



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20240307

## **vaccine for cervical cancer**

**Kasauli-based drugs lab releases vaccine for cervical cancer (The Tribune: 20240307)**

**Serum Institute of India is working on its bulk production**

<https://www.tribuneindia.com/news/himachal/kasauli-based-drugs-lab-releases-vaccine-for-cervical-cancer-597972>

Cervical cancer cases among women are rising in Himachal Pradesh. It mainly affects the low and lower middle income group of women. It is commonly referred to as the cancer at the mouth of the uterus i.e the cervix, which can be life threatening.

“A ray of hope towards eliminating it has been lit with the first India-made papilloma virus vaccine, Cervivac, for the prevention of cervical cancer, having been released by the Central Drugs laboratory in Kasauli recently. The Serum Institute of India is preparing for a bulk production of this vaccine,” informed Dr Sanjay Aggarwal, a Solan-based surgeon.

Dr Sanjay Aggarwal, who runs a private hospital in Solan has initiated a campaign for the eradication of this disease in the state. He has chalked out a roadmap for carrying out awareness for the vaccination programme after it has been rolled out for free by the government. Girl students of his nursing institute have already initiated an awareness campaign against this deadly disease.

Hopeful of eliminating it, he said, “Eliminating any cancer would have once seemed an impossible dream. Evidence-based tools to make this dream a reality are now available.”

A three-tier approach in the elimination strategy as advocated by the World Health Organisation in 2020 could bring down the incidence of this dreaded disease to a bare minimum.

“This includes vaccination of 90 per cent girls by the age of 15, screening of at least 70 per cent of women by the age of 35 and again by the age of 45. Treatment for 90 per cent of pre- cancer and invasive cancer to be managed,” he explains.

Symptoms of cervical cancer may include irregular periods, discharge, increased blood flow during menstruation, discharge after menopause, difficulty in urination and back-ache.

“Presently, vaccine Cervivac is available in the private market for Rs 2,000. The Union Government proposes to focus on vaccination against cervical cancer for girls aged nine to 14 years, as part of the interim budget 2024. If this is implemented, it will be a boon to the female population. This initiative will play a key role in eliminating the disease in Himachal,” informed Dr Aggarwal.

Eliminating the disease

The Union Government proposes to focus on vaccination against cervical cancer for girls in 9 to 14 age group. If this is implemented, it will be a boon to female population. This initiative will play a key role in eliminating the disease in Himachal Pradesh. — Dr Sanjay Aggarwal, Solan-based surgeon

## **Sleeping**

**Sleeping for just 3 to 5 hours daily may increase Type 2 diabetes risk: Study (The Tribune: 20240307)**

<https://www.tribuneindia.com/news/health/sleeping-for-just-3-to-5-hours-daily-may-increase-type-2-diabetes-risk-study-597871>

The research, published in journal JAMA Network Open, also shows that chronic sleep deprivation cannot be compensated by healthy eating alone.

People who sleep for only three to five hours daily may be at a higher risk of developing Type 2 diabetes, according to a study.

The research, published in journal JAMA Network Open, also shows that chronic sleep deprivation cannot be compensated by healthy eating alone.

“I generally recommend prioritising sleep, although I understand it is not always possible, especially as a parent of four teenagers,” said Christian Benedict, associate professor at Uppsala University and lead researcher behind the study.

The team examined the link between Type 2 diabetes and sleep deprivation. Type 2 diabetes affects the body’s ability to process sugar (glucose), hindering insulin absorption and resulting in high blood sugar levels.

A 2020 study showed that over 462 million people suffer from this disease. Over time, it can cause serious damage, particularly to nerves and blood vessels, and thus represents an escalating public health problem globally.

“Previous research has shown that repeated short daily rest increases the risk of type 2 diabetes, while healthy dietary habits such as regularly eating fruit and vegetables can reduce the risk,” said Diana Noga, a sleep researcher from Department of Pharmaceutical Biosciences of Uppsala University.

“However, it has remained unclear whether people who sleep too little can reduce their risk of developing type 2 diabetes by eating healthily,” Noga said in a statement.

The researchers used data from one of the largest population databases in the world, the UK Biobank, in which nearly half a million participants from the UK have been genetically mapped and responded to questions on health and lifestyle.

They followed the participants for over 10 years and found that a sleep duration of between three and five hours was linked to a higher risk of developing type 2 diabetes. In contrast, healthy eating habits led to a lower risk of developing the disease, but even people who ate healthily but slept less than six hours a day were still at higher risk of Type 2 diabetes.

“Our results are the first to question whether a healthy diet can compensate for lack of sleep in terms of the risk of Type 2 diabetes. They should not cause concern, but instead be seen as a reminder that sleep plays an important role in health,” Benedict added.

## **Respiratory infection**

### **Study reports spike in Covid cases with dry, red, itchy eyes(The Tribune: 20240307)**

<https://www.tribuneindia.com/news/health/study-reports-spike-in-covid-cases-with-dry-red-itchy-eyes-597854>

While Covid has primarily been a respiratory infection, the ocular system has shown susceptibility to the SARS-CoV-2 virus with numerous symptoms reported across the globe.

A team of Indian-origin researchers has found an increasing link between Covid infection and people presenting eye problems like dryness, redness and itchy eyes.

While Covid has primarily been a respiratory infection, the ocular system has shown susceptibility to the SARS-CoV-2 virus with numerous symptoms reported across the globe, said the team from Kiran C Patel College of Osteopathic Medicine Nova Southeastern University.

Their study, published in the Cureus: Journal of Medical Science, identified conjunctivitis as the most common ocular symptom, with approximately one in every ten patients presenting the symptoms associated with Covid.

The team also reported more serious complications such as episcleritis — a benign, inflammatory disease that affects the clear tissue that covers the white part of your eyes, and is unrelated to Covid infection; Ophthalmoparesis — a weakness or paralysis of any of the extraocular muscles that garner movement of the eye; Central Retinal Artery Occlusion (CRAO) — a serious disease of the eye in which the main artery supplying the retina is blocked due to an atherosclerotic plaque.

Some Covid patients also reported suffering cranial nerve palsies, where an individual takes longer than usual to move eyes. It can also lead to vision loss.

“Quickly isolating and starting treatment can aid in stopping the spread of this novel coronavirus,” said corresponding author Deepesh Khanna from the varsity’s Department of Foundational Sciences.

The study, based on a review of 233 research papers from 2020 to 2024, also revealed that some patients may present with ocular symptoms as the first indication of Covid infection.

This is because ACE2 receptors that are present in the eye act as entrypoint for SARS-CoV-2 virus to infect cells and cause Covid, the team explained. The ACE2 receptors present in eyes also “allow for easy transmission of the virus into the conjunctiva”.

“As the number of Covid cases with ophthalmic infection continues to rise, further research must be conducted into the specific pathophysiology of ocular manifestations. Physicians should be informed on how to treat these symptoms, should they come into contact with those patients presenting with ophthalmic manifestations of Covid,” the researchers wrote in the paper.

While there is no current cure for Covid, the study showed that Pfizer’s Paxlovid (nirmatrelvir/ritonavir) medication, “may help treat Covid-positive patients with ophthalmic symptoms”.

The medication was approved by the US FDA in December 2021 for patients with mild to moderate Covid who are at risk of worse outcomes. The medication can halt viral replication and reduce viral load in the body.

## **Immune system**

### **No impact on immune system of man who received over 200 COVID-19 vaccinations: Lancet study (The Tribune: 20240307)**

<https://www.tribuneindia.com/news/health/no-impact-on-immune-system-of-man-who-received-over-200-covid-19-vaccinations-lancet-study-597826>

Researchers want to analyse what happens if body’s immune system is exposed extremely often to a specific antigen

No impact on immune system of man who received over 200 COVID-19 vaccinations: Lancet study

Researchers have examined a man in Germany who claims to have received 217 vaccinations against COVID-19 and found that his immune system was fully functional.

Until now, it has been unclear what effects hypervaccination such as this would have on the immune system. Some scientists were of the opinion that immune cells would become less effective after becoming used to the antigens.

However, the case study published in *The Lancet Infectious Diseases* journal found that the immune system of the person is fully functional.

More than 60 million people in Germany have been vaccinated against S-CoV-2, a majority of them several times, the researchers said.

The man examined by a team at Friedrich–Alexander University Erlangen–Nurnberg (FAU) in Germany claims to have received 217 vaccinations for private reasons. There is official confirmation for 134 of these vaccinations, they said.

“We learned about his case via newspaper articles,” said Kilian Schober from FAU.

“We then contacted him and invited him to undergo various tests in Erlangen (a city in Germany). He was very interested in doing so,” he said.

Vaccinations contain parts of the pathogen or a type of construction plan that the vaccinated person’s cells can use to produce these pathogenic components themselves.

Thanks to these antigens, the immune system learns to recognise the real pathogen in the event of a later infection. It can then react more rapidly and forcibly.

The researchers wanted to analyse what happens if the body’s immune system is exposed extremely often to a specific antigen.

“That may be the case in a chronic infection such as HIV or hepatitis B, that has regular flare-ups,” explained Schober.

“There is an indication that certain types of immune cells, known as T-cells, then become fatigued, leading to them releasing fewer pro-inflammatory messenger substances,” he added.

This and other effects triggered by the cells becoming used to the antigens can weaken the immune system, which is then no longer able to combat the pathogen so effectively.

However, the study does not deliver any indication that this is the case, the researchers said.

“We were also able to take blood samples ourselves when the man received a further vaccination during the study at his own insistence. We were able to use these samples to determine exactly how the immune system reacts to the vaccination,” Schober said.

The results showed that the individual has large numbers of T-effector cells against S-CoV-2. These act as the body’s own soldiers that fight against the virus, the researchers said.

The person even had more of these compared to the control group of people who had received three vaccinations, they said.

The researchers did not perceive any fatigue in these effector cells. They were similarly effective as those in the control group who had received the normal number of vaccinations.

They also explored memory T cells—cells at a preliminary stage, similar to stem cells, that can replenish numbers of suitable effector cells.

“The number of memory cells was just as high in our test case as in the control group,” explained Katharina Kocher, one of the leading authors of the study.

“Overall, we did not find any indication for a weaker immune response, rather the contrary,” Kocher added.

## **Diabetes**

### **Undiagnosed diabetes contributed substantially to COVID-19 hospitalisation and deaths in many LMICs, including India: study study (The Hindu: 20240307)**

<https://www.thehindu.com/sci-tech/health/undiagnosed-diabetes-contributed-substantially-to-covid-19-hospitalisation-and-deaths-in-many-lmics-including-india-study/article67921223.ece>

The study, as per its modelling estimates, found that patients with undiagnosed diabetes represented 21.1% of all COVID-19 hospitalisations and 30.5% of all COVID-19 deaths across low- and middle income eight countries

The study found that 6.7 million COVID-19 hospitalised patients had undiagnosed diabetes, of which 1.9 million died. File.

The study found that 6.7 million COVID-19 hospitalised patients had undiagnosed diabetes, of which 1.9 million died. File. | Photo Credit: B. VELANKANNI RAJ

Undiagnosed diabetes contributed substantially to COVID-19 hospitalisations and deaths in many low- and middle-income countries (LMIC), including India, a new study published in the medical journal The Lancet said.

The study was supported, in part, by the Bill and Melinda Gates Foundation and FIND, a global health non-profit based in Geneva. Eight LMICs were studied — Brazil, China, India, Indonesia, Mexico, Nigeria, Pakistan, and South Africa.

## Superfood

### What's a weight loss superfood? Let's spill the beans (Indian Express: 20240307)

<https://indianexpress.com/article/health-wellness/weight-loss-superfood-beans-9194194/>

What's a weight loss superfood? Let's spill the beans

Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospitals, on the kind of beans that you should be taking

Rich in soluble fibre, beans help remove low density lipoprotein (LDL) or bad cholesterol from the body. (Photo: Wikimedia Commons)

Beans are one of the most versatile, low-calorie and heart-healthy foods you can add to your diet. Consuming just one serving a day can benefit your heart health by controlling your cholesterol levels and waistline. Research has shown that replacing one serving of meat with beans per week can reduce the risk of heart disease by 10 per cent.

When it comes to weight loss, fibre-rich beans expand in the stomach to make you feel fuller faster while delivering fewer calories than many other proteins and carbs. There's growing evidence that if you combine your proteins and fibre, it is easier to keep your body mass index (BMI) in range. Last year a study of 15,185 people found that those who ate beans regularly over a decade gained less weight and reduced their belly fat compared to those who didn't. Since beans contain no fat, the combination of their high protein and fibre means that you might be able to lose weight faster by swapping them with other protein sources like dairy or meat.

#### HOW BEANS HELP MAINTAIN KEY HEALTH MARKERS

Rich in soluble fibre, beans help remove low density lipoprotein (LDL) or bad cholesterol from the body. Soluble fibre binds to bile acids that contain cholesterol and carries them out of the



digestive system. This forces the body to use cholesterol in the bloodstream to make more bile, effectively lowering cholesterol levels. The fibre also reduces inflammation linked to heart disease.

Don't Miss | Nutrition alert: Here's what a 100-gram serving of green beans contains

Eating beans is associated with lower blood pressure levels as well. These are rich sources of potassium, magnesium and calcium which help induce vasodilation, or widening blood vessels, thereby reducing tension in blood vessel walls.

The fibre in beans also helps reduce spikes in blood sugar that can damage blood vessels over time. The combination of protein, fibre and resistant starch results in a very low glycemic index that keeps blood sugar and insulin from spiking. They delay digestion, ensuring a slow and steady release of carbohydrates and keep you fuller.

- Black Beans: Contain potent antioxidants called anthocyanins associated with heart health. Provide substantial fibre, magnesium and folic acid.
- Chickpeas: Help lower LDL cholesterol and triglycerides. Rich in fibre, folate, potassium, iron, and plant-based proteins. Great for weight maintenance.
- Kidney beans: Extremely high in soluble fibre, they remove LDL cholesterol. Contain resistant starch to promote satiety.
- Lentils: These lower LDL cholesterol triglycerides and blood pressure levels. Rich in magnesium, potassium and folate for the heart.
- Navy Beans: Have very high levels of folate, which helps lower levels of homocysteine, an amino acid, which in excess damages the lining of heart vessels and accelerates clotting.
- Pinto Beans: These contain a wide array of heart-healthy minerals like magnesium, copper, zinc, potassium and B vitamins. These also help in weight loss.

So make beans, be it boiled whole or mashed, a staple of your diet. They are easy to incorporate as they can be blended with any kind of food.

## **Gut health**

### **Can yoga keep your gut health in shape? Try these three asanas (Indian Express: 20240307)**

<https://indianexpress.com/article/health-wellness/yoga-gut-health-three-asanas-9191897/>

There are three asanas in yoga, which can help keep your digestive system in fine fettle

Just as a simple headache or flu can send you spiralling down the ladder of unhappiness, so can the health of our stomach and digestive system.

But there are three asanas in yoga, which can help keep your digestive system in fine fettle. These three will fully massage and regulate it.

## **Heart attacks and blood sugar**

### **Prevent heart attacks and blood sugar with these high-fibre foods: How much to have in a day? (Indian Express: 20240307)**

<https://indianexpress.com/article/health-wellness/is-your-dietary-fibre-enough-find-out-which-one-works-for-you-9191735/>

Functional medicine expert and celebrity coach Vijay Thakkar on the amount you should be having daily and easy ways to include it

By emphasising natural, whole-food sources of fibre, our Indian diets can promote long-term health benefits and prevent chronic diseases. (File Photo)

By emphasising natural, whole-food sources of fibre, our Indian diets can promote long-term health benefits and prevent chronic diseases. (File Photo)

Dietary fibre, a plant-based nutrient, is an important element of a healthy and balanced diet and is widely recognised for regulating blood sugar levels, maintaining digestive health and reducing the

risk of chronic diseases like heart conditions and diabetes. Yet Indians, reports show, consume just 15 grams of it when the Indian Council of Medical Research (ICMR) recommends a daily fibre intake of 25-40 grams for adults: around 25 grams for women and around 38 grams for men.

## ☞ HOW DIETARY FIBRE HELPS THE BODY

Unlike macronutrients like proteins, carbohydrates and fats, which our digestive system breaks down and absorbs, our bodies don't digest fibre. Instead, it passes relatively intact through our stomach, small intestine, colon and out of our bodies. Soluble fibre dissolves in water to form a gel-like substance, which improves contraction of the intestine, leading to optimal nutrient absorption and reduction in digestive disorders such as gastroesophageal reflux disease (GERD). It also helps lower blood cholesterol and glucose levels. Insoluble fibre helps move food through the digestive system, promoting motion regularity and preventing constipation.

- Whole grains like wheat, brown rice, oats, barley, and millets like ragi and bajra.
- Pulses and legumes, including lentils, beans, chickpeas, and peas.
- Fruits like apples, bananas, oranges, pears, and berries.
- Vegetables, especially those with edible skin or seeds.
- Green leafy vegetables, such as spinach, lettuce, and fenugreek leaves.

Festive offer

Also Read | Fibre-rich foods promote weight loss, lower diabetes risk; ensure to include these in your diet

## ☞ HOW TO ADJUST YOUR BODY TO FIBRE

The optimal level of fibre consumption should be approached gradually to allow the digestive system time to adjust. For example, one can start by adding half a cup of whole grains, fruits and

vegetables per meal, assess their tolerance and increase it by 10-20 per cent weekly until the optimal daily amount is attained without any adverse effects.

## ☞ FIBRE CONTENT BY FOOD CATEGORY (PER CUP)

### ADVERTISEMENT

To give ballpark figures of average fibre per cup across different food categories:

- Fruits: 2-4 grams
- Green leafy vegetables: 4-6 grams
- Starchy vegetables: 2-5 grams
- Pulses and Legumes: 6-8 grams
- Whole grains and millet: 4-8 grams
- Nuts and Seeds: 5-68 grams

Also Read | Nutritionist suggests simple ways to add fibre-rich foods to your diet

## ☞ HOW TO INCREASE FIBRE INTAKE

To bridge the fibre intake gap, it's crucial to gradually introduce more fibre-rich foods into the diet to avoid excessive gas or bloating. To increase fibre intake optimally, one should:

- Include whole grains instead of refined grains in meals.

- Eat plenty of fresh fruits and vegetables.
- Include legumes and pulses in the daily diet.
- Opt for snacks rich in fibre, like nuts and seeds.

## **Vitamin B12 and iron deficiency**

### **How vitamin B12 and iron deficiency in moms is making our kids the thinnest in the world: What does a Lancet study say? (Indian Express: 20240307)**

<https://indianexpress.com/article/health-wellness/india-highest-world-underweight-kids-vitamin-b12-iron-deficiency-reason-9190658/>

Experts call for a relook on what children are eating in their early formative years

While the report has already red-flagged obesity, the thinness quotient among India's young shows that we are battling the double burden of malnutrition, one of being overfed and the other of being underfed. (Representational/ Express Photo by Kamleshwar Singh)

India ranks the highest in the world for underweight girls and the second highest for boys. A new global analysis, published by The Lancet, shows that in India, about 35 million girls and 42 million boys, between five and 19 years, were underweight in 2022, compared to 39 million girls and 70 million boys in 1990 (a seven-percentage-point dip for girls and a 23-percentage-point dip for boys).

Among adults too, 61 million women and 58 million men were underweight in 2022, a drop from 41.7 per cent in 1990 to 13.7 per cent for women and 39.8 per cent to 12.5 per cent for men.

While the report has already red-flagged obesity, the thinness quotient among India's young shows that we are battling the double burden of malnutrition, one of being overfed and the other of being underfed. Analysing the study, senior author and Professor of Imperial College, London, Majid Ezzati says that to tackle both forms of malnutrition, it is vital we significantly improve the availability and affordability of healthy, nutritious foods especially among school-aged children and adolescents.

On why under-nutrition remains a challenge, he reasons maternal malnutrition to be the key reason. “More than half of pregnant women suffer from micronutrient deficiencies like those of iron and vitamin B12. The Lancet Food Commission, NFHS surveys and national comprehensive nutrition surveys among others have shown that dietary diversification is very poor among children. The school and college curriculum can include more chapters on nutrition, healthy eating habits, healthy food consumption and increased physical activities like sports and games,” says Dr Avula Laxmaiah, former Director, Grade Scientist and Head of Public Health Nutrition, ICMR-National Institute of Nutrition, Hyderabad, who is also among the study authors.

He highlights wrongful feeding practices. “At least one-third to one-fourth of adolescent girls are undernourished because of improper infant and child feeding practices, especially in children less than three years. Women with short stature and low weight, less than 35 kg body weight and less than 145 cm in height give birth to babies with low birthweight,” he says.

#### Festive offer

As for a seven-percentage-point dip for girls and a 23-percentage-point dip for boys in the underweight index, Dr Laxmaiah has an explanation. “There are significant differences in undernutrition among boys (45.1 per cent) and girls (27.7 per cent). The percentage point decline was huge in boys compared to girls. The rate of decline is huge when the initial prevalence of undernutrition is very high. This was seen in the case of boys while in girls, the decrease was only seven percentage-points. This is not a surprise at all,” he says. However, Dr V Mohan, Chairman, Diabetes Specialities Centre, Chennai, attributes it to a deep-rooted gender bias in rural India, where new-born sons are lavished with attention while new-born girls get a by-the-way treatment when it comes to the food that both are eating. “That’s why the decline in nutrition is slower in girls,” he says.

The study shows that even though the rates of undernutrition have dropped, it is still a public health challenge in South-East Asia and sub-Saharan Africa.

## Weight loss

### **Weight loss from 70 kg to 54 kg: How 41-year-old reversed diabetes by running (Indian Express: 20240307)**

<https://indianexpress.com/article/health-wellness/reverse-diabetes-diet-weight-loss-helped-pune-youth-become-a-marathoner-9190311/>

Pushkar Adsule during his running practice session in Pune. (Express photo by Arul Horizon)

Forty one-year-old Pushkar Adsule still cannot believe he is a world marathon major. Twelve years ago, the IT professional from Sydney would be heaving and panting after walking 400 metres. “Now, I wake up at 4.30 am and sleep by 9 pm. I keep a fasting span between dinner and breakfast, begin the day with fruits or coconut water, avoid processed foods and have only home-cooked meals planned a day ahead. I began with brisk walking before taking to running and when not outdoors, do indoor cycling and stair climbing,” says Pushkar, who was diagnosed with an alarmingly high sugar level of 380 mg/dL, a high fasting glucose of 165 mg/dL and an HbA1C (average blood sugar count of three months) count of 11! That year was 2012 and he migrated to Pune soon after. Now he weighs 54 kg instead of 70 kg.

Today, he has reversed his condition to normal levels and doesn’t need medication, all because he made a major lifestyle correction and stuck to discipline. “Initially, I was put on Metformin, 500 mg twice daily, and like many people living with diabetes, thought the drugs would do the trick. Except eliminating sugar or substituting it, I ignored diet and exercise,” he says.

Three things changed that — the day he crumbled out of sheer exhaustion despite an increased Metformin dosage, the lure of a smart watch and an array of medals his colleague had won by running half marathons. “I realised that I had to get moving if I had to live. I wanted those medals and an Apple smartwatch that one of the half marathons was giving out,” says Pushkar.

Pune marathon Pushkar began running, starting with small steps and completed his first 5 km at the Pune International Marathon in approximately 42 minutes. (Express photo by Arul Horizon)

#### HOW THE TRANSFORMATION HAPPENED

In 2017, he was inspired by his colleague, who managed to make time for half marathons despite a busy day and notch up his medal tally at his workstation. The first goal was to bring his HbA1c

levels within the desired range. Help came from his diabetologist, Dr Atul Biniwale, whose graded plan he followed to a T. “I began with a brisk walk, built up stamina and then took to short running spells. I also incorporated cycling and stair-climbing into my routine during COVID. I gave up alcohol and outside food altogether. I regularly monitored my blood sugar levels at home and modified my activity around that, and did my annual health checks,” he says. Pushkar made some changes at the workplace as well, getting up and walking while attending to work calls and opting for stairs rather than elevators.

He began running, starting with small steps and completed his first 5 km at the Pune International Marathon in approximately 42 minutes. Elated with his first-ever running medal, Pushkar soon accepted a challenge to maintain the pace for three months and win an Apple watch. He did so with a little help from Dr Kaustubh Radkar, sports medicine expert and an Ironman finisher, who designed a structured and personalised programme for him. “Anybody with diabetes signing up for a marathon needs extra planning. They must calculate the sugar that will be burnt and plan meals well ahead to keep them stable. More vigorous checks are needed while travelling to a different country. One has to manage stress and while taking care of regular medications, must carry an emergency drug at all times,” adds Dr Radkar, who has coached several athletes with diabetes and hypertension.

Festive offer

The techie gradually improved, focussing on half marathons, completing 10 km in 55 minutes. “By October 2017, my health had improved to the point where my doctor reduced my Metformin to once a day,” Pushkar adds.

Pune youth Pushkar’s journey from a diabetes diagnosis to becoming a marathon runner is about a “health first” approach. (Express photo by Arul Horizon)

#### A HEALTH FIRST APPROACH

He continued to diversify his workouts and by mid-2018, based on his doctor’s advice, he stopped taking Metformin on the condition that he would keep up with his physical graph without slackening up on routines. He completed the Berlin marathon in September 2018.

“People with diabetes need to balance their medicines and have a race day fuelling strategy, based on their body’s sugar responses. This is usually assessed during practice runs,” advises Dr Aashish Contractor, Consultant at the Sir H. N. Reliance Foundation Hospital and Research Centre, and Director of the Centre for Rehabilitation Medicine and Sports Medicine.

Pushkar’s journey from a diabetes diagnosis to becoming a marathon runner is about a “health first” approach. He monitors his vitals regularly including stress tests and vitamin checks. With blood sugar under control and aware that he cannot afford to load up on carbohydrates before a run, he has eliminated milk products, animal protein, tea and coffee from his diet. “I’ve adapted my work habits to support my wellness journey, ensuring I remain active throughout the day and prioritise rest,” he says.



Pushkar runs four days a week with a mileage that varies between 35 km to 50 km at peak times, alongside cycling for cross-training. “The training is tailored to prepare me for specific marathons, with an emphasis on gradual improvement and avoiding overexertion... I skip a workout if I feel I have not slept well,” he says.

Before a big run, he usually has a small banana, apple, mango, or sometimes coconut water. “This light but nutritious intake provides me with the necessary energy without weighing me down. During runs, I find that consuming half a banana or orange slices every hour, along with salt tablets and electrolytes, works best for me. These help in maintaining energy levels and preventing dehydration,” he says.

Pushkar is now looking at his fifth world marathon major in Tokyo on March 3. He’s already done London, Berlin, New York and Chicago in less than five hours.

## **Surgery**

### **How Cyberknife surgery is revolutionising tumour treatment in India (New Kerala: 20240307)**

<https://www.newkerala.com/news/2024/13831.htm>

Cyberknife radiosurgery is a non-invasive, pain-free procedure that eliminates the risks associated with conventional surgery and has transformed radiation treatment in oncology, said doctors here on Wednesday.

The non-invasive robotic radiosurgery system enables highly precise and targeted delivery of radiation to tumours, minimising damage to surrounding healthy tissues.

“Cyberknife radiosurgery stands at the forefront of medical innovation, offering a beacon of hope for patients with conditions previously deemed challenging to treat. By employing sophisticated robotics and real-time imaging, it delivers highly targeted radiation with pinpoint accuracy, sparing surrounding healthy tissues and minimising side effects,” Dr. Aditya Gupta, Director of Neurosurgery and Cyberknife at Artemis Hospital Gurugram, told IANS.

“Cyberknife radiosurgery has transformed the landscape of cancer treatment, offering a ray of hope to those battling complex conditions,” he added. Artemis has become the first hospital in India to surpass 1,500 Cyberknife Radio Surgeries.

The utilisation of Cyberknife technology, especially in India, has been limited despite its significant advantages. Depending on the type, size, location of the tumour, a patient must be carefully chosen for better and enhanced outcomes.

“CyberKnife has ability to deliver radiation in shorter time (fewer sessions) with submillimeter accuracy and its continuous imaging (real-time imaging) ensures that the radiation is precisely directed to the tumour, even if the patient moves or if there are slight changes in the tumour position due to breathing or other bodily processes. It is effective in treating a variety of tumours, including those in the brain, spine, lung, liver, and pancreas. Its versatility makes it a valuable tool in the treatment arsenal for many types of tumour. CyberKnife represents a transformative leap in radiation treatment, offering unparalleled precision, adaptability, and reduced invasiveness,” Dr Anita Malik, Radiation Oncologist at Fortis Noida.

“Cyberknife focuses on cancer cells exclusively thus minimising damage to surrounding healthy tissue. Its role in cancer treatment includes treating tumours in various locations, especially those considered challenging or inaccessible by traditional surgery. The Cyberknife's accuracy helps patients with brain, lung, bone, liver tumours etc. as it spares healthy tissues and reduces the side effects for patients,” Dr Shyam Aggarwal, Chairman, Department of Medical Oncology, Sir Ganga Ram Hospital, told IANS.

Dr. Aditya noted that the most noteworthy applications of Cyberknife has been in the treatment of metastatic cancers in the brain.

“Patients who might otherwise have been subjected to whole brain radiation therapy (WBRT), with its attendant risks and side effects, can receive focused Cyberknife radiation therapy. This is particularly beneficial for treating repeated lesions, a scenario where WBRT is not viable due to the risk of exceeding the brain's tolerance for radiation,” he said.

## **Covid-19 cases**

### **Study reports spike in Covid-19 cases with dry, red, itchy eyes(New Kerala: 20240307)**

<https://www.newkerala.com/news/2024/13716.htm>

A team of Indian-origin researchers has found an increasing link between Covid infection and people presenting eye problems like dryness, redness and itchy eyes.

While Covid has primarily been a respiratory infection, the ocular system has shown susceptibility to the SARS-CoV-2 virus with numerous symptoms reported across the globe, said the team from Kiran C. Patel College of Osteopathic Medicine Nova Southeastern University,

Their study, published in the Cureus: Journal of Medical Science, identified conjunctivitis as the most common ocular symptom, with approximately one in every ten patients presenting the symptoms associated with Covid.

The team also reported more serious complications such as episcleritis -- a benign, inflammatory disease that affects the clear tissue that covers the white part of your eyes, and is unrelated to Covid infection; Ophthalmoparesis -- a weakness or paralysis of any of the extraocular muscles that garner movement of the eye; Central Retinal Artery Occlusion (CRAO) -- a serious disease of the eye in which the main artery supplying the retina is blocked due to an atherosclerotic plaque.

Some Covid patients also reported suffering cranial nerve palsies, where an individual takes longer than usual to move eyes. It can also lead to vision loss.

"Quickly isolating and starting treatment can aid in stopping the spread of this novel coronavirus," said corresponding author Deepesh Khanna from the varsity's Department of Foundational Sciences.

The study, based on a review of 233 research papers from 2020 to 2024, also revealed that some patients may present with ocular symptoms as the first indication of Covid-19 infection.

This is because ACE2 receptors that are present in the eye act as entrypoint for SARS-CoV-2 virus to infect cells and cause Covid, the team explained. The ACE2 receptors present in eyes also "allow for easy transmission of the virus into the conjunctiva".

"As the number of Covid-19 cases with ophthalmic infection continues to rise, further research must be conducted into the specific pathophysiology of ocular manifestations. Physicians should be informed on how to treat these symptoms, should they come into contact with those patients presenting with ophthalmic manifestations of Covid-19," the researchers wrote in the paper.

While there is no current cure for Covid, the study showed that Pfizer's Paxlovid (nirmatrelvir/ritonavir) medication, "may help treat Covid-19-positive patients with ophthalmic symptoms".

The medication was approved by the US FDA in December 2021 for patients with mild to moderate Covid who are at risk of worse outcomes. The medication can halt viral replication and reduce viral load in the body.

## Yoga For Spine

### Yoga For Spine: रीढ़ की हड्डी के लिए फायदेमंद है ऊर्ध्व मुख श्वानासन, जानिये करने का तरीका (Nav Bharat Times: 20240307)

<https://navbharattimes.indiatimes.com/lifestyle/health/how-to-practice-of-urdhva-mukha-svanasana-for-spine-health/articleshow/108269904.cms>

मजबूत रीढ़ की हड्डी के लिए कुछ योगासनों में एक ऊर्ध्व मुख श्वानासन है। यह रीढ़ की हड्डी को मजबूत बनाने में मदद करता है, क्योंकि यह पीठ, कंधे और बाहों को स्ट्रेच करने में मदद करता है। जानिए क्या है यह आसन और कैसे किया जाता है।

urdhavMAIN

योग एक प्राचीन भारतीय विज्ञान है, जो शारीरिक और मानसिक स्वास्थ्य के लिए विभिन्न प्रकार से फायदेमंद है। योग हजारों साल से भारतीयों की जीवनशैली का हिस्सा रहा है और इसके कई चमत्कारी गुण भी देखे गए हैं। इसके शरीर को कई लाभ होते हैं। योग में भी आपको कई तरह के आसन देखने को मिलेंगे और हर आसन के अपने अलग-अलग लाभ हैं।

योग के उन्हीं आसनों में से एक है “ऊर्ध्व मुख श्वानासन”, इसे योग बैकबेंड पोज के नाम से भी जाना जाता है। यह आसन खासतौर पर मजबूत रीढ़ की हड्डी के लिए है। कुछ लोग रीढ़ की हड्डी में दर्द से परेशान रहते हैं, तो यह योग आसन उन्हें काफी राहत देगा। इस आसन को करने का तरीका भुजंगासन के समान है। इस आर्टिकल में जानिए ऊर्ध्व मुख श्वानासन को कैसे किया जाता है और यह क्या है।

ऊर्ध्व मुख श्वानासन कैसे करें

“ऊर्ध्व मुख श्वानासन” को करने से पहले आप इसे सही ढंग से करने का तरीका सीख लें। इसके लिए आप किसी योग विशेषज्ञ की मदद लें। ताकि आपको इसका पूरा लाभ मिले और आपको बैकबोन को कोई नुकसान न हो। जानिए, कैसे करें यह योगासन :

स्टेप-1

ऊर्ध्व मुख श्वानासन को करने के लिए सबसे पहले शांत जगह पर मैट पर पेट के बल लेट जाएं। ध्यान रखें कि इस समय जमीन की तरफ से ऊपर का हिस्सा स्ट्रेट हो। अपनी बाजुओं को शरीर के दोनों तरफ आराम टीका लें।

स्टेप-2

इसमें आपके पैरों के शीर्ष जमीन को छूने चाहिए और आपका शरीर बिल्कुल सीधा होना चाहिए।

स्टेप-3

अब सांस लेते हुए हथेलियों को जमीन पर मजबूती के साथ दबाने का प्रयास करें, साथ ही धीरे-धीरे अपने घुटनों, कूल्हों और शरीर के धड़ को ऊपर की तरफ उठायें। इस स्थिति के दौरान अपने शरीर का पूरा वजन पैरों के शीर्ष और हथेलियों पर ही रखें।

स्टेप-4

अब सामने की तरफ देखें और फिर अपने सर को धीरे-धीरे पीछे की ओर झुकायें। ध्यान रखें कि आपके कंधों की सीध में आपकी कलाई होनी चाहिए, साथ ही आपके गर्दन पर कोई दबाव न हो। कुछ देर इसी मुद्रा में रहें और सामान्य सांस लेते रहें।

स्टेप- 5

अब धीरे-धीरे अपने घुटनों, कूल्हों और धड़ को वापस मैट पर लेकर आएँ। फिर धीरे-धीरे कूल्हों, घुटनों और धड़ को नीचे मैट पर लाएं और आराम करें।

बरते कुछ सावधानियां

ऊर्ध्व मुख श्वानासन को हमेशा खाली पेट करें। किसी भी योगासन को तभी करें, जब आपको भोजन किये हुए 4 से 6 घंटे हो गए हों। इसके साथ ही योग को करते हुए आपका पेट भी साफ होना चाहिए।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

निहारिका जायसवाल

निहारिका जायसवाल के बारे में

निहारिका जायसवाल

एक लेखक के रूप में ब्लॉगिंग का शौक रखने वाली निहारिका जायसवाल मीडिया इंडस्ट्री में 9 सालों से काम कर रही हैं। इन्होंने प्रिंट मीडिया में अपने करियर की शुरुआत हिंदुस्तान फीचर्स से की थी। इसके बाद गृहशोभा मैगजीन, गृहलक्ष्मी मैगजीन, हेलो हेल्थ ग्रुप और Idiva.com के लिए काम किया। ब्यूटी, ट्रेवल, फैशन और लाइफस्टाइल जैसे विषयों पर इनकी पकड़ अच्छी है। राइटिंग को अपना पैशन मानने वाली

निहारिका को हिंदी भाषा से बेहद लगाव है। राइटिंग के अलावा फिल्में देखना, नई जगहें घूमना और नए फूड एक्सप्लोर करना इनकी फेवरेट हॉबी है।

## Wrist Pain Treatment

**Wrist Pain Treatment: कलाई में दर्द कहीं इन 3 गंभीर बीमारियों से तो नहीं हो रहा, जानिए कैसे कम करें दर्द(Nav bharat Times: 20240307)**

<https://navbharattimes.indiatimes.com/lifestyle/health/causes-symptoms-and-treatment-of-wrist-pain-in-hindi/articleshow/108268337.cms>

अगर आप लगातार कलाई के दर्द से परेशान हैं, तो आपको एक बार इसके कारणों पर ध्यान जरूर देना चाहिए। नहीं तो यह आगे जाकर कोई बड़ा रूप ले सकता है। कलाई में दर्द के कारणों और इलाज के बारे में जाने यहां।

wristpainMAIN

स्मार्ट टीवी पर रियायती कीमतों का आनंद लें- अभी खरीदें

डील देखें

स्मार्ट टीवी पर रियायती कीमतों का आनंद लें- अभी खरीदें

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! नेताजी सुभाष चंद्र बोस हवाई अड्डे को पहले किस नाम से जाना जाता था?

डील देखें

खेलें और जीतें! नेताजी सुभाष चंद्र बोस हवाई अड्डे को पहले किस नाम से जाना जाता था?

कई बार कलाई में होने वाले दर्द को हम आम समझ कर हम अनदेखा कर देते हैं। यह उन लोगों में ज्यादा होता है, जो लंबे समय तक कंप्यूटर पर काम या हाथों पर ज्यादा दबाव पड़ने वाला कोई काम करते हैं। यह दर्द किसी बीमारी का लक्षण भी हो सकता है।

यह मोच या फ्रैक्चर होने की वजह से हो सकती है। अगर इस परेशानी पर जल्द ध्यान न दिया गया तो बढ़ते समय के साथ यह परेशानी और भी बढ़ सकती है। भविष्य में गठिया रोग या कार्पल टनल सिंड्रोम जैसी बीमारियों का खतरा भी बढ़ जाता है। इस आर्टिकल में हम कलाई में दर्द के बारे में और इसका इलाज कैसे किया जाता है, यह जानेंगे।

### कलाई में दर्द के लक्षण

कलाई में दर्द के लक्षण निम्नलिखित हो सकते हैं, जैसे कि हाथ से कोई भी काम समय में तकलीफ महसूस होना या काम नहीं कर पाना। जब आप कलाई को घुमाते हैं कुछ काम करने के लिए तो उस दौरान तेज दर्द होना और कलाई के आसपास के हिस्से पर नीला पड़ना आदि इसके मुख्य लक्षण हैं।

### कलाई में दर्द के कारण

हमारी कलाई 8 अलग-अलग हड्डियों से मिलकर बनी है। अगर कलाई से संबंधित कोई परेशानी शुरू हो जाए, तो यह एक गंभीर समस्या है। इसलिए इसके कारणों को समझना अत्यधिक आवश्यक है। इसके कारणों में शामिल है लंबे समय तक लैपटॉप चलाना, लंबे समय तक मोबाइल का इस्तेमाल, हाथों में मोच आना या फ्रैक्चर होना और पहले से गठिया की बीमारी होना। नैशनल सेंटर फॉर बायोटेक्नोलॉजी इंफॉर्मेशन की एक रिपोर्ट के अनुसार अधिक वजन वालों में भी यह समस्या देखी जाती है। वजन बढ़ने की वजह से कार्पल टनल सिंड्रोम की समस्या हो सकती है।

### कलाई में दर्द का इलाज

कलाई में दर्द का इलाज, इसके कारणों पर निर्भर करता है, जैसे कि :

#### कार्पल टनल सिंड्रोम

कार्पल टनल सिंड्रोम के कारण कलाई में सूजन और दर्द को कम करने के लिए कलाई पर का ब्रेस या स्प्लिंट पहनने की सलाह दी जाती है। इसके अलावा 10 से 20 मिनट के लिए गर्म पानी का सेक या आइस पैक से सिकाई करना।

#### गाउट

गाउट होने पर कलाई में दर्द के इलाज के लिए डॉक्टर एंटी-इंफ्लेमेटरी मेडिसिन जैसे आइबुप्रोफेन या कोई अन्य दर्द की दवा की सलाह दे सकते हैं। ध्यान रखें अपनी मर्जी से इन दवाओं का सेवन न करें। इसके अलावा अत्यधिक फैट वाले खाद्य पदार्थों का सेवन से दूर रहें।

#### कलाई में चोट

कलाई में चोट होने पर कलाई में दर्द के इलाज के लिए डॉक्टर आपको रिस्ट स्प्लिंट पहनने की सलाह देंगे। इसके अलावा दर्द वाले स्थान पर आइस पैक से सिकाई करना आपको दर्द से राहत दे सकता है।

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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।

निहारिका जायसवाल

निहारिका जायसवाल के बारे में

निहारिका जायसवाल

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

## Women's Day

**Women's Day: महिलाओं की थाली में जरूर होने चाहिए ये सुपरफूड, मिलते हैं फायदे (Hindustan: 20240307)**

<https://www.livehindustan.com/lifestyle/health/story-international-womens-day-2024-essentials-5-nutritious-food-must-add-in-thali-for-good-health-9480993.html>

International Women's Day: 8 मार्च को हर साल अंतरराष्ट्रीय महिला दिवस मनाया जाता है। इस दिन को मनाने का उद्देश्य तभी पूरा होगा जब वो अपनी सेहत का ध्यान रखेंगी। अपनी थाली में

इन फूड्स को जगह देंगी।

Aparajita लाइव हिन्दुस्तान, नई दिल्ली

Thu, 07 Mar 2024 09:49 AM

हमें फॉलो करें



घर का एक इंसान जो दिन-रात काम करता है। वो है घर की महिला, मां, बहन, पत्नी ये किसी भी रिश्ते के रूप में हो सकती है। बिना थके काम करने और अपने परिवार को

हेल्दी रखने के लिए जरूरी है कि महिलाएं भी अपने स्वास्थ्य का पूरा ख्याल रखें। वैसे महिलाओं के शरीर में लाइफटाइम कुछ ना कुछ बदलाव होते रहते हैं। पीरियड्स शुरू

होने से लेकर प्रेग्रेंसी, ब्रेस्टफीडिंग, मेनोपॉज जैसे कई फेज होते हैं। जिस वक्त पर उन्हें अलग-अलग तरह के न्यूट्रीशन की जरूरत होती है। महिलाओं को अगर खुद की सेहत

का ध्यान रखना है तो इन फूड्स को अपनी थाली में जरूर जगह देनी चाहिए। जिनसे वो ना केवल स्वस्थ रहें बल्कि अपने परिवार और घर का भी पूरा ध्यान रख सकें।

विज्ञापन

ऐप पर पढ़ें/देखें

ई-पेपर

ऐप में फ्री

शहर चुनें

होम NCR देश क्रिकेट WPL 2024 NEW मनोरंजन करियर एजुकेशन चुनाव वेब स्टोरी बिजनेस विदेश धर्म  
3/7/24, 10:52 AM international womens day 2024 essentials 5 nutritious food must add in thali for  
good health - Women's Day: महिलाओं की थाली में ज...

<https://www.livehindustan.com/lifestyle/health/story-international-womens-day-2024-essentials-5-nutritious-food-must-add-in-thali-for-good-health-948...> 2/7

अलसी के बीज

ओमेगा 3 फैटी एसिड और डाइटरी फाइबर से भरपूर अलसी के बीजों में विटामिन, मिनेरल्स होते हैं। वहीं अलसी में एसेकंपाउंड होते हैं तो हार्मोनल हेल्थ को बैलेंस करने में

मदद करते हैं। जिससे महिलाओं के लिए किसी सुपरफूड से कम नहीं है। साथ ही अलसी कैलोरी की मात्रा को भी कम करती है।

अखरोट

अखरोट महिलाओं के लिए एक पावरफुल नट्स है। जिसे खाने से नींद आने में मदद मिलती है। साथ ही अखरोट कोलेस्ट्रॉल लेवल को कम करता है। कैंसर जैसी घातक

बीमारी से बचाता है अखरोट। यहीं नहीं मेनोपॉज के बाद हो रहे ओस्टिपोरोसिस की समस्या में महिलाओं को अखरोट डाइट में लेना चाहिए। जिससे ज्वाइंट्स पेन दूर हो।

पपीता

विटामिन ए और ई से भरपूर पपीता महिलाओं की सुंदरता बढ़ाने में मदद करता है। एंटी एं ऑक्सीडेंट्स कैरोटिन्स और फ्लेवोनॉइड महिलाओं में मैस्टुअल साइकल को रेगुले गुट करते

है और कोलन कैंसर जैसी बीमारी से दूर रखता है।

बेरीज

क्रेनबेरी महिलाओं में यूरिआई की समस्या को कम करने में मदद करता है। महिलाओं में सबसे ज्यादा यूरिआई का खतरा रहता है ऐसे में क्रेनबेरी का जूस फायदेमंद हो सकता

है। इसके अलावा स्ट्राबेरी, ब्लूबेरी, ब्लैकबेरी स्किन के लिए अच्छा माना जाता है।

दही

दही महिलाओं की थाली में जरूर होना चाहिए। ये न केवल उन्हें कैल्शियम की सप्लाई करता है। बल्कि विटामिन बी12 की कमी को भी दूर करता है। जो महिलाएं

वेजिटेरियन है। जिससे उन्हें झुनझुनी और विटामिन बी12 की वजह से होने वाली दिक्कतों को दूर करता है। इसके अलावा दही ब्लड ग्लूकोज लेवल को मेंटेन करती है।

साथ ही हर महिलाओं दाल, साबुत अनाज, हरी-पत्तेदार सब्जियों को डेली रूटीन में शामिल करना चाहिए। जिससे कि वो स्वस्थ रहे।

## Women's Day 2024

**Women's Day: महिलाओं को ज्यादा होते हैं इन बीमारियों के खतरे, शरीर की बनावट होती है जिम्मेदार**

**Women's Day 2024: महिलाओं के शरीर की बनावट काफी ज्यादा उनकी बीमारियों के लिए जिम्मेदार होती है। कुछ ऐसी बीमारियां जो केवल महिलाओं को ही होती हैं, जिसका कारण है उनके (Hindustan: 20240307)**

<https://www.livehindustan.com/lifestyle/health/story-womens-day-2024-female-body-structure-can-increase-risk-of-these-diseases-9480693.html>

8 मार्च को हर साल वुमन्स डे मनाया जाता है। इस दिन को मनाने का उद्देश्य दुनिया भर में आधी आबादी को आगे बढ़ाने और उन्हें तरक्की के रास्ते में बढ़ाना है। लेकिन समाज

में आगे बढ़ाने से ज्यादा जरूरी किसी भी महिला का स्वास्थ्य है। क्योंकि ज्यादातर महिलाएं स्वास्थ्य समस्याओं का सामना करती हैं। और उन्हें सही इलाज मिलना भी मुश्किल

रहता है। यहां पर हम बात कर रहे हैं महिलाओं के शरीर की बनावट की। जिसकी वजह से उन्हें कई सारी बीमारियों का सामना करना पड़ता है।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर

ऐप में फ्री

शहर चुनें

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

3/7/24, 10:53 AM womens day 2024 female body structure can increase risk of these diseases - Women's Day: महिलाओं को ज्यादा होता है इन बीमारियों ...

<https://www.livehindustan.com/lifestyle/health/story-womens-day-2024-female-body-structure-can-increase-risk-of-these-diseases-9480693.html> 2/5

महिलाओं के शरीर पर ज्यादा होता है बीमारियों का अटैक

साइंस के अनुसार महिलाएं संक्रामक बीमारियों की चपेट में पुरुषों की तुलना में कम आती हैं लेकिन ऑटो इम्यून डिजीज की शिकार ज्यादा होती है। इसका कारण है एक्स

क्रोमोसोम। क्योंकि एक्स क्रोमोसोम में इम्यून सिस्टम से जुड़े कई जीन होते हैं। वहीं महिलाओं में दो एक्स क्रोमोसोम होते हैं। इसलिए उनके शरीर में ऑटो इम्यूनिटी ज्यादा

डेवलप होना लाजिमी है। ऑटो इम्यून के अलावा भी महिलाओं को इन बीमारियों का ज्यादा खतरा रहता है।

सर्वाइकल कैंसर

महिलाओं में प्रजनन अंग सर्विक्स काफी छोटा होता है। साथ ही वजाइना और सर्विक्स में बर्थकैनल भी होती है। जब सर्वाइकल यानी गर्भाशय की कोशिकाएं तेजी से बढ़ने

लगती हैं और कंट्रोल के बाहर हो जाती है। जो इसे सर्वाइकल कैंसर कहते हैं।

ब्रेस्ट कैंसर

दुनिया भर की महिलाएं ब्रेस्ट कैंसर के खतरे पर रहती हैं। ब्रेस्ट कैंसर में कोशिकाएं तेजी से एक या दोनों ब्रेस्ट में फैलने लगती हैं। जिसकी वजह से ब्रेस्ट कैंसर होता है।

पीसीओडी

लंबेसमय तक महिलाओं में पुरुष हार्मोन एंड्रोजेन की वजह से कंडीशन बन जाती है। जिसे पॉलिस्टिक ओवरियन सिंड्रोम कहते हैं।

हार्ट डिसीज

महिलाओं में मेनोपॉज के बाद दिल से जुड़ी बीमारियों का खतरा तेजी से बढ़ता है।

ऑस्टियोपिरोसिस

महिलाओं की हड्डियां कमजोर होना कम उम्र से ही शुरू हो जाता है। लेकिन मेनोपॉज के बाद ज्वाइंट्स पेन और ऑस्टियोपिरोसिस की समस्या होने का खतरा रहता है।

### Side effects of eating Pumpkin

**मोटापे से लेकर बीपी तक की समस्या बढ़ा सकता है कद्दू का सेवन, ये होते हैं साइड इफेक्ट्स (Hindustan: 20240307)**

<https://www.livehindustan.com/lifestyle/health/story-omg-obesity-to-blood-pressure-know-the-side-effects-of-eating-pumpkin-in-hindi-9473523.html>

Side effects of eating Pumpkin: सेहत के लिए इतना फायदेमंद होने के बावजूद क्या आप जानते हैं कुछ लोगों को कद्दू का अधिक सेवन करने से बचना चाहिए। इसका सेवन उनकी सेहत को

फायदे ही जगह नुकसान पहुंचा सकता है

Manju Mamgain लाइव हिन्दुस्तान टीम, नई दिल्ली

Wed, 06 Mar 2024 12:25 PM

हमें फॉलो करें

Side effects of eating Pumpkin: कुछ लोग कद्दू की सब्जी खाना बेहद नापसंद करते हैं तो कुछ लोग इसे अलग-अलग तरह से बनाकर बड़े चाव से खाते हैं। कद्दू में

मौजूद कई औषधीय गुणगु इसे सेहत के लिए वरदान बनाते हैं। बता दें, कद्दू की सब्जी में फाइबर, विटामिन-ए, सी, ई, आयरन, कार्बोहाइड्रेट,

कैल्शियम, पोटैशियम, मैग्नीशियम, नियासिन, राइबोफ्लेविन, जिंक, फोलेट आदि जैसे कई पोषक तत्व मौजूद होते हैं। कद्दू में मौजूद विटामिन-ई त्वचा और बालों की खूबसूरती

बनाए रखता है तो इसमें मौजूद फाइबर पेट, पाचन क्रिया को दुरुस्त रखकर कब्ज की समस्या को दूर रखने में मदद करता है। सेहत के लिए इतना फायदेमंद होने के बावजूद

क्या आप जानते हैं कुछ लोगों को कद्दू का अधिक सेवन करने से बचना चाहिए। इसका सेवन उनकी सेहत को फायदे ही जगह नुकसान पहुंचा सकता है। आइए जानते हैं कि

लोगों को कद्दू का सेवन करने से फायदे की जगह नुकसान हो सकता है।

ऐप पर पढ़ें

ई-पेपर

ऐप में फ्री

शहर चुनें

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3/7/24, 10:54 AM omg obesity to blood pressure know the side effects of eating pumpkin in hindi - मोटापे से लेकर बीपी तक की समस्या बढ़ा सकता है कद्दू ...

<https://www.livehindustan.com/lifestyle/health/story-omg-obesity-to-blood-pressure-know-the-side-effects-of-eating-pumpkin-in-hindi-9473523.html> 2/4

विज्ञापन

इन लोगों को नहीं करना चाहिए कद्दू का सेवन ओबेसिटी-

अगर आप पहले से ही ओबेसिटी से परेशान हैं तो आपको कद्दू की सब्जी का सेवन नहीं करना चाहिए। ऐसा करने से आपका वजन और ज्यादा बढ़ सकता है। इसके अलावा

इसका सेवन करने से आपको पाचन संबंधी समस्याओं का भी सामना करना पड़ सकता है।

डायबिटीज अगर आप डायबिटीज रोगी हैं तो कद्दू की सब्जी का सेवन ना करें। कद्दू की सब्जी का सेवन करने से डायबिटीज रोगियों का ब्लड शुगर लेवल और ज्यादा बढ़ सकता है।

इसके अलावा उन्हें पेट फूलने जैसी परेशानी का सामना करना पड़ सकता है। ऐसे में कद्दू का सेवन करने से पहले अपने डॉक्टर से सलाह जरूर लें।

एलर्जी-

कद्दू की सब्जी का सेवन करने से कई बार आपको एलर्जी की समस्या हो सकती है। जिसकी वजह से आपको स्किन संबंधी परेशानी का सामना करना पड़ सकता है। स्किन

एलर्जी होनेपर व्यक्ति को हाथ-पैर में लाल चकत्ते और रैशेज पड़ सकते हैं। ऐसा होनेपर तुरंत डॉक्टर को दिखाएं।

लो बीपी-

कद्दू के बीज में बीटा कैरोटीन और मैग्नीशियम मौजूद होता है, जो ब्लड प्रेशर लेवल को कम करने में मदद करता है। लेकिन आप अगर पहले से ही हाई बीपी की दवा ले रहे

हैं, तो कद्दू का सेवन करने से आपका बीपी लो हो सकता है। जिससे उल्टी की परेशानी हो सकती है। ऐसे में हाई बीपी रोगी अपने आहार में कद्दू शामिल करने से पहले अपने

डॉक्टर की सलाह जरूर लें।

गैस्ट्रोइंटेस्टाइनल इंफेक्शन कद्दू की सब्जी खाने से कई बार गैस्ट्रोइंटेस्टाइनल (जीआई) इंफेक्शन से जुड़े लक्षण बढ़ सकते हैं। इसकी वजह से आपको फूड एलर्जी हो सकती है। इससे अलावा कद्दू खाना

पाचन क्रिया को प्रभावित कर सकता है जिससे समस्याएं और बढ़ सकती हैं।