



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Friday 20240419

## Indian Medical Service

### Need to re-introduce Indian Medical Service to boost public healthcare sector, say experts (The Tribune: 20240419)

<https://www.tribuneindia.com/news/health/need-to-re-introduce-indian-medical-service-to-boost-public-healthcare-sector-say-experts-612078>

Shortcomings in healthcare infrastructure stem from inefficient bureaucratic management rather than lack of skills among healthcare professionals

Medical experts representing public and private sector have underscored the need to re-introduce Indian Medical Service (IMS), akin to Indian Administrative Service (IAS), to boost the public healthcare sector and address the wide gap between demand and delivery.

They have submitted a five-point agenda to the government to roll-out of IMS.

Think Change Forum (TCF), an independent think tank dedicated to generating new ideas and finding solutions for navigating through a new changing world recently held a panel discussion titled 'Is it time for India to resurrect Indian Medical Service?'

The discussion highlighted the imperative of strengthening the public healthcare system and emphasised the pivotal role that IMS can play in achieving this objective.

IMS will help bring the sheen and trust back to public health sector which has been lost to private sector; help stop brain drain from public medical services by attracting and retaining the best medical talent; allow for superior healthcare outcomes with better managed facilities and processes, as no longer generalists will be managing the specialists, the experts at the panel discussion said.

It will reduce health crises and reduction in tertiary cases by improved preventive healthcare at primary levels and enable seamless coordination between states and the centre for healthcare policy making.

IMS was present during the British era but was discontinued after Independence. The current government has made commendable efforts in healthcare and has implemented impactful schemes like Ayushman Bharat. However, the gap is still huge, requiring systemic changes, the experts noted.

In the five-point agenda, the experts have emphasised an excessive reliance on the private sector for meeting healthcare demands of Indian citizens.

Overall, the healthcare infrastructure is fractured and falls short of providing quality and effective healthcare at scale. These shortcomings primarily stem from inefficient bureaucratic management rather than lack of skills among healthcare professionals. An IMS will help bring the sheen and trust back to the public health sector which has been lost to the private sector, they said.

Dr Rajesh Gupta, Additional Director, Pulmonology and Critical Care, Fortis Healthcare, Noida, said, “The majority of the Indian public relies on the private sector for healthcare services, with 60 per cent of inpatient admissions (IPDs) and 80 per cent of outpatient visits (OPDs) occurring in private facilities.”

The second point highlighted challenges in staffing the public healthcare system with skilled doctors. The lack of incentives for these highly educated professionals to work under generalist administrators has resulted in brain drain.

To retain quality doctors and ensure health security for the population, there is an urgent need to establish IMS, which will help stop brain drain from public medical services by attracting and retaining the best medical talent, the expert said.

Dr Sharad Kr Agarwal, the immediate past national president of IMA, said, “The implementation of IMS holds the promise of enhancing service quality through induction of skilled doctors and addressing the persistent doctor shortage, especially in rural areas. Crucial to its success is equipping the cadre with ample facilities and resources comparable to those provided to IAS or IPS officers.” “This will ensure that doctors are incentivised to join IMS, drawn by a clear career trajectory and motivated to serve communities, even in remote areas,” he added.

The third point in the agenda underscores the necessity of superior health outcomes for the citizens with better managed facilities and processes, which will happen when no longer generalists will be managing the specialists.

Meanwhile the fourth point focusses on an urgent need to avert growing incidences of health crises and reduction in tertiary cases, which can happen by improving preventive healthcare and delivery at primary healthcare levels. An effective IMS will enable this, which in turn reduces the cost of health for all stakeholders.

The last point highlights that an IMS will be able to enable seamless coordination and cooperation between the central and state health departments, for improved national healthcare policies for the country.

## **WHO- Diseases**

### **After COVID, World Health Organization defines disease spread ‘through air’(The Tribune: 20240419)**

<https://www.tribuneindia.com/news/health/after-covid-world-health-organization-defines-disease-spread-through-air-612073>

Almost 500 experts contribute to the definition, including physicists, public health professionals and engineers

After COVID, World Health Organization defines disease spread ‘through air’

Jeremy Farrar said in an interview that the new definition was about more than COVID. iStock

The World Health Organization (WHO) and around 500 experts have agreed for the first time what it means for a disease to spread through the air, in a bid to avoid the confusion early in the COVID-19 pandemic that some scientists have said cost lives.

The Geneva-based UN health agency released a technical document on the topic on Thursday. It said it was the first step towards working out how to better prevent this kind of transmission, both for existing diseases like measles and for future pandemic threats.

The document concludes that the descriptor “through the air” can be used for infectious diseases where the main type of transmission involves the pathogen travelling through the air or being suspended in the air, in line with other terms such as “waterborne” diseases, which are understood across disciplines and by the public.

Almost 500 experts contributed to the definition, including physicists, public health professionals and engineers, many of whom disagreed bitterly over the topic in the past.

Agencies have historically required high levels of proof before calling diseases airborne, which required very stringent containment measures; the new definition says the risk of exposure and severity of disease should also be considered.

Past disagreements also centred around whether infectious particles were “droplets” or “aerosols” based on size, which the new definition moves away from.

During the early days of COVID in 2020, around 200 aerosol scientists publicly complained that the WHO had failed to warn people of the risk that the virus could spread through the air.

This led to an overemphasis on measures like handwashing to stop the virus, rather than focusing on ventilation, they said.

By July 2020, the agency said there was “evidence emerging” of airborne spread, but its then chief scientist Soumya Swaminathan – who began the process to get a definition – later said the WHO should have been more forceful “much earlier”.

Her successor, Jeremy Farrar, said in an interview that the new definition was about more than COVID, but he added that at the beginning of the pandemic there was a lack of evidence available and experts including the WHO acted in “good faith”.

At that time, he was head of the Wellcome Trust charity and advised the British government on the pandemic.

Farrar said getting the definition agreed among experts from all disciplines would allow discussions to begin about issues such as ventilation in many different settings, from hospitals to schools.

He compared it to the realisation that blood-borne viruses like HIV or hepatitis B could be spread by medics not wearing gloves during procedures.

“When I started out, medical students, nurses, doctors, none of us wore gloves to take blood,” he said. “Now it is unthinkable that you wouldn’t wear gloves. But that came because everyone agreed on what the issue was, they agreed on the terminology... [The change in practice] came later.”

## **Nestle baby food**

### **Nestle adds sugar to baby food sold in India but not in Europe: Study (The Tribune: 20240419)**

<https://www.tribuneindia.com/news/india/nestle-adds-sugar-to-baby-food-sold-in-india-but-not-in-europe-612051>

Such products are sugar-free in the United Kingdom, Germany, Switzerland and other developed nations

The baby-food brands sold by global giant Nestle in India contain high levels of added sugar, while such products are sugar-free in the United Kingdom, Germany Switzerland, and other developed nations, an investigation by Public Eye, a Swiss organisation and the International Baby Food Action Network (IBFAN) has revealed.

Findings showed that in India, all Cerelac baby products contain an average of nearly three grams of sugar per serving. The same product is being sold with no added sugar in Germany and the UK, while in Ethiopia and Thailand, it contains nearly six grams, the study said.

The report said that Nestle adds sugar to infant milk and cereal products in several countries which is a violation of international guidelines aimed at preventing obesity and chronic diseases. Violations were found only in Asian, African, and Latin American countries.

However, a Nestle India Ltd spokesperson said the company has reduced the total amount of added sugars in its infant cereals portfolio by 30 per cent over the past five years and it continues to “review” and “reformulate” products to reduce them further. “We believe in the nutritional quality of our products for early childhood and prioritise using high-quality ingredients.”

On Wednesday, the leading UK paper The Guardian reported that the Swiss food giant adds sugar and honey to infant milk and cereal products sold in “poorer countries”. It cited data from Public Eye and IBFAN that examined Nestle baby food brands sold in these markets. Public Eye examined 115 products sold in Nestle’s main markets in Africa, Asia and Latin America across two key brands—Cerelac and Nodi.

In India, all Cerelac baby cereal products examined by Public Eye contained added sugar—on average nearly three gm per serving.

“Almost all the Cerelac infant cereals examined contain added sugar—nearly four grams per serving on average, equal to roughly a sugar cube—although they are targeted at babies from six months of age. The highest amount—7.3 grams per serving—was detected in a product sold in the Philippines,” the report said.

## **Dieticians**

### **Indians up their spending on dieticians by 125% in financial year 2023-34: Report (The Tribune: 20240419)**

<https://www.tribuneindia.com/news/health/indians-up-their-spending-on-dieticians-by-125-in-financial-year-2023-34-report-611424>

Health coaching also saw a notable 45% jump in transactions, showing a clear interest in fitness guidance

Indians up their spending on dieticians by 125% in financial year 2023-24: Report

Indians have increased their spending on dieticians by a remarkable 125% in FY24, indicating a strong commitment to healthy eating habits, a new report revealed on Tuesday.

According to the full-stack financial services platform Razorpay, health coaching also saw a notable 45% jump in transactions, showing a clear interest in fitness guidance.

“There’s a noticeable emphasis on holistic wellbeing, as evidenced by a 39% uptick in products related to preventive healthcare,” said Shashank Kumar, MD and co-founder at Razorpay.

“This signals a collective shift towards expanding horizons while prioritising health, affirming the adage that ‘health is wealth’,” he added.

The report analysed more than a billion transactions between April 1, 2023 and March 31, 2024, to know the spending habits of Indians.

Moreover, the report found that mutual fund investments increased by an impressive 86%, insurance payments saw a significant 56% growth and trading experienced a remarkable 62% jump in value in financial year 2023-24.

Payments for air travel surged by 2.4 times while spending on travel accommodations soared by 29% in the same period.

Multiplex transactions witnessed a staggering 42% increase in volume. Ticket agencies also reported a remarkable 2.7 times surge in sales.

“Indian consumers are evolving rapidly, encouraging brands to revolutionise their customer engagement strategies across all touchpoints,” said Kumar.

In addition, the report noted that close to the New Year, aviation spending soared to nearly three times the daily average.

## **Alcohol and liver health**

**Alcohol and liver health: How to drink responsibly (The Times of India: 20240419)**

Read more at:

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/alcohol-and-liver-health-how-to-drink-responsibly/articleshow/109396939.cms>

## **Sleeping**

**Do you talk in your sleep? Know what it means (The Times of India:20240419)**

Read more at:

[http://timesofindia.indiatimes.com/articleshow/109402313.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cppst](http://timesofindia.indiatimes.com/articleshow/109402313.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst)

## **TB treatment**

**Randomised Control Trials: the technique that transformed TB treatment (The Hindu: 20240419)**

<https://www.thehindu.com/sci-tech/health/randomised-control-trials-the-technique-that-transformed-tb-treatment/article68078764.ece>

Beyond setting the gold standard for conducting trials, Sir Austin Bradford Hill also had a great influence on medical research and modern epidemiology

C. ARAVINDA

Tuberculosis patients in their wards at the LGB TB hospital in Gauhati.

Tuberculosis patients in their wards at the LGB TB hospital in Gauhati.

Kamala Nehru, Jawaharlal Nehru's wife, fell victim to the old enemy, tuberculosis (TB), in a far-off Swiss sanatorium in 1936. Her privileged social standing could not save Kamala. A stark reminder of the disease's indiscriminate nature.

At the time, Nehru was confined to a colonial prison, a helpless, distant spectator to his wife's battle with TB. His shackles prevented him from being by her side. In a cruel twist of fate, the man who would become his greatest adversary in the political arena, M.A. Jinnah, too, ultimately met his end against the same relentless enemy that claimed Nehru's beloved, we later learnt.

## **liver function and gut health**

**The dynamic duo: enhanced liver function and gut health (The Hindu: 20240419)**

<https://www.thehindu.com/sci-tech/health/the-dynamic-duo-enhanced-liver-function-and-gut-health/article68078883.ece>

A sand sculpture to promote a 'Healthy Liver for Healthy Life' created by artist Sudarshan Pattnaik at Marina beach in Chennai.

A sand sculpture to promote a 'Healthy Liver for Healthy Life' created by artist Sudarshan Pattnaik at Marina beach in Chennai. | Photo Credit: File photo



In the intricate ecosystem of our bodies, two unsung heroes often overlooked are the liver and the gut. While the liver diligently detoxifies, metabolises, and stores nutrients, the gut orchestrates digestion and plays a pivotal role in our immune system. However, the connection between these two vital organs goes deeper than meets the eye. In this article, we delve into the symbiotic relationship between liver function and gut health, shedding light on how nurturing one benefits the other.

### **‘Infectious respiratory particles’**

**WHO terms pathogens that transmit through air ‘infectious respiratory particles’ or IRPs**

**‘Varying terminologies highlighted gaps in common understanding and contributed to challenges in public communication and efforts to curb the transmission of the pathogen’ during the COVID-19 pandemic, the WHO said(The Hindu: 20240419)**

<https://www.thehindu.com/sci-tech/health/who-terms-pathogens-that-transmit-through-air-infectious-respiratory-particles-or-irps/article68080006.ece>

Bindu Shajan Perappadan BINDU SHAJAN PERAPPADAN

The pathogens include those that cause respiratory infections, for example, COVID-19, influenza, measles, MERS, SARS, and tuberculosis, among others. Image for representation.

The pathogens include those that cause respiratory infections, for example, COVID-19, influenza, measles, MERS, SARS, and tuberculosis, among others. Image for representation. | Photo Credit: Getty Images

Pathogens that transmit through the air will be described by the term ‘infectious respiratory particles’ or IRPs, according to the World Health Organization (WHO). The world health body has thus ended the lack of a common terminology to describe the transmission of these pathogens, which was particularly challenging during the global COVID-19 pandemic. The announcement on Thursday came following wide-ranging consultations across multiple steps in 2021-2023.

“The challenge became particularly evident during the COVID-19 pandemic as experts from various sectors were required to provide scientific and policy guidance. Varying terminologies

highlighted gaps in common understanding and contributed to challenges in public communication and efforts to curb the transmission of the pathogen,” the WHO noted.

## **Nestlé baby products**

### **Nestlé baby products sold in India, Africa, Latin America have higher sugar content than in Europe, tests show(The Hindu: 20240419)**

India allows some added sugar in baby food; Cerelac sold in India has 2.7 gms of added sugar, none in the U.K.; Nestle India says it has reduced added sugars in infant cereals by up to 30% over the past five years

The products manufactured by global food and beverage giant Nestle were tested in a Belgian laboratory. Around 150 baby products sold in different countries were scrutinised for the report. File.

The products manufactured by global food and beverage giant Nestle were tested in a Belgian laboratory. Around 150 baby products sold in different countries were scrutinised for the report. File. | Photo Credit: Reuters

Nestle’s baby food products sold in India, as well as in African and Latin American countries, have higher sugar content, in comparison to the same products sold in European markets, according to a report released recently by a Swiss NGO, the Public Eye and International Baby Food Action Network (IBFAN).

Around 150 baby products manufactured by the global food and beverage giant and sold in different countries were tested in a Belgian laboratory, according to IBFAN. It was found that all 15 Cerelac products for six-month-old babies, which are sold without any added sugars in the United Kingdom and Germany, contained 2.7 grams of added sugar per serving in India. Products sold in Ethiopia and Thailand contained nearly 6 grams, the report said.

## **liver**

### **What happens to your liver when you eat too much sugar? (Indian Express: 20240419)**

## **World Liver Day: Surprisingly, you don't need a diet full of greasy food for fatty liver – too many carbs and sweets, a common issue in India, can be just as detrimental.**

<https://indianexpress.com/article/lifestyle/health/world-liver-day-what-happens-too-much-sugar-9278106/>

liverAre you taking care of your liver? (Source: Getty Images/Thinkstock) (Indian Express: 20240419)

Written by Dr Harikumar R Nair

We all know that too much sugar can be harmful to our health. It is often associated with diabetes or heart disease. But did you know that excess sugar in diet takes a toll on the liver health too?

What are ‘Ozempic babies’? Can the drug really increase your chance of pregnancy?

But does semaglutide (also sold as Wegovy) improve fertility? And if so, how? Here's what we know so far. (Indian Express: 20240419)

GLP-1 agonist, Semaglutide, Ozempic, Wegovy, Trizepatide, MounjaroSo how might Ozempic affect fertility? (File Photo/Getty)

We’ve heard a lot about the impacts of Ozempic recently, from rapid weight loss and lowered blood pressure, to persistent vomiting and “Ozempic face”.

Now we’re seeing a rise in stories about “Ozempic babies”, where women who use drugs like Ozempic (semaglutide) report unexpected pregnancies.

## **Allergy**

**Is it a common cold or an allergy? Here’s how to tell(Indian Express: 20240419)**

<https://indianexpress.com/article/lifestyle/life-style/common-cold-or-allergy-difference-how-to-tell-9277887/>

cold cough, common coldScratchy throat, runny nose - is it a cold or allergies? Learn how to tell the difference between these common ailments (Source: Getty Images/Thinkstock)

A scratchy throat, a persistent snuffle – the arrival of these unwelcome guests (read: symptoms) can leave you wondering: is it a cold or an allergy? Especially in this season when both run rampant.

Deciphering the culprit behind your discomfort can be surprisingly tricky. Both colds and allergies share a cast of common symptoms, making it easy to mistake one for the other. But fret not! While the distinction may seem subtle at first, key differences in cause, duration, and additional symptoms can help you crack the code.

## **Glycaemic index**

**Here's how you can lower the glycaemic index of sugar-spiking foods like bread, banana**

**Dr Ekta Singhwal, dietician, Ujala Cygnus Group of Hospitals said that by understanding the science behind such techniques individuals can elevate the nutritional value of their meals and reap the numerous health benefits associated with antioxidant-rich foods(Indian Express: 20240419)**

<https://indianexpress.com/article/lifestyle/food-wine/kitchen-hacks-store-consume-foods-bread-apple-banana-lower-glycaemic-index-blood-sugar-levels-tips-expert-9246204/>

superfoodsSome hacks that can help your health (Source: Getty Images/Thinkstock)

You probably employ multiple hacks to store your foods in a way that they stay fresh for longer but do you give as much importance to lowering their glycaemic index or GI? For the unversed, glycaemic index determines how foods affect our blood sugar levels (most carbohydrates, including grains, have a high glycaemic index). “Foods with a high GI are quickly digested and absorbed, causing rapid spikes in blood sugar, while those with a low GI are digested more slowly, resulting in a gradual rise in blood sugar,” said Dr Ekta Singhwal, dietician, Ujala Cygnus Group of Hospitals.

As such, when we came across a few hacks to lower the glycemic index of certain foods by Dr Karan Rajan, an NHS surgeon and a science and health creator, on social media, we decided to dig deeper.

## **Immunotherapy post-surgery**

### **Do you know immunotherapy post-surgery improves overall survival for kidney cancer? Study finds (New Kerala: 20240419)**

<https://www.newkerala.com/news/2024/22585.htm>

or the first time in 50 years, a phase 3 randomised, placebo-controlled trial found that an adjuvant therapy improved overall survival in kidney cancer patients.

According to a review of keynote-564 research findings, treating patients with clear-cell renal-cell carcinoma (ccRCC) at high risk for recurrence with pembrolizumab, an immunotherapy medication, following surgery significantly improved overall survival. Pembrolizumab reduced the risk of death by 38% compared to placebo.

"We can now tell our patients that pembrolizumab after surgery not only delays recurrences but also helps them live longer," said the study's lead investigator Toni Choueiri, MD, of Dana-Farber Cancer Institute.

Choueiri, director of the Lank Center for Genitourinary Oncology at Dana-Farber, is the first author of the study published today in the New England Journal of Medicine. Choueiri previously presented the findings at the American Society of Clinical Oncology (ASCO) Genitourinary Cancer Symposium on January 27, 2024.

The KEYNOTE-564 trial was designed to evaluate adjuvant pembrolizumab following nephrectomy (removal of the cancerous kidney) within 12 weeks prior to randomization. The double-blind, phase 3 study, carried out at hundreds of sites internationally, enrolled 994 patients who were randomized to pembrolizumab once every three weeks for about a year, or a placebo. Pembrolizumab targets a molecular pathway that cancer cells commandeer to evade attack by the body's immune system. By blocking this "checkpoint" pathway, the drug helps free the immune system's army of T cells to combat tumors.

For inclusion in the trial, patients had to have a clear-cell component to their tumor and be at intermediate or high risk of recurrence. Some patients with resected metastases after nephrectomy were also eligible. For patients with ccRCC, surgery is intended to be curative. However, between 30 and 50% of patients can experience recurrence after surgery. Recurrences often result in metastatic disease, which is usually incurable.

Investigators have been trying to find ways to reduce recurrences and prolong survival for this patient group since 1973, the date of the first randomized controlled trial of an adjuvant therapy. An adjuvant therapy is a medicine intended to enhance efficacy after primary treatment of the cancer, which in this case is surgery.

"Since 1973, more than 12,000 patients with kidney cancer participated in adjuvant studies versus a control arm and none of the studies showed the experimental arm extends lives until now with the KEYNOTE-564 study," says Choueiri. "We showed pembrolizumab extends survival. It doesn't only delay recurrence

## **Autism**

### **Researchers discover new metric for diagnosing autism (New Kerala: 20240419)**

<https://www.newkerala.com/news/2024/22581.htm>

Autism spectrum disease has yet to be attributed to a single cause due to its vast range of symptoms and severity. However, a study conducted by University of Virginia researchers reveals a promising new strategy for obtaining answers, which could lead to breakthroughs in the study of other neurological diseases and disorders.

Current autism research focuses on observing and understanding the disorder through the study of its behavioural consequences, using techniques such as functional magnetic resonance imaging to map the brain's responses to input and activity, but little research has been done to determine what causes those responses.

However, researchers with UVA's College and Graduate School of Arts & Sciences have been able to better understand the physiological differences between the brain structures of autistic and non-autistic individuals through the use of Diffusion MRI, a technique that measures molecular diffusion in biological tissue, to observe how water moves throughout the brain and interacts with cellular membranes. The approach has helped the UVA team develop mathematical models of brain microstructures that have helped identify structural differences in the brains of those with autism and those without.

"It hasn't been well understood what those differences might be," said Benjamin Newman, a postdoctoral researcher with UVA's Department of Psychology, recent graduate of UVA School of Medicine's neuroscience graduate program and lead author of a paper published this month in PLOS: One. "This new approach looks at the neuronal differences contributing to the etiology of autism spectrum disorder."

Building on the work of Alan Hodgkin and Andrew Huxley, who won the 1963 Nobel Prize in Medicine for describing the electrochemical conductivity characteristics of neurons, Newman and his co-authors applied those concepts to understand how that conductivity differs in those with autism and those without, using the latest neuroimaging data and computational methodologies. The result is a first-of-its-kind approach to calculating the conductivity of neural axons and their capacity to carry information through the brain. The study also offers evidence that those microstructural differences are directly related to participants' scores on the Social Communication Questionnaire, a common clinical tool for diagnosing autism.

"What we're seeing is that there's a difference in the diameter of the microstructural components in the brains of autistic people that can cause them to conduct electricity slower," Newman said. "It's the structure that constrains how the function of the brain works."

One of Newman's co-authors, John Darrell Van Horn, a professor of psychology and data science at UVA, said, that so often we try to understand autism through a collection of behavioral patterns which might be unusual or seem different.

"But understanding those behaviors can be a bit subjective, depending on who's doing the observing," Van Horn said. "We need greater fidelity in terms of the physiological metrics that we have so that we can better understand where those behaviors coming from. This is the first time this kind of metric has been applied in a clinical population, and it sheds some interesting light on the origins of ASD."

Van Horn said there's been a lot of work done with functional magnetic resonance imaging, looking at blood oxygen related signal changes in autistic individuals, but this research, he said "Goes a little bit deeper."

"It's asking not if there's a particular cognitive functional activation difference; it's asking how the brain actually conducts information around itself through these dynamic networks," Van Horn said. "And I think that we've been successful showing that there's something that's uniquely different about autistic-spectrum-disorder-diagnosed individuals relative to otherwise typically developing control subjects."

Newman and Van Horn, along with co-authors Jason Druzgal and Kevin Pelphrey from the UVA School of Medicine, are affiliated with the National Institute of Health's Autism Center of Excellence (ACE), an initiative that supports large-scale multidisciplinary and multi-institutional studies on ASD with the aim of determining the disorder's causes and potential treatments.

According to Pelphrey, a neuroscientist and expert on brain development and the study's principal investigator, the overarching aim of the ACE project is to lead the way in developing a precision medicine approach to autism.

"This study provides the foundation for a biological target to measure treatment response and allows us to identify avenues for future treatments to be developed," he said.

Van Horn added that study may also have implications for the examination, diagnosis, and treatment of other neurological disorders like Parkinson's and Alzheimer's.

"This is a new tool for measuring the properties of neurons which we are particularly excited about. We are still exploring what we might be able to detect with it," Van Horn said.

## Detoxification

**Detoxification: बॉडी के ये संकेत बता रहे शरीर नहीं हो रहा डिटॉक्स, दिखने लगते हैं ये लक्षण**

**Signs That Body Need Detox: शरीर के ऑर्गस जमा हो रहे विषैले पदार्थों को बाहर निकालता है। लेकिन जब शरीर में ये लक्षण दिखने लगे तो समझ जाएं कि बॉडी का डिटॉक्स (Hindustan: 20240419)**

<https://www.livehindustan.com/lifestyle/health/story-5-signs-indicates-body-not-detoxify-know-what-causes-it-9801045.html>

शरीर से हर दिन बहुत सारे विषैले पदार्थ बाहर निकलते हैं। जब भी हम खाते हैं या पीते हैं तो शरीर उसमे से जरूरी और पोषक तत्वों को अब्जॉर्ब कर लेता है।

बाकी बेकार और गैर जरूरी तत्वों को बाहर कर देता है। लेकिन जब शरीर से ये गैर जरूरी तत्व बाहर नहीं निकल पाते हैं तो विषैले हो जाते हैं और शरीर में

बीमारियां पैदा करने लगते हैं। अगर आप जानना चाहते हैं कि आपका शरीर पूरी तरह से डिटॉक्स हो रहा या नहीं तो इन लक्षणों पर गौर करें। जो बिना टेस्ट किए

ही बता देते हैं कि शरीर में टॉक्सिंस की मात्रा ज्यादा हो रही है।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश लोकसभा 2024 IPL NEW लाइव स्कोर मनोरंजन करियर झारखंड बोर्ड रिजल्ट



NEW वेब स्टोरी बिजनेस विदेश

4/19/24, 11:21 AM 5 signs indicates body not detoxify know what causes it - Detoxification: बॉडी के ये संकेत बता रहे शरीर नहीं हो रहा डि टॉक्स, दि खने लगते ...

<https://www.livehindustan.com/lifestyle/health/story-5-signs-indicates-body-not-detoxify-know-what-causes-it-9801045.html> 2/4

कब्ज की समस्या

अगर आप डेली रूटीन में शौच नहीं जाते हैं और मल त्याग की इच्छा नहीं होती है। तो इसका मतलब है कि शरीर में टॉक्सिंस जमा हो रहे हैं। कब्ज की समस्या

शरीर में टॉक्सिंस को बढ़ाती है।

पसीने की कमी

पसीने की मदद से बॉडी से टॉक्सिंस आसानी से निकलते हैं। लेकिन जब आपको पसीना कम होगा या फिजिकल वर्क कम करने की वजह से पसीना नहीं

निकलता तो शरीर में टॉक्सिंस की मात्रा बढ़ने लगती है।

एकने

स्किन पर एकने ज्यादा हो रहे हैं तो ये लक्षण भी शरीर में विषैले पदार्थों के जमा होने की निशानी है। कई बार एकने चेहरे के साथ ही पीठ, बाजुओं, ओं हिप पर होते हैं।

जो बॉडी में टॉक्सिंस जमा होने के लक्षण होते हैं। इसके अलावा रैशेज, एलर्जी स्किन में हो रही समस्याएं टॉक्सिंस होने का संकेत देती हैं।

## World Liver Day 2024

**World Liver Day 2024: आज है 'वर्ल्ड लिवर डे, लीवर को हेल्दी रखने के लिए फॉलो करें ये टिप्स**

**Tips To Keep Your Liver Healthy: डेली रूटीन की कुछ आदतों और डाइट में बदलाव करके व्यक्ति अपने लिवर को स्वस्थ बना सकता है। आइए जानते हैं कैसे सेहत से जुड़े कुछ(Hindustan: 20240419)**

**टिप्स फॉलो करके आप अपने लीवर को सेहतमंद**

Tips To Keep Your Liver Healthy: आज दुनियाभर में विश्व लीवर दिवस मनाया जा रहा है। वर्ल्ड लीवर डे हर साल 19 अप्रैल को लोगों को लीवर रोगों के

प्रति जागरूक करने के लिए मनाया जाता है। बता दें, लीवर शरीर का एक खास अंग होता है, जो शरीर से हानिकारक पदार्थों को बाहर निकालकर उसे स्वस्थ

बनाए रखने में मदद करता है। लेकिन आजकल की खराब जीवनशैली की वजह से लोगों में लीवर रोगों का खतरा ज्यादा बढ़ रहा है। ऐसे में डेली रूटीन की कुछ

आदतों और डाइट में बदलाव करके व्यक्ति अपने लीवर को स्वस्थ बना सकता है। आइए जानते हैं कैसे सेहत से जुड़े कुछ टिप्स फॉलो करके आप अपने लीवर

को सेहतमंद बनाए रख सकते हैं।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

होम NCR देश लोकसभा 2024 IPL NEW लाइव स्कोर मनोरंजन करियर झारखंड बोर्ड रिजल्ट

NEW वेब स्टोरी बिजनेस विदेश

4/19/24, 11:22 AM World Liver Day 2024: Diet and tips to keep your liver healthy - World Liver Day 2024: आज है 'वर्ल्ड लि वर डे, ली वर को हेल्दी रखने के लि ...

<https://www.livehindustan.com/lifestyle/fitness/story-world-liver-day-2024-diet-and-tips-to-keep-your-liver-healthy-9800839.html> 2/5

लीवर को हेल्दी रखने के लिए फॉलो करें ये टिप्स डाइट पर दें ध्यान लीवर को हेल्दी बनाए रखने के लिए अपनी डाइट में प्रोटीन और फाइबर रिच डाइट के साथ हरी सब्जियां, फल, अदरक, लहसुन, दालें, अखरोट, मखाने, जैसी

चीजें शामिल करें। इसके अलावा डाइट में फ्राइड और ऑयली चीजों को शामिल करने से बचें।

एलोवेरा जूस एलोवेरा जूस में मौजूद एलोइन और सैपोनिन, लीवर से विषाक्त पदार्थों को निकालने में मदद कर सकते हैं। एलोवेरा में विटामिन ए, सी और ई सहित बहुत सारे

एंटीऑक्सीडेंट मौजूद होते हैं, जो लीवर को नुकसान होने से बचाने में मदद करते हैं। नियमित रूप से एलोवेरा का सेवन करने पर इसके शांत गुण सूजन और

कब्ज जैसी पाचन संबंधी समस्याओं को भी दूर करने में मदद करते हैं। जिससे लीवर के स्वास्थ्य और पाचन को बढ़ावा मिलता है।

हल्दी वाली चायलीवर के लिए फायदेमंद पेय पदार्थों में से एक हल्दी की चाय भी है। अध्ययनों के अनुसार हल्दी में एंटी-इंफ्लेमेटरी गुण मौजूद होते हैं, जो प्रो-इंफ्लेमेटरी रसायनों

को कम कर सकते हैं, जो आगे चलकर लिवर रोग जैसी स्थितियों का कारण बनते हैं

चुकंदर का रसचुकंदर के रस में मौजूद विटामिन सी, पोटेशियम और फोलेट जैसे पोषक तत्व लीवर को सेहतमंद बनाए रखने में मदद करते हैं। चुकंदर का रस पित्त उत्पादन को

प्रोत्साहित करके लीवर की कार्यप्रणाली में सुधार कर सकता है।

अल्कोहल से रहें दूरलीवर को हेल्दी रखने के लिए अल्कोहल और धूम्रपान से परेहज करें। ये दोनों ही चीजें लीवर की सेहत को नुकसान पहुंचाती हैं। इनके नियमित सेवन से लीवर

डैमेज होने का खतरा बना रह सकता है। इसके अलावा जरूरत से ज्यादा अल्कोहल का सेवन डिहाइड्रेशन की समस्या भी पैदा करता है। ऐसे में लीवर फंक्शन

अच्छी तरह से हो और शरीर के विषाक्त पदार्थ बाहर निकल जाएं, इसके लिए पर्याप्त मात्रा में पानी का सेवन करें।

ऐप पर पढ़ें

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World Liver Day 2023

यूपी लोकसभा चुनाव , बिहार लोकसभा चुनाव ,लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और

राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

एक्सरसाइज से ना करें परहेजलीवर को हेल्दी रखना है,तो रोज एक्सरसाइज करें। हेल्दी बॉडी के लिए कम से कम आधा घंटा लाइट वेट वर्कआउट से शुरुआत करते हुए जॉगिंग,रस्सी कूदना

और दौड़ को भी रूटिन का हिस्सा बना सकते हैं।

हेल्दी वेट मेंटेमें टेनफैटी लीवर की समस्या से बचने के लिए हेल्दी वेट मेंटेमेंटेन करें। बता दें, ओबेसिटी के कारण फैटी लीवर की समस्या हो सकती है। ऐसे में अपना मोटापा कंट्रोल

रखने के लिए हेल्दी डाइट के साथ रोजाना एक्सरसाइज करें।

वैक्सीन जरूर लगवाएं-

हेपेटाइटिस ए और बी की वैक्सीन जरूर लगवाएं। अगर आपको पहले से कोई मेडिकल कंडीशन है, तो यह वैक्सीन आपको बीमार होने से बचा सकती हैं।

हेपेटाइटिस ए की समस्या, गंदा खाना या पानी का सेवन करने से होती है। इसलिए अपने रूटिन में हेल्दी हाइजीन टिप्स जरूर फॉलो करें।