



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20240423

Food and Nutrition

1 in 8 parents requires kids to eat everything on their plate: Study (The Tribune: 20240423)

<https://www.tribuneindia.com/news/health/1-in-8-parents-requires-kids-to-eat-everything-on-their-plate-study-613444>

Study is conducted by the US-based University of Michigan

1 in 8 parents requires kids to eat everything on their plate: Study

As per Susan Woolford, Assistant Professor at the University of Michigan, parents who try to force kids to eat everything on their plate may encourage portions that go beyond feeling full. Thinkstock

While most parents of preschool kids aim to give their children a balanced or nutritional diet, one in eight parents requires their children to eat everything on their plate, a new study revealed on Monday.

According to a study conducted by the US-based University of Michigan, just one in three parents believe the standard American diet is healthy, compared to half who rank the Mediterranean diet higher in nutritional value.

As per Susan Woolford, Assistant Professor at the University of Michigan, parents who try to force kids to eat everything on their plate may encourage portions that go beyond feeling full.

“Requiring children to eat everything on their plate, or withholding dessert unless all other foods are eaten, can lead to overconsumption, especially if portion sizes are too large for the child’s age,” she added.

The study, based on 1,083 responses from parents of children ages 3-10 surveyed in February, also noted that 60 per cent of parents will prepare a separate meal if their child dislikes the food served, often opting for a less healthy alternative.

“Rather than allowing the child to choose an alternate menu, parents should provide a balanced meal with at least one option that their child is typically willing to eat,” Woolford said.

She further suggested that if a child chooses not to eat, parents need not worry, as this will not harm healthy children and “they will be more likely to eat the options presented at the next meal”.

Woolford also recommended avoiding snacks between meals to help children develop a better appetite and increase their willingness to eat the foods offered.

Dengue

Dealing a knockout blow to dengue (The Tribune: 20240423)

<https://www.tribuneindia.com/news/health/dealing-a-knockout-blow-to-dengue-613406>

The World Health Organisation reported more than five million dengue cases and more than 5,000 deaths in more than 80 countries in 2023

Deadly diseases carried by mosquitoes are spreading due to weather brought about by climate change. A bacteria-based solution could be key to fighting back.

Dengue fever continues to kill people across the world and climate change is making it worse.

The World Health Organisation reported more than five million dengue cases and more than 5,000 deaths in more than 80 countries in 2023, which was the warmest year since records began.

Nearly 80 per cent of cases, about 4.1 million, were in the Americas. There were more than 1.6 million cases in Brazil. Astonishingly, it's already passed that mark in just three months this year. Brazil's Ministry of Health reported more than 2.9 million probable infections and 1,116 deaths as of April 8.

That staggering figure means the fight against mosquito-borne diseases is hotting up.

But there are weapons being used in this war to protect our health.

In Indonesia, the government is conducting a programme involving the use of mosquitoes with Wolbachia to control the spread of dengue in five cities.

This new frontline in the fight against mosquito-borne disease is Denpasar, gateway to the holiday island of Bali. Trials are also underway in Semarang, Bandung, West Jakarta, Bontang and Kupang.

Wolbachia technology stands out as a promising biological intervention for controlling dengue. It is an intracellular bacterium commonly found in more than 60 per cent of insect species worldwide, meaning it lives inside the cells of another organism.

When introduced into the disease-transmitting *Aedes aegypti* mosquitoes, Wolbachia blocks the dengue virus replication within the mosquito body and significantly impedes the mosquitoes' capacity to transmit the dengue virus.

Researchers from Monash University injected Wolbachia to the larvae using a micro needle. A 2011 study showed a big reduction in dengue viral load in Wolbachia-infected mosquitoes compared to those in the wild.

This biocontrol method leverages the bacterium's ability to spread through mosquito populations as the infected mosquitoes pass the bacteria to their offspring, effectively reducing these insects' ability to transmit viruses, otherwise known as the "vector competence".

The effectiveness of Wolbachia technology has already been demonstrated in a large, city-wide scale randomised field trial in Yogyakarta, Indonesia.

The study found a 77 per cent reduction in dengue infection and an 86 per cent decline in hospitalisation among confirmed dengue cases in the target area. The finding was comparable with the commercially available Sanofi Pasteur and Takeda dengue vaccine.

Wolbachia technology does not require individual administration, works without ongoing human intervention and can be self-sustaining once set up. Its embrace looms as a cost-effective, long-term way to reduce dengue transmission.

It's going to be needed, as a warming climate, coupled with phenomena such as the El Nino, increases the risks of vector-borne diseases such as dengue and malaria.

El Nino is a weather phenomenon in which sea surface temperatures in the central Pacific rise, causing more rain. It has led to floods in the Horn of Africa and the United States. El Nino has also made Southeast Asia, Australia and southern Africa drier and warmer and worsened drought in the northern areas of South America.

The phenomenon increases the risk of diseases, particularly those spread by mosquitoes, like malaria and dengue.

Malaria especially is sensitive to changes in the weather. In places where malaria is not constant, people don't have strong immunity and are more vulnerable to severe outbreaks if the weather allows the disease to spread.

In Venezuela and Colombia, malaria cases can increase by more than a third after dry periods linked to El Nino. The 2023 El Nino was no exception. According to the World Meteorological Organisation, 2023 was the warmest year on record, with a new monthly temperature record set each month from June.

Climate change is worsening the issue: Warmer weather increases humidity and precipitation, meaning more breeding places and a broader geographical distribution of mosquito habitats. Temperature is also pivotal in the mosquito's life cycle and virus transmission capacity.

Warmer climates also boost mosquitoes' metabolism and shorten their viral incubation period, making them more efficient carriers of diseases. The expansion of urban areas and inadequate water management create ample breeding sites for these vectors, amplifying the risk of dengue outbreaks.

Studies have found that as temperatures rise, disease transmission does, too, but in a way that's not straightforward or predictable.

Vector control remains the most widely adopted strategy to suppress dengue transmission. Strategies to reduce breeding sites through domestic waste and water container management, using larvicide or larvivorous fish and insecticide, can control dengue.

But their impact may be blunted by chemical methods, which may lead to mosquito resistance and reduce control efficacy and biological considerations, such as seasonality and also the consistency of intervention activities.

This is where trials of other methods, such as Wolbachia, could prove the difference between continuing control strategies that dwindle in effectiveness over time and innovative approaches that adapt to evolving challenges in dengue control programme.

Environmental Health

If Bengaluru stops saying 'yuck' to treated waste water, it'll never go thirsty: Experts (The Tribune: 20240423)

<https://www.tribuneindia.com/news/india/if-bengaluru-stops-saying-yuck-to-treated-waste-water-itll-never-go-thirsty-experts-613126>

On an average, 20.05 TMC of water is required every year for domestic purposes

If Bengaluru stops saying 'yuck' to treated waste water, it'll never go thirsty: Experts

"Science has already advanced far enough for us to drink treated wastewater without causing any health problems," Vishwanath said. File photo

Back in 2016, Centre for Ecological Sciences (CES) of Indian Institute of Science in Bengaluru figured a way for the IT hub to stay water surplus. On an average, 20.05 thousand million cubic feet (TMC) of water is required every year for domestic purposes, CES's technical report established. Of which about 16.04 TMC, about 80 percent, could be met just by treating sewage water, suggested the report. Add to this, the rain yield, which is about 14.80 TMC a year and Bengaluru could easily meet its water needs, the report stated.

Cut to 2023. Some apartment owners of Emmanuel Heights in Hosa Road in Sarjapur proposed setting up a sewage treatment plant in October. Little did they know that it would take them almost six months to convince the others.

“They all agreed only after the firm setting up the sewage treatment equipment put it in the agreement that they will buy all the treated water. Many people were adamant that not a drop of the treated water should be used inside the complex. Forget drinking, they did not even want the treated water for watering the plants, because they have the tulsi plant,” said Gopidas, a software engineer at Amazon who resides at Immanuel Heights.

S Vishwanath, Bengaluru's go-to man for water conservancy and director of Biome Environmental Solutions is a long-time advocate of treated wastewater for drinking. According to him, it is now all in the mind, as science has already shown that it is perfectly fine to drink treated wastewater.

“People are finding it difficult to wrap their head around drinking what they consider sewage. All things said against it are mostly stemming out of ignorance. Science has already advanced far enough for us to drink treated wastewater without causing any health problems,” Vishwanath said.

Little over 10 days ago, investment whiz Nithin Kamath, founder and CEO of Zerodha and Rainmatter Foundation, propped up Boson White Water, a Bengaluru-based firm that converts wastewater into potable water, stating that wastewater could be the part of the solution for Bengaluru's water shortage crisis, on X. Although some agreed with him, most were repulsed by the idea of drinking water that was once sewage.

Replying to Kamath, people started saying, without any scientific backing, that treated water will have heavy metals or hormones and therefore is unfit for consumption. The concern also stemmed from the perception that sewage treatment plants are run in a very bad way.

Vikas Brahmavar, one of the founders of the start-up Boson White Water, said they were deluged with calls after their promotional video forwarded by Kamath went viral.

“In a day, we got more than 300 calls. We have been doing this for two years now, and at most we get a dozen calls every day,” said Brahmavar.

But Brahmavar said most of it again were attempts to reiterate that wastewater, treated or not, is smelly and dirty.

“In these two years, we have come a long way. But we are yet to convince people to drink wastewater. It will take some more time to break through that psychological barrier. What people are failing to understand is that the moment we started depending on tankers for water supply, we are past the ‘water is dirty’ curve. Who knows where they get that water from,” said Brahmavar.

Vishwanath said people are also not realising that treated wastewater is already being consumed indirectly.

He pointed out to the Lakshmi Sagara lake in Kolar, which is the first of 82 lakes in Kolar and Chikkaballapur districts to be filled with treated wastewater from an STP, as part of Koramangala-Challaghatta Valley project, in which the government plans to fill 134 lakes at the cost of Rs 1,342 crore.

“The project is one of the first in India to formally use secondary treated wastewater at such large volumes to fill the tanks and river ecosystem and provide water for agricultural use,” Viswanath said.

He said his organisation, Biome Environmental Trust, did a study in June 2021 among the locals, mostly farmers, about the impact of the project, and found out that treated water-filled lakes and tanks increased the yields of borewells.

“In Lakshmi Sagara, for instance, in three months of the lake being filled with treated wastewater, water level in open wells increased and in six months, water level in borewells increased. Now, farmers here are cultivating throughout the year,” he said.

In the Biome report, the farmers that the researchers spoke to had confirmed that contrary to the negative assumptions earlier, which had delayed the project, they found that the effort had rejuvenated the depleted groundwater and that most are finding groundwater at 300 to 400 feet. Earlier it was difficult to find water even at 1,200 feet, they said, adding that they often dug between two to four borewells, due to previous ones failing to yield water.

“In India, one estimate suggests that treated wastewater can annually irrigate about 1 to 1.5 million hectares of land. I think proper hydrogeology and aquifer mapping studies need to be done to establish the impact on recharge better.

“But, this is the only way forward for us to cut down our dependence on rain. I also think if people start getting comfortable with non-potable uses, potable will follow. It’s only a matter of time,” said Viswanath.

Healthy bones and muscles

Why you shouldn't be afraid to start running after middle age (The Tribune: 20240423)

<https://www.tribuneindia.com/news/health/why-you-shouldnt-be-afraid-to-start-running-after-middle-age-613112>

Running is a great way to keep bones and muscles healthy

Why you shouldn't be afraid to start running after middle age

The high-resolution MRI scans found most of the 115 middle-aged participants had abnormalities in their knees before starting marathon training. iStock

As someone who started marathon running in mid-life, I know how many aches and pains (and doubts) you can have if you take on the challenge to start running at an older age. But as an orthopaedic surgeon who has replaced thousands of worn-out hips and knees throughout my career, I also know just how much exercise actually helps the joints.

Hobbling around my orthopaedic hospital after my first marathon actually led me to do research on runners. After conducting 1,000 MRI scans of the joints of mid-life exercisers (both runners and cyclists) and “couch potatoes”, I now better understand just how beneficial mid-life running is for the knees, hips and spine.

The findings were very surprising to me, particularly in the knee study. The high-resolution MRI scans found most of the 115 middle-aged participants had abnormalities in their knees before starting marathon training. Half of these abnormalities would typically have required keyhole surgery in the past.

But none of the knee abnormalities stopped them from finishing the marathon. And, in the MRI scans conducted after the marathon, they had no signs of deterioration in their joints. This totally changes how we can advise would-be runners who are found to have an abnormality on MRI scan of their knee.

Astonishingly, we also found that the bones of some runners improved after the marathon. In ten volunteers who had changes in their bone marrow that would normally have signalled pre-arthritis (which occurs before even other early signs of arthritis do), these signs vanished on the MRI after the marathon.

A commonly held belief is that exercise damages joints and may lead to osteoarthritis (sometimes referred to as “wear-and-tear arthritis”) later in life. But while osteoarthritis is more common after middle age, it may actually be a lack of activity that leads to osteoarthritis. The more a joint is used, the stronger it makes the bone and muscle around it.

Studies on inactivity have shown that for bones to remain healthy, our skeleton needs to be stimulated by mechanical load (physical stress) – such as the impact of walking or running. Both bed rest or zero gravity in outer space result in reduced quality and strength of bone (osteopenia and the more severe osteoporosis).

This is because our bones are alive, with cells constantly building and removing bone. Mechanical force is necessary to stimulate the cells that build bone and inhibit the cells that take away bone.

Running provides a very good stimulus for the bone building cells. Having healthy bone underneath the joint surface is particularly important for avoiding osteoarthritis.

Inactivity also causes muscle wasting (sarcopenia), which affects how the joints move. Reduced muscle use, whether it is through inactivity or sarcopenia or both, also reduces the production of anti-inflammatory myokines from the muscles.

These chemicals are released when we exercise, and help reduce joint swelling and calm irritated joint linings. This effect is pronounced in runners because running uses some of the largest muscles in the body – such as the glutes, quadriceps and hamstrings.

Another benefit of exercise is it improves the way our cartilage surfaces move over each other. This keeps the joint stable when we move and ensures any pressure is placed evenly on the joint’s surface.

Strength and conditioning exercises (such as using resistance bands or doing reformer pilates) can improve muscle function and therefore cartilage function even further – especially for the cartilage in our main limb joints.

Where to begin?

In general, the best way to support our joints involves a combination of different exercises, including muscle resistance (such as strength training), bone impact (such as running) and stable joint movement (such as cycling).

If you want to start running, the main message is to ease into it to reduce the risk of injury. This should help reduce your risk of injury.

One of the best ways to ease into running in mid-life is the NHS Couch to 5K running programme. It’s a free guide that will help you gradually work up towards running 5km in just nine weeks. It’s also designed for everyone – including absolute beginners.

The plan involves three runs a week, with a day of rest in between, and a different schedule for each of the nine weeks. It also uses a mix of running and walking to build your fitness and stamina. This helps avoid overdoing it and giving up.

Of course, there are some instances where running may damage our joints. These are usually because of past injury – such as when there's a broken bone extending into the joint, causing uneven cartilage surface.

Another example is when a ligament has ruptured, and the joint becomes unstable. An unstable joint will move abnormally and may damage the cartilage. An unstable joint may also be caused by abnormal muscles around the joint.

If you've experienced any of these problems, you'll want to be careful when exercising to avoid further damage. It's best to speak with your doctor to come up with an exercise plan that works for you.

Running is a great way to keep bones and muscles healthy, helping prevent damage and even osteoarthritis. Just make sure to take it slow at first.

Artificial sweetener

High amount of artificial sweetener in cake linked to 10-year-old's death in Punjab: Report (The Times of India: 20240423)

Boost for Maldives president Muizzu as his party wins majority in Parliament

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/high-amount-of-artificial-sweetener-in-cake-linked-to-10-year-olds-death-in-punjab-report/articleshow/109520933.cms>

A cake with high saccharine levels in Punjab's Patiala caused a tragic incident resulting in a girl's death and family illness. The incident raised questions about food safety, leading to actions like Zomato banning the bakery.

High amount of artificial sweetener in cake linked to 10-year-old's death in Punjab: Report

The tragic death of a ten-year-old girl in Punjab's Patiala in March shook the entire nation. The girl passed away after eating a cake that her family had ordered for her birthday. The girl's entire family fell ill after consuming a chocolate cake purchased online from a bakery for her birthday.

Now, a new revelation in this case has raised several questions on the quality of the food we are consuming.

World Liver Day 2024: Expert answers frequently asked questions

As per a report, the cake contained a high amount of saccharine, a sweet-tasting systematic compound. Usually, a small amount of saccharine is used in eatables and drinks, but high levels can quickly increase one's blood glucose levels.

A sample of the cake was collected for testing and the report shows a high amount of saccharine, a sweet-tasting synthetic compound, was used to cook it, District Health Officer, DHO Dr Vijay Jindal told NDTV.

Officials said action will be taken against the bakery as an FIR has already been filed against its owner. After the incident, food ordering app Zomato banned the bakery owner and also delisted the bakery from its platform.

What is saccharine?

Saccharine is a synthetic sweetener that was discovered in 1879 by Constantin Fahlberg, a chemist working at Johns Hopkins University. It is around 300 to 400 times sweeter than sucrose (table sugar) but contains no calories, making it popular as a sugar substitute in various foods and beverages. Saccharine gained widespread use during sugar shortages in the early 20th century and became a common ingredient in diet sodas, tabletop sweeteners, and other low-calorie products.

While saccharine is approved for use as a food additive in many countries, concerns have been raised regarding its potentially harmful effects on the body. One major concern is its association with bladder cancer, particularly in animal studies. Although these findings have not been consistently replicated in humans, some studies suggest a possible link between high saccharine intake and an increased risk of bladder cancer, especially in individuals who consume large amounts over a prolonged period.

Furthermore, saccharine may disrupt the balance of gut bacteria, leading to adverse effects on digestive health. Some research suggests that artificial sweeteners like saccharine could alter gut microbiota composition, potentially contributing to metabolic disorders such as obesity and insulin resistance.

Additionally, saccharine may have a laxative effect in some individuals, leading to gastrointestinal discomfort and diarrhea when consumed in excess.

While regulatory agencies have deemed saccharine safe for consumption within acceptable daily intake limits, individuals with certain health conditions or concerns about its potential effects may choose to limit their intake or opt for alternative sweeteners. As with any food additive, moderation is key, and individuals should consider their overall diet and health status when consuming products containing saccharine.

World Liver Day 2024: Expert answers frequently asked questions

Depression

What is post-stroke depression and how can we address it? (The Hindu: 20240423)

Stroke is associated with substantial neuropsychiatric morbidity including cognitive impairment, dementia, personality change, and mood disorders

<https://www.thehindu.com/sci-tech/health/what-is-post-stroke-depression-and-how-can-we-address-it/article68094269.ece>

An individual undergoes a positron-emission computed tomography (PET) scan at a healthcare facility in Entreprises Ltd., in Bengaluru on February 13, 2008.

An individual undergoes a positron-emission computed tomography (PET) scan at a healthcare facility in Entreprises Ltd., in Bengaluru on February 13, 2008. | Photo Credit: K. Murali Kumar/The Hindu

I visited my friend's place recently after he had called me over to talk to his father, who had recently suffered a large vessel stroke. During my interaction, I noticed my friend's father frequently breaking down. He was of the view that he had become a burden on his son.

The current World Health Organisation definition of stroke is to rapidly develop clinical signs of focal (or global) disturbance of cerebral function, lasting more than 24 hours or leading to death, with no apparent cause other than that of vascular origin.

ICMR

ICMR to expand its Indian Clinical Trial and Education Network for bettering medical research

The INTENT network is invested in providing an end-to-end solution for clinical trials for Indian researchers (The Hindu: 20240423)

<https://www.thehindu.com/sci-tech/health/icmr-to-expand-its-indian-clinical-trial-and-education-network-for-bettering-medical-research/article68094070.ece>

The Indian Council of Medical Research (ICMR) is all set to expand its Indian Clinical Trial and Education Network (INTENT), a collection of medical colleges and research institutes across the country, with the goal of providing evidence-based, scientifically sound and culturally sensitive solutions to health issues of national priority by conducting large, decisive, regulation compliant clinical trials. The network is invested in providing end-to-end solutions for clinical trials for Indian researchers.

Currently, the INTENT network comprises 47 institutes that encompass public and private medical colleges, hospitals and research institutes, including the Indian Council of Medical Research (ICMR) institutes.

ICMR to expand its Indian Clinical Trial and Education Network for bettering medical research(The Hindu: 20240423)

<https://www.thehindu.com/sci-tech/health/icmr-to-expand-its-indian-clinical-trial-and-education-network-for-bettering-medical-research/article68094070.ece>

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Physical Fitness

Should you switch your fitness routine every few months? (Indian Express: 20240423)

<https://indianexpress.com/article/lifestyle/fitness/should-you-switch-your-fitness-routine-every-few-months-9269373/>

Are you struggling to see results despite maintaining a consistent routine? It may be time to shake things up a little

According to Dr Pallavi Singh of Stride Podiatry, switching your exercise routine can come with several benefits (Source: Freepik)

When it comes to fitness routines, the dilemma of whether to alter them or not every few months is a common one.

Many people wonder if sticking with the same workout for an extended period is effective, or if switching routines regularly is better to see results in terms of building muscle and strength.

Rheumatology Conference

Advances in treatment methodologies discussed at Rheumatology Conference (New Kerala: 20240423)

<https://www.newkerala.com/news/2024/23138.htm>

Advanced treatment methodologies for rheumatic and musculoskeletal diseases were discussed at the two-day Clinical Rheumatology Conference 2024, which concluded here on Sunday.

More than 400 rheumatologists from across the country attended the conference held at KIMS Hospitals, Secunderabad.

The biennial event featured a diverse array of topics ranging from Rheumatoid Arthritis to rare rheumatic conditions and proved to be a unique and enriching experience for all attendees, said the organisers.

The conference was inaugurated by Dr. B. Bhaskar Rao, CMD of KIMS Hospitals, and Dr. Minu Bajpai, Executive Director of National Boards of Examinations. Led by Dr. Sarath Chandra Mouli Veeravalli, the organizing secretary, and Dr. Molly Thabah, the Scientific Chair, CRC2024 emphasized case-based discussions, providing valuable insights into the most challenging cases treated by experienced rheumatologists.

Highlights of CRC2024 included the introduction of an image competition, which received an overwhelming response, and a Rheumatology quiz for trainees, fostering engagement and knowledge-sharing among young rheumatologists.

Additionally, 260 case abstracts were submitted from across India, showcasing the depth and breadth of rheumatology research in the country.

"I am delighted to witness the unprecedented success of the Clinical Rheumatology Conference 2024, which has attracted 400 delegates due to its innovative format focusing on interactive patient case scenarios. Rheumatological diseases impact individuals across all strata of society, emphasising the urgent need for public awareness.

"KIMS Institute and the Indian Rheumatology Association (IRA) are advancing this cause, with Dr. Sarath Chandra Mouli and his team at KIMS demonstrated exemplary dedication to patient care and medical education," said Dr. Minu Bajpai, Executive Director, National Board of Examination in Medical Sciences.

"As the National Board of Examinations in Medical Sciences launches initiatives like the joint accreditation scheme and a fellowship in Artificial Intelligence, we aim to bridge the gap in specialist availability and enhance technology literacy among clinicians, ultimately improving patient care, research, and medical education," he added.

"We are thrilled with the success of CRC2024 and the enthusiastic participation of rheumatologists from across the country. The conference has provided a valuable opportunity for us to exchange knowledge, discuss challenging cases, and further our understanding of rheumatic and musculoskeletal diseases," said Dr. Sarath Chandra Mouli Veeravalli.

Multivitamin deficiency'

'There's nothing called multivitamin deficiency', diabetologist criticises Centrumad (New Kerala: 20240423)

<https://www.newkerala.com/news/2024/23270.htm>

riticising an advertisement by multivitamin brand Centrum, published in a leading daily newspaper, diabetes specialist and Padma Shri awardee doctor V. Mohan has said that "there is nothing called multivitamin deficiency".

The ad, which the chairman of Dr Mohan's Diabetes Specialities Centre shared on X, reads, "8 in 10 Indians may be multivitamin deficient."

"Every member of your family requires the right amount of multivitamins along with their daily diet. But do you think their daily diet is balanced? That's why your family should take multivitamins everyday," it added.

Believing the advertisement to be misleading, Mohan said that taking multivitamin supplements as advertised can also end up causing harm.

"There is nothing called multivitamin deficiency. Unless there is a deficiency of specific vitamins, such as Vitamin D or B12, giving multivitamins may not be beneficial and may even cause harm. Multivitamins usually do not provide enough of the deficient vitamin," he wrote on X.

Health experts also said that consuming vitamin supplements daily without consulting a doctor may be detrimental to a person's health.

"Without medical supervision, using multivitamin pills or calcium regularly can have negative health consequences," Mohan Kumar Singh, Senior Consultant - Internal Medicine, Marengo Asia Hospital, Gurugram, told IANS.

According to Singh, taking too many of these supplements might result in overdosing, which can harm organs over time and cause symptoms like nausea, vomiting, and stomach pain.