



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20240415

## Yoghurt

### **Eat plain yoghurt to lower diabetes risk, combat insulin resistance: Doctors (The Tribune: 20240415)**

<https://www.tribuneindia.com/news/health/eat-plain-yoghurt-to-lower-diabetes-risk-combat-insulin-resistance-doctors-610757>

It is a rich source of nutrients like proteins, vitamins, and minerals as well as beneficial microbes

Eat plain yoghurt to lower diabetes risk, combat insulin resistance: Doctors

“Yoghurt will not cure or treat people with T2D”, said researchers from the University of Pennsylvania in the US in the paper. iStock

Regular consumption of plain yoghurt may help people to reduce their risk of diabetes and also reduce insulin resistance, said doctors here on Sunday.

Yoghurt has long been known to curb the risk of diabetes. However, the US Food and Drug Administration in March made the first-ever qualified health claim that eating yoghurt may reduce the risk of Type-2 Diabetes (T2D).

Based on limited scientific evidence, the regulatory body said that “at least three servings of yoghurt per week may reduce the risk of T2D incidence for the general population”, revealed a study published in the journal Diabetes & Metabolic Syndrome: Clinical Research & Reviews.

However, “yoghurt will not cure or treat people with T2D”, said researchers from the University of Pennsylvania in the US in the paper.

Speaking to IANS, Vandana Verma, Principal Dietitian at Sir Ganga Ram Hospital, said that the approval of yoghurt for managing blood sugar is due to its probiotic content, which promotes gut health.

“The gut microbiome plays a vital role in regulating glucose metabolism and insulin sensitivity, essential for blood sugar management. Probiotics in yoghurt may enhance these functions, making it potentially beneficial for individuals with diabetes or at risk of it,” she said.

However, she emphasised that all yoghurts are not equal.

“Some may lack probiotics or contain added sugars, reducing their health benefits. Opting for plain yoghurt with live cultures and avoiding added sugars is preferred. Additionally, incorporating yoghurt into a balanced diet with fruits, vegetables, whole grains, and lean proteins, coupled with regular exercise, is crucial for managing and reducing diabetes risk,” the dietitian said.

Yoghurt is a product of high nutritional value and a rich source of nutrients like proteins, vitamins, and minerals as well as beneficial microbes. Further, eating yoghurt helps change the microbiota and ecosystem of the gastrointestinal tract.

Besides fighting off diabetes, the presence of *Lactobacillus casei*, *Streptococcus thermophilus* and *Bifidobacterium* species in yoghurt boosts immunity, reduces obesity and keeps the liver healthy.

“These metabolites may prove anti-inflammatory and may change immunity by modulating IL-1 and IL-6. Decreased visceral fat and obesity can reduce insulin resistance, also modulated by cytokines, resulting in fewer new-onset diabetes cases and less non-alcoholic fatty liver diseases,”

## **Microplastics**

### **Study finds 80 per cent microplastics in blood clots behind heart attack, stroke (The Tribune: 20240415)**

<https://www.tribuneindia.com/news/health/study-finds-80-per-cent-microplastics-in-blood-clots-behind-heart-attack-stroke-610754>

Microplastics have long been known as a significant environmental and health concern worldwide

Study finds 80 per cent microplastics in blood clots behind heart attack, stroke

“Our findings suggest that microplastics of different concentrations are present in human thrombi (blood clots),” said the researchers from the First Affiliated Hospital of Shantou University Medical College in China. iStock

A team of scientists in China detected a whopping 80 per cent of microplastics from blood clots that may have contributed to stroke, heart attack, and deep vein thrombosis.

Microplastics—any type of plastic less than 5 mm long—have long been known as a significant environmental and health concern worldwide.

The new study, published in the journal *eBioMedicine*, showed that the blood clot samples were found in the cerebral arteries in the brain, coronary arteries in the heart, and deep veins in the lower extremities of 30 patients.

“Microplastics found in 80 per cent of clots retrieved from blood vessels after heart attack, stroke, or deep venous thrombosis. This is really bad news. Plastics are everywhere in modern life,” Tatiana Prowell, Associate Professor of Oncology at Johns Hopkins University in the US, wrote in a post on X.

The study stressed the need to accurately investigate the impact of microplastics on human health. It showed that the presence of microplastics may increase the severity of heart attack, stroke, or deep venous thrombosis.

“Our findings suggest that microplastics of different concentrations, polymer types, and physical properties are present in human thrombi (blood clots) and that higher levels of microplastics may be associated with disease severity,” said the researchers from the First Affiliated Hospital of Shantou University Medical College in China.

“Future research with a larger sample size is urgently needed to identify the sources of exposure and validate the observed trends in the study,” they added.

## **lifelong ill-health**

### **Experiencing abuse, neglect as child linked to lifelong ill-health: Study (The Tribune: 20240415)**

<https://www.tribuneindia.com/news/health/experiencing-abuse-neglect-as-child-linked-to-lifelong-ill-health-study-610436>

It was found to make children more likely to become obese and experience more trauma as adults, both of which then become the cause for dysfunction in the immune system

Experiencing abuse or neglect as a child has been linked to lifelong ill-health by making them more vulnerable to experiencing obesity, inflammation and trauma, according to a new research.

Experiencing abusive behaviour or emotional and physical neglect was found to make children more likely to become obese and experience more trauma as adults, both of which then become the cause for dysfunction in the immune system, such as inflammation.

By studying brain scans of adults, researchers showed that there were widespread changes in the brain structure such as increased thickness and reduced volume, associated with obesity, inflammation and repeated trauma stemming from childhood ill-treatment.

These structural changes, therefore suggested physical damage inflicted on the brain cells that affected their functioning, the researchers at the University of Cambridge, UK, said.

They said that while it was known that children experiencing abuse are more likely to develop mental illness throughout their lives, it was not yet well understood why this risk persists many decades after the ill-treatment first happened.

The study findings advance our understanding of how adverse childhood events can contribute to life-long increased risk of brain and mental health disorders, the team said.

“Now that we have a better understanding of why childhood maltreatment has long-term effects, we can potentially look for biomarkers - biological red flags - that indicate whether an individual is at increased risk of continuing problems.

“This could help us target early on those who need most help, and hopefully aid them in breaking this chain of ill health,” said Edward Bullmore, professor, Department of Psychiatry, University of Cambridge, and author of the study published in the journal ‘Proceedings of the National Academy of Sciences’.

For the study, the researchers examined MRI brain scans of more than 21,000 adults aged 40-70 years. They analysed this data from the UK Biobank along with their body mass index (BMI), C-reactive protein levels (that reveal signs of inflammation) and their experiences of childhood ill-treatment and adult trauma.

## **Health drinks'**

### **Remove Bournvita from category of 'health drinks': Government tells e-commerce firms**

### **Controversy over the 'unhealthy' nature of Bournvita arises after a YouTuber in his video slams the powder supplement (The Tribune: 20240415)**

<https://www.tribuneindia.com/news/india/remove-bournvita-from-category-of-health-drinks-government-tells-e-commerce-firms-610425>

Remove Bournvita from category of 'health drinks': Government tells e-commerce firms

The advisory comes at a time when an investigation by the NCPCR found that Bournvita contains sugar levels, much above the acceptable limits. Photo: X/@BournvitaIndia

The Ministry of Commerce and Industry has issued an advisory to the e-commerce companies, directing them to remove all drinks and beverages including Bournvita from the category of 'health drinks', on their portal and platforms.

The advisory comes on the back of an investigation by the NCPCR found that Bournvita contains sugar levels, much above the acceptable limits.

“National Commission for Protection of Child Rights (NCPCR), a statutory body constituted under Section 3 of the Commission of Protection of Child Rights (CPCR) Act, 2005 after its inquiry under Section 14 of CRPC Act 2005 concluded that there is no 'health drink' defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India Food Pvt Ltd,” the ministry said in a notification, dated April 10.

Earlier, the NCPCR had called upon the Food Safety and Standards Authority of India (FSSAI) to initiate action against the companies that failed to meet safety standards and guidelines and were projecting power supplements as 'health drinks'.

Notably, as per the regulatory body, 'health drink' has not been defined in the country's food laws and to project something under the same violates the rules. The FSSAI, earlier this month, also instructed e-commerce portals against labelling dairy-based or malt-based beverages as 'health drinks'.

The controversy over the 'unhealthy' nature of Bournvita first arose after a YouTuber in his video slammed the powder supplement and informed that it contained excessive sugar, cocoa solids and harmful colourants that could lead to serious health hazards in children, including cancer.

## **Painless vaccines**

### **Painless vaccines vs non-painless vaccines for kids; Which is better? (The Times of India: 20240415)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/painless-vaccines-vs-non-painless-vaccines-for-kids-which-is-better/articleshow/109274502.cms>

Parents prioritize child health through vaccinations, considering fear of needles. As of now, there are two main options for vaccinating your child: painless vaccines and non-painless vaccines. But which one is better? Here are all the details you need to know and also bust some myths along the way. Read more to know further.

Painless vaccines vs non-painless vaccines for kids; Which is better?

Image: Canva

Every parent wants the best for their child, especially when it comes to their health. Vaccinations play an important role in safeguarding children from preventable diseases, but the fear of pain associated with needles can make the process daunting. As of now, there are two main options for vaccinating your child: painless vaccines and non-painless vaccines.

But which one is better? Here are all the details you need to know and also bust some myths along the way.

What are painless vaccinations?

Imagine a vaccination experience without the tears and the fuss. That's what painless vaccination offers. Painless vaccination, also known as the DaPT vaccine, combines three important immunisations – diphtheria, acellular pertussis (whooping cough), and tetanus – into one shot. The magic lies in its formulation, which contains less antigen than traditional vaccines, resulting in

smaller doses that are virtually painless. This not only reduces the discomfort for your child but also makes it easier for parents to keep up with their child's vaccination schedule.

## Vaccine (1)

What are non-painless vaccinations?

On the other hand, we have non-painless vaccines, which are the traditional vaccines administered with a needle. While these vaccines may cause some discomfort during the injection process, they are equally effective in protecting against diseases like diphtheria, pertussis, and tetanus. Non-painless vaccines have been a cornerstone of public health for decades, and they continue to play a vital role in disease prevention.

Which one is better?

Now, the big question: which type of vaccine is better for your child? The truth is, that both painless and non-painless vaccines are safe and effective. They provide similar levels of protection against diseases, debunking the myth that painless vaccines are less effective. Ultimately, the choice between painless and non-painless vaccines comes down to personal preference and convenience. Some parents may prefer the ease of painless vaccines, while others may go for the familiarity of non-painless vaccines.

Busting the myths

List of vaccines every infant should be given: Helpful guide for parents

**Painless vaccines are less effective:** This myth has been debunked by numerous studies, which have shown that both types of vaccines offer comparable protection against diseases like pertussis. Even WHO says that painless vaccines are 75-85% effective, which is in line with the non-painless vaccines.

**Painless vaccines do not hurt at all:** While painless vaccines may cause less discomfort during the injection process, it's important to remember that there may still be some level of pain or discomfort. The key difference lies in the formulation of the vaccine, not in the absence of pain altogether.

**Each recommended vaccine comes with the option of painful and painless:** This is not entirely true. The choice between painful and painless vaccines typically applies to combination vaccines that include the pertussis component. Not all vaccines offer this choice, and it's important to consult with doctors to determine the best option for your child.

author

About the Author

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### **3.5 crore hepatitis B and C cases in 2022**

### **India recorded 3.5 crore hepatitis B and C cases in 2022: WHO report(The Times of India: 20240415)**

The WHO's report underscores India's significant struggle with hepatitis B and C, contributing to a global crisis. Urgent actions are needed to combat the rising number of cases and prevent further health complications. India accounts for 11.6 percent of the total disease burden globally, the report revealed.

India recorded 3.5 crore hepatitis B and C cases in 2022: WHO report

The findings of a new report released by the World Health Organisation (WHO) have posed a big challenge for India. As per the report, India accounted for the second-highest number of cases of hepatitis B and C in 2022 after China, with 3.5 crore infections. According to the WHO's 2024 Global Hepatitis Report released on Tuesday, 254 million people lived with hepatitis B and 50 million with hepatitis C in 2022 globally and the number of lives lost due to viral hepatitis is increasing with the disease being the second leading infectious cause of death globally -- with 1.3 million deaths per year – the same as tuberculosis.

India accounts for 11.6 percent of the total disease burden globally, the report revealed. "Every day, 3,500 people are dying globally due to hepatitis B and C infections," the report released at the World Hepatitis Summit said.

Five viruses cause the different forms of viral hepatitis: hepatitis A, B, C, D and E. Hepatitis A is a food-borne illness, and Hepatitis D is only found in people who are also infected with hepatitis B. Hepatitis E is predominantly found in Africa, Asia and South America. Hepatitis B and C are viral infections that primarily affect the liver, causing inflammation and potentially leading to serious liver damage over time.

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Hepatitis B is caused by the hepatitis B virus (HBV), which is transmitted through contact with infected blood or bodily fluids, such as during unprotected sex, sharing needles, or from mother to baby during childbirth. Chronic hepatitis B can lead to liver cirrhosis, liver cancer, or liver failure if left untreated.

Hepatitis C is caused by the hepatitis C virus (HCV) and is primarily spread through contact with infected blood, such as sharing needles or receiving blood transfusions before widespread screening was implemented. Many people with hepatitis C do not experience symptoms until the disease has progressed to advanced stages. Chronic hepatitis C can also lead to liver cirrhosis, liver cancer, or liver failure.

Hepatitis is considered dangerous due to its potential to cause serious liver damage and lead to life-threatening complications. Chronic hepatitis infections, such as hepatitis B and C, can progress silently for years, damaging the liver without causing noticeable symptoms. Over time, untreated hepatitis can result in liver cirrhosis, liver cancer, or liver failure, which can be fatal. Hepatitis viruses are highly contagious and can be transmitted through various means, including contact with infected blood or bodily fluids, posing a significant public health risk. Early detection, vaccination, and appropriate medical management are crucial for preventing and managing hepatitis infections.

### Symptoms to know

Hepatitis C and B share some common symptoms, but they also have unique characteristics. Symptoms of both types of hepatitis can range from mild to severe and may include:

**Fatigue:** Persistent tiredness and weakness are common symptoms of hepatitis C and B.

**Jaundice:** Yellowing of the skin and eyes due to liver dysfunction.

**Abdominal pain:** Discomfort or pain in the abdomen, particularly around the liver area.

**Loss of appetite:** Reduced desire to eat or lack of hunger.

**Nausea and vomiting:** Feeling queasy or experiencing vomiting episodes.

**Dark urine:** Urine may appear darker than usual due to liver impairment.

**Clay-colored stools:** Light-colored stools may indicate bile duct obstruction.

**Joint pain:** Some individuals with hepatitis may experience joint pain or muscle aches.

Hepatitis C infection is often asymptomatic in its early stages, while hepatitis B may cause acute symptoms such as fever and joint pain. Chronic hepatitis B and C infections may progress without noticeable symptoms, leading to liver damage if left untreated. Regular testing and medical monitoring are essential for early detection and treatment.

## **Viral hepatitis**

### **Why is there a WHO alert on viral hepatitis? (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/health/why-is-there-a-who-alert-on-viral-hepatitis-explained/article68062579.ece>

What are the findings in the Global Hepatitis Report 2024? Why does India have such a high disease load of hepatitis B and C? Is the increasing prevalence of non-viral forms of the disease, like alcoholic liver disease and non-alcoholic fatty liver disease, adding to the burden?

Pregnant women wait for Hepatitis B surface antigen screening test at a Chennai hospital. File

Pregnant women wait for Hepatitis B surface antigen screening test at a Chennai hospital. File | Photo Credit: The Hindu

The story so far: India accounted for 11.6% of the total viral hepatitis disease burden globally in 2022, making it the country with the second highest disease load after China, according to the World Health Organization's (WHO) Global Hepatitis Report 2024 released recently. Bangladesh, China, Ethiopia, India, Indonesia, Nigeria, Pakistan, the Philippines, the Russian Federation and Vietnam, collectively shoulder nearly two-thirds of the global burden of hepatitis B and C.

As per the report, the disease is the second leading infectious cause of death globally — with 1.3 million deaths per year, the same as tuberculosis, a top infectious killer. New data from 187 countries show that the estimated number of deaths from viral hepatitis increased from 1.1 million in 2019 to 1.3 million in 2022. Of these, 83% were caused by hepatitis B, and 17% by hepatitis C. Every day, there are 3,500 people dying globally due to hepatitis B and C infections. Half the burden of chronic hepatitis B and C infections is among people aged 30-54 years old, with 12% among children under 18 years of age. Men account for 58% of all cases.

## **Cancer care**

**rafted in Indian labs, NexCAR19 takes India to next level in cancer care (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/health/crafted-in-indian-labs-nexcar19-takes-india-to-next-level-in-cancer-care/article68046475.ece>

Chimeric Antigen Receptor (CAR)-T cell therapy involves genetically modifying a patient's T cells to fight against malignant tumor cells. T cells are a type of white blood cell developed from the stem cells in the bone marrow and are a vital part of the immune system, defending the body against infections.

The National Cancer Institute at the National Institutes of Health (NIH) in Bethesda, Maryland.

The National Cancer Institute at the National Institutes of Health (NIH) in Bethesda, Maryland.

It is 2015. Alka Dwivedi, is striving to develop patient-focused therapy for cancer. This leads her to join Rahul Purwar, a Professor at the Indian Institute of Technology Bombay (IIT-B), who is working on developing affordable CAR-T cell therapy in India.

Scholz warns Iran as attacks on Israel overshadow China trip

## **WHO**

**India has second-most hepatitis B, C cases after China: WHO report(The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/health/who-sounds-alarm-on-viral-hepatitis-infections-claiming-3500-lives-every-day/article68048999.ece>

India registered 2.98 crore hepatitis B cases in 2022 while the number of hepatitis C infections stood at 55 lakh.

India accounted for the second-highest number of cases of hepatitis B and C in 2022 after China, with 3.5 crore infections, according to a report by the World Health Organisation (WHO).

Hepatitis is an inflammation of the liver that can cause a range of health problems and can be fatal.

## **India's malnutrition**

### **Addressing India's malnutrition landscape (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/health/addressing-indias-malnutrition-landscape/article68050383.ece>

A new Indian Institute of Public Health Hyderabad study examined undernutrition across the nation and found India's progress remains "sluggish"

Officials of the Women Development and Child Welfare and Maarpu Trust checking a child's weight at an Anganwadi Centre, in Vijayawada.

Officials of the Women Development and Child Welfare and Maarpu Trust checking a child's weight at an Anganwadi Centre, in Vijayawada. | Photo Credit: G.N. Rao

Malnutrition is a significant contributor to the disease burden in India. The United Nations Sustainable Development Goals (SDGs) have an ambitious target of eradicating malnutrition by 2030, prompting the World Health Organisation (WHO) to designate 2016–2025 as the decade of nutrition. Despite strides made in reducing undernutrition indicators through national nutrition programmes, progress in India has been sluggish. A study by the Indian Institute of Public Health (IIPH) Hyderabad examined undernutrition across the nation and evaluated the distribution of nutritional indicators among children under three at the state level, utilising data from the National Family Health Surveys (NFHS).

(For top health news of the day, subscribe to our newsletter Health Matters)

## **Hydration**

### **Hydration is key to beat the heat as mercury rises in summer', says Tamil Nadu Health Department (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/health/hydration-is-key-to-beat-the-heat-as-mercury-rises-in-summer-says-tamil-nadu-health-department/article68050356.ece>

The Tamil Nadu health department released an advisory urging people to remain hydrated; pregnant women, the elderly, people with health conditions, and children are advised to stay indoors between 11 a.m. and 3.30 p.m.

A street vendor prepares a drink customer on a hot afternoon in Bhubaneswar. Image for representational purpose only. File

A street vendor prepares a drink customer on a hot afternoon in Bhubaneswar. Image for representational purpose only. File | Photo Credit: Biswaranjan Rout

Summer has just started, but several regions of the country have begun experiencing intense heat. Several towns in the south recorded over 40-degrees Celsius in late March, but other cities in the north of the country are inching towards that mark and further.

(For top health news of the day, subscribe to our newsletter Health Matters)

## **Blood bank**

### **Blood bank study reveals true incidence of Long COVID (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/science/blood-bank-study-reveals-true-incidence-of-long-covid/article68057988.ece>

The study looked for the presence of anti-nucleocapsid (anti-N) antibodies, which indicates past natural infection. COVID-19 vaccines do not elicit the antibody, thus distinguishing natural infection from COVID-19 vaccination

The pandemic has claimed over seven million lives officially, but the actual death toll is believed to be much higher. Among COVID-19 survivors, a significant number develop long-term health problems. The World Health Organization uses the term Long COVID for individuals experiencing such symptoms for over three months without another explanation.

Unfortunately, measuring chronic illness and disability resulting from COVID-19 has been challenging due to various factors. While binary outcomes like deaths and ICU admissions are easily counted, tracking slow-onset health issues is more difficult. This is further complicated by the fact that new health problems can arise even without SARS-CoV-2 infection. Consequently, studies utilising different methodologies have reported a wide range of Long COVID incidence rates. A recent study in JAMA Network Open has aimed to address this issue by comparing people who had COVID-19 with those who did not.

## **Geroscience**

### **Geroscience: the science related to aging (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/science/geroscience-the-science-related-to-aging/article68057953.ece>

Several groups are working on drugs and other related methods to modulate the gerozyme, and how these efforts affect his/her aging.

Benefits: Senior citizens will greatly benefit from exercise and thus inhibit the aging-associated enzyme (gerozyme)

Benefits: Senior citizens will greatly benefit from exercise and thus inhibit the aging-associated enzyme (gerozyme) | Photo Credit: Getty Images

Dr Daniel Belsky, an epidemiologist at Columbia University, New York (my Alma Mater), has coined the term ‘geroscience’, meaning geriatric, or related to age. Here, he has devised a novel blood test which determines the pace at which a person is aging. His group has devised a method which studies the formation of methyl groups through an enzyme in the DNA of senior citizens and finds that this methylation is sensitive to aging. This is often referred to as ‘gerozyme’.

Several groups are working on drugs and other related methods to modulate the gerozyme, and how these efforts affect his/her aging. One group has suggested the drug called metformin is a tool

to target aging (Cell Metabolism, vol.23, June 14, 2016). Another group has shown that if we inhibit the enzyme TORC1, it will enhance immunity and reduce infection in the elderly. More recently, Mannick et al, in a paper in Nature Aging (2023) have reviewed the effects of the drug rapamycin on the longevity and survival of animal models of human diseases, and how we may make the drug's inhibitors a part of the standard of care for diseases of aging. Dr Belsky's group had also studied the levels of DNA methylation in people across the socio-economical background (poor-rich, rural-urban) and finds that socio-economic disadvantage has a role to play.

## **Health sector**

### **Health sector can't ignore telemedicine's green gains, study shows (The Hindu: 20240415)**

<https://www.thehindu.com/sci-tech/energy-and-environment/telemedicine-health-sector-travel-fuel-saved-carbon-emissions-study/article68045653.ece>

Those who availed telemedicine saved 1,666 km of travel on average and lowered carbon dioxide emissions by 176.6 kg over three months

A study by researchers at the L.V. Prasad Eye Institute (LVPEI), Hyderabad, has found that around 70-80% of people who visit an eye hospital can benefit from teleconsultations because their problems aren't serious enough to require attention at a hospital. The study was published in the journal Eye.

Telemedicine has emerged as a viable alternative to in-person consultations with doctors in many contexts because it saves patients time and expenses, which can be considerable if they are located in remote areas and/or are not well to do. But as more people pick this option, another advantage is coming to the fore: lower emissions.

## **Food and Nutrition**

### **Why make a moong dal chaat for a healthy dinner? (Indian Express: 20240415)**

<https://indianexpress.com/article/lifestyle/food-wine/why-make-a-moong-dal-chaat-for-a-healthy-dinner-9238143/>

Moong dal is packed with essential vitamins and minerals such as iron, folate, magnesium, and potassium, said Sushma PS, chief dietician, Jindal Naturecure Institute

chaatHere's a recipe you can try (Source: Getty Images/Thinkstock)

After a tiring day, it can be extremely daunting to make a healthy dinner. So, instead of resorting to ordering out, or munching on anything you find in the refrigerator, you can easily whip up a satiating and protein-rich chaat in a jiffy. Noorallah Shah, chef, Temple Street, Delhi shared a healthy moong dal chaat recipe with us.

## **Watermelon, cucumber or spinach**

### **Watermelon, cucumber or spinach? Know which water-rich food will keep you hydrated and fit this summer (Indian Express: 20240415)**

<https://indianexpress.com/article/health-wellness/watermelon-cucumber-spinach-water-rich-food-hydrated-fit-summer-9257299/>

water rich foodsSpinach and cucumber have 96 per cent water, followed by tomatoes at 93 per cent and watermelon at 92 per cent. (File Photos)

Did you know that spinach and cucumber have 96 per cent water, followed by tomatoes at 93 per cent and watermelon at 92 per cent? Now that it's summer, incorporating water-rich fruits and vegetables into your diet can be especially beneficial for staying hydrated, maintaining your electrolyte balance and overall health.

Dehydration can lead to issues like fatigue, headaches and even more severe complications if left untreated. Adequate hydration is crucial for various physiological functions, including regulating body temperature, aiding digestion, transporting nutrients and flushing out toxins. That's why the following list of fruits and vegetables, all of which have additional nutritional properties, are a safe pick for the season.



## **Insomnia**

**Do you have insomnia right before your periods? Here's how to manage it(Indian Express: 20240415)**

<https://indianexpress.com/article/health-wellness/insomnia-periods-how-to-manage-9253393/>

All you need is to prepare yourself beforehand with some lifestyle modifications, says Dr Parinita Kalita, Associate Director, Obstetrics And Gynaecology, Max Super Speciality Hospital,

Menstrual health women periods InsomniaFor many women, the days leading up to their periods can be accompanied by a range of symptoms, from mood swings to physical discomfort. One lesser-known but significant symptom is insomnia, or difficulty falling and staying asleep. (File)

For many women, the days leading up to their periods can be accompanied by a range of symptoms, from mood swings to physical discomfort. One lesser-known but significant symptom is insomnia, or difficulty falling and staying asleep. There may be several reasons for it and cause a downstream effect on their emotional well-being.

Hormonal Fluctuations: The menstrual cycle is regulated by a complex interplay of hormones, particularly estrogen and progesterone. In the days leading up to menstruation, these hormones undergo significant fluctuations, which can impact various body systems, including sleep regulation.

## **Prostate cancer**

**Prostate cancer to spiral in India by 2040, says Lancet. Why cancer research panel is predicting 70,000 cases per year (Indian Express: 20240415)**

**<https://indianexpress.com/article/health-wellness/prostate-cancer-cases-in-india-lancet-analysis-9252377/>**

Report calls for early testing in men over 60 as prostate cancer accounts for 3 per cent of high-risk cancers in India

prostate cancer incidence in India will double to about 71,000 new cases per year by 2040. (Representational image via Canva) Prostate cancer cases in India will double to about 71,000 new cases per year by 2040, finds study. (Representational image via Canva)

Two years ago, a 64-year-old general surgeon in Pune complained of backache and was diagnosed with an advanced stage of prostate cancer that had already spread to his spine. Yet he had no early symptoms like difficulty in passing urine. Many Indian men, like him, are being diagnosed in late stages and succumbing to the disease, says a latest Lancet Commission paper, which has projected prostate cancer incidence in India to surge sharply by 2040.

According to the International Agency for Research on Cancer projections, which Lancet has factored in its analysis, prostate cancer incidence in India will double to about 71,000 new cases per year by 2040. Prostate cancer accounts for three per cent of all cancers in India, with an estimated 33,000-42,000 new cases diagnosed annually.

## **Blood clots**

### **Study finds 80 pc microplastics in blood clots behind heart attack, stroke (Indian Express: 20240415)**

<https://www.newkerala.com/news/2024/21634.htm>

team of scientists in China detected a whopping 80 per cent of microplastics from blood clots that may have contributed to stroke, heart attack, and Deep Vein Thrombosis (DVT)

Microplastics -- any type of plastic less than 5 mm long -- have long been known as a significant environmental and health concern worldwide.

The new study, published in the journal eBioMedicine, showed that the blood clot samples were found in the cerebral arteries in the brain, coronary arteries in the heart, and deep veins in the lower extremities of 30 patients.

“Microplastics found in 80 per cent of clots retrieved from blood vessels after heart attack, stroke, or deep venous thrombosis. This is really bad news. Plastics are everywhere in modern life,” Tatiana Prowell, Associate Professor of Oncology at Johns Hopkins University in the US, wrote in a post on X.com.

The study stressed the need to accurately investigate the impact of microplastics on human health. It showed that the presence of microplastics may increase the severity of heart attack, stroke, or deep venous thrombosis.

“Our findings suggest that microplastics of different concentrations, polymer types, and physical properties are present in human thrombi (blood clots) and that higher levels of microplastics may be associated with disease severity,” said the researchers from the First Affiliated Hospital of Shantou University Medical College, China.

“Future research with a larger sample size is urgently needed to identify the sources of exposure and validate the observed trends in the study,” they added.

## **World Chagas Disease Day**

### **World Chagas Disease Day: WHO calls for early detection for better health (New Kerala: 20240415)**

<https://www.newkerala.com/news/2024/21650.htm>

Early detection of Chagas disease, responsible for 12,000 deaths every year, may help cure and promote better health, World Health Organisation chief Tedros Adhanom Ghebreyesus said on World Chagas Disease Day on Sunday.

World Chagas Disease Day is observed every year on April 14 to raise awareness about the infectious disease caused by a protozoan parasite (*Trypanosoma cruzi*). The theme this year is Tackling Chagas Disease: detect early and care for life.

"The World Chagas Disease Day is a reminder that in Latin America and elsewhere in the world, many people with this terrible disease go undiagnosed and untreated," the WHO Director-General said in a video message posted on X.com.

"Chagas disease has been reported in 44 countries. But only six have systems in place to monitor cases and transmission with early diagnosis, lifelong follow-up, and care when needed," he added.

As per the WHO, *trypanosoma*, which infects about 6-7 million people worldwide, can be spread by the bug, via food, during pregnancy, or during birth (congenital). It can also be transmitted through blood/blood products, organ transplantation, and laboratory accidents.

The disease is often called "silent and silenced disease" as the majority of people with the infection present no symptoms or have extremely mild flu-like symptoms. But, it can turn deadly with serious complications, including heart and intestinal tract problems.

Even as the disease is curable if treated soon after infection, blood screening plays a big role.

"People with Chagas disease can live healthy and productive lives. Screening communities at risk of Chagas disease can identify those infected and ensure they receive care as soon as possible," the WHO chief said.

## **Online food delivery**

### **Online food delivery menus missing key nutritional information: Study(New Kerala: 20240415)**

<https://www.newkerala.com/news/2024/21677.htm>

As more and more young people increasingly use apps to make food purchases, a new study warned on Sunday that most advertised items are missing nutritional information in online food delivery menus that would otherwise help consumers make healthy choices.

#### Image description

Researchers from the University of Sydney investigated menu items on major online food delivery outlets and apps. They found that less than 6 per cent of menus of food outlets on online food delivery apps like UberEats, Menulog and Deliveroo had complete nutritional labelling. A total of 482 menus from UberEats, Menulog and Deliveroo were reviewed by the researchers in the study published in the journal Public Health Nutrition. "There are multiple studies that show menu labelling having real-world impact that consumers who were provided with nutritional information selected meals with significantly lower energy content," said lead study author Sisi Jia. "Although there is increasing demand for food delivery services, it is unknown how well menu labelling is implemented by online platforms," added Jia from the Charles Perkins Centre and Susan Wakil School of Nursing and Midwifery at the University of Sydney. The use of online food delivery services has grown rapidly, including during the pandemic. Online food delivery is also making it easier for people to buy food of low nutritional quality, according to the researchers.

## **Irritable Bowel Syndrome**

### **Irritable Bowel Syndrome: Why are young adults at high risk? (New Kerala: 20240415)**

<https://www.newkerala.com/news/2024/21570.htm>

Young adults with increased stress in their lives, and who live a sedentary lifestyle with no exercise and also eat a poor diet may be at high risk of developing irritable bowel syndrome (IBS), according to health experts on Sunday.

#### Image description

IBS is a common disorder that affects the stomach and intestines, leading to abdominal cramping, diarrhoea, constipation, bloating, and gas.

While there are no specific causes of IBS, it may be related to an overly sensitive colon or immune system, said health experts.

"Irritable Bowel Syndrome is a form of gastrointestinal disorder. It is most commonly reported among young people in the age group of 20-40 due to increased stress, sedentary lifestyle, and poor dietary choices," Bir Singh Sehrawat, Director and HOD-Gastroenterology, Marengo Asia Hospitals, Faridabad, told IANS.

The young are more at risk as consumption of fast food that is spicy, oily, and also contains added sugars, salts, fats, and artificial ingredients; and intake of aerated drinks are high among the young generation. These food items not only lack nutrition but also can impact the balance of gut bacteria triggering IBS symptoms.

Further, excessive mental stress can create hormonal disturbances which may have an impact on digestion. Anxiety also changes the regulation of blood and oxygen throughout the body which impacts the stomach causing diarrhoea, constipation, gas, or discomfort.

These factors are leading "to a rise in cases of IBS in India", Manish Kak, Consultant Gastroenterology, Manipal Hospital, Ghaziabad, told IANS.

He explained that although IBS does not damage the digestive tract nor does it increase the risk of colon cancer, it can be a long-lasting problem that changes daily routine.

To reduce the risk of IBS, one must adopt a fibre-rich diet, refrain from alcohol use, do regular exercise, and manage stress through yoga and meditation.

However, the doctors warned not to overlook the symptoms of IBS such as bloating, constipation, diarrhoea, excessive strain when passing a stool, repeated belching, abdominal pain, or cramps, particularly with bowel movements.

"On experiencing these symptoms, consult a gastroenterologist. If left untreated, IBS can hit the colon, or large bowel, which is the part of the digestive tract that stores stool," Bir

### **Side Effects of Using Fairness Cream:**

**फेयरनेस क्रीम लगाने वाली महिलाएं हो जाएं सावधान, गोरा करने वाली क्रीम बढ़ा सकती है किडनी फेल का खतरा (Hindustan: 20240415)**

<https://www.livehindustan.com/lifestyle/health/story-shocking-health-alert-recent-study-shows-fairness-creams-cause-kidney-problems-in-india-side-effects-of-using-fairness-cream-9770758.html>

Side Effects of Using Fairness Cream: आपकी फेयरनेस क्रीम आपके चेहरे की चमक को फीका करके आपकी किडनी की सेहत के लिए खतरा पैदा कर सकती है। जी हां,

हालिया एक स्टडी ने भारत में इस्तेमाल की जाने वाली फेयरनेस

Side Effects of Using Fairness Cream: अगर आप अपने चेहरे की रंगत को निखारने के लिए किसी खास फेयरनेस क्रीम का उपयोग कर रहे हैं तो तुरंत

सतर्क हो जाएं। आपकी यह आदत आपके चेहरे की चमक को फीका करके आपकी किडनी की सेहत के लिए खतरा पैदा कर सकती है। जी हां, हालिया एक

स्टडी ने भारत में इस्तेमाल की जाने वाली फेयरनेस क्रीम को लेकर ऐसा ही कुछ दावा किया है।

2024 NEW मनोरंजन करियर यूपी बोर्ड रिजल्ट वेब स्टोरी बिजनेस विदेश धर्म

4/15/24, 10:56 AM shocking health alert: recent study shows fairness creams cause kidney problems in india side effects of using fairness cream - ...

क्यों हैं फेयरनेस क्रीम नुकसानदेह?

मेडिकल जर्नल किडनी इंटरनेशनल में प्रकाशित एक स्टडी के अनुसार, भारत में इस्तेमाल की जाने वाली ज्यादातर फेयरनेस क्रीम आपकी खूबसूरती बिगाड़कर

किडनी की सेहत के लिए खतरा पैदा करती हैं। ऐसा इसलिए क्योंकिक्यों इस तरह की क्रीम में मरकरी का बहुत अधिक मात्रा में इस्तेमाल किया जाता है।

इस नए अध्ययन के अनुसार,त्वचा की रंगत निखारने वाली इन क्रीमों के इस्तेमाल से भारत में किडनी की समस्याएं बढ़ रही हैं। लोगों में गोरी त्वचा के प्रति बढ़ते

जुनून की वजह से आज भारत में त्वचा को गोरा करने वाली क्रीमों का एक आकर्षक बाजार है। लेकिन इन क्रीमों में पारा की अधिक मात्रा किडनी को नुकसान

पहुंचा रही हैं।

क्या है मेम्ब्रेनस नेफ्रोपैथी?

मेडिकल जर्नल किडनी इंटरनेशनल में प्रकाशित स्टडी में कहा गया है कि फेयरनेस क्रीम के बढ़ते उपयोग से लोगों में मेम्ब्रेनस नेफ्रोपैथी (एमएन) के मामले

लगातार बढ़ रहे हैं। दरअसल, यह एक ऐसी स्थिति है जो किडनी फिल्टर को नुकसान पहुंचाती है और प्रोटीन रिसाव का कारण बनती है। बता दें, एमएन एक

ऑटोइम्यून बीमारी है जिसके परिणामस्वरूप नेफ्रोटिक सिंड्रोम होता है। यह एक किडनी विकार जिसके कारण शरीर मूत्र में बहुत अधिक प्रोटीन उत्सर्जित करता

है।

फेयरनेस क्रीम से पहले से ज्यादा काला हुआ त्वचा का रंग-

स्टडी को करने वाले शोधकर्ताओं में से एक केरल के एस्टर एमआईएमएस अस्पताल के डॉ.सजीश शिवदास ने एक्स डॉट कॉम पर प्रकाशित अपनी एक पोस्ट में

लिखा, 'मरकरी (पारा) त्वचा में अवशोषित होकर गुर्दे के फिल्टर को नुकसान पहुंचाता है, जिससे नेफ्रोटिक सिंड्रोम के मामलों में वृद्धि होती है'। डॉ.सजीश

शिवदास के अनुसार भारत में आसानी से मिलने वाली ये क्रीम तुरंत रिजल्ट देने का वादा करती हैं लेकिन इसका यूज करने वाले लोग इस बात से अनजान रहते हैं

कि वो इसके लिए क्या कीमत चुका रहे होते हैं। इस तरह की क्रीम का यूज करने वाले कई लोगों ने इस बात का खुलासा किया है कि फेयरनेस क्रीम का उपयोग



बंद करने पर उन्होंनेनेहों नेमहसूस किया कि उनकी त्वचा का रंग पहले से कहीं अधिक काला हो गया है।

## Heart Attack And Cardiac Arrest

**Heart Attack And Cardiac Arrest: हार्ट अटैक और कार्डिएक अरेस्ट मेंहोता हैअंतर, क्या आप जानतेहैं?**

**Heart Attack And Cardiac Arrest Difference: आए दिन दिल संबंधी बीमारियों सेलोग परेशान हो रहेहैं। हार्ट अटैक और कार्डिएक अरेस्ट सेकई लोगों की जान भी गई है। लेकिन क्या आपको इन दोनों मेंफर्क पता है? (Hindustan: 20240415)**

<https://www.livehindustan.com/lifestyle/health/story-do-you-know-the-difference-between-heart-attack-and-cardiac-arrest-9764892.html>

Kya hota hai Heart Attack And Cardiac Arrest Fark: इन दिनों ज्यादातर लोग दिल संबंधी बीमारियों सेजुझ रहेहैं। ऐसा खराब लाइफस्टाइल और बहुत

ज्यादा तला खानेसेहो रहेहैं। बीतेदिनों बहुत सेसेलिब्रिटीज भी हार्ट अटैक और कार्डिएक अरेस्ट के कारण अपनी जान गवां चुके हैं। इन दोनों ही समस्याओं को लोग एक

समझतेहैंहालांकि, दोनों के बीच काफी अंतर होता है। यहां जानिए हार्ट अटैक और कार्डिएक अरेस्ट मेंक्या फर्क होता है।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR देश चैत्र नवरात्रि NEW चुनाव IPL 2024 NEW मनोरंजन करियर यूपी बोर्ड रिजल्ट वेब स्टोरी बिजनेस विदेश धर्म

4/15/24, 10:58 AM do you know the difference between heart attack and cardiac arrest - Heart Attack And Cardiac Arrest: हार्ट अटैक और कार्डिएक अरेस्ट...

<https://www.livehindustan.com/lifestyle/health/story-do-you-know-the-difference-between-heart-attack-and-cardiac-arrest-9764892.html> 2/6

Heart Attack Cardiac Arrest Health Tips

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

Hindustan App डाउनलोड करें।

हार्ट अटैक और कार्डियक अरेस्ट में क्या अंतर है?

दिल का दौरा तब आता है जब एक ब्लॉकड धमनी ब्लड को दिल के एक हिस्से तक पहुंचने से रोकती है, जबकि कार्डियक अरेस्ट तब होता है जब दिल की विद्युत प्रणाली

विफल हो जाती है। दिल के दौरे के दौरान, हृदय की मांसपेशियां जरूरी ब्लड फ्लो से वंचित हो जाती हैं, दूसरी ओर, कार्डियक अरेस्ट के दौरान, व्यक्ति का हृदय मस्तिष्क

सहित पूरे शरीर में रक्त संचार करना बंद कर देता है। दिल के दौरे से कार्डियक अरेस्ट का खतरा बढ़ जाता है, जो खतरनाक होता है। यह इस संभावना के कारण है कि दिल

का दौरा पड़ने वाले किसी व्यक्ति में जोखिम भरी हृदय गति विकसित हो सकती है, जिसकी वजह से कार्डियक अरेस्ट हो सकता है।

क्या होते हैं लक्षण?

दिल का दौरा पड़ने के दौरान, सीने में दर्द, सांस लेने में तकलीफ और मतली जैसे लक्षण मौजूद हो सकते हैं, जबकि कार्डियक अरेस्ट के मामले में, एक व्यक्ति अचानक गिर

सकता है और घटना से पहले कोई चेतावनी संकेत या लक्षण नहीं दिखते।

## Uric Acid

**Uric Acid: बढ़े हुए यूरिक एसिड से हो सकती हैं दिक्कतें, जानिए मैनेज करने का आयुर्वेदिक तरीका**

**Tips To Manage Uric Acid: बढ़ते यूरिक एसिड के कारण शरीर में कई तरह की समस्याएं हो सकती हैं। ऐस में इन समस्याओं को इग्नोर न करें और यहां बीमारी को मैनेज करने के आयुर्वेदिक**

**तरीके को जान लें। (Hindustan: 20240415)**

<https://www.livehindustan.com/lifestyle/health/story-increased-uric-acid-can-cause-many-health-related-problems-know-the-cause-and-ways-to-manage-as-per-ayurveda-9756807.html>

बढ़ा हुआ यूरिक एसिड एक आम समस्या बनता जा रहा है। ज्यादातर लोग इस समस्या से परेशान हो रहे हैं। इसकी बढ़ने से व्यक्ति कई तरह की बीमारियों की चपेट में आ

सकता है। जैसे हड्डियों और जोड़ों से जुड़ी समस्याएं, एं गठिया और ऑस्टियोपोरोसिस। इसके अलावा यूरिक एसिड बढ़ने से किडनी और मोटापे से जुड़ी परेशानी भी हो सकती

है। ऐसे में आयुर्वेदिक एक्सपर्ट डॉ. दीक्षा भावसार ने यूरिक एसिड बढ़ने के कारण और मैनेज करने के तरीकों के बारे में बताया है। इस आर्टिकल में जानिए।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR देश चैत्र नवरात्रि NEW चुनाव IPL 2024 NEW मनोरंजन करियर यूपी बोर्ड रिजल्ट वेब स्टोरी बिजनेस विदेश धर्म

4/15/24, 11:00 AM Increased uric acid can cause Many Health Related Problems know the Cause And Ways to manage as per Ayurveda - Uric Acid:...

<https://www.livehindustan.com/lifestyle/health/story-increased-uric-acid-can-cause-many-health-related-problems-know-the-cause-and-ways-to-manage-as-per-ayurveda-9756807.html> 2/7

Uric Acid Health Tips

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

यूरिक एसिड बढ़ने के कारण क्या हैं?

- 1) कम मेटाबॉलिज्म, जो खराब आंत स्वास्थ्य का कारण बनता है।
- 2) शारीरिक गतिविधि की कमी
- 3) ज्यादा प्रोटीन और कम फैट खाना
- 4) बहुत ज्यादा हैवी रात का खाना
- 5) सोने और खाने के समय में कोई नियमितता नहीं

6) पानी का कम पीना

7) गुर्देगुर्देकी शिथिलता

8) बहुत ज्यादा नॉनवेज खाना

यूरिक एसिड कैसेमैनेज करें

- सबसेपहलेकोशिश करें और अपनी लाइफस्टाइल को बदलें

- हर दिन व्यायाम करें कम से कम 45 मिनट के लिए।

- पर्याप्त पानी पियें

- रात के खानेमेंदाल/बीन्स और गेहूं का सेवन न करें

- रात का खानेको जल्दी और हल्का करनेकी कोशिश करें। कोशिश करेंकि रात 8 बजेसेपहलेखाना खा लें।

- खट्टे फल जैसेआंवला, जामुन खाएं।एं

- मेटाबॉलिज्म पर काम करें

- अपनेतनाव को मैनेज करें। अगर आप स्ट्रेस मेंरहेंगेतो मेटाबॉलिज्म कम हो सकता है।

- रात मेंअच्छी नींद लेंक्योरि बेहतर नींद आपके पाचन और आत्मसात को बेहतर बनानेमेंमदद करती है।

आयुर्वेदिक औषधि आएगी काम

गुडुगुडुची, जिसेगिलोय के नाम सेभी जानतेहैं, गठिया के लिए फायदेमंद है। येएक बेहतरीन आयुर्वेदिक जड़ी बूटी है। एक्सपर्ट कहती हैंकि अगर आपके घर मेंयह पौधा हैतो

आप इसेआसानी सेइस्तेमाल कर सकतेहैं। इसके लिए ताजी पत्तियांऔर तना लेंऔर इन्हेंरात भर भिगोएं, एं सुबह कुचलकर 1 गिलास पानी मेंतब तक उबालेंजब तक यह

आधा न रह जाए, फिर इसेछान लेंऔर पीएं।एं चाहेंतो आप गिलोय पाउडर भी लेसकतेहैं।

## Health benefits of lentils

### इंडियन डॉक्टर ने बताया-दाल खाते समय भूलकर भी न करें ये गलती, शरीर में भर जाएगा जहर, न मिलेगा प्रोटीन(Navbharat Times : 20240415)

<https://navbharattimes.indiatimes.com/lifestyle/health/saaol-founder-and-heart-specialist-told-health-benefits-of-soaked-pulses/articleshow/109299691.cms?story=6>

Health benefits of lentils: दाल सभी लोग खाते हैं लेकिन अधितर लोग दाल बनाते और खाते समय कई गलती करते हैं जिसे वजह से उन्हें इसके ज्यादा फायदे नहीं मिल पाते हैं। दाल से ज्यादा प्रोटीन लेने के लिए आपको दाल को नीचे बताए तरीके से बनाना चाहिए।

saaol founder and heart specialist told health benefits of soaked pulses

इंडियन डॉक्टर ने बताया-दाल खाते समय भूलकर भी न करें ये गलती, शरीर में भर जाएगा जहर, न मिलेगा प्रोटीन

नए सीज़न के लिए तैयार हो जाइए ✨ स्मार्ट टीवी पर 60% तक की छूट 📺 सेल लाइव डील देखें

नए सीज़न के लिए तैयार हो जाइए ✨ स्मार्ट टीवी पर 60% तक की छूट 📺 सेल लाइव

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

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?

शरीर के विकास और बेहतर कामकाज के लिए प्रोटीन की जरूरत होती है। इसकी कमी से आपके मसल्स कमजोर हो सकती हैं, जिससे आपको हमेशा थकान और कमजोरी महसूस हो सकती है। इसकी कमी से इम्यून सिस्टम भी कमजोर हो सकता है जिससे आपके शरीर के बीमारियों और इन्फेक्शन से लड़ने की क्षमता कम हो सकती है।

ऐसा माना जाता है कि नॉन वेज फूड्स प्रोटीन का बेहतर स्रोत हैं लेकिन अगर आप वेजिटेरियन हैं, तो दाल आपके लिए प्रोटीन का असबसे बढ़िया स्रोत हो सकती हैं। लेकिन समस्या यह है कि दाल खाते समय बहुत से लोग कई गलती कर बैठते हैं, जिससे शरीर को जरूरी प्रोटीन नहीं मिल पाता है।

SAAOL के फाउंडर और भारत के जानेमाने हार्ट के डॉक्टर बिमल छाजेड़ आपको बता रहे हैं कि अधिकतर लोग दाल खाते समय क्या गलती करते हैं, जिससे उन्हें इससे पर्याप्त पोषण नहीं मिल पाते हैं।

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दाल को भिगोकर नहीं खाना

डॉक्टर ने बताया कि दाल को बनाने और खाने का सबसे बढ़िया तरीका यह है कि आपको दाल को बनाने से पहले एक रात पाने में भिगोकर रखना चाहिए। कुछ लोग सिर्फ 15 मिनट भिगोते हैं, जो सही तरीका नहीं है।

दाल खाते समय भूलकर भी ना करें ये गलती

सुबह अच्छी तरह धोकर बनाना

सुबह अच्छी तरह धोकर बनाना

अगली सुबह दाल को बनाने से पहले उसका सारा पानी निकाल लें और उसे बनाने से पहले अच्छी तरह धोकर बनाएं। इससे ऊपर के जितने भी खराब केमिकल हैं वो हट जाते हैं। दाल के ऊपर Phytates acid होते हैं, जो सेहत को गंभीर नुकसान पहुंचा सकते हैं।

मिक्स दाल है फायदेमंद

मिक्स दाल है फायदेमंद

दाल खाने का सबसे बेस्ट तरीका यह है कि आप पांच तरह की दाल को मिक्स करके बनाएं। इससे आपके शरीर को ज्यादा पोषक तत्व मिल सकते हैं। अच्छी बात यह है कि इससे शरीर को प्रोटीन भी अच्छी मात्रा में मिल सकता है।

दाल से अलग-अलग डिश बनाएं

दाल से अलग-अलग डिश बनाएं

डॉक्टर ने बताया कि दाल से ज्यादा बेनेफिट्स लेने के लिए आपको दाल का अलग-अलग तरीके से इस्तेमाल करना चाहिए। आप दाल से इडली, डोसा, लड्डू, हलवा आदि बना सकते हैं।

## Dengue

### डेंगू बुखार में दवाओं के साथ आजमाएं ये 5 घरेलू उपाय, प्लेटलेट्स बढ़ेगी, जल्दी होंगे रिकवर (Navbharat Times : 20240415)

डेंगू के बुखार में दवाओं के साथ कुछ घरेलू उपचार भी काफी मददगार हो सकते हैं, जो मरीज को गंभीर स्थिति से बचा सकते हैं। यहां, कुछ ऐसे उपाय बताए गए हैं, जो डेंगू के बुखार को कम करने में मदद कर सकते हैं।

5 best home remedies for dengue in hindi

डेंगू बुखार में दवाओं के साथ आजमाएं ये 5 घरेलू उपाय, प्लेटलेट्स बढ़ेगी, जल्दी होंगे रिकवर

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डील देखें

नए सीज़न के लिए तैयार हो जाइए ✨ स्मार्ट टीवी पर 60% तक की छूट 📺 सेल लाइव

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

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?

गर्मियों ने दस्तक दे दी है और बढ़ती गर्मी के साथ, बढ़ते डेंगू के केस भी देखने को मिलेंगे। किसी भी बीमारी से बचने के लिए आपकी इम्यूनिटी का स्ट्रांग होना बहुत जरूरी है। लेकिन, ध्यान रखते हुए भी अक्सर लोग बीमारी के चपेट में आ ही जाते हैं। डेंगू का बुखार सामान्य बुखार से गंभीर होता है।

## Medication

**डेंगू के इलाज में सही मेडिकेशन के साथ कुछ घरेलू उपचार भी बहुत काम आते हैं। जो मरीज को स्थिति को गंभीर होने से बचा सकते हैं। आइए, जानते हैं कुछ ऐसे ही घरेलू उपचारों के बारे में, जो डेंगू के बुखार को कम करेंगे।(Navbharat Times : 20240415)**

<https://navbharattimes.indiatimes.com/lifestyle/health/5-best-home-remedies-for-dengue-in-hindi/articleshow/109270722.cms?story=5>

डेंगू के इलाज में गिलोय को काफी फायदेमंद माना जाता है और यह तेज बुखार को कम के लिए एक अच्छी औषधि है। यह मेटाबोलिज्म और इम्यूनिटी दोनों के लिए ही अच्छा है। गिलोय को अमृत, गुडूची या तिनोस्पोरा के रूप में भी जाना जाता है और इसका भारतीय आयुर्वेदिक चिकित्सा में एक प्रमुख स्थान है। इसमें एंटीवायरल गुण पाए जाते हैं और इससे प्लेटलेट काउंट भी बढ़ते हैं।

तुलसी



## तुलसी

नेशनल लाइब्रेरी ऑफ मेडिसिन की एक रिपोर्ट के अनुसार तुलसी को इम्यूनिटी बढ़ाने के लिए बेहतरीन औषधि मानी जाती है। इसके पत्तों में बुखार को कम करने और शरीर को मजबूत बनाने वाले गुण होते हैं। इसके सेवन के लिए एक कप पानी में कुछ तुलसी के पत्ते उबाल लें और फिर इसे ठंडा कर के पिएं।

## अदरक और शहद

### अदरक और शहद

डेंगू के बुखार में अदरक के रस में शहद मिलाकर पीने से बुखार में राहत मिल सकती है। अदरक में एंटी-इंफ्लेमेटरी गुण होते हैं और शहद में एंटी-बैक्टीरियल और एंटी-इंफ्लेमेटरी गुण होते हैं, जो शरीर के विभिन्न रोगों को, बुखार को, दर्द और सूजन को कम करने में मदद कर सकते हैं।

## हल्दी

### हल्दी

हल्दी में एंटीसेप्टिक और एंटी इंफ्लेमेटरी गुण होते हैं, जो शरीर में होने वाले इन्फेक्शन को खत्म करते हैं। हल्दी का सेवन मेटाबॉलिज्म को बढ़ाने में लाभदायक माना जाता है और डेंगू में भी इसके काफी फायदे देखे गए हैं। इसके लिए आप दूध में थोड़ी सी हल्दी मिला कर मरीज को पिलाएं।

## मेथी के दाने

### मेथी के दाने

डेंगू बुखार के घरेलू उपचार में मेथी दाना भी काफी प्रभावी माना जाता है। मेथी दाने में एंटी-इन्फ्लेमेटरी, एंटी-ऑक्सीडेंट और एंटी-बैक्टीरियल गुण होते हैं। जो डेंगू जैसे वायरल बुखार के इलाज में सहायक हो सकते हैं।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

## निहारिका जायसवाल

### निहारिका जायसवाल के बारे में

## निहारिका जायसवाल

