



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240312

Hypertension, heart disease

Study finds consuming excessive salt can cause Hypertension, heart disease (The Tribune: 20240312)

<https://www.tribuneindia.com/news/health/study-finds-consuming-excessive-salt-can-cause-hypertension-heart-disease-599499>

Men exhibit higher nutrient intake compared to women

Study finds consuming excessive salt can cause hypertension, heart disease

"The high salt and low potassium intake point to the need to develop interventions targeted at individuals and societies," said Professor Vivekanand Jha, Executive Director of the institute and a neurologist. Thinkstock photo

Intake of nutrients necessary for good cardiovascular and kidney health is suboptimal among the population in North India, according to a new study, which has shown excessive salt consumption exceeding recommended levels, inadequate potassium intake, and protein consumption below the recommended dietary allowance.

The results of the study conducted by researchers of the George Institute for Global Health India, in collaboration with the Postgraduate Institute of Medical Education and Research in Chandigarh, emphasised on the need for personalised changes in diet to reduce the risks of common Non-Communicable Diseases (NCDs).

The study focuses on the intake of sodium, potassium, phosphorus and protein which have an impact on the risk of developing non-communicable diseases like hypertension, cardiovascular disease, and chronic kidney disease-fast-growing health challenges in the country.

The study, published in the journal *Frontiers in Nutrition*, involved over 400 adult participants encompassing healthy adults and those with early-stage chronic kidney disease. It utilised a 24-hour urinary excretion analysis to assess nutrient intake. This method is considered more accurate than dietary recall because it is less prone to errors related to memory or estimation of portion sizes. The steps have been taken to ensure the urine samples' reliability for analysis.

Excessive salt consumption and inadequate potassium intake are both seen to increase the risk of development of hypertension, cardiovascular disease, and chronic kidney disease. Men exhibited higher nutrient intake compared to women.

“A poor nutritious diet is a major risk element for NCD, which are of considerable public health concern. In India, people consume different foods. So it is important to know exactly what nutrients they are getting to help prevent and manage these diseases. The high salt and low potassium intake point to the need to develop interventions targeted at individuals and societies,” said Professor Vivekanand Jha, Executive Director of the institute and a neurologist.

The study also emphasises the importance of accurate dietary assessments to provide personalised advice and develop effective policies.

Emphasising the urgency for public awareness campaigns, individual counselling, and food policy reforms, Jha further said, “The study shows that it is important to have dietary guidelines that are specific to the local areas. We need to take action to fix imbalances in nutrients and encourage people to eat more healthily by increasing diversity.”

To lower the risks of NCDs, researchers suggested multifaceted strategies, including providing better information on food labels so people can make healthier choices, reducing salt in processed foods, and encouraging people to eat more fruits and vegetables rich in potassium.

The study also shows how to take proactive steps to fight NCDs, fostering a healthier future for North Indian communities.

Pandemic

India more prepared than ever before to face any future pandemic: Experts (New Kerala: 20240312)

<https://www.newkerala.com/news/2024/14999.htm>

India more prepared than ever before to face any future pandemic: Experts

India is well-prepared to face any future pandemic, said experts on the fourth anniversary of the Covid-19 pandemic, on Monday. Covid was declared a global pandemic by the World Health Organization (WHO) on March 11, 2020.

The pandemic claimed over 7 million lives globally, and more than half a million lives were lost in India.

While the WHO has officially declared the pandemic to be over in May 2023, the SARS-CoV-2 virus, causing the Covid infection, continues to mutate and infect large numbers of people worldwide.

However, the risk posed has decreased significantly. With scientists globally indicating the potential risk of future pandemic outbreaks, governments have seen the need for pandemic preparedness, which can enable all countries to equally access tests, and vaccines, among others.

This has also been put forward by the WHO and global health experts, especially as the pandemic saw the rich countries hoard vaccines, while many poor countries, in the Global South, were left to fend for themselves.

While the former had a surplus of tests and vaccines, which also had to be trashed due to expiry dates, the latter suffered immense loss of lives, including of healthcare workers.

The situation was similar for India, but it quickly ramped up efforts to help its citizens as well as poor countries in need.

Today, the country stands much more prepared than it was when Covid struck first, said the experts.

"India appears to be well-placed at this time from the perspective of the pandemic. The country acted assertively in the initial part of the pandemic and followed it up with a systematic and risk-stratified rollout of vaccines which greatly reduced the number of deaths from the pandemic," Dr Rajeev Jayadevan, co-chairman of the National Indian Medical Association Covid Task Force, told IANS.

"The health system has been ramped up to face similar outbreaks in the future, including speedy communication systems, chain of command, custom facilities and effective implementation of non-pharma interventions based on a continuing risk assessment," he added. Infectious disease expert Dr Ishwar Gilada told IANS that the country had the Disaster Management Act, 2005; and Epidemic Diseases Act, 1897 in place, but not pandemic preparedness.

He said the G20 presidency helped India towards thinking in that direction.

The country's NITI Aayog and Health Ministry is reportedly working to develop a pandemic preparedness programme, broadly covering areas such as surveillance, risk assessment and mobilisation of resources to help the country effectively combat any future pandemic. "Although India initially faced major fall-outs in providing healthcare for other conditions, paediatric vaccination, economy and societal disruption, and education to name a few," the country soon pulled through, Dr. Gilada said.

"Covid vaccine R&D was fastest ever, vaccines came in record time though with the emergency use authorisation (EUA) tag and that helped India to stand out globally as a very powerful country. India also excelled in the vaccination drive to surpass 2 billion doses. India's Vaccine-Maitri

initiative helped lower and middle-income countries (LMIC) at their toughest time when rich countries were self-centred.

"Today, India is much better prepared than ever before to face any future pandemic and other health exigencies -- in terms of PPE kits, testing capabilities, hospitalisation, oxygen production, medicines, vaccines and also human resource," said the doctor, who is Consultant in Infectious Diseases at Unison Medicare and Research Centre, Mumbai.

Further, Dr. Jayadevan also stressed the importance of understanding Long Covid -- a miscellaneous set of health conditions that linger three months or longer following infection, occurring after 5 to 10 per cent of initial symptomatic infections.

"We need to be vigilant about which way the virus turns, whether all new versions will arrive in the future, particularly as a result of reverse spill over from animals. This can also occur from people with immunosuppression, who harbour the virus for over long periods, enabling it to accumulate an extraordinarily large number of mutations," he said.

Hypertension, heart disease

Study finds consuming excessive salt can cause hypertension, heart disease (New Kerala: 20240312)

<https://www.newkerala.com/news/2024/14928.htm>

Intake of nutrients necessary for good cardiovascular and kidney health is suboptimal among the population in North India, according to a new study, which has shown excessive salt consumption exceeding recommended levels, inadequate potassium intake, and protein consumption below the recommended dietary allowance.

The results of the study conducted by researchers of the George Institute for Global Health India, in collaboration with the Postgraduate Institute of Medical Education and Research (PGIMER) in Chandigarh, emphasised on the need for personalised changes in diet to reduce the risks of common non-communicable diseases (NCDs).

The study focuses on the intake of sodium, potassium, phosphorus and protein which have an impact on the risk of developing non-communicable diseases like hypertension, cardiovascular disease, and chronic kidney disease-fast-growing health challenges in the country.

The study, published in the journal *Frontiers in Nutrition*, involved over 400 adult participants encompassing healthy adults and those with early-stage chronic kidney disease (CKD). It utilised a 24-hour urinary excretion analysis to assess nutrient intake. This method is considered more

accurate than dietary recall because it is less prone to errors related to memory or estimation of portion sizes. The steps have been taken to ensure the urine samples' reliability for analysis.

Excessive salt consumption and inadequate potassium intake are both seen to increase the risk of development of hypertension, cardiovascular disease, and chronic kidney disease

Men exhibited higher nutrient intake compared to women.

"A poor nutritious diet is a major risk element for non-communicable diseases (NCD), which are of considerable public health concern. In India, people consume different foods, so it is important to know exactly what nutrients they are getting to help prevent and manage these diseases. The high salt intake and low potassium intake point to the need to develop interventions targeted at individuals and societies," said Prof. Vivekanand Jha, Executive Director of the institute and a neurologist.

The study also emphasises the importance of accurate dietary assessments to provide personalised advice and develop effective policies.

Emphasising the urgency for public awareness campaigns, individual counselling, and food policy reforms, Jha further said, "The study shows that it is important to have dietary guidelines that are specific to the local areas. We need to take action to fix imbalances in nutrients and encourage people to eat more healthily by increasing diversity."

To lower the risks of non-communicable diseases (NCDs), researchers suggested multifaceted strategies, including providing better information on food labels so people can make healthier choices, reducing salt in processed foods, and encouraging people to eat more fruits and vegetables rich in potassium.

The study also shows how to take proactive steps to fight NCDs, fostering a healthier future for North Indian communities.

This project was supported by funding from the Department of Biotechnology, New Delhi, India Science and Engineering Research Board, New Delhi, and the Department of Biotechnology-Welcome Trust, India Alliance.

Nutrient

Nutrient intake in North India not at par with recommended levels: Study (New Kerala: 20240312)

<https://www.newkerala.com/news/2024/14907.htm>

Nutrient intake in North India not at par with recommended levels: Study

The intake of essential nutrients like sodium, potassium, phosphorus, and protein is either lower or higher than recommended levels in the northern states in India, according to a study.

These nutrients play a significant role in the development of non-communicable diseases like hypertension, cardiovascular disease, and chronic kidney disease -- fast-growing health challenges in the country, said the researchers at The George Institute for Global Health India, in collaboration with the Postgraduate Institute of Medical Education and Research (PGIMER) in Chandigarh, in a statement on Monday.

The study, published in the journal *Frontiers in Nutrition*, showed a higher-than-recommended dietary intake of salt and phosphorus while relatively low protein and potassium consumption.

“A poor nutritious diet is a major risk element for non-communicable diseases (NCD), which are of considerable public health concern. In India, people eat different foods, so it is important to know exactly what nutrients they are getting to help prevent and manage these diseases” said lead author Prof. Vivekanand Jha, Executive Director, The George Institute for Global Health, India, in the statement.

“The high salt intake and low potassium intake point to the need to develop interventions targeted to individuals and societies,” he added.

The findings are based on 400 adults, who included both the healthy and those with early-stage chronic kidney disease (CKD). The team utilised 24-hour urinary excretion analysis to assess nutrient intake.

Their results also revealed that men exhibited higher nutrient intake compared to women.

The team emphasised the need for personalised changes in diet to reduce the risks of common NCDs. Better information on food labels, reducing salt in processed foods, and encouraging people to eat more fruits and vegetables rich in potassium may be key to curb the rising NCDs in the country, the researchers said.

Polyglot's brain

Polyglot's brain works differently with native language: MIT study (New Kerala: 20240312)

<https://www.newkerala.com/news/2024/14874.htm>

The brains of polyglots -- people who speak five or more languages -- work differently when it comes to their native language, said researchers from the Massachusetts Institute of Technology (MIT) on Monday.

The study, published in the journal *Cerebral Cortex*, showed that polyglots' language processing network in the brain, located primarily in the left hemisphere, responds more when they hear any of the languages. However, the response is stronger when hearing their native language.

The findings suggest that the brains of polyglots take “comparatively little effort when processing their native language.” In other words, their brains need not work very hard to interpret it.

“Something makes it a little bit easier to process -- maybe it’s that you’ve spent more time using that language -- and you get a dip in activity for the native language compared to other languages that you speak proficiently,” said Evelina Fedorenko, Associate Professor of neuroscience at MIT.

“As you increase proficiency, you can engage in linguistic computations to a greater extent, so you get these progressively stronger responses. But then if you compare a really high-proficiency language and a native language, it may be that the native language is just a little bit easier, possibly because you've had more experience with it,” Fedorenko said.

For the study, the researchers recruited 34 polyglots, each with at least some degree of proficiency in five or more languages but were not bilingual or multilingual from infancy. Sixteen of the participants spoke 10 or more languages, including one who spoke 54 languages with at least some proficiency.

They underwent functional magnetic resonance imaging (fMRI) as they listened to passages read in eight different languages.

The results also showed that polyglots' brain language networks also lit up when they listened to languages that they didn't speak, but could understand.

Further, the multiple-demand network of the brain that becomes active when performing a cognitively demanding task also gets turned on when listening to languages other than one’s native language.

Blood sugar

Why FDA cleared yogurt for controlling blood sugar, reducing the risk of diabetes (Indian Express: 20240312)

<https://indianexpress.com/article/health-wellness/diabetes-risk-yogurt-benefits-fda-9198134/>

Dr Amrish Mithal, Chairman, Endocrinology and Diabetes, Max Healthcare, analyses which yogurt works best

diabetes, yogurt benefits Most Indian households use home-made curd rather than commercially available yogurt. While they are somewhat similar, there are fundamental differences. (Pixabay/File Photo)

In an important development last week, the United States Food and Drug Administration (FDA) allowed yogurt manufacturers to advertise the role of yogurt in reducing the risk of Type 2 diabetes. The FDA agreed to the claim that “eating at least two cups of yogurt per week may reduce the chance of developing diabetes.”

This is, however, based on limited evidence, and is, therefore, labelled as a “qualified” health claim. A qualified health claim lacks full scientific evidence as opposed to evidence from a randomised clinical trial. The claim of an association between yogurt intake and lower risk of diabetes is not new. Several large studies have shown that fermented milk products like yogurt can reduce the risk of developing Type 2 diabetes. The most important was a meta-analysis of data from 100,000 participants by researchers from the Harvard School of Public Health which showed that a daily serving of yogurt was linked to an 18 per cent lower risk of developing diabetes. Other dairy products or total dairy consumption were not found to have the same protective effect.

weight loss plateau

How to beat the weight loss plateau? These routines will help you (Indian Express: 20240312)

<https://indianexpress.com/article/health-wellness/weight-loss-plateau-routines-help-9196754/>

Holistic health expert Dr Mickey Mehta explains how to get back on course

Weight loss fitness The effects of weight loss show up rapidly in the initial period because the body makes up for the calorie deficit by releasing its stores of glycogen, the carbs it stores in muscles and liver, for energy. (Source: Getty Images/Thinkstock)

Experiencing a weight loss plateau (not losing weight after the initial dip) can be frustrating, especially after you’ve made big changes in your diet and exercise regimen. But understanding the science may help you rework some of your routines and get you back on course. The real trick is

to remain in the desired height-weight ratio and maintain it. Unrealistically pushing down weight to more than what is required is not very practical.

Delusional Disorder (The Asian Age:: 20240312)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17875955>

PSYCHO-LEGAL COUNSELLING

My wife seems to suffer with Delusional Disorder

Q *I have been married for 14 years and my wife and I have two children. I was working in the Middle East. My wife was diagnosed with Delusional Disorder after the birth of our second child. Whenever she is stressed, she starts questioning my fidelity, and suspects that I'm having a relationship with every woman I talk to. She usually becomes normal with the help of medication and therapy. However, over the last six months, she has been alleging that I have inappropriate designs on my own daughter. She went to the extent of lodging an FIR against me under the POCSO Act, and has been living separately with our children. She forced me to part with all my assets and sign divorce papers. I agreed to all her terms out of fear. The divorce hasn't been finalized yet. In the meantime, I lost my job. I am financially unstable, as I am losing confidence in view of the court cases. I miss my children and family. I don't want a divorce. I don't know how to find solutions to my problems. Please guide me. (Name withheld).*

Counselling by Vrushali Reddy

A feature of the mental illness called Delusional Disorder is that the affected person is a victim of irrational beliefs. It is colloquially called 'Shak ki Bimari'. Particularly, sufferers suspect that others are attempting to harm them in some way. Sometimes, they see, hear and feel things that are not real. Excessive stress, childhood experiences or genetic factors could cause this mental illness. Affected persons can function normally with the

Harmful colouring

Karnataka bans use of harmful colouring agents in Cotton Candy and Gobi Manchurian (The Hindu: 20240312)

<https://www.thehindu.com/sci-tech/health/karnataka-bans-use-of-harmful-colouring-agents-in-cotton-candy-and-gobi-manchurian/article67938569.ece>

The ban comes into effect immediately with a notification issued by the Commissioner of Food Safety on March 11

A vendor selling cotton candy. The Minister clarified that there is no ban on the sale of white cotton candy.

Karnataka Government has banned the use of harmful colouring agents in cotton candy and Gobi Manchurian, and warned of severe action against offenders.

Crisis of time: On parched Karnataka and its water woes

Modi government announces implementation of the Citizenship Amendment Act rules 4 years after bill was passed

Traffic restrictions in Hyderabad on March 12 for political events at LB Stadium, Parade Grounds

Time to prohibit judges from joining politics

Trinamool is sure 'outsider' Yusuf Pathan will unseat Adhir; Cong. and Left stunned by choice

Anaemia, poor weight

Anaemia, poor weight gain among pregnant women in rural areas still a cause for concern, says Tamil Nadu DPH(The Hindu: 20240312)

<https://www.thehindu.com/sci-tech/health/anaemia-poor-weight-gain-among-pregnant-women-still-a-cause-for-concern-says-dph/article67925509.ece>

Anaemia and poor weight gain among pregnant women in rural areas remain a cause for concern for public health officials.

According to T.S. Selvavinayagam, Director of Public Health (DPH) and Preventive Medicine, at least 50% of women covered under the 'First 1,000 Days of Life' initiative, who visit Primary Health Centres (PHC), do not meet the required haemoglobin and weight criteria.

Global health environment

Researchers call for a policy that promotes equitable global health environment

Feminist Global Health Policy would break prevailing power structures and historical oppressions, they say(The Hindu: 20240312)

<https://www.thehindu.com/sci-tech/health/researchers-call-for-a-policy-that-promotes-equitable-global-health-environment/article67929090.ece>

Hannah Eger from the School of Public Health at Bielefeld University, Germany, recently led a study that highlighted the transformative potential of the intersectional feminist approaches in reshaping health policies. Photo: [Linkedin.com/in/hannah-eger-136821183/](https://www.linkedin.com/in/hannah-eger-136821183/)

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A group of researchers from across various countries have called for a Feminist Global Health Policy (FGHP).

Global health environment

Researchers call for a policy that promotes equitable global health environment (The Hindu: 20240312)

<https://www.thehindu.com/sci-tech/health/researchers-call-for-a-policy-that-promotes-equitable-global-health-environment/article67929090.ece>

Feminist Global Health Policy would break prevailing power structures and historical oppressions, they say

Hannah Eger from the School of Public Health at Bielefeld University, Germany, recently led a study that highlighted the transformative potential of the intersectional feminist approaches in reshaping health policies. Photo: [Linkedin.com/in/hannah-eger-136821183/](https://www.linkedin.com/in/hannah-eger-136821183/)

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Betal Leaf Benefits For constipation:

पुरानी कब्ज की समस्या को खत्म कर देगा पान का पत्ता, खातेही बाहर आ जाएगी पेट की गंदगी (Hindustan: 20240312)

<https://www.livehindustan.com/lifestyle/health/story-how-to-eat-betel-leaf-or-paan-ka-patta-to-get-rid-of-constipation-or-kabz-9518907.html>

Betal Leaf Benefits For constipation: कब्ज एक ऐसी समस्या है जो पेट से जुड़ी हुई है। बादी वाली चीजों को खाने से ये समस्या बढ़ सकती है। इससे निपटने में पान का पत्ता

फायदेमंद साबित हो सकते हैं। जानिए कैसे

पान खाना ज्यादातर लोगों को पसंद होता है। भारतीय संस्कृति में इसका खास महत्व है। ये पत्ता एंटी एं - डायबिटिक, कार्डियोवस्कुलर, एंटी एं - इन्फ्लेमेटरी, एंटी एं - अल्सर और

एंटी एं - इन्फेक्टिव गुणगु से भरपूर पान का पत्ता खाने से सेहत को कई तरह के फायदे मिल सकते हैं। अगर कोई व्यक्ति कब्ज की समस्या से परेशान है तो वह भी पान

पत्ते का इस्तेमाल कर सकते हैं। जानिए कब्ज में पान के पत्ते के फायदे -

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

3/12/24, 10:26 AM How To eat Betel leaf or paan ka patta to get Rid of constipation Or kabz - पुरानी कब्ज की समस्या को खत्म कर देगा पान का पत्ता , खाते ही ...

<https://www.livehindustan.com/lifestyle/health/story-how-to-eat-betel-leaf-or-paan-ka-patta-to-get-rid-of-constipation-or-kabz-9518907.html> 2/5

विज्ञापन

पुरानी कब्ज से मिलेगा छुटकारा

दरअसल, पान के पत्तेएंटी एं ऑक्सीडेंट सेभरपूर होतेहैं। येशरीर मेंपीएच लेवल को मेंटेन रखनेमेंमदद कर सकता है। ऐसेमेंइसेखाकर पेट सेजुड़ी समस्याएं से

राहत मिल सकती है। यहां जानिए पुरानी कब्ज सेनिपटनेके लिए पान के पत्तेको कै,े खाएं।एं

सुबह इस तरह लेंपान का पत्ता

कब्ज को दूर कर पेट सेसारी गंदगी निकालनेके लिए पान के पत्तों को पीसकर रात भर पानी मेंभिगो दें। सुबह उठकर पानी को छानकर खाली पेट पिएं।एं इसके

अलावा आप एक गिलास पानी को गर्मकरेंऔर इसमेंपान के पत्तेको डालकर उबाल लें। जब पानी आधा रह जाए तो इसेग्लास मेंनिकालें।। अब इस पानी को घूंटघूंट करके पिएं।एं

यूं पाएं एसिडिटी सेछुटकारा

कई बार खाना खानेके बाद सीनेमेंजलन, खट्टी उकार आनेजैसी समस्याएं हो जाती हैं। इससेनिपटनेके लिए पान के पत्तेफायदेमंद होतेहैं। इस समस्या सेनिपटने

के लिए पान के पत्तों को चबाकर खाएं।एं नियमित रूप सेपान के पत्तों को सादा चबानेसेपेट सेजुड़ी समस्याओं सेबचा जा सकता है।

Millet Milk

Millet Milk : ये 5 तरह के मिलेट मिल्क बन रहेहैंवीगन डाइट का नया ट्रेंड, आप भी जानिए इनके फायदे(Hindustan: 20240312)

<https://www.livehindustan.com/lifestyle/story-here-are-5-types-of-millet-milk-and-their-health-benefits-9513585.html>

डेरी का दूध और वीगन लोगों के लिए बादाम, नारियल और प्लांट बेस्ड मिल्क के बारेमेंतो आपनेसुना ही होगा। आज हम आपको प्लांट बेस्ड मिल्के के कुछ और विकल्प के बारेमेंबताने

प्लांट बेस्ड खानेका प्रचलन दुनिया भर मेंतेजी सेबढ़ रहा है। हेल्थ के क्षेत्र मेंलोग मिलेट की भी अलग अलग किस्मों को काफी पसंद कर रहेहैं। विभिन्न प्रकार के

बाजरेडेयरी दूध का विकल्प बनानेके लिए कई तरह सेइस्तेमाल किए जा रहेहैं। इतना प्रतलित होनेके बाद आपको भी मिलेट के दूध के बारेमेंजानना चाहिए और

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

3/12/24, 10:28 AM here-are-5-types-of-millet-milk-and-their-health-benefits - Millet Milk : ये 5 तरह के मि लेट मि ल्क बन रहे हैं वी गन डा इट का नया ट्रेंड, आप भी ...

<https://www.livehindustan.com/lifestyle/story-here-are-5-types-of-millet-milk-and-their-health-benefits-9513585.html> 2/4

Healthy Lifestyle Lifestyle Milk

उसका स्वाद लेना चाहिए। इसके कई स्वास्थ्य लाभ भी है। अधिक जाननेके लिए इस लिंक पर क्लिक करें:
Millet Milk : ये 5 तरह के मिलेट मिल्क बन रहे

Tea

चाय मेंदूध डालनेसेक्यों किया जाता हैमना, हार्वर्ड के डॉक्टर नेबताया नुकसान(Hindustan: 20240312)

<https://www.livehindustan.com/lifestyle/health/story-why-milk-in-green-tea-or-black-tea-is-harmful-harvard-doctor-william-li-tells-side-effects-9512648.html>

आप चाय के शौकीन हैंतो यह खबर आपके काम की है। ब्लैक टी या ग्रीन टी दोनों सेहत के लिए अच्छी हो सकती हैंबशर्तेकुछ चीजों का ध्यान रखा जाए। अगर आप चाय को हेल्थ के

चाय को भारत मेंसिर्फ पेय ही नहीं बल्कि इमोशन माना जाता है। हेल्थ बेनिफिट्स सेज्यादा इसेलोग स्वाद की वजह सेपीतेहैं। डॉक्टर्सग्रीन टी को हेल्दी बतातेहैं

फिर भी लोग इसेअपनी डाइट मेंशामिल नहीं कर पाते। ज्यादातर लोग इसकी वजह इसके स्वाद को देतेहैं। हार्वर्ड यूनिवर्सिटी के डॉक्टर और रिसर्चर विलियम ली ने

बताया कि चाय मेंदूध मिलानेसेक्यों यह फायदेमंद नहीं रहती?

ऐप पर पढ़ेंढ़ेंढ़ें

ई- पेपर

ऐप मेंफ्री

शहर चुनें

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

3/12/24, 10:29 AM why milk in green tea or black tea is harmful harvard doctor william li tells side effects - चाय में दूध डालने से क्यों कि या जा ता है मना , हा र्व...

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विज्ञापन

चाय के फायदे

हेल्दी लॉन्ग लाइफ चैनल पर डॉक्टर ने बताया कि ग्रीन टी हो या ब्लैक टी इनमें कैटेकिन, ईजीसीजी और पॉलीफिनॉल्स पाए जाते हैं। ये दिमाग को रिलैक्स रखते हैं।

शरीर का इन्फ्लेमेशन कम करते हैं और कैंसर जैसी बीमारियों से भी बचाते हैं। चाय शरीर में स्टेम सेल को बढ़ाती है जो इससे आप पर बढ़ती उम्र का असर देर से

दिखता है साथ ही शरीर की खुद को रिपेयर करने की क्षमता बढ़ जाती है।

ब्लैक टी भी फायदेमंद

डॉक्टर ली ने बताया कि सिर्फ ग्रीन टी ही नहीं बल्कि ब्लैक टी भी आपकी स्टेम सेल्स बढ़ाती है। कई बार लोग सोचते हैं कि ब्लैक टी फर्मेंटड है इससे फायदा नहीं

होता पर ऐसा नहीं है। उनसे पूछा गया कि चाय में दूध मिलाने का क्या नुकसान होता है? क्या दूध चाय के बायोएक्टिव कंपाउंड्स को अवशोषित करने में रुकावट

पैदा करता है?

चाय में दूध मिलाने के नुकसान

डॉक्टर विलियम ली बताते हैं, डेयरी या गाय के दूध या क्रीम में फैट होता है। यह चाय को टेस्टी बना देता है लेकिन जब दूध या क्रीम को चाय में डालते हैं तो यह

साबुन जैसे बुलबुले बनाता है। इन छोटे-छोटे बुलबुलों में चाय के पोषक तत्व पॉलीफिनॉल्स और कैटेकिन्स फंस जाते हैं। जब आप चाय पीते हैं तो आपके पेट में

पहुँचती है।

मिलाकर पिएं कई चाय

यहां पर पोषक तत्व अवशोषित नहीं हो पाते बल्कि शरीर के बाहर निकल जाते हैं। इस वजह से चाय में डेयरी प्रोडक्ट्स मिलाने से मना किया जाता है। इससे स्वाद

भलेही बढ़ जाए लेकिन न्यूट्रीशनल वैल्यूघट जाती है। उन्होंनेसलाह दी कि चाय को बिना चीनी और दूध के पिएं।एं अगर एक तरह की चाय मेंकई तरह की चाय

मिलाई जाएं तो उनकी न्यूट्रीशनल वैल्यूकई गुना गु बढ़ जाती है। ध्यान रहेयह बात हर तरह की चाय पर लागू होती

Makhana Benefits for Male

नए जमाने की 4 बीमारियों का नाश करता है ये प्राचीन फूड, 5 तरीके से खाने पर मिलेगी डबल ताकत (Navbharat Times: 20240312)

Makhana Benefits for Male: पुरुषों और महिलाओं के लिए मखाना काफी पौष्टिक होता है। इसमें कैल्शियम, आयरन, फाइबर, मैग्नीशियम, प्रोटीन जैसे पोषक तत्व होते हैं जो शरीर को फौलादी बनाते हैं। यह सुपरफूड नए जमाने की कई बीमारियों को दूर करने में मदद करता है।

<https://navbharattimes.indiatimes.com/lifestyle/health/include-makhana-or-fox-nuts-benefits-in-your-diet-for-male-and-female-according-to-dietician/articleshow/108396497.cms?story=6>

include makhana or fox nuts benefits in your diet for male and female according to dietician

नए जमाने की 4 बीमारियों का नाश करता है ये प्राचीन फूड, 5 तरीके से खाने पर मिलेगी डबल ताकत

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?

जमाना काफी तेजी से बदल रहा है। इसी के साथ हमारा स्वास्थ्य बदल रहा है और साथ में बीमारियां भी बदल रही हैं। पहले हार्ट अटैक और कैंसर अमीर लोगों की बीमारी कहा जाता था, मगर आज यह गरीबों को भी होने लगा है। कई सारी बीमारियां वक्त से पहले ही मौत का कारण बन जाती हैं। इस स्थिति को काबू करने में मखाना मदद कर सकता है।

मखाना कैसे खाना चाहिए? डाइटिशियन श्वेता पांचाल ने बताया कि मखाना एक प्राचीन भारतीय सुपरफूड है, जो मॉडर्न वर्ल्ड के लिए बहुत ही ज्यादा फायदेमंद है। इसे स्मूदी, खीर, सब्जी, लड्डू और रोस्टेड सैक बनाकर खा सकते हैं। इसे खाने से मिलने वाले 4 मुख्य फायदों के बारे में जानते हैं।

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मखाना खाने से क्या होता है?

मोटापा

मोटापा

आज के जमाने की सबसे बड़ी बीमारी मोटापा है। अगर आप इससे परेशान हैं तो मखाना जरूर खाएं। 100 ग्राम मखाने में सिर्फ 350 कैलोरी होती हैं। जो कि कैलोरी इनटेक को कंट्रोल करने में मदद करेंगी। इसमें 10 ग्राम प्रोटीन, 77 ग्राम कार्ब्स और काफी सारा फाइबर होता है जो कि इसे एक वेट फ्रेंडली फूड बनाता है।

खाली पेट मखाना के फायदे

Makhana Health Benefits: सुबह खाली पेट मखाना खाने दूर होती है ये बीमारियां

डायबिटीज

डायबिटीज

पिछले कुछ दशकों में डायबिटीज के मरीज दोगुने हो गए हैं। कई लोगों को तो पता भी नहीं है कि उन्हें यह बीमारी शुरू हो चुकी है। डायबिटीज, प्री-डायबिटीज, पीसीओएस, इंसुलिन रेजिस्टेंट एकसाथ जुड़ी हुई बीमारी हैं। ऐसे लोगों के लिए मखाना एक हेल्दी स्नैक साबित हो सकता है। कार्ब्स होने के बावजूद इसका ग्लाइसेमिक इंडेक्स कम होता है।

पेट रहेगा चकाचक

पेट रहेगा चकाचक

डायजेस्टिव सिस्टम के लिए यह हेल्दी है। क्योंकि फाइबर आपकी गट हेल्थ में गट लाइनिंग को मैनेज करने के लिए आवश्यक होता है। यह न्यूट्रिएंट कब्ज से छुटकारा दिलाने में मदद करता है। अगर आपको अत्यधिक फाइबर से परेशानी होती है तो मखाना कम खाएं।

इंफ्लामेशन की दिक्कत

इंफ्लामेशन की दिक्कत

रुमेटाइड आर्थराइटिस, लुपस, हाशिमोटो या ऑटोइम्यून डायबिटीज की वजह इंफ्लामेशन होती है। इन बीमारियों में भी मखाना खा सकते हैं। इसमें एंटी इंफ्लामेटरी कंपाउंड होता है जो शरीर की इंफ्लामेशन को कम करता है।

हीमोफीलिया

**चोट लगने पर खून बंद नहीं होता? हीमोफीलिया से निपटने के लिए खाएं ये 5 चीजें
(Navbharat Times: 20240312)**

<https://navbharattimes.indiatimes.com/lifestyle/health/what-is-hemophilia-and-5-foods-to-get-rid-of-this-health-condition/articleshow/108394034.cms?story=3>

हीमोफीलिया खून से संबंधित जेनेटिक बीमारी है। यह कई बार जानलेवा साबित हो सकती है। इससे पीड़ित व्यक्ति को चोट लगने पर लगातार ब्लीडिंग हो सकती है। इसके लक्षणों को एक अच्छी डाइट के साथ भी कंट्रोल किया जा सकता है।

what is hemophilia and 5 foods to get rid this health condition

चोट लगने पर खून बंद नहीं होता? हीमोफीलिया से निपटने के लिए खाएं ये 5 चीजें

स्मार्ट टीवी पर रियायती कीमतों का आनंद लें- अभी खरीदें

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

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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?

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कई बार आपने ध्यान दिया होगा कि चोट या खरोच लगने के बाद खून बहना शुरू हो जाता है, तो फिर बंद ही नहीं होता है। ऐसा हीमोफीलिया की बीमारी में होता है। हीमोफीलिया रक्त की बीमारी से जुड़ी एक गंभीर समस्या है। इसमें खून का थक्का यानी कि ब्लड क्लॉट बनना बंद हो जाता है। यह एक अनुवांशिक बीमारी है।

ऐसा इसलिए होता है, क्योंकि हीमोफीलिया के मरीजों में क्लॉट बनाने वाले घटक काफी कम होते हैं। इन लोगों में रक्तस्राव शरीर के अंदर या बाहर दोनों जगह हो सकता है। जो लोग इस बीमारी से ग्रसित होते हैं, उनमें छोटी सी खरोंच लगने पर भी दिक्कत शुरू हो जाती है।

इस बीमारी के इलाज में डाइट भी महत्वपूर्ण भूमिका निभाती है। नेशनल सेंटर फॉर बायोटेक्नोलॉजी इंफॉर्मेशन के अनुसार हीमोफीलिया के मरीजों को उनकी डाइट में कुछ विशेष चीजों को शामिल करने की सलाह दी जाती है, जो रक्तस्राव को नियंत्रित और खून के क्लॉटिंग को बढ़ावा देने में मदद कर सकते हैं।

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आयरन से भरपूर खाद्य पदार्थ

हीमोफीलिया जैसे हेल्थ कंडीशन में आयरन से भरपूर चीजों का सेवन फायदेमंद माना जाता है, क्योंकि यह रेड ब्लड सेल्स बनाती है। रेड ब्लड सेल्स ही ऑक्सीजन को मसल्स तक लेकर जाते हैं। आयरन की कमी को पूरा करने के लिए आप डाइट में निम्नलिखित चीजों को शामिल कर सकते हैं, जैसे कि रेड मीट, सी फूड, दाल, मटर, फलियां और हरी पत्तेदार सब्जियां, सूखे मेवे में किशमिश और खुबानी आदि।

प्रोटीन भी जरूर लें

प्रोटीन भी जरूर लें

प्रोटीन भी खून में क्लॉटिंग बनाने के लिए महत्वपूर्ण होता है। इसके लिए आप अपनी डाइट में दूध, दही, पनीर, चिकन, मछली, अंडे, दालें, मटर और सोयाबीन आदि का सेवन करें।

कैल्शियम भी जरूरी है

कैल्शियम भी जरूरी है

हीमोफीलिया के मरीजों के लिए कैल्शियम भी जरूरी है, क्योंकि इन्हें मसूड़ों संबंधित परेशानी में ब्लीडिंग हो सकती है, जिससे इन लोगों को बचना चाहिए। दांतों की परेशानी से बचने के लिए कैल्शियम युक्त चीजों का सेवन करें, जैसे कि