



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20240304

## Hormones

**WORLD BHARAT BUSINESS ENTERTAINMENT SPORTS HEALTH TECHNOLOGY (New Kerala: 20240304)**

<https://www.newkerala.com/news/2024/13082.htm>

Changes in hormones may explain why migraines are three times more common among women than men, said experts here on Sunday.

Why women are thrice more at risk of migraines than menMigraine is a severe headache that starts usually on one side but can be bilateral, and associated with a pulsating or a throbbing quality. It is accompanied by nausea or vomiting, and is also associated with the irritability to sound and noise and it worsens by doing routine activity.

It can be accompanied by difficulty in concentration and it is a usually long-lasting headache - for more than four hours and can last up to 72 hours.

"Migraine is a very common headache and affects about 15 per cent of the population. People with migraine have significant family history of migraine and is accompanied by worsening during menstrual periods. The ratio of females to male is three times to one," Dr Praveen Gupta, Principal Director, Department of Neurology, Fortis Memorial Research Institute, told IANS.

"This is because of the cyclical change in the hormones of the body. Female sex hormones known as oestrogen is the main culprit for causing migraines," said Dr Sumit Singh, Director - Neurology at Artemis Hospitals.

He told IANS that the "risk of migraine is much higher in women who consume hormonal pills or use hormonal contraceptives".

As per the Global Burden of Disease study 2019, worldwide migraine is the leading cause of disability among women aged 18-49.

Studies also show migraines are more frequent, disabling and long-lasting in women than in men's. The fairer sex is also more likely than men to have anxiety and depression related to migraines and seek medical care and prescription drugs than men.

"Migraine is a very common headache, and is more common in females than males. Diagnosis of migraine is always clinical and it requires a consultation with a good physician or neurologist which can be diagnosed easily, sometimes imaging scans like MRI is required," Prof Vinay Goyal, Chairman Neurology from Medanta The Medicity, Gurugram, told IANS.

There are multiple new techniques available for treatment of migraine. But it is "imperative to identify precipitating symptoms for example, hunger, sunlight, exposure, sleep deprivation, stress. These are some of the symptoms which can come prior to the migraine".

It has to be theorised so as to diagnose migraine early and treat it adequately, the doctor said.

Dr J.B. Agadi, Senior Consultant Neurology, Apollo Hospital, Bangalore also pointed at the growing need for non-pharmacological options for treating migraines. "Emerging technologies like Remote Electrical Neuromodulation (REN) offer promising options for migraine sufferers. REN utilises low-level electrical stimulation to activate pain-relieving pathways in the brain, providing a clinically proven, drug-free option for migraine management," he doctor said.

## **Covid virus -post infection**

### **Covid virus persists in ear for a month post infection: Study (New Kerala: 20240304)**

<https://www.newkerala.com/news/2024/13035.htm>

SARS-CoV-2, the virus behind Covid-19 disease, can act as a silent reservoir and be present in the middle ear for a month post-infection, according to a new study.

The study, published in the American Journal of Otolaryngology, found a potential association between the Covid virus and patients developing Otitis Media with Effusion (OME) in patients who suffered a bout of Omicron.

OME is a collection of fluid in the middle ear that may be thick or sticky. Cold, sore throat or upper respiratory infection makes the fluid accumulate in the eardrum and can also cause

temporary hearing impairment. It is most common among children between the age group of 3 to 7 years.

“Our study highlights the potential effects of Covid-19 on the middle ear, suggesting a link between SARS-CoV-2 and OME onset,” said Chengzhou Han, from Wuxi Huishan District People's Hospital in China, in the paper.

“The virus, a significant contributor to OME, is detectable in the middle ear nearly a month post-Omicron infection, indicating a potential alteration in OME treatment strategies and a risk of recurrence, emphasising the necessity for otolaryngologist vigilance,” Han added.

The study, conducted from January to June 2023, included 23 patients (32-84 years) who presented OME post-Omicron infection, with 21 exhibiting unilateral symptoms.

The median duration from infection to sampling was 21 days. Fluid accumulation was observed in 88.0 per cent of ears. SARS-CoV-2 was detected in 12 per cent samples, with cycle threshold values ranging between 25.65 and 33.30.

“Our research unveils compelling evidence pointing to the potential otological manifestation of OME in the aftermath of a Covid-19 infection. These findings underscore a conceivable link between SARS-CoV-2 infection and the emergence of OME, emphasising the diverse implications of the SARS-CoV-2 virus,” the researchers said.

## **Hearing loss**

### **Home News Health AI-enabled advanced hearing aids may help people with hearing loss (New Kerala: 20240304)**

<https://www.newkerala.com/news/2024/13021.htm>

Artificial Intelligence-(AI) enabled hearing devices can revolutionise solutions for people living with hearing impairment, said experts here on World Hearing Day on Sunday.

World Hearing Day is observed every year on March 3 to raise awareness about hearing impairments as well to fight social stigmas.

About 430 million people worldwide suffer from hearing loss, as per estimates from the World Health Organization (WHO).

While currently, one in four people over 60 are impacted by hearing loss, by 2050, it could impact one in ten people, including millions of children and young adults.

“Now, the world is becoming more and more dependent on hearing aids. The ear plays an important role in amplifying sound and converting sound into neural pulses. But those pulses are sent to the brain, which is where AI-enabled advanced hearing aids help,” Dr. Aparna Gupta, Associate Director, Neurology, Indian Spinal Injuries Centre (ISIC), New Delhi, told IANS.

Dr. Virendra Singh, Senior Consultant, ENT, Sri Balaji Action Medical Institute, New Delhi said that they take up surgery as one of the options, but with some limitations, advanced AI-based hearing aids are breaking sound barriers these days.

“Hearing aids stand as a beacon of hope. Through coordinated efforts between ENT specialists, audiologists, the hearing aid industry, and governmental support, we can ensure that no one is left in silence. Advanced devices can bridge the gap between silence and symphony,” added Dr. Singh.

India is also confronted with a formidable challenge as hearing loss impacts millions of people spanning various age brackets. The WHO reports that roughly 63 million individuals in India grapple with notable auditory deficiencies, emphasising the critical requirement for viable remedies and disruptions.

As India's elderly populace is forecasted to double by 2050, surpassing the number of children who are also these days prone to hearing loss, the incidence of hearing impairments is anticipated to escalate, accentuating the necessity for preemptive actions to tackle this urgent health concern.

Dr. Aparna noted that hearing is also crucial to a person's health and well-being.

“When you live with hearing loss, the brain uses sound dysfunctions and neurons tend to die out if you're not sending the signals. Hence, it is important to understand what's going on in the brains of hearing-impaired patients. Moreover, a growing body of research and assessments is revealing the connection between early-stage Alzheimer's, stroke, depression, and auditory well-being,” she explained.

Despite millions grappling with hearing loss worldwide, the adoption rate for hearing aids remains surprisingly low, barely surpassing 10 per cent. This is majorly due to high cost devices as well as social stigma, said the experts.

“While issues such as access and affordability undoubtedly factor into this equation, stigma also plays a significant role in perpetuating this disparity. Many people associate hearing aids with outdated stereotypes, mistakenly believing they are exclusively for the elderly or those with disabilities,” said Brandon Sawalich, President and CEO of Starkey, a global hearing technology company.

He said that however, today's technology has transformed hearing aids, enhancing people's lives and improving their hearing.

The introduction of AI-enabled hearing aids thus marks a significant stride in tackling hearing impairment. These cutting-edge devices provide unmatched sound clarity, health monitoring features, and a tailored user interface, heralding a new era in hearing aid technology.

Experts said that AI allows processing of sounds in a way that can enhance speech, reduce noise, and delineate all different complexities of sound 80 million times an hour without the patient doing anything. AI is helping hearing aids perform their core functions of helping people hear better.

## **Obesity**

### **Obesity is key for reducing chronic disease risk in kids, adults: Experts (New Kerala: 20240304)**

<https://www.newkerala.com/news/2024/12978.htm>

Obesity, a known precursor for many conditions like diabetes, hypertension, mental health and cancers, must be efficiently controlled to curb these non-communicable diseases, said experts here on Sunday, a day ahead of World Obesity Day.

Obesity is key for reducing chronic disease risk in kids, adults: ExpertsWorld Obesity Day is observed every year on March 4 to raise awareness about the condition and its implications.

A recent global analysis, published by The Lancet, showed that every eighth person or more than 1 billion people worldwide are living with obesity. While 43 per cent of adults were overweight in 2022, the numbers more than doubled worldwide in the last three decades. Among children and adolescents (5 to 19 years of age), the condition has increased four times.

The numbers are even more staggering in India, where non-communicable diseases are already sky-high.

In India, a whopping 12.5 million children (7.3 million boys and 5.2 million girls), aged between five and 19, were grossly overweight in 2022. Among adults, the numbers rose from 2.4 million women and 1.1 million men in 1990 to 44 million women and 26 million men aged above 20 in 2022, the global report showed.

“Obesity has detrimental effects on health, raising the risk of chronic conditions like diabetes and cardiovascular disease. Its emergence is attributed to various factors, including environment, lifestyle, and culture,” Dr. Gaurav Bansal, Senior Consultant - General Laparoscopic Laser and Bariatric Surgery, Marengo Asia Hospital, Gurugram, told IANS.

“Childhood obesity, particularly in those under 10 years old, poses significant implications for both immediate health and long-term well-being. The rise in obesity among children is linked to various factors, including sedentary lifestyles, unhealthy eating habits, and limited access to nutritious foods. The consequences extend beyond physical health, impacting psychological and

social aspects as well,” added Dr. Vivek Bindal, Director & Head - Max Institute of Minimal Access, Bariatric & Robotic Surgery, Max Hospital, Vaishali.

Dr. Vivek explained to IANS that besides developing conditions like type 2 diabetes, cardiovascular issues, and joint problems, obese kids may also face challenges such as low self-esteem, depression, and anxiety due to societal pressures and potential bullying. Socially, obesity can contribute to social isolation and hinder the development of healthy peer relationships.

To curb obesity in kids, Dr. Gaurav said it is important to emphasise family dinners, restrict sugar-filled drinks and fast food, and manage portion sizes. Limiting screen time and promoting an hour of daily activity are vital when it comes to physical activity.

Further, Dr. S K Wagnoo, Senior Consultant Endocrinologist, Apollo Indraprastha Hospital, New Delhi, stated that addressing obesity is crucial for reducing the risk of chronic diseases, including diabetes, stroke, and heart disease -- conditions that are rising significantly in the country.

He explained that obesity increases the risk of diabetes primarily through the development of insulin resistance and the secretion of inflammatory molecules by adipose (fat) tissue and dysregulation of fat metabolism.

“In the long term, obesity can also lead to pancreatic stress and damage, which then affects the organ's ability to produce sufficient insulin. This decline contributes to the progression of Type-2 diabetes in obese individuals,” he said.

High blood pressure (hypertension), unfavourable lipid profile or dyslipidemia are the various mechanisms by which obesity poses risks for the heart, said the health expert.

The experts called for regular health check-ups and early intervention to identify and address the potential health issues promptly. They also called for community engagement and awareness campaigns to help break down societal stigmas associated with obesity, fostering a supportive environment for affected children and adults.

## **Hearing loss**

**Home News Health Why early identification & intervention for hearing loss is necessary (New Kerala: 20240304)**

<https://www.newkerala.com/news/2024/12965.htm>

Timely recognition of hearing impairments is crucial, especially in young children, as it enables us to initiate interventions promptly, significantly influencing developmental trajectories, said experts here on World Hearing Day on Sunday.

Why early identification & intervention for hearing loss is necessaryWorld Hearing Day is observed every year on March 3 to raise awareness about hearing impairments as well to clarify societal misperceptions and stigmas.

Loss of hearing is the commonest sensory deficit in humans. The World Health Organisation (WHO) estimates that in India there are approximately 63 million people, who are suffering from Significant Auditory Impairment.

Currently there are 291 persons per one lakh population in India who suffer severe to profound hearing loss, and children up to 14 years account for a large share, according to a National Sample Survey Office(NSSO) survey.

“Early detection facilitates the implementation of targeted interventions, thereby optimising language acquisition, academic progress, and overall psychosocial development in affected children,” Dr Ravinder Gera, Senior Director and HOD - ENT, Max Hospital, Gurugram, told IANS.

On the other hand, delayed identification of hearing loss can impede speech and language development, hinder social integration, and compromise cognitive functioning, said the doctor.

“The earlier the child is diagnosed with hearing loss and rehabilitated more are the chances of keeping them at par with their peers in terms of speech and language development,” Dr Anish Gupta, Lead ENT Consultant, C K Birla Hospital, Gurugram, told IANS.

“This loss is usually sensorineural in nature and there are no medications to treat. Auditory rehabilitation either with hearing aids or cochlear implant surgery if the hearing loss is more profound should be as soon as possible to have good speech and language outcomes,” he added.

The doctors also emphasised the need for newborn screening as well as regular screening. This can empower healthcare professionals to provide comprehensive support and resources to families, equipping them with the necessary tools to navigate the challenges associated with raising a child with hearing loss effectively, the health experts noted.

“Newborns must be screened for hearing loss as a part of every hospital's protocol. Sometimes it's not feasible in small nursing homes where the facilities are not available. Then at least newborns with higher risk (eg. history of meningitis, jaundice, NICU stay, preterm babies) must be evaluated with hearing screening and confirmatory tests,” Dr Anish said.

“Early hearing screenings, administered shortly after birth, serve as the cornerstone for identifying potential auditory impairments, allowing for timely intervention. Interventions, ranging from conventional hearing aids to advanced cochlear implants, coupled with auditory-verbal therapy, aim to mitigate the impact of hearing loss and facilitate optimal communication skills development,” added Dr Ravinder.

Further, Dr Anish said that more common and often neglected and preventable hearing loss in children is due to fluid accumulation in the middle ear. This can be due to recurrent respiratory infections, allergies or adenotonsillar hypertrophy.

“Children are usually unaware and don't complain and this middle ear fluid can gradually affect the health of the eardrum and can lead to middle ear disease in the long run. This is entirely preventable if children between the age group of 3 to 7 years are routinely examined for the presence of middle ear fluid aka otitis media with effusion,” he said.

## **AI**

### **Home News Health Doctors using AI may replace those who are reluctant to use it: Health Expert (New Kerala: 20240304)**

<https://www.newkerala.com/news/2024/12950.htm>

On whether artificial intelligence will replace doctors in health systems, Dr Harsh Mahajan, Radiologist on Saturday said, doctors using AI may replace those who are reluctant to use or adopt the technology.

Speaking at 'ANI Dialogues 2024-Navigating India's Health Sector', Dr Harsh mentioned that one way that AI can be used is like an assistant to human beings in any sector to improve productivity.

"We do have to mould ourselves to technology and accept what is new for us. Doctors using AI may replace doctors who are reluctant to use AI or adopt it. That certainly could happen in future," he said.

"AI and technology is going to be transformative. The only way we can provide quality health care to the masses of the country will be through technology. In the last 10 years, we have seen that the government has been very pro-active, not only in creating more doctors, but also in the vision that it is digital infrastructure that is ultimately accessible to the last mile. It would surprise and delight you that the first paper on artificial intelligence written in 1918 came from India. We had starters way earlier," he added.

Responding to the question of whether AI will lead to wrong diagnoses at any point, Dr Mahajan said that there is no doubt that we cannot be just dependent on AI. Our own intelligence will have to be used.

"Today, there are more than 700 AI algorithms that have gotten America's approval, of which the majority offer radiology, followed by cardiology. There is no doubt that we cannot be justly dependent on AI. Our own intelligence will have to be used. We will have to harness the good



points that we can get. One way that AI can be used is as an assistant to human beings in any sector where we can improve productivity. Only time will give us more answers," he said.

Further, Dr Harsh Mahajan emphasised that to achieve quality health care at affordable prices, technology, AI, and telemedicine will play a significant role.

"It will still take many years despite the thrust to increase the number of specialists and doctors. It will take 20 or 25 years for us to reach that target. Also, there is an emphasis that all health care is not going to happen in hospitals, it may be in patient's homes or in health and wellness centres. The focus is on preventive health, predictive health, and precision health, that is where artificial intelligence will play a role," he added.

## **Obesity rates**

### **Obesity rates going up across the world: Lancet study (The Hindu: 20240304)**

<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.

## **ASHA-like cadre for community mental healthcare**

### **Experts suggest ASHA-like cadre for community mental healthcare (The Hindu: 20240304)**

<https://www.thehindu.com/sci-tech/health/experts-suggest-asha-like-cadre-for-community-mental-healthcare/article67888596.ece>

Community-level workers, mostly women, have empathy and enjoy acceptance in the local community; if you train them, they play an excellent role in early detection and in delivering some psychosocial intervention, say experts

A dedicated cadre to help with mental rehabilitation will fill out the healthcare picture.

A dedicated cadre to help with mental rehabilitation will fill out the healthcare picture.

Could the south of India see the repurposing of the Accredited Social Health Activists (ASHA) into a community health worker who is paid, not incentivised, and can provide support to persons discharged from a psychiatric facility? Or can a similar cadre be created to take up community mental healthcare?

In a conversation held recently, Vikram Patel, Paul Farmer Professor and Chair, Department of Global Health and Social Medicine, Harvard Medical School and R. Thara, vice chairperson, Schizophrenia Research Foundation (SCARF), explored the possibility of having a cadre similar to ASHAs to take community mental healthcare forward.

## **Health crisis**

### **Organ failure has become a health crisis, says Union Health Minister in letter to CMs**

### **Huge gap between the available donors and patients requiring organ transplants, says Mansukh Mandaviya (The Hindu: 20240304)**

<https://www.thehindu.com/sci-tech/health/organ-failure-has-become-a-health-crisis-says-union-health-minister-in-letter-to-cms/article67903797.ece>

Union Health Minister Mansukh Mandaviya. Photo: Facebook/mansukhmandviya

Union Health Minister Mansukh Mandaviya. Photo: Facebook/mansukhmandviya

Organ failure has become a health crisis in the country with a huge gap between available donors and patients requiring organ transplants, Mansukh Mandaviya, Union Minister of Health and Family Welfare has said.

## **Organ donations**

### **Organ donations rising in Karnataka, but not enough to keep pace with demand (The Hindu: 20240304)**

<https://www.thehindu.com/sci-tech/health/organ-donations-rising-in-karnataka-but-not-enough-to-keep-pace-with-demand/article67903006.ece>

Chief Minister Siddaramaiah distributed certificates of appreciation to organ donors' families in an event on March 1

A file photo of healthcare personnel carrying a live heart harvested from a woman, who was confirmed brain dead.

A file photo of healthcare personnel carrying a live heart harvested from a woman, who was confirmed brain dead. | Karnataka is seeing a significant increase in the number of organ donors and is ranked second in India with 178 organ donations in 2023. In 2024, so far, 21 organ donations have taken place. However, with thousands awaiting transplant of various organs, the gap between donations and requirement remains huge.

Statistics on organ donations were released by the Health Department on the occasion of Chief Minister Siddaramaiah distributing certificates of appreciation to organ donors' families at an event held at the CM's Home Office on March 1. Many of the family members of those who have donated organs and tissues following brain dysfunction became emotional when they received the certificates.

## **life-saving modern contraception**

### **The power of choice: a case for life-saving modern contraception (The Hindu: 20240304)**

<https://www.thehindu.com/sci-tech/science/the-power-of-choice-a-case-for-life-saving-modern-contraception/article67904092.ece>

Evidence suggests that the most common modern methods still in use in the country are female sterilisation, which is permanent, or male condoms, which are often incorrectly used thereby reducing their effectiveness

The article on high-risk pregnancies in The Hindu on February 17 astutely drew public attention to a matter of great concern to the obstetrics and gynaecology community, but often overlooked by the rest of the country. India has great strides in decreasing maternal mortality — from an MMR of 130/100,000 live births in 2016-2018 to a MMR of 97/100,000 in 2018-2020 — by ensuring an increase in institutionalised deliveries and antenatal care, and improving women’s access to reproductive healthcare services. However, India still has a long way to go. While we celebrate our achievements, we must confront the challenges that persist, ensuring that every pregnancy is safe, and every woman is assured of the best possible care.

Acknowledging that India is now the most populous country in the world, most States have begun to see an optimal total fertility rate to ensure a more stable population growth. But pregnancy is not always easy to go through and abound with risk factors. The study referenced in the mentioned piece, illustrates that on average across India 49.1% pregnancies are high-risk. Short birth spacing — less than 18 months between two pregnancies — tops the list making up for 31% of the contributing risk factors, followed by previous adverse outcomes at 19%. These risks are disproportionately higher among women with limited or no education. In a telling comment, the researchers noted in the article, “nearly half of Indian women were not using contraception to delay their next pregnancy”. This is a stark reminder of a critical gap in our healthcare and educational systems: the underutilisation of continuous, consistent, effective, modern contraception. Women and their partners need more information about and access to modern contraceptive products to help them choose what’s best for their bodies.

## **Health policy**

### **The big diversity blindspot in health policy (The Hindu: 20240304)**

<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.

## **vitamin D toxicity**

### **Man dies due to vitamin D toxicity: All about the fatal side effect of overconsumption of vitamin D supplements (The Times of India: 20240304)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/man-dies-due-to-vitamin-d-toxicity-all-about-the-fatal-side-effect-of-vitamin-d-supplements/photostory/108184005.cms?picid=108190252>

As per reports, David Mitchener, 89, a resident of Surry, UK died as his vitamin D levels were at a higher level, which is 380. He was on vitamin D supplements nine months prior to his death. He first presented as a case of hypercalcemia, or high amounts of calcium, which is a direct consequence of high level of vitamin D in the body. The ideal amount of vitamin D in a human body should be 10 micrograms per day.

These days, vitamin D is the buzzword in the health market. A lot is being discussed about it. From its role in keeping the mental health in good shape to its role in helping the body absorb and assimilate calcium properly, vitamin D is considered to be the ultimate nutrient for human beings these days. The lack of exposure to sunlight is the primary reason that's driving the craze and obsession with vitamin D. However, as much as vitamin D is crucial for the body, it is also important to look at its side effects. What if you consume too much of it? Let's understand here:

Vitamin D plays a crucial role in maintaining overall health by regulating calcium and phosphorus absorption, supporting bone health, and modulating immune function. It helps promote strong bones and teeth, reduces the risk of osteoporosis, and supports muscle function. Additionally, vitamin D is believed to have anti-inflammatory properties and may contribute to reducing the risk of certain chronic diseases, including cardiovascular disease, autoimmune disorders, and some cancers. Adequate levels of vitamin D are essential for optimal health, and deficiency can lead to various health problems, making it important to ensure sufficient intake through sunlight exposure, dietary sources, or supplements.

While vitamin D can also be obtained from sunlight exposure and dietary sources such as fatty fish and fortified foods, excessive intake is more commonly associated with supplementation. When one consumes too much of these supplements, it might lead to vitamin D toxicity or hypervitaminosis. Vitamin D toxicity typically occurs when vitamin D supplements are overconsumed. Factors that increase the risk of vitamin D toxicity include taking high-dose supplements without medical supervision, consuming excessive amounts of fortified foods or cod liver oil, and certain medical conditions that affect vitamin D metabolism or calcium regulation.

The symptoms of vitamin D toxicity can vary depending on the severity of the condition. In its early stages, symptoms may include nausea, vomiting, poor appetite, constipation, weakness, and weight loss. These symptoms may not be specific and can mimic other conditions, making diagnosis challenging. In more severe cases, excessive vitamin D can lead to hypercalcemia, characterized by elevated levels of calcium in the blood. Symptoms of hypercalcemia may include confusion, disorientation, excessive thirst, frequent urination, and kidney damage.

Diagnosing vitamin D toxicity often involves a combination of medical history, physical examination, and laboratory tests. Blood tests can measure serum levels of 25-hydroxyvitamin D (the primary circulating form of vitamin D) and calcium to assess for toxicity. Imaging studies such as X-rays or bone density scans may also be performed to evaluate bone health and assess for signs of hypercalcemia.

Treatment of vitamin D toxicity primarily involves stopping vitamin D supplementation and limiting dietary sources of vitamin D. Increasing fluid intake can help flush out excess calcium from the body. In severe cases of hypercalcemia, medical interventions such as intravenous fluids, diuretics, or medications to lower calcium levels may be necessary. Close monitoring by healthcare professionals is essential to ensure that calcium levels return to normal and to prevent complications.

Prevention is key when it comes to avoiding vitamin D toxicity. It's essential to follow recommended dosage guidelines for vitamin D supplementation and avoid exceeding the upper limit of intake set by health authorities. For most adults, the recommended dietary allowance (RDA) for vitamin D ranges from 600 to 800 IU per day, with an upper limit of 4,000 IU per day to avoid toxicity. It's also important to be cautious with fortified foods and cod liver oil, as excessive consumption can contribute to vitamin D overload.

Vitamin D, crucial for bone health and immune function, can be obtained from various sources. Sunlight exposure triggers vitamin D synthesis in the skin, making it the primary natural source. Additionally, certain foods are rich in vitamin D, including fatty fish like salmon, tuna, and mackerel, as well as fortified dairy products like milk, yogurt, and cheese. Eggs, mushrooms exposed to sunlight, and fortified plant-based milk alternatives are also sources. Supplements are recommended for individuals with limited sun exposure or inadequate dietary intake to ensure sufficient vitamin D levels for overall health and well-being.

## **Nutrition alert**

**NewsLifestyleFood & WineNutrition alert: Here's what a 100-gram serving of cloves contains**

**Nutrition alert: Here's what a 100-gram serving of cloves contains (Indian Express: 20240304)**

<https://indianexpress.com/article/lifestyle/food-wine/nutrition-alert-cloves-health-benefits-9140945/>

Whether you're looking to boost your immunity, fight inflammation, or improve your dental health, cloves might just be the hidden key to unlocking a healthier you, according to Dr Sanjay Kumar, general physician, Cygnus Laxmi Hospital

Cloves are more than just a kitchen spice!Cloves are more than just a kitchen spice! (Source: Freepik)

Cloves, those tiny brown buds with an unmistakable aroma, are more than just a fragrant addition to your pumpkin pie. Packed with powerful compounds and boasting a long history in traditional medicine, these potent little gems offer a myriad of health benefits that extend far beyond the kitchen counter.

Whether you're looking to boost your immunity, fight inflammation, or improve your dental health, cloves might just be the hidden key to unlocking a healthier you, according to Dr Sanjay Kumar, general physician, Cygnus Laxmi Hospital.

- Calories: 274 kcal
- Carbohydrates: 65 grams
- Dietary Fibre: 33 grams
- Sugars: 2.4 grams
- Protein: 6 grams
- Fat: 13 grams
- Vitamin C
- Vitamin K
- Vitamin E
- Vitamin B6
- Calcium
- Magnesium
- Iron
- Potassium
- Zinc

What are its health benefits?

**Oral Health:** Cloves contain eugenol, a compound with antibacterial properties, making them beneficial for oral health. They can help alleviate toothaches, reduce oral bacteria, and relieve bad breath.

Festive offer



**Digestive Health:** Cloves aid digestion by stimulating the production of digestive enzymes. They can alleviate gas, bloating, and indigestion, promoting overall gastrointestinal health.

digestion Cloves aid digestion (Source: Freepik)

**Anti-inflammatory:** Cloves possess anti-inflammatory properties attributed to compounds like eugenol and flavonoids. They may help reduce inflammation associated with conditions like arthritis and promote joint health.

**Antioxidant:** Cloves are rich in antioxidants that help combat oxidative stress and free radicals, potentially reducing the risk of chronic diseases like heart disease and cancer.

**Blood Sugar Control:** Some studies suggest that cloves may help regulate blood sugar levels by improving insulin sensitivity, making them potentially beneficial for individuals with diabetes.

**Respiratory Health:** Cloves have been used in traditional medicine to relieve respiratory conditions like coughs, asthma, and bronchitis due to their expectorant and antimicrobial properties.

**Pain Relief:** Clove oil or cloves themselves can be used topically to alleviate pain, such as headaches or muscle soreness, thanks to their analgesic properties.

Can diabetics consume cloves?

Dr Kumar said diabetics can consume cloves, and they may even benefit from their potential blood sugar-regulating properties. However, moderation is key, as excessive consumption may lead to adverse effects.

Is it beneficial for pregnant women?

Lady-LEAD Dr Kumar warned that pregnant women should consult with their healthcare provider before using clove supplements. (Source: Rep/ File)

Cloves are generally considered safe for pregnant women when consumed in moderation. However, Dr Kumar warned that pregnant women should consult with their healthcare provider before using clove supplements or consuming them in large amounts.

Things to keep in mind

While cloves are generally safe for consumption, some individuals may be allergic to them, leading to allergic reactions ranging from mild to severe.

Overconsumption of cloves or clove oil can cause gastrointestinal discomfort, nausea, or mouth irritation, warned Dr Kumar. Additionally, cloves contain natural sugars, but the amount consumed is typically minimal and not a concern for most people.

Myths and facts

Myth 1: Cloves can cure diabetes.

Fact: While cloves may help regulate blood sugar levels, they cannot cure diabetes.

Myth 2: Cloves can cure cancer.

Fact: While cloves possess antioxidant properties that may reduce the risk of certain diseases, including cancer, the

## **Physical Fitness**

### **Study says women need half the exercise men need to live longer. Is it true? (Indian Express: 20240304)**

<https://indianexpress.com/article/lifestyle/fitness/women-need-half-exercise-men-need-live-longer-9192058/>

Dr Ratnakar Rao, HOD - sr. consultant joint replacements and arthroscopic surgeon, CARE Hospitals, HITEC City, Hyderabad, warned that such an assertion should be approached with caution

exercise Similar findings emerged when analysing muscle-strengthening activities like weight training (Source: Pexels)

A new study published in the Journal of the American College of Cardiology offers encouraging news for women who struggle with gym motivation. The research suggests that women need only half the amount of exercise compared to men to achieve similar longevity benefits.

Dr Martha Gulati, co-author of the study and director of preventive cardiology at Cedars-Sinai in Los Angeles, highlighted this positive message for women: “A little goes a long way.”

The study found that men who engaged in roughly 300 minutes of aerobic exercise per week experienced an 18 per cent lower risk of death compared to inactive men. However, for women, only 140 minutes of weekly exercise yielded an equivalent benefit, with a 24 per cent lower mortality risk for those reaching 300 minutes. Interestingly, the study suggests the benefits plateaued for both genders beyond 300 minutes of weekly exercise.

Similar findings emerged when analysing muscle-strengthening activities like weight training. Women who participated in a single weekly session appeared to reap the same longevity rewards

as men who completed three workouts a week. Dr Gulati attributed this difference to baseline muscle mass. Since women typically have less muscle mass than men, “they may experience greater benefits with smaller doses” of strength training, Dr Gulati told Time Magazine. Additionally, other sex-based physiological variations, such as those in the lungs and cardiovascular system, might also play a role.

The researchers arrived at these conclusions by analysing self-reported exercise data from over 400,000 American adults who participated in the National Health Interview Survey between 1997 and 2017. This data was then compared with death records, with around 40,000 participants passing away during the study period.

Festive offer

fitness The key lies in adapting these recommendations to individual needs and consulting with healthcare professionals for personalised advice based on one’s health status and goals. (Source: Getty Images/Thinkstock)

However, Dr Ratnakar Rao, HOD – sr. consultant joint replacements and arthroscopic surgeon, CARE Hospitals,HITEC City, Hyderabad, warned that such an assertion should be approached with caution.

“Longevity is a multifaceted outcome influenced by diverse factors such as genetics, lifestyle choices, and overall health. Reducing it to a simplistic gender-based equation overlooks the intricacies of individual health profiles,” he told indianexpress.com in an interaction.

Dr Gulati acknowledged the study’s limitations and the need for further research to solidify these findings. However, she emphasised the significance of this study, alongside others with similar conclusions. These studies highlight the crucial point that “women are not simply smaller men,” she told Time Magazine. Dr Gulati argued that research and public health policy need to consider these sex-based differences. She emphasises the historical tendency to use men as the standard, even when it might not be the most accurate approach.

Establishing a guideline for optimal exercise to enhance lifespan is a nuanced task. While the general recommendation for adults is around 150 minutes of moderate-intensity exercise per week, according to Dr Rao, tailored approaches are vital. A comprehensive routine encompassing aerobic activities, strength training, and flexibility exercises contributes holistically to well-being.

The key lies in adapting these recommendations to individual needs and consulting with healthcare professionals for personalised advice based on one’s health status and goals.

## Stress

### **5 habits to lower your cortisol levels and reduce stress (Indian Express: 20240304)**

<https://indianexpress.com/article/lifestyle/life-style/habits-lower-cortisol-stress-9190177/>

Chronic stress can wreak havoc on your well-being, leaving you feeling frazzled and depleted. But what if there were simple ways to combat this daily struggle, setting yourself up for a calmer, more focused day?

Ever feel like you're running on empty before the day even begins? Chronic stress can wreak havoc on your well-being, leaving you feeling frazzled and depleted. But what if there were simple ways to combat this daily struggle, setting yourself up for a calmer, more focused day?

For the uninitiated, these feelings are brought about by the hormone cortisol. A glucocorticoid hormone, often referred to as a stress hormone, produced and released by the adrenal glands, cortisol's levels are highest in the early morning, peaking around 6 a.m. to 8 a.m., and declining throughout the day, reaching their lowest levels around midnight, explained Dr Sakshe Jain, consultant psychiatrist, Ruby Hall Clinic, Pune.

High cortisol levels, as seen in conditions like hypercortisolism or Cushing syndrome, Dr Jain said, can lead to symptoms such as weight gain, muscle weakness, high blood sugar, hypertension, and osteoporosis.

Low cortisol levels, or hypocortisolism, can result from conditions like adrenal insufficiency (Addison's disease), causing symptoms like fatigue, weight loss, poor appetite, and hypotension.

stress 5 habits to regulate your cortisol levels (file)

Regulating cortisol levels in the morning can indeed help set the tone for a better day. "Since cortisol levels are naturally highest in the morning, engaging in activities that help manage stress and keep cortisol levels in check during this time can positively influence mood, energy levels,

and overall well-being throughout the day,” Dr Jain explained. So here are some things you can try.

5 habits to regulate your cortisol levels

**Getting quality sleep:** Ensuring a restful night’s sleep can help regulate cortisol levels, as chronic sleep issues are associated with higher cortisol levels.

**Exercise regularly:** Engaging in physical activity in the morning can improve sleep quality and reduce stress, thus helping to lower cortisol levels over time.

**Practicing deep breathing exercises:** Controlled breathing stimulates the parasympathetic nervous system  
**Enjoying laughter and fun activities:** Laughing promotes the release of endorphins and suppresses cortisol, contributing to a sense of well-being and lower stress levels.

**Maintaining healthy relationships:** Starting the day with positive interactions with loved ones or coworkers can reduce stress and help keep cortisol levels in check.

## **Dementia Symptoms**

**Dementia Symptoms: कम उम्र में भी हो सकता है डिमेंशिया, जानिए इस समस्या के शुरुआती लक्षण (Hindustan: 20240304)**

<https://www.livehindustan.com/lifestyle/health/story-early-signs-and-symptoms-of-dementia-9449302.html>

**Warning Signs of Dementia:** उम्र बढ़ने के साथ ही लोगों को कई समस्याएं हो जाती हैं। डिमेंशिया इनमें से एक है। ये भूलने की बीमारी है। लेकिन क्या आप जानते हैं कि ये कम उम्र में भी हो

सकती है? जानिए लक्षण  
Avantika Jain लाइव हिन्दुस्तान, नई दिल्ली

Sun, 03 Mar 2024 01:49 PM

हमें फॉलो करें

उम्र बढ़नेके साथ व्यक्ति को कई तरह की समस्या होती हैं। खासकर चीजों को रखकर भूल जाना एक आम समस्या है। इसेडिमेंशिया कहा जाता है। इससेव्यक्ति को सोचने

और बात को समझनेमेंपरेशानी हो सकती है। कुछ लोगों मेंयह समस्या इतनी गंभीर हो जाती हैकि उनको दूसरों पर डिपेंड होना पड़ता है। हालांकि, येसमस्या कम उम्र में

भी व्यक्ति को हो सकती है। यहां जानिए डिमेंशिया के शुरुआती लक्षण।

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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3/4/24, 10:43 AM Early Signs And Symptoms Of Dementia - Dementia Symptoms: कम उम्र में भी हो सकता है डि मेंशिमेंशि या , जा नि ए इस समस्या के शुरुआती लक्षण...

<https://www.livehindustan.com/lifestyle/health/story-early-signs-and-symptoms-of-dementia-9449302.html> 2/5

विज्ञापन

डिमेंशिया मेंलक्षण

डिमेंशिया के शुरुआती लक्षण अलग-अलग होतेहैं, हालांकि सामान्य लक्षण येहैं-

- याददाश्त सेजुड़ी समस्या

- बढ़ती कंप्यूजन

- एकाग्रता मेंकमी

- व्यवहार में बदलाव

- डिप्रेशन

- रोजाना के काम करनेकी क्षमता में कमी

डिमेंशिया के वॉर्निंग साइन्स

मेमोरी लॉस: कभी-कभी चीजों को भूल जाना और बाद में उन्हें याद रखना सामान्य बात है। डिमेंशिया से पीड़ित लोग चीजों को ज्यादा भूल जाते हैं या उन्हें बिल्कुल भी याद

नहीं रहता है।

काम करने में मुश्किल: काम करते हुए लोगों का ध्यान भटक सकता है और कई बार लोग कुछ चीजों को देना भूल सकते हैं। डिमेंशिया से पीड़ित लोगों को काम करने में

परेशानी हो सकती है।

भाषा की दिक्कत: हर किसी को कभी-कभी सही शब्द ढूंढने में परेशानी होती है, लेकिन डिमेंशिया से पीड़ित व्यक्ति सरल शब्दों को भूल सकते हैं या अनुचित शब्दों को बदल

सकता है, जिससे वाक्यों को समझना मुश्किल हो जाता है।

खराब निर्णय: कई चीजों को करने के लिए अच्छे निर्णय की जरूरत होती है। जब यह क्षमता डिमेंशिया से प्रभावित होती है, तो व्यक्ति को उचित निर्णय लेने में कठिनाई हो

सकती है, जैसे कि ठंड के मौसम में क्या पहनना है।

चीजों को गलत तरीके से रखना: पर्स या चाबियों को रखकर भूल जाना या उनका खो जाना सामान्य है, लेकिन डिमेंशिया से पीड़ित व्यक्ति को यह नहीं पता होगा कि चाबियां

किस लिए हैं।

व्यवहार में बदलाव: हर कोई समय-समय पर उदास या मूडी हो जाता है। डिमेंशिया से पीड़ित लोगों का मूड बिना किसी कारण के तेजी से बदल सकता है।

आयुर्वेद: लिवर को हेल्दी और बेहतर बनाती हैं ये 3 जड़ी बूटियां, एक्सपर्ट ने दी खानेकी सलाह

यह भी पढ़ें

ऐप पर पढ़ें

3/4/24, 10:43 AM Early Signs And Symptoms Of Dementia - Dementia Symptoms: कम उम्र में भी हो सकता है डिमेंशिया, जानिए इस समस्या के शुरुआती लक्षण...

## Ayurveda

### आयुर्वेद: लिवर को हेल्दी और बेहतर बनाती हैंये 3 जड़ी बूटियां, एक्सपर्ट नेदी खानेकी सलाह(Hindustan: 20240304)

<https://www.livehindustan.com/lifestyle/health/story-ayurveda-these-3-herbs-make-liver-healthy-and-better-expert-advised-to-eat-them-9442091.html>

Herbs For Healthy Liver: डेली रूटीन मेंअगर कुछ हेल्दी चीजों को शामिल कर लिया जाए तो लिवर को हेल्दी और मजबूत बनाए रखनेमेंमदद मिल सकती है। देखिए, लिवर हेल्दी रखनेवाली

जड़ी बूटियां।

Avantika Jain लाइव हिन्दुस्तान,नई दिल्ली

Sat, 02 Mar 2024 06:03 PM

हमेंफॉलो करें

लिवर शरीर सेविषाक्त पदार्थों को छांटनेका काम करता है। येशरीर का एक जरूरी अंग है। जो कई तरह सेकाम करता है। खराब खान-पान के कारण लीवर कमजोर हो

जाता है, जिसकी वजह सेइसके काम करनेके तरीके मेंदिक्कत होती है। कई लोग सवाल भी करतेहैंकि लीवर को मजबूत करनेके लिए क्या खाएं? एं ऐसेमेंआयुर्वेद

एक्सपर्ट डॉ दीक्षा भावसार नेइस बात का जवाब दिया है। उन्होंने 3 जड़ी बूटियों के बारेमेंबताया है, जो लिवर को हेल्दी और मजबूत करनेमेंमदद कर सकती हैं।

ऐप पर पढ़ेंढ़ेंढ़ें

ई- पेपर



ऐप मेंफ्री

शहर चुनें

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म  
3/4/24, 10:45 AM Ayurveda These 3 herbs make liver healthy and better expert advised to eat  
them - आयुर्वेद: लि वर को हेल्दी और बेहतर बना ती हैं ये 3 ज...

<https://www.livehindustan.com/lifestyle/health/story-ayurveda-these-3-herbs-make-liver-healthy-and-better-expert-advised-to-eat-them-9442091.html> 2/7

विज्ञापन

1) पुनर्नवा- यह एंटी एं इंफ्लामेटरी और मूत्रवर्धक जड़ी बूटी है। पुनर्नवा लीवर की कोशिकाओं सेविषाक्त पदार्थों को निकालकर लिवर के काम करनेको ठीक करनेमेंमदद

करता है। यह अपनेभूख बढ़ानेवालेगुणगु के कारण पाचन अग्नि को बेहतर बनानेमेंभी मदद करता है।

कैसेखाएं- एं इसेआमतौर पर काढ़े के रूप मेंइस्तेमाल किया जाता है। इसके लिए जड़ी बूटी के मोटे पाउडर का 1 बड़ा चम्मच करीब 10 ग्राम को 2 कप पानी के साथ उबालें।

जब तक कि यह आधा न हो जाए, फिर इसेछानकर पीएं।एं

2) भूमि-अमलकी- भूमि-अमलकी शरीर को किसी भी सामयिक सूजन या तनाव के खिलाफ स्वस्थ प्रतिरक्षा प्रतिक्रिया का समर्थन करनेमेंमदद करती हैजो लिवर को

प्रभावित कर सकती है। इसके अलावा, यह पर्यावरणीय तत्वों के खिलाफ लीवर मेंप्राकृतिक रूप सेटॉक्सिन को हटानेका बढ़ावा देता है। येसभी चीजेंलिवर को हेल्दी और

कार्यप्रणाली को बढ़ावा देती है।

कैसेखाएं-एं आधा चम्मच भूमि-अमलकी पाउडर का खाली पेट या खानेके 2 घंटे बाद गर्मपानी के साथ खाया जा सकता है।

3) भृंगराज- भृंगराज एक बेहतरीन जड़ी बूटी हैजिसका इस्तेमाल लिवर टॉनिक के रूप मेंकिया जाता है। येफैटी लीवर और पीलिया जैसेलीवर विकारों को प्रबंधित करने

फायदेमंद है। यह पित्त को संतुलित करके और पित्त फ्लो को बढ़ावा देकर काम करता है।

कैसेखाएं-एं 1/4 से 1/2 चम्मच गर्मपानी के साथ दिन मेंएक या दो बार खानेसेपहलेया बाद मेंखाएं।एं

आयुर्वेद: आंखों की देखभाल के लिए अपनाएं येआयुर्वेदिक तरीके, खत्म हो जाएंगी एं आई प्रॉब्लम

## Blood Sugar Remedies

### Blood Sugar Remedies: डायबिटीज के मरीजों के लिए 5 घरेलू नुस्खे, ब्लड शुगर हमेशा रहेगा कंट्रोल ( Navbharat Times : 20240304)

<https://navbharattimes.indiatimes.com/lifestyle/health/diabetes-patients-try-these-5-effective-home-remedies-to-control-blood-sugar-level-naturally/articleshow/108191035.cms?story=2>

How to control Diabetes: डायबिटीज का कोई इलाज नहीं है इसलिए हेल्दी लाइफ जीने के लिए इस कंडीशन में बढ़े हुए ब्लड शुगर को कंट्रोल रखना बहुत जरूरी है, इसके लिए आप नीचे बताए घरेलू उपाय आजमा सकते हैं।

diabetes patients try these 5 effective home remedies to control blood sugar level naturally

Blood Sugar Remedies: डायबिटीज के मरीजों के लिए 5 घरेलू नुस्खे, ब्लड शुगर हमेशा रहेगा कंट्रोल

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

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

डील देखें

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

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?

डायबिटीज के मरीजों को हेल्दी लाइफ जीने के लिए ब्लड शुगर लेवल को कंट्रोल रखना जरूरी है। इसके लिए उन्हें हमेशा दवाओं पर डिपेंड रहना पड़ता है। ब्लड शुगर बढ़ने से मुंह में सूखापन, पेट में दर्द, ज्यादा पेशाब आना, ज्यादा प्यास लगना, थकान, कमजोरी, उल्टी या चोट का जल्दी ठीक नहीं होना आदि लक्षण महसूस हो सकते हैं।

ब्लड शुगर बढ़ने के नुकसान क्या हैं? लंबे समय तक ब्लड शुगर बढ़ने से किडनी-लिवर सहित शरीर के कई अंग डैमेज हो सकते हैं। याद रहे कि डायबिटीज एक लाइलाज बीमारी है, जिसे सिर्फ बेहतर डाइट और एक्टिव लाइफस्टाइल के जरिए कंट्रोल रखा जा सकता है।

ब्लड शुगर कंट्रोल करने के तरीके? एक बार जो डायबिटीज की चपेट में आ गया, फिर उसे हमेशा दवाओं का सहारा लेना पड़ता है। हालांकि आप अपने खाने-पीने में बदलाव करके और साथ में कुछ आसान घरेलू उपाय आजमाकर ब्लड शुगर को कंट्रोल रख सकते हैं।

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सेब का सिरका

सेब का सिरका

साल 2021 की एक रिसर्च (Ref) में पाया गया कि भोजन के साथ एक से दो बड़े चम्मच सेब साइडर सिरका (इसे पहले पानी में पतला कर लें) का सेवन करने से लोगों ब्लड शुगर लेवल कम हो सकता है। यह शरीर को इंसुलिन के प्रति अधिक संवेदनशील बनाता है, मांसपेशियों को रक्तप्रवाह से अधिक शुगर निकालने में मदद करता है और यह भोजन को पचाने की दर धीमा करता है।

डायबिटीज है तो इन फूड्स को खाने से बचें

What to eat if you are a Pre Diabetic Person : प्री-डायबिटीज है तो इन फूड्स को खाने से बचें

मेथी के दाने

मेथी के दाने

साल 2023 की एक रिसर्च में पाया गया कि मेथी लेने से A1C और भोजन के बाद रब्लड शुगर लेवल कम हो सकता है। मेथी का असर हो सकता है क्योंकि बीजों में 4-हाइड्रॉक्सीआइसोल्यूसीन नामक अमीनो एसिड होता है, जो अग्न्याशय को इंसुलिन जारी करने के लिए उत्तेजित करता है। आप मेथी के बीजों को रात भर गर्म पानी में भिगोकर भी तैयार कर सकते हैं, जिससे उन्हें चबाने और निगलने में आसानी होती है।

जिंक का सेवन करें

जिंक का सेवन करें

आपके अग्न्याशय में नैचुरली अच्छी मात्रा में जिंक होता है। यह मिनरल शरीर में कई काम के लिए जरूरी है। यह अग्न्याशय में बीटा कोशिकाओं को इंसुलिन का उत्पादन करने के लिए प्रोत्साहित करता है, इंसुलिन रिसेप्टर्स को इंसुलिन प्रोसेस में मदद करता है। कुछ अध्ययनों से पता चला है कि डायबिटीज से पीड़ित लोगों में बिना डायबिटीज वाले लोगों की तुलना में जिंक की कमी होने की संभावना अधिक होती है। इसके लिए आप सीप, रेड मीट, पोल्ट्री, नट्स, साबुत अनाज और ब्रेकफास्ट सेरेल्स का सेवन कर सकते हैं।

दालचीनी

दालचीनी

यह मसाला इंसुलिन रेसिस्टेंट को बढ़ाकर और आपके पाचन तंत्र में कार्ब्स के टूटने को धीमा करके ब्लड शुगर लेवल में सुधार कर सकता है। यह भोजन के बाद ब्लड शुगर को कंट्रोल करता है। इसके लिए आप सुबह खाली पेट दालचीनी का पानी पी सकते हैं या काढ़ा भी बना सकते हैं।

बेल के पत्ते

बेल के पत्ते

अध्ययनों में देखा गया कि बेल के पेड़ की पत्तियों में ब्लड शुगर, यूरिया और कोलेस्ट्रॉल को कम करने की क्षमता हो सकती है। यह ब्लड शुगर में अचानक वृद्धि को रोकने में भी मदद कर सकता है जो आमतौर पर भोजन करने के बाद होती है। इसके लिए आप डॉक्टर की सलाह पर बेल के पत्तों का काढ़ा या चाय बनाकर पी सकते हैं।

इन बातों का भी रखें ध्यान

इन बातों का भी रखें ध्यान

डायबिटीज को कंट्रोल करने के लिए आपको दवाओं के अलावा खुद पर काम करना भी जरूरी है। इसके लिए आप तनाव से दूर रहें, रोजाना एक्सरसाइज करें, कार्ब्स पर ध्यान रखें, फाइबर का सेवन बढ़ाएं, खूब पानी पियें।

डिस्कलेमर: 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।

उस्मान खान

उस्मान खान के बारे में

उस्मान खान

"उस्मान खान नवभारत टाइम्स में बतौर कंटेंट राइटर कार्यरत हैं। डिजिटल मीडिया में 12 सालों से काम कर रहे हैं। समाचार और मनोरंजन से अपना करियर शुरू किया और और पिछले 7 साल से हेल्थ जर्नलिज्म से जुड़े हुए हैं। इन्हें हेल्थ और फिटनेस पर लिखना पसंद है। हेल्थ एंड फिटनेस के मामले में हमेशा नई चीजें सीखने के लिए उत्सुक रहते हैं। डायबिटीज, कोलेस्ट्रॉल, यूरिक एसिड, ओरल हेल्थ, कैंसर, थाइरोइड, किडनी डिजीज, हार्ट डिजीज, लीवर डिजीज, गैस्ट्रिक प्रॉब्लम्स और रियल वेट लॉस स्टोरीज जैसे डेली लाइफस्टाइल से जुड़े टॉपिक्स पर लिखना ज्यादा पसंद है। हर मर्ज का इलाज दवा नहीं है और यही वजह है कि ये अपने घरेलू, प्राकृतिक और आयुर्वेदिक उपचारों पर आधारित लेखों के जरिये पीड़ितों का ध्यान इस ओर खींचने का प्रयास करते हैं। दवाओं के विकल्प के तौर पर लिखे गए इनके सभी लेख वैज्ञानिक शोधों, विशेषज्ञों और चिकित्सकों की राय पर आधारित होते हैं। अगर बात करें निजी जीवन की, तो इन्हें खाली समय में फिल्में देखना और पहाड़ों की सैर करना पसंद है। किसी को भी अपने आर्टिकल को पढ़ने पर मजबूर कर देना इनकी सबसे बड़ी ताकत है।"

## Silent Killer

**साइलेंट किलर है सॉफ्ट ड्रिंक्स, करती है कैंसर-डायबिटीज, ये ड्रिंक पीने से कम होता है खतरा (Navbharat times: 20240304)**

<https://navbharattimes.indiatimes.com/lifestyle/health/soft-drinks-are-silent-killer-which-cause-cancer-and-diabetes-know-drinks-to-prevent-these-disease/articleshow/108182670.cms>

कुछ लोगों को एनर्जी या स्पोर्ट्स ड्रिंक पीने की इतनी आदत पड़ जाती है कि कभी कभी पानी की जगह वे इन पेय पदार्थों का सेवन करने लगते हैं। इन ड्रिंक्स में कैलोरी की मात्रा ज्यादा होती है और पोषक तत्व बेहद कम। ये शरीर को किस तरह नुकसान पहुंचाते हैं, जानिए आप भी।

soft drink side effect

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

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

डील देखें

क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?

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?

चाहे गर्मी हो या सर्दी, कुछ लोगों को शुगर युक्त या सोडा वाली सॉफ्ट ड्रिंक्स पीने की लत होती है। कभी-कभी पानी की जगह भी वे इन पेय पदार्थों का सेवन कर लेते हैं। इन पेय पदार्थों का अधिक सेवन न केवल

हमारे स्वास्थ्य के लिए हानिकारक है और शरीर के वजन को बढ़ा सकते हैं बल्कि कुछ खतरनाक बीमारियों को भी जन्म दे सकते हैं।

हाल ही में यूनाइटेड स्टेट्स में भारतीय शोधकर्ताओं के द्वारा किए गए एक अध्ययन के मुताबिक, सॉफ्ट ड्रिंक्स के नियमित सेवन की आदत से लिवर कैंसर और लंबे समय के लिए लिवर में सूजन होने का खतरा बढ़ जाता है। जो लोग सॉफ्ट ड्रिंक्स का दिन में एक बार या इससे अधिक सेवन करते हैं, उन्हें लिवर कैंसर होने का 85 प्रतिशत और क्रोनिक हेपेटाइटिस से जान जाने का लगभग 68 फीसदी जोखिम बढ़ सकता है।

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एक कैन में करीब 7-10 चम्मच शुगर

cold drink soda can sugar

हार्वर्ड स्कूल ऑफ पब्लिक हेल्थ की रिपोर्ट के मुताबिक सोडा, कोल्ड ड्रिंक, फ्रूट जूस, एनर्जी ड्रिंक, स्वीट पाउडर ड्रिंक और अन्य मीठे पेय पदार्थों का सेवन करना स्वास्थ्य के लिए नुकसानदायक होता है। इनमें कैलोरी और एडेड शुगर की मात्रा काफी ज्यादा होती है।

स्टडी के मुताबिक, एक चम्मच शुगरी ड्रिंक में 4.2 ग्राम चीनी होती है और सोडा की एक कैन में करीब 7 से 10 चम्मच चीनी होती है। ज्यादातर ड्रिंक्स में चीनी की अत्यधिक मात्रा होती है। इसमें कैफीन भी होता है जो ब्लड प्रेशर बढ़ा सकता है और लंबे समय तक लेने से डायबिटीज होने के चांस बढ़ जाते हैं।

Cold Drinks bad Effects: कोल्ड ड्रिंक पीने के साइड इफेक्ट्स, देखें वीडियो

शुगर वाली ड्रिंक्स के नुकसान

cold drink soda fizzy drink carbonated drink3

मैरिंगो एशिया हॉस्पिटल्स फरीदाबाद में पेट एवं लिवर रोग विभाग के डायरेक्टर एवं एचओडी डॉ. बीर सिंह सहरावत बताते हैं कि शुगर युक्त पेय पदार्थों का नियमित सेवन फाइब्रोसिस, सिरोसिस और क्रोनिक लिवर इन्फ्लेमेशन (लंबे समय तक सूजन होना) का कारण बन सकता है। शुगर सीधे तौर पर कैंसर के जोखिम को नहीं बढ़ाता है।

सॉफ्ट ड्रिंक्स के नियमित सेवन से हमारे शरीर में अत्यधिक मात्रा में कैलोरी चला जाता है जिससे मोटापा और ओबेसिटी हो जाती है, ये दोनों ही ब्रेस्ट, पैक्रियाटिक (अग्राशयी) और लिवर कैंसर का खतरा बढ़ाते हैं। मीठे पेय पदार्थों के अधिक सेवन से ब्लड ग्लूकोज का स्तर तेजी से बढ़ जाता है जिससे इंसुलिन रेजिस्टेंस हो सकता है जो लिवर कैंसर और लिवर रोग का बड़ा कारण है।

## लिवर कैंसर का जोखिम

liver disease cirrohis

वर्ल्ड हेल्थ ऑर्गेनाइजेशन (विश्व स्वास्थ्य संगठन) के अनुसार, कार्बोनेटेड ड्रिंक्स और सोडा ड्रिंक में मौजूद आर्टिफिशियल शुगर सामान्य चीनी से भी ज्यादा खतरनाक होता है। इनका अधिक सेवन लिवर कैंसर के जोखिम को काफी बढ़ा सकता है।

वह बताते हैं कि बिना किसी वजह के शरीर का वजन घटना, भूख में कमी आना, लिवर में सूजन आना, स्प्लीन (तिल्ली) का बढ़ना, खासकर दाहिनी ओर की पसलियों के नीचे भरा हुआ महसूस हुआ, बायीं ओर की पसलियों के नीचे भारीपन महसूस होना, पेट में दर्द पेट में सूजन या तरल पदार्थ का जमा होना, खुजली और पीलिया आदि लक्षणों को नज़रंदाज न करें क्योंकि ये लक्षण लिवर कैंसर का संकेत हैं।

## हाई फ्रुक्टोस कॉर्न सिरप का नुकसान

fatty liver causes

फीजिशियन संजय महाजन कहते हैं कि सॉफ्ट ड्रिंक्स में हाई फ्रुक्टोस कॉर्न सिरप की मात्रा बहुत ज्यादा होती है। इसके लगातार सेवन से आपका लिवर फैटी हो सकता है जो मोटापे का भी एक कारण है। कार्बोनेटेड सोडा में कार्बन डाईआक्साइड की मात्रा ज्यादा होती है। इसके सेवन से आपके शरीर के जरूरी अंगों को नुकसान हो सकता है।



यह शरीर में ऑक्सीजन स्तर को कम कर देता है, जिसके कारण आप सुस्त और आलसी महसूस करते हैं। इन ड्रिंक्स में भारी मात्रा में चीनी का उपयोग किया जाता है। इसके सेवन से आपको मोटापा, मधुमेह, हाई ब्लड प्रेशर, त्वचा पर मुंहासे, झड़ते बाल, जैसी तकलीफें हो सकती हैं।

इनकी जगह ये ड्रिंक पीनी रहेंगी फायदेमंद

beetroot juice

रोजाना शुगर युक्त या सोडा वाली ड्रिंक के स्थान पर आप कुछ अन्य हेल्दी पेय पदार्थों का सेवन करें जिससे आपका सम्पूर्ण स्वास्थ्य ठीक रहेगा।

अंगूर का जूस पिएं क्योंकि इसमें पर्याप्त मात्रा में ऐसे पोषक तत्व होते हैं जो शरीर में एंटीऑक्सीडेंट के स्तर को बढ़ा सकते हैं जो सूजन को कम कर सकता है और लिवर से विषाक्त पदार्थों को प्राकृतिक रूप से साफ कर सकता है।

चुकंदर के जूस का सेवन भी काफी लाभदायक होता है। इसमें मौजूद नाइट्रेट और बीटालेंस नामक एंटीऑक्सीडेंट लिवर की ऑक्सीडेटिव क्षति और सूजन को कम करने में मदद कर सकते हैं।

नींबू पानी पिएं क्योंकि नींबू में उच्च मात्रा में मौजूद विटामिन सी और एंटीऑक्सीडेंट लिवर की कई बीमारियों को रोकने एवं लिवर से विषाक्त पदार्थों को बाहर निकालने में भी सहायता कर सकते हैं।

ग्रीन टी में मौजूद एंटीऑक्सीडेंट नॉन अल्कोहलिक फैटी लिवर डिजीज (एनएएफएलडी) से ग्रस्त मरीजों में लिवर एंजाइम के स्तर को कम करने में मदद करते हैं। इसलिए लिवर के स्वास्थ्य को बढ़ावा देने के लिए ग्रीन टी पीने की सलाह दी जाती है। ध्यान रखें कि ग्रीन टी का आप सीमित मात्रा में ही सेवन करें।

रोजाना पर्याप्त मात्रा में पानी पिएं, इस

