



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20240404

## Public health preparedness

### Health Ministry reviews public health preparedness for heat-related illnesses (New Kerala: 20240404)

<https://www.newkerala.com/news/2024/19578.htm>

amid the soaring heat levels in various parts of India, the Health Ministry on Wednesday held a review meeting on public health preparedness for heat-related illnesses in the country.

"Continuous efforts towards generating awareness for people for better management of heatwaves is necessary as effective addressing leads to effective management," said Union Minister of Health and Family Welfare Mansukh Mandaviya, who chaired the meeting, said.

Pointing out the lack of accurate data from the ground, he called for "creating a central database with input from states to share field level data on heat waves, including deaths and cases".

Mansukh Mandaviya also stressed timely action as soon as weather alerts are received in the states by the India Meteorological Department (IMD).

"Timely, advance and wide awareness among people on preventive measures will hugely support in reducing the severe impact of such heat waves," he said.

Highlighting the importance of collaborative efforts in efficient management of heat-related illnesses, the Health Minister advised senior officials to meet the states' officials for better coordination and understanding.

Bharati Pravin Pawar, Union Minister of State for Health and Family Welfare, also called for equipping the Ayushman Arogya Mandirs with water coolers, ice packs and other basic necessities.

Health Ministry reviews public health preparedness for heat-related illnesses

Found this article helpful? Spread the word and support us!

## **Heart disease**

### **Scientists find link between lack of sleep, unemployment and heart disease (New Kerala: 20240404)**

<https://www.newkerala.com/news/2024/19567.htm>

Researchers have found an association between people who are unemployed, uninsured, or do not have education beyond high school, lack of proper sleep, and an increased risk of cardiovascular disease.

The study on Asian Americans, including Asian Indian adults, published in the Journal of the American Heart Association, found that the link between these unfavourable social determinants of health variables and cardiovascular disease risk factors varied widely among people in different subgroups.

However, the team researchers said that an association does not mean that social determinants of health directly caused the risk factor.

For the data, the team included data on 6,395 adults who self-identified as Asian. Of these, 22 per cent were Asian Indian adults.

Asian Indian adults reported a 20 per cent likelihood of suboptimal sleep; and a 42 per cent increased likelihood of insufficient physical activity -- major risk factors for heart disease.

The analysis also found that for all Asian groups, “a higher unfavourable social determinant of health score by one standardised unit was associated with a 14 per cent greater risk of high blood pressure; a 17 per cent greater risk of poor sleep; and a 24 per cent greater risk of Type 2 diabetes -- all of which increase the risk for developing cardiovascular disease.”

Lead author Eugene Yang, Professor of medicine at the University of Washington School of Medicine in Seattle said: “Many social determinants of health are often interconnected, such as neighbourhood cohesion, economic stability and use of the health care system.”

“People of South Asian heritage have higher rates of premature heart disease globally, and they recently have been found to have higher cardiovascular mortality than non-Hispanic white people. A better understanding of why differences in cardiovascular risk exist among Asian subgroups is vital to reducing risk and improving outcomes,” Yang said.

## **TB mortality rate in South-East Asia**

### **TB mortality rate in South-East Asia rose 8.6 per cent in 2021: WHO(New Kerala: 20240404)**

<https://www.newkerala.com/news/2024/19507.htm>

The tuberculosis mortality rate in the Southeast Asia region saw a rise of 8.6 per cent in 2021 as compared to 2015, according to an official release from the World Health Organisation (WHO).

According to the release, the regional director of WHO, South-East Asia Region, Saima Wazed said, "TB mortality rate in the Region increased by 8.6 per cent in 2021 compared to 2015. The probability of death between the ages of 30 and 70 years from four major diseases - cardiovascular diseases, cancer, diabetes and chronic respiratory diseases - is still unacceptably high at 21.6 per cent."

She added that the poorest and groups with vulnerabilities face the greatest barriers in accessing needed healthcare, often with catastrophic consequences for their health and well-being.

"Poor quality care accounts for more diseases and deaths than lack of access to care," she said.

The Regional Director stated further that gender inequality affects equitable access to diagnosis and treatment of non-communicable health conditions.

The WHO will focus the spotlight on the theme 'My Health, My Right' on World Health Day this year on April 7.

According to an official press release from WHO, South East Asia, "In a world witnessing multiple crises, from diseases to disasters to conflicts and climate change, realising people's right to health

is now more important than ever. To mark the foundation of the World Health Organisation, the spotlight this year is on 'My Health, My Right', on World Health Day, celebrated on 7 April."

Wazed also expanded on the significance of acknowledging the 'Right to Health' for all.

"Realising the right to health for all means creating conditions where everyone, everywhere can access high-quality health facilities, services and goods that prioritize people's needs, understanding and dignity," Wazed said.

"It also means a full set of rights that enable people to live healthily, such as education, safe water and food, nutritious food, adequate housing, good working and environmental conditions and information--or the underlying determinants of health," she added.

"To fulfil the right to health, both health services and the underlying determinants should be available, accessible, acceptable and of adequate quality," she said.

The right to the highest attainable standard of mental and physical health--or, the right to health has been core to the WHO's mission, globally and in the region. It is enshrined in WHO's Constitution.

As WHO marks its seventy-sixth year on April 7, the Southeast Asia Region has seen many gains and has much to celebrate about the right to health.

"The Universal Health Coverage service coverage index has improved from 47 in 2010 to 62 in 2021. The average density of medical doctors, nurses and midwives in the Region stands at 28.05 per 10, 000 population, up by 30.5 per cent since 2015," she said.

"The Region achieved a 68.5 per cent reduction in the maternal mortality ratio between 2000 and 2020. Under-five mortality rate declined significantly from 84 per 1000 live births in 2000 to 29 per 1000 live births in 2021 and the neonatal mortality rate from 41 per 1000 live births in 2000 to 17 per 1000 live births in 2021. Between 2015 and 2021 new HIV infections declined by 25 per cent and malaria incidence by 62 per cent," she added.

However, despite progress, we still have a considerable way to go to make the right to health a reality for all in the WHO South-East Asia Region, the Regional Director said.

She added that despite global commitments to the right to health, nearly 40 per cent of the Region's people lack coverage of essential health services.

Investment in health by national governments, which is the foundation of advancing the right to health, is unacceptably low, which has resulted in high out-of-pocket expenditures, according to the release.

The proportion of households experiencing financial hardship in accessing basic health care has been rising.

"Violence against women and girls--a violation of their human rights and a priority public health issue--remains pervasive. More than one in every three women in the Region has experienced

intimate partner violence at least once in their lifetime, with rural and uneducated women and those from the poorest households facing a significantly higher risk," she said.

"Too many still face stigma related to certain health conditions, such as TB, HIV/AIDS, disability or mental ill health. They also face discrimination in the health system based on their gender, class, ethnicity, religion, sexual orientation or other characteristics," the Regional Director said.

Wazed stated that equality and non-discrimination are core to a human rights-based approach to health.

"A human rights-based approach also entails adherence to the principle of participation. For example, by ensuring that those most affected by certain health conditions or health policies and decisions have a say in how these decisions are made," she said.

"Accountability is also integral to a human rights-based approach. For example, reporting back to affected groups and communities about the performance of the health system or health programmes to address their needs," she said.

All governments and other duty-bearers must respect, protect and fulfil the right to health and other human rights and to ensure their progressive realisation, the WHO release went further, adding, "Governments need to increase investments in health--especially to advance universal health coverage grounded in a primary health care approach.

"Good laws can lay the foundation for more effective tobacco control, environmental protection, better nutrition, control of obesity and cardiovascular diseases, fair and equal working conditions, and much more. Health services need to be made more available, accessible acceptable and of better quality for all," Wazed said.

"WHO is committed to advancing the right to health and other human rights. Let's make the right to health a reality for all," she added.

## **E-cigarette**

### **Study claims spike in e-cigarette users quitting traditional cigarettes (New Kerala: 20240404)**

<https://www.newkerala.com/news/2024/19430.htm>

here has been an increase in the number of people switching to electronic cigarettes while quitting regular tobacco smoking, claims a study.

The new study led by a team from Roswell Park Comprehensive Cancer Center in New York, US, examined differences in real-world trends in population-level cigarette discontinuation rates from 2013 to 2021 in American adults.

Their findings, published in the journal *Nicotine & Tobacco Research*, found that quit rates changed between 2018 and 2021 than earlier years.

During this period, 30.9 per cent of adult smokers who used e-cigarettes quit tobacco cigarettes. On the other hand, only 20 per cent of smokers who did not use e-cigarettes quit smoking.

In contrast, between 2013 and 2016, smoking rates were statistically indistinguishable between people who used e-cigarettes (15.5 per cent) and those who did not (15.6 per cent).

“Our findings here suggest that the times have changed when it comes to vaping and smoking cessation for adults in the US,” said first author Karin Kasza, Assistant Professor of oncology in the Department of Health Behaviour at Roswell Park.

“While our study doesn’t give the answers as to why vaping is associated with cigarette quitting in the population today when it wasn’t associated with quitting years ago, design changes leading to e-cigarettes that deliver nicotine more effectively should be investigated. This work underscores the importance of using the most recent data to inform public health decisions,” Kasza added.

## **Heat and health conundrum**

### **As India's summer begins, understanding the heat and health conundrum (The Hindu: 20240404)**

<https://www.thehindu.com/sci-tech/energy-and-environment/india-summer-heat-heatwave-health-indirect-impacts-preparation/article68015107.ece>

Heatwaves are deadly natural hazards: they have multiple direct impacts and their indirect effects include disrupted power and water supply, more food- and water-borne diseases, and overburdened hospitals

A mother protects her child from heat by covering his head, while returning from school in Visakhapatnam, March 13, 2024.

A mother protects her child from heat by covering his head, while returning from school in Visakhapatnam, March 13, 2024. | Photo Credit: V. Raju/The Hindu

Anthropogenic climate change is turning ambient heat, a relatively banal manifestation of the sun, into an inevitable environmental hazard. In 2023, with the atmospheric carbon dioxide level reaching new heights of 425 ppm, we witnessed the warmest decade on record spanning from 2014 to 2023. Until a few decades ago, hazards of high heat largely existed in confined, fire-based occupational settings or for people who exerted in hot weather for a long time, e.g. soldiers, athletes, and workers, and during occasional heatwaves.

Mentions of heat stroke have been found in literature since ancient times. With rising global temperatures, dangerous high heat has begun permeating our routine indoor spaces. This gradual expansion of the realm of extreme heat is potentially the gravest consequence of climate change for India.

## **Anaemia prevalence**

### **Anaemia prevalence in eight States found to be overestimated (The Hindu: 20240404)**

<https://www.thehindu.com/sci-tech/science/anaemia-prevalence-in-eight-states-found-to-be-overestimated/article67980671.ece>

The overall prevalence of iron deficiency was just 18.4%. It was highest among adolescent girls (31.5%) followed by adult women (27.7%), and elderly women (13.6%). Even among anaemic women, only about a third was due to iron deficiency

March 23, 2024 09:00 pm | Updated March 26, 2024 02:54 pm IST

A study across eight States in India involving 4,613 participants that included adolescents (647 girls and 674 boys), adults (931 women and 927 men) and elderly (714 women and 720 men) has found that the prevalence of anaemia has been overestimated by previous surveys. While the NFHS surveys measured haemoglobin using finger prick-based capillary blood, the latest multi-institutional study carried out by a team led by Dr. Anura Kurpad from St. John's Medical College, Bengaluru, used venous blood to measure haemoglobin and iron status through ferritin. The other institutions involved in the study include ICMR-NIN, Hyderabad, Sitaram Bhartia Institute of Science and Research, New Delhi, CSIR-IGIB, New Delhi, CSIR-CCMB, Hyderabad, Banaras Hindu University, and KEM Hospital, Pune. The results have been posted as a preprint; preprints are not peer-reviewed.

Capillary blood haemoglobin will be an underestimate of the true value as the red blood cell count in the capillary blood will be a little lower than venous blood due to a phenomenon called plasma-skimming. Also, tissue fluid gets mixed with capillary blood while drawing the blood sample leading to dilution and thus a reduction in haemoglobin value. The WHO has also recently recommended that anaemia be diagnosed from venous blood estimations of haemoglobin.



## High blood pressure

### Can salt substitutes reduce your high blood pressure by 40 per cent? Understanding who needs it, who doesn't (Indian Express: 20240404)

<https://indianexpress.com/article/health-wellness/can-salt-substitutes-reduce-your-high-blood-pressure-by-40-per-cent-9220344/>

A cardiologist explains a new study and the best ways to incorporate salt substitutes in your diet

Some new types of salt substitutes are being developed using ingredients like herbs, spices, garlic and citrus fruits. (Source: Freepik) Some new types of salt substitutes are being developed using ingredients like herbs, spices, garlic and citrus fruits. (Source: Freepik)

Can salt substitutes help in controlling hypertension? A recent study, conducted by Chinese scientists, found that replacing table salt with a salt substitute reduced the incidence of hypertension (high blood pressure) by 40 per cent without increasing hypotension (low blood pressure) episodes.

The salt substitute contained 25 per cent potassium chloride — which doesn't raise blood pressure — and 12 per cent dried food flavourings such as mushroom, lemon, seaweed, hawthorn, and wild jujube, as well as traces of amino acids.

Also Read | Cut down your salt intake by including these healthy alternatives to flavour your foods

Explaining the findings, Dr Vanita Arora, senior consultant, cardiac electrophysiologist and interventional cardiologist at Indraprastha Apollo Hospitals, New Delhi, says while salt substitutes can reduce dietary sodium from sodium chloride-based table salt, they too need to be used moderately.

What are salt substitutes and how do they differ from normal table salt?

Salt substitutes are seasoning products used to replace regular salt. The most common flavour substitute is potassium chloride though some brands use potassium bicarbonate, potassium citrate or potassium lactate instead. Sodium increases blood volume and blood pressure while potassium helps to lower and regulate blood pressure. So it neutralises or counteracts the hypertensive effects of sodium. Some new types of salt substitutes are being developed using ingredients like herbs, spices, garlic and citrus fruits.

Festive offer

Can salt substitutes become effective in controlling hypertension? Are there any risk factors?

Yes. Studies show that decreasing sodium intake while simultaneously raising potassium intake can effectively lower elevated blood pressure, especially for those sensitive to salt.

Also Read | Rock, table, or iodised — The safest salt option for hypertension patients is...

But they may not work on those who are suffering from kidney disorders or taking specific medications as excessive potassium can be dangerous for them. Besides, salt substitutes should be just one piece of a comprehensive high blood pressure management plan that should equally focus on lifestyle changes like exercise, weight loss and having a balanced diet. Effects differ from individual to individual, so it is important to consult a physician before including salt substitutes.

Who can have salt substitutes? Who should not?

About 75 per cent of sodium-sensitive individuals with high blood pressure are over the age of 55. Those over 50 years with a family history of high blood pressure can have salt substitutes to lower chances of developing hypertension. Older adults (65+years) can use them to prevent cardiovascular conditions.

Also Read | Why you should replace regular salt with sendha namak (and how much to consume)

The use of salt substitutes is generally not necessary or even recommended for healthy children and adolescents as they require sodium for growth and development. People with normal blood pressure don't need to opt for substitutes. According to public health guidelines, the WHO-recommended sodium intake for a healthy adult is around 2000 mg per day, which can reasonably come from use of common salt equivalent to 5 g/day or just under a teaspoon.

If I have hypertension, should I start consuming salt substitutes to control my blood pressure?

## **low calorie, high vitamin & fibre-rich diet**

### **How 2-4 teaspoons of avocados can supercharge your low calorie, high vitamin & fibre-rich diet**

**A nutritionist explains why you can't have too much of a good thing (Indian Express: 20240404)**

<https://indianexpress.com/article/health-wellness/teaspoons-avocados-low-calorie-high-vitamin-fibre-rich-diet-9220053/>

avocados Avocados aren't low-calorie with a whole one generally having between 200 and 300 calories, depending on size. (Photo: Pixabay)

Avocados have rightly earned their reputation as nutrient-dense superfoods. Packed with healthy monounsaturated fats, fibre, vitamins and minerals, adding some avocado to your diet can provide numerous benefits. However, like most foods, overconsumption of avocados can lead to some undesirable effects. So, what's the ideal daily serving, and how can you best incorporate this creamy fruit into your routine?

## **CAR-T cell therapy**

**First patient of CAR-T cell therapy in govt hospital trial now cancer-free (ndian Express: 20240404)**

<https://indianexpress.com/article/health-wellness/car-t-cell-therapy-first-patient-in-govt-hospital-trial-cancer-free-9216363/>

22-year-old from Saharanpur returns to college after clinical trial at PGIMER, Chandigarh.

Pundir, a resident of Saharanpur, became the first patient in the country to receive the groundbreaking CAR T-cell therapy, which genetically reprogrammes a patient's immune system to fight cancer, at a public hospital. Pundir, a resident of Saharanpur, became the first patient in the country

to receive the ground-breaking CAR T-cell therapy, which genetically reprogrammes a patient's immune system to fight cancer, at a public hospital. (Express photo)

Twenty-two-year-old Kamal Pundir loves the wind on his face when he runs and doesn't count the steps, he just goes on and on... It's something he has missed immensely ever since he was diagnosed with Acute Lymphoblastic Leukemia (ALL) a year ago. Pundir is now back on his feet, raring to make up for the missed time at college, as he is now completely cancer-free with a novel therapy at a government hospital.

Pundir, a resident of Saharanpur, became the first clinical trial patient in the country to receive the ground-breaking CAR T-cell therapy, which genetically reprogrammes a patient's immune system to fight cancer, at a public hospital. Developed by Immuneel, co-founded by famed oncologist Dr Sidharth Mukherjee, this novel therapy for ALL was trialled for PGIMER.

## **Physical Fitness**

### **These 2 pranayama routines control anxiety best: Find out what a study says (ndian Express: 20240404)**

<https://indianexpress.com/article/health-wellness/pranayama-routines-control-anxiety-study-9217420/>

Breathing techniques impact the vagus nerve, says yoga expert Kamini Bobde.

anxiety yogaA recent study, published in JAMA Network Open and conducted among doctors, found that Sudarshan Kriya Yoga significantly decreased stress, depression and anxiety compared to other stress management techniques. (Express Photo)

Stress is impacting people's mental and physical health the world over. Amidst this despair, there is research and evidence that your breath holds the key to unlocking the secrets of how to manage these problems.

A recent study, published in JAMA Network Open and conducted among doctors, found that Sudarshan Kriya Yoga significantly decreased stress, depression and anxiety compared to other stress management techniques. All it involves is rhythmic and cyclical breathing. This involves Ujjayi or "victorious breath", which involves experiencing the conscious sensation of the breath touching the throat. This slow breath technique of two to four breaths per minute increases airway resistance during inspiration and expiration and controls airflow. Then there is Bhastrika or "bellows breath," where the air is rapidly inhaled and forcefully exhaled at a rate of 30 breaths per minute.

## Food and Nutrition

**North Indian diet high in salt, phosphorus, low in potassium and protein: Why this PGIMER study is a red flag (ndian Express: 20240404)**

<https://indianexpress.com/article/health-wellness/north-indian-diet-salt-phosphorus-potassium-protein-pgimer-study-red-flag-9217138/>

Experts point to imbalance of key nutrients and call for dietary discipline

north indian food health benefits Excessive salt consumption is believed to be a significant trigger of hypertension. (Representative Photo/File)

If you are contemplating butter naan, dal makhni or some chicken do pyaaza this weekend or are a big fan of North Indian cuisine, then you may just be over-consuming salt and phosphorus and could be worsening your hypertension and other co-morbidities.

A study by PGIMER, Chandigarh, and The George Institute for Global Health, India, which tracked the dietary habits of North Indians, found that they consumed a higher-than-recommended intake of salt and phosphorus and were low on protein and potassium. Published in the journal *Frontiers in Nutrition*, the cross-sectional study included more than 400 subjects, healthy adults and adults with chronic kidney disease (CKD). This is the first study to provide a comprehensive assessment of the intake of multiple nutrients by the north Indian population.

## Health Risk:

**Health Risk: कैंसर जैसी गंभीर बीमारी की वजह हो सकती है किचन में रखी ये चीजें (Hinduatan: 20240404)**

Health Risk: किचन में रखी चीजें हेल्थ को अच्छा बनाने का भी काम करती है और हेल्थ बिगाड़ने का भी। अगर आपके किचन में ये 5 चीजें मौजूद हैं तो फौरन बाहर निकाल दें। कैंसर

<https://www.livehindustan.com/lifestyle/health/story-5-kitchen-items-that-cause-cancer-and-many-health-problems-9688039.html>

किचन पूरे घर की सबसे खास जगह होती है। यहां पर केवल खाना नहीं बनता बल्कि सेहत भी बनती है। अगर आपकी रसोई में इन 5 चीजों में से कुछ ही

इस्तेमाल होता है। तो फौरन उसे फेंक दें। ये चीजें ना केवल कैंसर जैसी गंभीर बीमारी को न्योता देती हैं। बल्कि कई दूसरी बीमारी की भी वजह बन सकती हैं।

जानें वो कौन सी चीजें हैं जिन्हें किचन से फौरन बाहर निकाल देने में ही भलाई है।

ऐप पर पढ़ें/देखें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW वेब स्टोरी बिजनेस विदेश धर्म

Sign in to livehindustan.com with Google

Hans Kumari

hanskumari@nihfw.org

To create your account, Google will share your name, email address, and profile picture with livehindustan.com. See livehindustan.com's privacy policy and terms of service.

Continue as Hans

4/4/24, 10:27 AM 5 kitchen items that cause cancer and many health problems - Health Risk: कैंसर जैसी गंभीर बीमारी की वजह हो सकती है किचन में रखी ये...

<https://www.livehindustan.com/lifestyle/health/story-5-kitchen-items-that-cause-cancer-and-many-health-problems-9688039.html> 2/8

विज्ञापन

नॉन स्टिक बर्तन

नॉन स्टिक बर्तन लगभग हर किसी के किचन में मौजूद होते हैं। खाना बनाने में आसान इन नॉन स्टिक बर्तनों की कोटिंग के लिए पीएफओए नाम के केमिकल का

इस्तेमाल किया जाता है। कई सारी स्टडी में पीएफओए और कैंसर के बीच लिंक का पता चला है। हाई टेंपरेचर पर जब नॉन स्टिक बर्तन में खाना पकाया जाता है

तो जहरीला धुआं निकलता है। जिसकी वजह से कैंसर जैसे लक्षण शरीर में पनपने लगते हैं।

प्लास्टिक के बर्तन और बोतल

प्लास्टिक के बर्तन और बोतल रसोई में सबसे कॉमन होते हैं। प्लास्टिक की बोतल में बिस्फिनोले (बीपीए) नाम का केमिकल होता है। जिसका इस्तेमाल प्लास्टिक

की बोतल प्रोड्यूस करने में किया जाता है। इस केमिकल की वजह से हार्मोनल इंबैलेंस और इम्यूनिटी कमजोर होने का डर रहता है। अगर प्लास्टिक के बोतल

और बर्तनों का इस्तेमाल हर दिन किया जाता है तो ये सेहत को इन तरीकों से नुकसान पहुंचाते हैं।

एल्यूमिनियम फॉइल

रोटी, पराठा, ब्रेड टिफिन में इन चीजों को पैक करना है तो अक्सर लोग एल्यूमिनियम फॉइल का इस्तेमाल करते हैं। जब किसी गर्म खाने की चीज को

एल्यूमिनियम फॉइल में लपेटा जाता है। या फिर इसमें खाने को पकाया जाता है। तो इसमें मौजूद एल्यूमिनियम खाने में अब्जॉर्ब होने लगता है। जो कैंसर के रिस्क

को बढ़ा देता है।

प्लास्टिक चॉपिंग बोर्ड

प्लास्टिक की बोतल ही नहीं बल्कि प्लास्टिक के चॉपिंग बोर्ड को भी किचन से बाहर करने की जरूरत है। रेगुलर चॉपिंग बोर्ड पर सब्जी काटने से प्लास्टिक के

महीन कण सब्जी में मिल जाते हैं। वहीं गंदे प्लास्टिक चॉपिंग बोर्ड से स्टमक इंफेक्शन होने का खतरा रहता है।

रिफाइंड शुगर

चीनी का इस्तेमाल भले ही खाने की मिठास बढ़ाने के लिए किया जाता हो। लेकिन रिफाइंड शुगर कैंसर की कोशिकाओं के डेवलप का कारण हो सकती हैं।

इसलिए चीनी के हेल्दी विकल्प खाने के बारे में कहा जाता है।

ऐप पर पढ़ें/देखें

4/4/24, 10:27 AM 5 kitchen items that cause c

## Hyderation

**Summer Heat: गर्मियों से राहत देने में मदद करेगी रुजुता दिवेकर की ये खजूर रेसिपी, जानें फायदे**

**Summer Heat: गर्मियों में शरीर और पेट को ठंडा रखने के साथ ही डिहाइड्रेशन जैसी समस्या को दूर करने के लिए सेलिब्रेटी न्यूट्रिशनिस्ट रुजुता दिवेकर की बताई खास रेसिपी को ट्राई करें। जानें (Hindustan: 20240404)**

<https://www.livehindustan.com/lifestyle/health/story-celebrity-nutritionist-rujuta-diwekar-shares-beat-summer-heat-recipe-of-date-know-amazing-health-benefits-9687677.html>

गर्मियों की शुरुआत हो रही है। साथ ही लोग शरीर को ठंडा रखने और हीट से खुद को राहत देने के लिए अलग-अलग तरीके खोज रहे हैं। बढ़ती गर्मी के साथ खुद को

हाइड्रेटेड रखना जरूरी है। जिससे एनर्जी बनी रहे। गर्मियों में बॉडी को कूल रखने में मदद करेगी सेलिब्रेटी न्यूट्रिशनिस्ट रुजुता दिवेकर की बताई ये खास रेसिपी। जो अरब के

देशों से ताल्लुक रखती है। खजूर और दही को मिलाकर बनी इस रेसिपी के फायदे भी बहुत ढेर सारे हैं। तो चलिए जानें कैसे बनाएं खजूर और दही की रेसिपी और इसके

गजब के फायदे।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR क्रिकेट लाइव स्कोर देश मनोरंजन एजुकेशन NEW फोटो वीडियो विदेश बिजनेस करियर धर्म



4/4/24, 10:28 AM celebrity nutritionist rujuta diwekar shares beat summer heat recipe of date know amazing health benefits - Summer Heat: गर्मियों से...

<https://www.livehindustan.com/lifestyle/health/story-celebrity-nutritionist-rujuta-diwekar-shares-beat-summer-heat-recipe-of-date-know-amazing-health...> 2/7

पेट को ठंडा रखनेमें मदद

सेलिब्रेटी न्यूट्रिशनिस्ट बताती हैं कि गर्मियों में पेट को ठंडा रखनेमें ये रेसिपी खूब मदद करती है। साथ ही खजूर और दही को मिलाकर खानेसे कब्ज की समस्या से भी राहत

मिलती है। खजूर में फाइबर की मात्रा ज्यादा होती है। जो डाइजेशन और कब्ज को दूर करनेमें मदद करता है।

खराब मूड को सही करता है

खजूर और दही का मिक्सचर खराब हो रहे मूड को भी ठीक करनेमें मदद करता है। इसका कारण है खजूर में मिलनेवाला कार्बोहाइड्रेट। जो सेरोटोनिन हार्मोन को बढ़ानेमें

मदद करता है और खुशी महसूस कराता है। जब आप खजूर और दही को मिक्स कर खाते हैं तो ये संतुष्टि और खुशी देता है। जिससे मूड सही होता है।

हीमोग्लोबिन लेवल को बढ़ाता है

खजूर में मौजूद आयरन की मात्रा शरीर में हीमोग्लोबिन की समस्या को भी खत्म करती है।

डायबिटीज के मरीज भी खा सकते हैं

सौ ग्राम खजूर में 314 किलो कैलोरी होती है। जो एनर्जी को बढ़ानेमें मदद करती है। साथ ही खजूर में ग्लाइसेमिक इंडेक्स भी कम होता है। ऐसे में डायबिटीज के मरीज भी

2-3 दिन भर में एक बार खजूर को आसानी से खा सकते हैं।

वेट लॉस के लिए बेस्ट खजूर

जो लोग वेट लॉस करना चाहते हैं वो खजूर खाकर आसानी से एनर्जी पा सकते हैं। ये वजन को बढ़ाने नहीं देता है और पेट भरनेका एहसास देता है।

कैसे बनाएं खजूर और दही का रायता

रुजुता दिवेकर के बताए खजूर और दही का रायता बनानेके लिए इन चीजों की जरूरत होगी।

घर में जमी दही

खजूर, आधे घंटे पानी में भीगे हुए

काला नमक

भुना हुआ जीरा पाउडर

## International Carrot Day 2024:

**International Carrot Day 2024: हर साल 4 अप्रैल को ही क्यों मनाया जाता है विश्व गाजर दिवस? ये है इतिहास और महत्व (Hinduatan: 20240404)**

International Carrot Day 2024: यह दिन हमें गाजर के बारे में जानकारी फैलाने और इसके स्वादिष्ट व्यंजनों का लुत्फ उठाने का मौका देता है। आइए जानते हैं आखिर क्या है

अंतर्राष्ट्रीय गाजर दिवस को मनाने के पी

Manju Mamgain लाइव हिन्दुस्तान टीम, नई दिल्ली

Thu, 04 Apr 2024 06:45 AM

हमें फॉलो करें

International Carrot Day 2024: दुनियाभर में हर साल 4 अप्रैल को विश्व गाजर दिवस के रूप में मनाया जाता है। गाजर दिवस को मनाने के पीछे का

उद्देश्य लोगों को गाजर का सेवन करने से मिलने वाले फायदों के प्रति जागरूक करवाना है। सबसे पहले इस दिन को मनाने की शुरुआत साल 2003 में हुई थी।

गाजर को उसके पोषण मूल्य और बहुमुखी प्रतिभा के लिए सम्मानित किया जाता है, और यह दिन हमें गाजर के बारे में जानकारी फैलाने और इसके स्वादिष्ट

व्यंजनों का लुत्फ उठाने का मौका देता है। आइए जानते हैं आखिर क्या है अंतर्राष्ट्रीय गाजर दिवस को मनाने के पीछे का इतिहास और महत्व।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW ऑटो वेब स्टोरी बिजनेस विदेश धर्म

4/4/24, 10:29 AM know why we celebrate International Carrot Day 2024 Date history significance and theme in hindi - International Carrot Day 2024:...

<https://www.livehindustan.com/lifestyle/health/story-know-why-we-celebrate-international-carrot-day-2024-date-history-significance-and-theme-in-hindi...> 2/4

International

अंतर्राष्ट्रीय गाजर दिवस का इतिहासगाजर का वानस्पतिक नाम डाकस कैरोटा है। जानकारों का मानना है कि एशिया के लोगों ने सबसे पहले गाजर की खेती की शुरुआत की और वहीं से ये विश्व के

अन्य देशों में पहुंची। गाजर चार अलग-अलग रंगों लाल,पीली, संतरी और काली रंग की पाई जाती है। साल 2003 में अंतर्राष्ट्रीय गाजर दिवस की स्थापित की गई।

जिसके बाद साल 2012 तक यह दुनिया भर में उन सभी जगहों पर फैल गया है, जहां गाजर के बारे में लोग जानते थे। बता दें, सबसे पहले गाजर दिवस को मनाने

की शुरुआत फ्रांस और स्वीडन से हुई। इसके बाद भारत, जापान, रूस इटली समेत दुनिया के कई देशों में विश्व गाजर दिवस मनाया जाने लगा। गाजर दिवस को

मनाने का मकसद देश के लोगों के बीच गाजर जैसे पौष्टिक आहारों के प्रति लोगों में जागरुकता बढ़ाने का था।

अंतर्राष्ट्रीय गाजर दिवस का महत्वअंतर्राष्ट्रीय गाजर दिवस को मनाने का सबसे अच्छा तरीका यह है कि आप पोषक तत्वों से भरपूर इस सब्जी का ज्यादा से ज्यादा सेवन करें। गाजर की खासियत

यह है कि आप इसका इसका उपयोग ज्यादातर सब्जियों को बनाते समय कर सकते हैं। बात चाहे लंच में बनने वाली मिक्स वेज की हो या फिर डिनर के बाद सर्व

किए जाने वाले हलवे की, गाजर का सेवन किसी भी रूप में किया जा सकता ह

## Thyroid

पोषक तत्वों की कमी से गंभीर हो सकती है थायराइड की समस्या, इन 5 पोषक तत्वों का जरूर रखें ध्यान

थायराइड की समस्या, जैसे हाइपोथायरायडिज्म और हाइपरथायरायडिज्म, थायराइड हार्मोन के स्तर में असंतुलन के कारण होती है। इसके लक्षण में आपको ऊर्जा स्तर, वजन और समग्र कल्याण को

प्रभावित कर सकते हैं। (Hindustan: 20240404)

<https://www.livehindustan.com/lifestyle/story-add-these-5-essential-nutrients-to-your-diet-to-control-thyroid-problems-9684675.html>

थायराइड की समस्या आज हर दूसरे व्यक्ति को परेशान कर रही है। इस समस्या के कारण कई लोगों में तेजी से वजन बढ़ता देखा जाता है। कई लड़कियों में पीसीओएस की

समस्या भी थायराइड के कारण ही होती है। आजकल के खराब लाइफस्टाइल और खाने की गलत आदतों के कारण ये समस्या और तेजी से अपने पैर पसार रही है। लेकिन

अगर आपको अपने थायराइड को कंट्रोल करना है तो हम आपको ऐसे 5 पोषक तत्वों के बारे में बताने जा रहे हैं जो थायराइड के मरीजों के लिए जरूरी हैं। अधिक जानने के

लिए इस लिंक पर क्लिक करें: पोषक तत्वों की कमी से गंभीर हो सकती है थायराइड की समस्या, इन 5 पोषक तत्वों का जरूर रखें ध्यान

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW ऑटो वेब स्टोरी बिजनेस विदेश धर्म

4/4/24, 10:31 AM add-these-5-essential-nutrients-to-your-diet-to-control-thyroid-problems - पोषक तत्वों की कमी से गंभीर हो सकती है थायराइड की समस्या, इ...

<https://www.livehindustan.com/lifestyle/story-add-these-5-essential-nutrients-to-your-diet-to-control-thyroid-problems-9684675.html> 2/9

Sponsored Links by Taboola

Healthy Lifestyle

विज्ञापन

सेहत संबंधी अन्य जानकारी के लिए लॉग इन करें : हेल्थ शॉट्स हिंदी

अच्छी नींद सहित इन 4 कारणों के लिए मैग्नीशियम भी है जरूरी

सूखी खांसी सेबचाव के उपाय

घर की सजावट में इन चीजों का रखें ध्यान, मिलेगा मन को सुकून

अपनी स्किन पर लगाएं ये 4 तरह के सन प्रोटेक्शन