



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240315

kidney diseases

Unhealthy diet rich in salt, sugar driving kidney diseases among kids: Doctors (The Tribune: 20240315)

<https://www.tribuneindia.com/news/health/unhealthy-diet-rich-in-salt-sugar-driving-kidney-diseases-among-kids-doctors-600505>

Malnutrition and water deprivation may also contribute to increase in kidney stones, said one of the doctors.

Unhealthy diet rich in salt, sugar driving kidney diseases among kids: Doctors

Childhood kidney disease is increasing due to unhealthy lifestyle, with a diet rich in salt and sugar, said doctors on World Kidney Day.

Key lifestyle factors like intake of unhealthy fast foods, lack of exercise have been major factors for the development of kidney diseases. These factors also lead to other diseases like hypertension and diabetes, which increases harm to kidneys.

“There is data suggesting an increase in childhood kidney disease. This rise is partly linked to lifestyle factors like processed food intake, hidden salt and sugar, and a lack of physical activity. These habits contribute to poor overall health, including a rise in diabetes and obesity, both of which can damage the kidneys,” said Poonam Sidana, director, Neonatology & Paediatrics at CK Birla Hospital in Delhi.

She noted that smoking and alcohol also raises risk of kidney diseases. Akhila Vasanth Hassan, paediatric nephrologist at Narayana Health City in Bangalore, said the incidence of stones in children has globally increased.

The doctor lamented that “increased salt and protein consumption, and the rising prevalence of obesity/ metabolic syndrome” are responsible for “75 to 85 per cent of kidney stones in children”.

She noted that malnutrition and water deprivation may also contribute to the increase in kidney stones.

Further, chronic kidney disease (CKD), often thought of as an adult disease can also affect infants and children under five. It is a severe condition where the kidneys gradually lose function over time.

“Around 60 per cent of childhood CKD stems from structural abnormalities sometimes identified during the antenatal ultrasounds of the mother. In such cases, it is crucial to conduct ultrasounds within the first week of birth of the baby for timely detection and treatment,” said Madhura Fadnis Kharadkar, consultant paediatric nephrologist at Surya Mother and Child Super Speciality Hospital in Pune.

The doctors called for maintaining a healthy lifestyle with regular exercise, proper hydration, increased fruit, and vegetable intake and importantly reducing intake of processed foods high in salt and sugar, for good kidneys and overall health.

Dental Health

Having difficulty with your dental braces? Now AI to come to your rescue (The Tribune: 20240315)

Having difficulty with your dental braces? Now AI to come to your rescue

<https://www.tribuneindia.com/news/health/having-difficulty-with-your-dental-braces-now-ai-to-come-to-your-rescue-600492>

Are you running to an orthodontist regularly to adjust or retighten your dental braces? A team of researchers has developed a novel artificial intelligence (AI) tool that can help you find the right fit to help straighten your teeth.

The team from the University of Copenhagen and 3Shape used scanned imagery of teeth and bone structures from human jaws to develop the tool.

The AI used the information gathered to predict the design of the braces with accurate 3D simulations that best fit an individual's jaw, they noted in the paper, published in the journal IEEE Access.

"Our simulation is able to let an orthodontist know where braces should and shouldn't exert pressure to straighten teeth," said Prof. Kenny Erleben, from the varsity's Department of Computer Science.

"Currently, these interventions are based entirely upon the discretion of orthodontists and involve a great deal of trial and error. This can lead to many adjustments and visits to the orthodontist's office, which our simulation can help reduce in the long run," Erleben said.

The type of precise digital imitation with 3D simulations is referred to as a digital twin. Using this, the team built up a database of 'digital dental patients', which can one day "be used for hip implants, among other things. In the long run, this could make life easier for patients and save resources for society," Erleben said.

"More data will allow us to simulate treatments and adapt medical devices so as to target patients across entire populations more precisely," Erleben noted.

Bacteria

Study reveals turmeric's potential in enhancing 'good' bacteria in guts

Curcumin has gained prominence in treatments to combat inflammatory intestinal disorders (The Tribune: 20240315)

<https://www.tribuneindia.com/news/health/study-reveals-turmeric-potential-in-enhancing-good-bacteria-in-guts-600194>

Study reveals turmeric's potential in enhancing 'good' bacteria in guts

Photo for representational purpose only. iStock

A solution containing curcumin, the main ingredient in turmeric, was linked with enhancing beneficial bacteria in the guts of mice in a new study.

Researchers at the University of Western São Paulo (UNOESTE) and São Paulo State University found that Lactobacillus bacteria, one of the most common probiotics found in foods such as yogurt, were about 25 per cent more abundant in the mice treated with curcumin solution than in the control group.

The solution was an emulsion containing nanometric particles, or a nanoemulsion, of curcumin, known to have anti-inflammatory and antioxidant properties. The researchers said they developed this nanoemulsion to enhance the efficacy of curcumin in treating patients with inflammation of the digestive tract and gut.

While curcumin has gained prominence in treatments to combat inflammatory intestinal disorders, its bioavailability—amount reaching the site of physiological activity—is low when administered orally and even lower in patients with inflammatory conditions such as Crohn’s disease, ulcerative colitis and others, they said.

“The research comprised two stages. The first entailed producing a nanoemulsion to deliver the curcumin. In the second, we evaluated its stability, morphology and physicochemical properties,” said Lizziane Kretli Winkelströter Eller, a professor at UNOESTE and the last author of the study published in the *International Journal of Pharmaceutics*.

The researchers induced intestinal inflammation in mice using the drug indomethacin and administered the curcumin nanoemulsion orally for 14 days.

Analysing intestinal inflammation at the end of this period, the team found that after the drug caused damage, the nanoemulsion changed the gut microbiota of mice by enhancing the presence of beneficial bacteria along with “effectively” improving the bioavailability of curcumin.

“The nanoemulsion didn’t lead to a significant improvement in the intestinal inflammation but the relative abundance of *Lactobacillus* bacteria was about 25 per cent higher in the mice treated with curcumin nanoemulsion than in the control group,” said Eller.

The study authors stressed the importance of developing novel formulations to enhance the efficacy of curcumin in preventing and treating inflammatory bowel disease, given that the compound has proved as a valid alternative to existing treatments which are expensive and produce significant side effects.

The team is continuing the research on the potential of nanoformulations to deliver nutraceuticals—food elements of plant or animal origin with significant health benefits.

Hypertension s

Uncontrolled hypertension silently damaging kidney health in India: Experts (The Tribune: 20240315)

<https://www.tribuneindia.com/news/health/uncontrolled-hypertension-silently-damaging-kidney-health-in-india-experts-600152>

About 10 per cent of the Indian population reportedly suffers from chronic kidney disease (CKD), and it is the eighth leading cause of death in India.

Rising levels of hypertension or high blood pressure in the country are alarmingly threatening kidney health, according to health experts, ahead of World Kidney Day on March 14.

About 10 per cent of the Indian population reportedly suffers from chronic kidney disease (CKD), and it is the eighth leading cause of death in India.

As per health experts, hypertension, which affects a whopping 315 million people in India, is a major contributor to the disease.

High blood pressure earns its ominous nickname as the “silent assassin” due to its stealthy progression. Besides increasing the risk to the heart and brain, it can also damage the blood vessels in the kidneys, reducing their ability to function properly, a condition known as chronic kidney disease (CKD). CKD can eventually progress to end-stage renal disease, where the kidneys are no longer able to function at all.

“I have seen many patients dealing with high blood pressure. It is tough keeping up with medications and changing habits. But, we don’t talk enough about how uncontrolled hypertension harms the kidneys and overall health, no matter your age,” said Pankaj Bhardwaj, academic head of School of Public Health and Professor of Community and Family Medicine at AIIMS Jodhpur, in a statement

“The longer the exposure, the greater the damage, hence making it critical for even youngsters to prioritise hypertension control. We need to focus on prevention, spotting early, and treatment,” he added.

The doctor explained that the relationship between hypertension and CKD is a complex one and intrinsically related. It also becomes difficult to determine which disease process precedes the other, as both hypertension and CKD share similar risk factors including age, obesity and comorbidities like diabetes or cardiovascular disease.

“Though genetic factors cannot be ruled out/modified, the major modifiable reasons for developing CKD included hypertension, diabetes, smoking and tobacco habits, poor hydration, lack of physical exercise, excessive stress and poor dietary habits,” said Vikas Jain, director & unit head, Department of Urology, Uro-oncology & Renal Transplantation, Fortis Hospital, Shalimar Bagh.

Awareness of early symptoms of kidney damage like easy fatigability, loss of appetite, sensation of nausea and vomiting, leg or facial swelling may help in early detection and treatment, he added.

World Sleep Day 2024

World Sleep Day 2024: The Crucial Need To Re-Evaluate Our Approach To Sleep Health And Its Influence On (The Tribune: 20240315)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/world-sleep-day-2024-the-crucial-need-to-re-evaluate-our-approach-to-sleep-health-and-its-influence-on-our-well-being/articleshow/108511174.cms>

World Sleep Day 2024: The crucial need to re-evaluate our approach to sleep health and its influence on our well-being

'Missile Rani': Meet Sheena Rani, the DRDO force behind Agni-5 missile with multiple warheads technology

CAA

CAA rules leave no room for states to process, decide pleas

Tejas

Tejas jet crashes for first time after taking part in Pokhran exercise

Amid rising sleep deprivation, addressing multifaceted impacts through preventive measures, early detection, and comprehensive treatment is crucial for promoting a healthier society.

World Sleep Day 2024: The crucial need to re-evaluate our approach to sleep health and its influence on our well-being

Sleep is a fundamental pillar of a healthy lifestyle. In today's digital age, where technology perpetually keeps us in an "always-on" mode, our natural sleep-wake cycles are frequently disrupted. Moreover, the demands of work, family, and social life often overshadow the importance of sleep.

Indians are among the most sleep-deprived populations globally.

TOP PICKS FOR YOU

story

Why do some people develop kidney stones

storyicon

How to improve your sleep quality

Factors such as late working hours, excessive social media usage, and binge-watching shows at night contribute to the reduced sleep duration among the urban populace. A study by the All-India Institute of Medical Sciences (AIIMS) revealed that around 104 million working-age Indians might be suffering from Obstructive Sleep Apnea (OSA), with a higher prevalence in men (13%) compared to women (5%).

Our bodies rely on a delicate balance, and when sleep is compromised, it triggers a cascade of negative consequences.

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The correlation between lack of sleep and NCDs

Sleep-related issues are known to cause Non-Communicable Diseases (NCDs), which can, in turn, affect sleep health. The prevalence of OSA ranges from 40% to 80% in patients with hypertension, heart failure, coronary artery disease, pulmonary disorders, atrial fibrillation, and stroke. Despite these figures, OSA is often under-recognized and undertreated.

How to improve your sleep quality

03:26

How to improve your sleep quality

Research indicates that chronic insomnia lasting more than eight years increases the risk of hypertension by 21% and type 2 diabetes by 51%. Moderate to severe sleep apnea is associated with a 63% greater risk of type 2 diabetes and a 30% higher risk of hypertension. Obesity remains a major modifiable risk factor for OSA, with a 10% weight gain linked to a nearly 32% increase in the Apnea-Hypopnea Index (AHI).

Impact of sleep deprivation on physical and mental health

- Immune System: Sleep is crucial for the release of cytokines, which regulate the immune system. Insufficient sleep impairs the body's ability to fight infections due to reduced cytokine levels.

- **Digestive System and Gut Health:** Lack of sleep disrupts hormone balance and elevates cortisol levels, leading to intestinal permeability issues or "leaky gut," resulting in bloating, inflammation, and changes to the gut microbiome.
- **Mental Health:** Sleep deprivation affects emotional functioning, reduces positive moods, and increases the risk of anxiety symptoms. It can also exacerbate depression in adults and ADHD and behavioural issues in children.

Taking a preventive and comprehensive approach to sleep health

Adopting a preventive approach to sleep health is essential to mitigate the adverse effects of sleep disorders and promote overall well-being. While practicing good sleep hygiene, such as maintaining a consistent sleep schedule and creating a relaxing sleep environment, can enhance sleep quality. Early detection and treatment of common sleep disorders through routine health check-ups are crucial for timely intervention.

It is important to recognize that sleep cannot be viewed in isolation, as it intersects with multiple medical specialties. A comprehensive and multidisciplinary approach is necessary to address the various aspects of sleep-related problems, including neurological, respiratory, and anatomical factors, in a timely manner.

The significance of sleep in maintaining overall health cannot be overstated. As the prevalence of sleep deprivation continues to rise, particularly in urban India, it is imperative to prioritize sleep health through preventive measures, early detection, and comprehensive treatment approaches. By addressing the multifaceted impacts of sleep deprivation on physical and mental well-being, we can pave the way for a healthier and more resilient society.

Pharmaceutical firms

Government issues marketing code for pharmaceutical firms (The Hindu: 20240315)

<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.

Genomics

Why India urgently needs a legal framework for genomics (The Hindu: 20240315)

<https://www.thehindu.com/sci-tech/science/why-india-urgently-needs-a-legal-framework-for-genomics/article67929340.ece>

Despite significant established capacity and expertise in India, a significant number of samples from India are sequenced and/or analysed by companies abroad with little oversight and regulation

The last two decades have seen unprecedented advances in genomics. These advancements have come in the background of our ability to sequence, analyse and interpret genomes at an unprecedented scale, along with an emerging and expanding corpus of evidence to act upon the genomic information for healthcare decision making. As the costs of sequencing continue to plummet, the next decade is expected to see widespread use of genome sequencing in clinical settings. The population-scale genome programmes currently under way in many large and small countries encompassing millions of genomes would form the foundation and fuel this paradigm shift. This throws open unprecedented new opportunities, as also significant new challenges.

India has not been too far behind in human genomics, with the announcement of the first genome sequencing in 2009, 1,000 genomes in 2019 and recently concluded 10,000 genomes last week. These efforts undoubtedly have contributed to significant insights into diseases in the population, estimates of the prevalence of many conditions, and more importantly serving as baseline data for decision making, apart from its utility in accelerating research. However, given the large, diverse and stratified population encompassing over 1.4 billion people, it would mean we need to be ambitious, while at the same time pragmatic, to ensure that the benefits of genomics are not lost out to our people. Apart from significant impetus in sequencing individuals at scale, to match similar efforts across the world, a well-thought-through legal and policy framework and wider and integral participation of industry is essential to accelerate this in India. Many countries have been proactive in formulating legal and policy frameworks to ensure the benefits of the technology is widely accessible while also accelerating research and development.

weight loss

Stuck in a weight loss rut? Here's why you might not be losing weight (and how to get back on track) (The Indian Express: 20240315)

<https://indianexpress.com/article/lifestyle/fitness/stuck-weight-loss-reasons-break-through-calorie-deficit-stress-sleep-9210021/>

Stuck hitting a weight loss plateau? You're not alone! Experts reveal hidden reasons you might not be losing weight and tips to reignite your weight loss journey.

weight loss plateau, weight loss stall, weight not budging, stuck in weight loss, weight loss not working, calorie deficit for weight loss, hidden calorie intake

Learn how to create a sustainable plan for healthy weight loss. (Source: Freepik)

So, you've been hitting the gym religiously, meticulously tracking your calories, yet the number on the scale refuses to budge. Discouraging, right? This frustrating plateau is a common experience, and there are several reasons why your hard work might not be translating to weight loss. We reached out to experts to find out some reasons you might be stuck and how to reignite your weight loss journey.

1. Calorie intake

“Not being in a calorie deficit, consuming too many calories even if they're from healthy foods, underestimating calorie intake or overestimating calorie burn from exercise can derail your weight loss,” Dr Priyanka Rohatgi, chief nutritionist, Apollo Hospitals warns.

‘Healthy food

‘Healthy food doesn’t have to be boring; it should satisfy both body and soul’: Chef Amrita Raichand (The Indian Express: 20240315)

<https://indianexpress.com/article/lifestyle/food-wine/chef-amrita-raichand-interview-cooking-for-kids-cuisine-healthy-recipe-9207613/>

According to chef Amrita Raichand, cooking a lovely meal for yourself after a tough day can be incredibly fulfilling, and “that's a lesson I learned from my mother”.

Amrita Raichand interview, Amrita Raichand chef, Amrita Raichand indian express interview, Amrita Raichand mummy ka magic, Amrita Raichand social media, Amrita Raichand cooking for kids, Amrita Raichand favorite cuisine

In an interview with indianexpress.com, chef Amrita Raichand shares insights into her culinary journey, the role of social media in fuelling her passion for cooking, her favourite cuisine, how her mum's home-cooked meals inspired her, and more. (Source: Amrita Raichand/Instagram)

Celebrity chef Amrita Raichand is a name synonymous with the Indian culinary scene. But she got her start by acting for advertisements, working with brands like Ponds, Parle, Maggi Noodles, and what not. Remember the Whirlpool mom? Yes, that’s Raichand for you. Fast forward to 2024 and you’ll find her hosting cooking shows and sharing simple recipes on social media, which she says has been a boon during the Covid-19 pandemic, “when traditional avenues like television shows were missing”.

With around half a million followers on Instagram, Raichand has now ventured into philanthropy by collaborating with the Salaam Bombay Foundation, where she conducts special recipe sessions to provide nutrition education to “resource-challenged adolescents” and their communities. “Malnutrition is a serious issue in our country,” she says. “As someone who changed careers for the health of my child, I felt compelled to address it,” Raichand speaks about the collaboration.

Cooking Oils

Nutritionist says total fat intake (including ghee, oil) should not surpass 500 ml; experts weigh in

Even seemingly wholesome oils and ghee varieties can contribute to elevated cholesterol if consumed excessively, said Mohini Dongre, dietician, Narayana Hospital Gurugram (The Indian Express: 20240315)

<https://indianexpress.com/article/lifestyle/food-wine/nutritionist-total-fats-intake-ghee-oil-should-not-surpass-500-ml-experts-9203687/>

cooking

Here's what to consider about cooking and fats (Source: Freepik)

How much fat to have is a common question that many people ask. While no one answer applies to all, one should not exceed 500 ml of fat (in all its forms), said nutritionist Amita Gadre in a recent post on her YouTube channel. “Your total fat intake (including ghee, and oil) should not surpass 500 ml,” said Gadre.

“Rather than break your head over refined or extra virgin oil, try to regulate and limit your total fat intake including added and inherent dietary fat. Remember, you can have higher cholesterol level even if you are consuming kacchi ghani oil or A2 bilona ghee made in front of you- if your total fat intake is high,” added Gadre in the caption to the post on Instagram.

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Parkinson's

Bengaluru docs treat elderly man battling Parkinson's with life-threatening co-morbidities (New Kerala: 20240315)

<https://www.newkerala.com/news/2024/15716.htm>

A 68-year-old man battling Parkinson's along with life-threatening co-morbidities has been successfully treated by doctors here.

Fortis Hospital, Bannerghatta Road, in a statement on Thursday said that for the first time in India, the NeuroSmart Portable MER system -- an advancement of the Deep Brain Stimulation (DBS) therapy -- was used to treat a Parkinson's patient.

"The technology represents a significant leap in Deep Brain Stimulation (DBS) therapy and has advanced target localisation capabilities, automatic navigation, and connectivity tools for offering unparalleled precision in brain analysis," they noted.

The system lets doctors see how the patient is responding to the treatment in real-time, which makes the surgery more accurate.

The patient, Prakash, had been battling Parkinson's for about six months.

The neurodegenerative disorder caused stiffness in his arms and legs, making it hard for him to move around and do everyday things. He also partially lost his voice, and sometimes his head and neck would move involuntarily

kidney diseases

Unhealthy diet rich in salt, sugar driving kidney diseases among kids: Doctors (New Kerala: 20240315)

Childhood kidney disease is increasing due to unhealthy lifestyle, with a diet rich in salt and sugar, said doctors on World Kidney Day on Thursday.

Unhealthy diet rich in salt, sugar driving kidney diseases among kids: DoctorsWorld Kidney Day is observed annually on March 14 to raise awareness about the various risks to the kidneys as well as to improve access to treatment.

The theme this year is Kidney Health for All - Advancing Equitable Access to Care and Optimal Medication Practice.

Key lifestyle factors like intake of unhealthy fast foods, lack of exercise have been major factors for the development of kidney diseases. These factors also lead to other diseases like hypertension and diabetes, which increases harm to kidneys.

"There is data suggesting an increase in childhood kidney disease. This rise is partly linked to lifestyle factors like processed food intake, hidden salt and sugar, and a lack of physical activity. These habits contribute to poor overall health, including a rise in diabetes and obesity, both of which can damage the kidneys," Poonam Sidana, Director - Neonatology & Paediatrics at the CK Birla Hospital, Delhi, told IANS.

kidney diseases

She noted that smoking and alcohol also raises risk of kidney diseases. (New Kerala: 20240315)

<https://www.newkerala.com/news/2024/15600.htm>

Akhila Vasanth Hassan, Paediatric Nephrologist at Narayana Health City, Bangalore told IANS that the incidence of stones in children has globally increased.

The doctor lamented that "increased salt and protein consumption, and the rising prevalence of obesity/ metabolic syndrome" are responsible for "75 to 85 per cent of kidney stones in children".

She noted that malnutrition and water deprivation may also contribute to the increase in kidney stones.

Further, CKD, often thought of as an adult disease can also affect infants and children under five. It is a severe condition where the kidneys gradually lose function over time.

"Around 60 per cent of childhood CKD stems from structural abnormalities sometimes identified during the antenatal ultrasounds of the mother. In such cases, it is crucial to conduct ultrasounds within the first week of birth of the baby for timely detection and treatment," Madhura Fadnis Kharadkar, Consultant Pediatric Nephrologist at Surya Mother and Child Super Speciality Hospital Pune, told IANS.

The doctors called for maintaining a healthy lifestyle with regular exercise, proper hydration, increased fruit, and vegetable intake and importantly reducing intake of processed foods high in salt and sugar, for good kidneys and overall health.

Dental braces

Having difficulty with your dental braces? Now AI to come to your rescue(New Kerala: 20240315)

<https://www.newkerala.com/news/2024/15595.htm>

Are you running to an orthodontist regularly to adjust or retighten your dental braces? A team of researchers has developed a novel artificial intelligence (AI) tool that can help you find the right fit to help straighten your teeth.

Having difficulty with your dental braces? Now AI to come to your rescueThe team from the University of Copenhagen and 3Shape used scanned imagery of teeth and bone structures from human jaws to develop the tool.

The AI used the information gathered to predict the design of the braces with accurate 3D simulations that best fit an individual's jaw, they noted in the paper, published in the journal IEEE Access.

"Our simulation is able to let an orthodontist know where braces should and shouldn't exert pressure to straighten teeth," said Prof. Kenny Erleben, from the varsity's Department of Computer Science.

"Currently, these interventions are based entirely upon the discretion of orthodontists and involve a great deal of trial and error. This can lead to many adjustments and visits to the orthodontist's office, which our simulation can help reduce in the long run," Erleben said.

The type of precise digital imitation with 3D simulations is referred to as a digital twin. Using this, the team built up a database of 'digital dental patients', which can one day "be used for hip implants, among other things. In the long run, this could make life easier for patients and save resources for society," Erleben said.

"More data will allow us to simulate treatments and adapt medical devices so as to target patients across entire populations more precisely," Erleben noted.

World Kidney Day

World Kidney Day: Doctors warn against overuse of OTC medicines(New Kerala: 20240315)

<https://www.newkerala.com/news/2024/15523.htm>

Even as easily accessible over-the-counter (OTC) medications help manage pain and reduce inflammation, their indiscriminate use can pose significant risks, especially to the kidneys, said experts on Wednesday, ahead of World Kidney Day.

World Kidney Day: Doctors warn against overuse of OTC medicinesWorld Kidney Day is observed annually on March 14 to raise awareness about the various risks posed to the organ that filters the blood and excretes waste products out of the body.

Kidney disease is the eighth leading cause of death in India.

Overuse of OTC painkillers, such as non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, aspirin, and antibiotics are some of the major reasons behind this, along with hypertension, diabetes, and obesity, warned nephrologists.

Various studies have shown that painkillers can cause kidney damage by reducing blood flow to the kidneys, causing fluid retention, and interfering with the kidney's ability to regulate electrolytes.

"NSAIDs work by inhibiting certain enzymes in the body that help regulate blood flow to the kidneys. Prolonged use can disrupt this balance, leading to decreased kidney function and, in severe cases, acute kidney injury," Dr Deepak Shankar Ray, Senior Consultant Nephrology at NH-RN Tagore Hospital, Kolkata, told IANS.

Due to a lack of indicators, kidney diseases are often referred to as the "quiet disease".

Also, in many cases, people ignore early warning signs, while detecting kidney disease early can mean the difference between life and death.

Dr Rajesh Aggarwal, Chief and Senior Consultant, Nephrology, at Sri Balaji Action Medical Institute, told IANS that patients receiving prolonged courses of antibiotics or those with pre-existing kidney impairment are at increased risk of antibiotic-induced kidney damage.

"Inappropriate antibiotic use, such as self-medication or failure to complete the prescribed course, can contribute to the development of antibiotic-resistant bacteria, necessitating more potent antibiotics with potentially greater nephrotoxicity," he warned.

The experts urged patients to safeguard their kidney health by adhering to prescribed medication regimens, avoiding self-medication, and consulting doctors if they experience any concerning symptoms, such as changes in urinary habits or swelling.

Women empowerment

Yoga can help in women empowerment: Ayush Secy(New Kerala: 20240315)

<https://www.newkerala.com/news/2024/15411.htm>

Yoga is a comprehensive tool to empower women, said Ministry of Ayush Secretary Rajesh Kotecha here on Wednesday.

Yoga can help in women empowerment: Ayush SecyHe was speaking at the Yoga Mahotsav-2024, an event held at the Vigyan Bhawan in the national capital to mark the 100-day countdown to the 10th edition of International Day of Yoga (IDY).

Observed annually on June 21, the theme this year is 'Yoga for Women Empowerment'.

"Yoga is a comprehensive instrument for empowering women, encompassing their physical, mental, emotional, social, and spiritual well-being," Rajesh Kotecha said.

"Empowered women take on roles as leaders, educators, and advocates for change, promoting inclusivity, diversity, and empowerment across society," he added.

Further, Rajesh Kotecha stated that the purpose of Yoga Mahotsav 2024 is to propel Yoga into a widespread movement with a focus on women's well-being and promoting global health and peace.

The Ayush Ministry has actively supported studies on various conditions affecting women, including PCOS/PCOD, stress management, and the like, to focus on women's health irrespective of their age or condition, promoting women's empowerment through evidence-based research.

TB diagnosis

TB diagnosis must go beyond persistent cough: Lancet study(New Kerala: 20240315)

<https://www.newkerala.com/news/2024/15314.htm>

While persistent cough has been a hallmark symptom of tuberculosis, there should be new ways identified to diagnose the world's most deadly infection as a new study on Wednesday showed a majority of the patients do not have the common symptom.

The study, published in the journal *Lancet Infectious Diseases*, analysed data on more than 600,000 individuals in Africa and Asia.

The results showed that 82.8 per cent people with tuberculosis had no persistent cough and 62.5 per cent had no cough at all.

The infection is predominantly transmitted by coughing, but probably also through simply breathing, said researchers from the Amsterdam University Medical Center (UMC) in the Netherlands.

"Our results indicate the probable reason why, despite huge efforts to diagnose and treat the disease, the tuberculosis burden across Africa and Asia is hardly declining. We already knew that there was a giant gap between the 10.6 million who got ill with tuberculosis and the 7.5 million cases that were registered by health authorities in 2022," said Frank Cobelens, Professor of Global Health at Amsterdam UMC.

"A persistent cough is often the entry point for a diagnosis, but if 80 per cent of those with TB do not have one, then it means that a diagnosis will happen later, possibly after the infection has already been transmitted to many others, or not at all," he added.

Further, the analysis of national monitoring schemes in 12 countries showed similar results.

While the majority lacked cough, more than a quarter of those with TB had no symptoms at all -- these were seen more in women than men.

Also a quarter of the patients without cough showed high loads of bacteria in their sputum and were probably highly infectious.

"When we take all of these factors into account, it becomes clear that we need to really rethink large aspects of how we identify people with TB. It is clear that current practice, especially in the most resource-poor settings will miss large numbers of patients with TB. We should instead focus on X-ray screening and the development of new inexpensive and easy-to-use tests" Cobelens said.

World Sleep Day 2024

World Sleep Day 2024: क्यों मनाया जाता है वर्ल्ड स्लीप डे? जाने इतिहास और थीम (Hindustan : 20240315)

<https://www.livehindustan.com/lifestyle/health/story-world-sleep-day-2024-why-world-sleep-day-is-celebrated-on-15-march-history-significance-and-theme-in-hindi-9542006.html>

World Sleep Day 2024: आजकल जीवन व्यस्त होनेकी वजह से लोगों ने सोनेके घंटों में कटौती करना शुरू कर दिया है। विश्व नींद दिवस 2024 मनानेके पीछे का मुख्य उद्देश्य लोगों

को नींद और सेहत के बीच संबंध के

World Sleep Day 2024: स्वस्थ जीवन के लिए सिर्फ अच्छा भोजन ही नहीं बल्कि अच्छी नींद लेना भी बेहद जरूरी है। जीवन में नींद के इस महत्व को समझाने

के लिए ही हर साल मार्चके तीसरे शुक्रवार को वर्ल्ड स्लीप डे मनाया जाता है। अच्छी सेहत के लिए डॉक्टरोंसे रोजाना कम से कम 8 घंटे सोनेकी सलाह देते हैं। लेकिन

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

3/15/24, 11:18 AM World Sleep Day 2024: why world sleep day is celebrated on 15 march history significance and theme in hindi - World Sleep Day ...

[https://www.livehindustan.com/lifestyle/health/story-world-sleep-day-2024-why-world-sleep-day-is-celebrated-on-15-march-history-significance-and-th... 2/8](https://www.livehindustan.com/lifestyle/health/story-world-sleep-day-2024-why-world-sleep-day-is-celebrated-on-15-march-history-significance-and-th...)

आजकल जीवन व्यस्त होनेकी वजह से लोगों ने सोनेके घंटों में कटौती करना शुरू कर दिया है। विश्व नींद दिवस 2024 मनानेके पीछे का मुख्य उद्देश्य लोगों को

नींद और सेहत के बीच संबंध के प्रति जागरूक करना है।

वर्ल्ड स्लीप डे का इतिहास वर्ल्ड स्लीप डे के दिन वर्ल्ड स्लीप सोसाइटी (World Sleep Society) द्वारा कई कार्यक्रम आयोजित किए जाते हैं। दरअसल, बड़े शहरों में व्यस्त लाइफस्टाइल की

वजह से अधिकतर लोग रात को सही से नींद नहीं ले पाते हैं जिस वजह से उन्हें कई शारीरिक और मानसिक परेशानियाँ होने लगती हैं। इन समस्याओं का उपाय

निकालनेके लिए वर्ल्ड स्लीप डे पहली बार साल 2008 में मनाया गया था। हालांकि अब 88 से ज्यादा देशों में वर्ल्ड स्लीप डे मनाया जाता है।

वर्ल्ड स्लीप डे की थीम हर साल वर्ल्ड स्लीप डे मनानेके लिए एक खास थीम रखी जाती है। साल 2024 में वर्ल्ड स्लीप डे की थीम 'Sleep Equity For Global Health' रखी गई है।

इस थीम का मतलब है कि नींद सेहतमंद रहनेके लिए कितना जरूरी है। बता दें, साल 2023 में स्लीप डे की थीम 'स्लीप इज एसेशियल फॉर हेल्थ' रखी गई थी।

World Sleep Day: अच्छी नींद के लिए हर रात पिएं ये आयुर्वेदिक ड्रिंक्स (Hindustan: 20240315)

<https://www.livehindustan.com/lifestyle/health/story-world-sleep-day-2024-effective-ayurvedic-drinks-to-help-sleep-fast-at-night-9541663.html>

World Sleep Day 2024: हर रात सोनेसे पहले बिस्तर पर करवट बदलकर परेशान होते हैं। तो लाइफस्टाइल और डाइट में बदलाव के साथ ही पिएं ये आयुर्वेदिक ड्रिंक्स। जिसे पीनेसे

हर साल 15 मार्चको वर्ल्ड स्लीप डे मनाया जाता है। जिससे कि लोगों के बीच नींद के प्रति जागरूकता फैलाई जा सके। अच्छी और पर्याप्त मात्रा में ली गई नींद सेहत

का राज है। बहुत सारे लोग इन दिनों नींद ना आनेकी समस्या से जूझ रहे हैं। ऐसे में उन्हें लाइफस्टाइल में सही बदलाव करनेकी जरूरत है। रात भर बिस्तर पर करवट

बदलनेसे परेशान हो गए हैं तो इन आयुर्वेदिक ड्रिंक्स को पिएं। एं ये नींद लाने में मदद करेंगे।

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

3/15/24, 11:23 AM world sleep day 2024 effective ayurvedic drinks to help sleep fast at night -

World Sleep Day: अच्छी नींद के लिए हर रात पिएं ये आयुर्वेदिक...

<https://www.livehindustan.com/lifestyle/health/story-world-sleep-day-2024-effective-ayurvedic-drinks-to-help-sleep-fast-at-night-9541663.html> 2/7

विज्ञापन

गुनगुगुना गु पानी और देसी घी

अगर आप रात को अच्छी नींद चाहते हैं तो ना केवल रात को सोने से पहले कैफीन लेना बंद कर दें। बल्कि इन आयुर्वेदिक ड्रिंक को पिएं। एं जिससे नींद आने में मदद

मिलेगी। एक गिलास गर्म पानी में एक चम्मच देसी घी को मिलाकर पिएं। जब घी पूरी तरह से घुल जाए तो पी जाएं। एं रात को सोने से पहले गर्म पानी में घी मिलाकर पीने

से माइंड को शांत और रिलैक्स होने में मदद मिलेगी।

केसर और इलायची वाला दूध

केसर और इलायची दो खास सुगंध वाले हर्ब्स हैं जो आयुर्वेद में दवाओं के तौर पर इस्तेमाल होते हैं। एक गिलास गर्म दूध में केसर के कुछ रेशे और इलायची के दानों

को पीसकर मिलाएं और उबाल आने दें। अब इस गुनगुने गु दूध को पिएं। एं ये आपके बॉडी और माइंड को रिलैक्स करने में मदद करेगी।

अश्वगंधा टी

अश्वगंधा को स्ट्रेस और एंजा एं यटी के लिए बेस्ट आयुर्वेदिक मेडिसिन माना जाता है। अगर आप स्ट्रेस की वजह से सो नहीं पा रहे तो रात को सोने से पहले अश्वगंधा की

जड़ों को पानी में उबालकर चाय बना सकते हैं। इस चाय को पिएं। एं या अश्वगंधा पाउडर को गर्म दूध में मिलाकर पीएं। एं ये माइंड और नर्वस सिस्टम को रिलैक्स करने

में मदद करती है।

वलेरियन रूट टी

वलेरियन की जड़ों की चाय वलेरियन को हिंदी में तगर कहते हैं। इस जड़ की चाय नींद और इनसोमनिया के इलाज के लिए काफी समय से इस्तेमाल हो रही है। इसकी

चाय पीने से नींद जल्दी आने में मदद मिलती है।

Asthma

Asthma के लक्षण बिगाड़ देगी जाती हुई ठंड, बदलते मौसम में इन 6 तरीकों से मैनेज करें अस्थमा (Navbharat Times : 20240315)

<https://navbharattimes.indiatimes.com/lifestyle/health/dr-told-6-easy-tips-to-manage-asthma-during-spring-season/articleshow/108495099.cms>

बच्चों के लिए आगे बढ़ने के लिए स्वस्थ जीवनशैली का पालन करना जरूरी है। उन्हें स्वस्थ आहार खिलाना, इनहेलेशन थेरेपी, और वार्षिक टीकाकरण की जरूरत है। हाइजीन व्यवहार और वेंटिलेशन की भी देखभाल करनी चाहिए।

dr told 6 easy tips to manage asthma during spring season

Asthma के लक्षण बिगाड़ देगी जाती हुई ठंड, बदलते मौसम में इन 6 तरीकों से मैनेज करें अस्थमा

49% की छूट पर मिल रहे हैं ये Desert Air Cooler तोड़ देंगे गर्मी का घमंड, Summer Appliances फेस्ट से करें ऑर्डर

डील देखें

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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?

सर्दियों का मौसम खत्म हो गया है और गर्मी दस्तक देने को है। इन दिनों जिस तरह की हवा चल रही है, उससे सेहत को कई नुकसान होते हैं। यह हवा खासकर अस्थमा के मरीजों के लिए खतरनाक होती है। इस मौसम में अस्थमा के लक्षण बढ़ जाते हैं और अस्पताल में भर्ती होने की आशंका बढ़ जाती है। फेफड़ों की खराब स्थिति वाले लोगों, खासकर बच्चों के लिए यह मौसम चुनौतियों का कारण बन सकता है।

यह हवा वायु मार्ग में जलन पैदा करती है। इससे आपके श्वसन तंत्र की आंतरिक परत को प्रभावित होती है। अस्थमा के मरीजों में नलिकाएं सूजन के कारण सिकुड़ जाती हैं जिससे हवा का सहज रूप से बहना मुश्किल हो जाता है। इससे घरघराहट, सांस की तकलीफ, खांसी और सीने में जकड़न जैसे ध्यान देने योग्य लक्षण दिखाई देते हैं।

दिल्ली स्थित मैक्स हेल्थकेयर में पेडियैट्रिक पल्मोनोलॉजी विभाग के सीनियर कंसल्टेंट डॉ. तिलक राज डंगवाल के अनुसार, ऐसा मौसम में नलिकाओं में बलगम गाढ़ा हो जाता है तथा सांस लेना भी मुश्किल हो

जाता है। इस मौसम में बेहतर ढंग से जीने और स्वस्थ रहने के लिए श्वसन संबंधी समस्याओं से जूझ रहे लोगों कुछ बातों का ध्यान रखना जरूरी है।

अस्थमा कार्य योजना बनाएं

डॉक्टर के परामर्श से एक लिखित कार्य योजना बनाई जानी चाहिए। यह अस्थमा के दौरे के समय, अवधि और परिस्थितियों, लक्षणों या गतिविधि के स्तर में किसी भी बदलाव, दवाओं के किसी भी दुष्प्रभाव और उपचार के प्रति समग्र प्रतिक्रिया को रिकॉर्ड करने और निगरानी करने में मदद करेगा। इसके आधार पर उपचार को समायोजित किया जा सकता है।

उपचार का अनुपालन

इनहेलेशन थेरेपी को व्यापक रूप से अस्थमा प्रबंधन के एक स्तंभ के रूप में मान्यता दी गई है। माता-पिता के लिए अपने बच्चे के लिए उपयुक्त सर्वोत्तम चिकित्सा पद्धति की पहचान करने और समझने के लिए डॉक्टर से परामर्श करना महत्वपूर्ण है।

वार्षिक टीकाकरण

मौसमी फ्लू की चपेट में आने से बच्चों में श्वसन संबंधी कठिनाइयाँ बढ़ सकती हैं। उनकी सुरक्षा के लिए, उनका वार्षिक फ्लू टीकाकरण सुनिश्चित किया जाना जरूरी है। ऐसी व्यवस्था उनके जीवन की समग्र गुणवत्ता को बढ़ा सकती है।

हवा की गुणवत्ता बनाए रखना

घर में एयर प्यूरीफायर का उपयोग करने से इनडोर एलर्जी को कम करने में मदद मिल सकती है। इससे घर में निम्न प्रदूषक स्तर की वायु गुणवत्ता बन सकती है, लेकिन इससे अस्थमा के लक्षणों को बेहतर ढंग से नियंत्रित करने में मदद मिलेगी, यह अभी तक स्थापित नहीं हुआ है। घर के अंदर और जहां भी संभव हो, पौधे रखने से भी हवा की गुणवत्ता सुधारने में मदद मिलती है। इसके अलावा, नियमित सफाई और उचित वेंटिलेशन घर के अंदर हवा की गुणवत्ता बनाए रखने में मदद करता है।

हाइजीन (स्वच्छता) व्यवहार

नियमित रूप से हाथ धोने जैसे अच्छे स्वच्छता व्यवहारों पर जोर देने से श्वसन संक्रमण के जोखिम को कम किया जा सकता है। बच्चों को हाथ साफ रखने और अपने चेहरे को छूने से बचने की शिक्षा देने से उन रोगाणुओं के प्रसार को रोकने में मदद मिलती है जो अस्थमा के लक्षणों को ट्रिगर कर सकते हैं।

जीवनशैली में संशोधन

सर्दियों के मौसम में, सुनिश्चित करें कि आपका बच्चा फलों, सब्जियों और प्रतिरक्षा-बढ़ाने वाले खाद्य पदार्थों से भरपूर स्वस्थ आहार का सेवन करे। उनके श्वसन तंत्र के इष्टतम कामकाज को समर्थन देने के लिए उन्हें अच्छी तरह से हाइड्रेटेड रहने के लिए प्रोत्साहित करें।

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।

उस्मान खान