



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240416

Psychosis,

2 brain systems found malfunctioning in people with psychosis, say researchers (The Tribune: 20240416)

In psychosis, patients experience hallucinations, such as hearing voices, and hold delusional beliefs

<https://www.tribuneindia.com/news/health/2-brain-systems-found-malfunctioning-in-people-with-psychosis-say-researchers-611082>

Two brain systems have been found to function improperly in people experiencing psychosis, where they have trouble distinguishing between what is real and what is not, according to a new research led by Stanford University, US.

These systems were found to be -- one, a 'filter' directing attention towards what is important externally and internally, and two, a 'predictor' involved in anticipating rewards.

The filtering system, or the salience network, helps us dismiss irrational thoughts so that we can focus on what's real and meaningful to us, such as paying attention to traffic while driving, researchers explained.

The reward predicting system, driven by dopamine, is critical to anticipating what will be rewarding or important, they said.

Together, they malfunction in a way such that thoughts not linked to reality capture the brain's cognition networks, said Vinod Menon, a professor of psychiatry and behavioural sciences, Stanford University, US.

“This process derails the normal functioning of cognitive control, allowing intrusive thoughts to dominate, culminating in symptoms we recognise as psychosis,” said Menon, senior author of the study published in the journal ‘Molecular Psychiatry’.

In psychosis, patients experience hallucinations, such as hearing voices, and hold delusional beliefs, such as thinking that people who are not real exist, the researchers said. The state is known to occur either on its own, or as a symptom of mental illnesses such as bipolar disorder and schizophrenia.

For the study, the researchers analysed brain scans of people aged 6-39 years with psychosis. They found the two brain regions contributing the most to psychosis were the anterior insula, which is a key part of the salience or ‘filtering’ network, and the ventral striatum, which is the ‘reward predicting’ one.

The findings provide a good model for understanding the development and progression of schizophrenia, according to lead author Kaustubh Supekar, clinical associate professor of psychiatry and behavioral sciences.

“In schizophrenia, by the time of diagnosis, a lot of damage has already occurred in the brain, and it can be very difficult to change the course of the disease,” said Supekar.

“What we saw is that, early on, functional interactions among brain regions within the same brain systems are abnormal,” he said adding, “The abnormalities do not start when you are in your 20s; they are evident even when you are seven or eight.”

Eye Care

Managing dry eyes (The Tribune: 20240416)

<https://www.tribuneindia.com/news/health/managing-dry-eyes-610092>

Dry eyes can be a persistent problem for many individuals, causing discomfort and sometimes even affecting daily activities. Its syndrome occurs when the eyes do not produce enough tears or evaporate too quickly, and the eyes aren't lubricated adequately.

This can result in irritation, redness, sensitivity to light, and a gritty sensation in the eyes. Whether due to environmental factors, prolonged screen time, or underlying health conditions, managing dry eyes effectively is crucial for maintaining eye health and overall well-being.

Tips for Relief and Comfort

Stay Hydrated: Proper hydration is essential for overall health, including eye health. Drinking an adequate amount of water throughout the day can help maintain tear production and prevent dryness.

Use Artificial Tears: Over-the-counter artificial tear drops can provide immediate relief by lubricating the eyes and alleviating dryness. It's important to choose preservative-free drops and use them as needed, following the instructions on the packaging.

Blink Regularly: Spending long periods staring at screens can lead to decreased blinking, which can exacerbate dry eyes. Therefore, make a conscious effort to blink regularly, especially when using computers, smartphones, or other digital devices.

Take Breaks from Screens: To reduce eye strain and dryness associated with prolonged screen time, follow the 20-20-20 rule: every 20 minutes, take a 20-second break, and look at something 20 feet away.

Use a Humidifier: Dry indoor air can contribute to dry eyes. Using a humidifier at home can add moisture to the air, helping to prevent the evaporation of tears and maintain comfortable eye conditions.

Protect Your Eyes: Wear wraparound sunglasses or goggles when outdoors to shield the eyes from wind, dust, and other environmental irritants that can exacerbate dryness.

Maintain a Healthy Diet: Consuming foods rich in omega-3 fatty acids, such as salmon, flaxseeds, and walnuts, may help reduce inflammation and improve tear quality. Additionally, incorporating foods high in vitamins A, C, and E can support overall eye health.

Consult an Eye Care Professional: If dry eye symptoms persist or worsen despite self-care measures, it's important to seek guidance from an eye care professional. They can conduct a comprehensive eye exam to determine the underlying cause of dryness and recommend appropriate treatment options, such as prescription eye drops or other therapies.

Managing dry eyes effectively involves a combination of lifestyle changes, environmental adjustments, and proper eye care practices. By implementing these tips for relief and comfort, one can alleviate symptoms, improve eye health, and enhance overall quality of life. Remember to stay proactive about eye health and seek professional guidance when needed to ensure optimal management of dry eyes.

Physical Fitness

Scientists decode how exercise can reverse ageing(The Tribune: 20240416)

Study reveals presence of specific lipids that can help decrease tissue ageing

<https://www.tribuneindia.com/news/health/scientists-decode-how-exercise-can-reverse-ageing-610137>

Exercise can help stop the build-up of lipids—a type of fat that accumulates as the body’s tissue gets older—and thus aid in reversing ageing, revealed a study Friday.

A team of scientists from Amsterdam University Medical Center (UMC), in the Netherlands, conducted the study on both humans and mice.

Their results, published in the journal Nature Aging, revealed the presence of specific lipids that indicate tissue ageing and which can be decreased through exercise.

“The idea that we could reverse ageing is something that was long considered science fiction, but these findings do allow us to understand a lot more about the ageing process,” said Riekelt Houtkooper, Professor at the laboratory Genetic Metabolic Diseases of Amsterdam UMC.

“Everyone says that ‘it’s just part of getting older,’ but this doesn’t actually have to be true. By understanding more about the ageing process, we can also look into new ways of intervening,” added Georges Janssens, Assistant professor at Amsterdam UMC.

For the study in mice, the team investigated how the composition of fats caused changes in muscles, kidneys, liver, and heart.

They found a type of lipid, the bis (monoacylglycero) phosphates (or BMPs), were elevated in all tissues from the older animals.

The team also found a similar accumulation of BMP in muscle biopsies of older adults. But biopsies after one hour of exercise daily revealed a decrease in the level of BMPs, stressing the importance of exercise.

However, further studies are needed to ascertain the role of physical activity in reversing the process of ageing, the team said.

Fitness

Challenge yourself with this fitness test that the Indian army soldiers are required to pass (Indian Express: 20240416)

<https://indianexpress.com/article/lifestyle/fitness/pass-fitness-test-indian-army-physical-proficiency-test-9269519/>

If you're looking to challenge yourself with a new fitness routine, the Physical Proficiency Test makes for the perfect one, especially to achieve that soldier-like resilience you've always admired.

Indian army What is the Physical Proficiency Test of the Indian Army (Express photo by Abhisek Saha)

Do you ever watch soldiers from the armed forces — in real life or in movies — and admire their strength and endurance? Maybe you also secretly crave that kind of physical prowess, but the thought of a military career seems a bit too intense. Well, guess what? The core elements that make soldiers physically fit are attainable by anyone, even regular folks like you and me who simply appreciate being healthy and strong.

Known for their physical prowess, Indian Army soldiers face a rigorous selection process, with the Physical Proficiency Test (PPT) being a crucial hurdle. The test might seem daunting at first glance, but its components – running, push-ups, and sit-ups – are actually the building blocks of a well-rounded fitness routine.

Nutrition

Pouring water on the lid of the vessel while cooking dry vegetables is the kitchen hack you have been waiting for! (Indian Express: 20240416)

<https://indianexpress.com/article/lifestyle/food-wine/kitchen-hack-pour-water-lid-cover-cooking-vessel-cooking-dry-vegetables-tips-experts-9259454/>

This technique, as per experts, not only cooks dry vegetables nicely and uniformly but also adds loads of flavour.

cooking vegetables How do you cook your vegetables? (Source: Getty Images/Thinkstock)

Kitchen hacks are the ultimate saviours. Period. As such, we are always on the lookout for newer tips and tricks to make cooking seem like a breeze. So, when we stumbled upon another technique that would only make our experience in the kitchen a pleasant one, we were more than just pleased. So, if you are tired of just standing in the kitchen and pouring drinking water on the dish when cooking dry vegetables like cauliflower or potato so that they do not stick to the pan and burn — we've got you covered!

All you need to do is pour some water over the lid which is used to cover the vegetable. This technique, as per experts, not only cooks dry vegetables nicely and uniformly but also adds loads of flavour.

Stress

This is how you can help a loved one suffering from burnout (New Kerala: 20240416)

<https://www.newkerala.com/news/2024/21808.htm>

When a relative or friend is suffering from burnout, they need your help. Burnout is the result of a long period of stress which negatively affects your wellbeing.

Image description

While seeking professional help and being diagnosed is a first, important step, relatives and friends can also do their part to make things easier for the person affected.

The most important thing when someone close to you suffers from burnout is to be understanding, says Professor Petra Beschoner, a specialist in psychiatry, psychotherapy and psychosomatic medicine.

"Ideally, relatives should educate themselves about the illness and organise professional help - also for themselves," Beschoner, who heads a clinic in southern Germany, recommends.

"People who suffer from burnout often react cynically and irritably, which can be very stressful for their social environment. Those affected also withdraw. However, this should not be seen as a personal offence, but as a symptom of burnout."

People tend to think that they need to handle those affected by burnout with kid gloves, Beschoner says. But this can be counterproductive, according to the expert.

"Relatives often tend to keep everything away from the person affected. But burnout patients in particular often define themselves by their responsibilities, so restricting their autonomy is not very effective," she explains.

Some symptoms of burnout, like signs of exhaustion, overlap with those of depression. According to the doctor, it is therefore important that the diagnosis is always made by specialists or psychotherapists who have the necessary differential diagnostic experience.

According to Britain's National Health Service, other symptoms of burnout include muscle pains, headaches, sleeping problems, weight gain or loss and memory problems.

This is how you can help a loved one suffering from burnout

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Obesity, low vitamin D

Obesity, low vitamin D behind surge in rare childhood hip joint disorders(New Kerala: 20240416)

<https://www.newkerala.com/news/2024/21806.htm>

Obesity, low vitamin D levels, and lack of physical activity are increasing rare childhood hip joint disorders among children aged 10-12, said doctors on Monday calling for early detection and treatment for better outcomes.

Image description

Slip Capital Femoral Epiphysis (SCFE) poses a significant threat to children's mobility and quality of life. If left untreated, it can lead to severe limb impairments, and the ability to walk, and ultimately destroy the joint.

However, with timely intervention children can regain mobility and avoid more invasive procedures, said doctors.

"Recognising the signs of limping in adolescents, especially those with obesity and vitamin D deficiency, is crucial. Prompt consultation can prevent the condition from progressing to a stage where extensive surgeries are required," Dr Sanjay Sarup, Director of Paediatric Orthopaedics and Spine Surgery at Artemis Hospitals.

"Prevention is key. Encouraging physical activity, preventing obesity, and addressing nutritional deficiencies can significantly reduce the risk of developing this condition," he added.

The cost of treatment varies depending on the severity, with small surgeries ranging from Rs 70,000 to Rs 80,000 and more extensive procedures costing between Rs 2 to Rs 2.5 lakh.

The condition can develop in both hips. Comprehensive care and prophylactic surgery on the opposite hip can help.

"SCFE is a very difficult condition to treat. Only those who have sufficient experience and knowledge in its treatment should operate the cases. The complications are many, both in the natural course of the disease as well as during treatment. It's a challenge to ensure that the child has a normal hip at the end of treatment," said Prof P.N. Gupta, Children's Orthopedic specialist at Government Medical College, Chandigarh.

Childhood hip joint disorders

Obesity, low vitamin D behind surge in rare childhood hip joint disorders (New Kerala: 20240416)

<https://www.newkerala.com/news/2024/21804.htm>

Yolohealth awareness campaign gathers steam, two-day camp at Birla Mandir sensitises citizens
large number of diseases are inflicting havoc on our citizens and a bigger worry is that many of them eschew preventive solutions.

Hypertension and diabetes have emerged as the two biggest health concerns in the past decade as a nonchalant attitude towards food consumption, erratic lifestyle and lack of information, leading to the belief, that these ailments strike only after the age of 45 or 50 have made people susceptible to the complications arising from them.

Owing to this, many of the times, these diseases reach a rather ominous stage and cause serious complications resulting in the increase in the overall health burden, both for the individual as well as the state.

To sensitise the people about the critical need for preemptive testing, Illness to Wellness and Yolohealth organised a two-day camp at Birla Mandir on April 13 and April 14, 2024.

After receiving a positive and encouraging response for its recently held camps at Janpath and Gurudwara Bangla Sahib, Illness to Wellness and Yolohealth decided to use the auspicious premises of Birla Mandir to disseminate information about the need to get checked for potential health risks.

A large number of people were tested at the camp in which some important statistics came to light. Over 20 percent of the people were found to be hypertensive, obese and pre-diabetic, a reflection of the impact of sedentary behaviour patterns and unhealthy eating habits on citizens.

It needs to be underscored that these people were unaware of this and would not have tested till some symptoms would have started to show, and by that time some damage to their system would have already occurred.

Speaking on the initiative, Anil Rajput, Chairperson, ASSOCHAM National CSR Council, said: “Hypertension and diabetes have emerged as serious health risks in today’s age. The good news is that timely diagnosis can help in prevention and better management of such diseases. The camp at Birla Mandir informs citizens about the urgent need to get their health check-ups done regularly and to be aware of the potential risks of ignorance.

“Illness to Wellness and Yolohealth have been regularly conducting health camps for the benefit of the citizens, and I am confident that going forward, they will continue to organize many more to re-emphasize the pressing importance of testing, and that this initiative will make a meaningful contribution towards our Hon’ble Prime Minister’s dream of a ‘Swasth Bharat’.”

In the camp, Yolohealth used its trademark product HealthATM to show how technology has evolved in delivering accurate health assessment reports. These HealthATM machines are designed to offer primary and preventive healthcare services with the goal of ensuring easy public access.

It is an aggregation of US FDA/EU certified IoT-enabled medical devices combined with yolohealth’s proprietary HIPPA compliant software backend, and cloud-centric platform supporting tele-medicine facility. This pioneering endeavour enabled individuals to take stock of their health and take well-informed health decisions.

The ‘Illness to Wellness’ campaign was introduced in 2014 and remains committed to promoting health and well-being through empowering, educating, collaborating, and adoption of sustainable health practices.

Over the years, it has aimed to maximise outreach and impact, from organising camps and awareness campaigns, to holding regular webinars on key health topics and developments- with the clear purpose of raising awareness and providing motivation and remedies.

lung function

Physical activity & higher body mass can boost lung function growth in kids(New Kerala: 20240416)

<https://www.newkerala.com/news/2024/21775.htm>

Increased physical activity and a higher body mass index (BMI) can help fight lung function deficits in early childhood, according to a study on Monday.

The growth of lung function declines in childhood due to allergic conditions and is a clear risk factor for chronic respiratory disease later.

The study, published in the journal *Thorax*, showed that higher levels of physical activity in early childhood (between the ages of 4 and 7) and higher body mass index at age 4 can help increase lung function growth.

"The key finding of our study is that low lung function in early childhood does not automatically translate into poor lung function in early adulthood, but that accelerated growth can recover early-life lung function deficits and result in normal values in adolescence," said Sarah Koch, a researcher at the Barcelona Institute for Global Health (ISGlobal).

The study analysed data on 1,151 children and adolescents aged 4-18 years. The researchers measured lung function with spirometry, a technique that assesses lung function through the amount of exhaled air.

The researchers called for understanding the determinants that predict lung function growth during childhood and adolescence to prevent diseases later in adulthood.

"Both clinical management and public health policies should support and promote a healthy diet and high levels of physical activity in children with low baseline lung function, suboptimal environmental conditions, or early-life allergies. This can help overcome growth limitations in lung function and improve respiratory health in childhood and adulthood," Koch said.

Marijuana

Using marijuana for severe morning sickness may worsen health of mother & baby (New Kerala: 20240416)

<https://www.newkerala.com/news/2024/21727.htm>

aking marijuana for the treatment of nausea and vomiting in pregnancy may cause brain problems in newborns as well as worsen the mother's health, according to a study on Monday.

About 70 per cent of pregnancies experience morning sickness in pregnancy, known medically as hyperemesis gravidarum, and characterised by nausea and vomiting. In severe cases, it can prevent pregnant women from eating and drinking properly, leading to weight loss and dehydration.

However, resorting to cannabis may be harmful to the health of both the mother and child, according to a review of studies published in CMAJ (Canadian Medical Association Journal).

“Use of cannabis in pregnancy has been associated with adverse neurocognitive outcomes in offspring, as well as other adverse pregnancy outcomes. Therefore, we advise against the use of cannabis in pregnancy,” said Dr Larissa Jansen, Amsterdam Reproduction and Development Research Institute, Erasmus MC, Netherlands.

To date, the cause of morning sickness is not completely understood. Yet pregnancy at a young age, a female foetus, multiple or molar pregnancies, underlying medical conditions, and a history of the condition during previous pregnancies are some known risk factors.

“Hyperemesis gravidarum can have detrimental effects on maternal quality of life and may lead to short and long-term adverse outcomes among offspring,” said Dr Larissa.

“Management of hyperemesis gravidarum requires considerable healthcare resources, as it is a common reason for hospital admission and emergency department visits in the first trimester,” she added.

Anti-nausea drugs and home remedies such as ginger products may help alleviate mild nausea and vomiting for some people, but the evidence of its effectiveness in people with hyperemesis gravidarum is uncertain, the team said, calling for more research.

Weight Loss

Weight Loss: बढ़ा हुआ वजन कम कर सकती है दाल खिचड़ी, जानिए कैसे मिलेगा बेस्ट रिजल्ट

Dal Khichadi for Weight Loss: तबियत खराब होने पर अक्सर लोग खिचड़ी खाना पसंद करते हैं। क्योंकिक्यों इसे पचाना आसान होता है। लेकिन क्या आप जानते हैं कि वजन घटाने के (Hindustan: 20240416)

<https://www.livehindustan.com/lifestyle/health/story-weight-loss-dal-khichdi-can-reduce-increased-weight-know-how-to-get-the-best-result-9772811.html>

जैसे ही वजन घटाने की बात आती है तो कुछ लोग सबसे पहले खाना छोड़ देते हैं और सलाद खाना शुरू कर देते हैं। उन्हें लगता है कि शरीर को डीटॉक्स कर देने

से ही वजन कम हो जाएगा। जबकि ये एक गलत आदत है। वजन कम करने के लिए खाना छोड़ देना और सिर्फ सलाद खाना सही नहीं है, क्योंकिक्यों एकदम से इस

तरह की डायट फॉलो करने पर व्यक्ति को कमजोरी हो सकती है और अंत में वह खूब खाकर अपना वजन पहले से ज्यादा बढ़ा सकता है। वजन कम करने के

लिए घर में बनी खिचड़ी खाएं। खिचड़ी वजन घटाने के लिए खूब मददगार साबित हो सकती है। ये एक क्लिक वन पॉट मील है, जो पौष्टिक होने के साथ बनाने में भी

आसान है। आप रात या दोपहर के खाने में खिचड़ी खाकर अपने पेट को भर सकते हैं। इससे वजन भी कम हो जाएगा।

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

4/16/24, 10:42 AM Weight Loss Dal Khichdi can reduce increased weight know how to get the best result - Weight Loss: बढ़ा हुआ वजन कम कर सकती ...

<https://www.livehindustan.com/lifestyle/health/story-weight-loss-dal-khichdi-can-reduce-increased-weight-know-how-to-get-the-best-result-9772811.html> 2/4

Health Tips In Hindi

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

Hindustan App डाउनलोड करें।

वेट लॉस के लिए क्यों खाएं खिचड़ी?

हेल्दी वेट लॉस के लिए प्रोटीन वाली डायट लेना बहुत जरूरी है। खिचड़ी एक हेल्दी फूड है क्योंकिक्यों ये चावल और दाल से बनाया जाता है। इसमें प्रोटीन की भी

अच्छी मात्रा होती है। इसी के साथ इसमें बहुत ज्यादा मसाले नहीं होते। ऐसे में यह पेट और आंतों के लिए यह बहुत अच्छी होती है। पोषक तत्वों से भरपूर खिचड़ी

को बच्चों से लेकर बुजुर्गों तक के लिए बेस्ट माना जाता है। खिचड़ी खाकर पाचन संतुलन बनाए रखा जा सकता है और वजन घटाने में भी मदद मिलती है। खिचड़ी

खाकर लंबे समय तक पेट भरा हुआ रहता है।

खिचड़ी खाकर कैसे होगा वजन कम

वजन कम करने के लिए शरीर का हेल्दी और मजबूत होना जरूरी है। ऐसे में खिचड़ी आपके शरीर को मजबूत रख सकती है, क्योंकिक्यों ये बिना मसालों के तैयार

होती है। इसमें मुख्य रूप से हल्दी का इस्तेमाल किया जाता है। जो अपने सूजन-रोधी और प्रतिरक्षा-बढ़ाने वाले गुणों के लिए पहचानी जाती है। कई लोग जो

खिचड़ी खाते हैं, उन्हें सूजन, पेट फूलना या अन्य पाचन संबंधी समस्याएं नहीं होती हैं। पौष्टिक खिचड़ी उन्हें लंबे समय यानी 4 से 5 घंटे तक तृप्त रखती है। ऐसे में

वेट लॉस आसानी से हो जाता है।

कैसे मिलेगा बेस्ट रिजल्ट

खिचड़ी खाकर वजन कम करने की सोच रहे हैं तो बेस्ट रिजल्ट पाने के लिए खिचड़ी को बिना मसाले के तैयार करें। इसके अलावा इसमें दाल की मात्रा को ज्यादा

रखें। खिचड़ी बनाने के लिए तेल का नहीं बल्कि घी का इस्तेमाल करें।

BP

बीपी से लेकर मोटापा कंट्रोल करने तक के लिए रोजाना खाएं चिचिंडा, ये हैं गजब के फायदे

Health Benefits Of Snake Gourds: चिचिंडा का नियमित सेवन डायबीटीज से लेकर बीपी और मोटापे की समस्या तक में राहत दे सकता है। आइए जानते हैं चिचिंडा की सब्जी का

नियमित सेवन सेहत को देता है क्या फायदे।(Hindustan: 20240416)

<https://www.livehindustan.com/lifestyle/fitness/story-health-benefits-of-snake-gourds-chichinda-khane-ke-fayde-diabetes-blood-pressure-weight-loss-9770963.html>

Health Benefits Of Snake Gourds: हरी सब्जी खाने के फायदे बड़े बुजुर्ग बचपन से ही बच्चों को बताते आए हैं। लेकिन क्या आपने कभी चिचिंडा नाम की

सब्जी के बारे में कुछ सुना है? सुनने में थोड़ी अजीब लगने वाली यह सब्जी लौकी और तोरी के परिवार से ही ताल्लुक रखती है। चिचिंडा को अंग्रेजी भाषा में स्नेक

गॉर्ड के नाम से जाना जाता है। बात अगर चिचिंडा में मौजूद पोषक तत्वों की करें तो इसमें फ्लेवोनोइड्स, कैरोटेनॉइड्स, फेनोलिक एसिड, सोल्युबल व

इनसोल्युबल, डाइटरी फाइबर, एसेंशियल यल मिनरल, प्रोटीन, फैट, कार्बोहाइड्रेट, विटामिन ई, पोटैशियम, फॉस्फोरस, सोडियम, मैग्नीशियम और जिंक जैसे गुण पाए

जाते हैं। ये सभी पोषक तत्व शरीर को कई गजब के फायदे पहुंचाते हैं। चिचिंडा का नियमित सेवन डायबीटीज से लेकर बीपी और मोटापे की समस्या तक में राहत

दे सकता है। आइए जानते हैं चिचिंडा की सब्जी का नियमित सेवन सेहत को देता है क्या फायदे।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

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

4/16/24, 10:43 AM health benefits of snake gourd chichinda khane ke fayde diabetes blood pressure weight loss - बी पी से लेकर मोटा पा कंट्रोल करने तक ...

<https://www.livehindustan.com/lifestyle/fitness/story-health-benefits-of-snake-gourds-chichinda-khane-ke-fayde-diabetes-blood-pressure-weight-loss-9...> 2/4

चिचिंडा की सब्जी खाने के फायदे-

डायबिटीज में फायदेमंद-

डायबिटीज रोगियों को चिचिंडा की सब्जी खाने से फायदा मिलता है। चिचिंडा की सब्जी में कैलोरी की मात्रा कम होती है। चिचिंडा की सब्जी में एंटीडायबिटिक

गुण पाए जाते हैं, जो डायबिटीज को कंट्रोल करके मधुमेह की वजह से होने वाली कॉम्प्लिकेशन से बचा सकते हैं।

बॉडी करें डिटॉक्स-

चिचिंडा की सब्जी का नियमित सेवन बॉडी डिटॉक्स करने के लिए भी फायदेमंद माना जाता है। चिचिंडा की सब्जी खाने से किडनी के अलावा शरीर के कई अंगों

की अच्छी सफाई हो सकती है। चिचिंडा की सब्जी को डाइट में शामिल करने से पाचन बेहतर बनता है। इस सब्जी में सॉल्युबल और इनसॉल्युबल डाइटरी फाइबर

पाए जाते हैं, जो भोजन पचाकर मल के द्वारा शरीर से विषाक्त पदार्थों को बाहर निकालने में मदद कर सकते हैं।

ब्लड प्रेशर- ब्लड प्रेशर रोगियों के लिए भी चिचिंडा की सब्जी बेहद फायदेमंद मानी जाती है। इस सब्जी में पोटैशियम भरपूर मात्रा में मौजूद होता है, जो बीपी नियंत्रित रखने में

मदद कर सकता है। इसके अलावा चिचिंडा सब्जी में लाइकोपीन और बायोप्लैवोनाइड्स जैसे एंटीऑक्सीडेंट्स भी मौजूद होते हैं, जो बॉडी को कई रोगों से लड़ने

में मदद करते हैं।

मोटापा-

चिचिंडा की सब्जी में कैलोरी की मात्रा कम होने के साथ फैट भी न के बराबर होता है। डाइट में इस सब्जी को शामिल करने से वेट लॉस में मदद मिल सकती है।

डैंड्रुफबालों के झड़ने का एक मुख्य कारण डैंड्रुफ भी होता है। डैंड्रुफ की समस्या को दूर करने के लिए आप चिचिंडा के पत्तों के रस को बालों पर लगा सकते हैं। इतना

ही नहीं हेयर फॉल से जुड़ा रोग 'एलोपेसिया' को भी कंट्रोल करने में चिचिंडा फायदेमंद हो सकता है। इसके लिए अपने बालों में बालों में चिचिंडा का जूस लगाएं।