



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20221117

## Anaemia

### Anaemia among schoolkids on the rise in Himachal (The Tribune:20221123)

<https://www.tribuneindia.com/news/himachal/anaemia-among-schoolkids-on-the-rise-453754>

11L to be screened, given iron-rich syrup & tablets

With the increase in the number of anaemic children in Himachal by almost 2 per cent, 11 lakh children from six months to 10 years will be screened and given iron-rich syrup and tablets as per their age group

As per the recently released National Family Health Survey-V data, the prevalence of anaemia among children between five months and 59 months has increased from 53.7 to 55.4 per cent as compared to the previous National Family Health Survey (NFHS). The children found moderate and severe anaemic during the campaign will be given therapeutic dose of supplements.

The number of total children screened till today is 3,45,002, studying in 14,081 schools. The number of children suffering from mild anaemia is 87,691 and those with severe anaemia is 2,247. All children are being managed as per the guidelines for the Anaemia Mukh Himachal.

The Anaemia-Mukh Himachal is being implemented in all blocks of all districts. Children will be tested for anaemia through digital hemoglobinometer at schools, Anganwadi centres and medical officers at Primary Health Centres.

Himachal stood at the third place with 56.9 per cent coverage in 2020-21 and in 2022-23 (up to June 2022) Himachal was on eighth rank with a coverage of 59.4 per cent.

At present, Himachal is conducting Test-Treat and Talk (T3) camps being organised by the Health Department. The campaign is being observed in coordination with the Department of Women and Child Development and Education Department.

There are many causes of anaemia of which iron deficiency accounts for about 50 per cent of anaemia in schoolchildren and 80 per cent in children between two and five years of age. The

reduction of anaemia is one of the important objectives of the Poshan Abhiyaan launched in March 2018.

## **Core injection**

### **Toddler fails to get Rs 16 crore injection to cure rare disorder; parents now plead to govt for oral medicine costing Rs 30 lakh (The Tribune:20221123)**

<https://www.tribuneindia.com/news/nation/toddler-fails-to-get-rs-16-crore-injection-to-cure-rare-disorder-parents-now-plead-to-govt-for-oral-medicine-costing-rs-30-lakh-453557>

Toddler fails to get Rs 16 crore injection to cure rare disorder; parents now plead to govt for oral medicine costing Rs 30 lakh

Photo used for representational purpose only. iStock

Tanishq, a two-year-old toddler in Rajasthan who suffers from the rare Spinal Muscular Atrophy Type 1 disorder, is currently battling for his life. An initial hope for survival also diminished after an injection costing Rs 16 crore, for which his father ran from pillar to post to get it, turned ineffective after the child turned two.

As the jab is only applicable for children under two years of age, his parents are now pleading to the state government to help them acquire an oral medicine.

The medicine called Risdiplam costs around Rs 72 lakhs. But the price varies according to the child's weight.

Since Tanishq's weight is around 7 kg, the medicine will around 30-32 lakhs and this is the only option to save the child, according to his father.

He further alleged that the medicine is not available here despite 15 other children suffering from the same disorder.

Only one child is being given this medicine, he added.

Tanishq is shrinking and becoming weak day-by-day. Since he keeps getting sick, Tanishq is being sent from Nadwa village in Nagaur district to Jaipur for treatment.

When Tanishq's father spoke earlier to the JK Lone Hospital, Jaipur, the doctors said that they have run out of funds.

"If the government wanted, my child could have gotten the medicine two years ago, but it turned a blind eye to our appeal. I have pleaded to Chief Minister Ashok Gehlot and Health Minister Parsadi Lal Meena, but we did not get anything except assurances." Once Tanishq's father received a call from the Chief Minister's Office, doctors at the JK Lone Hospital said that the oral medicine worth Rs 30 lakhs would be given to the child within two years, but nothing has happened yet.

Meanwhile, parents of the other children suffering from the rare disease have handed over a memorandum to the hospital's superintendent RL Gupta. They have also requested the government to help in the treatment of the children.

Gupta said that 14 children are being treated for a rare disease and the state government has spent Rs 1 crore on this and only Rs 13 lakh has come in crowdfunding.

Doctors have demanded that the crowdfunding money should be increased. A letter has also been sent to the government for this.

Gupta has also asked the pharmaceutical companies to reduce the margin price of medicines in the hospital by using their own CSR Fund as there are many patients.

Overall, 6 per cent of medicines come from the Central government.

## **5 bacteria types**

### **5 bacteria types claimed 6.8 lakh lives in India in 2019: Lancet study (The Tribune:20221123)**

<https://www.tribuneindia.com/news/health/5-bacteria-types-claimed-6-8-lakh-lives-in-india-in-2019-lancet-study-453549>

E Coli was the most deadly pathogen, claiming 1,57,082 lives

5 bacteria types claimed 6.8 lakh lives in India in 2019: Lancet study

Photo for representation only. iStock

Five bacteria types -- E coli, S pneumoniae, K pneumoniae, S aureus and A baumannii -- caused nearly 6.8 lakh deaths in India in 2019, according to a study published in The Lancet journal.

The analysis found that common bacterial infections were the second-leading cause of death in 2019, and were linked to one in eight deaths globally.

There were 7.7 million (77 lakh) deaths in 2019 associated with 33 common bacterial infections, with five bacteria alone connected to more than half of all deaths, the researchers said.

The deadliest bacterial pathogens and types of infection varied by location and age, they said.

In India, five bacteria -- E coli, S pneumoniae, K pneumoniae, S aureus and A baumannii -- were found to be the deadliest, causing 6,78,846 (nearly 6.8 lakh) deaths in 2019 alone, the researchers found.

E Coli was the most deadly pathogen, claiming 1,57,082 (1.57 lakh) lives in India in 2019, according to the study.

Globally, bacterial infections were second only to ischemic heart disease as the leading cause of death in 2019, the analysis found, highlighting the need for reducing them as a global public health priority.

Building stronger health systems with greater diagnostic laboratory capacity, implementing control measures, and optimising antibiotic use is crucial to lessen the burden of disease caused by common bacterial infections, the researchers said.

"These new data for the first time reveal the full extent of the global public health challenge posed by bacterial infections," said Christopher Murray, study co-author and director of the Institute for Health Metrics and Evaluation at the University of Washington's School of Medicine, US.

"It is of utmost importance to put these results on the radar of global health initiatives so that a deeper dive into these deadly pathogens can be conducted and proper investments are made to slash the number of deaths and infections," Murray said in a statement.

While many estimates exist for pathogens such as tuberculosis, malaria, and HIV, until now, estimates of the disease burden of bacterial pathogens were limited to a handful of specific pathogens and types of infection, or focused only on specific populations, the researchers said.

More deaths were linked to two of the deadliest pathogens -- *S aureus* and *E coli* -- than HIV/AIDS (8,64,000 deaths) in 2019, they said.

The new study provides the first global estimates of mortality associated with 33 common bacterial pathogens and 11 major infection types -- known as infectious syndromes -- leading to death from sepsis.

Estimates were produced for all ages and sexes across 204 countries and territories.

Utilising data and methods from the Global Burden of Disease 2019 and Global Research on Antimicrobial Resistance (GRAM) studies, the researchers used 343 million individual records and pathogen isolates to estimate deaths associated with each pathogen and the type of infection responsible.

Of the estimated 13.7 million infection-related deaths that occurred in 2019, 7.7 million were associated with the 33 bacterial pathogens studied.

Deaths associated with these bacteria accounted for 13.6 per cent of all global deaths, and more than half of all sepsis-related deaths, in 2019, according to the study.

More than 75 per cent of the 7.7 million bacterial deaths occurred because of three syndromes: lower respiratory infections, bloodstream infections, and peritoneal and intra-abdominal infections, the researchers found.

Five pathogens – *S aureus*, *E coli*, *S pneumoniae*, *K pneumoniae*, and *P aeruginosa* – were responsible for 54.2 per cent of deaths among the bacteria studied, they said.

The pathogen associated with the most deaths globally was *S aureus*, with 1.1 million deaths.

The study shows that sub-Saharan Africa recorded the highest mortality rate, with 230 deaths per lakh population.

By comparison, the high-income super-region – which includes countries in Western Europe, North America, and Australasia – recorded the lowest mortality rate, with 52 deaths per lakh population, it said.

## **New artificial intelligence blood test technology**

### **New artificial intelligence blood test technology to detect liver cancer(The Tribune:20221123)**

### **Blood test DELFI detects fragmentation changes among DNA from cancer cells shed into the bloodstream known as cell-free DNA**

<https://www.tribuneindia.com/news/health/new-artificial-intelligence-blood-test-technology-to-detect-liver-cancer-453225>

A new artificial intelligence blood testing technology developed and used by researchers of Johns Hopkins Kimmel Cancer Center to successfully detect lung cancer in a 2021 study has now detected more than 80 per cent of liver cancers in a new study of 724 people.

The findings were reported in Cancer Discovery and at the American Association for Cancer Research Special Conference: Precision Prevention, Early Detection, and Interception of Cancer.

The blood test, called DELFI (DNA evaluation of fragments for early interception) detects fragmentation changes among DNA from cancer cells shed into the bloodstream, known as cell-free DNA (cfDNA).

In the most recent study, investigators used the DELFI technology on blood plasma samples obtained from 724 individuals in the US, the European Union (EU) and Hong Kong to detect hepatocellular cancer (HCC), a type of liver cancer.

The researchers believe this is the first genome-wide fragmentation analysis independently validated in two high-risk populations and across different racial and ethnic groups with different causes associated with their liver cancers.

It is estimated that 400 million people worldwide are at higher risk of developing HCC because of cirrhosis from chronic liver diseases including chronic viral hepatitis or non-alcoholic fatty liver disease, according to a worldwide analysis of the burden of liver disease (J Hepatology, 2019).

"Increased early detection of liver cancer could save lives, but currently available screening tests are underutilised and miss many cancers," says Victor Velculescu, MD, PhD, professor of oncology and co-director of the Cancer Genetics and Epigenetics Program at the Johns Hopkins Kimmel Cancer Center, who co-led the study with Zachariah Foda, MD, PhD, gastroenterology fellow, Akshaya Annapragada, MD/PhD student, and Amy Kim, MD, assistant professor of medicine at the Johns Hopkins University School of Medicine.

Of the 724 plasma samples studied, 501 were collected in the US and EU and included samples from 75 people with HCC to train and validate the machine learning model, a type of artificial intelligence that uses data and algorithms to improve accuracy, explains Foda.

For validation, an additional 223 plasma samples were analysed from individuals in Hong Kong and included samples from 90 people with HCC, 66 with hepatitis B virus (HBV), 35 with HBV-related liver cirrhosis and 32 people with no underlying risk factors.

The DELFI technology uses a blood test to measure the way DNA is packaged inside the nucleus of a cell by studying the size and amount of cell-free DNA present in the circulation from different regions across the genome. Healthy cells package DNA like a well-organised suitcase, in which different regions of the genome are placed carefully in various compartments. The nuclei of cancer cells, by contrast, are like more disorganised suitcases, with items from across the genome thrown in haphazardly. When cancer cells die, they release DNA fragments in a chaotic manner into the bloodstream.

DELFI identifies the presence of cancer by examining millions of cfDNA fragments for abnormal patterns, including the size and amount of DNA in different genomic regions. The DELFI approach only requires low-coverage sequencing, enabling this technology to be cost-effective in a screening setting, the researchers say.

In the latest study, researchers performed the test -- which was previously shown to accurately classify lung cancer -- on cfDNA fragments isolated from the plasma samples. They analysed the patterns of fragmentation across each sample to develop a DELFI score.

Scores were low for cancer-free individuals with viral hepatitis or cirrhosis (median DELFI score was 0.078 and 0.08, respectively), but, on average, five to 10 times higher for the 75 HCC patients in the US/EU samples, with high scores observed across all cancer stages, including early-stage disease (DELFI scores for Stage 0 = 0.46, Stage A = 0.61, Stage B = 0.83, and Stage C = 0.92).

est detected fragmentation changes in the content and packaging of liver cancer genomes, including from genome regions associated with liver-specific activity.

The DELFI technology detected liver cancers at their earliest stages, with an overall sensitivity -- or ability to accurately detect a cancer -- of 88 per cent and a specificity of 98 per cent, which means it almost never incorrectly provided a false positive result, among people at average risk. In samples collected from those at high risk of HCC, the test had 85 per cent sensitivity and 80 per cent specificity.

"Currently, less than 20 per cent of the high-risk population gets screened for liver cancer due to accessibility and suboptimal test performance. This new blood test can double the number of liver cancer cases detected, compared to the standard blood test available, and increase early cancer detection," says Kim, co-senior author on the study.

The researchers said next steps include validating this approach in larger studies for clinical use.

## **Essential medicine list**

### **Coronary stents stay on essential medicine list (The Tribune:20221123)**

<https://www.tribuneindia.com/news/nation/coronary-stents-stay-on-essential-medicine-list-452973>

Coronary stents, which help treat heart conditions by opening up narrowed arteries, continue to be retained in the National List of Essential Medicines, notified by the government this week. The NLEM 2022 has brought both bare metal stents (BMS) and drug eluting stents (DES) under price control thereby allowing the National Pharmaceutical and Pricing Authority the flexibility to further cap stent prices which the NPPA has already slashed significantly in the past.

The NLEM latest version includes metallic DES and bioresorbable vascular scaffold (BVS) apart from biodegradable stents.

The development comes at a time when the burden of ischemic heart disease (also called the coronary artery disease) is rising in India.

The latest World Health Statistics Report says the ischemic heart disease is the leading cause of death in India closely followed by the chronic obstructive pulmonary diseases and strokes.

Under the head “India’s Country Profile”, the report notes that Ischemic heart disease was responsible for 1215.4 thousand deaths (around 12 lakh) constituting 12.4 per cent of all deaths in the country followed by the chronic obstructive pulmonary disease which led to the 10.8 per cent of all deaths totalling 1061.9 thousand (around 10 lakh) in a year.

The NPPA had for the first time brought coronary stents under price control in 2017, slashing their costs by over 80 per cent. The original price of DES (before February 15, 2017) was Rs 1.21 lakh and that of bare metal stents Rs 45,000.

In December 2018, the government again withstood market pressures to further cut the upper price limit for DES from Rs 29,600 to Rs 27,890. With coronary stents continuing in the NLEM, the NPPA may consider further rate cuts.

The NLEM 2022 also includes four key anti-cancer drugs and four patented antivirals used in the treatment of tuberculosis, HIV and chronic Hepatitis C.

The list features 384 medicines as against 376 in NLEM 2015. It adds 34 medicines over the previous list and deletes 26. With the latest additions, NLEM 2022 lists 63 anti-cancer medicines enabling their price control and affordability.

The NLEM drugs cannot be sold above the NPPA’s ceiling prices. All other medicines are allowed a maximum yearly price increase of 10 pc.

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In addition, the test detected fragmentation changes in the content and packaging of liver cancer genomes, including from genome regions associated with liver-specific activity.

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Health ministry includes coronary stents in National List of Essential Medicines

Move will help make these life-saving medical devices more affordable

## **Health ministry**

**The Union health ministry has notified the inclusion of coronary stents in the National List of Essential Medicines, 2022, a move that will help make these life-saving medical devices more affordable. (The Tribune:20221123)**

<https://www.tribuneindia.com/news/nation/health-ministry-includes-coronary-stents-in-national-list-of-essential-medicines-452937>

The move is based on the recommendations by an expert committee constituted to review the inclusion of stents in the list based on requirement.

The National Pharmaceutical Pricing Authority (NPPA) will now fix the price of coronary stents.

On November 6, the Standing National Committee on Medicines (SNCM) had submitted its recommendation for inclusion of coronary stents in the National List of Essential Medicines (NLEM), 2022 in two categories—Bare Metal Stents (BMS) and Drug Eluting Stents (DES) which include metallic DES and bioresorbable vascular scaffold (VBS)/biodegradable stents.

According to minutes of the SNCM meeting, vice chairman Dr Y K Gupta stated that coronary stents were earlier included in NLEM, 2015 through a separate notification based on the recommendations of an expert committee.

“As far as medicines are concerned, SNCM has already submitted its report on NLEM, 2022 and the same has been adopted by the government,” an official source said.

The SNCM had deliberated on the essentiality, categorisation and other relevant aspects of coronary stents.

It also stated that coronary artery diseases (CAD) is a public health issue which is associated with high morbidity and mortality. There is an enormous need for percutaneous coronary interventions requiring implantation of coronary stents.

Therefore, coronary stents should continue to be essential medical devices, committee members agreed.

“After taking into consideration all aspects of coronary stents, the committee recommended that coronary stent is an essential medical device which has been notified as a ‘drug’ under the Drugs and Cosmetics Act, 1940 and therefore, it should be included in NLEM, 2022,” an official said.

Authorities for the purpose of NLEM in respect of coronary stents should consider various coronary stents separately under the categories of Bare Metal Stents and Drug Eluting Stents, he said.

The Indian Council of Medical Research and other relevant institutions may also consider to take necessary initiatives to generate data for assessment of post marketing safety and performance of coronary stents being used in various hospitals/institutions, the members stated.

“Following the recommendations by the expert committee, the Union health ministry has notified the inclusion of coronary stents in the National List of Essential Medicines (NLEM), 2022,” the official added.

Several anti-cancer drugs, antibiotics and vaccines were among 34 new additions to the National List of Essential Medicines released on September 13, taking the total number of drugs under it to 384.

## **lung cancer**

### **Why are young non-smokers too getting a deadlier form of lung cancer (Indian Express:20221123)**

<https://indianexpress.com/article/lifestyle/health-specials/why-are-young-non-smokers-too-getting-deadlier-form-of-lung-cancer-8283638/>

Medanta study throws up shocking figures. ‘The incidence of lung cancer in India is about two decades earlier. It’s a 50:50 split between smokers and non-smokers; 70 per cent patients are below 50, younger women most affected,’ says Dr Arvind Kumar

A majority of young patients were diagnosed with a more killer variant of cancer, Adenocarcinoma, as against Squamous Carcinoma that was pre-dominant earlier. (Representational/File)

Lung cancer has emerged as the number one killer in the national cancer registry and if a study by Medanta is to be believed, then nearly 50 per cent of the patients are non-smokers, 70 per cent of whom are younger than 50. Almost 100 per cent patients under 30 years of age are non-smokers. Women are getting affected more. If that is not shocking enough, then consider this. A majority of young patients were diagnosed with a more killer variant of cancer, Adenocarcinoma, as against Squamous Carcinoma that was pre-dominant earlier.

## **BP**

### **Right or left arm? What is the right way of measuring BP (Indian Express:20221123)?**

<https://indianexpress.com/article/lifestyle/health-specials/right-or-left-arm-what-is-the-right-way-of-measuring-bp-8283191/>

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The sub clavian artery from the aorta has a better angle in the left arm, so it is more trusted as a source of measuring BP and works for most people. Comparatives are needed on a case-to-case basis, says Dr Bimal Chhajer, Cardiologist, former consultant at AIIMS and founder of SAAOL Heart Institute (Science and Art of Living)

Research indicates that a comparative reading may be a better way to measure the extent of hypertension. (File photo)

Many of us would be taking blood pressure readings rather frequently to keep tabs on our hypertension. Question is are we doing it right? The confusion has arisen after recent research by the American Heart Association, which was published in August, indicated that “taking blood pressure readings from both arms and using the higher reading would more accurately capture who has high blood pressure – and is at increased risk for cardiovascular disease and death – than relying on readings from a single arm.”

### **Postbiotics:**

**Postbiotics: How the food you eat creates molecules to fight cancer cells(Indian Express:20221123)**

<https://indianexpress.com/article/lifestyle/health-specials/postbiotics-food-molecules-cancer-cells-8282239/>

For good postbiotics to be formed in your body, increase your intake of fruits and vegetables, mostly as salads. Reduce cooking time, says Dr Deep Jyoti Bhuyan, Western Sydney University

Although these are early findings, the research offers insight for development of newer therapies, making them less toxic, and even for prevention of cancer by increasing the production of these “good postbiotics” through dietary intervention or supplementation.

What you eat can not only keep your cancer at bay but can help in its treatment as well. Dr Deep Jyoti Bhuyan and his team from the Western Sydney University are studying the impact of postbiotics – molecules produced by our gut microbes after digesting foods – on cancer cells. Their studies have shown that one such type of postbiotics called short chain fatty acids can inhibit the growth of gastrointestinal and breast cancer cells in the laboratory.

### **Plastic surgery**

**How plastic surgery saved a diabetic after COVID and black fungus ate into her face (Indian Express:20221123)**

<https://indianexpress.com/article/lifestyle/health-specials/plastic-surgery-diabetic-covid-black-fungus-face-8280327/>

The fungal infection had spread inside her mouth and infected the palate of Shaila Sonar, 54. Doctors scooped out her cheek bone and teeth to protect her brain. Now surgeons at Sir H N Reliance Foundation Hospital have given her body confidence with face reconstruction

Shaila Sonar before Covid, during Mucormycosis and after surgery

Fifty-four-year-old Shaila Sonar stares at a mirror and carefully compares her face with the photos clicked before she got COVID-19 and now. This is no exercise in vanity as she was one of the first patients in Maharashtra to suffer from a terrible side effect called mucormycosis in August 2020, which hollowed out her face. After several medical procedures, including corrective plastic surgeries for two years, she has regained 85 per cent of her looks as she knew it. But her speech is still slurry and restricted. So yes, looking at the mirror reminds her how she needs to hold on and get there. How she can complete herself.

## **Piles**

### **How to prevent piles by taking care of your constipation? (Indian Express:20221123)**

<https://indianexpress.com/article/lifestyle/health-specials/piles-prevention-taking-care-constipation-8278950/>

Make some lifestyle changes. Include fibres and reduce carbohydrates, meat, eggs and dairy products in your diet. Drink at least 3 litres of fluids a day and avoid caffeine, says Dr Pradeep Sharma, President Elect, Association of Colon and Rectal Surgeons of India.

Constipation, if neglected for a long time, can become chronic and then difficult to treat and so is long-term use of laxatives. (Source: Getty Images)

## **Guava**

### **Why guava is a powerhouse fruit to lower cholesterol, control diabetes and ease constipation (Indian Express:20221123)**

<https://indianexpress.com/article/lifestyle/health-specials/why-should-guava-in-the-morning-how-does-it-control-diabetes-heart-health-8277154/>

Ideally it should be had in the morning as it cleans out the stomach given its high fibre content. Diet logic says that you should shift the food load to the earlier part of the day, says Komal Malik, Head Dietician, Asian Hospital, Faridabad

Guava fruit is rich in polyphenolic compounds which exhibit antimicrobial properties. Its leaves have anti-fungal and anti-bacterial qualities. (Getty/ Thinkstock)

## **Elderly**

### **A grandparents' summit at Everest base camp**

**More senior citizens strap on their boots and turn morning walks into training runs as they prepare to scale mountains (The Hindu:20221123)**

<https://www.thehindu.com/life-and-style/fitness/a-grandparents-summit-at-everest-base-camp/article64960771.ece>

J Ramanan, Rahul Ogra and group on a trek to Barafsar, highest lake in the Kashmir valley

J Ramanan, Rahul Ogra and group on a trek to Barafsar, highest lake in the Kashmir valley | Photo Credit: special arrangement

“Let me confide the best part,” laughs 66-year-old Rita Mathur, her voice ringing with childlike enthusiasm as she describes her first trek to Everest Base Camp (5,364 metres) in October 2021. “A lot of young trekkers stopped to ask my age and take a picture to show their mothers and grandmothers.”

Though she may have been an older than the typical Everest trekker, Rita’s story is not unusual anymore . “I notice more and more senior citizens going for these trips,” says Rahul Ogra, founder, Mystic Himalayan Trails, who recently accompanied a group of senior citizens to Ladakh in freezing temperatures last winter.

## **Fitness**

### **Focus on fitness spurs Indians to smartwatches**

**Overall wearables market, including earwear and wristbands, was 23.8 million units in third quarter (The Hindu:20221123)**

<https://www.thehindu.com/life-and-style/fitness/focus-on-fitness-spurs-indians-to-smartwatches/article37845143.ece>

Driven by a pandemic-induced shift in consumer awareness about health and fitness, smartwatches are seeing tremendous growth in India. Shipments surged fourfold to a record in the July-September quarter.

“The third quarter of 2021 was the biggest quarter for smartwatches,” said Anshika Jain, Senior Research Analyst at Counterpoint. “We have seen that because of COVID-19, there has been a change in customer preferences. People are shifting to smartwatches from traditional watches. They are looking for health-related features such as tracking steps, SPO2 level, heart rate or their sleep pattern on an ongoing basis... this is a triggering factor,” she added.

## **Coronavirus**

### **Coronavirus: Significant brain changes found in those with long COVID, new study says(The Times of India:20221123)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-significant-brain-changes-found-in-those-with-long-covid-new-study-says/photostory/95686532.cms?picid=95686566>

A new study has found that COVID can lead to significant changes in the brain in the long run. Researchers at the Radiological Society of North America (RSNA) uncovered the findings using specialized MRI machines to measure the long-term effects of COVID-19.

For the study, RSNA said that the researchers identified and studied changes to the brainstem and frontal lobe, sometimes even six months after the patient’s initial COVID-19 infection.

02/6About the study

The researchers used susceptibility-weighted imaging to measure the impact of COVID-19 on participants’ brains.

RSNA added that this type of imaging is also used to detect several neurologic conditions such as microbleeds, brain tumors and stroke.

For this study, the researchers studied the data of 46 COVID-19 recovered patients and 30 healthy control patients.

03/6About the findings

According to a statement from RSNA, the brain scans revealed significant abnormalities in the people studied post-COVID. These abnormalities may explain the cognitive issues, anxiety and sleep issues, that several people are experiencing even months after recovering from their initial COVID-19 infection.

The brain regions affected are found to be linked with fatigue, insomnia, anxiety, depression, headaches and cognitive problems.

04/6Why are these findings important?

COVID can have significant long-term impact on people’s health, and this study is another proof to not negate or dismiss post-COVID symptoms.

The study authors note that these long COVID symptoms may "affect a patient's ability to contribute to the workforce and might have economic consequences for survivors and their dependents."

The study authors also emphasized on the need for "routine assessment for post-COVID conditions." They note that it is also "critical for reducing the incidence and impact of post-COVID conditions."

Among adults under age 65 who have survived COVID-19 infection, 1 in 5 continued to deal with at least one symptom of long COVID, according to a large study from researchers at the University of California.

The risk of long COVID was even higher for COVID survivors over age 65, with 1 in 4 dealing with the lingering symptoms. They were also found to be at a higher risk of kidney failure and neurological conditions.

Read more: COVID, flu and RSV: What are the differences; know the symptoms of each  
READMORE

#### 06/6 Common long COVID symptoms

According to researchers, the most common long COVID symptoms are respiratory issues and muscle or joint pain.

Other common symptoms include:

-Fatigue

-Difficulty concentrating

-Headache

-Sleep problems

-Dizziness when you stand

-Loss of smell or taste

-Depression or anxiety



-Chest pain

-Diarrhea

-Changes in menstrual cycle

## **Vitamin D**

**Vitamin D is an essential vitamin and often we associate lower levels of the vitamin with weak bone and poor muscle health. However, what we overlook is the association of this important vitamin with major diseases like diabetes. (The Times of India:20221123)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/vitamin-d-and-diabetes-does-deficiency-of-calciferol-affect-blood-glucose-level/photostory/95684891.cms>

Exposure to sunlight helps the body to synthesize vitamin D, otherwise known as calciferol, and this is considered to be one of the most effective ways to supply the body with vitamin D.

02/7What do we know about vitamin D and diabetes?

What do we know about vitamin D and diabetes?

There are several research studies done on the link between vitamin D and diabetes.

Vitamin D improves the sensitivity of insulin which is of prime importance in maintaining blood glucose levels. It is related to insulin secretion, insulin resistance, and  $\beta$ -cell dysfunction in the pancreas. In diabetic animal models, it has been seen that the secretion of pancreatic insulin is inhibited by vitamin D deficiency.

Studies have said that in order to keep a normal glucose level a human body needs to have 80 nmol/l or above vitamin D.

Research studies on older individuals have found that blood vitamin D levels of less than 50 nmol/l doubles the risk of diabetes.

READMORE

03/7"Vitamin D deficiency leads to reduced insulin secretion"

"Vitamin D deficiency leads to reduced insulin secretion"

As per a report published in Diabetes Spectrum, "There is growing evidence that vitamin D deficiency could be a contributing factor in the development of both type 1 and type 2 diabetes. First, the  $\beta$ -cell in the pancreas that secretes insulin has been shown to contain vitamin D receptors."

"Vitamin D contributes to normalization of extracellular calcium, ensuring normal calcium flux through cell membranes; therefore, low vitamin D may diminish calcium's ability to affect insulin secretion. Other potential mechanisms associated with vitamin D and diabetes include improving insulin action by stimulating expression of the insulin receptor, enhancing insulin responsiveness for glucose transport, having an indirect effect on insulin action potentially via a calcium effect on insulin secretion, and improving systemic inflammation by a direct effect on cytokines," it adds.

READMORE

04/7How effective is vitamin D supplementation?

How effective is vitamin D supplementation?

Though several studies have worked on it, the outcome has mostly been poorly understood.

In a study held in Japan with 1256 adults with prediabetes to an active form of vitamin D analogue (eldecalcitol) or placebo, the risk of diabetes was also lower in the vitamin D group than in the placebo group, but the difference was again not significant.

"Vitamin D may play a role in type 2 diabetes; however, to better define the role of vitamin D in the development and progression of type 2 diabetes, high-quality observational studies and RCTs that measure blood 25-hydroxyvitamin D concentration and clinically relevant glycemic outcomes are needed," a review article published in the Nature says.

A 2021 study published in Frontiers in Endocrinology found that the recommended doses of vitamin D significantly decreased the level of HbA1c after 3 as well as after 6 months of vitamin D supplementation in patients with type 2 diabetes treated with metformin and added that it is possible that vitamin D has beneficial effects only in vitamin D deficient patients especially in those with poor glycaemic control.

READMORE

05/7Vitamin D is associated with heart health

Vitamin D is associated with heart health

Along with diabetes, vitamin D is also linked to cardiovascular health. While several studies could not establish a consistent link between vitamin D deficiency and heart health, several other studies have found that the deficiency of this essential vitamin increases the blood pressure and hence the odds of cardiovascular diseases.

However, there is no concrete conclusion on whether vitamin D supplements are the solutions to a healthy heart.

06/7Diabetes and heart health

Diabetes and heart health

There is a strong association between diabetes and heart health. High blood sugar can damage the blood vessels and the nerves can help in the proper functioning of the heart.

High blood pressure increases the flow of blood through the arteries and puts extra pressure on the heart.

There are several factors that put the heart at tremendous risk like: smoking, obesity, less physical activity, having a diet rich in saturated fat, trans fat, cholesterol, sodium and drinking too much alcohol.

READMORE

07/7Daily intake amount of vitamin D

"The upper tolerable limit is 4,000 international units (IU) daily, and the recommended amount for women 14 to 70 is 600 IU per day. Women 71 and older should aim for 800 IU per day," experts at John Hopkins say.

However, an increase in the amount of vitamin D intake can lead to vitamin D toxicity.

Can you reverse diabetes without medication?

## **COVID, flu and RSV:**

**COVID, flu and RSV: What are the differences; know the symptoms of each(The Times of India:20221123)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/covid-flu-and-rsv-what-are-the-differences-know-the-symptoms-of-each/photostory/95680948.cms?picid=95680965>

01/7These are highly contagious viruses

During the winter season, the odds of getting a cold infection increases by several times. Often seen as a common cold, these can actually be COVID, or flu or respiratory syncytial virus (RSV). These are highly contagious viruses and there is a higher chance of getting infected when somebody in vicinity is infected.

In view of the contagious nature of the viruses, it is important to know the symptoms of the infections so that one can get timely medical help and assistance. This will also help to cut off the chain of transmission of the diseases.

02/7What causes COVID?

What causes COVID?

Infection by a specific kind of coronavirus causes COVID. The disease, which was first identified in 2019, turned out to be a global pandemic within a few months. Currently, the virus has undergone several mutations.

The current version of coronavirus is Omicron. Scientists believe that Omicron has a higher transmission rate than its ancestors and also has the ability to escape immunity.

03/7What causes the flu?

What causes the flu?

Flu is caused by influenza virus. There are 4 types of seasonal influenza viruses: types A, B, C and D. Influenza A and B viruses circulate and cause seasonal epidemics of disease.

Pregnant women, children younger than 5 years, people older than 65 years, people with chronic medical conditions such as HIV/AIDS, asthma, heart and lung diseases and diabetes and those with increased risk of exposure to influenza, which includes health care workers are at higher risk.

04/7What is RSV?

What is RSV?

The RSV or the respiratory syncytial virus (RSV) causes lower respiratory tract infection in all age groups.

"RSV is also a nosocomial threat both to young infants and among immunocompromised and vulnerable individuals. High mortality rates have been observed in those infected with RSV following bone marrow or lung transplantation," the World Health Organisation (WHO) has warned.

05/7How do these infections differ from each other?

How do these infections differ from each other?

"It's often very difficult to tell the difference between them," Thomas Murray, associate professor of pediatric infectious diseases at the Yale School of Medicine told the Washington Post. "Most of the time, you don't need to tell the difference because it doesn't change how you take care of the baby," Murray added.

06/7What are the symptoms of the infections?

Though it is difficult to tell apart the symptoms of the infections, the flu can induce fatigue quicker than the other two infections. "The flu is notorious for quick onset and fatigue and body

aches that feel like “you’ve just been hit by a truck,” said Ethan Wiener, chief of the emergency department at NYU Langone’s Hassenfeld Children’s Hospital told the Washington Post.

COVID, on the other hand, has a constellation of symptoms which includes sore throat, headache, cough, fever, loss of taste and smell, and several other symptoms. Sometimes the discomfort associated with COVID remains in the individual for a longer duration leading to a condition called long COVID.

RSV symptoms appear in stages. The common symptoms are runny nose, coughing, sneezing (which mostly sounds like wheezing) and also loss of appetite.

## READMORE

07/7Wear your mask properly

The primary mode of keeping yourself safe from infections is to cover the route of transmission of the germs.

Usually the viruses enter the body through the mouth and nose. The viruses present in the tiny droplets of breath, sneeze, and cough spread easily in the environment and enter a healthy body.

Hence, it is essential to wear a mask.

Read: The digestive symptom seen in triple-vaccinated COVID patients

Masks of different makes and purposes are available in the market. Depending on the lifestyle you lead, your professional set up, the mode of travel you take on a regular basis and your domestic environment you need to decide your mask.

Apart from this, one should also get vaccinated on time.

"Without 80% of us wearing masks again, the IHME projection predicts that we'll continue to grind along for months much as we are now, with a steady 5-6% excess mortality and hospitals at 5-10% over-capacity from COVID alone, not to mention flu and RSV," Tara Moriarty, Faculty of Dentistry, University of Toronto has said in a tweet.

In a series of tweets, Moriarty has explained that reducing excess mortality from 5% to 2.5% by masking in high risk periods might prevent 7,500 untimely deaths/year. That's double the average annual mortality of flu in Canada."

## National Cashew Day

**National Cashew Day: क्या काजूखानेसेवाकई बढ़ता हैकोलेस्ट्रॉल? जानिए क्या कहतेहैंएक्सपर्ट(Hindustan:20221123)**

Cholesterol in Cashew : काजूमेंकैलोरी ज्यादा होती है, लेकिन येनट्स पोषक तत्वों का एक पावरहाउस हैजो आपके लिए फायदेमंद हैं।  
लेकिन क्या काजूकोलेस्ट्रॉल बढ़ाता है? जानिए

<https://www.livehindustan.com/lifestyle/health/story-national-cashew-day-know-does-eating-cashews-really-increase-cholesterol-7392690.html> 2/7

सर्दी के मौसम मेंलोग नट्स खाना पसंद करतेहैं। येशरीर को गर्मरखनेमेंमदद करतेहैं। इस मौसम मेंअपनेइम्यून सिस्टम को बूस्ट करनेके लिए आपको डायट मेंसीमित मात्रा मेंनट्स शामिल करना चाहिए। हालांकि, कुछ लोग काजूखानेसेकतरातेहैं, क्योंकि उन्हेंलगता हैकि काजूखानेसेकोलेस्ट्रॉल बढ़ता है। काजूखाना अक्सर कोलेस्ट्रॉल के बढ़े हुए लेवल और वजन बढ़नेसे भी जुड़ा हुआ है। लेकिन क्या वाकई येसच है, जानिए-

विज्ञापन

क्या काजूखानेसेबढ़ता हैकोलेस्ट्रॉल (Kya Kaju Khane Se Badhta Hai Cholestrol)

काजूखानेसेकोलेस्ट्रॉल बढ़ता हैया नहीं इस बारेमेंकरीना की डायटीशियन रुजुता दिवेकर भी अपनेइंस्टाग्राम पर लिख चुकी हैं। रुजुता के मुताबिक काजूभी बादाम और अखरोट की तरह ही अच्छे होतेहैं। लेकिन फिर भी डॉक्टर और न्यूट्रीशियन होंगेजो बादाम और अखरोट खानेकी ही सलाह देतेहैंलेकिन काजूकी नहीं क्योंकि उनमेंकोलेस्ट्रॉल होता है। हालांकि सच्चाई यह हैकि काजूमेंकोलेस्ट्रॉल नहीं होता है।

ब्लड शुगर लेवल होता हैरेगुले गु ट

काजूपोषक तत्वों का पावरहाउस हैजो पैरों मेंकभी-कभी होनेवाली सुन्नता का इलाज करनेमेंमदद कर सकता है। रोजाना एक मुट्ठी काजूखानेसेभी रात मेंपैरों की ऐंठन कम करनेमेंमदद मिलेगी। काजूब्लड शुगर लेवल को रेगुले गु ट करनेके लिए भी फायदेमंद होती है।

ऐप पर पढ़ें

11/23/22, 11:07 AM National Cashew Day Know Does eating cashews really increase cholesterol - National Cashew Day: क्या काजू खाने से वाकई बढ़...

<https://www.livehindustan.com/lifestyle/health/story-national-cashew-day-know-does-eating-cashews-really-increase-cholesterol-7392690.html> 3/7

हेल्थ के लिए काजूके फायदे (Health Ke liye Kaju Ke Faayde)

दिल की हेल्थ के लिए बेहतरीन

काजूमेंदिल को हेल्दी रखनेवालेगुणगु होतेहैं, जो ब्लड प्रेशर और कोलेस्ट्रॉल के लेवल को कम करनेमेंमदद कर सकतेहैं।

पोटेशियम, विटामिन ई, बी6 और फोलिक एसिड जैसेपोषक तत्व दिल की बीमारियों सेबचातेहैं।

वेट लॉस डायट मेंसकती हैशामिल

काजूको आप वेट लॉस डायट मेंभी नियंत्रित मात्रा मेंशामिल कर सकतेहैं। काजूमेंकैलोरी की मात्रा ज्यादा होती है, लेकिन ये

सुपर हेल्दी होतेहैं। जब वजन घटानेकी डायट मेंनट्स खातेहैंतो पोर्शन नियंत्रण जरूरी होता है।

आंखों की हेल्थ के लिए बेहतरीन

ऐप पर पढ़ें

11/23/22, 11:07 AM National Cashew Day Know Does eating cashews really increase cholesterol - National Cashew Day: क्या काजू खाने से वाकई बढ़...

<https://www.livehindustan.com/lifestyle/health/story-national-cashew-day-know-does-eating-cashews-really-increase-cholesterol-7392690.html> 4/7

काजूमेंमौजूद एंटी एं ऑक्सीडेंट आंखों के स्वास्थ्य के लिए फायदेमंद हो सकतेहैं। काजूको नियमित खानेसेआंखों को डैमेज होने

सेबचाया जा सकता है।

हड्डियों के लिए बेस्ट

काजूमेंकॉपर और आयरन भी होता है। काजूनियमित खानेसेहड्डियों का स्वास्थ्य भी बेहतर हो सकता है।

Health Benefit Health Tips In Hindi

National Cashew Day: ये 5 लोग भूलकर भी न करेंकाजूका अधिक सेवन, फायदे की जगह सेहत को होगा

## Yoga for Prostate Cancer

**Yoga for Prostate Cancer: सभी पुरुषों को करने चाहिए ये योगासन, प्रोस्टेट कैंसर का जोखिम हो सकता है कम (Navbharat Times :20221123)**

<https://navbharattimes.indiatimes.com/lifestyle/health/4-yoga-poses-that-can-decrease-prostate-cancer-risk-in-men-according-study/articleshow/95681050.cms?story=5>

Prostate Cancer prevention tips: प्रोस्टेट कैंसर पुरुषों में होने वाला सबसे प्रचलित कैंसर का प्रकार है, जिसके लक्षण आमतौर पर 40 वर्ष की आयु के बाद दिखाई देते हैं। मेडिकल में प्रोस्टेट कैंसर के लिए कई इलाज मौजूद हैं लेकिन माना जाता है कि कुछ योगासन प्रोस्टेट को बढ़ने से रोकने में प्रभावी हैं।

4 yoga poses that can decrease prostate cancer risk in men, according study

Yoga for Prostate Cancer: सभी पुरुषों को करने चाहिए ये योगासन, प्रोस्टेट कैंसर का जोखिम हो सकता है कम

केवल पुरुष प्रजनन प्रणाली में प्रोस्टेट ग्रंथि (prostate gland) होती है। यह एक छोटी ग्रंथि है, जो मूत्रमार्ग के करीब लिंग और मूत्राशय के बीच मौजूद होती है। इसका काम वीर्य उत्पादन में सहायता करना है। कई बार कई कारणों से प्रोस्टेट ग्लैंड में कैंसर हो जाता है, जिसे प्रोस्टेट कैंसर (Prostate Cancer) कहा जाता है।

उपयोगकर्ताओं का दावा! रोजाना कपिवा गेट स्लिम जूस लेने से 10 किलो वजन कम करने में मदद मिली

प्रोस्टेट कैंसर पुरुषों में होने वाला सबसे प्रचलित कैंसर का प्रकार है, जिसके लक्षण आमतौर पर 40 वर्ष की आयु के बाद दिखाई देते हैं। हालांकि इस कैंसर के होने के सही कारणों की जानकारी नहीं है लेकिन माना जाता है कि उम्र बढ़ने की प्रक्रिया और जीवन के इस चरण के दौरान होने वाले हार्मोनल परिवर्तनों दोनों की वजह से इसका जोखिम है।

प्रोस्टेट को बढ़ने से रोकने में सहायक है योग

NCBI की एक रिपोर्ट के अनुसार, मेडिकल में प्रोस्टेट कैंसर के लिए कई इलाज मौजूद हैं लेकिन माना जाता है कि कुछ योगासन प्रोस्टेट को बढ़ने से रोकने में प्रभावी हैं। योग पेल्विक फ्लोर की मांसपेशियों को मजबूत बनाकर मदद कर सकता है। इतना ही नहीं, यह लक्षणों की गंभीरता को कम करने में भी सहायक है।

## विरसाना (Virasana)

### -virasana

इसे करने के लिए घुटनों को मोड़ना चाहिए और बैठते समय आपके पैर की उंगलियां पीछे की ओर होनी चाहिए। आप एक तकिए के ऊपर बैठ सकते हैं। अपनी रीढ़ को लंबा रखें और अपने हाथों, हथेलियों को नीचे की ओर, अपनी जाँघों पर रखें। अपने घुटनों को भार सहन न करने दें; इसे अपने कूल्हों में रखें। एक तरफ रोल करें और मुद्रा से बाहर निकलने के लिए अपने पैरों को आराम दें।

## बद्धा कोणासन (Baddha Konasan)

### -baddha-konasan

बैठते समय आपके पैर आपके सामने होने चाहिए। हिप सपोर्ट के लिए आप कुशन के किनारे पर बैठ सकते हैं। अपने घुटनों को बगल की तरफ झुकाते हुए अपने पैरों के तलवों को आपस में मिला लें। अपनी एड़ी को अपने शरीर में खींचें; खिंचाव को कम करने के लिए, उन्हें और दूर ले जाएँ। आप अपनी उंगलियों को आपस में जोड़ें। कुछ समय के बाद, अपनी टुडूडी को आगे की ओर मोड़ें, अपने हाथों को आगे की ओर ले जाएँ, और अपनी रीढ़ को गोल करें। गहरी सांस लेते हुए आराम करने और तनाव को दूर करने पर ध्यान दें।

## जानुशीर्षासन (Janusirsasana)

### -janusirsasana

दोनों पैरों को सामने फैलाकर फर्श पर बैठें। उनके दाहिने घुटने को बगल की ओर मोड़ें, ताकि उनके दाहिने पैर का तलवा उनकी भीतरी जांघ पर टिका रहे। अपना वजन बाएं पैर पर रखें और धीरे-धीरे अपने हाथों को उनके सामने ले जाएँ। अपने पैर को पकड़ने के लिए आगे की ओर पहुंचें, कूल्हों से आगे झुकें और अपने पैर के अंगूठे की ओर देखें। अपनी टुडूडी को अंदर की ओर झुकाएं और अपने सिर को आगे और नीचे झुकाकर अपनी पिंडली पर टिकाएं। दोनों पैरों को छोड़ते हुए धीरे-धीरे एक सीधी स्थिति में लौट आएं। दूसरी तरफ से अभी ऐसे ही दोहराएं।



धनुरासन (Dhanurasana)

-dhanurasana

दोनों तरफ अपनी बाहों के साथ पेट के बल लेट जाओ। अपने घुटनों को मोड़ते हुए, अपनी एड़ी को नीचे की ओर उठाएं। हथेलियों को ऊपर की ओर रखते हुए वापस पहुंचें, प्रत्येक टखने को अंदर से पकड़ें। सिर, छाती और कंधों को ऊपर उठाते हुए एड़ी को ऊपर की ओर उठाएं। ऊपर की ओर देखते रहें, स्थिति में गहरी सांस लें। 30 सेकंड के लिए रुकें और छोड़ें, मुद्रा को दो बार दोहराएं।

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।

## Foods to boost Immunity

### Foods to boost Immunity: सर्दियों में इम्यून सिस्टम को मजबूत बना देंगे Nutritionist के ये 6 असरदार उपाय(Navbharat Times :20221123)

<https://navbharattimes.indiatimes.com/lifestyle/health/nutritionist-shares-5-foods-that-can-boost-immunity-system-and-prevent-you-winter-diseases/articleshow/95677848.cms?story=6>

सर्दी के मौसम में बच्चों, बुजुर्गों और कमजोर इम्यून सिस्टम वालों को ज्यादा सतर्क रहना चाहिए। बदलते मौसम से निपटने और शरीर को अंदर से मजबूत बनाने के लिए इम्यून पावर को बढ़ाना जरूरी है।

nutritionist shares 5 foods that can boost immunity system and prevent you winter diseases

Foods to boost Immunity: सर्दियों में इम्यून सिस्टम को मजबूत बना देंगे Nutritionist के ये 6 असरदार उपाय

सर्दियों का मौसम शुरू हो चुका है और आने वाले कुछ महीनों तक ठंड बढ़ती जाएगी। ठंड का मौसम शुरू होते ही सर्दी, फ्लू और सांस से जुड़े रोगों का जोखिम भी बढ़ने लगा है। इस मौसम में इम्यून सिस्टम कमजोर होने का ज्यादा खतरा होता है और यही वजह है कि अधिकतर लोग बीमार रहते हैं।

उपयोगकर्ताओं का दावा! रोजाना कपिवा गेट स्लिम जूस लेने से 10 किलो वजन कम करने में मदद मिली

सर्दी के मौसम में बच्चों, बुजुर्गों और कमजोर इम्यून सिस्टम वालों को ज्यादा सतर्क रहना चाहिए। बदलते मौसम से निपटने और शरीर को अंदर से मजबूत बनाने के लिए इम्यून पावर को बढ़ाना जरूरी है।

फैट टू स्लिम की डायरेक्टर और न्यूट्रिशनलिस्ट एंड डाइटिशियन शिखा अग्रवाल शर्मा के अनुसार, सर्दियों में ज्यादातर लोग घर के अंदर ही रहते हैं जिससे उनकी रोग प्रतिरोधक क्षमता कम हो जाती है और इससे वायरस एक व्यक्ति से दूसरे व्यक्ति में आसानी से फैल जाते हैं। अगर आपको सर्दियों में बीमारियों से बचना है, तो आपको इम्यूनिटी बढ़ाने के लिए नीचे बताए उपाय आजमाने चाहिए।

बाजरा और रागी का करें सेवन

शिखा के अनुसार, बाजरा, रागी और राजगिरा जैसे साबुत अनाज को अपने आहार में शामिल करें। वे विटामिन और खनिज प्रदान करेंगे जो समग्र स्वास्थ्य के लिए आवश्यक हैं।

दिन में कई बार थोड़ा-थोड़ा खाएं

आपको एक साथ न खाकर दिन में कई बार थोड़ा-थोड़ा और पोषक तत्वों से भरपूर भोजन करना चाहिए। यह आपको अधिक समय तक तृप्त रहने में मदद करेगा।

सब्जियों का करें अधिक सेवन

अपने आहार में जड़ वाली सब्जियां जैसे गाजर, शकरकंद, रतालू शामिल करें। वे एंटीऑक्सिडेंट, कार्टेनॉइड से भरे हुए हैं, और सेलुलर क्षति से बचाते हैं। साग, पालक, ऐमरेंथ, बथुआ जैसी हरी पत्तेदार सब्जियों को अपने आहार में शामिल करें। ये मैग्नीशियम से भरपूर होते हैं और शरीर में सेलुलर प्रक्रियाओं को नियंत्रित करते हैं।

गोंद के लड्डू लें

सर्दियों के मौसम में आपको गोंद के लड्डू खाने चाहिए। इससे आपको भरपूर ऊर्जा मिलती है और आपका पेट लंबे समय तक भरा रहता है। इम्यून सिस्टम को मजबूत बनाने और सूजन को कम करने के लिए सोने से पहले इसे दूध के साथ लें।

खूब पानी पिएं

त्रिदोष (कफ, वात और पित्त) को संतुलित करने के लिए सुबह सबसे पहले तांबे का पानी पिएं। अपनी त्वचा को कोमल और नम बनाए रखने के लिए हाइड्रेटेड रहें।

जड़ी बूटियां भी हैं असरदार

सर्दियों के मौसम में आपको तुलसी, इलायची, लौंग और दालचीनी जैसे मसालों और जड़ी बूटियों का खूब सेवन करना चाहिए क्योंकि ये हमारे शरीर को गर्म रखते हैं।

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।

## Home Remedies

**Home Remedies for Back Pain: कमर दर्द कर रहा है परेशान, तो इन 6 घरेलू नुस्खों से आसानी से पाएं राहत(Navbharat Times :20221123)**

<https://navbharattimes.indiatimes.com/lifestyle/health/try-these-6-home-remedies-to-quick-relief-from-back-pain/articleshow/95673472.cms?story=6>

लोगों में कमर दर्द की परेशानी बढ़ती जा रही है। हर उम्र के महिला पुरुष इस समस्या से जूझ रहे हैं। लंबे समय तक एक ही पॉश्चर में बैठकर काम करना या फिर शरीर में कैल्शियम और विटामिन की कमी इसका मुख्य कारण माना जाता है।

try these 6 home remedies to quick relief from back pain

**Home Remedies for Back Pain: कमर दर्द कर रहा है परेशान, तो इन 6 घरेलू नुस्खों से आसानी से पाएं राहत**

महिला हो या फिर पुरुष, आज कल कमर दर्द एक आम समस्या बन गई है। यह बीमारी युवाओं को भी अपने आगोश में ले रही है। कमर दर्द के कई कारण माने जाते हैं, लेकिन इसके मूल कारणों में लंबे समय तक एक ही पॉश्चर में बैठकर काम करना या फिर शरीर में कैल्शियम और विटामिन की कमी होती है। एक रिपोर्ट की मानें तो 30 वर्ष के बाद ज्यादातर व्यक्ति को कमर दर्द की शिकायत होती है। वहीं, महिलाओं में यह परेशानी गर्भ में सूजन और मासिक धर्म की वजह से होती है।

उपयोगकर्ताओं का दावा! रोजाना कपिवा गेट स्लिम जूस लेने से 10 किलो वजन कम करने में मदद मिली

मेयो क्लिनिक बेवसाइट के एक रिसर्च के अनुसार, इसका प्रमुख कारण शरीर में होने वाली पोषक तत्वों की कमी है। इसके अलावा घंटों एक ही पोजीशन में बैठे रहना, अचानक से भारी सामान उठाकर शरीर पर दबाव डालना, किसी चोट के कारण या फिर उम्र बढ़ने के साथ आपको कमर दर्द परेशान कर सकता है।

डॉक्टर्स सलाह देते हैं कि अगर आपको कमर दर्द है तो सबसे पहले अपने पॉश्चर में बदलाव करें। लंबे समय तक एक ही पोजीशन में न बैठें और काम के दौरान चेयर योग जरूर करें। इससे शरीर में खिंचाव पैदा होगा और साथ ही रक्त संचार पूरे शरीर में होता है। इसके अलावा, कमर दर्द की समस्या से निजात पाने के लिए यहां पर हम 6 ऐसे घरेलू नुस्खे बता रहे हैं, जिनकी मदद से आप आसानी से राहत पा सकते हैं।

कमर दर्द में ग्रीन टी चाय फायदेमंद

ग्रीन टी से कई तरह के हेल्थ बेनिफिट्स मिलते हैं। यह किसी वरदान से कम नहीं है। इसके सेवन से मोटापा, मधुमेह जैसे कई बीमारियों में फायदा मिलता है। इसके अलावा, यह कमर दर्द में भी राहत देने का कार्य करता है। अगर आप रोजाना ग्रीन टी का सेवन कर रहे हैं, तो आपको कमर दर्द की समस्या से राहत मिल सकती है।

सेंधा नमक से कमर दर्द में राहत

सेंधा नमक भी कमर दर्द की समस्या को कम करने में मददगार होता है। अगर आप कमर दर्द से परेशान हैं तो एक बाल्टी पानी में एक चम्मच सेंधा नमक मिलाकर उससे स्नान करें। इस उपाय को करने से कुछ ही दिनों में आपको कमर दर्द में आराम महसूस होने लगेगा। दरअसल, सेंधा नमक में मैग्नीशियम सल्फेट पाया जाता है, जो कमर दर्द में राहत देने का काम करता है।

कमर दर्द से हैं परेशान तो खूब खाएं अनार

अगर आप कमर दर्द से परेशान हैं, तो अनार का रोजाना सेवन जरूर करें। अनार शरीर में आयरन की कमी को दूर करता है। साथ ही अनार में एनाल्जेसिक तत्व भी पाया जाता है, जो कमर दर्द को दूर करने में सहायक माना जाता है। आप अनार को चबा कर या उसका जूस निकालकर सेवन कर सकते हैं।

कमर दर्द में मेथी तेल से करें मालिश

कमर दर्द में मालिश बहुत फायदेमंद होती है। वहीं, अगर यह मालिश मेथी के तेल से की जाए तो जल्द राहत मिल सकती है। मेथी दानों को सरसों के तेल में डालकर पहले उसे अच्छे से भून लें। जब ये मेथी अपना असर छोड़ दें, तो इसे छान कर एक शीशी में डाल लें। अब इस तेल से रोजाना कमर की मालिश करें, कमर दर्द गायब हो सकता है।

कमर दर्द में अजवाइन खाएं

कमर दर्द से राहत पाने में अजवाइन में अच्छा घरेलू उपाय है। आप थोड़ी-सी अजवाइन को तवे पर थोड़ा गर्म कर लें और इसे चबाकर खाएं। इससे आपको दर्द से तुरंत राहत मिल सकती है। रात में अजवाइन खाने से जकड़न में आराम मिल सकती है।

कमर दर्द में तिल के तेल से मालिश

तिल के तेल को काफी गर्म माना जाता है। NCBI की रिपोर्ट के अनुसार, अगर आप कमर दर्द से परेशान हैं तो इससे शरीर की मालिश करा सकते हैं। इससे कमर की जकड़न और सूजन में राहत मिलती है। यह मांसपेशियों में खिंचाव कम करने का काम करता है। जिससे दर्द में राहत महसूस होती 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।