



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20240408

Heat-related illness

Doctors caution on heat-related illness as mercury set to reach 40 degrees Celsius (The Tribune: 20240408)

<https://www.tribuneindia.com/news/health/doctors-caution-on-heat-related-illness-as-mercury-set-to-reach-40-degrees-celsius-608065>

As mercury is set to reach 40 degrees Celsius, doctors on Saturday advised caution on heat-related illness.

The Indian Meteorological Department (IMD) on Saturday predicted a possibility of the temperatures rising to 39 degrees Celsius in the coming week in the national capital. Various parts of the country, including Bihar, Odisha, Maharashtra, and Kerala are already facing severe heat levels.

"Be cautious. Watch for symptoms like dizziness, disorientation, or warm, wet skin. These could indicate cardiovascular distress from extreme heat," Pankaj Chaudhary - Senior Consultant, Internal Medicine, Max Hospital, Vaishali, told IANS.

"Remember, heat can be deadly, especially for vulnerable populations. Let's prioritise our well-being and adapt to these changing climate conditions," he added.

Early this week, the Health Ministry held a review meeting on public health preparedness for heat-related illnesses in the country.

"Timely, advance and wide awareness among people on preventive measures will hugely support in reducing the severe impact of such heat waves," said Union Minister of Health and Family Welfare Mansukh Mandaviya, who chaired the meeting.

"Stay cool, stay safe. Remember, a little precaution goes a long way in keeping heat-related illnesses at bay," said the Health Ministry, issuing heatwave guidelines, on X.com.

Meanwhile, the doctors stressed to stay hydrated by drinking plenty of fluids, even if one is not thirsty, and to opt for water or non-alcoholic, decaffeinated beverages.

"As summer brings the threat of heatwaves, it's vital to protect yourself. Hydration is paramount; carry a water bottle when outdoors to regulate body temperature and prevent heat-related illnesses," Mohan Kumar Singh, Senior Consultant - Internal Medicine, Marengo Asia Hospital, Gurugram, told IANS.

"Remember, dehydration poses serious risks, so drink water regularly to stay hydrated and maintain your well-being. By prioritising hydration and taking precautions against excessive sun exposure, you can stay safe and comfortable during hot weather conditions," he added.

The doctors also advised to wear sunscreen, wear hats, and stay in the shade to minimise sun exposure; avoid strenuous exercise during peak heat hours, and wear loose, lightweight, and light-coloured clothing to stay comfortable.

Anti-diabetes programme

AI-powered anti-diabetes programme provides customised advice to reverse chronic metabolic diseases(The Tribune: 20240408)

<https://www.tribuneindia.com/news/health/ai-powered-anti-diabetes-programme-provides-customised-advice-to-reverse-chronic-metabolic-diseases-608052>

AI-powered anti-diabetes programme provides customised advice to reverse chronic metabolic diseases

An artificial intelligence-powered diabetes management programme aimed at empowering people in making informed decisions to reverse chronic metabolic diseases, especially during fasts, has received endorsements from experts who have termed it revolutionary.

TWIN Health's Whole Body Digital Twin technology uses artificial intelligence and machine learning to create a "digital twin" of a person's unique metabolism, offering precise nutrition guidance with tailored meal plans for optimal blood sugar control during religious fastings.

According to experts, the technology has been scientifically validated to provide personalised and precise guidance in nutrition, sleep, activity, and breathing to manage and reverse chronic metabolic diseases.

Dr Mohsin Wali, Senior Consultant at Sir Ganga Ram Hospital in Delhi, said, "The potential of the Whole Body Digital Twin in managing diabetes during religious fastings is truly revolutionary." "The personalized approach and data-driven insights offered by TWIN Health's solution have the power to transform the lives of individuals with diabetes, especially during the fasting period, empowering them to make informed decisions about their health," he said.

Dr Shashank Joshi, a Mumbai-based endocrinologist and Chief Scientist at Twin Health said research and clinical outcomes demonstrate that the technology has the potential to facilitate diabetes remission and support individuals, especially during Ramadan, in safely reducing or eliminating medication usage.

"This has a profound impact on the overall health and wellbeing," the doctor said, adding that personalised sleep recommendations, adjusted exercise routines, and stress management techniques further enhance metabolic health. People can access Twin Health by signing up for an account on its website, completing an initial health assessment, and using the platform's various tools and features to improve their overall health and lifestyle, Dr Joshi added.

Dementia

Indian-origin neurologist's UK study to revolutionise dementia diagnosis (The Tribune: 20240408)

<https://www.tribuneindia.com/news/diaspora/indian-origin-neurologists-uk-study-to-revolutionise-dementia-diagnosis-607966>

Indian-origin neurologist's UK study to revolutionise dementia diagnosis

An Indian-origin neurologist is part of a world-class research team in the UK that has been awarded a major grant this week to build on recent breakthroughs in potential dementia blood tests and generate the evidence needed for them to be used more widely in the next five years.

Dr Ashvini Keshavan, Senior Clinical Research and Honorary Consultant Neurologist Fellow at University College London (UCL), is part of the team that will focus on the most promising

biomarker for Alzheimer's disease called p-tau217. A second team made up of researchers from the Universities of Oxford and Cambridge will test various proteins to detect a variety of dementia-causing diseases.

Both teams will recruit participants from sites spread across the UK with the hope of its cost-effective rollout on the National Health Service (NHS) over time.

“Proteins that underpin various dementia-causing diseases, and particularly Alzheimer's disease, which is the commonest cause of dementia worldwide, are now detectable in blood,” said Dr Keshavan.

“The two studies that have been awarded funding by the Blood Biomarker Challenge grant are both seeking to implement blood tests in real world settings in the UK, to see if blood tests will prove useful in confirming the presence or absence of these diseases in people who have early dementia or mild but progressive cognitive problems. We want to ensure that our research will reflect the UK's ethnic and socioeconomic diversity and are aiming to broaden access to these tests, as the current gold standard tests to confirm the presence of these diseases are currently not accessible to most UK patients because they are either expensive or invasive,” she explains.

The Blood Biomarker Challenge is a multi-million-pound award given by Alzheimer's Society, Alzheimer's Research UK, the UK's National Institute for Health and Research and Gates Ventures and includes funds raised by players of People's Postcode Lottery.

The UCL-led study is called ADAPT and will focus on plasma p-tau217 – a blood marker of Alzheimer's disease – and will answer the question of whether knowledge of this test result can improve rates of Alzheimer's diagnosis in conjunction with standard memory clinic assessments. The second study is called READ-OUT, which aims to test various proteins, including novel or less well-established ones, to detect a variety of dementia-causing diseases.

“If our research shows that these tests are clinically useful, and cost-effective, we would be able to contribute to the case for them becoming a part of the standard of care offered in the UK. This would have the potential for individuals to receive earlier diagnoses of their specific dementia-causing disease,” said Dr Keshavan.

Such a breakthrough would be particularly important for ensuring patients are given the right post-diagnostic support and treatment for symptoms.

“An early, accurate diagnosis of Alzheimer's disease is already important, allowing people to access appropriate care and medications. If, as we hope, new treatments that can slow down Alzheimer's disease become available soon, then this will be vital. This would pave the way for fair and equitable access to new and potentially life-changing treatments to all who might benefit,” added Professor Jonathan Schott, Alzheimer's Research UK Chief Medical Officer and Dr Keshavan's UCL colleague on the research.

Currently, people are usually diagnosed with dementia using memory tests and brain scans. These are less accurate than “gold standard” tests like PET scans or lumbar punctures, which can confirm

what type of dementia they have. However, only 2 per cent of people can access these specialist tests.

In recent years, a number of different blood tests that can diagnose Alzheimer's disease and other causes of dementia have shown very promising results in research settings. But they have yet to be tested widely in clinical settings in the UK.

Dr Vanessa Raymont, Associate Director, Dementias Platform UK, and Senior Clinical Researcher, University of Oxford, said: “There was previously a feeling that this was just another part of aging, but now we're seeing that people want to know more about their condition and they want a diagnosis as it helps them access the support they need.

“Both my parents lived with dementia so I know first-hand the devastation this disease causes, and how a timely and accurate diagnosis can benefit people and their families.” Blood tests are seen as part of the answer to addressing the dementia conundrum as they're quick, easy to administer and cheaper than current, more complex tests.

Prostate cancer cases

Prostate cancer cases to double between 2020 and 2040, deaths to rise by 85 per cent: Lancet study

Actual numbers likely to be much higher because of under-diagnosis, say researchers (The Tribune: 20240408)

<https://www.tribuneindia.com/news/health/prostate-cancer-cases-to-double-between-2020-and-2040-deaths-to-rise-by-85-per-cent-lancet-study-607717>

Prostate cancer cases to double between 2020 and 2040, deaths to rise by 85 per cent: Lancet study

Photo for representational purpose only. Thinkstock

Prostate cancer cases worldwide are projected to more than double and deaths are expected to increase by 85 per cent between 2020 and 2040, with low- and middle-income countries (LMICs) likely to bear the “overwhelming brunt” of this spike, according to The Lancet Commission on prostate cancer.

The surge in cases is “inevitable”, with actual numbers likely to be much higher because of under-diagnosis and missed opportunities for data collection in LMICs, researchers said.

They said ageing populations and improving life expectancy will lead to more cases of prostate cancer in older men, and given that being 50 years or older is a risk factor, lifestyle changes and public health interventions may not be able to prevent the upcoming surge.

“As more and more men around the world live to middle and old age, there will be an inevitable rise in the number of prostate cancer cases. We know this surge in cases is coming, so we need to start planning and take action now,” said lead author of the commission, Nick James, professor of prostate and bladder cancer research at The Institute of Cancer Research, London.

The commission called for evidence-based interventions, including early detection and diagnosis, along with education and awareness programmes, to help save lives from prostate cancer in the coming years.

“This is especially true for low- and middle-income countries which will bear the overwhelming brunt of future cases,” said James.

The authors called for improving the “poor” levels of awareness in LMICs about the dangers and symptoms of metastatic prostate cancer, such as bone pain, among men and their families.

“One of the common pains in prostate cancer comes from spine metastasis, where the cancer spreads to the spine. While this usually presents in the later stages of the disease, it could even be the presenting symptom. Other pains may be associated with urination or treatment, such as post-surgical or chemotherapy-induced pain,” said pain specialist Dr Lakshmi Vas, director of the Ashirvad Institute for Pain Management and Research, Mumbai.

Similarly, there is a low general awareness that treatments available in LMICs can prolong survival and decrease suffering, including cheap, effective ones such as hormone therapy.

Acknowledging the “fear of suffering” that comes with a cancer diagnosis, Vas advocated for consulting with a pain specialist.

“The greatest fear is the suffering associated with cancer and patient education in this regard is very vital. I strongly suggest that right after being diagnosed with prostate cancer, take an appointment with a pain specialist. This way the patients can be reassured that pain management is possible whatever the stage of cancer might be, and also for other pains that come with cancer treatments. Forewarned is forearmed, after all,” said Vas.

As with early diagnostic capacity, there is a need to scale up availability and improve access to treatments for advanced disease in LMICs, the authors said.

Globally, the study estimated yearly cases of prostate cancer to be 14 lakh and yearly deaths due to the disease to stand at 3.75 lakh in 2020. The prostate cancer cases are projected to rise to 29 lakh a year and almost seven lakh prostate cancer deaths a year by 2040.

The commission includes researchers from the International Agency for Research on Cancer (IARC), an inter-governmental agency forming part of the World Health Organisation.

Kidney racket

Organ trafficking continues despite ban (The Tribune: 20240408)

<https://www.tribuneindia.com/news/editorials/kidney-racket-608423>

THE Transplantation of Human Organs and Tissues Act, 1994, prohibits commercial dealing in organs; it permits donation only between relatives or with regulatory approval under exceptional circumstances. But despite these regulations, the nefarious trade in human organs continues, as evidenced by recent incidents in Haryana and Rajasthan. An inter-state kidney transplant racket was busted in Gurugram on Thursday. The mastermind, Jharkhand resident Mohammed Murtaza Ansari, is accused of luring donors and recipients, primarily from Bangladesh. Ansari took to social media to put out advertisements promising financial gains for donors. They received around Rs 2 lakh, while he pocketed Rs 8 lakh per transaction. He allegedly facilitated kidney transplants at a premier hospital in Jaipur. Last year, a website soliciting kidney sellers was exposed when the reputed hospital whose name it was misusing complained to the Gurugram police.

The recurrence of such malpractices demonstrates the audacity of organ traffickers and the challenges faced by law enforcement agencies. Criminal syndicates exploit regulatory gaps and utilise digital platforms to evade detection. In 2020, a Panchkula court had sentenced Dr Amit Kumar to seven-year jail for threatening witnesses in a kidney transplant scam. However, such convictions often focus on individuals rather than the organised networks that keep the illegal trade running.

There is an urgent need for stringent measures to combat organ trafficking. The police and other agencies must collaborate closely to dismantle the networks, while stiff penalties must be imposed to deter potential offenders. Addressing the root causes of the menace, such as poverty and the lack of access to affordable healthcare, is paramount. Collective efforts are required from various stakeholders — the authorities, healthcare providers and civil society — to curb the rampant sale of organs.

Inferiority

5 reasons why kids develop an inferiority complex (The Times of India: 20240408)

<https://timesofindia.indiatimes.com/life-style/parenting/moments/5-reasons-why-kids-develop-an-inferiority-complex/photostory/108935698.cms?picid=108935870>

Why do some kids develop an inferiority complex while others thrive with confidence? Recognising the underlying factors can provide clarity on this prevalent yet challenging problem. In order to solve the puzzle of why kids could experience emotions of inferiority, here are five major causes that could be the answer you need.

02/6 Influence of parental self-esteem

Influence of parental self-esteem

Ever noticed how kids mirror their parents' behaviours and attitudes? When parents struggle with low self-esteem, it can influence their children. Children absorb cues from their parents, internalising beliefs about their own worth. If parents constantly doubt themselves or speak negatively about their abilities, children may adopt similar views, leading to feelings of inadequacy.

Praise can be a powerful tool in shaping a child's self-image, but not all praise is created equal. Inconsistent or insincere praise can backfire, leaving children feeling unsure of their worth. When praise is overly generic or disconnected from actual achievements, it fails to provide meaningful validation. Children thrive on genuine, specific praise that acknowledges their efforts and accomplishments, building a healthy sense of self-worth.

Words hold immense power, especially when they come from those closest to us. When parents label their children as "useless," "selfish," or "dumb," it can deeply wound their self-esteem. These negative labels shape how children perceive themselves and their abilities. Even casual remarks made in frustration can leave lasting scars, reinforcing feelings of inadequacy and unworthiness.

05/6The trap of unfavourable comparisons

Parents may unknowingly develop feelings of inferiority by constantly comparing their children to others. Whether it's academic achievements, athletic talent, or social skills, these comparisons breed a sense of inadequacy and failure. Children may feel they can never measure up, leading to a persistent belief that they are somehow lesser than their peers.

06/6The impact of bullying and teasing

Outside the home, children face another source of potential insecurity: bullying and teasing from peers. Whether it's taunts about appearance, intelligence, or social status, these hurtful words and actions can chip away at a child's self-esteem. Constant ridicule and exclusion can lead to feelings of worthlessness and alienation, further fueling an inferiority complex.

Dramatic Feeling (The Asian Age: 20240408)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17937853>



SILENCE PLEASE!

Dramatic Healing Rehearsals In Progress

CONTINUED FROM PAGE 9

These art forms in general make one alter their thought processes and their mindsets.

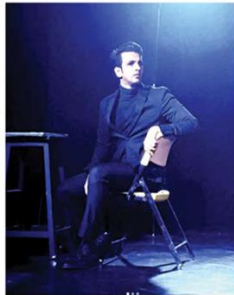
A person's perspective changes with their introduction to these beautiful art forms. While other art forms make you realise, drama or theatre makes you relive the situation. Go through the process, and come out strong, confident, and emotionally balanced," says Dr Ram Holagundi, theatre practitioner and director of Nishumbita School of Drama.

DRAMA GIVES REBIRTH

Drama therapy takes those emotional gains to another level. It uses drama and theatre processes intentionally to achieve therapeutic goals. "It makes life easy for health care professionals, educators, and performing artists as it can effectively be used as a means and tool for communication and complete transformation of the patient's mental health conditions and mindsets as the process addresses the issues in a play way method and does not put any kind of pressure on the patient's mental health, be it their anxiety issues, emotional status, or behavioural patterns," says Dr Ram, adding, "But it is not an easy one until and unless one thoroughly understands the nuances of drama as therapy."

A CATHARTIC EXPERIENCE

Acting promotes healing by offering a unique and powerful avenue for emotional expression, exploration, and catharsis. "It provides a platform for emotional expression, allowing actors to channel and release their own emotions through the characters they portray. This cathartic process can help them confront and work through personal issues or



is visualised or relieved by the patients so that they face the problem and find the solution or come out of the situation with a supportive solution created by the therapist, making way for stress relief and rehabilitation in different types and formats. We at Nishumbita support autistic children, people with CBT, OCD, talking therapy, IPT, and MBCT too."

A THEATRICAL CATALYST

In a world besieged with uncertainty and adversity, drama therapy builds emotional resilience. "Drama helps in addressing complex emotions and helps individuals embark on a transformative journey of personal growth. With each character, a person becomes self-aware, explores different scenarios, finds their unique voice, and ultimately builds better relationships," says Devika Das, author, theatre artist, and actor. A rising number of organisations are embracing drama as an instructional and therapeutic tool, employing professional actors' advanced methods as well as novices' improvisations.

"Through role play, people struggling with low self-esteem and social isolation can build confidence. Mental health professionals with a theatre background help create a safe environment where individuals can explore and reflect without judgment. In clinical psychology drama therapy offers different avenues to process trauma, manage stress, and enhance self-awareness," says Devika.

CALLING DRAMA QUEENS

"We've been taught since childhood to conform to society's conventions, such as not laughing too loudly, speaking gently, not sobbing, and not being a drama queen. Until you reach adulthood, you live in a hard shell, suppressing your feelings in order to fit into the social structure. Theatre allows you to be the drama queen, to break all the rules of your emotions and express them as loudly as possible. It allows you to express yourself freely and brings you out of your shell," says Seema Khan, a theatre enthusiast.



THE ACT OF HEALING

- Drama therapy is beneficial for those with autism and substance abuse
- Jacob L. Moreno founded the notion in the early 20th century, and by the mid-century, it had evolved into a separate therapeutic strategy that included psychology, expressive arts, and theatre



IT PROVIDES A PLATFORM FOR EMOTIONAL EXPRESSION, ALLOWING ACTORS TO CHANNEL AND RELEASE THEIR OWN EMOTIONS THROUGH THE CHARACTERS THEY PORTRAY."

— SOORAJ SHARMA, a theatre actor

THROUGH ROLE PLAY, PEOPLE STRUGGLING WITH LOW SELF-ESTEEM AND SOCIAL ISOLATION CAN BUILD CONFIDENCE. MENTAL HEALTH PROFESSIONALS WITH A THEATRE BACKGROUND HELP CREATE A SAFE ENVIRONMENT WHERE INDIVIDUALS CAN EXPLORE AND REFLECT WITHOUT JUDGMENT. IN CLINICAL PSYCHOLOGY, DRAMA THERAPY OFFERS DIFFERENT AVENUES TO PROCESS TRAUMA, MANAGE STRESS, AND ENHANCE SELF-AWARENESS

— DEVIKA DAS, author, theatre artist, and actor

WHILE OTHER ART FORMS MAKE YOU REALISE, DRAMA OR THEATRE MAKES YOU RELIVE THE SITUATION. GO THROUGH THE PROCESS AND COME OUT STRONG, CONFIDENT, AND EMOTIONALLY BALANCED."

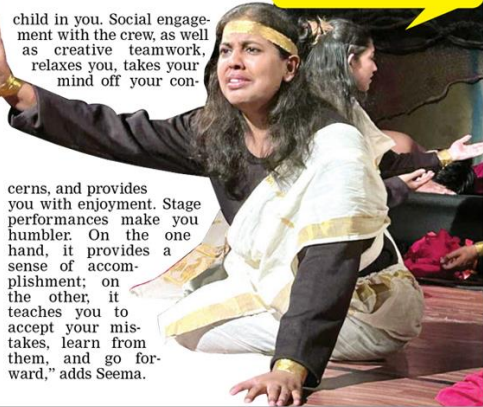
— Dr RAM HOLAGUNDI, theatre practitioner & director, Nishumbita School of Drama



UNDER THE SPOTLIGHT

Theatre also requires a certain level of fitness as well. "Various physical activities and breathing techniques utilised during rehearsals enable you to maintain your fitness. Facial expressions, games, jumping, singing, and dancing are some of the exercises performed during rehearsals that bring out the

cerns, and provides you with enjoyment. Stage performances make you humbler. On the one hand, it provides a sense of accomplishment; on the other, it teaches you to accept your mistakes, learn from them, and go forward," adds Seema.



Ageing process

The secret to successfully managing the ageing process (The Hindu:20240408)

<https://www.thehindu.com/sci-tech/health/the-science-quiz-the-secret-to-successfully-managing-the-ageing-process/article68032001.ece>

Image for representational purpose only.

Image for representational purpose only. | Photo Credit: Getty Images/iStockphoto

The Science Quiz appears thrice a week in the daily Science page. The page is available to read on all days except Saturday in the epaper.

1. To maintain the elasticity and firmness of your skin, it's essential to promote the production of these vital protein fibres. Name these protein fibres in the skin that break down over time, leading to the formation of wrinkles and sagging.

Ayushman Bharat

Central Government Health Scheme ID to be linked to Ayushman Bharat ID(The Hindu:20240408)

<https://www.thehindu.com/sci-tech/health/cghs-id-to-be-linked-to-abha-id-health-ministry-said-data-privacy-to-be-ensured/article68036055.ece>

Health Ministry says the move is aimed at creating a digital health identification of the beneficiaries and store their digital health records

“Ayushman Bharat Health Account is not a replacement of current CGHS services or a replacement of current CGHS Health Management Information System. Rather it is an

addition/add-on to the current services offered by CGHS,” the Health Ministry said. Photo: abha.abdm.gov.in

“Ayushman Bharat Health Account is not a replacement of current CGHS services or a replacement of current CGHS Health Management Information System. Rather it is an addition/add-on to the current services offered by CGHS,” the Health Ministry said. Photo: abha.abdm.gov.in

The Union Health Ministry has mandated linking of Central Government Health Scheme (CGHS) beneficiaries ID with Ayushman Bharat Health Account (ABHA) ID by April 30, 2024. While this has raised several questions about possible leaking of health data the Ministry has maintained that protocols for anonymisation and aggregation of data and use of such data will be defined after extensive stakeholder consultations.

“After that, anonymous records can be used by the government to make policies and other relevant interventions in the interests of the public. Till this is done, health records will not be used by the government,” it said.

Rare disease

Rare disease patients seek inclusion in BJP’s manifesto for funding

Patients and caregivers have requested equal weightage and priority to all notified disease conditions under the National Policy for Rare Diseases, 2021(The Hindu:20240408)

<https://www.thehindu.com/sci-tech/health/rare-disease-patients-seek-inclusion-in-bjps-manifesto-for-funding/article68036061.ece>

“Any delay in treatment poses serious risk to (rare disease) patient lives,” Manjit Singh, president, Lysosomal Storage Disorders Society of India, said. Photo: Facebook/LSDSS

“Any delay in treatment poses serious risk to (rare disease) patient lives,” Manjit Singh, president, Lysosomal Storage Disorders Society of India, said. Photo: Facebook/LSDSS

Rare disease patients' advocacy groups have appealed to Prime Minister Narendra Modi, and Defence Minister Rajnath Singh, the chairman of the Bharatiya Janata Party's (BJP) manifesto committee, seeking inclusion for sustainable funding support in the party's election manifesto.

In a two-page letter, patients and caregivers said that rare diseases, especially chronic and ultra-rare conditions, including Lysosomal Storage Disorders (LSD) such as Gaucher disease, Pompe disease, MPS I and II, Neiman Pick disease, and Fabry disease, present a unique set of challenges.

Antimicrobial resistance

Urgent action needed to combat antimicrobial resistance: Report (The Hindu:20240408)

<https://www.thehindu.com/sci-tech/health/urgent-action-needed-to-combat-antimicrobial-resistance-report/article68032903.ece>

If not checked, AMR is expected to reduce life expectancy by an average of 1.8 years by 2035.

Political leaders are ignoring the growing danger of antimicrobial resistance, which could lead to an unprecedented health and economic catastrophe, a high-level task force warned on April 4.

"The world now has a limited and critical window of opportunity to respond at the scale and with the urgency proportionate to the rapidly increasing threats posed by AMR," according to a report published on April 4 by the Global Steering Group on Antimicrobial Resistance.

AMR

Next generation of medics leading the fight against AMR (The Hindu:20240408)

<https://www.thehindu.com/sci-tech/health/next-generation-of-medics-leading-the-fight-against-amr/article68023375.ece>

A new initiative by AMR Declaration Trust and Rotaract Medicrew aims to empower medical students with the knowledge and tools to tackle the global health challenge of antimicrobial resistance.

The world is on the brink of a crisis where powerful drugs have become ineffective because pathogens have developed resistance. Image for representational purpose only.

The world is on the brink of a crisis where powerful drugs have become ineffective because pathogens have developed resistance. Image for representational purpose only. | Photo Credit: Getty Images

The discovery of antibiotics in the early 1920s was no doubt a quantum leap in humankind's ability to treat and cure diseases that were otherwise fatal. The ability of antibiotics to fight bacterial infections is, of course, common knowledge. However, it is still not common knowledge that these life-saving drugs are being misused and overprescribed for conditions that do not require their use. As a result of this, a multitude of other factors, and the overuse of antibiotics in the animal and poultry sectors, the world is on the brink of a crisis where these powerful drugs have become ineffective because pathogens have developed resistance.

Essential medicines

Govt hikes prices of essential medicines again, claims 'it's miniscule' (The Hindu:20240408)

<https://www.thehindu.com/sci-tech/health/govt-hikes-prices-of-essential-medicines-again-claims-its-miniscule/article68028403.ece>

In an election year after double digital hikes in ceiling price of essential drugs over the past two years, the Central government says it flatlined the hike this year

The Department of Pharmaceuticals issued its annual list of revised ceiling prices for 923 scheduled drug formulations and revised retail prices for 65 formulations, with the ceiling rates coming into effect on April 1.

The Department of Pharmaceuticals issued its annual list of revised ceiling prices for 923 scheduled drug formulations and revised retail prices for 65 formulations, with the ceiling rates coming into effect on April 1.

An increase in the prices of essential medicines came into force on April 1, earlier this week. The National Pharmaceutical Pricing Authority (NPPA) enforced an increase in the Maximum Retail

Price (MRP) this year of 0.00551% for scheduled formulations (of drugs) from the beginning of the fiscal year 2024–25. The Department of Pharmaceuticals issued its annual list of revised ceiling prices for 923 scheduled drug formulations and revised retail prices for 65 formulations, with the ceiling rates coming into effect on April 1.

Cancer

Median age for cancer diagnosis lower in India, says study

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 Hindu:20240408)

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

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.

haping India's path to inclusive health care

India's health equity issues require a comprehensive approach that go beyond improvements in health-care facilities

'With a large and diversified population, India faces persistent obstacles to health equity'

'With a large and diversified population, India faces persistent obstacles to health equity' | Photo Credit: Getty Images

World Health Day, which is observed every year on April 7, unites us around health equity, an essential topic at the heart of global health and justice. The World Health Organization (WHO)

has declared health to be a fundamental human right. The theme this year is “My Health, My Right”.

There is an alarming gap in health-care access, highlighted by the COVID-19 epidemic, environmental crises, and growing socio-economic gaps. Even though over 140 nations recognise health as a constitutional right, the WHO Council on the Economics of Health for All reports that more than half the world’s population needs complete access to essential health services. With the passage of World Health Day 2024, it is clear that promoting health equity is a source of optimism for millions of people, going beyond social justice or legislative change.

‘My Health, My Right’

‘My Health, My Right’ — a day that marks a call to action (The Hindu:20240408)

<https://www.thehindu.com/opinion/op-ed/my-health-my-right-a-day-that-marks-a-call-to-action/article68039934.ece>

The South-East Asia region has much to celebrate with regard to the right to health, but challenges remain

‘Ensuring that every person reaches their highest attainable standard of physical and mental well-being is at the core of WHO’s mission’

‘Ensuring that every person reaches their highest attainable standard of physical and mental well-being is at the core of WHO’s mission’ | Photo Credit: Getty Images

April 7 marks the founding anniversary of the World Health Organization (WHO). It was on this day, in 1948, that the WHO Constitution came into force for the first time.

It is on this day that the world observes ‘World Health Day’ each year. This year, we mark the occasion under the theme “My Health, My Right”.

Metabolism

What is metabolism? A biochemist explains (Indian Express:20240408)

Given the alarming rise in obesity and its associated metabolic syndrome – about 1 in 8 people across the globe was living with obesity in 2022 – defining a healthy or impaired metabolism can help identify what's gone wrong and how to address it

gut healthThe relationship between metabolites and health outcomes reinforces the important role metabolism plays in the body (Source: Getty Images/Thinkstock)

If you've spent any time scrolling through the health and wellness corners of social media, you've likely come across many products claiming to improve your metabolism. But what exactly is your metabolism? Everything you expose your body to – from lifestyle to an airborne virus – influences your physical characteristics, such as your blood pressure and energy levels. Together, these biological characteristics are referred to as your phenotype. And the biological system that most directly influences your phenotype is your metabolism.

So if you are eating something, take medications, smoke or exercise, your metabolism is responsible for transferring that biological information throughout your body for it to adapt.

Food and Nutrition

How food preferences are linked to cognition and brain health – and why a balanced diet is superior

However, food preferences aren't destiny. For example, if you reduce your sugar and fat intake slowly and maintain it at a very low level over a number of months, you will actually begin to prefer that type of food. (Indian Express:20240408)

<https://indianexpress.com/article/lifestyle/health/food-preferences-link-cognition-brain-health-why-balanced-diet-is-superior-9250525/>

balanced diet, brain health Researchers found that people who ate a more balanced diet had better fluid intelligence, processing speed, memory and executive functions than the other diets. (Photo: Freepik)

From the crispy crunch of fresh veggies to the creamy indulgence of decadent desserts, we all have different food preferences. Our palates develop uniquely, shaped by genetics, culture and personal experiences.

Food preferences play a significant role in shaping our dietary habits. Highly palatable foods rich in sugars, fats and salts often appeal to people's tastebuds and provide immediate satisfaction. However, these foods are typically high in calories and low in essential nutrients, leading to weight gain, and a higher risk of physical and mental health conditions.

Hypothyroidism

Myth or fact: Can Brazil nuts help provide some relief to those with hypothyroidism?

Learn the benefits of consuming Brazil nuts to help relieve the symptoms of hypothyroidism (Indian Express:20240408)

<https://indianexpress.com/article/lifestyle/health/brazil-nuts-hypothyroidism-selenium-health-tyroid-9243296/>

brazil nuts, hypothyroidism Can Brazil nuts help you if you have hypothyroidism? (Source: Freepik)

Harvested from the Brazil nut tree in South America, Brazil nuts are the source of several essential nutrients and are used in a variety of foods including salads, sauces, smoothies, and butters.

Nutritionist and content creator Deepsikha Jain claimed in a reel recently that these nuts can prove to be very beneficial to those with hypothyroidism. "Brazil nuts have the right amount of selenium

which is a nutrient much needed for hypothyroid patients. Soak it prior to eating and can do magic in activating the thyroid gland again (sic),” she captioned the post.

TB

Balanced diet makes immune system more resilient to infections like TB: Health Ministry (New Kerala:20240408)

<https://www.newkerala.com/news/2024/20155.htm>

The Ministry of Health and Family Welfare on Sunday said that a balanced diet plays an important role in strengthening the immune system, making it more resilient to infections like tuberculosis (TB).

In a post on X, the Ministry urged people to make nutritious food choices "to improve our health and contribute to the #TBMuktBharat goal".

"A balanced diet plays a crucial role in boosting our immune system, making us more resilient to infections like TB".

As per the World Health Organization (WHO), India has committed to eliminate TB by 2025, five years ahead of the global target of 2030.

With a whopping 2.8 million TB cases, India "represented 27 per cent of the global burden".

Last month, President Droupadi Murmu said that working together can help India to become free of TB.

In February, Union Health Minister Mansukh Mandaviya said that the government spent approximately Rs 3,000 crore annually on free medicines, testing, and nutrition for 25 lakh TB patients in the country.

He also mentioned that 10 lakh TB patients of the country were being adopted by service-minded citizens, who were also distributing nutrition to them every month.

Health

Blood tests can help detect heart attack risk: KGMU(New Kerala:20240408)

<https://www.newkerala.com/news/2024/20142.htm>

timely blood test can help doctors check the risk of heart attack, or detect how serious a head injury might be, thereby reducing time spent in the emergency room and no exposure to radiation from CT scans.

This new approach was discussed at continuing medical programme Pathology Update, at King George's Medical University on Sunday.

Experts said for heart attacks, doctors already have a simple blood test called troponin I (Trop I).

Studies in Russia and the US have found this test not only helps diagnose heart attack but can also indicate the risk of having one in the future.

A level of troponin I above 34 usually means a heart attack. However, a level above 12 might suggest an increased risk.

Ideally, the level should be below 6 for a healthy heart, with 6-11 indicating a slight risk. The test values for females for a healthy heart are 4, 5-9 for mild risk, and over 10 for high risk.

Dr Neeraj Bhalla, a cardiologist, said: "People with diabetes, high blood pressure, those who are overweight, or with a history of a heart attack should go in for a check of these levels every six months."

Brain injury specialist, Dr Ketan Patel, explained that head injuries could vary a lot-- from life-threatening to mild bumps with no lasting damage. This new blood test is a more objective way to assess the severity of head injury.

Instead of relying on CT scans, which aren't suitable for everyone and involve radiation, doctors can use specific markers in the blood.

UCHL1 and CFAP blood can help them make better decisions about patients' care.

“A positive blood test might indicate the need for further care in the hospital. Negative results mean allowing patients to go home sooner,” he said.

Prof Somil Jaiswal of neurosurgery and Prof Wahid Ali of pathology departments from KGMU suggested that blood markers offer faster diagnoses, avoid radiation exposure from CT scans and can ultimately lead to better patient care.

“In the future, these tests might even contribute to personalised medicine for head injuries,” said Jaiswal.

Meal Plan for Weight Loss and Muscle Retention

The Science-Backed Weekly Meal Plan for Weight Loss and Muscle Retention (New Kerala:20240408)

<https://www.newkerala.com/news/2024/20128.htm>

Are you looking to shed some extra pounds while preserving your hard-earned muscle mass? Look no further! As an AI nutritionist, I have crafted the perfect weekly meal plan that not only promotes weight loss but also supports muscle retention.

Image description

In this article, we'll explore the science behind this plan and provide you with a delicious and nutritious menu to help you achieve your health and fitness goals.

Understanding the Science of Weight Loss and Muscle Retention:

Before we dive into the meal plan, it's essential to grasp the scientific principles behind weight loss and muscle retention. To lose weight, you must create a calorie deficit by consuming fewer calories than you burn. However, when it comes to preserving muscle mass during weight loss, two key factors come into play: protein intake and resistance training.

Protein: The Building Block of Muscle:

Protein is the cornerstone of muscle preservation. It plays a vital role in repairing and building muscle tissue, ensuring that your body maintains its lean muscle mass even as you shed fat. Incorporating protein-rich foods like lean meats, fish, tofu, and Greek yogurt into each meal will provide your body with the necessary building blocks to support muscle retention.

The Power of Resistance Training:

While nutrition is crucial, regular exercise, particularly resistance training, is equally important for maintaining muscle mass during weight loss. Engaging in exercises such as weightlifting or bodyweight workouts stimulates muscle growth and prevents muscle loss. Aim to incorporate resistance training sessions into your weekly routine to complement your diet and optimize your results.

The Ultimate Weekly Meal Plan for Weight Loss and Muscle Retention:

Now, let's get to the heart of the matter – the meal plan itself. This carefully crafted menu is designed to provide you with nutrient-dense foods that keep you satiated while supporting your weight loss and muscle retention goals.

Here's a glimpse of what a week on this plan looks like:

Day 1:

- Breakfast: Spinach and mushroom omelet with whole-grain toast.

- Snack: Greek yogurt with mixed berries.

- Lunch: Grilled chicken breast with quinoa and steamed vegetables.

- Snack: A handful of almonds.

- Dinner: Baked salmon with roasted sweet potatoes and asparagus.

Day 2:

- Breakfast: Overnight oats with chia seeds, topped with sliced fruits.

- Snack: Carrot sticks with hummus.

- Lunch: Turkey wrap with whole-grain tortilla, lettuce, tomato, and avocado.

- Snack: Cottage cheese with cucumber slices.

- Dinner: Grilled lean steak with roasted Brussels sprouts and brown rice.

Day 3:

- Breakfast: Protein smoothie with spinach, banana, almond milk, and a scoop of protein powder.

- Snack: Apple slices with peanut butter.

- Lunch: Quinoa salad with grilled shrimp, mixed vegetables, and a light vinaigrette dressing.

- Snack: Hard-boiled eggs.

- Dinner: Baked chicken breast with steamed broccoli and quinoa.

Day 4:

- Breakfast: Whole-grain toast with smashed avocado and poached eggs.

- Snack: Mixed nuts.

- Lunch: Grilled tofu with brown rice and stir-fried vegetables.

- Snack: Protein bar.

- Dinner: Baked cod with roasted asparagus and a side salad.

Day 5:

- Breakfast: Veggie omelet with whole-grain toast.

- Snack: Greek yogurt with sliced almonds.

- Lunch: Quinoa-stuffed bell peppers with a side of mixed greens.

- Snack: Celery sticks with almond butter.

- Dinner: Grilled chicken breast with roasted sweet potatoes and green beans.

Day 6:

- Breakfast: Protein pancakes with berries and a drizzle of honey.

- Snack: Edamame beans.

- Lunch: Lentil soup with a side of mixed greens.

- Snack: Protein shake.

- Dinner: Grilled salmon with steamed broccoli and quinoa.

Day 7:

- Breakfast: Egg white scramble with spinach, tomatoes, and whole-grain toast.

- Snack: Cottage cheese with mixed berries.

- Lunch: Grilled chicken salad with mixed vegetables and a light dressing.

- Snack: Sliced bell peppers with hummus.

- Dinner: Baked tofu with roasted Brussels sprouts and brown rice.

Customizing the Plan to Your Needs:

While this meal plan serves as a solid foundation, remember that everyone's nutritional needs and preferences vary. Feel free to make adjustments based on your individual requirements, such as dietary restrictions or food allergies. It's always wise to consult with a registered dietitian or healthcare professional before making significant changes to your diet.

Conclusion:

Embarking on a weight loss journey while maintaining muscle mass is achievable with the right combination of nutrition and exercise. By following this science-backed weekly meal plan and incorporating resistance training into your routine, you'll be well on your way to reaching your health and fitness goals. Remember, consistency is key, and with dedication and perseverance, you can transform your body and improve your overall well-being. Start implementing these strategies today and experience the benefits for yourself!

World Health Day

World Health Day underscores urgency of universal access to quality healthcare(New Kerala:20240408)

<https://www.newkerala.com/news/2024/20124.htm>

In the pursuit of health equity and universal access to quality healthcare, the World Health Organization (WHO) is celebrating April 7 as World Health Day with the theme 'My Health My Right'.

This year's theme resonates deeply amidst escalating global health challenges, underscoring the imperative of safeguarding every individual's fundamental right to health, say healthcare professionals.

They called for reaffirming our commitment to championing the fundamental right to health for all individuals. "By fostering inclusive healthcare systems, prioritising preventive measures, fostering and incentivising an active lifestyle and advocating for environmental stewardship, we can pave the way towards a healthier and more resilient future for generations to come," they said.

Across the globe, billions of individuals find their right to health imperilled by a myriad of threats, ranging from environmental crises to inadequate healthcare access. The toll of disease and disability continues to escalate, exacerbated by conflicts, disasters, and the pervasive scourge of air pollution. Shockingly, one life succumbs to the adverse effects of air pollution every five seconds, underscoring the urgent need for decisive action to mitigate environmental hazards and safeguard public health.

While strides have been made with 140 countries recognising health as a basic human right, millions still find themselves without access to essential healthcare services. The lack of comprehensive healthcare legislation and implementation gaps further exacerbate disparities, leaving vulnerable populations marginalised and underserved.

In 2021 alone, over 4.5 billion individuals, representing more than half of the world's population, were left without access to essential health services, highlighting the urgent need for concerted efforts to bridge existing gaps.

Embracing the 'My Health My Right' theme, the World Health Organization underscores the pivotal role of equitable access to quality medical care in achieving health for all. Essential components such as medical services, adequate information, safe drinking water, clean air, good nutrition, quality housing, and a discrimination-free environment form the cornerstone of comprehensive healthcare, ensuring that every individual can exercise their right to health without discrimination or financial barriers.

Dr. S. Ramesh, Consultant Neurosurgeon, Minimal Access Brain & Spine Surgeon, Kamineni Hospital, emphasises the indispensable role of health insurance in ensuring universal access to quality healthcare. "Health insurance is not just a financial safeguard but a fundamental enabler of equitable access to healthcare services. By ensuring coverage for all individuals, irrespective of their socioeconomic status, we can dismantle barriers to healthcare access and pave the way for a healthier, more resilient society."

Furthermore, the pervasive impact of lifestyle-related diseases underscores the imperative of prioritising preventive measures, with physical exercise emerging as a potent tool in combating prevalent health challenges. Dr. A. Santosh Kumar, Sr. Consultant Nephrologist & Transplant Physician, Kamineni Hospital, underscores, "Amidst the prevalence of sedentary lifestyles, prioritising regular physical exercise is paramount. By fostering an active lifestyle, we can mitigate the prevalence of lifestyle-related ailments such as obesity, hypertension, and diabetes, thereby promoting holistic well-being."

Echoing these sentiments, Dr. B. Kishore Reddy, Chief Ortho Oncologist and MD, Amor Hospital, highlights the detrimental effects of air pollution on public health, advocating for proactive measures to mitigate environmental hazards. "The pervasive presence of air pollution poses a grave threat to human health, permeating both indoor and outdoor environments. Embracing protective measures such as wearing masks and minimising exposure to pollutants is imperative to safeguarding our collective well-being."

Vaccine

This vaccine helped over 50 pc of people remain UTI-free for years(New Kerala:20240408)

<https://www.newkerala.com/news/2024/20123.htm>

ore than 50 per cent of people remained Urinary Tract Infection (UTI)-free for up to nine years who received the oral spray-based vaccine 'MV140', a new study has said.

According to the study published in the journal European Association of Urology, the MV140 vaccine is a potential alternative to antibiotic treatments.

About 54 per cent of study participants remained UTI-free for nine years after the vaccine, with no notable side effects reported.

"UTIs are the most common bacterial infection. They are experienced by half of all women and one in five men and can be painful and uncomfortable. Recurrent infections, needing short-term antibiotic treatment, develop in between 20 to 30 per cent of cases," the study mentioned.

This study, conducted by specialists at the UK's Royal Berkshire Hospital, examined the safety and efficacy of the MV140 vaccine in 89 patients.

"Nine years after first receiving this new UTI vaccine, around half of participants remained infection-free. Overall, this vaccine is safe in the long term and our participants reported having fewer UTIs that were less severe," said Dr Bob Yang, Consultant Urologist at the Royal Berkshire NHS Foundation Trust, who co-led the study.

MV140 vaccine was administered with two sprays of a pineapple-flavoured suspension under the tongue every day for three months in patients.

Developed by the Spain-based pharmaceutical company Immunotek, MV140 contains four bacterial species in a suspension with water. It is available off-license in 26 countries.

In the research, 48 participants remained entirely infection-free during the nine-year follow-up.

The average infection-free period across the cohort was 54.7 months (four and a half years) -- 56.7 months for women and 44.3 months, one year less, for men. 40 per cent of participants reported having repeat doses of the vaccine after one or two years, the study noted.

"This follow-up study reveals encouraging data about the long-term safety and effectiveness of the MV140 vaccine," said Gernot Bonkat, Professor at the Alta Uro Medical Centre for Urology in Switzerland.

Health

Become custodian of your health, do annual checkups: Cardiologist Devi Shetty (New Kerala:20240408)

On the occasion of World Health Day, top cardiologist Devi Shetty on Sunday advised people to become custodians of their health and take preventive health checkups every year.

World Health Day is celebrated every year on April 7 to raise awareness on health and related issues. This year's theme 'My Health, My Right' focuses on equal access to quality health care.

"You should become custodian of your health. You should feel responsible for your health and do the right things. You have only one body that God has given you. You can change your car or

house, but you cannot change your body. Once you ruin, it's very difficult to reverse," Shetty, Founder and Chairman of Narayana Health, told IANS.

He said this even as India is seeing mounting cases of non-communicable diseases (NCDs) like diabetes, hypertension, and cancer, among a host of others like obesity and mental health issues.

According to a recent 'Health of the Nation' report by Apollo hospitals, more younger Indians are facing the challenge of cancer. About three in four people were found either obese or overweight and, obesity incidence has increased from 9 per cent in 2016 to 20 per cent in 2023.

Hypertension incidence increased from 9 per cent in 2016 to 13 per cent in 2023, while two of three Indians or 66 per cent are in the pre-hypertensive stage. In addition, the data also showed that one in 10 people have uncontrolled diabetes and one in three are prediabetic.

"You go out in major cities around seven o'clock or eight o'clock and just look around what people are doing. Everyone is eating, and it has become an entertainment. And then you see young people struggling with obesity. The root cause of most of the problems is sedentary life and exotic food, which is available at low cost," the doctor said.

Recently, India has been witnessing a spate of heart attack cases and related deaths, ranging from school students and even among the seemingly-fit celebrities.

"The fit athletic people, unfortunately, do not know their fitness, and the heart cases have nothing to do with how fit the people are. It is because more than 50 per cent of heart patients do not have symptoms. And the first thing they know is a major heart attack and a small percentage of them even die," Shetty said.

The cardiologist said that the rising heart attack cases are not related to Covid-19 and that in most cases, the people had a pre-existing disease.

He also noted that more than 50 per cent of the heart patients in India suffer from silent heart attacks, majorly due to high blood pressure.

To prevent this "every adult Indian must go for an annual preventive health checkup".

"Preventive checkup is the only option we have. If somebody develops a heart attack that is evidence of failure of modern medicine. If individuals take the responsibility for a preventive checkup, where they can easily see their blood pressure, blood readings, haemoglobin, blood sugar, then most of the problems will be resolved," Dr Shetty said.

Annual checkups

Become custodian of your health, do annual checkups: Cardiologist Devi Shetty (New Kerala:20240408)

<https://www.newkerala.com/news/2024/20118.htm>

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World Health Day: What is ailing Indians, and the progress made so far(New Kerala:20240408)

<https://www.newkerala.com/news/2024/20104.htm>

India has in the recent years effectively eradicated polio and made some progress in reducing maternal and infant mortality rates, but the country continues to battle non-communicable diseases, respiratory diseases and mental health issues, according to experts on World Health Day on Sunday.

World Health Day is marked every year on April 7. This year's theme 'My Health, My Right' focuses on equal access to quality health care.

"Key health issues faced by Indians include high incidence of non-communicable diseases like cardiovascular diseases, diabetes, obesity and hypertension. Respiratory infections and malnutrition are also increasing," J P S Sawhney, Chairperson, Department of Cardiology, Sir Ganga Ram Hospital, told IANS.

"Diseases both infective like tuberculosis, malaria, hepatitis etc are in abundance and non-infective like diabetes with its complications, heart diseases, lung diseases like Chronic obstructive pulmonary disease (COPD), and bronchial asthma are on another spectrum," added Ajay Agarwal, Director-Internal Medicine, Fortis Hospital, Noida.

Common risk factors contributing to many of these include poor diet, physical inactivity, smoking, alcohol consumption, environmental pollution and economic disparities.

The experts also lamented the paucity of healthcare facilities, access to quality healthcare, regional disparities and inadequate awareness that contribute to these challenges.

Rajeev Gupta, Director - Internal Medicine at the CK Birla Hospital, Delhi, noted a significant burden of infectious diseases in the country, which include HIV, tuberculosis, malaria, vector-borne diseases like dengue fever and encephalitis, and gastrointestinal and liver diseases.

"To address these challenges, India urgently needs to increase its budgetary allocation for healthcare," Gupta told IANS.

On the other hand, the experts noted that "the past decade has brought remarkable changes to India's healthcare landscape", with an increase in life expectancy, polio eradication, and most recently eliminated filariasis or Kala-azar.

"India has made significant progress in reducing infant mortality through improved delivery practices, universal immunisation, better sanitation, mid-day meals and food fortification.

"However, there's still room for improvement. The increasing use of artificial intelligence and digital health technologies holds promise for further enhancing public health," Dr Gupta added.

Ayurvedic Home Remedies For Itchy Skin Allergy:

गर्मियों में पसीने से हो गई है स्किन एलर्जी और खुजली की समस्या तो राहत देंगे ये आयुर्वेदिक नुस्खे

Ayurvedic Home Remedies For Itchy Skin Allergy: अगर आप भी गर्मियां शुरू होते ही स्किन एलर्जी से परेशान रहने लगते हैं तो ये आयुर्वेदिक उपाय समस्या से छुटकारा पाने

में आपकी मदद कर सकते हैं।(Hindustan :20240408)

<https://www.livehindustan.com/lifestyle/health/story-skin-care-tips-best-desi-home-remedies-for-itchy-skin-allergy-and-rashes-due-to-sweating-in-summer-9718002.html>

Home Remedies For Itchy Skin Allergy: बढ़ती धूप, गर्मी और पसीने की वजह से त्वचा पर रैशेज, एलर्जी और खुजली का होना आम बात है। स्किन

एलर्जी होने पर व्यक्ति को त्वचा पर खुजली महसूस होने के साथ लाल दाने और चकत्ते भी पड़ने लगते हैं, जोकि धीरे-धीरे चर्म रोग का कारण भी बन सकते हैं।

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW वेब स्टोरी बिजनेस विदेश धर्म

4/8/24, 11:04 AM skin care tips: best desi home remedies for itchy skin allergy and rashes due to sweating in summer - गर्मियों में पसीने से हो गई है स्किन न...

<https://www.livehindustan.com/lifestyle/health/story-skin-care-tips-best-desi-home-remedies-for-itchy-skin-allergy-and-rashes-due-to-sweating-in-sum...> 2/5

स्किन एलर्जी से निजात पाने के लिए लोग कई तरह की दवाओं और क्रीम का इस्तेमाल करते हैं लेकिन समस्या से छुटकारा नहीं मिलता है। अगर आप भी गर्मियां

शुरू होते ही स्किन एलर्जी से परेशान रहने लगते हैं तो ये आयुर्वेदिक उपाय समस्या से छुटकारा पाने में आपकी मदद कर सकते हैं।

विज्ञापन

एलर्जी के कारण-

-ड्राई स्किन से त्वचा में एलर्जी

-पसीने में मौजूद बैक्टीरिया

-मौसम में बदलाव

-धूल मिट्टी के कणों के कारण

-जानवरों को छूने के कारण

-दवाओं का सेवन

-टैटू का स्किन पर बुरा प्रभाव

-किसी फूड के कारण

स्किन एलर्जी के लक्षण-

-स्किन पर लाल पैचेस

-खुजली होना

-फुंसी-दाने हो जाना

-स्किन पर दाने पड़ना

-रैशेज की समस्या

-जलन की समस्या

-छाले या पित्त होने की समस्या

स्किन एलर्जी से छुटकारा पाने के आयुर्वेदिक उपाय एलोवेरा और आम-

स्किन एलर्जी से छुटकारा पाने के लिए आप आयुर्वेदिक औषधि एलोवेरा को कच्चे आम के गूदे के साथ मिलाकर इस्तेमाल करें। इस उपाय को करने के लिए

एलोवेरा जेल के साथ आम के पल्प को मिलाकर पेस्ट तैयार कर लें। अब इस पेस्ट को स्किन के उन हिस्सों पर लगाएं जहां आपको एलर्जी की समस्या हो रही है।

इस उपाय को करने से स्किन एलर्जी, त्वचा में जलन, खुजली और सूजन से राहत मिलती है।

ऐप पर पढ़ें

4/8/24, 11:04 AM skin care tips: best desi home remedies for itchy skin allergy and rashes due to sweating in summer - गर्मियों में पसीने से हो गई है स्किन न...

<https://www.livehindustan.com/lifestyle/health/story-skin-care-tips-best-desi-home-remedies-for-itchy-skin-allergy-and-rashes-due-to-sweating-in-sum...> 3/5

Skin Care Tips

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर , पढ़ने के लिए Live Hindustan App डाउनलोड करें।

बर्फ का टुकड़ा-

स्किन एलर्जी से छुटकारा पाने के लिए बर्फ का टुकड़ा भी एक बेहतरीन उपाय हो सकता है। दरअसल, ड्राई स्किन की वजह से लोगों को एलर्जी की समस्या

अधिक होती है। इस तरह की एलर्जी से बचने के लिए गर्मियों में बॉडी को अधिक से अधिक हाइड्रेट रखने की कोशिश करें। इसके अलावा अगर आपके चेहरे पर

एलर्जी हो गई है तो प्रभावित हिस्से पर बर्फ के टुकड़े से मालिश करें।

कपूर और नारियल तेल-

स्किन रैशेज की समस्या से निजात पाने के लिए नारियल तेल और कपूर का इस्तेमाल भी किया जा सकता है। इस उपाय को करने के लिए नारियल तेल में कपूर

पीसकर मिक्स करके मिश्रण को प्रभावित हिस्से पर लगाएं। दिन में 2 बार इस मिश्रण को संक्रमण वाली जगह पर लगाने से समस्या में आराम मिलता है।

Healthy South Indian Dishes

Healthy South Indian Dishes: 7 अप्रैल को विश्व स्वास्थ्य दिवस मनाया जाता है। इस खास मौके पर यहां हम उन पॉपुलर साउथ इंडियन डिशेज के बारे में बता रहे हैं जिन्हें खाकर

आप खुद को हेल्दी रख सकते हैं।(Hindustan :20240408)

<https://www.livehindustan.com/lifestyle/health/story-world-health-day-2024-these-popular-south-indian-dishes-are-healthy-they-can-help-in-weight-loss-9711375.html>

वर्ल्ड हेल्थ डे हर साल 7 अप्रैल को मनाया जाता है। यह दिन लोगों को वैश्विक स्वास्थ्य मुद्दों के बारे में जागरूकता बढ़ाने और कल्याण के महत्व को उजागर करने

के लिए मनाया जाता है। साथ ही ये दिन लोगों को स्वस्थ जीवन जीने के लिए प्रेरित करता है। हेल्दी रहने के लिए सही खाना बहुत जरूरी है। अगर आप सही चीजों

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW वेब स्टोरी बिजनेस विदेश धर्म

4/8/24, 11:05 AM World Health day 2024 These popular South Indian dishes are healthy they can help in weight loss - World Health day 2024: फा यदे...

<https://www.livehindustan.com/lifestyle/health/story-world-health-day-2024-these-popular-south-indian-dishes-are-healthy-they-can-help-in-weight-los...> 2/5

को खाते हैं तो आपको हेल्दी रहने में मदद मिलती है। साउथ इंडियन फूड टेस्टी और हेल्दी होता है। कुछ पॉपुलर साउथ इंडियन डिशेज तो ऐसी हैं जिन्हें खाकर

वजन भी कम हो सकता है। यहां कुछ ऐसी ही डिशेज के बारे में बता रहे हैं, जानिए-

विज्ञापन

स्टीम इडली- इडली चावल और उड़द दाल से बनाई जाती है, जो प्रोटीन का अच्छा स्रोत होता है। इसमें कार्बोहाइड्रेट भी पाया जाता है, जो आपके शरीर के लिए

फायदेमंद होता है। इसे आप सुबह के नाश्ते या रात के खाने में खा सकते हैं।

रसम चावल- रसम सेहत के लिए फायदेमंद मानी जाती है। इसे खाने से पाचन शक्ति बढ़ती है। इसे चावल, इडली या फिर डोसे के साथ खाया जाता है। अगर

किसी को गैस की समस्या है तो रसम आपके लिए फायदेमंद साबित हो सकती है।

कर्ड राइस या दही चावल-पाचन से जुड़ी समस्याओं से परेशान लोगों के लिए दही-चावल एक बढ़िया ऑप्शन है। ये वजन मैनेज करने में भी मददगार होता है।

दरअसल, दही में प्रोटीन और कैल्शियम होता है, जो भूख कंट्रोल करता है, जिससे वजन कम करने में मदद मिलती है।

लेमन राइस या नींबूनी बूचावल- लेमन राइस को भी पेट के लिए अच्छा माना जाता है। इसमें नींबूनी बूकी अच्छी मात्रा होती है, ऐसे में ये विटामिन सी का भी सोर्स है।

गर्मियों के लिए ये सबसे अच्छा खाना है।

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ब्रेकफास्ट में शामिल कर सकते हैं।

क्या 2 महीने तHealthy South Indian Dishes: 7 अप्रैल को विश्व स्वास्थ्य दिवस मनाया जाता है। इस खास मौके पर यहां हम उन पॉपुलर साउथ इंडियन डिशेज के बारे में बता रहे हैं जिन्हें खाकर

आप खुद को हेल्दी रख सकते हैं।

Avantika Jain लाइव हिन्दुस्तान, नई दिल्ली

Sun, 07 Apr 2024 01:37 PM

हमें फॉलो करें

वर्ल्ड हेल्थ डे हर साल 7 अप्रैल को मनाया जाता है। यह दिन लोगों को वैश्विक स्वास्थ्य मुद्दों के बारे में जागरूकता बढ़ाने और कल्याण के महत्व को उजागर करने

के लिए मनाया जाता है। साथ ही ये दिन लोगों को स्वस्थ जीवन जीने के लिए प्रेरित करता है। हेल्दी रहने के लिए सही खाना बहुत जरूरी है। अगर आप सही चीजों

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW वेब स्टोरी बिजनेस विदेश धर्म

4/8/24, 11:05 AM World Health day 2024 These popular South Indian dishes are healthy they can help in weight loss - World Health day 2024: फा यदे...

<https://www.livehindustan.com/lifestyle/health/story-world-health-day-2024-these-popular-south-indian-dishes-are-healthy-they-can-help-in-weight-los...> 2/5

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वजन भी कम हो सकता है। यहां कुछ ऐसी ही डिशेज के बारे में बता रहे हैं, जानिए-

विज्ञापन

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फायदेमंद होता है। इसे आप सुबह के नाश्ते या रात के खाने में खा सकते हैं।

रसम चावल- रसम सेहत के लिए फायदेमंद मानी जाती है। इसे खाने से पाचन शक्ति बढ़ती है। इसे चावल, इडली या फिर डोसे के साथ खाया जाता है। अगर

किसी को गैस की समस्या है तो रसम आपके लिए फायदेमंद साबित हो सकती है।

कर्ड राइस या दही चावल-पाचन से जुड़ी समस्याओं से परेशान लोगों के लिए दही-चावल एक बढ़िया ऑप्शन है। ये वजन मैनेज करने में भी मददगार होता है।

दरअसल, दही में प्रोटीन और कैल्शियम होता है, जो भूख कंट्रोल करता है, जिससे वजन कम करने में मदद मिलती है।

लेमन राइस या नींबूनी बूचावल- लेमन राइस को भी पेट के लिए अच्छा माना जाता है। इसमें नींबूनी बूकी अच्छी मात्रा होती है, ऐसे में ये विटामिन सी का भी सोर्स है।

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ब्रेकफास्ट में शामिल कर सकते हैं।

क्या 2 महीने तक पीरियड्स का मिस होना नॉर्मल है यहां क्लिक करके जानिएक पीरियड्स का मिस होना नॉर्मल है यहां क्लिक करके जानिए

Grain For Summer

Grain For Summer: गर्मियों में बाजरा नहीं खाएं ये दो अनाज, शरीर को मिलेगी ठंडक

Summer Diet: गर्मियों में शरीर को ठंडक देने और पाचन क्रिया को सुचारु रूप से चलाने के लिए इन दो अनाज को डाइट में शामिल करें। ये अनाज बॉडी हीट को खत्म करने में मदद(Hindustan :20240408)

करते हैं और हेल्दी रखते हैं।

<https://www.livehindustan.com/lifestyle/health/story-summer-special-diet-eat-2-grains-jowar-jau-in-summer-beneficial-to-reduce-body-heat-control-blood-sugar-prevent-weight-gain-9711043.html>

गर्मियां शुरू हो चुकी हैं। ऐसे में खानपान का खास ध्यान रखने की जरूरत है। नहीं तो हेल्थ पर बुरा असर पड़ सकता है। सर्दियों की डाइट को छोड़कर अब ऐसे

फूड खाने पर फोकस करना चाहिए जो शरीर और पेट को ठंडक पहुंचाएं और बॉडी हीट को कम करें। इस का मैं मदद करेंगे ये दो अनाज। आमतौर पर सर्दियों

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश चुनाव IPL 2024 NEW मनोरंजन करियर बोर्ड रिजल्ट्स

NEW वेब स्टोरी बिजनेस विदेश धर्म

4/8/24, 11:07 AM summer special diet eat 2 grains jowar jau in summer beneficial to reduce body heat control blood sugar prevent weight gain - Grai...

<https://www.livehindustan.com/lifestyle/health/story-summer-special-diet-eat-2-grains-jowar-jau-in-summer-beneficial-to-reduce-body-heat-control-blo...> 2/5

में हेल्दी और फिट रहने के लिए बाजरा खाने की सलाह दी जाती है। जो शरीर को गर्म रखने में मदद करते हैं। लेकिन गर्मी में जौ और ज्वार ऐसे दो अनाज हैं। जो

शरीर को ठंडक पहुंचाते हैं।

विज्ञापन

जौ खाने के फायदे

मोटे अनाज में जौ गर्मियों के लिए फायदेमंद अनाज है। जौ का सत्तू और जौ की रोटी के रूप में इसे डाइट में शामिल किया जा सकता है। जौ खाने के ढेर सारे

फायदे हैं।

-जौ ग्लूटन फ्री होता है। इसलिए डायबिटीज के मरीज इसे आराम से डाइट में शामिल कर सकते हैं। जौ का सत्तू पेट को ठंडक देने के साथ ही ब्लड शुगर को

कंट्रोल करने में भी मदद करता है।

-जौ के आटे में फाइबर की मात्रा भी पर्याप्त होती है। साथ ही विटामिन बी, मैग्नीशियम और जरूरी पोषक तत्व भी आसानी से मिल जाते हैं।

-साथ ही जौ के आटे को वजन कंट्रोल करने के लिए भी इस्तेमाल किया जा सकता है। फाइबर की मात्रा भूख को कंट्रोल करने में मदद करती है।

-जौ के आटे का सत्तू या जौ का पानी पीने से डाइजेशन मजबूत होता है। जौ के आटे में प्रो बायोटिक गुण होते हैं। जो पाचन को सुधारने में मदद करता है।

-गर्मियों में जौ के आटे का इस्तेमाल हेल्दी स्किन को भी मेंटेनेंस करने में मदद करता है। जौ में मौजूद विटामिन ई और दूसरे एंटीऑक्सीडेंट्स स्किन को शाइनी और

सॉफ्ट बनाते हैं। जिससे गर्मियों में होने वाले स्किन रैशज से बचने में मदद मिलती है।

ज्वार का आटा

-ज्वार के आटे की तासीर ठंडी होती है। जो गर्मियों में खाने के लिए अच्छा है। ज्वार के आटे में ग्लूटन नहीं होती है। इसलिए ये डायबिटीज रोगियों के लिए भी

फायदेमंद है।

-आयुर्वेद में ज्वार के कई सारे फायदे बताए गए हैं। ज्वार के आटे को खाने से गर्मियों में लगने वाली प्यास से राहत मिलती है।

Infertility

Infertility की समस्या सिर्फ महिलाओं की नहीं है, डॉक्टर ने बताया यंग ऐज में क्या ध्यान रखना जरूरी है (Navbharat Times :20240408)

<https://navbharattimes.indiatimes.com/lifestyle/health/doctor-told-what-are-causes-of-infertility-and-prevention-tips/articleshow/109033208.cms?story=7>

Prevention Tips For Infertility: इनफर्टिलिटी क्या है, इसके क्या कारण हैं, और यंग ऐज में महिला और पुरुष में इस समस्या से कैसे बच सकते हैं? ऐसे ही तमाम जरूरी सवालों का जवाब दे रही हैं मशहूर फर्टिलिटी एक्सपर्ट डॉक्टर वंदना।

doctor told what are causes of infertility and prevention tips

Infertility की समस्या सिर्फ महिलाओं की नहीं है, डॉक्टर ने बताया यंग ऐज में क्या ध्यान रखना जरूरी है
शॉपिंग अलर्ट- कूलिंग एप्लायसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं
डील देखें

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

ऐमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्रॉसरी पर बंपर छूट
क्या आप iPhone 15 जीतने के लिए लकी ड्रॉ का हिस्सा बनना चाहेंगे?
डील देखें

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

भारत में युवाओं के बीच इनफर्टिलिटी (Infertility) एक बड़ी समस्या है। कुछ लोगों को लगता है कि यह सिर्फ महिलाओं की समस्या है, जबकि सच तो यह है कि पुरुष भी इससे तेजी प्रभावित हो रहे हैं। एक आंकड़े के अनुसार, देश में 15 फीसदी लोग इस समस्या से जूझ रहे हैं।

आसान शब्दों में समझें तो अगर कोई कपल लगातार यौन गतिविधि में शामिल होने के बावजूद माता-पिता बनने का सुख नहीं ले पा रहा है, तो इस समस्या को इनफर्टिलिटी (Infertility Problems) कहा जाता है। महिला और पुरुष में इनफर्टिलिटी के अलग-अलग कारण हो सकते हैं। ऐसे में जानना जरूरी है कि इनफर्टिलिटी की समस्या से कैसे बचा जा सकता है?

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महिला-पुरुषों में इनफर्टिलिटी की समस्या

महिला-पुरुषों में इनफर्टिलिटी की समस्या

इनफर्टिलिटी स्पेशलिस्ट, डॉक्टर वंदना बताती हैं कि लाइफ स्टाइल, इनफर्टिलिटी में बहुत बड़ी भूमिका निभाती है। आजकल की लाइफ इतनी फास्ट हो गई है कि हर किसी को किसी न किसी तरह का स्ट्रेस है। फिर चाहे वह मानसिक हो, शारीरिक हो, या फिर सामाजिक। ध्यान देने वाली बात यह है कि किसी भी तरह का स्ट्रेस महिलाओं के गर्भ धारण में बड़ी बाधा पैदा करता है।

स्ट्रेस और इनफर्टिलिटी में क्या कनेक्शन है?

स्ट्रेस और इनफर्टिलिटी में क्या कनेक्शन है?

जो कपल रिलेशनशिप में हैं, उन्हें भी स्ट्रेस प्रभावित करता है। इसके चलते इनफर्टिलिटी में दिक्कत आ सकती है। ऐसे में जरूरी हो जाता है कि कपल्स अपनी रोजमर्रा की जिंदगी में बदलाव करें और कम से कम स्ट्रेस लेने की कोशिश करें। डॉक्टर वंदना के मुताबिक एक्सरसाइज, डाइट और पसंद की हॉबीज में इवॉल्व होकर स्ट्रेस को दूर रखा जा सकता है।

ये करें कंसीव करने में नहीं आएगी दिक्कत

Reasons Of Infertility: बस अपनी लाइफस्टाइल में करें ये बदलाव कंसीव करने में नहीं आएगी दिक्कत

इनफर्टिलिटी की समस्या से कैसे बच सकते हैं?

इनफर्टिलिटी की समस्या से कैसे बच सकते हैं?

महिलाएं जो प्रेग्नेंट हैं, या प्रेगनेंसी के लिए ट्राई कर रही हैं, उन्हें डाइट में विटामिंस, और मिनरल्स की अच्छी मात्रा लेनी चाहिए। साथ ही जंक फूड्स को अवॉइड करना चाहिए। डाइट 'फ्री ऑफ पेस्टिसाइड्स एंड फर्टिलाइजर्स' हो तो इससे अच्छा कुछ नहीं हो सकता। जो महिलाएं अधिक वजन की समस्या से जूझ रही हैं, उन्हें डाइट में पोर्शन कंट्रोल का विशेष ध्यान रखना चाहिए।

डाइट में 'पोर्शन कंट्रोल' क्यों महत्वपूर्ण हो जाता है?

डाइट में पोर्शन कंट्रोल क्यों महत्वपूर्ण हो जाता है?

'पोर्शन कंट्रोल' में कैलोरी की मात्रा कम और जरूरी पोषक तत्वों की मात्रा ज्यादा होनी चाहिए। दरअसल, जब आप कम कैलोरी लेंगे तो आपका शरीर एनर्जी के लिए एक्स्ट्रा फैट का इस्तेमाल करेगा, जिससे वजन कंट्रोल में रहेगा साथ ही बीएमआई भी काबू में रहेगा, जोकि प्रेगनेंसी के दौरान महत्वपूर्ण भूमिका निभाता है। प्रेगनेंसी में बीएमआई कम या ज्यादा नहीं होना चाहिए।

इनफर्टिलिटी का इलाज क्या है, डॉक्टर ने बता दिया

इनफर्टिलिटी का इलाज क्या है, डॉक्टर ने बता दिया

डॉक्टर वंदना हेल्दी रहने के लिए नियमित एक्सरसाइज और हेल्दी डाइट पर फोकस करने की सलाह देती हैं। उनके मुताबिक इससे ब्लड फ्लो अच्छा रहता है और शरीर के सभी अंग बढ़िया तरह से काम करते हैं। इंसान अंदर से मजबूत होता है तो जरूरी दवाएं भी बढ़िया तरीके से काम करती हैं। हर किसी को हफ्ते में चार से पांच दिन एक्सरसाइज करनी ही चाहिए।

इनफर्टिलिटी के जोखिम कारकों को भी जान लीजिए

इनफर्टिलिटी के जोखिम कारकों को भी जान लीजिए

डॉ कहती हैं, जो कपल्स मां-बाप बनने की तैयारी में हैं उन्हें स्मोकिंग व अल्कोहल से दूर रहना चाहिए। देखा गया है कि जो लोग हाइपरटेंशन, डायबिटीज व थायराइड जैसी समस्याएं से जूझ रहे होते हैं और खराब जीवनशैली के चक्र में फंसे होते हैं, उनकी इनफर्टिलिटी प्रभावित होती है।

Cholesterol reduce food:

Cholesterol reduce food: कोलेस्ट्रॉल की दुश्मन है ये सफेद चटनी, Heart Attack से होगा बचाव, डायबिटीज भी कंट्रोल(Navbharat Times :20240408)

<https://navbharattimes.indiatimes.com/lifestyle/health/eat-coconut-chutney-to-reduce-bad-cholesterol-and-control-blood-sugar-levels-and-prevent-heart-attack/articleshow/109117862.cms?story=8>

What to eat to reduce Cholesterol: नसों में भरे गंदे कोलेस्ट्रॉल को कम करने के लिए आपको फिजिकल एक्टिविटी के अलावा डाइट पर ध्यान देना चाहिए, खाने में नारियल की चटनी शामिल करें, जो कोलेस्ट्रॉल को कम करके दिल को स्वस्थ रख सकती है।

eat coconut chutney to reduce bad cholesterol and control blood sugar levels and prevent heart attack

Cholesterol reduce food: कोलेस्ट्रॉल की दुश्मन है ये सफेद चटनी, Heart Attack से होगा बचाव, डायबिटीज भी कंट्रोल

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

शॉपिंग अलर्ट- कूलिंग एप्लायंसेज पर बेहतरीन ऑफर के साथ गर्मी को मात दें - 55% तक की छूट पाएं ऐमजॉन पर सुपर वैल्यू डेज, 1-7 अप्रैल तक ग्राँसरी पर बंपर छूट डील देखें

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

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

डील देखें

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

भारतीय व्यंजनों में नारियल का खूब इस्तेमाल किया जाता है, खासकर साउथ में अधिकतर डिशेज में नारियल डाला जाता है। इसकी खास खुशबू और स्वाद खाने के जायके को और ज्यादा बढ़ा देते हैं। साउथ में नारियल

की चटनी हर खाने के साथ परोसी ही जाती है। लेकिन क्या आप जानते हैं कि यह स्वादिष्ट चटनी सेहत के लिए भी बहुत फायदेमंद होती है?

न्यूट्रिनिस्ट और डाइटीशियन शिखा अग्रवाल शर्मा के अनुसार, नारियल चटनी खाने से सेहत को कई फायदे होते हैं। नारियल और अन्य कई जड़ी बूटियों के मिश्रण से तैयार चटनी इम्यून सिस्टम को मजबूत करने से लेकर ब्लड प्रेशर कंट्रोल रखने, कोलेस्ट्रॉल कम करने और पाचन क्रिया को बेहतर बनाने तक सेहत को कई फायदे देती है।

चूंकि नारियल की चटनी में सैचुरेटेड फैट होता है, इसलिए इसकी बहुत ज्यादा मात्रा में सेवन नहीं करना चाहिए। आप इसे थोड़ी मात्रा में, लगभग 2-3 चम्मच रोजाना खा सकते हैं। चलिए जानते हैं इसे खाने से क्या-क्या फायदे होते हैं।

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पाचन क्रिया को सुधारती है

पाचन क्रिया को सुधारती है

नारियल में फाइबर की मात्रा अधिक होती है, जो पाचन क्रिया को दुरुस्त रखने में मदद करता है। नियमित रूप से नारियल की चटनी खाने से पेट दर्द, डायरिया और कब्ज जैसी समस्याएं दूर रहती हैं। साथ ही, यह पेट में मौजूद हानिकारक बैक्टीरिया को भी साफ करने में मदद करती है।

सुबह उठकर खाली पेट खाएं ये फल कोलेस्ट्रॉल रहेगा कंट्रोल

Fruits for Good Cholesterol : सुबह उठकर खाली पेट खाएं ये फल कोलेस्ट्रॉल रहेगा कंट्रोल

इम्यून सिस्टम बनता है मजबूत, बीपी रहता है कंट्रोल

इम्यून सिस्टम बनता है मजबूत, बीपी रहता है कंट्रोल

नारियल की चटनी में एंटी-बैक्टीरियल गुण होते हैं। यह शरीर में मौजूद बैक्टीरिया को खत्म करती है, जिससे आप बीमारियों से बचे रहते हैं। जिन लोगों को हाई ब्लड प्रेशर की समस्या रहती है, उन्हें नियमित रूप से नारियल की चटनी खानी चाहिए। यह ब्लड प्रेशर को कम करने में मदद करती है।

कोलेस्ट्रॉल होता है कम, दिल रहता है स्वस्थ

कोलेस्ट्रॉल होता है कम, दिल रहता है स्वस्थ

नारियल में फाइबर सामग्री 13.6 ग्राम (आरडीए का 45।3%) होती है, जो शरीर में कोलेस्ट्रॉल के स्तर में सुधार करती है। इसके नियमित सेवन से हृदय संबंधी बीमारियों का खतरा कम होता है।

ब्लड शुगर रहता है कंट्रोल

ब्लड शुगर रहता है कंट्रोल

नारियल की चटनी खाने से इंसुलिन स्राव की क्रिया में सुधार होता है और यही वजह है कि इसके सेवन से डायबिटीज के मरीजों में बढ़े हुए ब्लड शुगर लेवल को कंट्रोल रखने में मदद मिलती है।

वजन घटाने में सहायक

वजन घटाने में सहायक

नारियल की चटनी शरीर की मेटाबॉलिज्म दर को बढ़ाने में मदद करती है। इससे शरीर पोषक तत्वों का बेहतर इस्तेमाल करता है और आप दिनभर ऊर्जावान रहते हैं। अच्छी मेटाबॉलिज्म दर वजन घटाने में भी सहायक होती है।

नारिया की चटनी बनाने के लिए जरूरी सामग्री

नारिया की चटनी बनाने के लिए जरूरी सामग्री

आधा कप कद्दूकस किया हुआ नारियल

2 टेबलस्पून घी या तेल

1 टीस्पून राई

5-6 कड़ी पत्ते (बारीक कटे हुए)

2 सूखी लाल मिर्च

1 टेबलस्पून उड़द दाल या भुने हुए चने

स्वादानुसार नमक

नारियल की चटनी बनाने का तरीका

नारियल की चटनी बनाने का तरीका

सबसे पहले मिक्सर में कद्दूकस किया हुआ नारियल डालकर पेस्ट बना लें।

एक छोटे पैन में तेल या घी गर्म करें।

गर्म तेल में राई, कड़ी पत्ते, सूखी लाल मिर्च और दाल डालकर चटकाएं। ध्यान रखें कि चलाते रहें ताकि कुछ भी जले नहीं।

जब मिश्रण से खुशबू आने लगे, तो इसमें नारियल का पेस्ट डाल दें। साथ ही नमक डालकर अच्छी तरह मिलाएं।

इसे एक सर्विंग बाउल में निकाल लें और खाने के साथ आनंद लें।