

Even when controlling for age, the researchers found that people with high allostatic load still have even 28% increased risk of dying from cancer. "That means that if you were to have two people of the same age, if one of those people had high allostatic load, they are 28% more likely to die from cancer," Moore says.

Adjusting for sociodemographic factors including sex and race and educational level, high allostatic load led to a 21% increase; and further adjusting the model for other risk factors like whether participants smoked, previously had a heart attack, or been previously diagnosed with cancer or congestive heart failure, led to a 14% increase.

Moore and colleagues further examined the relationship between allostatic load and cancer mortality specifically among each racial/ethnic group (e.g., non-Hispanic Black, non-Hispanic white, and Hispanic adults). However, allostatic load was not as strongly related when broken down by race categories. These findings could be explained by the sheer size of the original sample.

"Epidemiologically, when looking at 41,000 people, there are many cancer related-death events," Moore explains. "However, it is more difficult to ascertain a relationship between x (allostatic load) and y (cancer death) when you essentially have less datapoints to measure." For example, limiting the sample to just non-Hispanic Blacks would mean analyzing a sample of just 11,000 people, so the relationship may look diminished or attenuated.

"The reason race even matters, is because there are systemic factors that disproportionately affect people of color," he said. "But even if you take race out, the bottom line is that the environments in which we live, work and play, where you are rewarded for working more and sometimes seen as weak for taking time for yourself, is conducive to high stress which in turn may lead to cancer development and increased morbidity and mortality." In the United States, cancer is the second leading cause of death and it was responsible for an estimated 1.9 million cases and nearly 609,000 deaths in 2021.

Heart health

Kurukshetra NIT researchers aim to develop cost-effective device to track heart health (The Tribune:2022107)

<https://www.tribuneindia.com/news/haryana/nit-researchers-aim-to-develop-cost-effective-device-to-track-heart-health-438578>

Claiming to have developed an early and accurate heart diagnosis system, researchers at the National Institute of Technology (NIT), Kurukshetra, now aim to develop a cost-effective system on the lines of BP-measuring machine to help people track their heart health.

Dr Monika Mittal, Associate Professor, Electrical Engineering Department, NIT, says in today's scenario, when the incidences of sudden heart attacks are increasing, the research related to early diagnosis of heart diseases using the most primitive and least costly diagnostic test ECG is of immense potential.

“A computer-aided analysis technology for the early detection of arrhythmias (heart diseases) has been accomplished using accurate and precise identification of various R-peaks (an electrocardiographic parameter with multiple clinical applications), which is considered to be an important attribute for the purpose,” she said, adding that the system analysed ECG signals for detecting minute aberrations in it that are otherwise not detectable by manual inspection.

Any possible occurrence of heart disease at an early stage is usually indicated by these minute irregularities in the heart rhythms known as arrhythmia. If detected early, these can be cured easily preventing any complications in the heart disease. The system will analyse the ECG of a person and provide its verdict about the presence of heart disease directly on the computer screen without any human intervention.

Developers awarded

The Institution of Electronics and Telecommunication Engineers has awarded SK Mitra Memorial Award jointly to Monika Mittal and Varun Gupta for the research paper entitled ‘R-Peak detection in ECG signal using Yule-Walker and principal component analysis’ published in IETE Journal of Research in 2021.

WHO

WHO: Sonapat firm's spurious drugs linked to death of 66 kids in Gambia (The Tribune:2022107)

Health Ministry launches probe into four ‘substandard’ cough syrups

WHO: Sonapat firm's spurious drugs linked to death of 66 kids in Gambia

<https://www.tribuneindia.com/news/nation/who-sonapat-cos-spurious-drugs-linked-to-death-of-66-kids-in-gambia-438488>

The World Health Organisation on Wednesday issued a medical product alert for four “contaminated” Indian paediatric medicines, manufactured by a firm in Haryana’s Sonapat, saying these drugs identified in Gambia had been potentially linked with acute kidney injuries and 66 deaths among children in the west African country.

Contaminants diethylene glycol, ethylene glycol can prove fatal. Toxic effects include abdominal pain, diarrhoea, inability to pass urine, headache, altered mental state and acute kidney injury.

The medicines in question are cough and cold syrups produced by Maiden Pharmaceuticals Limited, Sonapat. The WHO said laboratory analysis of samples of each of the four products confirmed that these contained unacceptable amounts of diethylene glycol and ethylene glycol as contaminants. “To date, these four products have been identified in The Gambia, but may have been distributed, through informal markets, to other countries or regions. The WHO recommends all countries detect and remove these products from circulation to prevent further harm to patients,” the WHO said. The Health Ministry here said it had already launched investigations into the matter and asked the WHO to provide the report establishing the link between the medicines in question and the stated mortality. The report is awaited, the ministry added.

Top government sources also said that the Central Drugs Standard Control Organisation, the apex drug regulator, had on September 29 received the related intimation from the WHO and immediately launched a probe.

“As per the tentative results received by the WHO, out of the 23 samples tested, four have been found containing diethylene glycol/ethylene glycol as indicated. It has also been informed by the WHO that the certificate of analysis will be made available to it in near future and the world body will share it with India. The exact one to one causal relation of death has not yet been provided by the WHO, nor have the details of labels and products been shared with the CDSCO,” official sources said.

WHO Director General Tedros Adhanom Ghebreyesus said while the contaminated products had so far been detected only in Gambia, these may have been distributed to other countries and must be recalled.

India told the WHO that from the preliminary inquiry, it was made out that Maiden Pharmaceutical Limited, Sonapat (Haryana), was a manufacturer licensed by the State Drug Controller for the products under reference.

“The company has manufactured and exported these products only to Gambia so far. It is a practice that the importing country tests these products on quality parameters and satisfies itself as to the quality of the products before their release for usage in the country,” government sources said.

Cholera vaccines

WHO to request cholera vaccines for Haiti, expects further spread (The Tribune:2022107)

<https://www.tribuneindia.com/news/health/who-to-request-cholera-vaccines-for-haiti-expects-further-spread-438111>

WHO and partners are setting up cholera treatment centres in tents and supplying them with medicines and equipment

WHO to request cholera vaccines for Haiti, expects further spread

A World Health Organization spokesperson said on Tuesday it was setting up tents to treat cholera in Haiti and would also request the supply of oral vaccines against the disease, which has unexpectedly returned to a country paralysed by a gang blockade.

The disease killed some 10,000 people through a 2010 outbreak that has been blamed on a United Nations peacekeeping force that was stationed in Haiti. The UN in 2016 apologized for the outbreak, without taking responsibility. The last case was reported three years ago.

The country has so far reported at least seven deaths and the WHO warned that some early cases may have gone undetected, with more expected to emerge.

“It’s very important now to get assistance on the ground as soon as possible,” Christian Lindmeier told a Geneva press briefing, describing a “difficult cocktail” of circumstances around the disease’s spread, with cases emerging in gang-controlled areas where access to testing or treatment is severely hampered.

“With the humanitarian situation and sanitary situation what it is and the gang-controlled areas where there’s hardly any access to control, to test or even to bring in assistance, we should expect unfortunately, cases to be higher and to rise,” he said.

Already, some hospitals are beginning to close due to fuel shortages and lack of access for staff, Lindmeier added.

WHO and partners are setting up cholera treatment centres in tents and supplying them with medicines and equipment, he said.

A request was being prepared for oral vaccines for the country. WHO maintains an emergency stockpile of cholera vaccines.

Cases of the disease, which causes uncontrollable diarrhea, are surging globally and there will not be enough vaccines to cover the growing number of cases, a WHO official said last week. Reuters

New therapies

Over 60 new genetic regions behind stroke identified, may lead to new therapies

Stroke is the second leading cause of death worldwide, responsible for approximately 12 per cent of total deaths (The Tribune:2022107)

<https://www.tribuneindia.com/news/health/over-60-new-genetic-regions-behind-stroke-identified-may-lead-to-new-therapies-438097>

Over 60 new genetic regions behind stroke identified, may lead to new therapies

Photo used for representational purpose only. iStock

An international team, including researchers from India, have identified 61 new genetic regions associated with stroke that are potential drug targets to prevent or treat the second leading cause of death worldwide.

Previous genome studies on stroke were conducted predominantly in populations of European ancestry.

The latest results, recently published in the journal Nature, are based on the analysis of data from 2.5 million people from five different ancestries, more than 200,000 of whom had a stroke.

Members of the GIGASTROKE consortium, including Professor Kameshwar Prasad, former head of the department of Neurology at All India Institute of Medical Sciences (AIIMS), Delhi, conducted the research.

"The population studied in this research has a fairly global representation including South Asia, which includes India and Pakistan, Africa, East Asia, Europe and Latin America," Prasad, who is currently the director of Rajendra Institute of Medical Sciences, Ranchi, told PTI.

"The combined results from different ancestries and regions made things clearer at a micro level," he added.

In 110,182 patients who have had a stroke and 1,503,898 control individuals, the team identified association signals for stroke and its subtypes at 89 (61 new) independent gene loci.

Loci are the physical locations of genes on chromosomes in cells and have been called genetic street addresses.

A follow-up in 89,084 additional cases of stroke and 1,013,843 control individuals, 87 per cent of the primary stroke risk regions and 60 per cent of the secondary stroke risk region were replicated.

The study also highlighted F11, KLKB1, PROC, GPIBA, LAMC2 and VCAM1 regions as possible targets, with drugs already under investigation for stroke for F11 and PROC regions.

Drug regulator initiates probe after WHO links children deaths in Gambia to cough syrup made in India

WHO

WHO issued an alert saying cough syrups manufactured by an Indian firm could potentially be linked to the death of children in The Gambia. File (The Tribune:2022107)

<https://www.thehindu.com/sci-tech/health/drug-regulator-initiates-probe-after-who-links-children-deaths-in-gambia-to-cough-syrup-made-in-india/article65974969.ece>

WHO issued an alert saying cough syrups manufactured by an Indian firm could potentially be linked to the death of children in The Gambia. File | Photo Credit: Reuters

Maiden Pharmaceutical Limited is the manufacturer licensed by the State drug controller for the products under reference, and holds manufacturing permission for these products

A probe has been initiated by India's drug regulator after the WHO issued an alert saying cough syrups manufactured by an Indian firm could potentially be linked to the death of children in The Gambia, official sources said.

The World Health Organisation (WHO) on Wednesday warned that four "contaminated" and "substandard" cough syrups allegedly produced by Maiden Pharmaceuticals Limited based in Haryana's Sonapat could be the reason for the deaths in the West African nation.

The sources said the exact "one-to-one causal relation of death" has neither been provided by the United Nations Health Agency nor the details of labels and products been shared by it with the Central Drugs Standard Control Organisation (CDSCO), enabling it to confirm the identity or source of the manufacturing of the products.

"Based on available information, the CDSCO has already taken up an urgent investigation into the matter with regulatory authorities in Haryana.

"While all required steps will be taken, as a robust regulatory authority, the WHO has been requested to share with CDSCO at the earliest the report on the establishment of a causal relation to the deaths with the medical products in question, photographs of labels/products etc," the sources said.

According to the sources, the WHO had on September 29 informed the Drugs Controller General of India that it was providing technical assistance and advice to The Gambia.

It had highlighted that a significant contributing factor to the deaths was suspected to be the use of medicines which may have been contaminated with Diethylene Glycol/Ethylene Glycol, and said its presence had been confirmed in some of the samples it tested.

Detailed investigation launched

The CDSCO said it responded to the WHO within an hour-and-a-half after receiving intimation, by taking up the matter with the state regulatory authority.

A detailed investigation was launched to ascertain the facts and details into the matter in collaboration with Haryana State Drugs Controller, the source explained.

From the preliminary inquiry, it has been made out that Maiden Pharmaceutical Limited is the 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," the source said.

It is a practice that the importing country tests the products for quality before sanctioning their usage there.

As per the tentative results received by WHO out of the 23 samples tested, four samples have been found to contain Diethylene Glycol/ Ethylene Glycol as indicated.

It has also been informed by WHO that the certificate of analysis will be made available to it in near future and WHO will share it with India.

"At the same time, the exact one-to-one causal relation of death has not yet been provided by WHO, nor have the details of labels/ products been shared by WHO with CDSCO enabling it to confirm the identity/ source of the manufacturing of the products," the official source stated.

'वैरिकोज वेन्स'

पैरों में सूजन और नसों का कालापन 'वैरिकोज वेन्स' के हैं लक्षण, जानें वजह और बचाव के उपाय(Hindustan:2022107)

<https://www.livehindustan.com/lifestyle/health/story-swelling-and-darkening-of-veins-in-legs-are-symptoms-of-varicose-veins-know-the-reason-and-preventive-measures-7184022.html>

नसों में कालापन बढ़ रहा है तो सावधान हो जाएं। ये 'वैरिकोज वेन्स' के लक्षण हैं। नसों के वाल्व खराब होने से पैरों में नसों के गुच्छे बन जाते हैं। ये जानकारी गुरुवार को द वैस्कुलर सोसाइटी ऑफ इंडिया की 29

पैरों में सूजन और नसों का कालापन 'वैरिकोज वेन्स' के हैं लक्षण, जानें वजह और बचाव के उपाय

हमें फॉलो करें

इस खबर को सुनें

0:00

/

1:30

यदि कुछ समय खड़े रहने पर पैरों में थकान व सूजन आ जाती है। नसों में कालापन बढ़ रहा है तो सावधान हो जाएं। ये 'वैरिकोज वेन्स' के लक्षण हैं। नसों के वॉल्व खराब होने से पैरों में नसों के गुच्छे बन जाते हैं। ये जानकारी गुरुवार को द वैस्कुलर सोसाइटी ऑफ इंडिया की 29वीं राष्ट्रीय कार्यशाला में विशेषज्ञ चिकित्सकों ने दी।

क्या है वजह-

विशेषज्ञों के अनुसार नसों की बीमारी की सबसे बड़ा कारण तंबाकू है। इसके साथ ही वजन का बढ़ना, फास्ट फूड और आराम तलब जीवन शैली है।

ऐसे समझे नसों व न्यूरो की समस्या-

डॉ. वीएस बेदी ने बताया कि अक्सर लोग नसों की समस्या को न्यूरो सर्जन के पास लेकर पहुंच जाते हैं। यदि खड़े रहने पर पीठ से जांघ तक जाने वाला दर्द न्यूरो यानि नर्व (तार) से संबंधित हो सकता है। कुछ देर चलने के बाद पिंडलियों में जकड़न की वजह रक्त नलियों में रुकावट का कारण हो सकती है।

नसों की बीमारी से ऐसे करें बचाव-

- 1 : तंबाकू का सेवन न करें।
- 2 : प्रतिदिन 5 से 10 हजार कदम चलो।
- 3 : उम्र बढ़ने के साथ भी शरीर को एक्टिव रखें।
- 4 : बैकिंग वाली चीजें, जैसे पैस्ट्री, ब्रेड और फास्ट फूड का सेवन न करें।
- 5 : ताजा और फाइबरयुक्त खाना खाएं।
- 6 : शरीर के वजन को संतुलित रखें।

कुकिंग टिप्स

करवाचौथ पर नेचुरल पिंक ग्लो पाने के लिए फॉलो करें ये टिप्स

करवाचौथ पर नेचुरल पिंक ग्लो पाने के लिए फॉलो करें ये टिप्स

7

भारत की इन जगहों पर होती है रावण की पूजा, कारण जानकर रह जाएंगे दंग

भारत की इन जगहों पर होती है रावण की पूजा, कारण जानकर रह जाएंगे दंग

7

त्वचा को ग्लोइंग और हेल्दी बनाए रखने के लिए ये हैं कुछ डाइट टिप्स

त्वचा को ग्लोइंग और हेल्दी बनाए रखने के लिए ये हैं कुछ डाइट टिप्स

8

घर की सुंदरता बढ़ाता है हिमालयन सॉल्ट लैंप, फायदे जानकर चाहेंगे खरीदना

घर की सुंदरता बढ़ाता है हिमालयन सॉल्ट लैंप, फायदे जानकर चाहेंगे खरीदना

हिंदी न्यूज़

लाइफस्टाइल

हेल्थ

ज्यादातर महिलाएं हो रही हैं PCOS की शिकार, जानें वजह और बचाव के उपचार

ज्यादातर महिलाएं हो रही हैं PCOS की शिकार, जानें वजह और बचाव के उपचार

Polycystic Ovarian Syndrome: इस हार्मोन में होने वाले बदलाव पीरियड्स साइकिल और प्रेग्नेंसी पर तुरंत असर डालते हैं। जिसकी वजह से ओवरी में छोटी सिस्ट बन जाती है। इस समस्या को ठीक करने के लिए महिला को अ

PCOS

ज्यादातर महिलाएं हो रही हैं PCOS की शिकार, जानें वजह और बचाव के उपचार(Hindustan:2022107)

<https://www.livehindustan.com/lifestyle/health/story-know-why-mostly-women-suffers-from-pcos-or-polycystic-ovary-syndrome-preventive-tips-in-hindi-7179733.html>

How to cure pcos permanently: खाने पीने में लापरवाही और स्ट्रेस भरी लाइफस्टाइल की वजह से आजकल ज्यादातर महिलाएं पीसीओएस (पोलिसिस्टिक ओवरी सिंड्रोम) (Polycystic ovary syndrome (PCOS)) का शिकार बन रही हैं। दरअसल, पीसीओएस महिलाओं की ओवरी में होने वाला एक प्रकार का सिस्ट होता है। जो सेक्स हार्मोन में असंतुलन पैदा होने पर होता है। इस हार्मोन में होने वाले बदलाव पीरियड्स साइकिल और प्रेग्नेंसी पर तुरंत असर डालते हैं। जिसकी वजह से ओवरी में छोटी सिस्ट बन जाती है। इस समस्या को ठीक करने के लिए महिला को अपने लाइफस्टाइल और हेल्दी खान-पान पर ध्यान देना होता है।

पीसीओएस के लक्षण-

-अनियमित मासिक चक्र, विलंबित चक्र।

-इस समस्या से पीड़ित लगभग 40-80 प्रतिशत महिलाएं अधिक वजन को कम करने में असमर्थता व्यक्त करती हैं।

-गर्भधारण करने में कठिनाई।

-पीसीओएस होने पर महिलाओं में टाइप-2 डायबिटीज होने की संभावना भी बढ़ जाती है।

-उच्च रक्तचाप और हाई कोलेस्ट्रॉल।

-अवसाद, आत्मविश्वास की कमी और चिंता।

पीसीओएस में ऐसी रखें डाइट-

-पीसीओएस से पीड़ित महिलाएं अपनी डाइट प्लान करते समय इस बात का खास ख्याल रखें कि उन्हें अपने आहार में कोई भी ऐसी चीज शामिल नहीं करनी है जो पूरी तरह से पकी हुई नहीं हो। उदाहरण के लिए मछली को फ्राई करके नहीं बल्कि पकाकर खाएं।

-पीसीओएस में डाइट प्लान करते समय अपने आहार में हरी पत्तेदार सब्जियां और प्रोटीन जरूर शामिल करें।

-कोशिश करें कि भूखे नहीं रहें और जब भूख लग रही हो तब ही खाएं। ज्यादा से ज्यादा पानी पीने की कोशिश करें।

-हेल्दी कुकिंग ऑइल जैसे ऑलिव ऑइल और मस्टर्ड ऑइल में बनी सब्जियों का सेवन लाभदायक होगा।

-पीसीओएस से पीड़ित महिला को अपनी डाइट में हाई फाइबर फूड्स जैसे ओट्स, ब्राउन राइस और होलग्रेन को शामिल करना चाहिए।

-शुगर में कार्बोहाइड्रेट होता है जो कि पीसीओएस पेशेंट को अवॉयड करना चाहिए। शुगर को कुछ अलग नाम से जैसे कि सुक्रोज, हाई फ्रक्टोज कॉर्न सिरप या फिर डेक्सट्रोस नाम से भी पुकारा जाता है। सोडा और जूस का सेवन करते समय भी इस बात का ध्यान जरूर रखें।

-अगर आप अपने वजन का 5 से 10 परसेंट भी वजन कम कर लेते हैं तो आपकी मेंस्ट्रुअल साइकिल इंप्रूव हो सकती है। जिससे PCOS के लक्षणों में सुधार होगा। वजन में नियंत्रण खानपान में ध्यान रखकर ही सुधारा जा सकता है।

यह भी पढ़ें - क्या हैवी मेंस्ट्रुअल ब्लीडिंग बन सकती है एनीमिया का कारण, एक्सपर्ट से जानते हैं इस बारे में सब कुछ

Healthy Eating Tips

epaper

प्रमुख खबरें

दशहरे के दिन मस्जिद में घुसी भीड़, जय श्रीराम के जयघोष के साथ की पूजा; 9 के खिलाफ FIR

कर्नाटक में नया बवाल, दशहरे पर मस्जिद में घुसी भीड़, पूजा करने का आरोप

दिल्ली के शराब घोटाले में ED की छापेमारी, हैदराबाद से पंजाब तक 35 ठिकानों पर रेड

शराब घोटाले में ED की छापेमारी, हैदराबाद से पंजाब तक 35 ठिकानों पर रेड

Mulayam Singh Yadav: मुलायम की हालत अब भी नाजुक, बृजेश पाठक मेदांता पहुंचे, कहा-यूपी सरकार नेताजी की सेहत को लेकर चिंतित

मुलायम सिंह यादव की हालत अब भी नाजुक, बृजेश पाठक मेदांता पहुंचे

आतंकियों का ड्रोन होगा मौन, सीमा पर सतर्क हुई सरकार; DRDO खोज रहा जवाबी हथियार

आतंकियों का ड्रोन होगा मौन, सीमा पर सरकार सतर्क; DRDO खोज रहा जवाब

Lung cancer

Lung cancer के लक्षणों को स्टेज 1 में ही दबा देंगे 7 उपाय, डॉ. ने माना-फेफड़ों की गंदगी निकाल देंगे ये 4 फूड (Navbharat Times:2022107)

<https://navbharattimes.indiatimes.com/lifestyle/health/doctor-share-7-easy-tips-how-to-cure-lung-cancer-stage-1-and-5-foods-for-healthy-and-strong-lungs/articleshow/94693763.cms?story=6>

How can i improve lung health: उम्र बढ़ने के साथ-साथ हमारे फेफड़ों के लिए काम करना मुश्किल होता जाता है। वृद्ध लोगों में निमोनिया, कोविड-19, फेफड़े का कैंसर, दमा और क्रॉनिक ऑब्सट्रक्टिव पल्मोनरी डिजीज (सीओपीडी) जैसी फेफड़े की अन्य बीमारियां होने का खतरा भी काफी अधिक होता है।

doctor share 7 easy tips how to cure lung cancer stage 1 and 5 foods for healthy and strong lungs

Lung cancer के लक्षणों को स्टेज 1 में ही दबा देंगे 7 उपाय, डॉ. ने माना-फेफड़ों की गंदगी निकाल देंगे ये 4 फूड

साल 2020 में कैंसर दुनिया भर में होने वाली मौतों में से एक प्रमुख कारण रहा। अन्य प्रकार के कैंसर की तरह फेफड़े का कैंसर (Lung Cancer) तब ही विकसित होता है जब कोशिकाओं के विभाजन और वृद्धि की सामान्य प्रक्रिया में बाधा आती है जिसकी वजह से असामान्य और अनियंत्रित वृद्धि होती है। कोशिकाओं के बढ़ते जाने से ट्यूमर की तरह दिखने वाला कोशिकाओं का एक समूह विकसित हो जाता है।

दशहरा डिलाइट - स्मार्ट फोन और टीवी पर शानदार ऑफर |

फेफड़ों का कैंसर कैसे होता है? फेफड़े का कैंसर कई वर्षों के दौरान विकसित हो सकता है। धूम्रपान, फेफड़े के कैंसर का सबसे प्रमुख कारण होता है। कई लोग जिन्हें सिगरेट पीने की आदत होती है या वे उन लोगों के संपर्क में रहते हैं या इसके कुछ तत्वों की वजह से व्यक्ति के फेफड़ों में पैथोलॉजिकल बदलाव होने लगते हैं जो लंबे समय तक जारी रहते हैं। इन बदलावों की वजह से कैंसर वाला ट्यूमर फेफड़े में विकसित हो सकता है।

दिल्ली स्थित अपोलो कैंसर सेंटर इंद्रप्रस्थ अपोलो अस्पताल में सीनियर कंसल्टेंट, मेडिकल ऑन्कोलॉजी डॉ पीके दास आपको बता रहे हैं कि फेफड़ों के कैंसर से कैसे बचा जा सकता है और उन्हें कैसे स्वस्थ व मजबूत बनाया जा सकता है।

स्मोकिंग के बिना भी होता है लंग कैंसर

दुनिया भर में हुए अध्ययनों से पता चलता है कि 25 फीसदी ऐसे लोगों को फेफड़े का कैंसर हो जाता है जो धूम्रपान नहीं करते हैं। 65 वर्ष से ज्यादा उम्र के तीन में से दो लोग फेफड़े के कैंसर से पीड़ित हैं। व्यक्ति के जीवन को लेकर पैदा हुए खतरे को कम करने के लिए ज़रूरी है कि फेफड़े के कैंसर का उचित जांच के माध्यम से जितना जल्दी हो सके उतना जल्दी पता लगाया जा सके।

फेफड़ों की जांच है ज़रूरी

फेफड़ों की जांच कैसे की जाती है? फेफड़ों की जांच से मौत के मामलों को कम किया जा सकता है। इससे बीमारी का पता उस चरण में लगाया जा सकता है जब उसका उपचार संभव हो। 80 फीसदी मामलों में फेफड़े के कैंसर का पता बिल्कुल शुरुआती स्तर पर ही लगाया जा सकता है। जांच की वजह से कैंसर का पता पहले ही लगा लेना और पीड़ित व्यक्ति का उपचार करना संभव हो पाएगा।

उपचार में न करें देरी

फेफड़ों के कैंसर का निदान क्या है? शुरुआती उपचार से कीमोथेरेपी और रेडिएशन थेरेपी कराने की ज़रूरत कम हो जाएगी। हो सकता है कि कई लोगों को जोखिम भरी चीजों से दूर रहने की सलाह दी जाए जिससे कैंसर विकसित होने का खतरा काफी हद तक कम हो जाता है या फिर उन्हें बीमारी की गंभीरता का पूरी तरह अहसास होने से बचाया जा सकता है।

डॉक्टर से राय लें

यह वास्तविकता है कि फेफड़े का कैंसर जानलेवा हो सकता है, लेकिन जिन लोगों में इस बीमारी का पता समय से चल जाता है, उनके बचने की उम्मीद काफी बढ़ जाती है। जिन लोगों में फेफड़े का कैंसर होने का खतरा अधिक होता है वे समय-समय पर अपनी जांच कराने पर विचार कर सकते हैं। इससे लक्षणों का समय से पता लगाने में मदद मिल सकती है और कैंसर के फैलने से पहले ही थेरेपी कराई जा सकती है। ऐसा कोई भी व्यक्ति जिसे यह चिंता हो कि उसे फेफड़े का कैंसर हो सकता है, उन्हें मार्गदर्शन के लिए किसी डॉक्टर से सलाह लेनी चाहिए।

इन चीजों को डाइट में करें शामिल

इसके अलावा, फेफड़ों को स्वस्थ रखने के लिए सेहतमंद जीवनशैली जीना बहुत ही ज़रूरी है। अधिक एंटीऑक्सीडेंट्स वाली चीजें जैसे कि ब्लूबेरी, ऐस्पैरेगस, सेब और बोरोकली का सेवन करने से खराब तत्वों को बाहर निकालने और फेफड़ों को सेहतमंद बनाए रखने में मदद मिलती है।

एक्सरसाइज भी है ज़रूरी

व्यायाम करने का समय बढ़ाएं। व्यायाम करने से पूरा कार्डियो-रेस्पिरेटरी सिस्टम मज़बूत होता है। इससे फेफड़े के काम करने में पूरी तरह सुधार नहीं होता है, लेकिन इससे आपको अपने फेफड़ों की क्षमता बढ़ाने में मदद मिलेगी, आपके लिए सांस लेना आसान हो जाएगा और आपको ज़्यादा ऑक्सीजन लेने का मौका मिलेगा।

शराब और स्मोकिंग से बचें

धूम्रपान करना छोड़ दें क्योंकि अनुमानों के मुताबिक सिगरेट पीने से पुरुषों में फेफड़े के कैंसर का खतरा 90 फीसदी और महिलाओं में 70-80 फीसदी तक बढ़ जाता है। लगातार धूम्रपान करने से व्यक्ति में हार्ट अटैक का खतरा भी बढ़ जाता है।

डिस्कलेमर: 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।

आपके लिए

हेल्थ

How stop neck pain in 5 minutes: गर्दन का भयंकर दर्द, अकड़न-जकड़न, सबकी 5 मिनट में छुट्टी करेंगे ये 6 उपाय

हेल्थ

महात्मा गांधी करते थे बकरी के दूध का सेवन, फायदे ऐसे की आप भी चाहेंगे पीना

हेल्थ केयर

71% तक की भारी छूट पर ऑर्डर करें ये Sugar Testing Machine, इनसे चेक करें ब्लड शुगर लेवल

हेल्थ

भाग्यश्री ने बताया 'सुपरफूड' है ये फल, खून की कमी-कमजोर हड्डी समेत 5 प्रॉब्लम को करता है खत्म

हेल्थ केयर

लो कैलरी और जीरो फैट वाले 5 प्रोटीन पाउडर जो वजन कम करने में आपकी मदद करेंगे, डिस्काउंट पर मंगाएं

अपने किचन को डबल डोर रेफ्रिजरेटर से अपग्रेड करें #MegaexchangeMela on Refrigerators

अगला लेख

अब दबाकर खाएं मीठा, दांतों को छू भी नहीं पाएगा कीड़ा या कैविटी, बस मिठाई खाते ही करें ये 5 काम

Navbharat Times News App: देश-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिजनेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, वायरल न्यूज और धर्म-कर्म... पाएँ हिंदी की ताज़ा खबरें डाउनलोड करें NBT ऐप

लेटेस्ट न्यूज से अपडेट रहने के लिए NBT फेसबुकपेज लाइक करें

कॉमेंट लिखें

Flax Seeds

Who Should Not Eat Flax Seeds: फाइबर-ओमेगा 3 का भंडार है अलसी के दाने, पर ये 4 तरह के लोग न करें खाने की भूल Navbharat Times:2022107)

Can everyone eat flax seeds: अलसी एक पौधे आधारित फूड है, जो स्वस्थ वसा, एंटीऑक्सिडेंट और फाइबर प्रदान करता है। अलसी सेहत के लिए बहुत फायदेमंद होता है। बावजूद कई फायदों के अलसी खाने के कुछ नुकसान भी हैं। इसलिए इसके सेवन से पहले असली कितनी मात्रा में और किन लोगों को खाना चाहिए ये पता होना बहुत जरूरी है।

despite amazing health benefits of flaxseeds or alsi these 4 types of people should not have it

Who Should Not Eat Flax Seeds: फाइबर-ओमेगा 3 का भंडार है अलसी के दाने, पर ये 4 तरह के लोग न करें खाने की भूल शरीर को स्वस्थ रखने के लिए विज्ञान और आयुर्वेद में कई तरह के खाद्य पदार्थों को खाने की सलाह दी गई है। जिसमें से कुछ खाद्य पदार्थों को 'सुपरफूड' भी माना जाता है। माने की ऐसे फूड जिसमें संपूर्ण स्वास्थ्य को बनाए रखने वाले पोषक तत्व अधिक मात्रा में मौजूद होते हैं। ऐसा ही एक फूड है अलसी जिसे इंग्लिश में फ्लैक्स सीड (Flax seeds) कहते हैं।

दशहरा डिलाइट - स्मार्ट फोन और टीवी पर शानदार ऑफर |

ज्यादातर लोग वजन कम (Weight Loss) करने के लिए अलसी के बीजों का सेवन करते हैं। इसके साथ ही अलसी के बीजों के फायदे और भी हैं जो लोगों को आश्चर्यजनक कर देते हैं। और इसी वजह से वह बीना किसी विशेषज्ञ से परामर्श किए बिना ही इसका सेवन शुरू कर देते हैं। लेकिन ऐसा करना कुछ लोगों के लिए नुकसानदायक साबित हो जाता है। ऐसे में आज हम आपको बता रहे हैं अलसी के बीजों का सेवन किन लोगों को नहीं करना चाहिए।

अलसी के औषधिय गुण

अलसी के सेवन को लेकर आयुर्वेद में बताया गया है कि ये बीज शरीर के 'वात' तत्व को संतुलित करते हैं। वहीं, एनसीबीआई में प्रकाशित एक स्टडी के अनुसार अलसी के बीजों में एंटी-फंगल, एंटी-ऑक्सीडेंट, एंटी-हाइपरटेन्सिव, कोलेस्ट्रॉल लोवैरिंग इफेक्ट, एंटी-डायबिटिक, एंटी-थ्रोम्बिक, एंटी-एजिंग और एंटी-ट्यूमर जैसे औषधिय गुण पाए जाते हैं। इसके अलावा ये बीज फाइबर, प्रोटीन, ओमेगा -3 और ओमेगा -6 से भरपूर होते हैं। ऐसे में इन बीजों का सेवन काफी सेहतमंद माना जाता है।

सेहत के लिए अलसी के फायदे

ब्लड प्रेशर कम करता है

जोड़ों में दर्द के लिए

कैंसर से बचाव

वजन कम करता है

डायबिटीज कंट्रोल करता है

इम्यून सिस्टम बूस्ट करता है

हार्ट के लिए फायदेमंद

पेट में सूजन कम करता है

अस्थमा में मददगार

गठिया में राहत के लिए

कब्ज में असरदार

कितनी मात्रा में करें अलसी का सेवन

अलसी का सेवन करते समय अतिरिक्त सावधानी बरतनी चाहिए, क्योंकि वे प्रकृति में गर्म होने के लिए जाने जाते हैं। ऐसे में ज्यादा मात्रा में इसका सेवन शरीर के पित्त और कफ तत्वों में असंतुलन ला सकते हैं। उन्हें एक दवा के रूप में कम मात्रा में सेवन किया जाना चाहिए।

NIH के अनुसार, सामान्य तौर पर प्रतिदिन करीब 40 ग्राम तक अलसी का सेवन किया जा सकता है।

इन लोगों के लिए दवा है अलसी के बीज

जिन लोगों को कुपोषण, हड्डियों और जोड़ों में दर्द, कमजोरी और पीरियड्स के दौरान कम प्रवाह की समस्या है, उन्हें अपने आहार में इन बीजों का सेवन करना चाहिए। चूंकि इन बीजों की प्रकृति गर्म होती है, इसलिए ये ऐसी सभी समस्याओं को दूर करने में मदद करते हैं। इतना ही नहीं, यह आपको मोटापा कम करने में भी मदद करता है।

ये 4 तरह के लोग करें अलसी से परहेज

Webmd के अनुसार, अलसी को आहार में शामिल करने से प्रत्येक दिन मल त्याग की संख्या में वृद्धि हो सकती है। यह सूजन, गैस, पेट दर्द और मतली जैसे दुष्प्रभाव भी पैदा कर सकता है।

इसके साथ ही अलसी बीजों के अधिक सेवन से हार्मोन संतुलन से बाहर हो सकते हैं, जिसे सीड साइकलिंग के रूप में जाना जाता है। इस प्रकार, यदि आप हैवी पीरियड्स ब्लीडिंग से परेशान हैं, शरीर में उच्च गर्मी है, गर्भ धारण करने की कोशिश कर रहे हैं, या यहां तक कि कम कामेच्छा जैसे मुद्दों का सामना कर रहे हैं, तो आपको इन बीजों का सेवन नहीं या कम करना चाहिए।

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।