



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240209

Mild cognitive impairment

About 3.4 crore older Indians living with mild cognitive impairment, affecting daily lives: Study (The Tribune: 20240209)

<https://www.tribuneindia.com/news/health/about-3-4-crore-older-indians-living-with-mild-cognitive-impairment-affecting-daily-lives-study-588740>

Researchers found a higher prevalence of these disorders in the older ones (over 80 years old) and in those with lower levels of education.

About 3.4 crore older Indians living with mild cognitive impairment, affecting daily lives: Study

The team also found the prevalence to be higher in rural-living older adults than urban ones. Photo for representation

In India, an estimated 3.4 crore older adults, aged 60 years and above, are living with mild cognitive impairment, affecting their daily lives and activities in some manner, new research has found.

It estimated that 2.4 crore and almost 1 crore older adults are living with mild and major neurocognitive disorders, respectively, impairing faculties like memory, attention, executive function and language, and signifying potential dementia.

Using survey data from nationally representative sample of adults in India, researchers found a higher prevalence of these disorders in the older ones (over 80 years old) and in those with lower levels of education. The prevalence in women and men was found to be comparable and almost equal.

The team also found the prevalence to be higher in rural-living older adults than urban ones, and more in the illiterate than the literate. About 13.4 crore adults in India are estimated to be aged 60 years and above, and are projected to constitute 20 per cent of the population by 2050, they said.

For the study, the international team of researchers, led by Johns Hopkins University, US, and including those at St. John's Medical College, Bengaluru, Karnataka, recruited almost 4,100 participants residing in 18 geographically and linguistically diverse states such as Jammu & Kashmir, Punjab, Delhi, West Bengal, Maharashtra, Karnataka, Tamil Nadu, among others. The majority of the group was aged 60-79 years.

This study is called the LASI-DAD, Harmonized Diagnostic Assessment of Dementia for the Longitudinal Aging Study in India, and the participants were recruited from the main LASI. They collectively represented 91 per cent of the population, the researchers said in their study published in the journal PLoS ONE.

"We are aware of no previous Indian population-representative estimates of mild cognitive impairment, a group which will be increasingly important in coming years to identify for potential therapeutic treatment," the authors wrote.

For their analysis, the researchers relied on the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), a widely recognised clinical diagnostic authority. It recognises that dementia typically involves cognitive decline severe enough to interfere with one's daily functioning, they explained.

The DSM-5 diagnostic criteria for neurocognitive disorder entails documentation of cognitive decline and assessing how independent an individual performs their everyday activities. The criteria also describes exclusionary conditions, based on which the researchers excluded participants with active delirium, schizophrenia, history of stroke, and major depression, all of which were ascertained through interviews.

Upon analysing all the data, the researchers found that the population prevalence of DSM-5 mild and major neurocognitive disorder was 17.6 per cent and 7.2 per cent, respectively.

They also found that the prevalence of major neurocognitive disorder was greater with older ages - from about 4 per cent among those aged 60-64 years to 15.2 per cent among those aged over 80 years.

Among the participant sample, the team found that 12 per cent reported severe loss in at least one ADL (activities of daily living) and 8.5 per cent reported impairment in any IADL (instrumental activities of daily living).

Major neurocognitive disorder was more prevalent among illiterate (9.3 per cent) than literate (5 per cent) and rural (10.3 per cent) than urban (4.9 per cent) participants, they found.

“These findings, coupled with a growing number of older adults in the coming decades in India, have important implications for society, public health, and families,” the researchers wrote.

Strokes

Study shows anticoagulants fail to prevent unexplained strokes (The Tribune: 20240209)

<https://www.tribuneindia.com/news/health/study-shows-anticoagulants-fail-to-prevent-unexplained-strokes-588694>

One-third of strokes have unknown causes, a challenge for neurologists trying to help their patients avoid subsequent strokes

A common practice of prescribing anticoagulants to people who have had unexplained strokes should stop, according to a study that shows it is not beneficial to prevent the risk.

Anticoagulants were thought to prevent additional strokes in people whose initial stroke has an unknown cause but who have a heart condition, atrial cardiopathy that resembles atrial fibrillation, a common cause of stroke.

“We know these drugs work for people with atrial fibrillation, so we thought that they would probably work for people with atrial cardiopathy as well,” said Mitchell Elkind, Professor of neurology at the Vagelos College of Physicians and Surgeons.

However, the trial of 1,015 people, published in JAMA, found that patients with atrial cardiopathy who were given the anticoagulant apixaban had the same stroke rate, 4.4 per cent as patients who were given aspirin, the current standard of care.

“It's disappointing as a physician-scientist to not have your hypothesis proven, but this study is still providing really useful information.

“It tells neurologists that patients with this type of heart condition, atrial cardiopathy, should not get anticoagulants, which are riskier than aspirin and should be reserved for people with definitive evidence of atrial fibrillation,” Elkind said.

One-third of strokes have unknown causes, a challenge for neurologists trying to help their patients avoid subsequent strokes.

The team found that the unexplained strokes occur due to changes in heart that resemble changes seen in AFib.

They said there are several possible reasons why the trial did not support their hypothesis, including that they tested the right treatment in the wrong patients.

Heart treatment

New heart treatment to help grow a replacement valve inside body (The Tribune: 20240209)

<https://www.tribuneindia.com/news/health/new-heart-treatment-to-help-grow-a-replacement-valve-inside-body-587994>

Replacement heart valves that grow inside the body may be a step closer to reality.

Researchers at the Imperial College London and Harefield Hospital in the UK have developed a novel treatment that harnesses body's natural repair mechanisms to build a living heart valve.

“The aim of the concept we've developed is to produce a living valve in the body, which would be able to grow with the patient,” said Yuan-Tsan Tseng, a biomaterials scientist working at the Imperial's National Heart and Lung Institute and the Harefield Heart Science Centre.

Heart valve replacement is a life-saving treatment, but it is rarely a long-term solution. Both mechanical and biological valves have their own drawbacks. Patients with mechanical valves must take drugs for the rest of their lives to prevent blood clotting.

Biological valves, on the other hand, only last between 10 to 15 years. The treatment is particularly challenging for children with congenital heart defects, as the valves do not grow along with their bodies and must be replaced several times before they reach adulthood.

The new procedure begins with a nanofibrous polymeric valve, but made from a biodegradable polymer scaffold rather than a durable plastic.

“Once this is inside the body, the scaffold recruits cells and instructs their development, so that the body works as a bioreactor to grow new tissues,” Tseng explained. “The scaffold gradually degrades and is replaced by our body's own tissues.”

The scaffold material used to make the valve is the key innovation. “It has the capability to attract, house, and instruct appropriate cells from the patient's own body, thereby facilitating tissue generation and maintaining valve function.”

The team transplanted the valve into sheep and monitored for up to six months.

“The valves performed well,” Tseng said. “They continued to function for the six months of the trial, and also showed good cellular regeneration.”

In particular, the study shows that the scaffold was able to attract cells from the blood stream which then developed into functional tissues, a process known as endothelial-to-mesenchymal transformation.

“We’ve also seen nerves and fatty tissues growing in the scaffold, as we might expect in a normal valve.”

Meanwhile, the polymer could be seen degrading to make way for the new tissue.

“If there was no regeneration, the valve would fall apart as the polymer degrades. But what we see is continuing functionality, and that means cell regeneration is taking place over time. That proves that our idea of in-vivo regeneration is working.”

More work is required to determine exactly which processes are causing the polymer to degenerate and how closely it is linked to tissue regeneration.

“But the tissue regeneration is definitely sufficient to cover the structural integrity and functionality of the valve,” Tseng said.

The team aims to get regulatory approval for the first clinical trials, hopefully in the next five years or so.

Depression

Research reveals surprising connection between body temperature and depression (The Tribune: 20240209)

<https://www.tribuneindia.com/news/health/research-reveals-surprising-connection-between-body-temperature-and-depression-587990>

Results show that with each increasing level of depression symptom severity, participants have higher body temperatures

People with depression have higher body temperatures, which suggests that reducing their temperatures may have a mental health advantage, according to a new UC San Francisco research.

The study, published in Scientific Reports, doesn’t indicate whether depression raises body temperature or a higher temperature causes depression. It’s also unknown whether the higher body

temperature observed in people with depression reflects decreased ability to self-cool, increased generation of heat from metabolic processes or a combination of both.

Researchers analysed data from more than 20,000 international participants who wore a device that measures body temperature, and also self-reported their body temperatures and depression symptoms daily. The seven-month study began in early 2020 and included data from 106 countries.

The results showed that with each increasing level of depression symptom severity, participants had higher body temperatures. The body temperature data also showed a trend toward higher depression scores in people whose temperatures had less fluctuation throughout a 24-hour period, but this finding didn't reach significance.

The findings shed light on how a novel depression treatment method might work, said Ashley Mason, PhD, the study's lead author and associate professor of psychiatry at UCSF Weill Institute for Neurosciences. A small body of existing, causal studies has found that using hot tubs or saunas can reduce depression, possibly by triggering the body to self-cool, for example, through sweating.

"Ironically, heating people up actually can lead to rebound body temperature lowering that lasts longer than simply cooling people down directly, as through an ice bath," said Mason, who is also a clinical psychologist at the UCSF Osher Center for Integrative Health.

"What if we can track the body temperature of people with depression to time heat-based treatments well?"

"To our knowledge, this is the largest study to date to examine the association between body temperature - assessed using both self-report methods and wearable sensors - and depressive symptoms in a geographically broad sample," added Mason. "Given the climbing rates of depression in the United States, we're excited by the possibilities of a new avenue for treatment."

AIIMS

Ayush is being integrated with new, upcoming AIIMS: junior Health Minister (The Hindu: 20240209)

<https://www.thehindu.com/sci-tech/health/ayush-is-being-integrated-with-new-upcoming-aiims-health-minister/article67818209.ece>

Health Ministry says 1,64,478 Ayushman Arogya Mandirs had been operationalised till January-end by transforming existing Sub-Health Centres and PHCs in rural and urban areas

MoS for Health Dr. Bharati Pravin Pawar speaks in the Rajya Sabha during the Interim Budget Session of the Parliament, on Feb. 6, 2024

MoS for Health Dr. Bharati Pravin Pawar speaks in the Rajya Sabha during the Interim Budget Session of the Parliament, on Feb. 6, 2024 | Photo Credit: ANI

Following the Central government's initiative to co-locate AYUSH facilities at Primary Health Centres (PHC), Community Health Centres (CHC) and District Hospitals (DH) to provide choice to patients for different systems of medicines under a single window, Union Minister of State for Health and Family Welfare Bharati Pravin Pawar in her written reply in the Rajya Sabha on Tuesday noted that AYUSH services had been allocated at 470 DHs and 3,149 CHCs, among other health centres, as on September 30, 2023.

She added that AYUSH has been integrated with various new and upcoming All India Institute of Medical Sciences (AIIMS) established under the Ministry of Health and Family Welfare.

Mental disorders

Self-reporting of mental disorders in India lower than actual burden: study (The Hindu: 20240209)

<https://www.thehindu.com/sci-tech/health/self-reporting-of-mental-disorders-in-india-lower-than-actual-burden-study/article67822356.ece>

Highlighting concerning trends regarding the reporting of mental disorders in India, a recent study by IIT Jodhpur researchers found a significant economic burden and that self-reporting rates for mental health problems remained notably low.

A survey by NIMHANS indicated that around 150 million individuals had mental issues that required treatment. Image for representational purpose only.

A survey by NIMHANS indicated that around 150 million individuals had mental issues that required treatment. Image for representational purpose only. | Photo Credit: Getty Images/iStockphoto

Social determinants play a vital role in access to healthcare and financial protection among individuals with mental disorders in India. Studies have shown that India needs to address gaps in access and financial protection for individuals with mental disorders to achieve Universal Health Coverage (UHC).

Cervical cancer

Over 8,500 new cases of cervical cancer in Tamil Nadu in 2023, says Centre (The Hindu: 20240209)

<https://www.thehindu.com/sci-tech/health/over-8500-new-cases-of-cervical-cancer-in-tn-in-2023-says-centre/article67808272.ece>

Prevalence in 2023 stood at 36,014, according to the National Cancer Registry Programme Report; cervical cancer is the second-most common cancer in women aged 35-44, says doctor, adding it is preventable if detected in early stages

There were 8,534 estimated cases of cervical cancer (incidence) in Tamil Nadu in 2023, according to data from the Government of India.

Cancer

AIIMS unveils indigenously developed technology for early detection of cancer (The Hindu: 20240209)

<https://www.thehindu.com/sci-tech/health/aiims-unveils-indigenously-developed-technology-for-early-detection-of-cancer/article67821512.ece>

AIIMS in its release noted that as per the Global Cancer Observatory estimates, there were 19.3 million cancer cases reported worldwide in 2020, with India ranking right behind China and the U.S.

A glimpse of the AIIMS area against the backdrop of sunrise, in New Delhi on Saturday.

A glimpse of the AIIMS area against the backdrop of sunrise, in New Delhi on Saturday. | Photo Credit: ANI

The All India Institute of Medical Sciences (AIIMS) Delhi, in collaboration with the Centre for Development of Advanced Computing, Pune, has launched an Artificial Intelligence (AI) platform - iOncology.ai. - designed for the early detection of breast and ovarian cancer.

While this indigenously developed technology has already been deployed in five district government hospitals, including Mathura and Faridabad, for validation, officials confirmed that in the future, the government plans to install the system in other medical centres with the assistance of National Information Centres and the Ministry of Information Technology.

Health Insurance

What should your cancer insurance plan look like? How to read the fine print? (Indian Express: 20240209)

<https://indianexpress.com/article/health-wellness/world-cancer-day-lawyer-insurance-reimbursement-drug-9143143/>

53-year-old Deval Patel, a cancer survivor herself, who fought for 50 per cent coverage, advises how to choose the right one

What should your cancer insurance plan look like? A corporate lawyer tells you how to read the fine print

What should your cancer insurance plan look like? A corporate lawyer tells you how to read the fine print (Representational image via Canva)

When corporate lawyer Deval Patel was diagnosed with HER2-positive breast cancer, one that responds to targeted therapy well with the life-saving medication, Trastuzumab, she was shocked when her insurance company denied her claims despite its promised cancer coverage.

“That’s when I realised that a knowledge of insurance was most important,” says Deval, who managed to get 50 per cent reimbursement after a long fight. Her case demonstrates how we may be caught unawares by insurance companies who make you think you are secured for therapy when they couch gaping holes with smart wordplay and clauses.

Health Budget 2024

Health Budget 2024: Anganwadi, ASHA workers explain how the expansion of Ayushman Bharat cover can help them (Indian Express: 20240209)

<https://indianexpress.com/article/health-wellness/health-budget-2024-anganwadi-asha-workers-ayushman-bharat-cover-extension-9138702/>

‘We are more susceptible to infections from those we screen. Now we can avail treatment in empanelled hospitals without worrying about funds

Anganwadi Sevika Union is happy that the interim budget for 2024-25 has taken note of their health concerns and expanded the coverage of Ayushman Bharat to include all Anganwadi and ASHA workers across India. (Express Photo By Bhupendra Rana)

Anganwadi Sevika Union is happy that the interim budget for 2024-25 has taken note of their health concerns and expanded the coverage of Ayushman Bharat to include all Anganwadi and ASHA workers across India. (Express Photo By Bhupendra Rana)

Kamal Parulekar, the secretary of the Anganwadi Sevika Union in Maharashtra, is happy that the interim budget for 2024-25 has taken note of their health concerns and expanded the coverage of Ayushman Bharat to include all Anganwadi and ASHA workers across India. This noteworthy decision is anticipated to provide health coverage to approximately 10 lakh ASHA workers, 13,29,000 Anganwadi workers and 11,79,000 helpers in India, offering financial assistance of up to Rs 5 lakh per family annually for secondary and tertiary hospitalisation.

India has one of the biggest community health volunteer networks because of them. Anganwadi workers, who serve as the primary point of contact, frequently fall ill and bear the financial burden of treatment despite receiving a modest Rs 10,000 as honorarium. “They play a crucial role in screening lactating mothers, pregnant women, and children. Despite earning less than doctors, they lack proper nutrition, making them more susceptible to infections from those they screen. Additionally, as they do not receive medical leaves, they cannot afford to spend time waiting in long hospital queues and often resort to seeking treatment in private hospitals,” says Parulekar. Her union recently submitted a letter requesting the provision of medical leaves for Anganwadi workers in Maharashtra.

Piles Treatment:

Piles Treatment: पाइल्स के मरीज इन चीजों सेकरेंपरहेज, नहीं बढ़ेगी समस्या (Hindustan: 20240209)

<https://www.livehindustan.com/lifestyle/health/story-piles-patients-should-avoid-these-things-to-avoid-the-problem-9295210.html>

Foods to Avoid in Piles: पाइल्स दो तरह का होता है, खूनी और बादी। दोनों तरह मेंअलग-अलग परेशानी होती है। इस परेशानी सेबचनेके लिए कुछ चीजों सेपरहेज करना चाहिए। जानिए,

पाइल्स या बवासीर एक ऐसी समस्या है, जो खराब खानपान के कारण होती है। इस समस्या सेज्यादातर लोग जूझ रहेहैं। इस बीमारी का सबसेबड़ा कारण कब्ज है। पाइल्स

दो तरह का होता है, खूनी और बादी। अगर इसका इलाज ना किया जाए तो समस्या काफी गंभीर हो सकती हैं। शुरुआती बीमारी मेंही अगर खानपान का ध्यान रखा जाए तो

इस समस्या सेछुटकारा मिल सकता है। यहां जानिए बवासीर के मरीजों को किन-किन चीजों सेपरहेज करना चाहिए।

होम NCR देश क्रिकेट लाइव स्कोर मनोरंजन करियर एजुकेशन फोटो वीडियो बिजनेस विदेश धर्म

2/9/24, 10:48 AM Piles patients should avoid these things to avoid the Problem - Piles Treatment: पा इल्स के मरी ज इन ची जों से करें परहेज, नहीं बढ़ेगी सम...

<https://www.livehindustan.com/lifestyle/health/story-piles-patients-should-avoid-these-things-to-avoid-the-problem-9295210.html> 2/8

विज्ञापन

- स्मोकिंग करनेसेशरीर के अंदर पाई जानेवाली गैस्ट्रोइंटेस्टाइनल दीवार पर प्रभाव पड़ता है। सिगरेट पीनेवालेव्यक्ति का पाचन कमजोर होता है। ऐसेमेंअगर किसी को

बवासीर की समस्या हैतो स्मोकिंग बहुत नुकसानदायक हो सकती है।

- पाइल्स सेपीड़ित हैतो प्रोटीन वालेखानेको डायट मेंशामिल ना करें। खासकर, एनिमल प्रोटीन सेबचें, इससेज्यादा समस्याएं हो सकती हैं। क्योंकि प्रोटीन ठीक सेनहीं

पच पाता हैजिसके कारण कब्ज और मलाशय मेंजलन होती है।

-पाइल्स की समस्या मेंकॉफी और चाय पीनेसेबचना चाहिए। दरअसल, चाय और कॉफी मेंकैफीन ज्यादा मात्रा मेंपाया जाता है। कैफीन शरीर को डिहाइड्रेट करता है,

जिससेपाइल्स की समस्या बढ़ सकती है।

- बहुत ज्यादा लाल मिर्ची या मसालेवाला खाना खानेसेपाइल्स रोगियों सेपरहेज करना चाहिए। इससेपाचन खराब होता है। जिससेमल त्याग नेके दौरान जलन और दर्द

होता है। खानेमेंतेज मसालेपाइल्स की समस्या को बढ़ा सकतेहैं।

- पाइल्स की समस्या सेजुड़ा रहेव्यक्ति को बेकरी के खानेसेबचना चाहिए। बेकरी फूड्स मेंअंडे की भरपूर मा

PCOS

PCOS के साथ अनियमित पीरियड्स की समस्या भी होगी दूर बस अपनाएं ये 5 देसी तरीके(Hindustan: 20240209)

Natural Treatment PCOS: योग एक्सपर्ट काम्या नेअपनेवीडियो मेंदादी-नानी के समय के 5 ऐसी रूटिन एक्सरसाइज के बारेमेंबताया है, जिससेपीसीओएस के लक्षणों को कम करनेमें

<https://www.livehindustan.com/lifestyle/health/story-natural-treatment-pcos-know-how-to-treat-pcos-with-irregular-periods-and-stress-just-following-old-age-practice-9294691.html>

Natural Treatment PCOS: दुनियाभर मेंआज पीसीओएस सेपीड़ित महिलाओं की संख्या काफी तेजी सेबढ़ती जा रही है। पीसीओएस को पॉलीसिस्टिक ओवरी

सिंड्रोम के नाम सेभी जाना जाता है। यह महिलाओं मेंहोनेवाली एक गंभीर ओवरी सेजुड़ी समस्या है। जिसकी वजह सेमहिलाओं के शरीर मेंहार्मोन असंतलन की स्थिति

उत्पन्न हो जाती है। दरअसल, इस समस्या मेंमहिला के शरीर मेंमेल हार्मोन 'एण्ड्रोजन' का लेवल बढ़ जाता हैऔर अंडाशय पर एक सेज्यादा सिस्ट बननेलगतेहैं। आमतौर

ऐप पर पढ़ें

2/9/24, 10:50 AM natural treatment pcos: know how to treat PCOS with irregular periods and stress just following old age practice - PCOS के साथ अ...

<https://www.livehindustan.com/lifestyle/health/story-natural-treatment-pcos-know-how-to-treat-pcos-with-irregular-periods-and-stress-just-following-old...> 2/8

पर इसेजीवनशैली सेजुड़ा रोग माना जाता हैलेकिन अभी तक इसके असल कारण के बारेमेंपता नहीं चल पाया है। योग और लाइफस्टाइल एक्सपर्ट काम्या नेअपने

इंस्टाग्राम पर एक वीडियो शेयर करके बताया हैकि कैसेबिना किसी हेवी वर्कआउट के भी आप बस अपनी लाइफस्टाइल मेंथोड़ा सा बदलाव करके पीसीओएस जैसी

समस्या से राहत पा सकते हैं। काम्या बताती हैं कि हमारी नानी-दादी ने कभी पीसीओएस जैसी किसी समस्या की शिकायत नहीं की, जिसके पीछे उनका रोजमर्राका रूटिन

जिसमें फर्श पर या मलासन में बैठकर कपड़े धोना, अनाज पीसना, फर्श साफ करना, भोजन तैयार करना जैसी चीजें शामिल थीं। लेकिन आज ज्यादातर महिलाएं खानपान की

खराब आदतों, लंबे समय तक स्क्रीन के सामने बैठने, पर्याप्त नींद नहीं लेने और अधिक तनाव लेने के कारण पीसीओएस और अनियमित माहवारी से परेशान रहती हैं। योग

एक्सपर्ट काम्या ने अपने वीडियो में दादी-नानी के समय के 5 ऐसी रूटिन एक्सरसाइज के बारे में बताया है, जिससे पीसीओएस के लक्षणों को कम करने में मदद मिल सकती

है।

विज्ञापन

बटर चर्निंग पहले के समय में महिलाएं बाजार से मक्खन खरीदने की जगह घर पर ही मक्खन मथा करती थीं। बटर चर्निंग के दौरान शरीर में होने वाली ये मूवमेंट ना सिर्फ क्रीम से मक्खन

निकालने में मदद करती थी बल्कि महिलाओं को पीसीओएस की वजह से होने वाले अनियमित पीरियड्स और तनाव से भी दूर रखती थी। बटर चर्निंग एक्सरसाइज करने के

लिए सबसे पहले जमीन पर पैरों को सीधा करके बैठ जाएं। इसके बाद अपने दोनों हाथों की उंगलियों की मुठ्ठी को बंद करते हुए अपने दोनों हाथ हवा में ऐसे चलाएं जैसे आप

मक्खन मथ रहे हों।

जमीन पर झाड़ू लगाना-

अपने दूसरे उपाय में आपको अपने शरीर को इस पोजिशन में रखना है जैसे आप बैठकर जमीन पर झाड़ू लगा रहे हों। इसके लिए आपको अपने दोनों हाथों को सामने की

तरफ रखते हुए एक दूसरे के साथ जोड़ लेना है। इसके बाद हाथों को जोड़कर बैठे-बैठे ही आगे बढ़ने के लिए अपने पैरों को आगे-पीछे चलाएं, एं जैसा आप घर पर झाड़ू लगाते

समय करते हैं।

चक्की पीसना-

इस तीसरी एक्सरसाइज में आपको अपने पैर जमीन पर आगे की तरफ फैलाते हुए अपनी दोनों हथेलियों को आपस में जोड़कर आगे की तरफ दाएं से बाएं ओर लेकर जाना

है। इस एक्सरसाइज को करते समय सामने वाले व्यक्ति को ऐसा प्रतीत होता है जैसे आप चक्की चला रहे हों।

लकड़ी काटना-

महिलाएं अनियमित पीरियड्स की समस्या से राहत पानेके लिए अपनी चौथी एक्सरसाइज में लकड़ी काटनेजैसी पोजिशन में आ जाएं। ए इसके लिए आपको जमीन पर पैरों के

बल बैठकर अपने हाथों को आपस में जोड़कर ऊपर से नीचे की तरफ लेकर आना है। ठीक उसी तरह जैसे कोई व्यक्ति लकड़ी काटनेके लिए करता है।

इंडियन टॉयलेट सीट इस पांचवीं एक्सरसाइज में महिला को जमीन में पैरों के बल ठीक उसी तरह बैठना है, जैसे कि आप इंडियन टॉयलेट सीट में बैठते समय रहते हैं। इसके बाद एक-एक करके

अपने दोनों घुटनों को हाथ से पकड़कर नीचे की ओर लेकर आएं।

Heart disease symptoms

Heart disease symptoms: तुम्हारा भाई एकदम फिट है कहने वालों, ये लक्षण दिखे तो समझ जाना हार्ट में सूजन आ गई है (Navbharat Times : 20240209)

<https://navbharattimes.indiatimes.com/lifestyle/health/warning-signs-and-symptoms-of-heart-inflammation/articleshow/107521607.cms?story=1>

हमारे दिल के बीच वाली लेयर 'मायोकार्डियम' के नाम से जानी जाती है। किसी कारण से जब इसमें सूजन आ जाती है तो शरीर में दिक्कत शुरू हो जाती हैं। दिल में सूजन आने की वजह से कई लक्षण दिख सकते हैं। आज बात ऐसी ही कुछ लक्षणों की करेंगे।

warning signs and symptoms of heart inflammation

Heart disease symptoms: तुम्हारा भाई एकदम फिट है कहने वालों, ये लक्षण दिखे तो समझ जाना हार्ट में सूजन आ गई है

ऐमजॉन पर लैपटॉप डेज, 6-9 फरवरी तक मौका, 35 हजार तक छूट!

डील देखें

ऐमजॉन पर लैपटॉप डेज, 6-9 फरवरी तक मौका, 35 हजार तक छूट!

विदेश यात्रा का जीवन में क्या है योग, कब मिलेगा अवसर। जानिए ज्योतिषी से

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खेलें और जीतें! क्या आप जानते हैं कश्मीरी नाव को क्या कहते हैं?

Heart disease symptoms: आपके आस-पास ऐसे तमाम लोग होंगे, जो सर्दी-जुकाम, हाथ-पैर की सूजन इत्यादि को हल्के में लेते हैं। उनसे जब भी कहो भाई डॉक्टर से मिल लो, उनका जवाब होता है तुम्हारा भाई एकदम फिट है। कोई दिक्कत नहीं है। ऐसे लोगों से कहना है कि बीमारी एकदम से नहीं आती। वो धीरे-धीरे अपने लक्षणों से हमें सतर्क करती हैं। जिन्हें नजरअंदाज करने से जान जाने का जोखिम हो सकता है। आज हम आपको ऐसे कुछ गंभीर लक्षणों के बारे में बताने जा रहे हैं, जो हार्ट में सूजन की ओर संकेत करते हैं।