



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20240313

## **Glaucoma**

**Those above 40 must test for glaucoma: Experts (The Tribune: 20240313)**

**Early detection allows for timely treatment and helps prevent vision loss**

<https://www.tribuneindia.com/news/health/those-above-40-must-test-for-glaucoma-experts-599809>

If you have a family history of glaucoma, are over 40 years of age or experiencing symptoms such as pain in the eye, pressure, headaches, or seeing rainbow-coloured halos around lights, it is essential to undergo an eye test.

Ignoring these signs may lead to irreversible peripheral vision loss associated with glaucoma.

Siddharth Agrawal, faculty at the ophthalmology department of KGMU, said glaucoma is caused by a buildup of fluid within the eye, leading to pressure that can damage the optic nerve.

He underlined the importance of regular eye checkups, especially for those above 40. He advised people to be especially vigilant if they have a family member with glaucoma, experience frequent spectacle changes, or have any discomfort in their eyes.

Another faculty SK Bhaskar, said the fluid buildup inside the eye, called aqueous humor, needs to drain properly to maintain healthy pressure.

Excessive steroid use can also contribute to eye problems. He said due to awareness, more patients are being diagnosed, and the number of glaucoma patients has grown by 10 per cent in the past five years, partly due to increased awareness and better detection methods.

However, many people mistake glaucoma for cataracts, delaying proper treatment. Unlike cataracts, glaucoma causes permanent vision loss if left untreated.

Bhaskar emphasised the importance of eye pressure and retinal tests for anyone over 40 experiencing vision problems. Early detection allows for timely treatment and helps prevent vision loss, he added.

## **Hypertension, heart disease**

### **Study finds consuming excessive salt can cause hypertension, heart disease(The Tribune: 20240313)**

Men exhibit higher nutrient intake compared to women

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

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.

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

## **Pharmaceutical firms**

### **Government issues marketing code for pharmaceutical firms (The Hindu: 20240313)**

<https://www.thehindu.com/sci-tech/health/ucpmp-specifies-the-rules-for-the-use-of-the-words-safe-and-new-for-drugs/article67944189.ece>

The Uniform Code for Pharmaceutical Marketing Practices disallows sponsored gifts, monetary grants or foreign trips for healthcare professionals or their families

The Department of Pharmaceuticals issued the Uniform Code for Pharmaceutical Marketing Practices (UCPMP) 2024 on March 13, specifying the rules of the use of the words “safe” and “new” for drugs, and stated that medical representatives must not employ any inducement or subterfuge to gain an interview, and that they must not pay, under any guise, for access to a healthcare professional.

## **Central Drugs Standard Control Organisation (CDSCO)**

### **Drug regulator warns about Meropenem, Disodium (The Hindu: 20240313)**

<https://www.thehindu.com/sci-tech/health/cdsco-issues-caution-against-manufacture-and-sale-of-unapproved-drugs/article67943220.ece>

It writes to all CDSCO offices and drug association to curb the trend

The Central Drugs Standard Control Organisation (CDSCO) has cautioned against the manufacture and sale of unapproved drugs specifically warning against drugs falling under the category of “New Drugs”.

The organisation citing the example of drugs – Meropenem (antibacterial agent) and Disodium EDTA (to treat calcium overload) – noted that they have got information that some manufacturers

are involved in manufacturing/marketing of unapproved drugs which CDSCO does not yet approve.

## **Healthcare**

**This week in health: bridging the gender gap in healthcare, the myth of miracle drugs and Karnataka's ban on harmful colouring agents. (The Hindu: 20240313)**

<https://www.thehindu.com/sci-tech/health/what-we-really-need-a-feminist-health-policy/article67942106.ece>

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

The International Day for Women is not something we ignore at the health desk. No doubt, over the years, the rampant capitalism that surrounds the event, with freebies and offers and discounts galore, has queered the pitch enough for one to be cynical about March 8. But none of that takes away from the fact that it is a day that comes with the entire heft of the feminist movement behind it. It is also significant for us to push for more equitable systems in health care, for equal opportunities for men and women employed in the health sector and addressing women-related health issues in a more sustainable way. This past week, we had all of that, to commemorate Women's Day in a meaningful way for these columns, addressing several issues across the gender-health spectrum. In a specially curated Op-Ed page, Dr. Preetha Reddy writes a very important article on bridging the gender gap in health research. The head honcho of the Apollo group of hospitals, starts with the facts, mixed with an opinion formed from years of working within the health sector: With about four billion women in the world, accounting for approximately 49.75% of the population, it is unfortunate that our approach to health and well-being has been shadowed by a deep-seated gender bias. For far too long, women's health has been confined to gynaecological and reproductive issues.

## **Life expectancy**

**Life expectancy dropped by 1.6 years during pandemic, reversing past progress: Lancet study**

**Life expectancy declined in 84% of countries and territories during the first two years of the Covid-19 pandemic, a new study has found (The Hindu: 20240313)**

<https://www.thehindu.com/sci-tech/health/life-expectancy-dropped-by-16-years-during-pandemic-reversing-past-progress-lancet-study/article67942455.ece>

A study published in The Lancet found a marked increase in adult mortality rates globally in 2020 and 2021. Reperesentational

A study published in The Lancet found a marked increase in adult mortality rates globally in 2020 and 2021. Reperesentational | Photo Credit: RAO GN

Global life expectancy dropped by 1.6 years between 2019 and 2021, a sharp reversal from past improvements, according to a research published in The Lancet journal

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## **Heart attack risk**

**Study flags new heart attack risk: Is the plastic water bottle harming you? (The Hindu: 20240313)**

Dr Nishith Chandra, Principal Director, Interventional Cardiology, Fortis Escorts Heart Institute, New Delhi, explains how microplastics from your food impact your heart health

plastic water bottle, heart attack risk, indian expressAccording to recent studies, one litre of bottled water contained an average of 240,000 plastic particles from seven types of plastics. (Pexels)

Next time you pick up plastic bottled water, or order vegetables online that come wrapped in cling films or have sea fish, remember that the water you drink or foods that you eat are just sending microplastics that have leached into them into your body. What's worse, a recent study has found that when these microplastics float in your bloodstream, they may raise your risk of heart attack and stroke by 4.5 times.

A new study from the University of Campania, Italy, and published in the New England Journal of Medicine (NEJM), has found microplastics, which are breakaway slivers of plastic less than five millimetres, inside people's arteries. Doctors examined plaque or fatty deposits inside the arteries of 304 patients and found that over 50 per cent of them had microplastics embedded in them. These developed in the carotid arteries, which are the main blood vessels that supply blood to the neck, face and brain. Not only this, the clogging particles upped the risk of blockages and heart attacks within just three years.

## **Reverse hair loss**

### **Reverse hair loss: How a drop of your own blood can regrow your hair, without the pain (: Indian Express:20240313)**

<https://indianexpress.com/article/health-wellness/hair-loss-treatment-platelet-rich-plasma-therapy-prp-9207786/>

Platelet-rich-plasma (PRP) therapy is gaining traction among the young as it uses concentrated blood platelets and has no side effects

hair loss treatment, prp therapy, platelet rich plasma therapyInherited, or pattern baldness, affects more men than women, the former losing hair in a spherical manner on the crown (Express Photo by Chitral Khambhati)

This is the story of a doctor who tested a therapy on herself before recommending it to her patients. And of a patient, who benefitted as much as she did, both of them fighting their hair loss together with their own blood! Delhi-based Dr Rashmi Sharma, senior consultant dermatologist at Fortis, Vasant Kunj, 34, chose platelet-rich plasma (PRP) therapy to keep her hair bouncy, long and thick enough to fight air pollution, tap water, long hours at work and stress. "My hair looked fuller and longer after three months. That's when I started using it on others," she says.

Forty-four-year-old Jammu homemaker Snehal Sharma, who lost her hair in clumps after a bad bout of Covid, balding out in patches, chose PRP as she wanted her ponytail back. On a follow-up



visit at the clinic, she unties it to show how her hair now swayed from side to side. “I researched comparative benefits before agreeing to this therapy,” she says.

## **Diet plan**

### **What’s this new diet plan for weight loss and reverse ageing all about? (: Indian Express:20240313)**

<https://indianexpress.com/article/health-wellness/new-diet-plan-for-weight-loss-and-reverse-ageing-9204865/>

Dr Sanjith Saseedharan, consultant and head, critical care at SL Raheja Hospital, Mumbai, analyses the benefits of a fasting-mimicking diet (FMD) plan.

reverse ageing weight loss diet planThe fast-mimicking diet used in the study involved eating food for five days, followed by regular eating for 25 days a month. (Photo: Getty/Thinkstock)

If you thought fasting is a big deal as it demands discipline, what if we told you that eating small amounts to not feel the denial is equally effective in losing weight and controlling blood sugar? This is called a fasting mimicking diet, an eating plan meant to mimic the effects of fasting while still allowing for nutrient intake.

A recent study, published in Nature, says that this diet reduced insulin resistance, liver fat and age-related markers, the biological age reversing by two-and-a-half years.

## **Infectious diseases**

### **India well-positioned to tackle infectious diseases, climate change, nutrition issues: Soumya Swaminathan (New Kerala :20240313)**

<https://www.newkerala.com/news/2024/15265.htm>

Former WHO Chief Scientist and Deputy Director General for Programmes, Dr Soumya Swaminathan, who on Tuesday received the prestigious Yashwantrao Chavan National Award 2023, feels that India is well-equipped and has positioned itself to effectively tackle various challenges, including infectious diseases, new pandemic, climate change, and nutrition with the present institutional build-up, collaborative approach, new and emerging technologies, and research & development.

India well-positioned to tackle infectious diseases, climate change, nutrition issues: Soumya Swaminathan  
The daughter of noted agricultural scientist late M.S. Swaminathan, Soumya Swaminathan is the Chairman of the M.S. Swaminathan Research Foundation, who hopes that India will be able to produce a vaccine to tackle tuberculosis soon.

In an exclusive interaction with IANS, she spoke at length about the ways to tackle these issues. Here are the excerpts:

#### On Infectious Diseases

"There are different kinds of infectious diseases. We have TB, malaria, and those which are expanding their footprints globally such as dengue, chikungunya, and also the newly emerging infections which we cannot predict, but have to remain prepared against.

So we need to tackle infectious diseases from a scientific and public health point of view. We understand enough about transmission, so we know how to prevent it even though we may not have vaccines for some of these infections.

However, with the advancement of technologies, including genomics, and different platforms being developed, we are in a good position to be able to develop diagnostics, vaccines, and drugs. What we need is a collaborative effort, because these are very complicated and complex infections. They need vaccinologists, immunologists, virologists, epidemiologists, molecular biologists, physicists, and engineers. The collaborative efforts are likely to lead to new and innovative solutions.

The best way to prepare for the worst pandemic is to try to tackle the infectious diseases we have today. If we can use new technologies, we will be in an even better position to deal with the next pandemic.

## Climate Change

Globally, India has been a strong voice on climate change and may be pushing for equity because the effects of climate change are not felt in countries, which are not major contributors to the phenomenon.

Unfortunately, even though our per capita contribution to greenhouse gases is extremely low, even lower than Africa, the brunt of the effect is being felt by us. Be it global warming leading to prolonged heat or floods, droughts, or cyclones, they are occurring more frequently now.

Whether it is an indirect effect of climate change through reducing the yield of major crops and potentially contributing to food and nutrition insecurity, there are many ways in which the climate is impacting our health today.

So, while India needs to have a strong voice on the global side and fight for equity, we need to look immediately at the adaptation measures as to how we protect the health and livelihood of millions of people, particularly the poor and the vulnerable, who are already just about managing.

We have rich agroecology and there is a lot of traditional wisdom in India to use our water sustainably. We knew how to build houses that were traditionally better able to withstand heat. Some of these things we need to go back to in order to protect the biodiversity that still exists. In the case of agro biodiversity, we have very diverse, rich varieties of rice, pulses, and millet, which have properties that make them resistant to climate change and droughts.

We have to invest again in our traditional ways of growing crops and harvesting water, so that we can start to mitigate some of the impacts of climate change, which are already being felt.

There is a lot of science in nutrition as well. It is critically important particularly for the young child though nutrition is important throughout the life course, but probably the critical period is pregnancy and the first two years of a child's life, what we call the first 1,000 days -- as that's when the brain develops.

For India to be a developed nation with a \$5 trillion economy, our human capital is our biggest asset, so we need to invest in human capital which is the health and education of young children. That is where we have to begin. We have to see our data, find out where we have done well, and where we still have gaps. We need to take a scientific approach to fill up those gaps.

We have to think of our strategies to achieve in a way that fits within our traditional food habits, and diet. We should not be resorting to drugs, medicines, and chemicals to solve the nutritional problems. They have to be addressed through a dietary option as it is the only sustainable way to improve nutrition.

Therefore, we have to look at agriculture as a solution to our nutritional needs and investing in this will pay off in the long term in terms of economic dividend.

It is also important to invest in children between the ages of six months and three years by establishing creches so that women can go to work and improve the women's labour force. It provides a safe and secure environment where children get physical and mental stimulation and nutrition. This will set a platform for a healthy childhood."

## **Digestive Health**

### **Did You Know Honey Is Good For Digestive Health? With Prebiotic Properties It Makes Sure You Have Good Bacteria In The Gut (New Kerala :20240313)**

<https://www.newkerala.com/news/2024/15215.htm>

There are many advantages of honey that you may not know. Since ancient times, honey has been used for many aspects of life, especially for medical purposes, as they are well-known for being the treatment for digestive ailments.

Did You Know Honey Is Good For Digestive Health? With Prebiotic Properties It Makes Sure You Have Good Bacteria In The Gut Some specific kinds of honey have rich bioactive characteristics like anti-inflammatory and antibacterial properties. Furthermore, there are non-digestible carbohydrates present in honey in the form of oligosaccharides. In addition to the many benefits of honey, you would be pleased to know that there is a lot of evidence through various studies that honey has prebiotic characteristics.

In simple words, prebiotics are compounds or foods, such as non-digestible carbohydrates, that are used to promote certain changes that are favourable to the function and composition of the gut microbiota. The gut microbiota plays a key role in human health and well-being. It does so by synthesising vitamins, aiding digestion, safeguarding from enteropathogenic infections, and stimulating the immune system. Any kind of disruption to the symbiotic connection between the host and microbiota can lead to diseases ranging from mild to severe.

As soon as we start to chew our food, the digestion process starts right away with the saliva that breaks down the food, helps it with swallowing, and pushes the food down to the stomach. Enzymes and Peptic acids dilute and keep on breaking up the food. Then, the stomach acids and enzymes digest the protein and demolish the majority of bacteria that are present in the food. Things that are now left are delivered to the small intestine. In the small intestine, major food groups, fat, proteins, and carbohydrates, are broken into fatty acids, amino acids, and sugar, and they get absorbed into the bloodstream.

The large intestine or colon takes the unabsorbed remnants. It extracts water and salt while the abundant colonic bacteria ferment the sugars that are unabsorbed and proteins into short-chain

fatty acids, which can be used as a source of energy. The pancreas breaks down protein, carbohydrates, and fat by releasing alkaline juice. And the liver has many important tasks. Now, let us take a look at how honey can improve gut health and digestion.

Through supplements and foods, probiotics, which are also known as good bacteria, are introduced to our guts. Prebiotics grant the food that are utilized by beneficial microbes in the stomach to flourish. As prebiotics are on their way to the stomach without being broken by digestive enzymes and gastric acids, they bring positive changes in digestive organs and tracts. honey possesses prebiotic fibre components that are required for probiotics to provide healthy, good bacteria in the gut.

Because of the digestive tract's alkaline effect, honey can assist with or prevent indigestion. If you consider a spoonful of raw honey before you start eating, it will certainly help you out with your digestion. Other than that, you can mix Dabur honey with hot water and drink it, or you can use it with herbal tea and drink it right before you go to bed or after you have a meal to help you with digestion.

Gastro-oesophageal reflux (GERD) happens when the lower oesophageal sphincter is weak, which allows the stomach contents to flow up to the oesophagus. At times of normal digestion, LES opens to enable food to pass into the stomach and shuts to prevent the acidic stomach juices and foods from flowing back to the oesophagus. Along with heartburn, honey can soothe this. There are many research studies that say that among many honey benefits, honey can assist in reducing the symptoms associated with acid reflux and help recover the health of the oesophagus.

After you take honey, what happens is that the lines in the oesophagus help soothe the inflammation and damage; this will absolutely help minimise the GERD symptoms along with avoiding sugar and alcohol that can cause inflammation and aggravate the sensitive lines of the oesophagus.

If you are often taking antibiotics, it is essential that you protect your digestive system. You can do so by taking foods that can give you good bacteria or probiotics. Our body needs to feed the good bacteria that are present in our guts in order to balance out the gut environment. Speaking of which, raw honey is the perfect prebiotic that can feed the good bacteria in your gut.

Since it is a non-dairy prebiotic product, honey is perfect for people who are lactose-intolerant. Natural yoghurt is known as a good food for prebiotics. However, since lactose-intolerant people cannot take yoghurt, honey is the ideal option for them.

## **Immune disorders**

### **Study finds how key protein is linked to immune disorders (New Kerala :20240313)**

<https://www.newkerala.com/news/2024/15196.htm>

A new study has identified a possible treatment target for immune-related illnesses like multiple sclerosis and asthma.

A recent study has shed insight on the role of the protein STAP-1 in activating certain immune cells. Understanding STAP-1's role in these cells could provide researchers with a better understanding of immune-related illnesses and potential treatment strategies.

The researchers discovered that STAP-1 plays a key role in the activation of T cells, which are white blood cells that help the body defend itself against infections and preserve overall health. T cells are capable of identifying foreign substances that elicit an immune response (antigens) and developing tailored responses to destroy pathogens like bacteria and viruses.

The study, published in *The Journal of Immunology*, investigated how STAP-1 influences immune response. The researchers showed that it acts as an intermediary, facilitating communication between different proteins within the cells and enabling the transmission of signals from one molecule to another.

"Our findings provide valuable insights into the molecular mechanisms underlying T cell activation and the development of immune disorders," says Tadashi Matsuda, a Hokkaido University professor who led the study. "We found that STAP-1 plays an important role in regulating immune responses, particularly in the activation and functioning of T cells."

T cells need two signals to become activated and initiate an immune response. The first signal involves the recognition of antigens presented by other cells, known as antigen-presenting cells. The antigens are recognized by the T cell receptor, a protein complex found on the surface of T cells. The second signal consists of co-stimulatory signals provided by molecules on the antigen-presenting cells.

The researchers found that STAP-1 helps T cells communicate and respond to signals, particularly those triggered by the T cell receptor. T cells lacking STAP-1 had trouble receiving and transmitting signals properly, reducing the production of certain immune molecules called cytokines. Cytokines can cause inflammation or autoimmune diseases, in which the immune system mistakenly attacks healthy tissues and organs.

## **Mental health care**

### **Deinstitutionalise mental health care, strengthen community-based services: WHO (New Kerala :20240313)**

<https://www.newkerala.com/news/2024/15137.htm>

The World Health Organisation today called on countries in the WHO South-East Asia Region to prioritise the transition from long-stay institutional mental health services to community-based care, to ensure these services are accessible, equitable, and stigma-free, and the affected individuals provided opportunities to lead a productive life, according to an official release.

Deinstitutionalise mental health care, strengthen community-based services: WHO "Transitioning from long-stay tertiary psychiatric institutions to community-based care is beneficial for both individuals and society at large. When these services are integrated into the fabric of our communities, it becomes easier for individuals to seek help without the fear of judgment or discrimination. This shift also allows for greater personal autonomy, improved quality of life, and personalised care options. The community-based settings provide individuals opportunities to regain a sense of independence and engage in social and vocational activities, which can significantly improve their overall well-being," said Saima Wazed, Regional Director WHO South-East Asia, in her virtual address to the regional meeting on 'Transitioning from long-stay services to community mental health networks: towards deinstitutionalisation in WHO South-East Asia Region'.

An estimated 13.7 per cent of the population of the Region suffers from mental health conditions. The treatment gap for mental health conditions remains high - as high as 95 per cent. More than 2,00,000 people die of suicide every year. People with severe mental disorders die 10 to 20 years earlier than others. However, investment in mental health remains very low across the Region, the release added.

The Regional Director released a report on 'Deinstitutionalisation of people with mental health conditions in WHO South-East Asia Region', which while acknowledging the complexities and unique contexts of each country, offers recommendations that can be adapted to local realities.

"This report can serve as a catalyst for change, igniting a process that results in every person leading a life of dignity, purpose, and fulfilment," said Wazed, who champions the cause of mental health and has set it as one of her top priorities as Regional Director.

Long-stay mental health institutions, including psychiatric hospitals and asylums, are often characterised by the absence of effective treatment, segregation, poor living conditions, lack of

resources, and overcrowding. The transition from institutional care to community-based care is driven by a growing understanding of the negative impact of long-term institutionalisation, advances in treatments, and recognition of the human rights and dignity of individuals with mental disorders.

"Historically mental health care has been synonymous with institutionalisation. Large asylums were built with the intention of providing a place of refuge for those grappling with mental illnesses. However, as our understanding of mental health has evolved, so too must our methods of care," the Regional Director said, according to the release.

Earlier, the Paro Declaration on universal access to people-centred mental health care and services, adopted by Member countries of the Region in 2022, and the Regional Action Plan for Mental Health for the WHO South-East Asia Region 2023-2030, emphasised on the shift to community-based services.

Besides being more efficient, community-based services are also better equipped to identify mental health concerns at an early stage, reducing the need for crisis intervention. This approach benefits individuals, alleviates the burden on emergency services and reduces the overall cost of mental health care, she said.

Importantly, community-based mental health care shows better outcomes, reduces treatment gap, and increases coverage.

Community-based care models emphasise on the creation of safe and supportive living environments within the broader society, which not only benefits individuals with mental disorders but also promotes empathy and understanding among the public, dispelling misconceptions, and reducing stigma.

Successful deinstitutionalisation, moving from tertiary care to community care, requires careful planning, collaboration, additional financial resources, and continuous monitoring. It needs parallel expansion of community care services and networks.

Adequate community resources, including housing, employment opportunities, vocational training, empowerment of people with lived experience and caregivers and social support networks must be established to facilitate a smooth transition from institutional care and integration and reintegration into community living.

Comprehensive training programs for mental health professionals, law enforcement, educators, and community members are essential to ensure that individuals with mental disorders are treated with respect and understanding, for their full inclusion and participation into communities.

The process of deinstitutionalising is a complex undertaking that requires careful consideration of cultural, social, economic and policy factors. The three-day regional meeting being held in Bangkok, Thailand, will deliberate on issues and challenges and the way forward for deinstitutionalisation for improved mental health outcomes, enhanced social integration and human rights, the WHO release also said.



## **Diabetes**

### **Diabetes a leading cause of blindness in working-age Indians: Experts(New Kerala :20240313)**

### **Diabetes is the leading cause of blindness in the working age group, said health experts on World Glaucoma Day on Tuesday.**

<https://www.newkerala.com/news/2024/15047.htm>

Diabetes a leading cause of blindness in working-age Indians: ExpertsWorld Glaucoma Day is observed every year on March 12, to raise awareness about the set of eye diseases that can damage the optic nerve and can lead to vision loss and blindness if not treated early.

Diabetes is known to double the chances of having glaucoma, which hurts the optic nerve that is known to send visual information from the eyes to the brain.

“Diabetes Mellitus when uncontrolled affects all parts of the eye from the eyelids, cornea, lens, retina, and blood vessels of the eye and affects the eye pressures,” Dr Aishwarya Krishnamurthy, Consultant - Endocrinology & Diabetes, Max Super Speciality Hospital, Vaishali, told IANS.

“Diabetes is the leading cause of blindness in the working age group. The blood vessels in the retina may swell and leak fluid into your eye. If it's not treated, it can cause serious problems such as vision loss and retinal detachment, where the retina is pulled away from its normal position at the back of your eye,” added Dr Surender Kumar, Sr Endocrinologist, Sir Ganga Ram Hospital.

According to a recent study, published in the Lancet journal, approximately 21 million people in India are visually impaired, including 2.4 million that are blind. The figures are set to increase as diabetes -- a significant risk factor for vision loss -- is soaring in the country.

The 10th edition of the International Federation Diabetes Atlas 2021 estimates that there are 74 million people aged 20-79 years affected by diabetes in India, and this number is expected to increase to 125 million by 2045.

Dr Rajeev Gupta, Director - Internal Medicine at the CK Birla Hospital, Delhi told IANS that diabetes also raises the risk of a host of other eye conditions like diabetic retinopathy, cataracts, glaucoma, macular edema, dry eyes -- all which can decrease vision or even blindness if left undiagnosed and untreated.

However, the experts noted that vision loss is preventable if the blood sugar, blood pressure, and cholesterol remain controlled.

They recommended all patients with diabetes undergo regular eye examinations, follow a healthy eating plan, engage in regular physical activity, and quit smoking.

## **Future pandemic**

### **India more prepared than ever before to face any future pandemic: Experts (New Kerala :20240313)**

<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.

## Prevent from Seasonal Disease

**Prevent from Seasonal Disease: बदलते सीजन में बीमारियों से बचना है तो इस ड्रिंक को पिएं, एं होगा (Hindustan :20240313) फायदा**

<https://www.livehindustan.com/lifestyle/health/story-effective-ayurvedic-drink-to-fight-asthma-sinusitis-allergy-symptoms-in-seasonal-change-9526578.html>

Care From Seasonal Health Problems: बदलता मौसम अस्थमा, एलर्जी और साइनाइटिस के मरीजों के लिए अच्छा नहीं होता। इस मौसम में लक्षण बढ़ जाते हैं। इनसे बचने के

ठंड खत्म हो रही है। बीते कुछ दिनों से टेम्परेचर बढ़ रहा है और गर्मियों ने दस्तक देनी शुरू कर दी है। बदलते मौसम में बीमारियों का खतरा ज्यादा रहता है। खासतौर

पर जिन लोगों की इम्यूनिटी कमजोर होती है। और वो कुछ खास तरह की बीमारियों के प्रति सेन्सेटिव होते हैं। ऐसे लोगों के लिए आयुर्वेद की डॉक्टर असरदार ड्रिंक

बता रही हैं। जिसे पीने से मोटापे और थायरॉइड में भी आराम मिलता है।

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

3/13/24, 10:27 AM effective ayurvedic drink to fight asthma sinusitis allergy symptoms in seasonal change - Prevent From Seasonal Disease: बदलते ...

<https://www.livehindustan.com/lifestyle/health/story-effective-ayurvedic-drink-to-fight-asthma-sinusitis-allergy-symptoms-in-seasonal-change-9526578....> 2/5

विज्ञापन

बदलते सीजन में इन बीमारियों का ज्यादा खतरा है

एलर्जी, अस्थमा और साइनाइटिस के मरीजों के लिए बदलता हुआ मौसम दिक्कत लेकर आता है। ऐसे लोगों को बसंत के मौसम में सावधानी रखने की जरूरत

होती है। नहीं तो लक्षणों के बढ़ने का डर रहता है। बदलते मौसम में अस्थमा, एलर्जी और साइनाइटिस यानी नजला की समस्या को बढ़ने से रोकना है तो आयुर्वेदिक

डॉक्टर सुगंधा ने इंस्टाग्राम पर असरदार ड्रिंक बताई है। जिसे पीने से राहत मिल सकती है।

बदलते सीजन में पिएं ये ड्रिंक

बदलते सीजन में अस्थमा, साइनाइटिस और एलर्जी की समस्या से बचना है तो डॉक्टर की बताई इस ड्रिंक को करीब महीने भर पिएं। एं इस ड्रिंक को बनाने के लिए दो

लीटर पानी में दो चुटकी सोंठ यानी ड्राई जिंजर पाउडर को डालकर उबालें। इस ड्रिंक को दिन भर में थोड़ा-थोड़ा पिएं। एं इससे शरीर में हो रहे कफ दोष को दूर करने में

मदद मिलती है।

आयुर्वेदिक ड्रिंक पीते समय रखें सावधानियां

-सोंठ सेबनी इस ड्रिंक को एसिडिटी के मरीजों को बिल्कुल नहीं पीना चाहिए। नहीं तो समस्या बढ़ सकती है

-वहीं ये ड्रिंक केवल गर्मी शुरू होने के पहले तक ही पीनी है। गर्मी शुरू होने के बाद इस ड्रिंक को पीना पूरी तरह से बंद कर दें।

-इसके साथ ही सोंठ सेबनी ये ड्रिंक एक दिन के अंतराल पर पीनी है। जिससे शरीर में बैलेंस बना रहे।

वेट लॉस के लिए भी असरदार

अस्थमा, एलर्जी के अलावा सोंठ सेबनी इस ड्रिंक को वेट लॉस, पीसीओडी और थायराइड की समस्या में भी पिया जा सकता है। ये वेट लॉस में मदद करती है।

## Low Blood Pressure

### Low Blood Pressure During Roza Fasting: लो ब्लड प्रेशर के मरीज हैं तो रोजा रखने के दौरान बरतें ये सावधानियां (Hindustan :20240313) फायदा

<https://www.livehindustan.com/lifestyle/health/story-how-to-prevent-low-blood-pressure-in-ramadan-fasting-9526497.html>

Preventive Tips For Ramadan Fasting: रमजान के महीने शुरू हो चुके हैं और रोजेदारों ने रोजा रखना स्टार्ट कर दिया है। लेकिन रोजा रखने के दौरान लो ब्लड प्रेशर के मरीजों को

खास ध्यान रखने की जरूरत होती है।

रमजान का पाक महीना शुरू हो चुका है। साथ ही रोजेदार अपने रोजे रख रहे। रोजा रखने के दौरान सेहत का भी पूरा ध्यान रखने की जरूरत होती है क्योंकि जरा सी

लापरवाही बीमार बना देगी और रोजे पूरे नहीं हो पाएंगे एं। केवल डायबिटीज के पेशेंट ही नहीं लो ब्लड प्रेशर के मरीजों को भी रोजा रखने के दौरान खास बातों का

ध्यान रखने की जरूरत होती है। नहीं तो तबियत बिगड़ने का खतरा रहता है।

ऐप पर पढ़ें

ई- पेपर

ऐप मेंफ्री

शहर चुनें

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

3/13/24, 10:28 AM how to prevent low blood pressure in ramadan fasting - Low Blood Pressure During Roza Fasting: लो ब्लड प्रेशर के मरी ज है तो रो जा ...

<https://www.livehindustan.com/lifestyle/health/story-how-to-prevent-low-blood-pressure-in-ramadan-fasting-9526497.html> 2/6

विज्ञापन

लो ब्लड प्रेशर की वजह सेदिखनेवालेलक्षण

जिन लोगों की ब्लड प्रेशर रीडिंग 90/60 सेकम हैतो लो ब्लड प्रेशर होता है। ऐसेमेंबॉडी का खास ध्यान रखनेकी जरूरत होती है। कई बार ब्लड प्रेशर एकदम से

लो होनेपर शरीर मेंयेलक्षण दिखनेलगतेहैं।

चक्कर आना

बेहोशी

जी मिचलाना

भ्रम की स्थिति पैदा होना

थकान और सुस्ती लगना

कमजोरी महसूस होना

धुंधला दिखना

ठंडी त्वचा

चिपचिपी पसीनेवाली त्वचा

त्वचा का पीला पड़ जाना

ऐसेवक्त पर हो सकता हैब्लड प्रेशर लो

-कई बार जब एक पोजीशन सेदूसरेपोजीशन मेंशरीर जाता हैजैसेबैठकर उठनेके दौरान चक्कर आना या दूसरेलक्षण दिखना। जो लो ब्लड प्रेशर की ओर इशारा

करता है।

-लगातार खड़े होनेपर भी ब्लड प्रेशर लो हो जाता है।

-खाना खानेके एक सेदो घंटे के बाद ब्लड प्रेशर लो होनेलगता है।

-कई बार लेटे-लेटे भी ब्लड प्रेशर लो हो जाता है।

ऐप पर पढ़ें

3/13/24, 10:28 AM how to prevent low blood pressure in ramadan fasting - Low Blood Pressure During Roza Fasting: लो ब्लड प्रेशर के मरी ज हैं तो रो जा ...

<https://www.livehindustan.com/lifestyle/health/story-how-to-prevent-low-blood-pressure-in-ramadan-fasting-9526497.html> 3/6

रोजा रखनेके दौरान रखेंइन बातों का ध्यान

रमजान के दौरान ब्लड प्रेशर लो हो जाना काफी सारेलोगों की समस्या हो सकती है। ऐसेमेंकुछ बातों का ध्यान रखकर हेल्दी रहा जा सकता है।

-रात को करीब 6-8 घंटे की पर्याप्त नींद लें। जिससेशरीर को पूरा आराम मिलेऔर माइंड रिलैक्स रहे। नींद की कमी ब्लड प्रेशर लो कर सकती है।

-सहरी का पूरा ध्यान रखेंऔर इस दौरान पर्याप्त मात्रा मेंभोजन करें। जिससेकि पूरेदिन का रोजा पूरा हो सके।

## Yoga and Physical Fitness

### योग करनेके बाद जरूर करेंये 5 चीजें, तभी मिलेगा शरीर को पूरा फायदा(Hindustan :20240313) फायदा

<https://www.livehindustan.com/lifestyle/health/story-important-things-to-do-after-yoga-practise-what-not-to-do-after-yoga-in-hindi-9523005.html>

Things To Do After Yoga Practise: कई बार योग के दौरान की जानेवाली कुछ गलतियों की वजह सेव्यक्ति को योग का पूरा फायदा नहीं मिल पाता है। बल्कि योग के दौरान की

जानेवाली कई लापरवाही चोट लगनेका कारण जरूर

Manju Mamgain लाइव हिन्दुस्तान टीम,नई दिल्ली

Tue, 12 Mar 2024 10:02 PM

हमेंफॉलो करें

Things To Do After Yoga Practise: व्यक्ति के तन और मन को सेहतमंद बनाए रखनेमेंयोग का बहुत बड़ा महत्व होता है। नियमित योग के अभ्यास से

कई तरह की बीमारियां दूर होनेके साथ मानसिक तनाव भी दूर होता है। लेकिन कई बार योग के दौरान की जानेवाली कुछ गलतियों की वजह सेव्यक्ति को योग का

ऐप पर पढ़ें

ई- पेपर

ऐप मेंफ्री

शहर चुनें

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

3/13/24, 10:30 AM important things to do after yoga practise what not to do after yoga in hindi - यो गा करने के बा द जरूर करें ये 5 ची जें, तभी मि लेगा शरी र को ...

<https://www.livehindustan.com/lifestyle/health/story-important-things-to-do-after-yoga-practise-what-not-to-do-after-yoga-in-hindi-9523005.html> 2/5



पूरा फायदा नहीं मिल पाता है। बल्कि योग के दौरान की जानेवाली कई लापरवाही चोट लगनेका कारण जरूर बन जाती हैं। आइए जानतेहैंयोग का पूरा फायदा

लेनेके लिए योग करनेके बाद कौन सी चीजेंजरूर करनी चाहिए।

विज्ञापन

शवासनयोग करनेके तुरंत बाद अपनेरूटिन काम करनेसेशरीर को फायदे की जगह नुकसान हो सकता है। योग का पूरा फायदा लेनेके लिए योग करनेके बाद करीब 10

मिनट तक शवासन, मकरासन या द्राधासन का अभ्यास करें। ऐसा करनेसेशरीर रिलैक्स होता हैऔर व्यक्ति का तनाव भी कम होता है।

हल्की वॉकयोग करनेके बाद ताजी हवा मेंगहरी सांस लेतेहुए हल्की वॉक जरूर करें। ऐसा करनेसेयोग की थकावट दूर होनेके साथ आप फ्रेश महसूस करेंगे।

हाइड्रेशनयोग करनेके बाद प्यास बुझानेके लिए तुरंत पानी पीनेसेबचें। पानी का सेवन आप योग करनेके 15 मिनट के बाद धीरे-धीरेसिप करके कर सकतेहैं। गर्मियों में

शरीर को डिटॉक्स करनेके लिए जीरा और सौंफ का पानी भी पीया जा सकता है।

नहाना-

योग के दौरान पसीना आना सामान्य बात है। ऐसेमेंयोग करनेके कुछ देर बाद शॉवर लेना चाहिए। नहानेसेपसीना साफ होनेके साथस्किन संबंधित समस्याएं भी दूर

होंगी। योग करनेके बाद शॉवर लेनेसेथकावट भी दूर होती है।

हेल्दी डाइटयोग करनेके बाद प्रोटीन सेभरपूर डाइट का सेवन जरूर करें। इसके लिए आप टोफू, नट्स, पनीर और अंकुरित अनाज का सेवन कर सकतेहैं।

## Vitamin D

**80% महिलाओं में विटामिन-D की कमी, हड्डियों का चूरा होने से बचाना है तो जल्दी खाना शुरू करें 5 चीजें (Navbharat Times :20240313) फायदा**

<https://navbharattimes.indiatimes.com/lifestyle/health/80-percent-of-indian-women-are-vitamin-d-deficiency-eat-these-5-high-vitamin-d-rich-foods-for-strong-bones/articleshow/108431114.cms>

अध्ययनों से पता चला है कि महिलाओं में विटामिन-D की कमी की समस्या बढ़ रही है। कमजोर हड्डियों और दर्द की समस्या से निजात पाने के लिए महिलाओं को विटामिन-D और कैल्शियम युक्त सप्लीमेंट्स लेने की सलाह दी जाती है।

80 percent of indian women are vitamin d deficiency eat these 5 high vitamin d rich foods for strong bones

80% महिलाओं में विटामिन-D की कमी, हड्डियों का चूरा होने से बचाना है तो जल्दी खाना शुरू करें 5 चीजें

ऐमजॉन पर किचने कार्निवल, कूकिंग, डाइनिंग आयट्म्स पर 50% तक छूट

डील देखें

ऐमजॉन पर किचने कार्निवल, कूकिंग, डाइनिंग आयट्म्स पर 50% तक 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?

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हमारे शरीर में विटामिन-D की मात्रा 30ng/ml से कम होना अपर्याप्त माना जाता है या इसे विटामिन-D की कमी के तौर पर परिभाषित किया जाता है. इसकी कमी के कारण बोन हेल्थ बिगड़ती है और हड्डियों में तेज दर्द तथा फ्रैक्चर की शिकायत भी हो सकती है। अध्ययनों से यह पता चला है कि भारत में महिलाएं आमतौर से अपनी खराब बोन हेल्थ के लक्षणों को नजरंदाज करती हैं।

अपोलो डायग्नॉस्टिक्स ने हॉर्लिक्स विमेन्स प्लस के साथ मिलकर 2023 में विटामिन-D टेस्टिंग कैंप लगाए जिनसे पता चला कि देश में करीब 80% शहरी महिलाएं विटामिन-D की कमी की शिकार हैं। 2023 में मॉम्सप्रेसो अध्ययन से यह खुलासा भी हुआ कि शरीर दर्द की समस्या से जूझने वाली करीब 87% महिलाएं इस बात से अनजान होती हैं कि उनकी खराब बोन हेल्थ की वजह से ऐसा होता है और वे दर्द से राहत के कुछ चालू उपायों को अपनाती हैं।

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विटामिन डी की कमी के नुकसान

दिल्ली स्थित अपोलो क्लीनिक में जनरल फिज़िशियन डॉक्टर यास्मिन युसुफज़ई के अनुसार, 'महिलाओं में उम्र बढ़ने के साथ-साथ कमजोर हड्डियों का खतरा बढ़ता जाता है। वे अक्सर ऑस्टियोमेलिसिया से पीड़ित होती हैं जिसकी वजह से हड्डियों कमजोर पड़ने लगती हैं या ऑस्टियोपोरोसिस की शिकार होती हैं जिसके कारण उनकी हड्डियां क्षीण होने लगती हैं।

विटामिन डी की कमी कैसे पूरी करें

डॉक्टर के अनुसार, महिलाओं को अपनी हड्डियों को कमजोर होने से बचाने के लिए नियमित रूप से विटामिन-D और कैल्शियम युक्त पोषक सप्लीमेंट्स लेने चाहिए। ये सप्लीमेंट्स उन्हें हड्डियों को मजबूत बनाने और हड्डियों के दर्द से राहत देते हैं। विटामिन-D सप्लीमेंट्स से बोन हेल्थ में सुधार होता है और इम्यूनिटी भी बेहतर बनती है।'

विटामिन डी के लिए क्या खाएं

धूप के संपर्क में आने पर हमारी त्वचा में विटामिन-D बनता है। लेकिन व्यायाम और शारीरिक श्रम रहित लाइफस्टाइल, प्रदूषित हवा और इंडोर वर्कस्पेस बढ़ने की वजह से अब बहुत से लोगों में विटामिन-D की कमी की समस्या बढ़ी है। हमें जिन खाद्य स्रोतों से विटामिन-D मिलता है, वे काफी सीमित हैं। सबसे अच्छे स्रोतों में फैटी फिश और फिश लिवर ऑयल हैं, कुछ मात्रा अंडों की जर्दी में और कुछ हद तक मशरूम में भी मिलती है। शरीर में विटामिन-D की कमी से बचने के लिए न्यूट्रिशनल सप्लीमेंट्स लेने की सलाह दी जाती है।

सप्लीमेंट्स से भी बन सकती है बात

कैल्शियम और विटामिन-D की 100% डायटरी एलाउंस वाले न्यूट्रिशनल सप्लीमेंट्स आसानी से उपलब्ध हैं, ये किफायती भी होते हैं और बोन हेल्थ में सुधार की दृष्टि से फायदेमंद भी होते हैं। न्यूट्रिशनल सप्लीमेंट्स लेने के साथ-साथ महिलाओं को सेहतमंद आदतों को भी अपनाना चाहिए जिससे उनकी बोन हेल्थ में सुधार हो, और शरीर में दर्द कम हो तथा उम्र बढ़ने पर फ्रैक्चर का रिस्क भी कम हो।

## Dental Health

**दांत में लग गया कीड़ा? 4 काम से बाहर निकल आएगा इंफेक्शन, मिलेगी चमकती बत्तीसी (Navbharat Times :20240313)**

<https://navbharattimes.indiatimes.com/lifestyle/health/4-treatment-for-tooth-infection-and-prevention-tips/articleshow/108438237.cms>

How To Prevent Cavity: दांत में कैविटी होने पर खराब होने का खतरा बढ़ जाता है। इसे दूर करने के लिए आपको 4 काम करने चाहिए। वरना डेंटिस्ट चार सर्जरी करके दांत का इंफेक्शन निकालता है।

oral health teeth

एमजॉन पर किचने कार्निवल, कूकिंग, डाइनिंग आयट्म्स पर 50% तक छूट

डील देखें

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हमारे दांत को दो भाग में बांटा जा सकता है, जिसे मुकुट (crown) और जड़ (root) कहते हैं। मसूड़ों के अंदर होने की वजह से जड़ दिख नहीं पाती मगर यह दांत के ऊपरी हिस्से से साइज में बड़ी होती है और उतनी ही महत्वपूर्ण भी होती है। कभी-कभी दांत में तेज और लगातार दर्द होता है, लेकिन टेस्ट में दांत सही मिलता है। ऐसे में दिक्कत दांत की जड़ में हो सकती है और इसके लिए एक्स रे करवाना पड़ सकता है। इस समस्या के पीछे दांत का इंफेक्शन हो सकता है, कई बार इसे दांत में कीड़ा लगाना भी समझ लेते हैं।

1. रूट कैनाल ट्रीटमेंट है सबसे पहला इलाज

root canal surgery oral health

जड़ की समस्याओं के लिए सबसे आम और सुझाया जाने वाला इलाज रूट कैनाल ट्रीटमेंट है। यह डेंटल क्लिनिक में होने वाला सबसे सुरक्षित और आम इलाजों में से एक है। इसमें लोकल एनीस्थिसिया देकर मुंह को सुन्न कर दिया जाता है फिर दर्द पैदा करने वाले गूदे को जड़ से निकाल दिया जाता है। इसके बाद कैनाल को साफ करके आर्टिफिशियल फीलिंग से भर दिया जाता है।

Teeth Whitening | Dentistry : दांतों को सफेद कराने से पहले जान लें ये बात

2. लेजर रूट डिसइंफेक्शन

yellow teeth oral health tips

टाइम्स ऑफ इंडिया के मुताबिक, डॉ. गुनिता सिंह (बी.डी.एस., एम.डी. कॉस्मेटिक और लेजर डेंटल सर्जन) कहती हैं, 'लेजरो की मदद से जड़ों को कीटाणुमुक्त किया जा सकता है। दंत चिकित्सा में सबसे अच्छी और एडवांस तकनीक लेजर ट्रीटमेंट है। कभी-कभी इस प्रक्रिया को रूट कैनाल ट्रीटमेंट के साथ भी इस्तेमाल किया जा सकता है। इन दोनों का मिला हुआ इलाज बहुत कारगर साबित होता है।'

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3. रूट प्लानिंग और क्युरेटेज

teeth oral health

कई बार जड़ों और मसूड़ों के बीच में छेद बन जाते हैं। इन दोनों को कीटाणुमुक्त करने के लिए इस प्रक्रिया का इस्तेमाल किया जाता है। यह सर्जरी उन मामलों में की जाती है जहां इंफेक्शन जड़ के अंदर की जगह पेरियोडॉन्टल एरिया में ज्यादा होता है।