



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240301

Vitamin D, Omega-3, Vitamin B 12 supplements

Can Vitamin D, Omega-3, Vitamin B 12 supplements boost memory? Here's all you need to know

Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospitals, Delhi, explains why the 50-plus must pop the pill (Indian Express: 20240301)

<https://indianexpress.com/article/health-wellness/multivitamins-daily-improve-memory-benefits-brain-function-9174384/>

memory power, multivitamins, brain function, indian express

While multivitamins show initial promise for boosting brain power, they should complement (not replace) healthy nutrition as we age. (Pexels)

Have you been forgetting where you kept your car keys last and feel your memory is tricking you? You are not alone. As we age, maintaining a sharp memory, quick thinking and good cognitive health becomes increasingly important. However, for adults over 50, the gradual decline in brain and mental functioning begins – difficulty recalling names or dates, processing information more slowly, fuzzy memory of conversations. This cognitive decline happens as we get older. Or does it have to?

Emerging research now suggests that ensuring adequate vitamins, minerals and nutrient levels as we celebrate our 50th birthdays may help safeguard our brain health and slow age-related cognitive decline. Much of this research focusses on daily multivitamin usage.

For younger adults, multivitamins have questionable effects. But studies demonstrate that for ageing populations, these supplements may provide vital support against cognitive failure.

Why do older adults benefit more from multivitamins?

This is because of natural physiological changes associated with progressing years. Our bodies slowly lose the ability to fully absorb some nutrients from food as efficiently. So, while diet remains crucial at any age, supplementation becomes more important for the 50-plus.

Additionally, research published by scientists at the Wake Forest School of Medicine reveals that cognitive impairment correlates strongly with vitamin deficiencies in older test groups. Filling these nutritional gaps with supplements showed significant improvements. In 2022, researchers demonstrated that a daily multivitamin over a six-month period improved memory and information processing in men over 50. The benefits extended the longer these supplements were taken.

How do multivitamins aid brain function?

The mechanisms linking nutrient intake with cognitive health are still under investigation. However, scientists hypothesize that vitamins feed metabolic pathways vital for neural functioning. Deficiencies starve the brain of compounds that likely maintain connections between neurons.

Additionally, vitamins like C, E and beta-carotene demonstrate antioxidant properties. This enables them to reduce damaging inflammation linked to mental decline.

Which micronutrients matter the most?

While many vitamins and minerals likely contribute to optimal neurological health, research spotlights a few key players:

Vitamin B12

Vitamin D

Omega-3 Fatty Acids

Vitamin E

Folate

Seniors are frequently deficient in these micronutrients. But restoring adequate levels could pay dividends for defending memory and cognition.

Before running out and grabbing the first multivitamin you see, have a conversation with your healthcare provider about what supplements make sense for you based on your diet, medical history and more.

While multivitamins show initial promise for boosting brain power, they should complement (not replace) healthy nutrition as we age. Paired together, eating right and taking the right supplements make for the right strategy.

Food and Nutrition

Rice hack for weight loss: Can this work? Indian Express: 20240301)

<https://indianexpress.com/article/health-wellness/exotic-rice-varieties-weight-loss-9173026/>

Dr Neeti Sharma, Senior Consultant, Nutrition & Dietetics at Marengo Asia Hospitals, Gurugram, on whether you should change your choice of staple

exotic rice

While exotic rice varieties may offer nutritional benefits, there is no magic formula that guarantees weight loss solely based on the type of rice consumed. (Photo: Pixabay)

In recent times, there has been a surge in interest surrounding exotic rice varieties and their potential impact on weight loss. As individuals seek healthier alternatives in their diet, numerous myths and misconceptions have emerged. But remember there is no magic formula or else everyone would have been fit and fabulous.

Myth 1: Exotic rice varieties guarantee weight loss and burn fat

Reality: While exotic rice varieties may offer nutritional benefits, there is no magic formula that guarantees weight loss solely based on the type of rice consumed. Weight management is a complex interplay of various factors, including overall diet, physical activity and individual metabolism.

Myth 2: Exotic rice has fewer calories than traditional varieties.

Reality: Caloric content varies among different rice types but the difference is often marginal. The key to weight loss lies in portion control, maintaining a balanced diet and incorporating a lot of proteins and fibres. Incorporating a variety of grains, including exotic rice, can contribute to a diverse nutrient intake. Portion control means confine rice to a quarter of your plate. If rice is the

carb content, then make sure there aren't starchy vegetables in the half-plate you should set aside for vegetables or the quarter pie you set aside for protein.

Myth 3: Exotic rice varieties have unique fat-burning properties.

Reality: No rice variety possesses inherent fat-burning properties. While black, red, and wild rice do offer certain nutritional benefits over white rice, there is no scientific evidence of their fat-burning properties. There is also an argument for reducing white fat, which stores energy, and increasing brown fat, which is actively involved in generating heat. Brown fat contains a higher number of mitochondria, which are the cellular structures that convert energy. This energy helps to regulate body temperature and plays a crucial role in maintaining a healthy weight as it regulates sugar and fat metabolism. For this you need to have good fats, like those in avocados, nuts, seeds, fish and yogurt. That too they have to be combined with proteins, wholegrains and green leafy vegetables to take effect.

Myth 4: Exotic rice is a substitute for exercise.

Reality: While a nutritious diet is crucial for overall health, it cannot replace the benefits of regular physical activity. Weight loss is most effective when a combination of a healthy diet and exercise is adopted.

Myth 5: Exotic rice is a quick fix for weight loss.

Reality: Sustainable weight loss requires time, commitment, and consistency. There are no shortcuts or quick fixes. Exotic rice varieties can contribute to a nutritious diet, but long-term success depends on adopting healthy habits that promote overall well-being.

Weight loss is best achieved through a holistic approach that includes a balanced diet, regular exercise and a healthy lifestyle. Relying on a single food item to trigger fat loss is unrealistic and unsustainable. As always, do consult healthcare professionals or nutritionists for personalized advice based on specific needs and goals.

Alcoholism

Why minimising or cutting out alcohol is one of the best fitness hacks (Indian Express: 20240301)

<https://indianexpress.com/article/lifestyle/fitness/minimising-cutting-out-alcohol-best-fitness-hack-benefits-9187485/>

Alcohol can interfere with the body's ability to burn fat efficiently, said Dr Ameet Mando, HOD, clinical lead, adult hepatology and liver transplant, Global Hospitals, Parel, Mumbai

no alcohol

Try cutting out alcohol (Source: Freepik)

You have heard it a million times till now that cut alcohol for your liver health. But did you know that minimising or cutting out alcohol completely is touted to be one of the best fitness hacks or secrets that work like magic for your health goals? If nutrition coach Brad Jensen is to go by, “alcohol is the definition of empty calories”.

“It’s not a protein. It’s not a fat. And it’s technically not a carbohydrate. That’s because alcohol is technically the fourth macronutrient that has zero nutritional value ever. Just because I’m sober doesn’t mean I believe you have to be sober. But if you care about your health and fat loss efforts, at a minimum, minimising alcohol would yield such a positive ROI. Not to mention the absolute havoc it wrecks on the body with dehydration, and hangovers the following day,” said Jensen in a post on Instagram.

According to him, even one to two drinks per week would be an amazing goal if you drink more than that now. “There’s no amount of alcohol that’s been shown to be good for you. Plus, a lot of people don’t like the decisions they make when they drink anyway. No judgment, if you choose to drink, just understand that the biggest hack to health and fat loss game might be right in front of your eyes,” said Jensen.

Agreeing, Dr Ameet Mando, HOD, clinical lead, adult hepatology and liver transplant, Global Hospitals, Parel, Mumbai said that reducing or eliminating alcohol is a fitness game-changer.

“Minimising or cutting out alcohol completely isn’t just a fitness hack; it’s a transformative lifestyle choice that can profoundly impact your journey to better health and fitness. By eliminating alcohol, you’re not only reducing your calorie intake, but you’re also enhancing your sleep quality, hydration levels, and nutritional intake,” Dr Dipak Patade, consultant physician, Adhikari Lifeline Multispeciality Hospital, Palghar told indianexpress.com.

Festive offer

Alcohol’s calorie density often goes unnoticed, contributing to weight gain and hindering fitness progress. Dr Patade said that beyond the physical benefits, cutting out alcohol can sharpen mental clarity and focus, essential for effective training sessions.

Here’s how reducing alcohol or completely saying no to alcohol helps you.

Dr Mando noted:

Liver health boost: Alcohol metabolism puts a strain on the liver, leading to inflammation and potential damage. By cutting back, you give your liver a chance to recover and function optimally, said Dr Mando.

Calorie control: Alcoholic beverages often pack extra calories without providing essential nutrients. “By skipping the drinks, you not only reduce calorie intake but also make room for nutrient-dense foods to support overall health,” said Dr Mando.

Enhanced fat metabolism: Alcohol can interfere with the body’s ability to burn fat efficiently. “Abstaining allows your metabolism to focus on breaking down fats for energy, aiding in weight management and fitness goals,” said Dr Mando.

Stomach flu

Norovirus outbreak in the US: Know all about the contagious stomach flu (The Times of India: 20240301)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/norovirus-outbreak-in-the-us-know-all-about-the-contagious-stomach-flu/photostory/108122076.cms?picid=108122092>

Norovirus cases are rising in the US, the Centers for Disease Control and Prevention has said. According to the most recent CDC data, more than 12% of tests for the virus was found to be positive in the week ending on Feb. 17. The week before that a little more than 11.5% of tests came back positive.

Norovirus, also known as the "stomach bug," is a highly contagious virus that causes gastroenteritis, inflammation of the stomach and intestines. It is the most common cause of acute gastroenteritis worldwide, leading to symptoms such as diarrhea, vomiting, nausea, and stomach cramps. Norovirus spreads easily through contaminated food, water, surfaces, and person-to-person contact. While norovirus infections are usually self-limiting and resolve within a few days, they can be severe, especially in young children, the elderly, and individuals with weakened immune systems. Proper hygiene and sanitation are crucial in preventing its spread.

Norovirus infection typically presents with symptoms of acute gastroenteritis, including sudden onset of diarrhea, vomiting, nausea, and stomach cramps. Some individuals may also experience low-grade fever, headache, muscle aches, and fatigue. Symptoms typically develop 12 to 48 hours after exposure to the virus and can persist for 1 to 3 days. Norovirus infections are highly contagious, and individuals may continue to shed the virus in their stool for several days after symptoms resolve, posing a risk of transmission to others. Prompt diagnosis and management of symptoms, along with strict hygiene practices, are essential to prevent further spread of the virus.

Norovirus spreads primarily through the fecal-oral route, commonly through contaminated food, water, or surfaces. It can also spread through direct person-to-person contact, such as shaking hands with an infected individual or sharing items with them. Additionally, aerosolized particles of vomit or feces containing the virus can become airborne and infect others when inhaled. Norovirus is highly contagious, and even a small amount of the virus can cause infection. Outbreaks often occur in settings with close contact, such as healthcare facilities, cruise ships,

schools, and restaurants. Proper hand hygiene, food safety measures, and disinfection of contaminated surfaces are critical in preventing its spread.

Common food habits that increase cancer risk

Preventing norovirus infection involves practicing strict hygiene measures. Wash hands frequently with soap and water, especially after using the toilet, changing diapers, and before handling food. Disinfect surfaces regularly, particularly in high-risk environments like kitchens and bathrooms. Avoid close contact with infected individuals and contaminated objects. Ensure food safety by washing fruits and vegetables thoroughly, cooking seafood thoroughly, and avoiding consumption of raw or undercooked foods. If experiencing symptoms, stay home to prevent spreading the virus to others. These preventive measures are crucial in reducing the risk of norovirus transmission and outbreaks in communities and healthcare settings.

Obesity rates

Obesity rates going up across the world: Lancet study(The Hindu: 20240301)

<https://www.thehindu.com/sci-tech/health/obesity-rates-going-up-across-the-world-lancet-study/article67901050.ece>

Among women in India, the obesity rate increased from 1.2% in 1990 to 9.8% in 2022; among men, from 0.5% in 1990 to 5.4% in 2022

The total number of children, adolescents and adults worldwide living with obesity has surpassed one billion. Image for representation. File

The total number of children, adolescents and adults worldwide living with obesity has surpassed one billion. Image for representation. File

Obesity rates among children and adolescents worldwide increased four times from 1990 to 2022, while obesity rates among adults have more than doubled, a new study published in The Lancet has revealed.

The total number of children, adolescents and adults worldwide living with obesity has surpassed one billion. In total, 159 million children and adolescents, and 879 million adults were obese in 2022.

Rare diseases

Despite decades of advocacy, and govt backing, care for rare diseases not optimal (The Hindu: 20240301)

<https://www.thehindu.com/sci-tech/health/despite-decades-of-advocacy-and-govt-backing-care-for-rare-diseases-not-optimal/article67898841.ece>

Utilisation of budgetary allocations for rare diseases is distressingly low.

Utilisation of budgetary allocations for rare diseases is distressingly low. | Photo Credit: Getty Images

In the field of rare diseases, in India, what did not happen for 20 years, was dramatically hustled through over the last couple of years. Consider this: the first National Policy on Rare Diseases was issued in March 2021, providing a comprehensive national approach to prevention and management of rare diseases. It was nearly a dream come true for patients living with rare diseases and their families – the policy also factors in ways to lower the exorbitant cost of treatment, and boost indigenous research. The policy also envisages the creation of a national hospital based registry of rare diseases, an intervention as crucial as funding for treatment itself, as it will provide rich epidemiological data to define the extent of the problem in India and decide optimal funding for research in rare diseases too. The Rare Diseases Policy also focuses on creation of Nidan Kendras for early screening and prevention, as well as plans to strengthen extant secondary and tertiary health facilities at Centres of Excellence.

And yet, this World Rare Diseases Day (February 29) does give us occasion for pause; despite the stupendous pace of development in the recent past, it is important to periodically evaluate the needs in the community, and tailor requirements to meet those demands. It is also important to evaluate policy against implementation, to see if the goals are being achieved and the target groups benefiting from the intended gains.

Public health

Populism does not help public health (The Hindu: 20240301)

<https://www.thehindu.com/opinion/op-ed/populism-does-not-help-public-health/article67789932.ece>

A fair and effective health system requires freedom from political influence, focusing on policymaking and implementation driven by scientific evidence and long-term objectives

“Public health decisions should be based on scientific evidence and long-term goals rather than short-term political interests’

“Public health decisions should be based on scientific evidence and long-term goals rather than short-term political interests’ | Photo Credit: Getty Images

In the heart of India’s bustling cities and tranquil villages, there is a silent but significant fight raging on the public health front. It is not the dramatic triumphs of curative medicine that dominate this story but the quiet victories of preventing diseases such as smallpox (though eradicated, it is still under surveillance), polio, neonatal tetanus, and measles, through improved sanitation and vaccines. These are unsung wins where the absence of illness speaks volumes. Yet, in a democratic setup, leaders often chase tangible achievements and, inadvertently or otherwise, overlook these vital preventive efforts.

In particular, political leaders across the spectrum have leaned towards initiatives that promise immediate results, such as new hospitals, subsidised treatments in private hospitals, emergency response (over preventive response), and populist health policies. Many of these measures do not have much of an impact because of a lack of action beyond public announcements, which is almost always due to budgetary constraints. But even before being implemented, these schemes and the focus of our leaders on them divert attention from critical areas such as sanitation, disease surveillance, and public health education, which are important to maintain population health and prevent disease outbreaks.

Women's health gap equates

Will endometriosis be exempt from the gender pass over? (The Hindu: 20240301)

<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.

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.

India must build 'deep national strengths' to drive its transition towards leading power: EAM Jaishankar

Health policy

The big diversity blindspot in health policy (The Hindu: 20240301)

<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.

Obesity

1 in 8 people globally is now obese: Lancet (New Kerala: 20240301)

<https://www.newkerala.com/news/2024/12467.htm>

Every eighth person or more than one billion people worldwide are living with obesity, a precursor to several diseases such as heart disease, diabetes and cancer, revealed a study released by the Lancet on Friday.

1 in 8 people globally is now obese: LancetThe study showed that in the last three decades obesity among adults has more than doubled worldwide. Among children and adolescents (aged between 5 to 19 years), the condition has increased four times.

The study also revealed that 43 per cent of adults were overweight in 2022.

"This new study highlights the importance of preventing and managing obesity from early life to adulthood, through diet, physical activity, and adequate care, as needed," said Tedros Adhanom Ghebreyesus, WHO Director-General, in a statement.

"Getting back on track to meet the global targets for curbing obesity will take the work of governments and communities, supported by evidence-based policies from WHO and national public health agencies. Importantly, it requires the cooperation of the private sector, which must be accountable for the health impacts of their products," he added.

The WHO has contributed to the data collection and analysis of this study.

Further, rates of undernutrition were also found to be a public health challenge in many places, particularly in South-east Asia and sub-Saharan Africa.

Combined rates of underweight and obesity in 2022 were found in island nations in the Pacific and the Caribbean and those in the Middle East and North Africa.

At the World Health Assembly in 2022, about 31 countries adopted the WHO Acceleration plan to stop obesity, which supports country-level action through 2030.

To help curb obesity, they are implementing actions like promoting breastfeeding; regulating harmful marketing of food and beverages to children; nutrition labelling policies; public education

and awareness campaigns for healthy diets and exercise; and standards for physical activity in schools.

Banana fibres

Indian scientists develop eco-friendly wound dressing using banana fibres (New Kerala: 20240301)

<https://www.newkerala.com/news/2024/12431.htm>

A team of scientists at the Institute of Advanced Study in Science and Technology (IASST) in Assam have developed an eco-friendly and low-cost wound dressing material using banana fibres.

The researchers led by Prof. Devasish Chowdhury and Prof. (Retd) Rajlakshmi Devi used banana pseudostems, which get discarded in abundance post harvest.

They ingeniously combined the banana fibres with biopolymers like chitosan and guar gum to create a multifunctional patch with excellent mechanical strength and antioxidant properties.

Further, the patch was loaded with an extract from the *Vitex negundo* L. plant, demonstrating the capabilities of plant extract-loaded banana fibre-biopolymer composite patch in vitro drug release and as antibacterial agents.

All the materials used in creating this innovative dressing material are natural and locally available, making the manufacturing process simple, cost-effective, and non-toxic, the team said.

“This investigation opens the door to a new era in wound healing, offering a low-cost, reliable, and environmentally friendly alternative that holds significant potential in biomedical research,” said Prof. Chowdhury, in a statement.

The banana fibre-biopolymer composite dressing could revolutionise wound care with its broad applications and positive impact on health and the environment, said the team in a study, published in the *International Journal of Biological Macromolecules*.

The wound dressing material presents a sustainable solution for wound care and may also benefit farmers and minimise environmental impact.

Epilepsy

Mumbai woman cured of epilepsy after part of her brain removed (New Kerala: 20240301)

<https://www.newkerala.com/news/2024/12421.htm>

In a unique case, a young Mumbai woman has been cured of a 12-year-old epilepsy after a neurosurgeon removed a part of her brain, said an official of Apex Hospitals here on Thursday.

The patient is Smita Trivedi, 34, (real identity withheld to protect her privacy) working in a private company, who suffered her first epileptic attack while studying in a college 12 years ago, and since then she has grappled with the disease.

She suffered recurring headaches and other problems that did not allow her to complete her higher education or attend to work regularly, hampering her professional life besides being unable to tend to her husband and a minor child.

Initially, she was put on heavy medication, including 5 medicines daily for the past five years, causing concerns to the patient and her family.

Finally, her husband approached neurosurgeon Dr. Samir Parekh at Apex Hospital's Kandivali branch for a checkup and especially, how to reduce her daily medical doses.

Post-examination, Dr. Parekh recommended a brain surgery in her case since medicines failed to control her epilepsy and the accompanying fits.

"The patient was in a panic mode due to the disease and could not concentrate on anything, including her work. We conducted neurology and neuropsychology assessments. A brain MRI and EEG showed the origin of fits from the left side of the temporal lobe of the brain," said Dr. Parekh.

Accordingly, he decided to remove the affected temporal lobe on the left side of her brain or temporal lobectomy and removal of amygdala and hippocampus in medical terms.

The brain operation in November 2023-ended lasted one hour, and post-surgery, she became fully conscious, was talking normally and able to move all limbs, and in a few days, she resumed her work as usual without the problems she encountered earlier.

On the follow-up after three months, she was continuing only two medicines, and now it has been reduced to just one dose of a medicine which is a proven success in epilepsy disease.

Even this single medicine shall be reviewed after a quarter by the doctors depending on her medical progress, said a spokesperson for the hospital.

"Epilepsy is a disease that affects the central nervous system of the brain. People affected by it suffer from abnormal brain activity that ultimately leads to brain seizures, lack of consciousness and strange behaviour," he said.

As per global estimates by the World Health Organisation (WHO), there are around 50 million people who are affected and live with epilepsy, while up to nearly 1.2 crore Indians -- said to be the highest in the world -- are also suffering from the potentially fatal disease.

However, many remain deprived of proper treatment owing to social stigma to epilepsy, lack of awareness, limited access to expert healthcare or effective medicines, more incidence among males in rural areas from the lower socio-economic strata, and other factors.

Anti-cancer drug

Researchers find how anti-cancer drug can improve symptoms after stroke(New Kerala: 20240301)

<https://www.newkerala.com/news/2024/12397.htm>

An investigation conducted by the UAB's Institut de Neurociencies (INc-UAB) showed the advantages of vorinostat in animal models following a stroke.

The medication has been shown to lessen brain damage and aid in the restoration of brain tissue. It is used to treat cutaneous T-cell lymphoma in humans.

The second most common cause of mortality globally is an ischemic stroke, which happens when there is a blockage preventing blood flow to the brain. The brain suffers damage and functional impairment when it is depleted of oxygen for an extended length of time. The most common modifiable risk factor for stroke is hypertension, which is linked to worse outcomes.

Currently, there is only one pharmacological treatment to attenuate the effects of stroke, but it does not work for all patients and is associated with some important adverse effects. Now, researchers at the Institut de Neurociencies of the UAB (INc-UAB) were able to demonstrate that vorinostat (suberoylanilide hydroxamic acid) has great potential in treating brain lesions derived from strokes.

This drug, used in the treatment of one type of cutaneous lymphoma, inhibits histone deacetylases, enzymes that regulate gene expression by modifying the acetylation levels of a group of proteins called histones.

In an article published in the journal *Biomedicine and Pharmacotherapy*, the research group demonstrates in a model of stroke in hypertensive rats very close to the clinical situation, how the use of the drug helps the animals to improve neurological deficits, reduce brain damage and attenuate the inflammatory response, among other effects.

"We saw that a single dose of the drug, applied during the reperfusion period, prevented multiple factors associated with stroke pathology. This opens the path for research with this type of treatment beyond the preclinical phase", explains Andrea Diaz, first author of the article.

In addition, researchers were able to demonstrate that the treatment not only protects the brain, but also the surrounding vessels, and does so even a few hours after the stroke occurs.

"Given the urgent clinical need for drugs to treat acute ischemic stroke, and that vorinostat is approved for human use, these findings should encourage further preclinical research to evaluate, for example, its effects in females and older animals, in animal models with other common stroke comorbidities such as diabetes, its long-term effects, etc. This would pave the way for the correct design of future clinical trials to test its efficacy and safety in patients who have suffered a stroke", concludes study coordinator Francesc Jimenez-Altayo, researcher from the Department of Pharmacology, Therapeutics and Toxicology at the UAB and the Cardiovascular Diseases Area of the Centre for Biomedical Research Network (CIBERCV).

Physical Fitness

फ्रोजन शोल्डर के दर्द सेहैंबेहाल तो रोजाना करेंये 2 योगासन, कंधेकी अकड़न सेमिलेगा छुटकारा (Hindustan: 20240301)

<https://www.livehindustan.com/lifestyle/fitness/story-yoga-for-frozen-shoulder-know-how-to-get-rid-of-shoulder-pain-and-stiffness-with-matsyasana-and-bhujangasana-benefits-9432032.html>

Yoga For Frozen Shoulder: | स्वास्थ्य विशेषज्ञों की मानेंतो अपनेलाइफस्टाइल मेंयोग शामिल करनेसेव्यक्ति शरीर मेंरक्त का संचार व्यवस्थित बनाए रख सकता है। जिससेफ्रोजन शोल्डर

की समस्या मेंराहत मिल

Yoga For Frozen Shoulder: जीवनशैली की खराब आदतों की वजह सेआजकल लोगों मेंफ्रोजन शोल्डर की समस्या काफी ज्यादा बढ़ गई है। लंबेसमय तक

कंप्यूटर स्क्रीन के आगेबैठे रहनेया फिर मोबाइल-टीवी जैसेगैजेट्स सेचिपके रहनेकी वजह सेलोग इस समस्या को ज्यादा झेल रहेहैं। दरअसल, फ्रोजन शोल्डर को कंधे

की अकड़न या एडहेसिव कैप्सुलिटिस के नाम सेभी जाना जाता है। फ्रोजन शोल्डर ऐसी समस्या हैजिसमेंव्यक्ति के कंधेसिकुड़कर जाम होनेलगतेहैं। यह एक दर्दकारक

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

3/1/24, 10:53 AM yoga for frozen shoulder: know how to get rid of shoulder pain and stiffness with matsyasana and Bhujangasana benefits - फ्रोजन ...

<https://www.livehindustan.com/lifestyle/fitness/story-yoga-for-frozen-shoulder-know-how-to-get-rid-of-shoulder-pain-and-stiffness-with-matsyasana-an... 2/5>

स्थिति हैजिसमेंव्यक्ति को अपनेहाथों को ऊपर उठाना तक मुश्किल लगनेलगता है। चिंता की बात यह हैकि समय के साथ इस समस्या के लक्षण और गंभीर होतेजातेहैं।

स्वास्थ्य विशेषज्ञों की मानेंतो अपनेलाइफस्टाइल मेंयोग शामिल करनेसेव्यक्ति शरीर मेंरक्त का संचार व्यवस्थित बनाए रख सकता है। जिससेफ्रोजन शोल्डर की समस्या में

राहत मिल सकती है। आइए जानतेहैंआखिर कौन सेदो योगासन करनेसेव्यक्ति को फ्रोजन शोल्डर मेंराहत मिल सकती है।

विज्ञापन

फ्रोजन शोल्डर सेराहत देंगेयोगासनमत्स्यासनमत्स्यासन योग करनेसेशरीर का लचीलापन बढ़नेके साथ कंधेके दर्द मेंभी आराम मिलता है। मत्स्यासन योग करनेके लिए सबसेपहलेपीठ के बल लेट जाएं।एं पैरों को

पद्मासन की मुद्रा में लेकर आएं।एं जांघें और घुटने फर्श पर रखते हुए सांस खींचते हुए सीने को ऊपर की तरफ उठाएं।एं सिर के ऊपरी हिस्से को जमीन पर ही रखें। कुछ समय

तक इस स्थिति में बने रहें और फिर धीरे-धीरे सांस छोड़ते हुए पहले की स्थिति में आ जाएं।एं

भुजंगासन योग

भुजंगासन रीढ़, मस्तिष्क से लेकर शरीर के सभी तंत्रिकाओं के लिए लाभदायक हो सकता है। भुजंगासन गर्दन और कंधे की अकड़न को दूर करता है और रीढ़ की हड्डी को

स्वस्थ रखने में सहायक है। भुजंगासन योग का अभ्यास करने के लिए सबसे पहले रीढ़ की हड्डी के वर्म-अप के लिए दोनों पैरों को सामने की तरफ फैलाकर बैठें। अब पीठ को

झुकाते हुए दोनों हाथों से पैरों की उंगलियां छूने की कोशिश करें। अब कोबरा पोज बनाने की कोशिश करें। इसके लिए अपने दोनों हाथों को कंधों के पास रखें। ऐसा करते

समय आपकी कोहनी मुड़ी हुई होनी चाहिए। पेट के नीचे का हिस्सा जमीन पर लगा होना चाहिए और हाथों को शरीर के ऊपरी हिस्से को ऊपर की तरफ उठाएं और ऊपर की

ओर देखने की ही कोशिश करें। इस पोजीशन को कुछ देर होल्ड करने के बाद पहले वाली पोजीशन में आ जाएं।एं भुजंगासन करते समय गहरी सांस लेते रहें और फिर धीरे-धीरे

सांस छोड़ें। शुरूआत में 30 सेकंड तक भुजंगासन का अभ्यास करें। इसके बाद धीरे-धीरे समयानुसार एक मिनट तक बढ़ा सकते हैं।

Pulses For Weight Loss

मोटापे से चाहिए जल्द छुटकारा तो डाइट में शामिल करें ये 3 दालें, वेट लॉस में मिलेगी मदद (Hindustan: 20240301)

<https://www.livehindustan.com/lifestyle/health/story-pulses-for-weight-loss-diet-know-how-to-lose-weight-quickly-just-by-adding-these-3-pulses-in-your-diet-9431740.html>

Pulses For Weight Loss: जो लोग जल्दी वेट लॉस करना चाहते हैं, उन्हें प्रोटीन और फाइबर रिच डाइट के साथ कम कैलोरी वाली चीजों का अधिक सेवन करना चाहिए। ऐसी ही चीजों में कुछ

दालों का नाम भी शामिल है।

Manju Mamgain लाइव हिन्दुस्तान टीम, नई दिल्ली

Fri, 01 Mar 2024 08:01 AM

हमें फॉलो करें

Pulses For Weight Loss: आज बढ़ता मोटापा ज्यादातर लोगों के लिए एक बड़ी समस्या बना हुआ है। लोग अपने मोटापे से छुटकारा पाने के लिए एक्सरसाइज के

साथ अपनी डाइट पर भी खास ध्यान देते हैं। बावजूद इसके बढ़ते वजन को आसानी से कम कर पाना किसी से चुनौती से कम नहीं है। एक्सपर्ट मानते हैं कि वजन कम करने

में जितना बड़ा रोल एक्सरसाइज का है उससे कहीं ज्यादा हेल्दी डाइट का होता है। ऐसे में जो लोग जल्दी वेट लॉस करना चाहते हैं, उन्हें प्रोटीन और फाइबर रिच डाइट के

ई- पेपर ऐप पर पढ़ें

ऐप में फ्री

शहर चुनें

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

3/1/24, 10:56 AM Pulses For Weight Loss diet :know how to lose weight quickly just by adding these 3 pulses in your diet - मोटापे से चाहे जल्द छुटकारा ...

[https://www.livehindustan.com/lifestyle/health/story-pulses-for-weight-loss-diet-know-how-to-lose-weight-quickly-just-by-adding-these-3-pulses-in-your... 2/7](https://www.livehindustan.com/lifestyle/health/story-pulses-for-weight-loss-diet-know-how-to-lose-weight-quickly-just-by-adding-these-3-pulses-in-your...)

साथ कम कैलोरी वाली चीजों का अधिक सेवन करना चाहिए। ऐसी ही चीजों में कुछ दालों का नाम भी शामिल है। प्रोटीन, कैल्शियम और फाइबर से भरपूर दालों का सेवन

करने से वजन और मोटापे को कम करने में मदद मिलती है। आइए जानते हैं 3 ऐसी दालों के बारे में, जिनके सेवन से वेट लॉस में मदद मिल सकती है।

विज्ञापन

वेट लॉस के लिए डाइट में शामिल करें 3 दालें-

मूंग की दाल वेट लॉस के लिए मूंग दाल को बेस्ट माना जाता है। बता दें, मूंग की दाल में विटामिन बी-6, विटामिन-सी, आयरन, फाइबर, पोटैशियम, कॉपर, फास्फोरस, फोलेट,

राइबोफ्लेविन, मैग्नीशियम, नियासिन और थायमिन जैसे पोषक तत्व होते हैं। मूंग दाल में मौजूद फाइबर वेट लॉस में मदद कर सकता है। फाइबर पेट को लंबे समय तक भरा

हुआ रखता है। जिससे व्यक्ति ओवरईटिंग करने से बच जाता है और उसे वेट लॉस में मदद मिलती है।

मसूर की दाल -

मसूर दाल एक सर्वांग सेफाइबर की रोजाना की जरूरत का लगभग 32 प्रतिशत हिस्सा मिल जाता है। यह दाल न सिर्फ वजन घटानेके लिए बल्कि कोलेस्ट्रॉल लेवल को

कंट्रोल रखनेऔर डायबिटीज जैसी बीमारियों सेबचानेमेंभी फायदेमंद होती है। इसके अलावा यह दाल पोटेशियम, फोलेट और आयरन का भी बढ़िया स्रोत है।

काबुली चना-

छोलेको काबुली चना के नाम सेभी जाना जाता है। यह प्रोटीन, विटामिन, कैल्शियम, पोटेशियम और मैग्नीशियम जैसेपोषक तत्वों सेभरपूर होता है। येसभी पोषक तत्व

पाचन को स्वस्थ और मजबूत बनानेके साथ हड्डियों को भी मजबूत बनाकर वजन घटानेमेंमदद कर सकतेहैं। फाइबर सेभरपूर छोलेखानेसेव्यक्ति को भूख कम लगती है,

जिससेवजन कम करनेमेंमदद मिल सकती है।

वेट लॉस के लिए कितनी दाल खाना सही-

जो लोग नॉनवेज का सेवन करतेहैं, उन्हेंरोजाना अपनी डाइट में 30 ग्राम और शाकाहारी लोगों को रोजाना कम सेकम 60 ग्राम दाल का सेवन करना चाहिए।

Rice

डाइट मेंकंट्रोल करना चाहती हैंचावल का सेवन, तो इन 5 हेल्दी विकल्प सेकरेंइसकी शुरुआत(Hindustan: 20240301)

<https://www.livehindustan.com/lifestyle/story-control-your-rice-consumption-with-these-5-healthy-options-9428297.html>

आप चाहेंतो चावल की जगह अन्य विकल्प चुन सकती हैं, जो आपके लिए चावल के सब्सीट्यूट के तौर पर काम करेंगे। चावल के येअन्य विकल्प कई महत्वपूर्णपोषक तत्वों के एक बेहतरीन स्रोत

हैं। यहां जानिए कैसे।

थायराइड, डायबिटीज, ओबेसिटी आदि जैसेकई ऐसेलाइफस्टाइल डिसऑर्डर हैं, जिनमेंचावल सेपरहेज करनेकी सलाह दी जाती है। पर बहुत सेलोगों को चावल खानेकी

आदत होती है और वेइससेपरहेज नहीं कर पाते। ऐसेमेंआप चाहेंतो चावल की जगह अन्य विकल्प चुन सकती हैं, जो आपके लिए चावल के सब्सीट्यूट के तौर पर काम

करेंगे। चावल के येअन्य विकल्प कई महत्वपूर्णपोषक तत्वों के एक बेहतरीन स्रोत हैंऔर आपकी सेहत के लिए कमाल कर सकतेहैं। तो चलिए आज हेल्थ शॉट्स के साथ

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म
3/1/24, 10:58 AM control-your-rice-consumption-with-these-5-healthy-options - डाइट में
कंट्रोल करना चाहती हैं चावल का सेवन, तो इन 5 हेल्दी विकल्प से करें इ...

<https://www.livehindustan.com/lifestyle/story-control-your-rice-consumption-with-these-5-healthy-options-9428297.html> 2/8

Rice Healthy Eating Tips

जानतेहैं, चावल के कुछ हेल्दी विकल्पों के बारेमें (healthy options of rice)। अधिक जाननेके लिए इस लिंक पर क्लिक करें: डाइट मेंकंट्रोल करना चाहती हैं

चावल का सेवन, तो इन 5 हेल्दी विकल्प सेकरेंइसकी शुरुआत

Liver

ये 4 अंग चीख-चीखकर बताते हैं Liver ठीक नहीं है, नहीं दिया ध्यान तो Diabetes होना तय है! (Navbharat times: 20240301)

<https://navbharattimes.indiatimes.com/lifestyle/health/how-body-parts-tell-your-liver-is-not-functioning-properly/articleshow/108125634.cms?story=1>

शरीर हमें संकेत देता रहता है कि हमारा लिवर ठीक है, या नहीं। अगर इन संकेतों पर ध्यान ना दिया जाए तो लिवर डैमेज होने के का खतरा काफी हद तक बढ़ जाता है।

how body parts tell your liver is not functioning properly

ये 4 अंग चीख-चीखकर बताते हैं Liver ठीक नहीं है, नहीं दिया ध्यान तो Diabetes होना तय है!

उपकरण क्लीयरेंस स्टोर- शीर्ष सौदों के साथ शीर्ष ब्रांडों पर 65% तक की छूट

डील देखें

उपकरण क्लीयरेंस स्टोर- शीर्ष सौदों के साथ शीर्ष ब्रांडों पर 65% तक की छूट
एमजॉन पर प्री-समर बोनान्ज़ा- एसी और रेफ्रिजरेटर पर 55% तक की छूट पाएं
डील देखें

एमजॉन पर प्री-समर बोनान्ज़ा- एसी और रेफ्रिजरेटर पर 55% तक की छूट पाएं
खेलें और जीतें! शाहरुख खान ने ऋषि कपूर के साथ किस फिल्म में अभिनय किया?
डील देखें

खेलें और जीतें! शाहरुख खान ने ऋषि कपूर के साथ किस फिल्म में अभिनय किया?

Symptoms of liver Disease: लिवर हमारे शरीर का महत्वपूर्ण अंग है। पाचन और मेटाबॉलिज्म को बेहतर बनाने के साथ-साथ लिवर पोषक तत्वों के भंडारण और शरीर में मौजूद टॉक्सिन्स को बाहर निकालने का भी काम करता है। ऐसे में अगर लिवर में किसी तरह की खराबी आती है तो पूरे शरीर की हालत खराब हो सकती है।

वैसे भी आजकल के समय में फैटी लिवर की बीमारी बहुत आम हो चुकी है। लिवर में जैसे-जैसे फैट की मात्रा बढ़ती जाती है, उससे डायबिटीज, हाई ब्लड प्रेशर, किडनी और हार्ट डिजीस का भी खतरा बढ़ने लगता है। इसलिए इसका विशेष ध्यान रखना जरूरी है।

खास बात यह कि शरीर संकेत देता रहता है कि हमारा लिवर ठीक है या नहीं। अगर इन संकेतों पर ध्यान ना दिया जाए तो लिवर डैमेज होने के का खतरा काफी हद तक बढ़ जाता है। तो चलिए जानते हैं कि शरीर के ऐसे कौन से अंग हैं जिनसे लिवर की बीमारी पहचानी जा सकती है:

Ayurveda

नसों में गंदा कोलेस्ट्रॉल भर देती हैं ये 4 आदतें, Ayurveda डॉ. ने बताया पीली गंदगी साफ करने का तरीका! (Navbharat times: 20240301)

<https://navbharattimes.indiatimes.com/lifestyle/health/ayurveda-dr-told-4-main-reasons-of-bad-cholesterol-and-ayurvedic-tips-to-reduce-cholesterol-naturally/articleshow/108123926.cms?story=7>

Causes Of High Cholesterol: कोलेस्ट्रॉल एक गंदा पदार्थ है, जो खून की नसों को ब्लॉक कर सकते हैं और दिल का दौरा और स्ट्रोक का कारण बन सकता है, यह आपकी कुछ खराब आदतों की वजह से बढ़ता है।

ayurveda dr told 4 main reasons of bad cholesterol and ayurvedic tips to reduce cholesterol naturally

नसों में गंदा कोलेस्ट्रॉल भर देती हैं ये 4 आदतें, Ayurveda डॉ. ने बताया पीली गंदगी साफ करने का तरीका
उपकरण क्लीयरेंस स्टोर- शीर्ष सौदों के साथ शीर्ष ब्रांडों पर 65% तक की छूट
डील देखें

उपकरण क्लीयरेंस स्टोर- शीर्ष सौदों के साथ शीर्ष ब्रांडों पर 65% तक की छूट
एमजॉन पर प्री-समर बोनान्ज़ा- एसी और रेफ्रिजरेटर पर 55% तक की छूट पाएं
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खेलें और जीतें! शाहरुख खान ने ऋषि कपूर के साथ किस फिल्म में अभिनय किया?
डील देखें

खेलें और जीतें! शाहरुख खान ने ऋषि कपूर के साथ किस फिल्म में अभिनय किया?

कोलेस्ट्रॉल (Cholesterol) बढ़ने की समस्या आजकाल आम हो गई है। यह एक प्रकार का गंदा पदार्थ है, जो रक्त वाहिकाओं में पाया जाता है। आपके द्वारा खाए गए खाद्य पदार्थों से यह खून में जमा होता है। यह मोम जैसा दिखने वाला पदार्थ रक्त वाहिकाओं को ब्लॉक कर सकता है जिससे ब्लड फ्लो धीमा हो सकता है या रुक सकता है।

कोलेस्ट्रॉल बढ़ने के नुकासन क्या हैं? कोलेस्ट्रॉल दो तरह का होता है अच्छा और बुरा। वास्तव में बुरा कोलेस्ट्रॉल सेहत के लिए खतरनाक है। इसकी मात्रा बढ़ने से हृदय रोग, धमनियों की ब्लॉकेज, स्ट्रोक, हार्ट अटैक और धमनियों के कई गंभीर रोग हो सकते हैं। Ayurveda Doctor (BAMS) Dr Nijila HR आपको बता रही हैं कि कोलेस्ट्रॉल बढ़ने के क्या कारण हैं और आप इसे कैसे कम कर सकते हैं।

सुस्त जीवनशैली कोलेस्ट्रॉल बढ़ने का सबसे बड़ा कारण है। अगर आप किसी भी तरह की फिजिकल एक्टिविटी में शामिल नहीं होते हैं, तो इससे आपका कोलेस्ट्रॉल लेवल बढ़ सकता है। वास्तव में एक्सरसाइज करने से इस गंदे फैट को मेल्ट करने और शरीर से बाहर करने में हेल्प मिल सकती है।

Fruits for Good Cholesterol : सुबह उठकर खाली पेट खाएं ये फल कोलेस्ट्रॉल रहेगा कंट्रोल

दिन के समय सोना

दिन के समय सोना

डॉक्टर का मानना है कि अगर आप दिन के समय सोते हैं, तो यह आदत आपका कोलेस्ट्रॉल लेवल बढ़ा सकती है। इसके अलावा जो लोग रात में 6-7 घंटे की नींद नहीं लेते हैं, उन्हें भी कोलेस्ट्रॉल बढ़ने का खतरा हो सकता है।

फैटी, फ्राइड और कैलोरी वाले फूड्स

फैटी, फ्राइड और कैलोरी वाले फूड्स

अगर आप फैटी, फ्राई या कैलोरी वाले खाद्य पदार्थों का अधिक सेवन करते हैं, तो इससे आपका कोलेस्ट्रॉल लेवल बढ़ सकता है। इतना ही नहीं, यह चीजें कैंसर, डायबिटीज और दिल के रोगों का जोखिम भी बढ़ाती हैं।

शराब का अधिक सेवन

शराब का अधिक सेवन

अधिक मात्रा में शराब के सेवन से एलडीएल (खराब) कोलेस्ट्रॉल और ट्राइग्लिसराइड्स बढ़ जाते हैं, जिससे हृदय रोग और अन्य स्वास्थ्य समस्याओं का खतरा बढ़ सकता है।

कोलेस्ट्रॉल से बचने या कम करने के उपाय

कोलेस्ट्रॉल से बचने या कम करने के उपाय

डॉक्टर के अनुसार, खून में गंदे कोलेस्ट्रॉल का बढ़ा हुआ लेवल आपके स्वास्थ्य के लिए खतरनाक है। हालांकि इसे जीवनशैली में बदलाव करके मैनेज किया जा सकता है। आयुर्वेद का मानना है कि यह परिसंचरण के चैनलों के अंदर खराब कफ और मेदस (वसा ऊतक) का संचय है। आयुर्वेद के अनुसार हेल्दी डाइट और एक्टिव लाइफस्टाइल के जरिए लिपिड लेवल में सुधार किया जा सकता है।