



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240405

Bird flu

**‘Bird flu 100 times worst than Covid, could kill up to half of everyone it infects’:
Wider spread raises concern for humans, animal (The Tribune: 20240405)**

<https://www.tribuneindia.com/news/health/bird-flu-100-times-worst-than-covid-could-kill-up-to-half-of-everyone-it-infected-wider-spread-raises-concern-for-humans-animal-607600>

‘Bird flu 100 times worst than Covid, could kill up to half of everyone it infects’: Wider spread raises concern for humans, animal

Health officials and scientists say the risk to humans remains low, but many questions remain.

As scientists investigate thousands of dead Antarctic penguins, Texas officials reported on Monday that a farm worker tested positive for H5N1, or bird flu, that has spread to dairy cows in Texas, Kansas, New Mexico, Michigan and Idaho - the first time the virus has infected cattle.

Experts have raised alarm over the potential threat of a bird flu pandemic, warning that it could be "100 times worse than Covid" and could "kill up to half of everyone it infected", according to a report by UK-based tabloid Daily Mail.

The concerns were raised during a recent briefing where researchers discussed on the H5N1 strain of bird flu. They expressed apprehension that the virus may be approaching a critical threshold that could spark a global pandemic, says the report.

During the briefing, Dr Suresh Kuchipudi, a prominent bird flu researcher in Pittsburgh, warned that H5N1 has the potential to cause a pandemic, given its ability to infect a range of mammalian

hosts, including humans, stating, "We are getting dangerously close to this virus potentially causing a pandemic."

Is bird flu a concern?

The Texas case is only the second time bird flu has been confirmed in a human in the United States, with the first occurring in 2022 in Colorado in a person exposed to infected poultry. In both cases, the infections were mild.

The Texas farm worker's only symptom was conjunctivitis, or pink eye. He is being treated with Tamiflu, which is used to treat human influenza.

The infections are from the same subtype of bird flu that has been infecting wild birds and poultry flocks globally for more than two years, also killing several mammal species that likely contracted the virus from consuming sick or dead birds.

What are the risks of bird flu?

Some outbreaks of avian influenza have caused serious or fatal infections among people who have close contact with wild birds or poultry. Currently, H5N1 is not capable of spreading easily among humans, but scientists have been on alert for changes that could facilitate human spread and spark a pandemic.

Dr Thomas Inglesby, director of the Johns Hopkins Center for Health Security, said the Texas case "doesn't change the overall risk of a major pandemic," but stressed that any new case should be investigated to ensure it is not spreading from person to person.

An official with the US Centers for Disease Control and Prevention (CDC) said for most people who are not exposed to infected animals, the risk is very low.

Does bird flu affect the food supply?

The risk of contaminated milk reaching consumers is of "no concern" according to the US Department of Agriculture because pasteurisation kills viruses and milk from sick cows is not being sold.

The CDC renewed its warning that people should not consume raw milk or cheese, which can contain a number of pathogens.

Is there a bird flu vaccine for humans?

The US has a stockpile of bird flu vaccines matched with the strain currently circulating, as well as antivirals that could be used to treat human infections, Inglesby said. If there were a major epidemic or a pandemic, the U.S. would have to scale up "in a huge way," he said.

How were the cows infected with H5N1?

Richard Webby, a virologist at St. Jude's Children's Research Hospital in Memphis, Tennessee, said it is still not clear how the cows became infected, how many have been infected or how the

virus has spread to other herds, but said there's "reasonable evidence that there has been some cow-to-cow spread."

Poor health

Young adults who work atypical hours could see poor health by the time they turn 50: Study (The Tribune: 20240405)

<https://www.tribuneindia.com/news/health/young-adults-who-work-atypical-hours-could-see-poor-health-by-the-time-they-turn-50-study-607408>

Analysing data on more than 7,000 people in the US collected over 30 years, researchers observe disrupted sleep patterns in people whose careers involved more volatile work schedules

Young adults who work atypical hours could see poor health by the time they turn 50: Study

The author explained that volatile work schedules are associated with poor sleep, physical fatigue, and emotional exhaustion. iStock

Young adults following atypical work routines outside the everyday nine-to-five could negatively impact their physical and mental health in mid-life, new research has found.

Analysing data on more than 7,000 people in the US collected over 30 years, researchers observed disrupted sleep patterns in people whose careers involved more volatile work schedules.

These people were more likely to report depressive symptoms at the age of 50, compared to individuals who worked during the traditional daytime hours over their entire career, according to Wen-Jui Han from New York University, US, and the author of the study published in the journal PLoS One.

The author explained that volatile work schedules are associated with poor sleep, physical fatigue, and emotional exhaustion, that can make people vulnerable to unhealthy lives.

Han's study found the most striking results in those working stable hours in their 20s and then transitioning to more volatile routines in their 30s.

"Work that is supposed to bring resources to help us sustain a decent life has now become a vulnerability to a healthy life due to the increasing precarity in our work arrangements in this increasingly unequal society," said Han.

The study also took into account race- and gender-related trends. For example, socially vulnerable Black Americans were more likely to have volatile work schedules associated with poorer health, highlighting that some groups may disproportionately shoulder the adverse consequences of such employment patterns, according to Han.

People with vulnerable social positions such as women, Blacks and those with low levels of education disproportionately shoulder these health consequences, said Han.

The findings also suggested that the effects of one's work schedules, both positive and negative, can accumulate over one's lifetime, thereby highlighting how employment patterns can contribute to health inequities, the author pointed out.

Abortion (The Asian Age: 20240405)



Indira Behara

Time to expand women's right to make choices about abortion

Once again, reproductive rights are in the news — this time in the United States where the Supreme Court is hearing cases that seek to restrict access to one of the pills (Mifepristone) that is used for medical abortions.

While we hope for a favourable outcome that protects women's access to safe abortions, at least we can look back with relief to a few weeks ago, when the French Parliament voted with an overwhelming majority to guarantee a woman's right to choose whether or not she wants to continue her pregnancy, as a constitutional right.

Many countries around the world allow abortion on request — some in Europe grant it all the way up to 24 weeks of gestation; around the world from countries in South America, across Africa and to many in South and Southeast Asia, laws have liberalised to protect women's bodily agency and autonomy. In India, the Medical Termination of Pregnancy (MTP) Act has been around since 1971, and at the time was revolutionary. Recent amendments of 2021 provided much-needed reform to the MTP Act, helping it evolve with the times. To paraphrase:

■ Abortions are allowed up to the gestational age of 20 weeks on the opinion of just one medical practitioner (formally trained in obstetrics and gynaecology).

■ Abortions may be considered and opined on by at least two registered medical practitioners for

pregnancies between 20 and 24 weeks occurring in minors, rape or incest victims, and other vulnerable women (like those that are differently-abled).

■ For abortions beyond 24 weeks, a state-level medical board must be constituted to decide whether or not there are significant foetal abnormalities and it can be permitted.

■ A woman's confidentiality must be protected and her details cannot be revealed except to a person authorised by law.

Importantly, while the earlier MTP Act focused on married women, the amendments recognise the needs of "any woman". Anecdotes seem to suggest that in cases crossing the 20-week mark, the process for constituting boards is swift and, medical or judicial, decisions are expedited.

The MTP Act, while useful, is still however set not in the context of gender justice and the rights of a woman, but more as a response to protecting physicians that seek to do their job, leaving the decision-making, especially after 20 weeks, in the hands of providers, and later the courts. There have been landmark judgments that work in favour of women such as that from the country's highest court which has equated a woman's reproductive choices with her personal liberties and her right to privacy, dignity and bodily integrity. There have been some supportive judgments from various high courts; there have been others that were unfavourable which were appealed and overturned in the Supreme Court.

And there have been those, which have adjudicated that a woman must carry through a pregnancy because that is what was decided for her by the treating physicians, and not by her own volition.

It is telling that despite its best intentions, our current approach to abortion leaves much to be desired. Unsafe abortions continue to occur in significant numbers, causing morbidity, and is the third leading cause of all maternal deaths in India. Stigma and a lack of awareness, both of their bodies and their rights, as well less than optimal usage of modern contraceptive methods in our country still result in nearly half of all pregnancies being unintended. Access to comprehensive healthcare services in many parts of the country can be difficult for women. We are still far from women having true decision-making power and freedom.

Undeniably, the public health system and its policies continue to evolve to improve the situation, but perhaps there are considerations that could be made given the supply side bottlenecks and how the delivery of healthcare has evolved. The World Health Organisation's guidelines allow access to medical (non-surgical, non-invasive) abortions up to 12 weeks of gestation (this is approximately 12 weeks from the last menstrual period or roughly 10 weeks after conception). Is there scope for India to review the nine-week limit for medical abortions in its current guidelines since it is more convenient and less invasive?

Access to trained providers who are legally authorised to terminate a pregnancy (medical or surgical) is limited — and we must find ways to open up early access to medical methods.

Could encouraging the use of telemedicine services, and remotely reviewed ultrasounds particularly in underserved areas — be the answer?

One of the greatest barriers of all is limited awareness that people have about their health and related rights, compounded with the ensuing stigma when it comes to sexual health. This will require more effective awareness and education programmes with simple and informative public health messaging around reproductive health, contraceptives, and abortion care. How can we aid physicians, healthcare workers, community leaders and women's collectives and networks to even out the information asymmetry that persists?

We have come a long way — but we do have some distance to go both with respect to our health system and our policies. As a physician and woman, I believe we must go much further to ensure that the decision-making about any woman's body rests in her hands. I too would like the letter of the law to more definitively protect my right to choose, and my right to life and freedom.

Dr Indira Behara is a public health expert and the vice-president of Global Health Strategies, an international organisation that works in India and other countries

Cancer

Median age for cancer diagnosis lower in India, says study (The Tribune:20240405)

<https://www.thehindu.com/sci-tech/health/median-age-for-cancer-diagnosis-lower-in-india-says-study/article68028482.ece>

The report on Non-Communicable Diseases by Apollo Hospitals also found that one in three people screened had pre-diabetes, one person in four had diabetes, one in 10 had uncontrolled diabetes

The hospital found that colon cancer cases were increasing among younger people.

The median age for cancer diagnosis in India is lower when compared to the U.S., U.K., and China, said a report released by Apollo Hospitals. According to the hospital's data, the average age of diagnosis of breast cancer in India is 52 against 63 in the U.S. and UK, while for lung cancer it is 59 years as opposed to around 70 in the West.

The fourth edition of Apollo Hospitals's "Health of the Nation" report, which looks at trends in Non-Communicable Diseases (NCD) based on the hospital's data, has highlighted the huge burden of cancers among the country's younger population and risk posed by low cancer screening rates.

Polio vaccine

Sanofi gets approval for alternative inactivated polio vaccine (The Hindu: 20240405)

There is no shortage of polio vaccine from its side, company says

<https://www.thehindu.com/sci-tech/health/sanofi-gets-approval-for-alternative-inactivated-polio-vaccine/article68029472.ece>

After the French drugmaker Sanofi India Limited recently discontinued ShanIPV, its inactivated polio vaccine (IPV), in India, the company has confirmed that it will ensure there is no interruption in the availability its IPV vaccine.

“We have already obtained the approvals for our product, IMOVAX-Polio, an alternative IPV that has been in use in more than 100 countries for 40-plus years. It also has the same composition/formulation as ShanIPV,” the company’s spokesperson said, following widespread concern that a pull out could lead to shortage of the vaccine in India.

NPPA

NPPA revises ceiling prices of over 800 scheduled drug formulations from April 1(The Hindu: 20240405)

<https://www.thehindu.com/sci-tech/health/nppa-revises-ceiling-prices-of-over-800-scheduled-drug-formulations-from-april-1/article68016011.ece>

Currently India has approximately 400 molecules and 960 formulations covered under the National List of Essential Medicines

Cost of antibiotics and painkillers have registered a marginal hike in cost starting April 1 with the drug price regulator National Pharmaceutical Pricing Authority’s (NPPA) latest notification allowing price hike for select medicines by 0.00551%.

While the marginal hike has come as a relief for consumers pharmaceutical companies claim that they are grappling with rising cost of raw material and tightening price control mechanisms. The Department of Pharmaceuticals has now issued its annual list of revised ceiling prices for 923 scheduled drug formulations and revised retail prices of 65 formulations with the ceiling rates coming into effect from April 1. This revision is part of routine exercise undertaken by the NPPA.

COVID-19

COVID-19 second-leading cause of death globally in 2021; slashed life expectancy: Lancet study

“India lost 1.9 years of life expectancy due to COVID-19, resulting in a net gain of 7.9 years of life expectancy between 1990 and 2021,” the study showed. (The Hindu: 20240405)

<https://www.thehindu.com/sci-tech/health/covid-19-second-leading-cause-of-death-globally-in-2021-slashed-life-expectancy-lancet-study/article68027820.ece>

“In 2020, deaths around the world rose by 10.8% compared to 2019, and in 2021, they rose by 7.5% relative to 2020.”

“In 2020, deaths around the world rose by 10.8% compared to 2019, and in 2021, they rose by 7.5% relative to 2020.” | Photo Credit: Reuters

COVID-19 (coronavirus) replaced stroke to become the second-leading cause of death globally in 2021, causing 94 deaths per one lakh population and slashing life expectancy by 1.6 years, an international research published in The Lancet journal has found.

“Disrupting more than three decades of consistent improvements in life expectancy and deaths, COVID-19 reversed this long-standing progress to emerge as “one of the most defining global health events of recent history,” researchers said.

Gut bacteria

Gut bacteria and the immune system: How aging changes the microbiome and can lead to ‘inflammaging’ (Indian Express: 20240405)

<https://indianexpress.com/article/lifestyle/health/gut-bacteria-immune-system-aging-changes-microbiome-lead-to-inflammaging-9248348/>

There is a common saying that claims “you are what you eat.” Indeed, nutrition and diet play an important role in regulating the number of different microorganisms that live in the gut. This means that diet may also play a key role in the immune function of older adults.

gut, gut healthThe gut microbiome also helps us to regulate our inflammatory reactions. (Photo: Getty Images)

The human immune system changes with age. Immune responses start to become less robust as people get older, which makes them more vulnerable to certain infections and diseases. However, immune system aging looks different from person to person. Research has shown that changes to the composition and diversity of the microorganisms in the gut may explain these differences in immune system aging.

The gut microbiome — the population of microorganisms that lives in the gastrointestinal tract — helps the body maintain a stable internal environment when it is faced with external changes. This is known as homeostasis. The gut microbiome supports homeostasis in different ways, such as through helping to keep the immune system alert, and digesting dietary fibre into short-chain fatty acids to strengthen the intestinal wall.

Active workstations

Active workstations may boost cognitive performance, overall health: Study (New Kerala:20240405)

<https://www.newkerala.com/news/2024/19738.htm>

Active workstations containing a walking pad, bike, stepper or standing desk are successful strategies for lowering sedentary time and improving mental cognition at work without reducing job performance, a new study suggested on Thursday.

According to the Mayo Clinic study published in the journal of the American Heart Association, extended sedentary behaviour, whether at work or home, increases a person's risk of preventable chronic diseases.

"Active workstations may offer a way to potentially improve cognitive performance and overall health, simply by moving at work," said Francisco Lopez-Jimenez, MD, a preventive cardiologist at Mayo Clinic and senior author of the study.

The study involved 44 participants in a randomised clinical trial where four office settings were assessed over four consecutive days.

Researchers analysed participants' neurocognitive function based on 11 assessments that evaluated reasoning, short-term memory and concentration.

Fine motor skills were evaluated through an online typing speed test, and other tests.

"Being sedentary is the new smoking when it comes to your cardiovascular health, and office workers may spend a large part of their eight-hour workday sitting at a computer screen and keyboard," said Lopez-Jimenez.

As per the study, when participants used the active workstations, their brain function either improved or stayed the same, and their typing speed slowed down only a bit.

However, the accuracy of their typing was not affected.

"These findings indicate that there are more ways to do that work while remaining productive and mentally sharp," said the researcher.

The study revealed improved reasoning scores when standing, stepping and walking as compared to sitting.

Ayushman Bharat Health Accounts

How Ayushman Bharat Health Accounts are helping millions get quality healthcare (New Kerala:20240405)

<https://www.newkerala.com/news/2024/19691.htm>

The Ministry of Health and Family Welfare on Thursday shared an explainer on how Ayushman Bharat Health Accounts (ABHA) are facilitating cashless transactions and managing financial aspects related to healthcare services under the 'Ayushman Bharat' scheme.

ABHA, a key component of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), is an account/number used to link all the health records of a person.

According to the health ministry, ABHA reduces out-of-pocket expenses for beneficiaries and improves access to quality healthcare.

By enabling cashless transactions and electronic health records, ABHA minimises administrative hassles and delays, allowing healthcare providers to focus on patient care.

In addition, ABHA generates valuable data insights that can be used for evidence-based decision-making and policy formulation, which helps in addressing healthcare challenges effectively and improving the overall quality of care.

"ABHA intends to create a digital health ecosystem and aims to promote digitisation of healthcare. Any individual can enroll in Ayushman Bharat Digital Mission (ABDM) to generate a Health ID or ABHA, free of cost," the health ministry noted.

With the ABHA mobile application, individuals can effortlessly access and share their health records digitally. It allows patients to seamlessly receive digital lab reports, prescriptions, and diagnoses from various healthcare providers, including doctors, labs, hospitals, and wellness centres.

The ministry also addressed some of the myths that people may encounter with ABHA.

Answering one of such myths, 'Is it possible for the government or any other entity to do surveillance of the health status', the ministry stated: "No. The health records are created and stored at the place of their creation by respective healthcare providers (which is the case even now)."

"The government will not have access to such data. No additional means of accessing such data is being created or envisaged in the current ecosystem."

Responding to another myth, the health ministry said that only individuals can share their own records with other doctors or hospitals using different digital health systems after giving their consent.

Through technology and data-driven approaches, ABHA aims to improve access to quality healthcare and relieve financial burdens on vulnerable sections of society.

How Ayushman Bharat Health Accounts are helping millions get quality healthcare

Side Effects of Skipping Breakfast

Side Effects of Skipping Breakfast: सुबह के समय का नाश्ता स्किप करनेसे शरीर में पोषक तत्वों की कमी के साथ आपको सेहत से जुड़ी कई परेशानियां हो सकती हैं। आइए जानते हैं (Hindustan :20240405)

उनके बारे में।

<https://www.livehindustan.com/lifestyle/fitness/story-obesity-to-diabetes-know-the-side-effects-of-skipping-breakfast-naashta-na-karane-ke-nuksaan-9695282.html>

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW वेब स्टोरी बिजनेस विदेश धर्म

4/5/24, 10:24 AM obesity to diabetes know the side effects of skipping breakfast naashta na karane ke nuksaan - सुबह नाश्ता ना करने से बढ़ सकता है इन...

<https://www.livehindustan.com/lifestyle/fitness/story-obesity-to-diabetes-know-the-side-effects-of-skipping-breakfast-naashta-na-karane-ke-nuksaan-9...> 2/8

Side Effects of Skipping Breakfast: सुबह किए जानेवाले नाश्ते का महत्व ज्यादातर लोगों को पता होता है। बावजूद इसके ऑफिस और कॉलेज पहुंचने की

जल्दी या फिर डाइटिंग की वजह से कई बार लोग सुबह का नाश्ता स्किप कर देते हैं। लंबे समय तक बनी रहनेवाली इस आदत की वजह से व्यक्ति के शरीर में पोषक तत्वों

की कमी होने लगती है। जिसकी वजह से उसका शरीर जल्द ही रोगों की चपेट में भी आने लगता है। कई शोध और अध्ययन भी इस बात की पुष्टि करते हैं कि सुबह का नाश्ता

स्किप करना शरीर को बीमारी की चपेट में लाना है। बीमारियों से बचे रहने के साथ शरीर को हेल्दी रखने के लिए सुबह का नाश्ता बेहद जरूरी है। आइए जानते हैं सुबह का

नाश्ता ना करने से सेहत को होते हैं क्या नुकसान।

विज्ञापन

क्यों नहीं छोड़ना चाहिए सुबह का नाश्ता-

सुबह का नाश्ता व्यक्ति को दिन भर एनर्जेटिक बनाए रखने के साथ शरीर को जरूरी विटामिन्स और मिनरल्स देकर हेल्दी भी बनाए रखता है। सुबह का नाश्ता न करने से

व्यक्ति को मोटापा, हार्ट डिजीज, डायबिटीज और स्ट्रेस जैसी सेहत से जुड़ी समस्याएं परेशान करने लगती हैं। यही वजह है कि डॉक्टर भी सुबह उठने के 1 घंटे के भीतर

नाश्ता कर लेने की सलाह देते हैं।

सुबह का नाश्ता छोड़ने से सेहत को होते हैं ये नुकसान मोटापा-

लाइफस्टाइल और खानपान का सीधा असर हमारे शरीर पर पड़ता है। सुबह ब्रेकफास्ट न करने के कारण आप मोटापे के शिकार हो सकते हैं। ब्रेकफास्ट यानी दिन का पहला

मील। रात भर की फास्टिंग के बाद सुबह किया जानेवाला नाश्ता, शरीर को एनर्जी देता है। लेकिन यही ब्रेकफास्ट अगर स्किप कर दिया जाता है तो शरीर में एनर्जी के लिए

अधिक फैट और शुगर वाली चीजें खाने की क्रेविंग बढ़ जाती है। जो भविष्य में वजन बढ़ने का कारण बन सकता है।

पोषक तत्वों की कमी-

सुबह का नाश्ता करने से शरीर को सभी जरूरी पोषक तत्व मिल जाते हैं। लेकिन यही नाश्ता अगर स्किप कर दिया जाए तो शरीर में पोषक तत्वों की कमी होने के साथ

डिफिशिएंसी एंड डिजीज होने का खतरा भी बढ़ जाता है। जिससे शरीर का इम्यून सिस्टम कमजोर होनी संभावना भी बढ़ जाती है।

डायबिटीज का खतरा-

नाश्ता स्किप करने से शरीर में ब्लड शुगर लेवल कंट्रोल नहीं रहता। जिसकी वजह से डायबिटीज होने का खतरा बढ़ सकता है। जिन लोगों के परिवार में पहले से ही किसी

व्यक्ति को डायबिटीज है, उसे अपने नाश्ते का खास ख्याल रखना चाहिए।

ऐप पर पढ़ें/देखें

4/5/24, 10:24 AM obesity to diabetes know the side effects of skipping breakfast naashta na karane ke nuksaan - सुबह नाश्ता न करने से बढ़ सकता है इन...

<https://www.livehindustan.com/lifestyle/fitness/story-obesity-to-diabetes-know-the-side-effects-of-skipping-breakfast-naashta-na-karane-ke-nuksaan-9...> 3/8

Breakfast

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और राशिफल, पढ़नेके लिए Live Hindustan App

डाउनलोड करें।

हाई ब्लड प्रेशर कई रिसर्चमें यह बात सामने आई है कि जो लोग नाश्ता नहीं करते उन्हें हाई ब्लड प्रेशर होने का जोखिम ज्यादा बना रहता है। सुबह नाश्ता न करने की वजह से लोगों में

मोटापा, हाई ब्लड प्रेशर और डायबिटीज का खतरा बढ़ जाता है। ये सभी दिल की बीमारियों के रिस्क फैक्टर में शामिल हैं। यही वजह है कि ब्रेकफास्ट न करने की वजह से

दिल की बीमारियों का खतरा बढ़ सकता है।

कमजोर इम्यूनिटी-

सुबह का नाश्ता न करने से व्यक्ति की इम्यूनिटी कमजोर हो सकती है। इम्यूनिटी कमजोर होने पर आपका शरीर कई तरह के इन्फेक्शन और बीमारियों का शिकार हो सकता

है। बता दें, बाँडी की इम्यूनिटी ही व्यक्ति को कई तरह के इन्फेक्शन और बीमारियों से बचाती है

Best Rice For Diabetics:

Best Rice For Diabetics: डायबिटीज पर हथौड़े की तरह चोट करते हैं ये 10 तरह के चावल, Blood Sugar रहता है कंट्रोल (Navbharat Times:20240405)

<https://navbharattimes.indiatimes.com/lifestyle/health/diabetics-eat-these-10-types-of-rice-to-keep-control-blood-sugar-level-naturally/articleshow/109035898.cms?story=7>

Can I eat rice if I have Diabetes: डायबिटीज में चावल खाने को लेकर अक्सर कंप्यूजन होती है, कुछ लोग मानते हैं कि यह शुगर लेवल बढ़ा सकता है, एक्सपर्ट बता रही हैं कि शुगर के मरीजों को कौन सा चावल खाना चाहिए।

diabetics eat these 10 types of rice to keep control blood sugar level naturally

Best Rice For Diabetics: डायबिटीज पर हथौड़े की तरह चोट करते हैं ये 10 तरह के चावल, Blood Sugar रहता है कंट्रोल

ऐमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट

डील देखें

ऐमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट

शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं

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शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं

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?

चावल भारत और कई अन्य देशों का मुख्य भोजन है। बिरयानी से लेकर खीर तक, इसे कई तरह से इस्तेमाल किया जाता है और ये अपने पोषण मूल्य के लिए जाना जाता है। चावल में कार्बोहाइड्रेट की मात्रा अधिक होती है और यही वजह है कि इसे डायबिटीज के मरीजों के लिए अच्छा नहीं माना जाता है।

लेकिन क्या आप जानते हैं कि चावल की कई किस्में ऐसी हैं जिनमें कम कार्बोहाइड्रेट होता है और सबसे बड़ी बात इनका ग्लाइसेमिक इंडेक्स (GI) भी कम होता है। ग्लाइसेमिक इंडेक्स क्या है? ग्लाइसेमिक इंडेक्स 0 से 100 के बीच का एक माप है जो बताता है कि कार्बोहाइड्रेट युक्त भोजन खाने से ब्लड शुगर का लेवल कितना बढ़ता है।

अगर किसी खाने का जीआई 55 से कम है, तो उसे लो-जीआई फूड माना जाता है, 55-70 के बीच मीडियम-जीआई और 70 से ऊपर हाई-जीआई माना जाता है। Detoxpri की फाउंडर एंड होलिस्टिक न्यूट्रिनिस्ट प्रियांशी भटनागर आपको ऐसे ही कुछ चावलों के बारे में बता रही हैं, जो खासतौर पर डायबिटीज रोगियों के लिए फायदेमंद हैं।

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बंबू राइस और इंद्रायणी राइस

बंबू राइस और इंद्रायणी राइस

यह एक अनोखा चावल है जिसे बांस के शूट्स से बनाया जाता है और इसकी ग्लाइसेमिक इंडेक्स मात्र 20 होती है। यह कम मिलने वाला और पौष्टिक छोटे दाने वाला चावल है, जो स्टीम करने पर सबसे स्वादिष्ट लगता है और इसकी खुशबू फूल जैसी होती है। महाराष्ट्र के पश्चिमी क्षेत्र में पैदा होने वाला यह मध्यम दाने वाला चावल चिपचिपा होता है और इसकी खुशबू मीठी होती है। इसका ग्लाइसेमिक इंडेक्स 45-52 के बीच होता है।

कोलम राइस और ब्लैक राइस

कोलम राइस और ब्लैक राइस

यह एक छोटे दाने वाला चावल है जो पकाने पर स्पंजी हो जाता है और इसकी खुशबू फूलों जैसी होती है। पोंगल बनाने के लिए ज्यादातर इसी चावल का इस्तेमाल किया जाता है। इसका ग्लाइसेमिक इंडेक्स 51 होता है, जो इसे डायबिटीज रोगियों के लिए अच्छा बनाता है। ब्लैक राइस आयरन, कैल्शियम और एंटीऑक्सीडेंट्स से भरपूर होता है और इसका ग्लाइसेमिक इंडेक्स 42 होता है।

रेड राइस

रेड राइस

इस चावल में नट्स जैसा स्वाद होता है और इसका रंग एंथोसायनिन की मात्रा के कारण होता है। इसमें हाई लेवल के एंटीऑक्सीडेंट होते हैं जो फ्री रेडिकल्स को कम करते हैं और इसका ग्लाइसेमिक इंडेक्स 55 के आसपास होता है।

ब्राउन राइस

ब्राउन राइस

गहरे रंग का यह लंबे दाने वाला चावल होता है जिसमें हल्की सी गंध होती है। यह कैलोरी और ग्लाइसेमिक इंडेक्स (50-55) में कम होता है। यह पेट के लिए हल्का होता है और मिनरल्स और विटामिन से भरपूर होता है।

बासमती चावल

बासमती चावल

यह सबसे लोकप्रिय चावलों में से एक है, जो लंबे दाने वाला और सुखद खुशबू वाला होता है। भारत में इसे बिरयानी से लेकर खीर तक सभी तरह के व्यंजनों में इस्तेमाल किया जाता है। इसका ग्लाइसेमिक इंडेक्स 50-52 के बीच होता है।

मोगरा राइस और जोह राइस

मोगरा राइस और जोह राइस

मोगरा राइस का स्वाद काफी अलग होता है। साथ ही, यह ग्लूटिन रहित होता है और इसका ग्लाइसेमिक इंडेक्स 53-55 के बीच होता है। पुलाव और बिरयानी बनाने में ज्यादातर इसी चावल का इस्तेमाल किया जाता है, पकाने के बाद यह फूला हुआ लगता है। जोहा राइस छोटे दाने वाला एक शीतकालीन धान है, जो अपनी खास खुशबू और लाजवाब स्वाद के लिए जाना जाता है। जोहा चावल खाने वाले लोगों में शुगर की बीमारी (डायबिटीज) और हृदय संबंधी बीमारियों का खतरा कम होता है।

सोना मसूरी

सोना मसूरी

यह हल्का और सुगंधित, मध्यम दाने वाला चावल मुख्य रूप से दक्षिण भारतीय व्यंजनों में इस्तेमाल किया जाता है। सोना मसूरी, सोना और महसूरी चावल के मिश्रण से बनाया जाता है। इसका ग्लाइसेमिक इंडेक्स 51 होता है।