



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20240424

Artificial sweetener

More than 5 grams of artificial sweetener saccharin a day can be fatal: Doctors (The Tribune: 20240424)

They reacted to the tragic case of a 10-year-old girl in Punjab's Patiala who died, last month, after eating her birthday cake

<https://www.tribuneindia.com/news/health/more-than-5-grams-of-artificial-sweetener-saccharin-a-day-can-be-fatal-doctors-613852>

Consuming more than 5 grams of saccharin, an artificial sweetener known to be about 300 to 400 times sweeter than regular sugar with zero calories, a day can be fatal, but sudden deaths due to artificial sweeteners have not been reported yet, contended doctors on Tuesday.

They reacted to the tragic case of a 10-year-old girl in Punjab's Patiala who died, last month, after eating her birthday cake, which was reportedly baked with a high concentration of saccharin.

The girl's entire family also fell ill after consuming the chocolate cake purchased online.

"In normal quantities, saccharin is not fatal, but high quantities, especially more than 5 grams a day would be very fatal. And this could be a part of any preparation which is not properly mixed," Dr M Wali, senior consultant, Department of Medicine, Sir Ganga Ram Hospital, said.

"There are no published or documented reports of humans suddenly dying from 'high levels of saccharin consumption'. There are no empirical evidence-based reports on sudden death due to saccharine in animal models or human beings," added Dr Abby Philips, a hepatologist, in a post on X.

“Saccharine and other artificial sweeteners are generally considered safe and have undergone extensive trials which showcase safety as additives in food products. It is ok for you to use them in their recommended intake,” explained Dr Abby, popularly known as the liver doctor on X.

Saccharin sodium is among the six artificial sweeteners (aspartame, acesulfame potassium, sucralose, neotame, and isomaltulose) approved “to be used in food” products by the Food Safety and Standards Authority of India (FSSAI).

Based on the available scientific evidence, saccharin is also deemed “safe for the general population under certain conditions of use” by US Food and Drug Administration.

However, Dr Tushar Tayal, Lead Consultant, Department of Internal Medicine, CK Birla Hospital, Gurugram said that “research suggests that artificial sweeteners can disrupt bacteria’s delicate balance in the digestive system and encourage types of bacteria that can raise glucose intolerance leading to an increased risk of metabolic disorders, such as obesity, cancer, and diabetes”.

Dr Wali noted that commonly people who consume these sweeteners, including saccharin, experience very severe headaches.

But in the case of the young girl, “she would have consumed the portion of the cake which might have an accidentally high concentration of saccharine”. He suggested “avoiding artificial sweeteners at all costs”.

Yet the question remains: How much of the cake did the young girl consume?

“Acute saccharine toxicity leading to sudden death in the child is highly assumptious; and adulteration, contamination or other causes — deliberate or unintentional must be sought,” the liver doctor said.

Irregular heartbeat

AI-model developed to predict irregular heartbeat 30 minutes before onset in new study

The team said that their AI-model could be easily installed in smartphones to process the data recorded on smartwatches (The Tribune: 20240424)

<https://www.tribuneindia.com/news/science-technology/ai-model-developed-to-predict-irregular-heartbeat-30-minutes-before-onset-in-new-study-613809>

AI-model developed to predict irregular heartbeat 30 minutes before onset in new study

Researchers have developed a new AI-based model that can predict irregular heartbeat, or cardiac arrhythmia, about 30 minutes before its onset.

The researchers found that the model proved to be 80 per cent accurate in predicting the transition from a normal cardiac rhythm to atrial fibrillation, the most common type of cardiac arrhythmia in which the heart's upper chambers (atria) beat irregularly and are out of sync with the lower ones (ventricles).

The team, including researchers at the University of Luxembourg, said that their AI-model, which gives early warnings, could be easily installed in smartphones to process the data recorded on smartwatches.

The warnings could allow patients to take preventive measures to keep their cardiac rhythm stable, they said. The study is published in the journal *Patterns*.

For developing the model, the team trained it on 24 hour-long recordings gathered from 350 patients at Tongji Hospital in Wuhan, China.

The model, that the researchers have named WARN (Warning of Atrial fibRillation), is based on deep-learning, a type of machine-learning AI algorithms that learn patterns from past data to make predictions.

Deep-learning is more specialised as it has multiple layers in its decision-making process. The researchers found that WARN gave early warnings, on average 30 minutes before the start of atrial fibrillation, and is the first method to provide a warning far from onset, they said.

“We used heart rate data to train a deep learning model that can recognise different phases -- (normal) sinus rhythm, pre-atrial fibrillation and atrial fibrillation -- and calculate a 'probability of danger' that the patient will have an imminent episode,” Jorge Goncalves, from the Luxembourg Centre for Systems Biomedicine (LCSB), University of Luxembourg, and the study's corresponding author, said.

When approaching atrial fibrillation, the probability increases until it crosses a specific threshold, providing an early warning, Goncalves said.

Being of low computational cost, the AI-model is “ideal for integration into wearable technologies,” the researchers said.

“These devices can be used by patients on a daily basis, so our results open possibilities for the development of real-time monitoring and early warnings from comfortable wearable devices,” study author Arthur Montanari, an LCSB researcher, said.

Health insurance

Removal of age cap welcome, but job only half-done(The Tribune: 20240424)

<https://www.tribuneindia.com/news/editorials/health-insurance-613490>

IN an effort to make the healthcare ecosystem more inclusive and accessible, the Insurance Regulatory and Development Authority of India (IRDAI) has done away with the age limit of 65 years for persons buying health insurance policies. In a recent gazette notification, the insurance regulator has directed insurers to ensure that they offer health insurance products catering to all age groups. They have also been restrained from rejecting claims based on pre-existing conditions. The insurers cannot refuse to issue policies to persons with severe medical conditions like cancer, heart or renal failure and AIDS.

These guidelines are expected to make the elderly better prepared to withstand the shock of unforeseen medical expenses. This is significant in a country whose count of senior citizens is estimated to exceed 20 per cent of the total population by 2050, according to the UN Population Fund. Improved life expectancy, particularly of women, is another key factor that has a bearing on health insurance.

However, there is a dire need to make the insurance products consumer-friendly. Potential customers are often put off by the jargon and the complexities. Trust deficit triggered by the fine print makes them reluctant to buy policies; even when they take the plunge, the policyholders are plagued by doubts and uncertainty. Misinformation or inadequate information about the benefits and risks makes them vulnerable to harassment. Transparency and a hassle-free claim settlement are no less important to win the confidence of customers. At the same time, a stronger mechanism is needed to effectively deal with unscrupulous elements. According to a Deloitte survey (2023), about 60 per cent of Indian insurance companies are witnessing a rapid increase in fraud, especially in the life and health insurance domains. Strict monitoring is needed to curb malpractices such as making false claims, inflating charges for services rendered and billing for medically unnecessary services.

Healing (The Asian Age: 20240424)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17973966>



HEALERS & THE HEALING

CONTINUED FROM PAGE 9

In her journey, Malti practiced meditation and learned Transcendental Meditation, the Maharishi Mahesh Yogi way. Then, she met Gita Bellin, who taught her Dynamic Mind Practice (DMP). "I would attribute this practice to my transformation from fear to love, from lack to abundance, and from victimhood and blame to truly mastering my life," she says, adding that we are all spiritual beings navigating through life, each on our own unique journey of self-discovery. "My role is simply to guide others towards their own truths without being attached to the outcome."

AKASHIC RECORDS FOR YOUR SOUL

For **Tamanna C.**, an angel therapist, psychic, and spiritual healer, her coaching and healing work were a gift and her natural calling. "When I started my work in 2009, I never thought this would be a career opportunity. I just channelled my gift, and now with more and more problems in the world, there is definitely an awakening and demand for more healers and different modalities," says Tamanna C. She says her life has transformed because she knows the power of time, karma, and most importantly, the power of her own free will and how she can use it to restructure her life.

"For my clients, I help them with different sessions such as Akashic Record Reading and Spirit Guide Communication," says Tamanna, who believes the Akashic records can become the most powerful tool in your spiritual kit.



the Akashic records.

The benefits of spiritual healing are not only to make one aware of their life journey and their own energy, but also to help the client energetically heal the lower vibrational energies and attract new vibrational energies with very little effort from their side and more energy healing from the healer's side.



AWAKENING

UNORGANISED INDUSTRY



Dr Trupti Jayin, clinical psychologist, occupational therapist and past life therapist, feels spirituality has become a big business. "This is dangerous, as anyone who has done a two-day or three-day workshop considers herself a healer or therapist," she points out.

HEALERS?

She says there are people who call themselves 'healers' because they have done reiki, pranic healing, or crystal healing, maybe just an initial introductory course. She says it's so rampant that people have their visiting cards with some 15-30 modalities that they have learned.

"This is ridiculous. Does a doctor fill his card with all that he knows or puts what he has specialised on? The government must have some policy regarding this unorganised sector, which may be doing more harm than good," says Dr Trupti.

ZERO KNOWLEDGE

Dr Trupti says she knows a lot of people who have no medical or psychological knowledge of treating chronic mental health cases. "When I teach my students, I tell them to stay in touch with me or consult me on any case they are not confident enough to treat. Most students need support for a year before they are able to work on their own," explains Dr Trupti.

WHAT'S NEEDED

Dr Trupti says regular attendance in workshops is needed, as is an active community that discusses freely. In her practice as a mentor, says Dr Trupti, she only gives a certificate once the student does five cases, sends it to her, and appears for an online exam with a 50 percent passing rate. "Online sessions are also given so that the students learn how to work virtually," she informs.

“EVERY CHAKRA ASSOCIATED WITH ALL THINGS AS BASIC AS FOOD, SHELTER, WATER, SEX AND PLEASURE, MONEY AND SUCCESS, HEALTH AND FAME, EMOTIONAL AND MENTAL STABILITY, AND LIVING A LIFE IN DEEP GRATITUDE AND GREAT SATISFACTION NEEDS TO BE VIBRANT, PURE, AND ALIGNED. ONLY THEN DOES THE K-SHAKTI RISE.”

VASUNDHARA TALWARE,
a yogini, life coach, inner transformation expert

energies and sense people and places easily. "It aligned me with my own power within. At age 17, it evoked feelings of detachment from the material world and a desire to become desireless," informs the yoga expert, whose family stopped her abruptly because she was getting too seriously involved in it.

"Kundalini yoga is powerful. Hatha yoga is more tapah (penance) and discipline, slow but steady," she adds.

Vasundhara says the entire of yoga

Health insurance

Insuring the future: On health insurance and a wide demographic of citizens (The Hindu: 20240424)

While broadening eligibility, health insurance must be made affordable

<https://www.thehindu.com/opinion/editorial/insuring-the-future-on-health-insurance-and-a-wide-demographic-of-citizens/article68098313.ece>

The Insurance Regulatory and Development Authority of India (IRDAI), the apex regulator of insurance products, has asked companies to enable a wide demographic of citizens to benefit from health insurance. Most significantly, it directs insurance providers to make health insurance available to senior citizens, as those above 65 are currently barred from issuing new policies for themselves. This is clearly an acknowledgement of demographic changes underway in India. Though India's population figures have not been officially accounted for since 2011, estimates from the UN Population Fund and experts suggest that India's is nearly level with China and may have surpassed it sometime in 2023. The India Ageing Report 2023, which draws from UN projections, estimates that India's cohort of seniors — those above 60 — will increase from about 10% of the population (149 million in 2022) to 30% (347 million) by 2050. That is more than the current population of the U.S. Several of the most developed countries already have their senior demographic (65-plus) ranging from 16% to 28%. That is already precipitating considerable worry within these populations on access to health care, affordable medicine and appropriate care-giving infrastructure to support them. Some of these economically developed countries have government-funded public health systems and others are entirely dependent on private health care, with cost being a significant determinant in access to quality care. In many of these countries, there is no entry barrier to health insurance policies, though, following principles of actuarial economics from centuries ago, health insurance gets progressively, and sometimes exponentially, more expensive as age advances.

Already the small, single-digit percentage of India's economic elite can afford the equivalent of "family floater" plans that take care of individuals and their parents at a cost lower than what individual senior-citizen health insurance would cost. If the only effect of the IRDA's recent circular is to provide many more unaffordable health insurance policies, it would be equivalent to admiring the icing on an inedible cake. Much has been made of the next two decades being critical to India's future, on the reasoning that this is the time that India must reap its 'demographic dividend'. This is premised on a large proportion of the workforce moving out of agriculture and inevitably followed by a breakdown of the traditional care-giving structure for the aged. The experience in several southern Indian States is telling. Thus, broadening the eligibility of health insurance should be accompanied by a massive upgradation of affordable health care.

Unrelenting heat

Unrelenting heat likely to impact health of children and elderly, caution doctors (The Hindu: 20240424)

<https://www.thehindu.com/sci-tech/health/unrelenting-heat-likely-to-impact-health-of-children-and-elderly-caution-doctors/article68098730.ece>

With temperatures only set to increase from first week of May, experts stress on precautionary measures to prevent heat-related illness, including heat exhaustion and strokes

The rising heat levels might have turned days tough for many but it is harder on some, particularly children and elderly. As the unrelenting heat could impact their physical health, doctors stress on precautionary measures to prevent heat-related illness, including heat exhaustion and strokes.

E. Theranirajan, dean of Rajiv Gandhi Government General Hospital (RGGGH), said children, especially toddlers, pregnant women, elderly and persons with co-morbidities, are more prone to heat-related illnesses.

Bitter truth about sugar

The bitter truth about sugar (The Hindu: 20240424)

<https://www.thehindu.com/sci-tech/health/the-bitter-truth-about-sugar/article68097406.ece>

This week in health: the curious case of Madurai AIIMS, IRDAI's new rules on health insurance and why sugary processed foods are harmful.

(In the weekly Health Matters newsletter, Ramya Kannan writes about getting to good health, and staying there. You can subscribe here to get the newsletter in your inbox.)

What is sugar? When did it become the reviled substance that it has now become? No wonder then, that the study which found that Nestle was adding sugar in its infant formula in India was welcomed with the incredulity reserved for murderers. For context, do read this report by Bindu Shajan Perapaddan: Nestlé baby products sold in India, Africa, Latin America have higher sugar content than in Europe, tests show.

IRDAI

IRDAI removes age bar for purchasing health insurance (The Hindu: 20240424)

<https://www.thehindu.com/sci-tech/health/irdai-decision-to-remove-age-bar-on-health-insurance-purchases-will-improve-access-for-seniors-hospitals-say/article68087788.ece>

IRDAI directs insurance providers to develop tailored products for seniors; hospitals say this will improve access for those who need healthcare the most, but note that premiums may be higher for this demographic

IRDAI's latest move is aimed at bringing in extended health benefits to the elderly. File

IRDAI's latest move is aimed at bringing in extended health benefits to the elderly. File | Photo Credit: The Hindu

The Insurance Regulatory and Development Authority of India (IRDAI) has removed the age limit for purchasing health insurance policies, with effect from April 1.

Watermelon, cucumber or spinach

Watermelon, cucumber or spinach? Know which water-rich food will keep you hydrated and fit this summer(Indian Express: 20240424)

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

Dr Priyanka Rohatgi, Chief Nutritionist, Apollo Hospitals, on how to plan healthy meals and salads water rich foods Spinach and cucumber have 96 per cent water, followed by tomatoes at 93 per cent and watermelon at 92 per cent. (File Photos)

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

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



weight loss mantra work

Can this weight loss mantra work? No food 3 hours before bedtime, sleep for 8 hours, no solid food 3 hours after waking(Indian Express: 20240424)

<https://indianexpress.com/article/health-wellness/weight-loss-mantra-work-sleep-food-9254359/>

Know how this drill can maintain muscle and bone mass, keep body fat low, says functional medicine expert Vijay Thakkar

weight loss mantraAdhering to the 3-8-3 rule optimises this hormonal interaction, promoting better sleep and overall metabolic health.(Photo: Getty/Thinkstock)

There was a time when I would have just one meal a day like others, hoping it would help me get a leaner body. I would feel a surge of energy in the morning, only to crash by mid-afternoon. I also noticed a significant drop in my gym performance, struggling to lift weights that were once manageable due to the hypocaloric and low-protein conditions. This personal experience taught me the importance of listening to my body and finding a sustainable approach to spacing my meals.

I've now settled on a routine for the past couple of years that aligns with circadian biology. By not eating about two to three hours before bedtime and delaying breakfast by one to three hours after awakening, I've maintained muscle and bone mass and kept body fat low. This balance has been a game-changer for me and can be for you, too.

Prostate cancer

Prostate cancer to spiral in India by 2040, says Lancet. Why cancer research panel is predicting 70,000 cases per year(Indian Express: 20240424)

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

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

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

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

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

6 nutritional deficiencies

6 nutritional deficiencies that can cause weight gain(Indian Express: 20240424)

<https://indianexpress.com/article/lifestyle/health/nutritional-deficiencies-cause-weight-gain-9281211/>

It's important to note that weight gain isn't the only consequence of these deficiencies. They can also manifest as fatigue, low mood, difficulty concentrating, and weakened immunity.

weight gainHere's how some key nutrient deficiencies can contribute to packing on the pounds. (Pexels)

We often associate weight gain with overeating and a lack of exercise. However, there's another surprising culprit lurking in the shadows: nutritional deficiencies. Our bodies rely on a complex interplay of vitamins and minerals to function optimally, and imbalances can lead to unintended consequences, including weight gain.

Here's how some key nutrient deficiencies, as explained by Bharathi Kumar, dietician at Fortis Hospital, Nagarbhavi, Bangalore, can contribute to packing on the pounds:

Stress

How stress can affect your body (New Kerala: 20240424)

<https://www.newkerala.com/news/2024/23383.htm>

Stress may not only affect you mentally but is also detrimental to your physical health, said doctors here on Tuesday.

In today's fast-paced world, people of all ages are facing unprecedented levels of pressure and stress, leading to a surge in mental and physical health challenges.

"In addition to impacting mental well-being, stress can have profound effects on the body, contributing to various health conditions and diseases," Vipul Gupta, Director of Neurointervention and Co-Chief of the Stroke Unit at Artemis Hospital, Gurugram, told IANS.

The doctor noted that stress can disrupt sleep patterns, leading to difficulty falling asleep or staying asleep, which can lead to an increased risk of cardiovascular diseases such as hypertension, heart disease and stroke.

"Chronic stress triggers a cascade of physiological responses, including elevated levels of stress hormones like cortisol and adrenaline, which can disrupt normal bodily functions.

"Digestive disorders like irritable bowel syndrome (IBS) and gastritis are also linked to stress, as it can disrupt gut motility and exacerbate inflammation. Furthermore, prolonged stress may contribute to hormonal imbalances, leading to reproductive issues in both men and women, the doctor said.

A December 2023 study by ICICI Lombard General Insurance unveiled that every third person in India is grappling with stress. The report said that 77 per cent of Indians experience at least one symptom of stress regularly

Coping mechanisms such as mindfulness practices, healthy lifestyle habits, regular exercise, maintaining social connections, etc, play crucial roles in managing stress.

Divya Mohindroo, a Counselling Psychologist suggested exploring mindfulness, meditation, and deep breathing to manage stress.

She also emphasised the therapeutic value of journaling and harnessing the power of nature.

"Explore the benefits of spending time outdoors for stress management. This highlights a natural approach to stress reduction that connects with the concept of awareness," she told IANS.

The experts also stressed the importance of seeking help when needed.

"Recognising when stress becomes overwhelming and seeking professional help is paramount. Visiting a doctor or mental health professional is necessary when symptoms persist, interfere with daily functioning, or lead to physical ailments. Stress awareness month serves as a timely reminder to prioritise mental well-being and seek support when needed," Vipul said.

women's heart disease

New machine learning models to boost diagnosis of women's heart disease (New Kerala: 20240424)

<https://www.newkerala.com/news/2024/23351.htm>

s cardiovascular disease in women remain underdiagnosed compared to men, new machine learning models that use sex-specific criteria may help overcome this as well as boost treatment outcomes, according to a study.

New machine learning models to boost diagnosis of women's heart disease

Although anatomical differences exist between male and female hearts as women have smaller hearts with thinner walls, yet, the diagnostic criteria for certain heart diseases have been the same for both.

“This means that women's hearts must increase disproportionately more than men's before the same risk criteria are met,” argued the researchers in the paper published in the journal *Frontiers in Physiology*.

They said this sex-neutral approach leads to severe underdiagnosis of women, especially during “first-degree atrioventricular block (AV) block, a disorder affecting the heartbeat, and dilated cardiomyopathy, a heart muscle disease, twice and 1.4 times more than men, respectively.”

“We found that that sex-neutral criteria fail to diagnose women adequately. If sex-specific criteria were used, this underdiagnosis would be less severe,” said Skyler St Pierre, a researcher at Stanford University's Living Matter Lab, US.

“We also found the best exam to improve detection of cardiovascular disease in both men and women is the electrocardiogram (EKG),” he added.

To build more accurate heart risk models based on sex-specific criteria, the team added four metrics not considered in the popular Framingham Risk Score – cardiac magnetic resonance imaging, pulse wave analysis, EKGs, and carotid ultrasounds.

The Framingham Risk Score is a popular system to diagnose heart risks based on age, sex, cholesterol levels, and blood pressure. The diagnostic system can estimate how likely a person is to develop a heart disease within the next 10 years.

The team used data from more than 20,000 individuals in the UK Biobank who had undergone these tests.

Using machine learning, the researchers determined that of the tested metrics, EKGs were most effective at improving the detection of cardiovascular disease in both men and women. This, however, does not mean that traditional risk factors are not important tools for risk assessment, the researchers said.

"We propose that clinicians first screen people using a simple survey with traditional risk factors, and then do a second stage screening using EKGs for higher risk patients," they added.

Dehydration

Dehydration: प्यास बुझाने के लिए एक साथ ज्यादा पानी पीना हो सकता है जानलेवा, जानें कैसे बचें

Dehydration: बाहर गर्मी में रहने से या फिर बहुत ज्यादा फिजिकल वर्क कर लेने से गर्मियों के मौसम में बहुत तेज प्यास लगती है। जिसका कारण शरीर का डिहाइड्रेटेड होना है (Hindustan: 20240424)

<https://www.livehindustan.com/lifestyle/health/story-never-drink-lots-of-water-at-once-when-you-dehydrated-know-what-happen-with-body-how-to-stay-hydrated-9838274.html>

मौसम दिन पर दिन गर्म होता जा रहा है। ऐसे में हेल्थ एक्सपर्ट शरीर में पानी की मात्रा को बनाए रखने की सलाह दे रहे हैं। अक्सर देखा गया है कि अचानक से

प्यास लगने पर लोग कई गिलास पानी पी जाते हैं। या फिर एक साथ पानी पी लेते हैं। गर्मियों में ये आदत जानलेवा हो सकती है। इससे वाटर टॉक्सिसिटी की

समस्या हो जाती है। जिसकी वजह से जान जाने का जोखिम हो जाता है।

<https://www.livehindustan.com/lifestyle/health/story-never-drink-lots-of-water-at-once-when-you-dehydrated-know-what-happen-with-body-how-to-stay... ¼>

Dehydration Health Tips In Hindi

MP board result लेटेस्ट Hindi News, एमपी बोर्ड 10वीं, एमपी बोर्ड 12वीं, लोकसभा चुनाव 2024, बॉलीवुड न्यूज़, बिजनेस न्यूज़, टेक, ऑटो, करियर

,और राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

विज्ञापन

ना पिएं एक साथ ढेर सारा पानी

धूप से आने के बाद या शरीर जब बहुत ज्यादा गर्म हो तो ऐसे में शरीर डिहाइड्रेटेड हो जाता है और प्यास लगती है। लेकिन प्यास बुझाने के लिए भूलकर भी ज्यादा

मात्रा में या एक से दो लीटर पानी एक बार में ना पिएं। इससे शरीर में इलेक्ट्रो लाइट बैलेंस बिगड़ जाता है और शरीर में सोडियम की मात्रा अचानक से कम होने

लगती है। ब्लड में सोडियम की मात्रा कम होती ही शरीर में सूजन होने लगती है। जिसका सही समय पर इलाज जरूरी है नहीं तो ये जानलेवा भी हो सकता है।

कैसे बचें वाटर टॉक्सिसिटी से

जब भी शरीर गर्म होने पर या डिहाइड्रेटेड महसूस होने पर बहुत ज्यादा पानी पीने की इच्छा हो तो एक साथ ढेर सारा पानी ना पिएं। एक गिलास पानी पीना है तो

उसमे थोड़ी सी मात्रा में नमक मिला लें। इससे शरीर में बिगड़ रहे सोडियम की मात्रा पर कंट्रोल होगा। साथ ही इलेक्ट्रो लाइट बैलेंस रहेगा। जिससे वाटर

टॉक्सिसिटी की समस्या पैदा नहीं होगी। इसके अलावा नारियल पानी, नींबूनीं बूपानी, या फ्रेश फ्रूट जूस को पिएं। जिससे प्यास को बुझाने में मदद मिलेगी और वाटर

टॉक्सिसिटी का जोखिम पैदा नहीं होगा।

इन बातों का रखें ध्यान

गर्म मौसम में घर से बाहर निकल रहे हैं तो खुद को हाइड्रेटेड करने का स

एमडीएच और एवरेस्ट के मसालों से

एमडीएच और एवरेस्ट के मसालों से हो सकता है कैंसर? जानें क्यों कीटनाशक डालती हैं कंपनियां

मसालों में कीटनाशक की खबर ने हर किसी की चिंता बढ़ा दी है। हॉन्ग कॉन्ग में मसालों के कुछ सैंपल जांचे गए जिनमें ऐसा कीटनाशक मिला जो कैंसर पैदा कर सकता है। जानें क्यों डाला जाता है है (Hindustan: 20240424)

<https://www.livehindustan.com/lifestyle/health/story-can-mdh-and-everest-masala-cause-cancer-in-india-know-why-ethylene-oxide-is-harmful-for-body-and-dna-9831705.html>

एमडीएच और एवरेस्ट मसालों में कीटनाशक की खबरों ने हर किसी को डरा दिया है। हॉन्ग-कॉन्ग और सिंगापुर में कुछ मसालों में हानिकारक केमिकल मिलने की रिपोर्ट्स हैं।

अब भारत में भी जांच होने के चर्चे शुरू हो गए हैं। बताया जा रहा है कि कुछ सैंपल्स में एथिलीन ऑक्साइड मिला है। यह कैंसर की पैदा करने वाला टॉप-लेवल पेस्टीसाइड

ऐप पर पढ़ें/देखें

ई-पेपर शहर चुनें

होम NCR देश लोकसभा 2024 क्विज

NEW IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस धर्म

4/24/24, 11:02 AM can mdh and everest masala cause cancer in india know why ethylene oxide is harmful for body and dna - एमडी एच और एवरेस्ट के ...

[https://www.livehindustan.com/lifestyle/health/story-can-mdh-and-everest-masala-cause-cancer-in-india-know-why-ethylene-oxide-is-harmful-for-body... 1/7](https://www.livehindustan.com/lifestyle/health/story-can-mdh-and-everest-masala-cause-cancer-in-india-know-why-ethylene-oxide-is-harmful-for-body...)

Spices

लेटेस्ट Hindi News, लोकसभा चुनाव 2024, बॉलीवुड न्यूज़, बिजनेस न्यूज़, टेक, ऑटो, करियर , और राशिफल, पढ़ने के लिए Live Hindustan App

डाउनलोड करें।

माना जाता है। यहां जानेमसालों मेंक्यों ऐसेकेमिकल मिलाए जातेहैंऔर येआपके शरीर मेंपहुंचकर किस तरह का नुकसान पहुंचा सकतेहैं।

विज्ञापन

इन मसालों मेंनिकला पेस्टीसाइड

हॉना कॉनग के सेंट्रल फूड सेफ्टी (सीएफएस) अथॉरिटी नेस्टोर्ससेकुछ मसालों के सैंपल लेकर जांच की। दावा किया जा रहा हैकि इनमेंएथिलीन ऑक्साइड पाया गया।

जिन मसालों का नाम सामनेआया हैउनमेंएमडीएच का मद्रास करी पाउडर, सांभर मिक्स्ड मसाला पाउडर और करी पाउडर मिक्स्ड मसाला और एवरेस्ट का फिश करी

मसाला शामिल है।

जान सेखेल रहीं कंपनियां?

इंटरनेशनल एंजें एं सी फॉर रिसर्चऑन कैंसर एथलीन ऑक्साइड को टॉप-लेवल का कैंसर पैदा करनेवाला केमिकल मानती है। फूड सेफ्टी के नियमों के मुताबिक, किसी चीज में

उतना ही पेस्टीसाइड का उतना अंश ही मिलाकर बेचा जा सकता हैजितना खानेमेंसेफ हो। हालांकि कुछ प्रोडक्ट्स को जल्दी खराब होनेसेबचानेके लिए कंपनियां इनमें

ज्यादा मात्रा मेंऐसेकेमिकल्स मिला देती हैं। एथलीन ऑक्साइड एक ऐसा पेस्टीसाइड हैजिसेखानेमेंइस्तेमाल करनेतक की अनुमति नहीं है। इसेज्यादातर फसलों मेंडाला

जाता है।

क्या करता हैएथलीन ऑक्साइड

हेल्थ एक्सपर्ट्स का मानना हैकि खानेमेंएथलीन ऑक्साइड की थोड़ी सी भी मात्रा काफी हानिकारक होती है। हालांकि तुरंत इसका असर नहीं दिखता बल्कि समय के

साथ दिक्कतेंसामनेआती हैं। यूएस नेशनल कैंसर इंस्टिट्यूट के मुताबिक, एथिलीन ऑक्साइड सेलिम्फोमा और ल्यूकेमिया होनेका खतरा ज्यादा रहता है। इसके अलावा पेट,

ब्रेस्ट के कैंसर भी इस केमिकल की वजह सेहो सकतेहैं। एथिलीन ऑक्साइड डीएनए डैमेज करता है, जो कैंसर की वजह बन सकता है

Right Time To Drink Sugarcane Juice

किस समय गन्ने का जूस पीना सेहत के लिए है अच्छा, क्या ये वाकई हाइड्रेशन में मदद करता है?

Right Time To Drink Sugarcane Juice: गर्मियां आते ही गन्ने का जूस मिलना शुरू हो जाता है। लेकिन क्या आप जानते हैं कि गन्ने का जूस पीने का सही समय क्या है? जानिए गन्ने है (Hindustan: 20240424)

का जूस पीने का राइट टाइम Avantika Jain ला

<https://www.livehindustan.com/lifestyle/health/story-at-what-time-is-drinking-sugarcane-juice-good-for-health-does-it-really-help-in-hydration-9831429.html>

गर्मी में ठंडक पाने के लिए ज्यादातर लोग ठंडी कोल्डड्रिंक पीना पसंद करते हैं। लेकिन ये सभी ड्रिंक सेहत के लिए हानिकारक होती हैं। हालांकि, इस मौसम में

नेचुरल ड्रिंक्स पीने की सलाह दी जाती है। गन्ने का रस उनमें से एक है। ये एक नैचुरल ड्रिंक है। इसमें थोड़ा फैट, फाइबर और प्रोटीन की मात्रा होती है। गन्ने

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश लोकसभा 2024 क्विज

NEW IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस धर्म

4/24/24, 11:05 AM At what time is drinking sugarcane juice good for health does it really help in hydration - कि स समय गन्ने का जूस पी ना सेहत के लिए है अ...

<https://www.livehindustan.com/lifestyle/health/story-at-what-time-is-drinking-sugarcane-juice-good-for-health-does-it-really-help-in-hydration-9831429....> 1/4

Health Tips In Hindi

के रस में सोडियम, पोटैशियम, कैल्शियम, मैग्नीशियम और आयरन जैसी पोषक पाए जाते हैं। हालांकि, अगर कोई व्यक्ति इसे गलत समय पर पीता है तो नुकसान

हो सकता है।

विज्ञापन

क्या हाइड्रेशन में मददगार?

गर्मियों में गन्ने का रस पीना अच्छा माना जाता है। यह शरीर में गर्मी को कम करता है। इसके अलावा यह कैल्शियम, मैग्नीशियम, पोटेशियम, आयरन, मैंगनीज का

एक अच्छा स्रोत है। इसे पीने से शरीर में खोए हुए इलेक्ट्रो लाइट्स को बहाल करने में मदद मिलती है। इसमें चीनी की मात्रा ज्यादा होती है, जिसकी वजह से तुरंत

एनर्जी मिलती है।

डायबिटीज पेशेंट करें अवॉइड

यह डायबिटीज जैसे हाई ग्लूकोज लेवल के लिए सुरक्षित नहीं है, क्योंकियों यह आपके ब्लड शुगर के लेवल को तेजी से बढ़ा सकता है। ऐसे में डायबिटीज पेशेंट को

इसे अवॉइड करना चाहिए।

किस समय पीएं गन्ने का रस

दिन के समय में गन्ने का रस पीना सबसे अच्छा है। इसके अलावा फ्रेश गन्ने का रस ही पीएं। पैकेजिंग से बचें

एक दिन में कितने ग्लास पीएं।

किसी भी चीज को बहुत ज्यादा खाना या पीना नुकसानदायक हो सकता है। ऐसे में एक दिन में एक गिलास गन्ने के जूस तक सीमित रहें। इससे ज्यादा जूस

नुकसानदायक हो सकता है।

पुरुषों को भी हो सकता है यूरिन इंफेक्शन, इन लक्षणों के दिखते ही हो जाएं सावधान

यह भी पढ़ें

ऐप पर पढ़ें

4/24/24, 11:05 AM At what time is drinking sugarcane juice good for health does it really help in hydration - कि स समय गन्ने का जूस पी ना सेहत के लि ए है अ...

<https://www.livehindustan.com/lifestyle/health/story-at-what-time>

मेनिनजाइटिस,

3 चीजों से बनता है मेनिनजाइटिस, तुरंत चाहिए इलाज, वरना ये काम करना बंद कर देगा शरीर है (Navbharat Times : 20240424)

<https://navbharattimes.indiatimes.com/lifestyle/health/3-infection-can-cause-meningitis-inflammation-and-decrease-these-capabilities-of-body/articleshow/109536686.cms>

Meningitis Causes in Hindi: मेनिनजाइटिस इन्फ्लामेशन काफी खतरनाक साबित हो सकती है। यह इन्फेक्शन के कारण होता है। अगर इसका इलाज ना किया जाए तो शरीर की कुछ क्षमताएं खत्म हो सकती हैं। इसलिए इसके लक्षणों को कभी नजरअंदाज ना करें।

meningitis causes

नया टैक्स रिजीम चुनें या पुराना, तय नहीं कर पा रहे हैं तो यहां सीखिए
डील देखें

नया टैक्स रिजीम चुनें या पुराना, तय नहीं कर पा रहे हैं तो यहां सीखिए
#TimefornewTV - स्मार्ट टीवी पर 65% तक की छूट पाएं

डील देखें

#TimefornewTV - स्मार्ट टीवी पर 65% तक की छूट पाएं

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

डील देखें

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

दिमाग को बॉडी का प्रमुख कहा जाता है। यह शरीर के बाहरी और अंदरूनी सारे काम कंट्रोल करता है। अगर इसमें कोई भी खराबी आ जाए तो शरीर में भी खराबी आने लगती है। मेनिनजाइटिस भी दिमाग और स्पाइनल कॉर्ड से जुड़ी समस्या है। इसके अंदर दिमाग और स्पाइनल कॉर्ड के आसपास के meninges मेंब्रेन में इन्फ्लामेशन आ जाती है।

इसमें मरीज को तुरंत इलाज की जरूरत पड़ती है वरना शरीर कई काम करने बंद कर सकता है। यह बीमारी काफी खतरनाक है, इस कारण वर्ल्ड मेनिनजाइटिस डे की तारीख 24 अप्रैल से 5 अक्टूबर बदल दी गई। ताकि ज्यादा से ज्यादा लोग इसमें शामिल हो सकें।

BY TABOOLA SPONSORED LINKS YOU MAY LIKE

3 इंफेक्शन से होता है मेनिनजाइटिस

bacterial

मेनिनजाइटिस होने के पीछे इंफेक्शन होते हैं। यह वायरल, बैक्टीरियल और फंगल इंफेक्शन की वजह से हो सकता है। NHS के मुताबिक वायरल इंफेक्शन सबसे ज्यादा मेनिनजाइटिस के लिए जिम्मेदार देखा गया है। हालांकि दूसरे इंफेक्शन ज्यादा खतरनाक रूप ले सकते हैं।

मेनिनजाइटिस के लक्षण

vomit sick drunk

इसके लक्षण कारण पर निर्भर करते हैं। हालांकि, कुछ आम संकेत निम्नलिखित हैं, जो किसी और बीमारी के कारण भी हो सकते हैं।

भूख मरना

चिड़चिड़ापन

उल्टी

डायरिया

सांस की दिक्कत

सिरदर्द

बुखार

गर्दन में अकड़न

लाइट से सेंसिटिविटी

ज्यादा नींद आना

Meningitis से बच्चों को कैसे बचाएं, कितना खतरनाक है, इंफेक्शन के बारे में पूरी जानकारी, देखें वीडियो

बच्चों में मेनिनजाइटिस

यह इंप्लामेशन छोटे बच्चों को भी हो सकती है। उनके अंदर निम्नलिखित लक्षण दिख सकते हैं।

brain stroke (1)

बुखार

शरीर में अकड़न

तेज रोना

बच्चा शांत ना होना

ज्यादा सोना

चल ना पाना

चिड़चिड़ापन

फैल भी सकता है मेनिनजाइटिस

cold flu cough

मेनिनजाइटिस संक्रामक भी हो सकता है। इसके कुछ प्रकार एक मरीज से दूसरे मरीज तक फैल सकते हैं। NHS कहता है कि मरीज के खांसने, छींकने या चुंबन लेने से यह स्वस्थ व्यक्ति को संक्रमित बना सकता है। इंफेक्शन फैलाने वाले मरीजों में यह वायरस या बैक्टीरिया अक्सर गले या नाक में मौजूद रहता है।