



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 2024028

World protein day

WTO chief let's cat out of bag: Piyush Goyal may be fighting Lok Sabha polls (The Times of India: 2024028)

<https://timesofindia.indiatimes.com/life-style/health-fitness/diet/world-protein-day-7-day-pulse-protein-plan-and-why-it-is-important/articleshow/108034167.cms>

Protein is essential for growth and repair. Unpolished pulses stand out because they are a nutritional powerhouse and deserve more attention than they get. Incorporating a variety of pulses in your diet ensures nutritional richness, including iron, zinc, and folate. There are over 20 varieties of pulses found in nature, each offering a rich array of nutrients essential for a healthy diet. Read More

World protein day: 7 days pulse protein plan and why it is important

Image: Canva

In the realm of nutrition, protein often takes centre stage, and for good reason. This is because protein is essential for our body's growth, repair, and overall functioning. Unpolished pulses stand out because they are a nutritional powerhouse and deserve more attention than they get.

There are over 20 varieties of pulses found in nature, each offering a rich array of nutrients essential for a healthy diet.

Yoga for Health & Wellness: Sadhguru's solution to belly fat & beyond

story

Weight loss story: From 125 kgs to 75 kgs, this entrepreneur went from fat to fit in 6 months; Diet chart inside!

story

Deepika Padukone's favorite meal: Try out Rasam Rice

Unpolished pulses serve as an excellent source of protein, fiber, and an array of vital vitamins and minerals, including iron, zinc, folate, and magnesium. Fortune Pulses encompass a diverse range of options, including Arhar Dal, Moong Dal, Chana Dal, Masoor Dal (both Malka and Desi varieties), Kabuli Chana, Rajma Chitra, Kala Chana, and Sona Moong Dal.

While the classic combination of dal chawal remains a comforting staple in many households, incorporating a variety of pulses ensures one reaps the full benefits of their nutritional richness.

pulses (1)

Image: Canva

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MaxLife Term Plan

Here is a 7-day pulse protein plan you can use to maximise and enjoy pulses in a healthy, tasty and innovative way

1: Mixed dals Day: Get started with a unpolished mixed masoor, arhar and mung dal. Add a handful of nuts like cashew to make it more nutritious. Serve hot with rice, ghee and your favourite achaar

2: Sprouts day: Plan ahead if you can and sprout a variety of dals and legumes like mung, and masoor or kala chana, kabuli chana and chowli. Steam cook these add chat masala, lime juice, and enjoy as a tea time snack. You can also combine these into a gravy and add to your main meals for a perfect nutrition boost

3. Baked Pulse Day: Here you can mix any cooked dals of your choice with some mashed sweet potato or potato, chopped green chillies, coriander, and spices to taste. Knead the batter, make balls, and flatten into kababs. Next grease an oven proof dish, lay out the kababs, Brush some oil on top and bake or grill or air fry till done. Enjoy as a snack with your favourite chutney.

4. Hummus Day: Soak chana overnight, pressure cook and blend with some garlic, green chilli, yogurt, tahini (til butter) and herbs of choice. Enjoy as a mini snack with whole-wheat pita bread or pair it with a salad for a larger meal

Yoga for Health & Wellness: Sadhguru's solution to belly fat & beyond

07:02

Yoga for Health & Wellness: Sadhguru's solution to belly fat & beyond

5. Rajma Chawal Day: Rajma and Chawal eaten together is a nourishing and super healthy meal. It provides all 8 essential amino acids and more than 8 grams of fibre. Make a meal of it with your favourite vegetable and raita

6. Healthy burrito bowl: Combine cooked beans with brown rice, diced tomatoes onions and other veggies of choice, add some guacamole or avocado dip, and combine with some virgin olive oil limejuice chili flakes and other herbs of choice. This makes a great family meal on game night.

7. Dessert and Halwa: A classic Indian favourite, there are many ways to make this. If you want to go healthy then cook the halwa with jaggery and skimmed milk, instead of sugar and full cream milk. Garnish with nuts and dry fruit and enjoy either hot or refrigerated.

This 7-day pulse protein plan offers a delicious and nutritious way to incorporate more plant-based pulse protein into your diet. So why wait? Start your pulse protein journey today and experience the difference it can make in your health and well-being.

Dental Health

How to whiten your teeth naturally? (The Times of India: 2024028)

<https://timesofindia.indiatimes.com/life-style/health-fitness/home-remedies/how-to-whiten-your-teeth-naturally/photostory/104372794.cms?picid=104372833>

Everyone dreams of Pearly whites. It not just adds to the beauty but also gives one the appearance of being healthy. When you meet someone for the first time your eyes by default land on their teeth to notice if the teeth are in good shape or they are yellowish or worse, blackish. We make an impression about how healthy someone is by how good/bad their oral health is. There are other reasons why white teeth are so sought after, they boost one's self-confidence and help people laugh freely and not shy away from smiling for cameras. To get whiter teeth you don't need to spend thousands of rupees on expensive teeth whitening surgeries, here are a few natural remedies you can try to get those pearly white teeth.

Toothpaste contains salt as it has mild antiseptic properties, which can contribute to maintaining good oral hygiene. Moreover salt is an abrasive agent and therefore can help remove surface stains

from teeth and promote a whiter appearance. However, it's important to use the right kind of salt, Opt for finely ground sea salt or table salt. Avoid using coarse or abrasive salts, as they can be too harsh on your teeth and gums. To do it correctly, dampen your toothbrush and apply a small amount of salt on it. You only need a pinch of salt for this purpose. Gently brush your teeth with the salt for about 1-2 minutes. Be careful not to scrub too hard, as aggressive brushing can damage tooth enamel and gums. After brushing rinse your mouth thoroughly with water to remove any residual particles.

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Many people swear by this Indian remedy to achieve whiter teeth. Do it correctly every day and you will see the results. Take pure coconut oil, it's essential to use only pure edible coconut oil to achieve better results. Swish about a teaspoon of the oil around your mouth for 15-20 minutes. Spit it out after some time and rinse your mouth with water. This method helps remove plaque, when swishing it in your mouth all the bacteria accumulate in the oil and get removed when spat out. Moreover, it also helps prevent bacterial growth which protects teeth from further tooth decay caused by cavities because coconut oil is believed to have anti-microbial properties.

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Apple cider vinegar can be used as a natural mouthwash to potentially help improve oral hygiene and whiten teeth. To use it dilute Apple cider vinegar with water and swish the mixture in your mouth for approximately 30 seconds before thoroughly rinsing with water. It's mildly acidic, which may help break down and dissolve stains on the surface of the teeth caused by coffee, tea, red wine, or certain other foods. It also has some antibacterial properties, which can reduce the growth of bacteria in the mouth thus preventing further tooth decay, and good oral health. However, it's essential to exercise caution when using it for oral care, as vinegar's acidic nature may erode tooth enamel if used excessively. Don't use it as a mouthwash on a daily basis.

create a paste and brush your teeth with it. Activated charcoal is porous, that can attract and bind to substances. As it binds to these substances, it lifts them from the surface of your teeth. This can help remove stains and discolorations, making your teeth appear whiter. However, caution is advised, as activated charcoal can be abrasive and should not be used too frequently. Excessive use may damage tooth enamel.

06/6Teeth bleaching

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Bleaching your teeth using a simple baking soda paste can help you achieve white teeth at home. To make the paste all you need to do is take some baking soda powder and mix it in water. Now take a clean cloth, cotton ball, or your toothbrush. Apply the paste on either of these and gently rub it all throughout your teeth. Scrub it for around 1-2 minutes. Then rinse your mouth thoroughly. Baking soda is mildly abrasive which allows it to remove surface stains caused by food, beverages, and tobacco from the tooth enamel. Apart from this, it is also alkaline in nature which can help balance the pH levels in your mouth. A more alkaline environment can discourage the growth of bacteria and reduce the risk of tooth decay. Use this technique once a week and see the results for yourself.

Health

Is your vote for health? (The Hindu 2024028)

<https://www.thehindu.com/sci-tech/health/is-your-vote-for-health/article67891164.ece>

This week in health: the healthcare promises in election manifestoes, all about the new surrogacy rules and the role and resistance of ASHAs.

(In the weekly Health Matters newsletter, Ramya Kannan writes about getting to good health, and staying there. You can subscribe here to get the newsletter in your inbox.)

There are no two ways about this thing, election fever is in the air and with advancing summer, the earth has begun to sizzle not just with the heat, but also early election preparedness. In an election year, in the run-up, particularly, it would be criminal to let go of opportunities to insist on future course of actions for political parties, as far a policy goes. In the health sector, all political parties would do well to hone their understanding of health care policy and what the country actually needs at the moment. A more robust fund allocation, for sure, but there are several sectors that former Union Health Secretary Sujatha Rao has brought to our attention, and hopefully, that of the political parties with this article: Electoral season and restructuring the health system. Manifestos are doubtless useful documents as they reflect the thinking and priorities of the political parties, besides enabling people to hold the elected party accountable, she writes, and goes on to examine the manifestos of political parties in the past to see their commitments in the health sector.

Given the high stakes and the trend towards current competitive welfarism, the manifestos for 2024 are expected to contain wild promises. The health section in the 2014 and 2019 manifestos of the Bharatiya Janata Party (BJP) and the Indian National Congress showed commonalities and differentials. Both mentioned revamping the primary health system, ensuring universal health care, expanding human resources, increasing use of technology and so on. The differential was with the Congress underscoring health as a public good that citizens are entitled to as a right and the States' obligation to provide, while the BJP saw health as a commodity, provided through public-private partnerships with market-based pricing moderated by social health insurance. After years of stagnation, the United Progressive Alliance (UPA) and the National Democratic Alliance (NDA), have pushed the needle forward.

Health policy

The big diversity blindspot in health policy (The Hindu 2024028)

<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.

Historic success testament to Modi government's unwavering commitment to making Bharat drug-free: Home Minister Amit Shah

Nutty, nougaty, nostalgia: Tasting kasakasa halwa in Coimbatore's JKR Homely Foods

Rules mandating resident welfare associations to feed stray dogs challenged before Madras High Court

Heart attack

New heart attack risk found: Can this B vitamin be a trigger? (Indian Express:2024028)

<https://indianexpress.com/article/health-wellness/new-heart-attack-risk-b-vitamin-trigger-9183116/>

Dr Rajeev Bhagwat, interventional cardiologist, Nanavati Max Super Speciality Hospital, Mumbai, on why supplements are not always a good idea

The risk can only develop when you take prescribed Vitamin B3 supplements of around 1000 milligrams over a long period. (Getty Images/Thinkstock)

Next time you pop a multivitamin supplement, check with your doctor if it agrees with your heart. Now new research says that high levels of Vitamin B3 or niacin, an essential B vitamin, may raise the risk of heart disease by triggering inflammation in the arteries and damaging blood vessels. This finding of last week is significant because this risk was previously unknown.

However, this does not mean that there is any risk from dietary consumption of vitamin B3, which is present in meat, fish, poultry, nuts, cereals and breads. The recommended daily allowance for adult men is 16 milligrams, for women 14 milligrams, and up to 17 milligrams for mothers. This is easily obtainable from foods. The risk can only develop when you take prescribed Vitamin B3 supplements of around 1000 milligrams over a long period. That, according to this new finding, should be stopped.

Can a sleep mask improve your memory and concentration, perform better at work? (Indian Express:2024028)

<https://indianexpress.com/article/health-wellness/sleep-eye-mask-improves-memory-concentration-9181560/>

Internal medicine and sleep behaviour expert Dr Suranjit Chatterjee on whether this sleep aid helps in waking up alert the next day.

Researchers from Cardiff University in the UK conducted a small study last year where a group alternated between sleeping while wearing an eye mask and being exposed to light at night. (Representational)

With doctors emphasising the need for a good quality sleep, people keep on looking for sleep-inducing aids, from mood lighting to a warm shower. In fact, research from Cardiff University last year said that wearing eye masks is the best way to cut out distracting light, slip into deep slumber and improve our learning and alertness. And since even a few watts of power, be it from a device like cellphone, laptop or TV, can trick you into believing it is daytime, can eye masks solve our problem?

Says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine and Sleep Medicine, Indraprastha Apollo Hospital, New Delhi, “Using an eye mask while sleeping can help you block all kinds of ambient light while its comforting softness may help you fall asleep faster. A good, restorative sleep at night allows the brain to better consolidate memories and new information that was acquired during the previous waking hours, helping in both learning and alertness.”

Drinking coffee

Drinking coffee first thing in the morning? Here’s why it may do more harm than good (Indian Express:2024028)

<https://indianexpress.com/article/health-wellness/coffee-drinking-morning-may-do-more-harm-than-good-9180881/>

Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospitals, on what’s the right way of drinking coffee and getting an energy boost

coffee, health special, indian express

When you start your day with coffee, the caffeine rushes to receptors that are responsible for generating energy in your body. (Pexels)

How many of us wait for that shot of coffee in the morning to be up and about? But did you know that the early morning cuppa before eating, while giving that instant gush of energy, may end up

tiring you out for the rest of the day? That's because it fights with adenosine or the hormone that promotes sleep drive, in the process depleting your energy levels.

When you start your day with coffee, the caffeine rushes to receptors that are responsible for generating energy in your body. Adenosine also shares these receptors and with a shot of coffee pushing it out of the queue, its levels increase in the body. So once the effect of caffeine wears off, the accumulated adenosine rushes to bind to receptors and pushes you towards sleepiness. This is what causes you to feel a sudden crash in the middle of the day, what we call a rebound fatigue.

Pregnancy After 45:

Pregnancy After 45: उम्र बढ़नेपर प्रेग्नेंसी हो सकती हैबच्चेके लिए खतरनाक, इन बीमारियों का रहता हैखतरा (Hindustan: 2024028)

<https://www.livehindustan.com/lifestyle/health/story-how-delay-pregnancy-after-40-can-increase-risk-of-child-health-9416460.html>

Pregnancy After 45: 45 की उम्र के बाद प्रेग्नेंसी काफी मुश्किल होती हैलेकिन नई तकनीक की मदद सेयेसंभव है। लेकिन बढ़ती उम्र मेंप्रेग्नेंसी होनेवालेबच्चेके लिए भी कई समस्याएं लेकर

आती है।

Aparajita लाइव हिन्दुस्तान,नई दिल्ली

Wed, 28 Feb 2024 11:12 AM

हमेंफॉलो करें

सिंगर सिद्धू मूसावाला की मां 58 की उम्र मेंप्रेग्नेंट हैं। आईवीएफ के जरिए बढ़ती उम्र मेंभी प्रेग्नेंसी संभव है। लेकिन इस दौरान काफी सारी सावधानियों की जरूरत होती है।

45 के बाद अगर आप प्रेग्नेंसी प्लान कर रही हैंतो इस वक्त केवल मां को ही नहीं बल्कि होनेवालेबच्चेको भी कई सारी सेहत सेजुड़ी समस्याएं होनेका खतरा रहता है।

ऐप पर पढ़ें

ई- पेपर

ऐप मेंफ्री

शहर चुनें

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म

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2/28/24, 11:50 AM how delay pregnancy after 40 can increase risk of child health - Pregnancy After 45: उम्र बढ़ने पर प्रेगनेंसी हो सकती है बच्चे के लिए खतर...

<https://www.livehindustan.com/lifestyle/health/story-how-delay-pregnancy-after-40-can-increase-risk-of-child-health-9416460.html> 2/5

विज्ञापन

बढ़ती उम्र मेंप्रेगनेंसी होनेवालेबच्चेके लिए हेल्थ सेजुड़ी दिक्कतेंपैदा कर देती है। जिसमेंपहला खतरा डाउन सिंड्रोम का होता है।

पैदा होनेवालेबच्चेको होता हैडाउन सिंड्रोम का खतरा

45 की उम्र के बाद 35 बच्चों मेंसेएक बच्चेके डाउन सिंड्रोम की समस्या का शिकार होनेका खतरा रहता है। जबकि कम उम्र मेंप्रेगनेंसी के दौरान येखतरा काफी कम होता

है। डाउन सिंड्रोम जेनेटिक कंडीशन है। जिसमेंबड़ी उम्र के पैरेंट्स के क्रोमोसोमल कंडीशन बच्चेके लिए नुकसानदायक हो सकतेहैं।

प्रीटर्मबेबी

बच्चेके समय सेपहलेपैदा होनेका खतरा रहता है। हालांकि मॉडर्नतकनीक सेसमय सेपहलेपैदा होनेवालेबच्चों को बचाया तो जा सकता है। लेकिन येबच्चेकई सारी

शारीरिक समस्याओं सेघिरेरहतेहैं। जिसमें

-ब्रीदिंग प्रॉब्लम,

-स्तनपान ठीक सेना कर पानेकी समस्या,

-सेलेब्रल पालिसी,

-देर सेशारीरिक विकास,

-सुननेमेंसमस्या और

-आंखों की कमजोर रोशनी की समस्या होनेका खतरा रहता है।

बच्चों को हो जाती हैयेसमस्याएं

रिसर्चमेंपता चला हैकि 45 से 50 की उम्र के बाद प्रेग्नेसी की वजह सेनवजात की ग्रोथ पर असर पड़ता है। वहीं 15 प्रतिशत बच्चेजन्म के समय सामान्य सेज्यादा वजन

के पैदा होतेहैं।

ऐसेरखेंख्याल

45 के बाद अगर प्रेग्नेसी प्लान कर रही हैंतो ऐसेमौके पर खास ख्याल रखना जरूरी है।

प्रेग्नेसी सेपहलेचेकअप

45 की उम्र के बाद प्रेग्नेसी प्लान करनेसेपहलेडॉक्टर सेचेकअप जरूरी है। जिससेआपके शरीर मेंजरूरी न्यूट्रिशन की कमी ना हो और किसी भी तरह की समस्या होनेपर

सही उपचार किया जा सके।

रेगुलर गु चेकअप हैजरूरी

बढ़ती उम्र मेंप्रेग्नेसी काफी सारेहेल्थ ईश्यूलेकर आती है। जेस्टेशनल डायबिटीज, हाई ब्लड प्रेशर का सबसेज्यादा असर होता है। ऐसेमेंकिसी भी समस्या सेबचनेके लिए

डॉक्टर की निगरानी जरूरी होता है।

ऐप पर पढ़ें

2/28/24, 11:50 AM how delay pregnancy after 40 can increase risk of child health - Pregnancy

After 45: उम्र बढ़ने पर प्रेग्नेसी हो सकती है बच्चे के लिए खतर...

Diabetics

डायबिटीज रोगियों के लिए वरदान सेकम नहीं है धनुरासन, इस तरह करनेसेहो सकता हैशुगर कंट्रोल

Dhanurasana For Diabetes: इंसुलिन एक प्रकार हार्मोन है, जो रक्त मेंशुगर के स्तर को सामान्य रखता है। धनुरासन करनेसेशुगर कंट्रोल मेंरहता है। साथ ही लिवर, अग्राशय और एंजा एं इम पैदा(Hindustan: 2024028)

<https://www.livehindustan.com/lifestyle/fitness/story-yoga-for-blood-sugar-know-how-to-do-dhanurasana-benefits-to-control-diabetes-yoga-in-hindi-9416005.html>

Dhanurasana For Diabetes: डायबिटीज रोगियों को शुगर लेवल कंट्रोल मेंरखनेके लिए अपनेखान-पान के साथ योग और एक्सरसाइज करनेकी भी सलाह दी

जाती है। विशेषज्ञों की मानेंतो योग मेंकई ऐसेआसन हैं, जिनका नियमित अभ्यास करनेसेव्यक्ति अपना शुगर लेवल आसानी सेकंट्रोल मेंरख सकता है। ऐसेही एक आसन

का नाम हैधनुरासन। जी हां, धनुरासन एक ऐसा आसन है, जिसेकरतेसमय शरीर धनुष की एक मुद्रा मेंनजर आता है। इसी वजह सेइस आसान को धनुरासन कहा जाता है।

ऐप पर पढ़ें

ई-पेपर

ऐप मेंफ्री

शहर चुनें

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म

2/28/24, 11:54 AM yoga for blood sugar: know how to do dhanurasana benefits to control diabetes yoga in hindi - डा यबि टी ज रो गि यों के लि ए वरदान से क...

<https://www.livehindustan.com/lifestyle/fitness/story-yoga-for-blood-sugar-know-how-to-do-dhanurasana-benefits-to-control-diabetes-yoga-in-hindi-94...> 2/5

धनुरासन करनेसेअग्राशय और आंतों के कार्यो मेंसुधार होता है। डायबिटीज रोग मेंअग्राशय सेइंसुलिन निकलना बंद हो जाता है। इंसुलिन एक प्रकार हार्मोन है,जो रक्त में

शुगर के स्तर को सामान्य रखता है। धनुरासन करनेसेशुगर कंट्रोल मेंरहता है। साथ ही लिवर,अग्राशय और एंजा एं इम पैदा करनेवालेअंग एक्टिव हो जातेहैं। ऐसेमेंअगर

आप डायबिटीज रोगी हैंतो जानेंशुगर कंट्रोल करनेके लिए कैसेकरना चाहिए धनुरासन।

विज्ञापन

धनुरासन करनेका सही तरीका-

धनुरासन करनेके लिए सबसेपहलेपेट के बल लेटकर अपनेघुटनों को मोड़तेहुए कमर के पास लेआएं।एं ऐसा करतेहुए अपनेहाथ सेदोनों टखनों को पकड़ें और अपने

सिर,छाती और जांघ को ऊपर की ओर उठाएं।एं अपनेशरीर के भार को पेट के निचलेहिस्सेपर लानेका प्रयास करें। अब पैरों को पकड़कर आगेकी ओर शरीर को खींचने

की कोशिश करें। अपनी क्षमतानुसार लगभग 15-20 सेकेंड तक इस आसन को करें।

किन लोगों को नहीं करना चाहिए धनुरासन-

जिन लोगों को पहलेसेही कमर दर्द, पेट दर्द, माइग्रेन या फिर सिरदर्द के साथ हाई और लो ब्लड प्रेशर की समस्या है, इस आसन को करनेसेपरहेज करें। गर्भवती महिलाएं

भी इस आसन का अभ्यास न करें।

धनुरासन के फायदे-

-रीढ़ की हड्डी को लचीला और मजबूत बनानेमेंमदद करता हैधनुरासन।

-बैली फैट घटानेमेंमददगार है।

-मस्तिष्क की एकाग्रता बढ़ानेमेंमदद करता है।

-धनुरासन करनेसेखून साफ होता है,डायबिटीज मरीजों के लिए येबहुत फायदेमंद है।

-धनुरासन करनेसेमानसिक और शारीरिक तनाव सेमुक्ति मिलती है।

-जोड़ों को मजबूत बनानेऔर श्वसन क्रिया सुधारनेमेंमदद करता है।

ऐप पर पढ़ें

शुभकामनाएं

2/28/24, 11:54 AM yoga for blood sugar: know how to do dhanurasana benefits to control diabetes
yoga in hindi - डा यबि टी ज रो गि यों के लि ए वरदान से क...

Species

मसालों की भी होती है एक्सपायरी डेट, खराब मसाले खाने से सेहत को होते हैं नुकसान (Hindustan: 2024028)

<https://www.livehindustan.com/lifestyle/health/story-health-tips-do-spices-expire-know-the-side-effects-of-using-expired-spices-shelf-life-9415705.html>

Side Effects Of Using Expired Spices: क्या आप जानते हैं लंबे समय तक के लिए स्टोर किए हुए इन मसालों की भी एक्सपायरी डेट होती है, जिसके बाद इनका इस्तेमाल आपकी सेहत

और खानेका स्वाद दोनों बिगाड़ सकता है।

Side Effects Of Using Expired Spices: खानेका स्वाद और सुगंध बढ़ाने के लिए भारतीय रसोई में कई तरह के मसालों का उपयोग किया जाता है। भोजन पकाते

समय उपयोग किए जाने वाले ये मसाले ना सिर्फ खानेका स्वाद बढ़ाते हैं बल्कि सेहत के लिए बेहद फायदेमंद भी होते हैं। यही वजह है कि घर की महिलाएं एक साथ खूब

सारे मसाले खरीदकर लंबे समय तक इनका यूज करती रहती हैं। लेकिन क्या आप जानते हैं लंबे समय तक के लिए स्टोर किए हुए इन मसालों की भी एक्सपायरी डेट होती है,

ऐप पर पढ़ें

ई-पेपर

ऐप में फ्री

शहर चुनें

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म

2/28/24, 11:57 AM health tips: Do Spices Expire know the side effects of using expired spices shelf life - मसालों की भी होती है एक्सपायरी डेट, खराब मसाले ...

<https://www.livehindustan.com/lifestyle/health/story-health-tips-do-spices-expire-know-the-side-effects-of-using-expired-spices-shelf-life-9415705.html> 2/5

जिसके बाद इनका इस्तेमाल आपकी सेहत और खानेका स्वाद दोनों बिगाड़ सकता है। जी हां, मसालेएक्सपायर होनेके बाद उनमेंसेफ्रेशनेस और फ्लेवर दोनों गायब हो

जातेहैं, जो बाद मेंबदहजमी या अपच की समस्या का कारण बन सकतेहैं। आइए जानतेहैंएक्सपायरी डेट के मसालों का सेवन करनेसेसेहत को होतेहैंक्या नुकसान।

विज्ञापन

एक्सपायरी डेट के मसालेखानेके नुकसानपेट खराबभोजन पकानेके लिए खराब मसालों का उपयोग पेट खराब और दस्त का कारण बन सकता है। दरअसल, मिर्च-मसालों मेंकैप्साइसिन मौजूद होता हैजिसका अधिक सेवन

करनेसेपेट की सेहत को नुकसान पहुंचता है। ऐसेमेंखराब मसालेउल्टी,पेट दर्द,जलन और दस्त जैसी समस्याओं का कारण बन सकतेहैं।

गैस की समस्या-

व्यक्ति के शरीर का अपना एक एसिडिक और बेसिक पीएच लेवल होता है। लेकिन खराब मसालों का सेवन करनेसेशरीर का यह पीएच बैलेंस खराब हो सकता है। दरअसल,

खराब मसालों की वजह सेशरीर का पित्त बढ़नेके साथ अधिक मात्रा मेंएसिड का प्रोडक्शन होता है। जिसकी वजह सेव्यक्ति को इनका सेवन करतेही एसिडिटी, सीनेमें

जलन,गैस और पेट मेंसूजन जैसी समस्याएं महसूस हो सकती हैं।

पाचन संबंधी समस्याएं-एं

एक्सपायर हो चुके मसालों मेंबैक्टीरिया और फंगस ग्रो हो सकतेहैं, जिसेखानेसेपाचन सेजुड़ी बीमारियों का खतरा बढ़ा सकता है। एक्सपायर हो चुके मसालेअधिकतर

बैक्टीरियल इन्फेक्शन का कारण बन सकतेहैं, जो पाचन संबंधी समस्याओं जैसेकि पेट दर्द, उल्टी और अन्य पाचन संबंधी समस्याओं का कारण बन सकतेहैं।

लिवर की समस्या-

जरूरत सेज्यादा तेल मसालेवाला भोजन करनेसेलिवर सेजुड़ी परेशानियां बढ़ सकती हैं। ऐसेमेंअगर येमसालेपहलेसेही खराब हों तो यह समस्या को और ज्यादा बढ़ा

देतेहैं।

फूड पॉइजनिंगएक्यापर मसालों सेबना खाना खानेसेफूड पॉइजनिंग का खतरा भी हो सकता है। फूड पॉइजनिंग होनेपर व्यक्ति को बुखार, मतली, उल्टी, कंपकपी, दस्त, पेट दर्द की

समस्या हो सकती है।

