



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20240219

## Gur and honey

**Better not Safer: Gur and honey are slightly more nutritious than white sugar, but their calorie count is the same (The Tribune: 20240219)**

<https://www.tribuneindia.com/news/health/better-not-safer-gur-and-honey-are-slightly-more-nutritious-than-white-sugar-but-their-calorie-count-is-the-same-591616>

Better not Safer: Gur and honey are slightly more nutritious than white sugar, but their calorie count is the same

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“Many of my patients after diagnosis would replace sugar with gur or shakkar, particularly in tea, under the misconception that these are safe,” says Dr Sachin Mittal, endocrinologist, Fortis Hospital, Mohali.

This seems to be a common misunderstanding, as many people mistakenly believe that natural is safe, says Shabana Parveen, clinical nutritionist, Artemis Hospital, Gurugram.

Most people are under the impression that gur/shakkar or honey does not affect or raise blood sugar levels, adds Dr Mittal.

However, this is the biggest myth of all, says Dr Anupam Biswas, endocrinologist, Fortis Hospital, Noida. “Jaggery or gur has a very high glycemic index, even more than white sugar and honey.”

The glycaemic index (GI) is a rating system for foods containing carbohydrates. It is used to measure how much does a specific food raise your blood sugar/insulin levels. The higher the GI, the greater the spike in blood sugar levels.

“Gur and honey are slightly more nutritious than white sugar or table sugar but contain almost the same amount of calories,” says Neelu Malhotra, a Mohali-based clinical nutritionist.

Honey has some amount of potassium, calcium, folate and vitamin C, plus trace amounts of vitamin B, phosphorous, sodium, etc. Gur, too, contains trace amounts of iron, calcium, magnesium and phosphorous.

“If you are looking for nutritional benefits, you will have to eat at least half a glass of honey or 100-200 gm of gur. This quantity will cause your blood sugar levels and calorie count to skyrocket. There are better sources/foods to get your nutrition from,” adds Malhotra.

Parveen agrees, “The risks of having large amounts of honey and gur are similar to having white sugar.”

According to a Harvard study, natural and added sugars metabolise the same way in our bodies.

WHO guidelines recommend that less than 10 per cent of calories should come from sugar.

While it is best to avoid white sugar and opt for healthier versions like honey and/or gur, limit these within the recommended intake level.

Dr Biswas sounds a note of caution. “While the awareness about the harms caused by natural sugars is quite less, the trend of getting information or knowledge from social media sites like YouTube and Instagram is growing. This can prove harmful. It is best to get your facts from trusted or verified sources/websites like the American Diabetes Association, the Research Society for the Study of Diabetes in India, the WHO, etc. This holds true for information about any medical issue.”

Remember this rule of thumb. If it sweetens like sugar, it has the calories of sugar. Because there are no healthier substitutes for sugar, only a little better ones.

## **low sodium levels**

### **Dangers of low sodium levels (The Tribune: 20240219)**

<https://www.tribuneindia.com/news/health/dangers-of-low-sodium-levels-591610>

Elderly run the risk of sodium imbalance due to decreased diet and increased medication

Sodium (Na) ions are essential for the functioning of body cells. The elderly (65 years and above) are more prone to changes in the body's sodium levels.

Sodium (Na) ions are essential for the functioning of body cells. The elderly (65 years and above) are more prone to changes in the body's sodium levels. Low sodium concentration or hyponatremia (< 135 mEq/L) is a relatively frequent electrolyte disorder in the elderly population because of:

- 1 Impaired water excretory capacity of the kidneys.
- 2 Many drugs such as diuretics normally prescribed for heart and kidney ailments as well as hypertension.
- 3 'Tea and toast' syndrome: Many old people prefer light meals and often opt for tea and toast. Such meals don't have any protein and contain very less salt.

Sodium levels in the body are dependent on the total body fluid or water content in the body. Kidneys regulate the body's water and sodium levels through urine excretion. In the elderly, sometimes more water is retained, diluting the blood and leading to low sodium levels. Even a tiny fluctuation in body's water levels can lead to alteration in sodium level in them as the total body water content decreases with age.

Common risk factors for hyponatremia in older people include medical conditions such as diabetes, hypertension, heart and kidney problems, and some cancers. These patients are often advised a low-sodium diet. Diuretic drugs (for example, Lasix), painkillers and anti-depressants can all predispose the elderly to hyponatremia, if not appropriately monitored.

Many elderly are on multiple drugs. This is also a major risk factor for low sodium levels. Less protein consumption also plays a role in the development of hyponatremia. It occurs more during the summer because of increased salt loss and water intake.

Symptoms of hyponatremia usually depend on sodium levels. The severity can be divided into mild (Na 130-135 mEq/L), moderate (125-129 mEq/L) and severe (<125 mEq/L). The symptoms can be more acute if the drop in sodium happens in <48 hours than if it occurs gradually (chronic). The caveat here is that older people can develop symptoms even with a mild-moderate degree of hyponatremia. The symptoms are non-specific but usually related to the neurological manifestations and can range from mild nausea and vomiting to lethargy, headaches, confusion and muscle cramps. Serious complications of acute, profound hyponatremia include irrelevant or slurry speech, drowsiness, seizures and sometimes coma.

An article published in the Journal of the Indian Academy of Geriatrics, by Kulkani N et al, showed that 29 per cent of the elderly admitted to ICU with altered mental status had hyponatremia. Though our body and brain cells sometimes adapt to low sodium levels in chronic hyponatremia, older people can have memory disturbances, impaired concentration, and falls, which may go

unnoticed unless sodium levels are tested. The Rotterdam study evaluated sodium levels in 5,208 elderly subjects, concluding that even mild hyponatremia is a risk factor for fractures.

Hyponatremia in the elderly can also occur in hospital settings and is associated with adverse outcomes. Clinicians should be attentive to the patient's sodium levels in the diet, blood and urine.

As hyponatremia has non-specific symptoms, one should be vigilant in identifying elderly patients with hyponatremia who can manifest mental disturbances or weakness. Sodium levels in the blood are a crucial investigation to check, especially if older people suffer from comorbid conditions and are taking drugs mentioned earlier. Sodium levels in at-risk elderly individuals should be checked before prescription of the culprit drugs — at baseline, at one month from baseline, and at every 3-6 months during follow-up or frequently, if there is a change in dosage of these drugs.

Doctors should also be cautious in prescribing medications, especially diuretics to elderly. Lower doses of diuretics or alternate drugs can be prescribed. Doses can be increased gradually, if required. Clinicians should also advise about appropriate salt and water intake while prescribing these drugs. The elderly taking tea and toast should be advised to take an adequate salt and protein-rich diet. It is prudent to correct hyponatremia in older people even if they do not have significant symptoms. Early identification and correction can prevent untoward complications in this fragile population.

## **Covid infection**

### **Covid infection may not be responsible for memory problems and fatigue: Study(The Tribune: 20240219)**

They may be a result of inflammation in the rest of the body.

<https://www.tribuneindia.com/news/health/covid-infection-may-not-be-responsible-for-memory-problems-and-fatigue-study-591810>

Headaches, memory problems, and fatigue — commonly known to continue post Covid infection — may be a result of inflammation in the rest of the body and not because SARS-CoV-2 infects the brain, claims a new research.

Early on in the pandemic, researchers surmised that direct infection of the brain could be the cause behind these neurological symptoms. Many studies have also proposed the effect of Covid virus on the brain symptoms. But a study by researchers at the Charite- Universitätsmedizin Berlin in Germany has now produced evidence to support the new theory.

“We took that as our hypothesis at the start, too. But so far, there has been no clear evidence that the coronavirus can persist in the brain, let alone proliferate,” said Dr Helena Radbruch, head of the Chronic Neuroinflammation working group at the Department of Neuropathology at Charite.

“For that, we would have needed to find evidence of intact virus particles in the brain, for example. Instead, the indications that the coronavirus could infect the brain come from indirect testing methods, so they aren't entirely conclusive,” Radbruch added.

According to a second hypothesis, the neurological symptoms would instead be a kind of side effect of the strong immune response the body deploys to defend against the virus.

For the study, the team of researchers analysed various areas of the brain in 21 people who died in hospital settings, typically in an ICU, due to severe coronavirus infection. For comparison, the researchers studied nine patients who died of other causes after treatment in intensive care.

First, they looked to see whether the tissue showed any visible changes and hunted for any indication of coronavirus. Then they conducted a detailed analysis of genes and proteins to identify the specific processes that had taken place inside individual cells.

Like other teams of researchers before them, the Charite scientists found coronavirus genetic material in the brain in some cases.

“But we didn't find neurons infected with SARS-CoV-2,” Radbruch noted. “We assume that immune cells absorbed the virus in the body and then travelled to the brain. They're still carrying the virus, but it doesn't infect cells of the brain. So coronavirus has invaded other cells in the body, but not the brain itself.”

Still, the researchers did note striking changes in molecular processes in some cells of the brain in those infected with Covid-19: For example, the cells ramped up the interferon signalling pathway, which is typically activated in the course of a viral infection.

“Some neurons evidently react to the inflammation in the rest of the body,” said Prof Christian Conrad, head of the Intelligent Imaging working group at the Berlin Institute of Health at Charite (BIH) and one of the principal investigators in the study.

“This molecular reaction could be a good explanation for the neurological symptoms we see in Covid-19 patients. For example, neurotransmitters emitted by these cells in the brainstem could cause fatigue. That's because the brainstem is home to groups of cells that control drive, motivation, and mood.”

Further, the team found that the neurons' reaction to the inflammation is temporary, as shown by a comparison of people who died during an acute coronavirus infection with those who died at least two weeks afterward. The molecular changes are most evident during the acute infection phase, but they do normalise again afterward — at least in the vast majority of cases.

## **Joint responsibility**

### **Joint responsibility: As knee replacement surgeries rise in India, a look at the factors and preventive measures (The Tribune: 20240219)**

<https://www.tribuneindia.com/news/health/joint-responsibility-as-knee-replacement-surgeries-rise-in-india-a-look-at-the-factors-and-preventive-measures-591599>

Joint responsibility: As knee replacement surgeries rise in India, a look at the factors and preventive measures

At least 90 per cent of the total knee surgeries in India are in patients of osteoarthritis. ISTOCK

In the past 30 years, the number of patients suffering from osteoarthritis (OA) of various joints in India has risen threefold: from 2.3 crore in 1990 to 6.2 crore in 2019. Among these, knee remains the most affected joint, followed by OA of hand.

The ends of the bones constituting a joint are normally covered by a highly fine cartilage known as hyaline cartilage, which provides gliding surface to the bone end as well as a covering layer to the pain nerve endings in the bony tissue. In OA, this cartilage gets worn out, leading to exposure of coarse bony surfaces and exposing the pain fibres of the nerve endings in the bones, which cause pain. In response to the pain, inflammatory substances are secreted, causing a swollen joint. Thus, OA joints can present as painful swollen joints.

The usual predisposing factors of OA include advanced age, obesity, injuries and enhanced wear and tear in certain professions that require strenuous activities, causing injuries to the joint. Additionally, the malalignment of the lower limb bones, usually due to genetic predispositions, cause point loading on the joint surfaces, expediting the wear and tear of cartilage.

Based on X-rays, OA of the knee has been categorised into four grades, with Grade 1 being the mildest and Grade 4 the most severe. In the first three grades, no surgery is required and treatment includes strengthening of the thigh muscles, certain chondroprotective (cartilage protecting) drugs, reduction of body weight in obese individuals, and sometimes injections of lubricants or growth stimulating substances in the joints.

In advanced Grade 4 cases, the treatment is usually surgical. This surgery, known as joint replacement surgery, involves removing thin slices of the worn-out joint surfaces of constituent bones and covering the residual bone surfaces with artificial materials so that the pain nerve

endings are not exposed. The most commonly used materials during this surgery are metallic surface on one side and a plastic-like material, polyethylene, on the other. These artificial surfaces of the joint, when subjected to the mechanical stresses of daily life, also get worn out with time, and ultimately, the patient may again start experiencing pain.

The average life of an artificial knee joint has been estimated to be around 15-20 years, which depends upon the activity level of the individual. The wear and tear is rapid in young, active persons as compared to elderly, inactive patients. Thus, the routine dictum is that the life of an artificial joint should last longer than the life of the patient, because the revision surgery of a worn-out artificial joint is more cumbersome and less successful as compared to the primary (or first) surgery. Therefore, the ideal age of a patient for undergoing such surgery should be beyond 65 years of age. In exceptional cases, when there's severe crippling pain, the joint replacement can also be performed in younger patients with informed consent of the patient about the life of the artificial joint.

#### Probable risk factors

The risks and complications of knee replacement surgery are usually uncommon and can include infection, stiffness and loosening of the artificial joint surfaces, requiring more surgeries.

Patients can and should start walking using their knees immediately in the first couple of days after the surgery. The patients may need support of a walker or stick for the first four to six weeks. By around three months, the patients are quite comfortable walking. As a precautionary measure, these patients are usually advised to avoid squatting for the rest of their life due to the design of the artificial joints to enhance the longevity of the implant.

In the past four decades, many improvisations have been tried in the materials and design of the artificial joints with an aim to increase their average life. But as on today, most of the designs and materials have almost similar outcomes/lifespan.

In recent years, robotic replacement surgery has also become popular. The results, however, till today are inconclusive and there is no concrete evidence as to whether robotic surgery has superior results vis-a-vis traditional surgery.

#### Cases where knee replacement surgery is recommended

Severe longstanding pain restricting social life.

The pain score between 0 and 10 being more than 6, where 0 means no pain and 10 means crippling pain, giving immobility.

Patient's age is more than 65 years.

All non-operative treatment modalities, including weight reduction, muscle-strengthening exercises, physiotherapy and medical drugs have been already exhausted.

The patient is medically fit to undergo this major surgery.

#### Possible pitfalls during/of surgery

Infection during post-operative period.

Stiffness of the joint.

Residual pain.

Clicks and clunks from the joint.

Loosening of the artificial joint surfaces, causing painful joint.

Deep vein thrombosis.

Precautions during recovery

Exercises of various muscles of the knee and foot and an early out-of-bed mobility to keep the blood in circulation that prevents the complication of deep vein thrombosis.

Proper intake of medications as advised.

Optimum physiotherapy.

Plenty of water intake in the post-operative period.

No smoking.

Intake of a high-protein diet.

Preventive measures

Keep body weight in check.

Moderate exercise, especially muscle-strengthening exercises of calf and thighs, and flexibility/stretching exercises.

Avoid squatting, sitting on floor as getting up can affect knee joints. Minimise sitting cross-legged or sitting in loose-legged position for long.

## **Cancer vaccines**

**Putin says Russia is close to creating cancer vaccines (The Hindu: 20240219)**

<https://www.thehindu.com/sci-tech/health/putin-says-russia-is-close-to-creating-cancer-vaccines/article67846931.ece>

Putin did not specify which types of cancer the proposed vaccines would target, nor how



Russian President Vladimir Putin gestures as he speaks to scientists on the sidelines of the Future Technologies Forum at the World Trade Centre in Moscow, Russia.

Russian President Vladimir Putin gestures as he speaks to scientists on the sidelines of the Future Technologies Forum at the World Trade Centre in Moscow, Russia. | Photo Credit: AP

President Vladimir Putin said on Wednesday that Russian scientists were close to creating vaccines for cancer that could soon be available to patients.

Mr. Putin said in televised comments that "we have come very close to the creation of so-called cancer vaccines and immunomodulatory drugs of a new generation".

"I hope that soon they will be effectively used as methods of individual therapy," he added, speaking at a Moscow forum on future technologies.

Mr. Putin did not specify which types of cancer the proposed vaccines would target, nor how.

1.3 million lives lost every year to cancers caused by tobacco smoking in 7 countries: Lancet study

A number of countries and companies are working on cancer vaccines. Last year the U.K. government signed an agreement with Germany-based BioNTech to launch clinical trials providing "personalised cancer treatments", aiming to reach 10,000 patients by 2030.

Pharmaceutical companies Moderna and Merck & Co are developing an experimental cancer vaccine that a mid-stage study showed cut the chance of recurrence or death from melanoma - the most deadly skin cancer - by half after three years of treatment.

There are currently six licensed vaccines against human papillomaviruses (HPV) that cause many cancers, including cervical cancer, according to the World Health Organization, as well as vaccines against hepatitis B (HBV), which can lead to liver cancer.

During the coronavirus pandemic, Russia developed its own Sputnik V vaccine against COVID-19 and sold it to a number of countries, although domestically it ran up against widespread public reluctance to get vaccinated.

Putin himself said he had taken Sputnik, in a bid to assure people of its efficacy and safety.

## **Health policy**

### **The big diversity blindspot in health policy (The Hindu: 20240219)**

<https://www.thehindu.com/sci-tech/health/the-big-diversity-blindspot-in-health-policy/article67816660.ece>

A new study found key health policy committees since Independence are overrepresented by men, doctors, bureaucrats and individuals from New Delhi — neglecting diverse perspectives critical for public health systems.

The math seems to be off, in the equation of health and healing. Official data suggests women constitute almost half of all of India's health workers. Yet, only 18% of them make it to the top of the pyramid, reaching leadership positions across health panels, committees, hospitals, colleges and ministries. That means for every woman, there are more than four men in a health setting.

## **Alaskapox virus**

### **Elderly Alaska man is first reported person to die of recently discovered Alaskapox virus (The Hindu: 20240219)**

<https://www.thehindu.com/sci-tech/health/elderly-alaska-man-is-first-reported-person-to-die-of-recently-discovered-alaskapox-virus/article67844204.ece>

A red-backed vole is held during a survey of plant and animal life in Juneau, Alaska, on Thursday, May 1, 2014. Alaskapox was discovered in 2015 by a woman who lived near Fairbanks, Alaska. It mainly has been found in small mammals, including red-backed voles and shrews. But pets, such as dogs and cats, may also carry the virus, health officials say.

A red-backed vole is held during a survey of plant and animal life in Juneau, Alaska, on Thursday, May 1, 2014. Alaskapox was discovered in 2015 by a woman who lived near Fairbanks, Alaska. It mainly has been found in small mammals, including red-backed voles and shrews. But pets, such as dogs and cats, may also carry the virus, health officials say. | Photo Credit: AP

An elderly man has died from Alaskapox, the first known fatality from the recently discovered virus, State health officials said.

The man, who lived in the remote Kenai Peninsula, was hospitalized last November and died in late January, according to a bulletin last week from Alaska public health officials

## **Organ/tissue transplantation**

### **Health Ministry warns of possible commercial dealings in organ/tissue transplantation of foreigners in India (The Hindu: 20240219)**

<https://www.thehindu.com/sci-tech/health/health-ministry-warns-of-possible-commercial-dealings-in-organ-tissue-transplantation-of-foreigners-in-india/article67841792.ece>

Health Secretary seeks help from Ministry of External Affairs to curb violations and to establish systems for monitoring the process

Aimed at preventing any possible commercial dealings in organ or tissue transplantation of foreigners, Health Secretary Apurva Chandra, in a written communication, alerted the Ministry of External Affairs of possible violations and asked support to establish systems for monitoring the process.

## **Arthritis**

### **Can rheumatoid arthritis be prevented? | Explained (The Hindu: 20240219)**

<https://www.thehindu.com/sci-tech/health/can-rheumatoid-arthritis-be-prevented-explained/article67858354.ece>

Can the disease be delayed by repurposing an existing drug? Can it act as a signalling pathway to start the appropriate immune response? What are the concerns? Where does India stand on treating this autoimmune disease?

Can doctors prevent the onset of rheumatic arthritis in people who have not yet developed the condition?

Can doctors prevent the onset of rheumatic arthritis in people who have not yet developed the condition? | Photo Credit: Getty Images/iStockphoto

The story so far: Earlier this week, The Lancet published the results of a study that proposed to repurpose an existing drug to treat rheumatoid arthritis as prophylaxis, to prevent disease. Can doctors prevent the onset of rheumatic arthritis in people (with indicative biomarkers) who have not yet developed the condition? The results of the study showed that “rheumatoid arthritis

prevention trials are feasible and targeting the adaptive immunity of such individuals at an early stage, can prevent the onset of rheumatoid arthritis.”

It is a chronic, autoimmune condition that mostly affects the joints. Scientists have not yet understood why an autoimmune condition occurs, allowing the immune system that protects the body, to attack itself. A patient experiences pain, swelling of joints and loss of function and mobility as a result of stiffness. As can be expected, this is likely to significantly lower a patient’s quality of life. As per the National Institute of Arthritis and Musculoskeletal and Skin Diseases, of the National Institutes of Health, U.S., rheumatoid arthritis affects the lining of the joints, and damages the tissue that covers the ends of the bones in a joint. It often occurs in a symmetrical pattern, meaning that if one knee or hand has the condition, the other hand or knee is also often affected. Fatigue, occasional fevers, and a loss of appetite are to be expected, and there is a possibility that it may cause medical problems outside of the joints including in the heart, lungs, blood nerves, eyes and skin.

## **Endometriosis**

### **Will endometriosis be exempt from the gender pass over? (The Hindu: 20240219)**

<https://www.thehindu.com/sci-tech/health/will-endometriosis-be-exempt-from-the-gender-pass-over/article67848581.ece>

A new McKinsey report finds women’s health gap equates to 75 million years of life lost due to poor health or early death per year, the equivalent of seven days per woman per year.

A woman will spend an average of nine years in poor health.

A woman will spend an average of nine years in poor health. | Photo Credit: Getty Images

The gender pass over in health care is as alive as it is in other fields; women’s health needs are passed over, feminine conditions given rare attention in medicine or research. In a report published last month, consulting firm McKinsey, claimed the women’s health gap equates to 75 million years of life lost due to poor health or early death per year, the equivalent of seven days per woman per year. The report, ‘Closing the women’s health gap: A \$1 trillion opportunity to improve lives and economies’ makes the case for addressing the 25 % more time that women spend in poor health. It would not only help improve the health and lives of millions of women, but could also boost the global economy by at least \$1 trillion annually by 2040.

## PCOS

### **Do you have PCOS? Manage it early on to control blood sugar and cholesterol (Indian Express: 20240219)**

<https://indianexpress.com/article/health-wellness/pcos-prevention-diabetes-cholesterol-women-health-body-9152776/>

Detecting and managing early warning signs, like elevated testosterone and blood sugar, are crucial, says Dr Richa Chaturvedi, Senior Consultant, Endocrinology, Indraprastha Apollo Hospitals, New Delhi

health, women's body, belly fat, cholesterol, indian express The higher testosterone and other hormonal fluctuations of PCOS encourage visceral fat accumulation, what we call belly fat. (Pexels)

Women with hormonal imbalances linked to polycystic ovary syndrome (PCOS), complex menopause and excessive weight gain during pregnancy are likely to develop obesity with elevated levels of blood sugar and cholesterol. These are the findings of a study, published in Cell Metabolism, which advocates screening of these markers early on in a woman's reproductive span.

According to Dr Richa Chaturvedi, Senior Consultant, Endocrinology, Indraprastha Apollo Hospitals, New Delhi, the study has made it clear how important it is to address hormonal imbalances, which can be done easily with early life lifestyle corrections and medication.

Why are women with PCOS at a higher risk of developing Type 2 diabetes and cholesterol?

This is because of hormonal imbalances. In PCOS, women have higher-than-normal male hormone (androgen) levels, which can interfere with ovulation, impacting menstruation cycles, and disrupt glucose and insulin metabolism, which can eventually trigger diabetes.

Unregulated, hormone fluctuations and imbalances in the early years of menstruation can worsen menopause symptoms later in life, lead to excessive weight gain during pregnancy which may persist in later years, increase bad cholesterol and so on.

That's why it is important for women with reproductive health issues to watch out for insulin resistance and inflammation early so that they can avoid chronic diabetes and cardiovascular diseases later.

Festive offer

Which hormone marker is most bothersome for women with PCOS?

PCOS involves higher levels of testosterone levels, which can directly contribute to insulin resistance. This means cells in the body become less responsive to the effects of insulin. To compensate, the pancreas starts overproducing insulin in an effort to lower blood sugar. Over the years, all that excess insulin stresses out the pancreatic beta cells that make it, and they can eventually become damaged or exhausted. Once these beta cells fail, insulin production drops and blood glucose levels start to spiral, resulting in Type 2 diabetes.

How does hormonal imbalance impact belly fat?

The higher testosterone and other hormonal fluctuations of PCOS encourage visceral fat accumulation, what we call belly fat. This releases fatty acids and inflammatory compounds that worsen insulin resistance and increase the diabetes risk even further.

Detecting and managing the early warning signs, like elevated testosterone and blood sugar levels, are crucial. Lifestyle interventions targeting insulin sensitivity and weight management are much-needed.

What are some of the major reproductive milestones that can impact a woman's long-term health?

1. Onset of puberty/first period: An early period cycle (before age 12) signals faster maturation and hormone changes, which increase risks of reproductive cancers and chronic diseases later on.
2. Pregnancy: Excess weight gain during pregnancy makes it harder to lose weight afterwards and raises risks of gestational diabetes/high blood pressure. These increase chances of developing Type 2 diabetes and heart disease post-pregnancy.
3. Perimenopause/menopause: Hormone shifts leading up to menopause may indicate higher risk of heart disease or osteoporosis over time.
4. Conditions like PCOS or endometriosis: These reproductive health disorders involve hormone imbalances that can trigger wider inflammatory and metabolic changes. They raise risks of numerous health issues down the road.

So what signs and symptoms should women look out for?

Watch out for shifts in menstrual cycles, such as cycles shortening or lengthening dramatically or becoming irregular after previously being regular.

The development of many new and intensified premenstrual syndrome (PMS) symptoms can also signal changing hormone patterns. Rapid weight gain that is difficult to control, excess facial or body hair, severe acne or thinning scalp hair may indicate PCOS.

Worsening reproductive symptoms over time, such as a progression of cramping and pelvic pain or the observation via ultrasound of small ovarian cysts, warrant medical attention as well.

## **Migraine attack**

### **Having a migraine attack? How flaxseed, ginger, Omega-3 and coffee may help (Indian Express: 20240219)**

<https://indianexpress.com/article/health-wellness/migraine-attack-flaxseed-ginger-omega-3-coffee-9152486/>

Personalised plans with home therapies and lifestyle modifications work, says Dr Sandeep Borse, senior consultant neurologist, Jehangir Hospital, Pune

Foods high in magnesium, such as nuts, seeds, whole grains and leafy green vegetables, may help reduce the frequency of migraines. (File photo)

The worst part about migraine is that you cannot quite pin down the trigger till the dull headache turns into a throbbing and then a terrible one-sided pain. Besides it might confine you to bed for days with symptoms like nausea, vision flashes and sensitivity to light and sound.

Given the suddenness of the attack, some home-based therapies like small amounts of caffeine, peppermint, oil vapours, cold compress or magnesium-rich foods may give quick relief. “What works for one patient may not be effective for another. Identifying specific triggers can be challenging as they differ from person to person but usually personalised plans with home therapies and lifestyle modifications work,” says Dr Sandeep Borse, senior consultant neurologist, Jehangir Hospital, Pune.

Home therapies for quick relief

Calming activities such as yoga, mindful breathing and meditation relax the body, easing out the pain points. Applying a cold or warm compress to the head or neck may provide relief. Moderation is the key if you have caffeine – small amounts can help relieve symptoms and excess, on the other hand, may have the opposite effect. “Drinking enough water is a must. Peppermint has the potential to alleviate headache symptoms during a migraine episode. Warm the peppermint oil and inhale the vapours,” says Dr Borse.

Magnesium-rich foods, ginger, Omega-3 fatty acids can help

Certain foods have been associated with migraine relief or prevention. Foods high in magnesium, such as nuts, seeds, whole grains and leafy green vegetables, may help reduce the frequency of migraines. Magnesium supplements can be taken but only as per the doctor’s advice and an assessment of any other health condition you might have. Known for its anti-inflammatory properties, ginger may be a preventive. “Try incorporating fresh or powdered ginger into your diet.

Go for foods rich in Omega-3 fatty acids, like fatty fish (salmon, mackerel), flaxseeds and walnuts that may have anti-inflammatory effects,” he adds.

What triggers should be avoided to prevent migraines

We may not know it, but according to Dr Borse, irregular sleep, skipping meals and processed foods are triggers. “Manage stress through relaxation techniques because heightened stress levels may increase migraine frequency. Regular exercise, while beneficial, should be approached gradually to prevent exertion-induced headaches. Lastly, stay hydrated, as dehydration is a common migraine trigger. Consulting with a neurologist for personalised advice and treatment options is advisable for effective migraine prevention,” he says.

The recent advancements in migraine treatment, particularly in neuromodulation devices, represent a promising frontier in addressing migraine pain. Technologies like Remote Electrical Neuromodulation (REN), Transcutaneous Electrical Nerve Stimulation (TENS) and Vagus Nerve Stimulation (VNS) offer non-invasive approaches with impressive results.

REN, which is a wearable device, has shown significant reductions in migraine intensity and frequency. TENS, though requiring electrode placement at the base of the neck, directly blocks pain signals. VNS, enabling self-administered electrical stimulation to the vagus nerve, reduces pain in a short time. These innovations provide patients with more control over their treatment. The choice between these methods may hinge on individual preferences and responses.

## **Stressed**

**Stressed Out? Is your gut trying to tell you something? (Indian Express: 20240219)**

<https://indianexpress.com/article/health-wellness/gut-health-stress-levels-link-metabolism-9150858/>

Experts decode a new study that highlights how the brain can influence the gastrointestinal tract

Gut health

While mental stress has been attributed to a flare-up of gastrointestinal conditions like irritable bowel syndrome, which causes abdominal pain and diarrhoea, researchers in the study have pointed out how “stress can set off a biochemical cascade that reshapes the gut microbiome.” (Representational)

While you think you are dealing with stress, it could be silently changing the nature of your friendly gut bacteria, which are responsible for keeping you safe from chronic illnesses.



According to a new study published in Cell Metabolism, researchers found how mice exposed to chronic stress for two weeks ended up with lower levels of cells that help protect the intestines from pathogens, compared with mice that weren't stressed. This proved the way the brain-gut axis works. While mental stress has been attributed to a flare-up of gastrointestinal conditions like irritable bowel syndrome, which causes abdominal pain and diarrhoea, researchers in the study have pointed out how "stress can set off a biochemical cascade that reshapes the gut microbiome."

## HOW STRESS AFFECTS GUT HEALTH

Dr Rakesh Kochhar, former professor and head of the department of Gastroenterology at PGI, Chandigarh, says our gut or the intestines have the largest population of microorganisms in it and at the same time it is linked to the autonomic nervous system which has the largest network of nerves outside the brain. "The gut microbiome, the microorganisms around the lining of intestines, is linked to many diseases like obesity, diabetes, inflammatory bowel disease, fatty liver, autoimmune diseases and even some neurological diseases. Changes in the lining cells of the intestines along with changes in the microbiome generate a cascade of events leading to a disease state," he says.

## ADVERTISEMENT

Also read | Want to keep the gut healthy? Here is what you should do

Gut bacteria, explains Dr Sonia Gandhi, Head, Department of Clinical Nutrition and Dietetics, Fortis Mohali, "can affect nutrient absorption and our entire system. Apart from digestive disorders, there could be sleep disturbances, fatigue and high chances of infections."

Dr GS Sidhu, Principal Consultant, Gastroenterology and Hepatology, Max Super Speciality Hospital, Mohali, says chronic stress, disturbs neurotransmitters in the enteric nervous system (the second brain of the body) that impair the muscles of the digestive system and changes the speed, strength or coordination in the digestive organs.

Festive offer

## WHAT FOODS CAN BOOST GUT HEALTH?

Dr Sonia Gandhi lists some foods that can boost gut health.

(1) High-fibre foods like legumes, pulses, vegetables and fruits.

(2) Prebiotic foods like oats, bananas, garlic, and onions are the best examples of prebiotics, the food of the gut bacteria.

#### ADVERTISEMENT

(3) Fermented foods can also boost the number of beneficial bacteria, or probiotics, in the gut.

(4) Probiotic-rich foods: Probiotics are the live bacteria that enhance gut health and include curd, kefir, cheese, kimchi, kombucha etc.

(5) Collagen boosters: Collagen is the most abundant protein in the body, so go for berries, broccoli, aloe vera, nuts and seeds, etc are collagen-rich foods.

(6) Polyphenol-rich foods: The unabsorbed phenolics can help in increasing the beneficial microbes and maintaining gut metabolism. These include blueberries, plums, cherries, apples, strawberries, black currants, black olives, dark chocolate etc.

(7) Lean protein sources: Eggs, fish, and plant-based proteins

#### ADVERTISEMENT

(8) Water: Helps in the easy digestion of food, maintains bowel movement, prevents constipation, and enhances food absorption

Managing stress before it becomes chronic, add the experts, is vital, and this can be achieved with exercise, deep breathing, being in close contact with nature, spending time with family and friends, pursuing a creative activity, recognising factors that trigger stress and seeking professional help.

## Weight loss drug

**New study shows a weight loss drug significantly reduces body weight in a year. Here's all you need to know(Indian Express: 20240219)**

<https://indianexpress.com/article/health-wellness/weight-loss-drug-semaglutide-obesity-study-9150075/>

An expert explains what the cascading effect does to your lipid profiles, blood pressure, liver function and cardiovascular disease risk factors

Over 80 per cent overweight users of the diabetes cum obesity drug Semaglutide achieved significant weight loss after 12 months, according to a new study by the International Journal of Obesity. Over 80 per cent overweight users of the diabetes cum obesity drug Semaglutide achieved significant weight loss after 12 months, according to a new study by the International Journal of Obesity. (Representational image via Canva)

Over 80 per cent overweight users of the diabetes cum obesity drug Semaglutide achieved significant weight loss after 12 months, according to a new study by the International Journal of Obesity. Interestingly those without diabetes achieved a more substantial weight loss (16.9 per cent) than those with it. But what matters most is that overweight or obese patients experienced significant improvements in metabolic health, lipid profiles, blood pressure, liver function and cardiovascular disease risk factors.

Dr Vivek Mahajan, Consultant, Interventional Cardiology, Fortis Hospital, explains how Semaglutide-induced weight loss can improve cardiovascular health.

How does Semaglutide help in weight loss and reduce cardiovascular risk factors?

Humans produce a peptide or protein known as GLP-1, secreted by the gut in response to food intake. This stimulates insulin release from the pancreas, which regulates blood glucose levels. Second, it delays gastric emptying, promoting satiety. Third, it signals the brain, reducing the desire for additional food intake.

Semaglutide, a GLP-1 agonist, operates through these mechanisms, reducing food intake and thereby aiding in weight loss. Additionally, it lowers blood glucose levels and minimally reduces blood pressure, alongside minor reductions in bad cholesterol levels. It majorly reduces vascular inflammation in the endothelium or walls of arteries, reducing the likelihood of arterial blockages in organs such as the heart or brain. Vascular inflammation occurs in the inner lining of blood vessels throughout the body, independent of weight loss mechanisms.

How would you quantify the weight loss that happened because of Semaglutide in clinical trials?

Festive offer

Semaglutide has led to around 4 kg weight loss on average in clinical trials, though in our clinical practice, it often exceeds this figure. The extent of weight loss after the initial drop also depends on the patient's adherence to lifestyle modifications and dietary practices.

How does Semaglutide complement existing cardiovascular therapies?

It lowers triglycerides in a rather short time. In terms of blood glucose control, Semaglutide is among the most effective drugs, reducing HbA1c (average blood sugar) levels by 1.5 to 1.8 per cent. Only insulin surpasses this effectiveness. In terms of weight loss efficacy, Semaglutide surpasses other weight loss drugs like SGLT2 inhibitors, which prevent your kidneys from reabsorbing sugar.

The injectable form of Semaglutide has reduced cardiovascular event rates in high-risk diabetes patients. Results of trials for oral Semaglutide in people with diabetes, like the SOUL trial, are awaited, but if positive, they will further validate Semaglutide's effectiveness in reducing cardiovascular risks.

Are there specific patient subgroups, such as those with obesity-related cardiovascular risk, who seem to benefit more from Semaglutide?

Any patient of diabetes with multiple risk factors for cardiovascular events will benefit from Semaglutide. The recent SELECT trial shows that injectable Semaglutide protects non-diabetic obese patients with pre-existing cardiovascular disease.

For patients with existing atherosclerosis or plaques in the heart, GLP-1 receptor agonists or SGLT2 inhibitors are recommended as the initial treatment. In cases where patients have kidney disease or a high risk of heart failure, GLP-1 receptor agonists like Semaglutide become one of the preferred treatment options, followed by SGLT2 inhibitors, for managing diabetes and preventing kidney disease and heart failure. However, in these scenarios, SGLT2 inhibitors remain the preferred choice.

Any side effects?

Although Semaglutide induces sustained weight loss, patients may initially experience side effects such as bloating, dyspepsia, gastritis, acidity, constipation or diarrhoea. However, these side effects typically diminish within 15 to 20 days of starting or increasing the dosage of the drug.

## **fresh vegetables, fruits, and leafy greens, salads**

### **Celeb-approved salads perfect for weight loss (Times of (India: 20240219)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/weight-loss/celeb-approved-salads-perfect-for-weight-loss/photostory/107795434.cms?picid=107795458>

Packed with fresh vegetables, fruits, and leafy greens, salads provide essential vitamins, minerals, and antioxidants that support overall well-being. Their high fiber content promotes digestion, aids in weight management by promoting satiety, and helps regulate blood sugar levels. Additionally, salads often contain healthy fats from ingredients like nuts, seeds, and avocado, which are beneficial for heart health and brain function. Regularly consuming salads can lower the risk of chronic diseases such as heart disease, diabetes, and certain cancers, while boosting energy levels and promoting radiant skin.

Kim Kardashian's favorite Greek salad features a colorful mix of fresh tomatoes, cucumbers, olives, onions, and feta cheese tossed in a light vinaigrette. It's low in calories but high in flavor and nutrients, making it a satisfying option for weight loss.

Beyoncé's go-to kale Caesar salad is a nutritious twist on the classic, featuring nutrient-dense kale leaves tossed with a homemade Caesar dressing, Parmesan cheese, and whole grain croutons. Packed with vitamins, fiber, and protein, it's a filling and delicious choice for those aiming to shed pounds.

Jennifer Lopez's favorite shrimp and mango salad is a refreshing and tropical-inspired dish featuring grilled shrimp, fresh mango slices, mixed greens, red onion, and a citrusy vinaigrette. With its combination of lean protein, fiber, and vitamins, it's a light yet satisfying option for those watching their weight.

Chrissy Teigen's twist on the classic Cobb salad includes grilled chicken, avocado, hard-boiled eggs, cherry tomatoes, bacon, and crumbled blue cheese, served over a bed of mixed greens with a tangy vinaigrette. It's a flavorful and filling salad that's perfect for satisfying hunger while supporting weight loss goals.

Gwyneth Paltrow's detox kale salad features nutrient-rich kale leaves tossed with grated carrots, sliced almonds, dried cranberries, and a lemon tahini dressing. This vibrant salad is packed with antioxidants, fiber, and healthy fats, making it a nourishing option for detoxification and weight loss.

Kourtney Kardashian's Asian-inspired salad features mixed greens, grilled chicken or tofu, mandarin oranges, sliced almonds, crispy wonton strips, and a sesame ginger dressing. With its

combination of lean protein, crunchy vegetables, and flavorful dressing, it's a satisfying and nutritious option for those looking to slim down.

## **Cardio or weight lifting**

### **Cardio or weight lifting? Know which one is good for weight loss (Times of India: 20240219)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/weight-loss/cardio-or-weight-lifting-know-which-one-is-good-for-weight-loss/photostory/107575242.cms?picid=107575353>

Regular workouts are crucial for weight loss as they increase calorie expenditure, promote fat loss, and improve metabolic function. Exercise helps create a calorie deficit, which is essential for shedding excess pounds. Additionally, workouts build lean muscle mass, which boosts metabolism, leading to more efficient calorie burning even at rest. Workout is crucial but not doing the right kind of workout might not help in reducing weight. When it comes to weight loss, the debate between cardio and weightlifting is ongoing. Both forms of exercise offer unique benefits and can contribute to weight loss in different ways.

Cardio, short for cardiovascular exercise, includes activities such as running, cycling, swimming, and brisk walking. Cardio exercises are excellent for burning calories. Activities like running and cycling can torch a significant number of calories in a relatively short amount of time, making them efficient for weight loss. However, over the time, your body may adapt to cardio exercises, resulting in a plateau in weight loss. To continue seeing progress, it's essential to vary your workouts, increase intensity, or incorporate other forms of exercise.

Cardio offers a wide range of activities to choose from, allowing you to find exercises that suit your preferences and fitness level. Whether it's jogging in the park, swimming laps in the pool, or cycling on a stationary bike, there are plenty of options to keep your workouts interesting and engaging.

Prolonged cardio sessions can potentially lead to muscle loss, particularly if not accompanied by strength training. While cardio primarily targets fat stores for energy, it can also break down muscle tissue, which may hinder metabolism and overall strength.

Weightlifting, also known as strength or resistance training, involves using weights or resistance bands to build muscle strength and endurance. As you increase muscle mass, your body's resting metabolic rate (the number of calories burned at rest) also increases, facilitating weight loss and long-term weight maintenance.

## Home remedies

### Home remedies for constipation in children (Times of India: 20240219)

<https://timesofindia.indiatimes.com/life-style/health-fitness/home-remedies/home-remedies-for-constipation-in-children/photostory/104469551.cms?picid=104469571>

Constipation generally means passing fewer than three stools a week or having a difficult time passing stool, according to Mayo Clinic. Constipation in children is a common concern and home remedies can often provide relief without the need for medication. It is important to not let constipation persist as the child can feel uncomfortable and disturbed. Here are some effective home remedies for constipation in children:

Increasing dietary fiber is one of the most effective ways to relieve constipation in children. Incorporate fiber-rich foods like whole grains, fruits, and vegetables into their diet. Fiber adds bulk to stools, improving bowel movement. Fiber-rich snacks like sliced apples, pears or carrot sticks may help. You can also prepare fiber-rich smoothies to help alleviate constipation in children. Blend fruits like bananas and strawberries with yogurt and a teaspoon of ground flaxseed or chia seeds. Your child will enjoy this drink and it will also improve their bowel movement.

Dehydration can exacerbate constipation. Ensure your child is drinking an adequate amount of water throughout the day. Hydration helps to soften stools, making them easier to pass. Offer water, diluted fruit juices (freshly-squeezed), lemon-water, coconut water etc., to increase their hydration level.

Probiotics can help regulate the digestive system and maintain a healthy gut flora. Yogurt with probiotics can be a tasty way to introduce these beneficial microorganisms into your child's diet. Look for yogurts specifically labeled as containing probiotics. If your child is reluctant to eat plain yogurt, you can make them consume it through vegetable raitas or fruit-flavored yogurts.

Establish a regular toilet routine for your child. Encourage them to use the toilet at the same times each day, especially after meals when the body's natural reflexes are most active. Make your child sit on the toilet at least twice a day for 10 minutes. Ensure they do not carry phones or any other distractions to the toilet seat. This routine can help establish healthy bowel habits and prevent constipation.

## Sugarcane Juice

**Sugarcane Juice: गन्नेका जूस पीना सेहत के लिए हैफायदेमंद, बस रखें इन बातों का ध्यान**

**Sugarcane Juice: गन्नेका जूस नेचुरल ड्रिंक है जिसे बॉडी को हाइड्रेट करने के लिए पिया जा सकता है। इसे पीने से सेहत को कई सारे फायदे होते हैं। बस पीते वक्त इन बातों का ध्यान रखें।**

**जिससे ज्यादा फायदा हो (Hindustan: 20240219)**

<https://www.livehindustan.com/lifestyle/health/story-know-right-method-to-drink-sugarcane-juice-for-maximum-health-benefits-9340075.html>

गन्नेका जूस बिल्कुल देसी ड्रिंक है। जिसे पीने के ठेर सारे फायदे मिलते हैं। लेकिन गन्नेका जूस जब भी पिएं कुछ बातों का ध्यान जरूर रखें। गन्नेके जूस में फाइबर की मात्रा

करीब 13 ग्राम होती है। वहीं 183 कैलोरी और 50 ग्राम शुगर होती है। अगर आप गर्मियों में खुद को ठंडा रखने के लिए एक ड्रिंक पीना चाहते हैं तो गन्नेका जूस बेस्ट ऑप्शन

है। इसके कई सारे गुणगु बेस्ट ड्रिंक बनाते हैं।

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

2/19/24, 10:51 AM know right method to drink sugarcane juice for maximum health benefits - Sugarcane Juice: गन्ने का जूस पीना सेहत के लिए है फायदेमंद...

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हाइड्रेटिंग ड्रिंक है गन्नेका जूस

गन्नेके जूस में मौजूद इलेक्ट्रोलाइट्स पोटैशियम होता है। इसलिए गन्नेके जूस को पीने से शरीर हाइड्रेट होता है। गन्नेके जूस को स्पोर्ट्स ड्रिंक की तरह इस्तेमाल किया जा सकता

है। एक्सरसाइज के बाद हो रही थकान को दूर करने के लिए गन्नेके जूस को पिया जा सकता है। ये बॉडी में ब्लड शुगर लेवल को बढ़ाता है। जिससे मसल्स में एनर्जी रीस्टोर

होती है।

एंटी एं ऑक्सीडेंट्स से भरपूर



गन्नेके जूस अनप्रोसेस्ड होता है और इसमें फेनोलिक और फ्लेवेनॉएड एंटी एं ऑक्सीडेंट्स होते हैं। जिसकी वजह से ये हेल्दी ड्रिंक है और पीने से कैन्सर से भी बचाता है।

लिवर के लिए हेल्दी

गन्नेके रस में पोटैशियम होता है और येशरीर में इलेक्ट्रोलाइट्स को मेंटेन करता है। जिससे लिवर को ठीक से काम करने में मदद मिलती है। पीलिया होने पर अक्सर गन्नेका

जूस पीने की सलाह दी जाती है।

डाइजेशन मजबूत करता है

गन्नेके जूस में थोड़ी मात्रा फाइबर की होती है। साथ ही शरीर को हाइड्रेटेड रखता है। जिससे शरीर में पानी और इलेक्ट्रोलाइट्स की कमी नहीं होती है और कब्ज की समस्या

परेशान नहीं करती है।

किडनी के लिए भी फायदेमंद

गन्नेके जूस में कोलेस्ट्रॉल और सोडियम की मात्रा बिल्कुल नहीं होती। जिसकी वजह से ये किडनी के लिए भी हेल्दी है। इसे पीना किडनी को मजबूत बनाता है। ये यूरिन को

पास करने में मदद करता है।

गन्नेके जूस को पीने के हैंये भी फायदे

- गन्नेके जूस पीने से बॉडी कूल होती है।

- गन्नेका जूस वेट लॉस के लिए भी बढ़िया ड्रिंक है।

- ये मेटाबॉलिज्म को बढ़ाने के साथ ही आंतों की हेल्थ को भी दुरुस्त करता है।

ऐप पर पढ़ें

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Health Benefits

डायबिटीज के मरीज ना पीएं गन्नेका जूस

गन्नेका जूस पीना डायबिटीज के मरीजों के लिए सही नहीं है। इसमें मौजूद शुगर की मात्रा ब्लड शुगर लेवल को अचानक से बढ़ा सकती है। इसलिए इसे पीना अवाँएड करना

ही ठीक है।

गन्नेका जूस पीनेका सही तरीका

-सेलिब्रेटी न्यूट्रिशनिस्ट रुजुता दिवाकर बताती हैंकि गन्नेके जूस को पीनेका सही समय दोपहर का वक्त है।  
आफ्टरनून इसेपीना ठीक नहीं है।

-हमेशा फ्रेश स्कीज ही गन्नेका जूस पिएं।एं

-गन्नेके जूस मेंथोड़ा सा अदरक का रस और नारियल का पानी मिलाकर पीनेसेयेडिटॉक्स ड्रिंक का काम करता है।

## Diet

**सही डाइट लेनेसेएसिडिटी होगी छूमंतर, जानिए ठंड मेंकैसेपिएं ज्यादा पानी**

**हम सबकेपास ढेरों सवाल होतेहैं, बस नहीं होता जवाब पानेका विश्वसनीय स्रोत। इस कॉलम के जरियेहम एक्सपर्ट की मदद सेआपके ऐसेही सवालों केजवाब तलाशनेकी कोशिश करेंगे। इस बार**

**आपके सवालों के जवाब दे रही है(Hindustan: 20240219)**

<https://www.livehindustan.com/lifestyle/health/story-what-is-the-right-diet-to-get-rid-of-acidity-and-know-how-to-drink-enough-water-in-winter-9335483.html>

एसिडिटी एक ऐसी समस्या है, जिससेअधिकतर लोग परेशान रहतेहैं। येतब होती हैजब व्यक्ति खानपान का ख्याल नहीं रखता है। येतब ट्रिगर होती हैजब व्यक्ति गलत

समय पर गलत चीजों को खाता है। इसके अलाव अक्सर लोग इस बात को लेकर भी चिंतित रहतेहैंकि सर्दियों के मौसम मेंवह गर्मी के मुताबिक बहुत कम पानी पीतेहैं। ऐसे

मेंवह जानना चाहतेहैंकि ठंड मेंलिक्विड इनटेक कैसेबढ़ाएं।एं यहां एक्सपर्ट सेकुछ ऐसेही सवालों के जवाब जानें।

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

2/19/24, 10:54 AM What is the Right Diet to get Rid Of Acidity and know how to drink enough water in Winter - सही डा यट लेने से एसि डि टी हो गी छूमंतर, जा ...

<https://www.livehindustan.com/lifestyle/health/story-what-is-the-right-diet-to-get-rid-of-acidity-and-know-how-to-drink-enough-water-in-winter-9335483....> 2/5

सवाल- मेरी उम्र 32 साल है और पिछले कुछ समय से मुझे एसिडिटी की समस्या रहने लगी है। लगातार होती डकार और पेट के भारीपन से मैं अक्सर परेशान हो जाती हूँ।

इस परेशानी पर नियंत्रण पाने के लिए मुझे अपने खानपान और जीवनशैली में किस तरह का बदलाव लाना चाहिए?

-आकांक्षा नारायण, मेरठ

जवाब- एसिडिटी से छुटकारा पाने के लिए आपको अपनी डाइट और जीवनशैली में छोटे-छोटे बदलाव लाने होंगे। सबसे पहले डिब्बाबंद और जंक फूड के सेवन पर लगाम

लगाएं। एं कृत्रिम रूप से पैकाए गए फल और सब्जियों के सेवन से बचें। उदाहरण के लिए कोल्ड स्टोरेज में रखा गया आलूस्वाद में मीठा और ज्यादा एसिडिक बन जाता है।

उसकी जगह मौसमी फल और सब्जियों का सेवन करें। बहुत ज्यादा मसालों का सेवन भी पेट की सेहत के लिए ठीक नहीं। कोल्ड ड्रिंक आदि का सेवन कम से कम करें।

खासतौर से खाने के साथ और खाने के बाद कोल्ड ड्रिंक बिल्कुल ना पिएं। बहुत ज्यादा चाय-कॉफी और स्मोकिंग से भी एसिडिटी बढ़ती है। एसिडिटी को कम करने के लिए

नारियल पानी और खीरे का जूस पिएं। करेला भी एसिडिटी के खिलाफ कारगर साबित होगा। हर दिन एक गिलास पानी में एक चम्मच आंवला पाउडर मिलाकर पिएं। अपनी

डाइट में नियमित रूप से छाछ और दही आदि को शामिल करें। इनमें पाया जाने वाला लैक्टिक एसिड पाचन तंत्र में बनने वाले टॉक्सिन को सेल करने में मदद करता है। केला भी

एसिडिटी की समस्या से छुटकारा दिलवाने में उपयोगी साबित होता है। कम-कम मात्रा में खाना खाएं और पानी खूब पिएं। साथ ही एसिडिटी होने पर लौंग, गुड़गु या तुलसी

पत्ता को मुंह में रखकर चबाएं। वेनीला आईसक्रीम या ठंडा दूध पीने से भी एसिडिटी से राहत मिलती है। नींबू को पतले-पतले टुकड़े में काटकर उस पर नमक छिड़कें। खाना

खाने से पहले इस नींबू का रस पिएं। बादाम से भी इस मामले में मदद मिलती है। एसिडिटी के कारण सीने में जलन होने पर सात-आठ बादाम खाएं। राहत मिलेगी।

सवाल- पर्याप्त मात्रा में पानी पीना जरूरी है। यह मैं जानती हूँ। बावजूद इसके ठंड के मौसम पानी का सेवन गर्मी के मुकाबले आधा हो जाता है। क्या करूं कि ठंड में भी शरीर

को पर्याप्त मात्रा में तरल पदार्थ मिल सके?

-प्रिया वर्मा, नई दिल्ली

जवाब- इस बात में कोई दोराय नहीं है कि सही तरीके से काम करने के लिए हमारे शरीर को पर्याप्त मात्रा में पानी की जरूरत होती है। इसके लिए आठ गिलास पानी का

प्रतिदिन सेवन पर्याप्त होता है। गर्मी में तो इतनी मात्रा में हम पानी पी लेते हैं, पर ठंड में ऐसा कर पाना बहुत मुश्किल हो जाता है। प्यास कम लगती है, तो हम पानी भी कम

पीते हैं। पर, यह गलती भारी पड़ सकती है क्योंकि ठंड में भी शरीर में पानी की कमी हो सकती है। इस गलती से बचें और पानी से समझौता ना करें। ठंडा पानी नहीं पिया

जाता तो उसे हल्का गर्म करके पिएं। एं ठंड के मौसम में अपनी डाइट में हर दिन तीन से चार कप हर्बल टी शामिल करें। सूप और रसम आदि भी मुफीद रहेंगे। इसके साथ

कार्बोनेटेड ड्रिंक्स जैसे कोल्ड ड्रिंक, कैफीन आदि से दूर रहें। इनके सेवन से शरीर से पेशाब के मात्रा से तरल पदार्थ ज्यादा निकल जाते हैं, जिससे डीहाइड्रेशन का खतरा

बढ़ता है। पानी में कुछ स्वाद डालकर भी आप उसका सेवन बढ़ा सकती हैं। पानी में नींबू का एक टुकड़ा या संतरे का छिलका थोड़ी देर रखने के बाद उस पानी को छानकर

पिएं। एं आप पानी में पुदीना की कुछ पत्तियां, धनिया पत्ती, सौंफ या फिर इलायची डालकर भी उसके स्वाद में इंजाफा कर सकती हैं।

## **Mental Health**

**मेंटल हेल्थ को हल्के में मत लीजिए, न्यूयॉर्क के मेयर ने सोशल मीडिया कंपनियों पर कर दिया मुकदमा (Navbharat Times: 20240219)**

<https://navbharattimes.indiatimes.com/lifestyle/health/mental-health-crisis-new-york-mayor-sues-social-media-companies/articleshow/107809720.cms?story=3>

न्यूयॉर्क शहर के मेयर एरिक एडम्स ने युवाओं में मानसिक स्वास्थ्य संकट को बढ़ावा देने के लिए मेटा प्लेटफॉर्म के फेसबुक सहित सोशल मीडिया कंपनियों के खिलाफ मुकदमा दायर किया है।

mental health crisis new york mayor sues social media companies

मेंटल हेल्थ को हल्के में मत लीजिए, न्यूयॉर्क के मेयर ने सोशल मीडिया कंपनियों पर कर दिया मुकदमा

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डील देखें

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खेलें और जीतें! क्या आप जानते हैं एक वर्ग के विकर्ण एक दूसरे को किस कोण पर काटते हैं?

डील देखें

खेलें और जीतें! क्या आप जानते हैं एक वर्ग के विकर्ण एक दूसरे को किस कोण पर काटते हैं?

Mental Health Problems: नींद न आना, काम पर फोकस न कर पाना, लो फील करना, या फिर मूड स्विंग्स होना। युवाओं में ये समस्याएं तेजी से बढ़ती जा रही हैं। एक लाइन में कहना हो तो दुनिया में 'मेंटल हेल्थ' के मामले बढ़ते जा रहे हैं। विश्व स्वास्थ्य संगठन (WHO) के आंकड़ों के अनुसार, दुनिया की करीब 12 फीसदी आबादी को मेंटल और बिहेवियरल समस्या है।

भारत में 100 में 100 लोग 'मेंटल हेल्थ' प्रॉब्लम से जूझ रहे हैं। जहां एक ओर हेल्थ एक्सपर्ट्स इस समस्या का हल निकालने में प्रयासरत हैं। वहीं, मेंटल हेल्थ इश्यूज की लेकर न्यूयॉर्क के मेयर ने सोशल मीडिया कंपनियों पर मुकदमा कर इसे एक बार फिर से चर्चा का विषय बना दिया है।(Navbharat Times: 20240219)

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Mental Health बन सकती है इन बीमारियों का कारण

Mental Health बन सकती है इन बीमारियों का कारण, देखें वीडियो

Mental Health बिगाड़ रहे सोशल मीडिया प्लेटफार्म?

Mental Health बिगाड़ रहे सोशल मीडिया प्लेटफार्म?

रॉयटर्स के मुताबिक न्यूयॉर्क शहर के मेयर एरिक एडम्स ने हाल ही में जानकारी देते हुए कहा कि उनके प्रशासन ने युवाओं में मानसिक स्वास्थ्य संकट को बढ़ावा देने के लिए मेटा प्लेटफॉर्म के फेसबुक और इंस्टाग्राम सहित सोशल मीडिया कंपनियों के खिलाफ मुकदमा दायर किया है।

कैलिफोर्निया सुपीरियर कोर्ट में दायर मुकदमे में अल्फाबेट के यूट्यूब, स्नैप इंक के स्नैपचैट और बाइटडांस के टिक टॉक का नाम भी शामिल है। आरोप है कि उपरोक्त कंपनियों ने जानबूझकर अपने प्लेटफॉर्म को इस तरह डिजाइन किया है कि बच्चों और किशोरों को सोशल मीडिया की लत लग जाए। ये सभी प्लेटफॉर्म बच्चों पर हानिकारक प्रभाव डालने के लिए जिम्मेदार हैं।

यूट्यूब, स्नैपचैट और टिक टॉक के खिलाफ मुकदमा

यूट्यूब, स्नैपचैट और टिक टॉक के खिलाफ मुकदमा

दावा है कि न्यूयार्क में सैकड़ों स्कूल और स्वास्थ्य संगठनों एक साथ मिलकर मेंटल हेल्थ की समस्या के खिलाफ लड़ने के लिए आगे आए हैं। इसी के तहत सोशल मीडिया कंपनियों के खिलाफ मुकदमा किया है ताकि वो सुधार करें और बच्चों की मेंटल हेल्थ पर बुरा असर न पड़े।

कथित तौर पर न्यूयॉर्क शहर युवा मानसिक स्वास्थ्य कार्यक्रमों पर सालाना 100 मिलियन डॉलर से अधिक खर्च करता है। ताकि बच्चों को मेंटल हेल्थ की समस्या से दूर रखा जा सके।

एडम्स ने अपने बयान में कहा, "पिछले एक दशक में हमने देखा है कि ऑनलाइन दुनिया कितनी बिजी और खराब हो सकती है। इसके जरिए हमारे बच्चे, किशोर और युवा लगातार हानिकारक सामग्री के संपर्क में आ रहे हैं। सीधे तौर पर यह युवा मानसिक स्वास्थ्य संकट को बढ़ाती है।" न्यूयॉर्क के अटॉर्नी जनरल लेटिटिया जेम्स ने NYC मेयर की पहल की सराहना की है। दूसरी तरफ सभी आरोपों का सिरे से खारिज करते हुए संबंधित कंपनी ने अपनी सफाई दी है।

## **Sprouts Grains Benefits**

**Sprouts Grains Benefits: शुगर-कैंसर की दवा है अंकुरित अनाज, रोजाना खाने से होंगे ये 5 फायदे**

<https://navbharattimes.indiatimes.com/lifestyle/health/5-amazing-health-benefits-of-eating-sprouts-grains-in-hindi/articleshow/107779290.cms>

Health Benefits of Sprouts: अंकुरित अनाज को स्प्रौट्स भी कहते हैं और इसका सेवन कई सालों से लोग कर रहे हैं। यह केवल प्रोटीन का ही सोर्स नहीं है, बल्कि कई गंभीर बीमारियों में दवा की तरह बचाव का काम करता है।

5 amazing health benefits of eating sprouts grains in hindi

Sprouts Grains Benefits: शुगर-कैंसर की दवा है अंकुरित अनाज, रोजाना खाने से होंगे ये 5 फायदे  
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खेलें और जीतें! क्या आप जानते हैं एक वर्ग के विकर्ण एक दूसरे को किस कोण पर काटते हैं?

डील देखें

खेलें और जीतें! क्या आप जानते हैं एक वर्ग के विकर्ण एक दूसरे को किस कोण पर काटते हैं?

अंकुरित अनाज के फायदों के बारे में तो सभी जानते हैं कि इसमें हाई प्रोटीन होता है और यह ताकत देता है। लेकिन इसके और भी कई चमत्कारी फायदे हैं। अंकुरित अनाज का सेवन आपको हार्ट प्रॉब्लम और खून की कमी जैसी कई गंभीर समस्याओं से बचा सकता है।

अंकुरित अनाज एक विभिन्न प्रकार के पोषक तत्वों को प्राप्त करने का एक बेहतरीन स्रोत है। अंकुरित अनाज में प्रोटीन और अमीनो एसिड की अधिक मात्रा होती है, जो मांसपेशियों को मजबूत बनाए रखने के साथ कोलेस्ट्रॉल के स्तर को नियंत्रित करने में मदद करती है।

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ब्लड शुगर कंट्रोल होता है

अंकुरित अनाज का सेवन डायबिटीज वालों के लिए फायदेमंद है। इसका सेवन इंसुलिन के स्तर को नियंत्रित करने में मदद करता है। नेशनल लाइब्रेरी ऑफ मेडिसिन में पब्लिशड रिपोर्ट के अनुसार स्प्रौट्स में

सल्फोराफेन मौजूद होता है, जो डायबिटीज टाइप को कंट्रोल करने में मददगार है। इसमें फाइबर की भी हाई मात्रा होती है।

कैंसर के खतरे को कम करता है

स्प्राउट जैसे अंकुरित अनाज का सेवन कैंसर पेशेंट के लिए है भी लाभकारी है और कैंसर होने के खतरे को भी कम करता है, खासतौर पर ब्रेस्ट कैंसर और प्रोस्टेट कैंसर को। यूएस डिपार्टमेंट ऑफ हेल्थ एंड ह्यूमन सर्विसेज में पब्लिश्ड रिपोर्ट के अनुसार कैंसर के मरीजों के लिए इसलिए ज्यादा लाभकारी है, क्योंकि इसमें मौजूद सल्फोराफेन कैंसर सेल्स को रोकने का काम करते हैं।

हेल्दी हार्ट के लिए जरूरी है

स्प्राउट्स एंटी-हाइपरलिपिडेमिक की तरह काम करता है, जो हमारे हार्ट के लिए बहुत फायदेमंद है। अंकुरित अनाजों का सेवन किया जाए तो बैड कोलेस्ट्रॉल लेवल कम होता है और हार्ट हेल्दी रहता है।

खून की कमी होती है दूर

अंकुरित अनाज का सेवन एनीमिया के खतरे को भी कम करता है, इसमें आयरन की भी मात्रा पाई जाती है। इसलिए इसके सेवन से खून की कमी भी दूर होती है। साबुत अनाज में आयरन के अलावा विटामिन की भी हाई मात्रा पाई जाती है।

आंखों के लिए है लाभकारी

साबुत अनाज का सेवन आंखों के लिए भी फायदेमंद है। इसमें एंटीऑक्सीडेंट प्रॉपर्टी एवं विटामिन सी दोनों ही पाया जाता है, जो आंखों के लिए विशेष लाभकारी बताया गया 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।

निहारिका जायसवाल के बारे में

निहारिका जायसवाल

निहारिका जायसवाल



एक लेखक के रूप में ब्लॉगिंग का शौक रखने वाली निहारिका जायसवाल मीडिया इंडस्ट्री में 9 सालों से काम कर रही हैं। इन्होंने प्रिंट मीडिया में अपने करियर की शुरुआत हिंदुस्तान फीचर्स से की थी। इसके बाद गृहशोभा मैगजीन, गृहलक्ष्मी मैगजीन, हेलो हेल्थ ग्रुप और Idiva.com के लिए काम किया। ब्यूटी, ट्रेवल, फैशन और लाइफस्टाइल जैसे विषयों पर इनकी पकड़ अच्छी है। राइटिंग को अपना पैशन मानने वाली निहारिका को हिंदी भाषा से बेहद लगाव है। राइटिंग के अलावा फिल्मों देखना, नई जगहें घूमना और नए फूड एक्सप्लोर करना इनकी फेवरेट हॉबी है।

## Fatty Liver Home Remedies

**3 लोगों में से 1 को Fatty Liver, बिना टेस्ट करवाए शुरू कर दें ये काम, खुद हो जाएगा ठीक**

<https://navbharattimes.indiatimes.com/lifestyle/health/dietician-told-3-remedies-to-treat-fatty-liver-naturally/articleshow/107757700.cms?story=2>

**Fatty Liver Home Remedies: जब शराब, खाने या किसी बीमारी की वजह से लिवर की सेल्स में फैट जमने लगता है तो फैटी लिवर कहलाता है। इसका जल्दी पता नहीं लग पाता है और काफी देर हो जाती है। लेकिन 3 काम इसे अंदर ही अंदर ठीक कर देंगे। (Navbharat Times: 20240219)**

### **dietician told 3 remedies to treat fatty liver naturally**

3 लोगों में से 1 को Fatty Liver, बिना टेस्ट करवाए शुरू कर दें ये काम, खुद हो जाएगा ठीक

ऐमजॉन पर नेक्स्ट जेन फैशन स्टोर, ट्रेंडी कपड़ों की खरीदारी का वक्त, बड़ी छूट

डील देखें

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खेलें और जीतें! क्या आप जानते हैं एक वर्ग के विकर्ण एक दूसरे को किस कोण पर काटते हैं?

डील देखें

खेलें और जीतें! क्या आप जानते हैं एक वर्ग के विकर्ण एक दूसरे को किस कोण पर काटते हैं?

फैटी लिवर की बीमारी बढ़ती जा रही है। कुछ लोगों को शराब पीने की वजह से फैटी लिवर हो जाता है तो कुछ लोग मेटाबॉलिक डिजीज की वजह से इसके मरीज बन जाते हैं। इस बीमारी की शुरुआत में लक्षण बहुत कम दिखते हैं जिस वजह से यह पकड़ में नहीं आती। इसका शक होने पर डॉक्टर टेस्ट करता है।

हमारी लाइफस्टाइल और डाइट ऐसी है कि हर किसी को इस बीमारी का खतरा है। डाइटिशियन श्वेता जे पांचाल के मुताबिक हर 3 में से एक व्यक्ति को लिवर में फैट जमने की परेशानी है। अगर आप 3 काम करेंगे तो आपको फैटी लिवर का टेस्ट करवाने की जरूरत ही नहीं पड़ेगी। यह खुद ब खुद ठीक हो जाएगा।

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फैटी लिवर होने पर क्या करें?

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बाहर का खाना ना खाएं

महंगे से महंगे रेस्टोरेंट में खाना पकाने के लिए तेल को कई बार इस्तेमाल किया जाता है। इसलिए फैटी लिवर होने पर बाहर का खाना नहीं खाना चाहिए। महीने या दो महीने में एक बार बाहर का खाने से इतनी दिक्कत नहीं होती लेकिन अगर आप आए दिन बाहर खाते हैं तो लिवर को नुकसान पहुंच सकता है और फैट जमा हो सकता है।