



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20240501

## Depression

### **Risk of depression 40pc higher in perimenopausal women (The Tribune: 20240501)**

<https://www.tribuneindia.com/news/health/risk-of-depression-40pc-higher-in-perimenopausal-women-616701>

No significant increase in depression risk was found for postmenopausal women compared to those who were premenopausal

Risk of depression 40pc higher in perimenopausal women

Perimenopause -- the transitional phase before menopause -- may raise the risk of depression among women by 40 per cent, according to a study on Wednesday.

The study by researchers from the University College London (UCL) is based on a meta-analysis of seven studies involving 9,141 women from across the world, including Australia, the US, China, the Netherlands, and Switzerland. Compared to premenopausal women, the results published in the Journal of Affective Disorders found that perimenopausal women had a significantly higher risk (around 40 per cent) of experiencing depressive symptoms and being diagnosed with depression.

The finding highlights the "clinical need for screening and support in this potentially vulnerable group".

No significant increase in depression risk was found for postmenopausal women compared to those who were premenopausal.

"This study shows that women in the perimenopausal stage are significantly more likely to experience depression than either before or after this stage," said senior author Roopal Desai, from UCL's Psychology & Language Sciences.

"Our findings emphasise the importance of acknowledging that women in this life-stage are more vulnerable to experiencing depression. It also underlines the need to provide support and screening for women to help address their mental health needs effectively," she added.

Mindfulness and cognitive behavioural therapy can be helpful, according to a previous study by the same researchers.

Perimenopause, which occurs three to five years before the onset of menopause, causes fluctuation in oestrogen and progesterone levels. This leads to mood changes, irregular menstrual cycles, and other menopausal symptoms, including increased feelings of depression.

This stage of menopause continues until one year after a woman's last period and can often last for between four and eight years in total.

## **Covid virus sequence**

### **Chinese scientist who published Covid virus sequence allowed back in his lab after sit-in protest**

**Zhang had been staging a sit-in protest outside his lab since the weekend after he and his team were suddenly notified they had to leave their lab(The Tribune: 20240501)**

<https://www.tribuneindia.com/news/world/chinese-scientist-who-published-covid-virus-sequence-allowed-back-in-his-lab-after-sit-in-protest-616699>

Chinese scientist who published Covid virus sequence allowed back in his lab after sit-in protest

The first scientist to publish a sequence of the Covid virus in China said he was allowed back into his lab after he spent days locked outside, sitting in protest.

Zhang Yongzhen wrote in an online post early on Wednesday that authorities had "tentatively agreed" to allow him and his team to return to his laboratory and continue their research for the time being.

Zhang had been staging a sit-in protest outside his lab since the weekend after he and his team were suddenly notified they had to leave their lab, a sign of Beijing's continuing pressure on scientists conducting research on the coronavirus.

The Shanghai Public Health Clinical Centre previously said Zhang's lab was being renovated and was closed for safety reasons. But Zhang said his team wasn't offered an alternative until after the eviction and the new lab didn't meet safety standards for conducting their research.

Zhang's latest difficulty reflects how China has sought to control information related to the virus. An Associated Press investigation found that the government froze meaningful domestic and international efforts to trace it from the first weeks of the outbreak. That pattern continues to this day, with labs closed, collaborations shattered, foreign scientists forced out and Chinese researchers barred from leaving the country.

## **Covid vaccine**

### **Covid vaccine can cause rare side-effect, admits AstraZeneca (The Tribune: 20240501)**

<https://www.tribuneindia.com/news/india/covid-vaccine-can-cause-rare-side-effect-admits-astrazeneca-616486>

It was manufactured and supplied under name Covishield by Serum Institute of India | It can cause Thrombosis with Thrombocytopenia Syndrome (TTS), a rare side effect associated with blood clotting

Covid vaccine can cause rare side-effect, admits AstraZeneca

In India, it was manufactured and supplied under the name Covishield by Serum Institute of India (SII) through a licence from the university and the Swedish-British drug maker. File photo

It time admitted in court documents that its Covid-19 vaccine can cause Thrombosis with Thrombocytopenia Syndrome (TTS), a rare side effect associated with blood clotting.

AstraZeneca, in collaboration with the University of Oxford, had developed AZD1222 vaccine after the outbreak of the coronavirus in 2020. In India, it was manufactured and supplied under the name Covishield by Serum Institute of India (SII) through a licence from the university and the Swedish-British drug maker.

However, doctors say that Indians who took the jab should not be worried. Dr Rajeev Jayadevan, Co-Chairman of the National Indian Medical Association, said the side effect of the vaccine was observed only in the first month following the first dose, not afterwards. “All vaccines and medical treatments can have rare side effects. It has been three years since the rollout and there is no cause for concern for those who had taken the vaccine,” he told The Tribune.

## **Fatty liver**

### **Foods to cut out fatty liver (The Tribune: 20240501)**

<https://www.tribuneindia.com/news/health/foods-to-cut-out-fatty-liver-616371>

You can include healthy greens like spinach, green peas, okra, kale, broccoli, cauliflower and lettuce in your diet

#### Foods to cut out fatty liver

"In advanced stages, one might experience severe tenderness in the upper abdomen, loss of appetite, nausea, weakness, weight loss, abdominal distention (ascites), pale-coloured stools, muscle wasting, and swelling in the legs," outlines Joshii. iStock

Fatty liver is a condition where excess fat gets deposited in the liver, which increases its size.

According to Shlloka Joshii, a Classical Hatha Yoga teacher, and Diet and Lifestyle expert, there are two types of fatty liver. Non-alcoholic fatty liver occurs in people who don't drink alcohol or drink too little. It usually occurs in people who are obese, diabetic, or due to some medication.

Alcoholic fatty liver is caused due to over consumption of alcohol, where the liver is unable to process nutrients and metabolise fat. This further leads to scarring of the liver causing fibrosis/cirrhosis, a condition where the liver becomes inactive.

#### Symptoms

“Initially, one may feel tired or experience discomfort or pain in the right side of the upper abdomen, often after meals. In advanced stages, one might experience severe tenderness in the upper abdomen, loss of appetite, nausea, weakness, weight loss, abdominal distention (ascites), pale-coloured stools, muscle wasting, and swelling in the legs,” outlines Joshii.

#### Causes

Too much alcohol consumption (males who drink 15 or more drinks per week and females who drink more than 8 are surely to get fatty liver)

Obesity

Insulin resistance

Type 2 diabetes

Metabolic syndrome

High cholesterol levels (raised triglycerides)

Medicine side effects

Pregnancy

Genetic disorders

Infections like hepatitis C

Joshii shares five foods to cut out fatty liver:

**Lemon:** Squeeze half a lemon into a glass of warm water. Drink it on an empty stomach every day. It helps in flushing out the toxins and improves the liver's health.

**Papaya:** Consume a bowl of papaya on an empty stomach. The enzymes present in papaya reduce the inflammation of the liver. It is a source of fibre, minerals, and antioxidants including vitamins A, C, and E.

**Apples:** Apples are a rich source of pectin, which helps cleanse the body and release toxins from the digestive system. Having an apple, a day can prevent fatty liver. However, if you have Grade 2 or Grade 3 fatty liver, you can have up to three apples a day, one before each meal (breakfast, lunch and dinner).

**Apple cider vinegar:** Drink 20-40ml of apple cider vinegar on an empty stomach.

**Beetroots:** Beetroots are known to stimulate bile juice and boost enzymatic activity as they are rich in vitamin C, carrying out similar functions. Carrots, rich in Vitamin A, help prevent liver disease and support the overall functions of the liver. Having a medium-sized beetroot or a medium-sized carrot per serving before food, as a salad, would be a good idea.

**Green vegetables:** High in chlorophyll and necessary antioxidants, green vegetables flush out toxins from the bloodstream and aid the liver. You can include healthy greens like spinach, green peas, okra, kale, broccoli, cauliflower and lettuce in your diet. We recommend consuming 100-150 grams of steamed or boiled vegetables before a meal, or they can be substituted for the meal itself.

## **Covishield's potential**

### **AstraZeneca's submission in U.K. court nothing new, say doctors over Covishield's potential to cause blood clots (The Hindu: 20240501)**

<https://www.thehindu.com/sci-tech/health/astrazenecas-submission-in-uk-court-nothing-new-say-doctors-over-covishields-potential-to-cause-blood-clots/article68125464.ece>

Any adverse event associated with the vaccine would have occurred within 21 days to a month of the first dose, according to doctors

A health worker inoculates a dose of Covishield vaccine to a woman at a special vaccination drive in a government health centre in Hyderabad. File

A health worker inoculates a dose of Covishield vaccine to a woman at a special vaccination drive in a government health centre in Hyderabad. File | Photo Credit: The Hindu

Following pharmaceutical company AstraZeneca's admission in U.K. court documents that its vaccine against COVID-19 has the potential to cause Thrombosis with Thrombocytopenia Syndrome (TTS), a rare side effect associated with blood clotting, doctors in India said this is not new information and that they are "well aware of the warning which has been available in India as an insert with the vaccine since the time it was introduced for general public here".

They added that any adverse event associated with the vaccine would have occurred within 21 days to a month of the first dose.

## **Protein powder**

### **Which protein powder is safe for you? Here's how to read the label**

**As a recent study shows contaminants in 36 brands, there's a way to spot red flags, says functional medicine expert Vijay Thakkar (Indian Express: 20240501)**

<https://indianexpress.com/article/health-wellness/which-protein-powder-is-safe-for-you-heres-how-to-read-the-label-9287428/>

protein powder Complete proteins that contain all essential amino acids are the best choice. (Pexels)

Protein powders and supplements make for a convenient nutrient boost for muscle repair, growth and general health. However, not all of them are created equal, and as a recent study has shown, 36 brands of protein powders, including herbal and dietary supplements, have either been mislabelled or contaminated by toxins. So awareness is necessary.

#### How to read a protein label

Understanding the content and quality of a protein powder is not just a suggestion; it's a necessity. The label should clearly state the protein amount per serving, typically 20 to 30 grams, for a quality product. Equally important is the protein source. Complete proteins that contain all essential amino acids are the best choice. Common sources include whey, casein, egg albumin, soy, brown rice and pea protein. For those with dietary restrictions, it's crucial to check if the protein is derived from whole sources and is suitable for vegans or those with allergies.

#### Detecting Mislabelling Issues

Mislabelling protein content can be a serious issue, leading to misleading nutritional information. For instance, a product might claim to have 30 grams of protein per serving but independent tests reveal it only contains 20 grams. This is where third-party testing steps in. Organisations like the National Sanitation Foundation (NSF International), Testified, and the US Pharmacopeia conduct independent tests to verify label claims. Products certified by these organisations have undergone rigorous testing for accuracy. Yes, they are more expensive than the non-certified and non-attested variety, but when it comes to our health, it's a small premium we pay for assurance.

## Checking for Contaminants

Protein powders can sometimes contain contaminants like heavy metals, pesticides or harmful additives, which can lead to serious health issues such as organ damage, hormonal imbalance, or allergic reactions. To avoid such contaminated products, look for certifications that specifically test for these hazards. The Informed Choice and NSF Certified for Sport are two such programmes. They test not only harmful substances but also banned substances.

## Understanding the Ingredients List

Beyond the nutrition and supplement facts, a protein powder's ingredients list can tell you a lot about the product's quality. High-quality protein powders typically have a short list of ingredients, emphasising the protein source without a long list of additives. Consumers should be wary of powders with added sugars, artificial sweeteners or excessive fillers. These can dilute the protein content and impact the product's nutritional value.

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### The Role of Amino Acid Profiles

The amino acid profile of a protein powder is crucial for those looking to maximise their fitness or muscle-building efforts. Amino acids like leucine are pivotal in muscle synthesis, typically in the dose of 2-3 grams per serving. They prevent muscle breakdown. It is crucial to fight disability-related diseases caused by brittle bones and weak muscles that ail older adults, diminishing their independence and overall quality of life. High-quality protein powders will often list their amino acid profiles on the label, offering transparency about their effectiveness in supporting muscle growth and recovery.

Ensure the amount of protein aligns with your dietary needs and that the serving size is reasonable. Your informed choices help maximise the benefits of protein supplements while minimising health risks.



## **ORS**

### **Here's how you can identify fake ORS (Indian Express: 20240501)**

Real ORS formulations follow strict guidelines and ensure standard quality is maintained, said Dr Aklesh Tandekar, head consultant critical care, Wockhardt Hospitals Mira Road

<https://indianexpress.com/article/lifestyle/food-wine/identify-fake-real-ors-risks-expert-tips-9298912/>

salt waterAre you having real ORS or fake one? (Source: Getty Images/Thinkstock)

Many fake foods and products are infiltrating the markets. And looks like ORS or oral-rehydration salts have not been spared, too, claims content creator Revant Himatsingka aka Food Pharmer. As such, he stresses identifying real ORS, which helps combat dehydration and maintain the body's electrolyte balance — making it a summer saviour.

“Most of the ORS in the Indian pharmacies are fake! These companies trademark the word ‘ORS’, but they are not an ORS! Fake ORS has high sugar and dangerously low sodium. Consuming fake ORS has resulted in many kids being admitted to the ICU because of brain swelling,” said Himatsingka.

He further said that while a fake ORS may have an FSSAI certification since it comes under the food category, a real ORS will read ‘Based on WHO formula’, as it comes in the category of drugs.

## **‘Eco-friendly’ fabrics**

**Why those ‘eco-friendly’ fabrics may not really be organic and good for your health (Indian Express: 20240501)**

<https://indianexpress.com/article/lifestyle/life-style/toxic-fabric-health-concerns-eco-friendly-9296759/>

Ashita Singhal, founder of Paiwand Studio, explains, “Commonly used textiles in the fashion industry, such as polyester, pose significant concerns for our health and the environment.”

While it may seem eco-friendly and soft, the truth is that fabric that comes from bamboo undergoes bleaching and chemical treatments during production. (Source: Freepik)

In our quest for comfortable and stylish clothing, we often overlook the potential harm certain fabrics might pose to our health.

Take bamboo fabric, for example. Content creator and celebrity longevity expert Kashif Khan asks, “Bamboo – we quote it as eco-friendly, sustainable, organic, and clean. Have you ever looked at what it takes to get bamboo into the fabric form?”

While it may seem eco-friendly and soft, the truth is that it undergoes bleaching and chemical treatments during production. These processes can introduce harmful substances like chlorine bleach and softening agents, which may cause skin irritation or even more serious health problems over time. So, it’s essential to be aware of these hidden dangers lurking in our wardrobes.

Commonly used fabrics along with bamboo that might be toxic

Bamboo isn’t the only culprit. Other common fabrics also come with their own set of risks. Ashita Singhal, founder of Paiwand Studio, explains, “Commonly used textiles in the fashion industry, such as polyester, pose significant concerns for our health and the environment. Despite claims of sustainability, even recycled polyester contains harmful microplastics that can be absorbed by our skin, potentially leading to skin diseases and other health issues.” Similarly, alternative fabrics made with bamboo, lotus, and banana are often processed with harmful chemicals, undermining their eco-friendly image.

Rashmi Chopra, founder and managing director, Ecloset, adds, “Commonly used fabrics besides bamboo that might pose health risks include polyester, nylon, and rayon. These fabrics can potentially contain chemicals or toxins that may be harmful to humans.”

Specific toxins or chemicals consumers should be wary of when considering such fabrics

When considering fabrics like polyester, acrylic, or spandex, Singhal stresses that consumers should be wary of several specific toxins or chemicals commonly used in their production:

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**Petrochemicals:** Polyester and acrylic are derived from petrochemicals, which are non-renewable resources and can release harmful substances during manufacturing and disposal.

**Formaldehyde:** Often used as a resin in fabric finishes, formaldehyde can cause skin irritation, allergic reactions, and respiratory issues.

**Phthalates:** These chemicals are commonly used as plasticisers in synthetic fabrics and have been linked to hormone disruption and reproductive issues.

**Volatile Organic Compounds (VOCs):** Found in many synthetic fabrics, VOCs can contribute to indoor air pollution and have been associated with respiratory problems and headaches.

**Flame Retardants:** Some synthetic fabrics may contain flame retardant chemicals, which have been linked to adverse health effects including hormone disruption and neurological issues.

**Heavy Metals:** Certain dyes and finishes used in synthetic fabrics may contain heavy metals such as lead, cadmium, and mercury, which can be toxic to human health.

**Chlorine Bleach:** Used in the production of some synthetic fabrics, chlorine bleach can release harmful by-products and is associated with skin irritation and respiratory problems.

“By being aware of these toxins and chemicals, consumers can make more informed choices when selecting fabrics and prioritise options that are safer for both personal health and the environment,” she affirms.

fabric, toxic Rashmi Chopra, founder and managing director, Ecloset, elucidates that emerging concerns regarding the production processes of fabrics include the release of volatile organic compounds (VOCs) during manufacturing and potential environmental impact. (Source: Freepik)

Emerging concerns regarding the production processes or materials used in popular fabrics

Chopra elucidates that emerging concerns regarding the production processes of fabrics include the release of volatile organic compounds (VOCs) during manufacturing and potential environmental impact. “Additionally, some spandex fabrics may contain harmful chemicals like nonylphenol ethoxylates (NPEs),” she says.

There are significant concerns surrounding the production process and materials used in fabrics like acrylic or spandex, Singhal remarks, which are essentially polyester-based. These fabrics undergo chemical treatments that pose risks to both workers in the manufacturing process and the environment due to the non-biodegradable nature of polyester.

Moreover, wearing such fabrics can be detrimental to personal health as they do not absorb sweat, potentially leading to skin infections and other diseases. She believes, “This is particularly worrisome for sportswear and activewear, where the lack of sweat absorption during workouts can exacerbate these health risks. It’s crucial to address these concerns and use fabrics that are safer for both people and the planet.”

Alternative fabric options do you recommend for consumers seeking safer alternatives

Chopra recommends choosing safer alternatives as mentioned below. “These fabrics are typically produced using more sustainable and eco-friendly methods and are less likely to contain harmful

chemicals. Additionally, choosing fabrics certified by organisations like Oeko-Tex Standard 100 can ensure they meet strict safety standards,” she suggests.

#### Organic cotton

Grown without synthetic pesticides or fertilizers, organic cotton reduces environmental impact and promotes soil health.

#### Hemp

Known for its durability and low environmental footprint, hemp requires minimal water and pesticides to cultivate, making it a sustainable choice.

## **Food and Nutrition**

**Consuming 2 eggs, 1 spoon peanut butter or 1 cup quinoa does not mean you are meeting your daily protein requirement**

**Dr Nandini Sarwate, chief nutritional advisor, Utopian Drinks said that drastically changing one's diet can lead to various nutritional deficiencies and health problems. (Indian Express: 20240501)**

<https://indianexpress.com/article/lifestyle/food-wine/2-eggs-1-spoon-peanut-butter-quinoa-protein-benefits-risks-9293475/>

proteinHow much protein is too much protein? (Source: Freepik)

Protein-protein-protein...This complex molecule seems to be the be-all and end-all solution — vouched by many fitness trainers and nutritionists — regarding weight management and fat loss. While there is no denying that protein and fibre help you meet your fitness goals, how much you consume (and in what form) is equally important. As such, it is essential to take a look at your diet to understand whether your protein consumption is optimum.

Addressing the same, nutritionist Brooke Richardson shared a list of foods “high in protein that aren’t” on Instagram.

1. 2 eggs (100g) = 12g of protein
2. Peanut butter (1 tbsp) = 4g protein
3. Beans (1/2 cup- 1 serve) = 7-8g protein
4. Quinoa (1 cup- 1 serve) = 8g protein
5. Average yoghurt (1 cup) = 8.5g protein

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The average person (male & female) needs around 30-40g of protein per meal, Richardson said. “Now think about how you are going to achieve that with peanut butter or beans or even just 2 eggs. Grains and beans have a higher carbohydrate content than protein. Peanut butter is more a fat source than protein, and yoghurt is great but don’t think you are getting a good amount of protein when you add a dollop to your muesli.”

Protein is the building block to hormone health, blood sugar, metabolism, weight management, mood, and digestive health, Richardson said, adding that when you don’t prioritise a dense source of protein at each meal you expose yourself to cravings, energy shifts, poor sleep, weight gain, blood sugar swings, thyroid issues, and digestive issues. “I mean it. Women (particularly older women) don’t think they need protein anymore... But this couldn’t be further from the truth. A slice of bread with peanut butter for breaky isn’t going to cut it,” Richardson said.

She further mentioned that good sources of protein are

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1. Red meat
2. Seafood
3. Eggs...but you need to have more than 2 and add in some cheese
4. Add a clean whey or goat protein to your smoothie

Talking about a good source of protein, Dr Nandini Sarwate, chief nutritional advisor, Utopian Drinks said whey protein — which is albumin protein — is best utilised by the body, and absorbed too. “Egg contains about 13.5 per cent of protein and its bioavailability is the highest which is why egg is one of the best sources of natural protein,” said Dr Sarwate.

## ADVERTISEMENT

protein Are you having a balanced meal? (Source: Getty Images/Thinkstock)

Seafood is also a good source of protein with omega-3 fatty acids. “Red meat has approximately 25 per cent protein but fat content is also higher which is why the portion size needs to be controlled and its bioavailability is lesser than that of an egg,” said Dr Sarwate.

### Things to note

It’s about creating a well-rounded meal that includes good fats like ghee and coconut oil, along with carbohydrates and proteins. Clinical dietitian Garima Goyal underlined that non-vegetarian sources of protein such as seafood, meat etc are known as sources of complete protein which means they contain all the essential amino acids needed for growth and development. “Vegetarian sources of protein need to be consumed in combination to get all the essential amino acids, such as you need a cereal-pulse combination for getting complete quality of protein,” said Goyal.

According to Dr Sarwate, the ideal macronutrient ratio for most individuals is 45-65 per cent of their total calories from carbohydrates, 20-35 per cent from fat, and 10-35 per cent from protein. “For vegetarians, pulses and nuts are excellent sources of protein, while non-vegetarians can include eggs, fish, and meat in their diets,” said Dr Sarwate.

Also Read | [With or without the yolk: The best way to consume eggs is...](#)

Dr Sarwate said that drastically changing one’s diet can lead to various nutritional deficiencies and health problems. “Furthermore, staying hydrated, consuming plenty of fibre-rich fruits and vegetables, and getting a good 8-hour sleep are essential for maintaining the body’s balance and overall health. These habits, along with a balanced diet, contribute to optimal well-being and vitality. Remember, simplicity and balance are key to a healthy lifestyle,” said Dr Sarwate.

## **Covishield vaccine**

**Astrazeneca admits its Covishield vaccine can cause a rare side effect: Learn more about this condition(Indian Express: 20240501)**

<https://indianexpress.com/article/lifestyle/life-style/pharmaceutical-company-astrazeneca-covishield-vaccine-tts-rare-condition-9298471/>

“This development might affect public trust in vaccines,” says public health intellectual Dr Jagadish J Hiremath.

covishield, astrazeneca“AstraZeneca's acknowledgment of the link between Covishield and TTS may prompt enhanced safety monitoring and regulatory oversight for vaccines,” Dr Jagadish J Hiremath believes. (Source: Freepik)

According to a report by The Telegraph, AstraZeneca, the company behind the Covishield vaccine, has acknowledged in court documents for the first time that the vaccine may lead to a rare side effect. It said, “It is admitted that the AZ vaccine can, in very rare cases, cause TTS. The causal mechanism is not known.” This marks a notable reversal that could lead to a multi-million pound legal payout.

According to the report, the company is being sued in a class action over claims that its vaccine can cause a health issue called Thrombosis with Thrombocytopenia Syndrome (TTS). This condition leads to blood clots forming in the body and a decrease in the number of platelets in the blood. Covishield, developed by AstraZeneca and Oxford University, was widely used during the COVID-19 pandemic, including in India where it was produced by the Serum Institute.

What is TTS?

Dr Jagadish J Hiremath, a public health intellectual, elaborates, “Thrombosis with Thrombocytopenia Syndrome (TTS) is a rare condition characterised by the formation of blood clots (thrombosis) in blood vessels and a low number of blood platelets (thrombocytopenia). It has been observed as an extremely rare adverse effect associated with certain COVID-19 vaccines, notably those that use adenovirus vectors, like the AstraZeneca vaccine (Covishield).”

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The exact mechanism by which TTS occurs following vaccination with Covishield isn't fully understood. However, he adds, it is hypothesised that the vaccine may trigger an immune response that leads to platelet activation and the formation of blood clots, which is similar to autoimmune heparin-induced thrombocytopenia.

“This differs from non-vaccine related thrombosis where factors such as surgery, smoking, or obesity might trigger thrombosis without the immune-mediated platelet activation seen in TTS,” he says.

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Who is at risk?

While TTS is exceedingly rare, according to Dr Hiremath, certain factors might predispose individuals to this condition, such as age, gender (more common in younger women), and possibly genetic factors.

Health providers are encouraged to monitor for symptoms of TTS, especially in individuals more at risk, to manage and treat the condition promptly.

## ADVERTISEMENT

astrazeneca, covishield Thrombosis with Thrombocytopenia Syndrome (TTS) is a condition that leads to blood clots forming in the body and a decrease in the number of platelets in the blood. (Source: Freepik)

Clinical presentation and symptoms of TTS

He informs, “TTS typically presents symptoms like severe headache, blurred vision, chest pain, leg swelling, persistent abdominal pain, and shortness of breath appearing within a few weeks after vaccination.”

Early detection and treatment are crucial for recovery, thus both healthcare providers and patients are advised to be vigilant for these symptoms.



Implications of AstraZeneca's admission for vaccine safety monitoring and regulatory practices

"AstraZeneca's acknowledgment of the link between Covishield and TTS may prompt enhanced safety monitoring and regulatory oversight for vaccines," Dr Hiremath believes.

This development, he says, might affect public trust in vaccines, emphasising the need for transparent communication and robust vaccine surveillance systems to maintain public confidence in vaccination programs worldwide.

## **Blood pressure**

### **Study finds 2,000 genetic signals that influence blood pressure (New Kerala: 20240501)**

[https://www.newkerala.com/news/2024/25003.htm#google\\_vignette](https://www.newkerala.com/news/2024/25003.htm#google_vignette)

An international team of researchers has identified 2,000 independent genetic signals, including 113 new regions of the human genome that appear to influence a person's blood pressure.

Study finds 2,000 genetic signals that influence blood pressure

The study, based on data from over 1 million individuals and published in the journal Nature Genetics, demonstrates that blood pressure is a highly complex trait influenced by thousands of different genetic variants.

"We have now revealed a much larger proportion of the genetic contribution of blood pressure than was previously known," said Helen Warren, Senior Lecturer in Statistical Genetics at Queen Mary University of London.

"We are making our polygenic risk scores data publicly available. There are many different potential applications of genetic risk scores, so it will be exciting to see how our blood pressure scores can be used to address more clinically relevant questions in the future," she added.

For the study, the team combined four large datasets from genome-wide association studies (GWAS) of blood pressure and hypertension.

The additional genomic locations also explain a much larger part of the genetic differences in people's hypertension levels, the researchers said.

The findings could lead to potential new drug targets, and help to advance precision medicine in the early detection and prevention of hypertension (high blood pressure) -- a significant global burden increasing the risk of cardiovascular diseases.

## **Covid-19 vaccine**

### **Vax benefits outweigh risks of extremely rare potential side effects: AstraZeneca (New Kerala: 20240501)**

<https://www.newkerala.com/news/2024/24959.htm>

enefits of the Covid-19 vaccine far outweigh the risks of extremely rare potential side effects, pharma giant AstraZeneca said on Tuesday.

Vax benefits outweigh risks of extremely rare potential side effects: AstraZeneca

The company's response, in a statement to IANS, comes amidst furore over the company admitting in UK court documents that its vaccine against Covid-19, developed in partnership with Oxford University, can raise the risk of a rare and serious blood clot.

"From the body of evidence in clinical trials and real-world data, the AstraZeneca-Oxford vaccine has continuously been shown to have an acceptable safety profile," the statement said.

"Regulators around the world consistently state that the benefits of vaccination outweigh the risks of extremely rare potential side effects," it added.

The Oxford-AstraZeneca Covid vaccine, sold as Covishield in India and Vaxzevria in Europe is a viral vector vaccine developed using the modified chimpanzee adenovirus ChAdOx1.

In a legal document submitted to the UK High Court, in February, "AstraZeneca accepted that its Covid vaccine 'can, in very rare cases, cause TTS'", the Telegraph reported.

Thrombosis Thrombocytopenia Syndrome (TTS) is a disorder that causes people to have blood clots and a low blood platelet count.

A total of 51 cases have been lodged in the UK High Court against the pharmaceutical giant over claims that its Covid vaccine caused death and serious injury. The victims and grieving relatives have sought damages, estimated to be worth up to 100 million pounds, the report said.

The company also expressed sympathy with the people who suffered loss of lives or health due to its vaccine, and asserted that "patient safety is our highest priority".

"Our sympathy goes out to anyone who has lost loved ones or reported health problems," AstraZeneca said.

"Patient safety is our highest priority and regulatory authorities have clear and stringent standards to ensure the safe use of all medicines, including vaccines," the company added.

Meanwhile, health experts noted that AstraZeneca's Covid vaccine having side effects is nothing new in terms of information, and nothing new that should make us fearful.

"The furore about Covishield is quite surprising. Nothing new in terms of information and more importantly nothing in that information that should make us fearful of vaccines," Dr. Anurag Agrawal, a pulmonologist and Dean, BioSciences and Health Research, Trivedi School of Biosciences, Ashoka University, shared in a post on X.com.

## **Immunotherapy**

### **Immunotherapy safe and effective against allergies in kids under 5(New Kerala: 20240501)**

<https://www.newkerala.com/news/2024/24907.htm>

Immunotherapy is a safe and effective treatment against allergies in children under 5 years of age, doctors said on Thursday.

Immunotherapy safe and effective against allergies in kids under 5

Allergy is a global burden and allergies in children are a significant health concern that can affect their well-being and quality of life. The most common are allergic rhinitis, and conjunctivitis, with strong allergic sensitisation to house dust mites and pollen.

Dr Sarita Sharma, Senior Consultant, Paediatrician and allergy and asthma specialist, at PSRI hospital, told IANS that changes in the lifestyle, environment, and increasing pollution are contributing major factors to the increasing incidence of allergies over the past few decades.

"In children, symptoms can manifest as nasal symptoms (sneezing, running nose, nasal itching, and congestion) also known as allergic rhinitis, wheezing (asthma and hyper-reactive airway disease), cough, skin symptoms (dermatitis, urticaria), food allergy," she added.

While most people are under the impression that antihistamine drugs, inhalers and steroids are the only treatment available for allergies in children, immunotherapy is another medically proven choice for treatment in children above the age of 5 years.

"Immunotherapy is the only disease-modifying agent available if instituted in the correct dose, duration, and disease," Dr Dhiren Gupta, Senior Paediatrician at Sir Ganga Ram Hospital, told IANS.

"Immunotherapy improves symptoms, and quality of life, decreases the use of medicines, and has long-lasting symptom relief. In sublingual immunotherapy, the allergen preparation is administered under the tongue. The US FDA has approved certain allergens for immunotherapy like dust mite, grass, ragweed, etc," Dr Sharma said.

However, the doctors noted that it's important to consult with an allergist to determine if immunotherapy is suitable for your child and also the risks and benefits associated with it.

"Immunotherapy should be instituted early before irreversible changes happen in the airway. It's not 100 per cent curative. The average duration is 3 years. The response depends on the type of allergy and route of immunotherapy," Dr Gupta said, calling for more studies based on the Indian population.

## **TTS risk**

### **AstraZeneca admits Covishield jab raises TTS risk. Should you be worried? (New Kerala: 20240501)**

<https://www.newkerala.com/news/2024/24899.htm>

Thrombosis Thrombocytopenia Syndrome (TTS) -- a blood clot disorder -- is a rare side effect of AstraZeneca's Covid vaccine, and the benefits far outweigh the risks of the jab, said doctors here on Tuesday.

AstraZeneca admits Covishield jab raises TTS risk. Should you be worried?

This comes after reports said that AstraZeneca has for the first time accepted in court documents that its vaccine, developed in partnership with Oxford University, can raise the risk of a rare and serious blood clot.

The Oxford-AstraZeneca Covid vaccine, sold as Covishield in India and Vaxzevria in Europe is a viral vector vaccine developed using the modified chimpanzee adenovirus ChAdOx1.

Covishield manufactured and marketed in India in partnership with Serum Institute of India (SII), was widely administered in the country -- to almost 90 per cent of the Indian population.

"Thrombotic Thrombocytopenic Syndrome (TTS) is one of the rare but very serious adverse effects that has happened as part of Vaccine-induced Immune Thrombotic Thrombocytopenic Purpura (VITTP). The incidence has been as low as one in 50,000 (0.002 per cent), but in a huge population, the number becomes sizeable," infectious disease expert Dr Ishwar Gilada, told IANS.

"TTS is a very rare condition resulting from an abnormal immune response. Although it has several causes, it has also been linked with adenovirus vector vaccines and the WHO published a report on May 27, 2021 about it," Dr Rajeev Jayadevan, co-chairman of the Indian Medical Association's National Covid-19 Task Force, told IANS.

What is the case?

The British-Swedish multinational pharmaceutical company has admitted for the first time in the UK court documents that its Covid vaccine can cause a rare blood clot risk, the Telegraph reported.

About 51 cases have been lodged in the UK High Court against the pharmaceutical giant over claims that its Covid vaccine caused death and serious injury.

The victims and grieving relatives have sought damages, estimated to be worth up to 100 million pounds, the report said.

Although AstraZeneca is contesting the claims "it has accepted, in a legal document submitted to the High Court in February that its Covid vaccine 'can, in very rare cases, cause TTS'", the report said.

TTS causes people to have blood clots and a low blood platelet count.

AstraZeneca's Covid vaccine and link to TTS?

In India, almost 90 per cent of people who received Covid vaccine, received the AstraZeneca vaccine which in India is called Covishield. It is made from a harmless cold virus, which is from chimpanzees and is called adenovirus.

"Once this virus is genetically modified or engineered to match the SARS-CoV-2, a causative organism for Covid-19, this works on a spike protein. So, the vaccine is incorporated with the S spike protein genetic sequence," said Dr Gilada, Secretary General People's Health Organisation-India, Mumbai

Explaining the mechanism of potential TTS risk, he said that the vaccine is injected in the arm which is in the deltoid muscle. However, "sometimes instead of just getting into muscles, it also enters the bloodstream. Once it enters the bloodstream, the adenovirus in the vaccines acts like a

magnet, with a special affinity to a type of protein in the blood called platelet factor 4 (PF4)," the doctor said.

"While PF4 is normally used by the body to promote coagulation in blood, in rare instances, the body's immune system confuses it as a foreign body or foreign invader and then releases antibodies to attack it -- called mistaken identity.

"It is theorised that such antibodies then react and clump together with PF4, forming the blood clots that have become so heavily linked with the vaccine. Such clots in the brain and heart can cause disastrous adverse effects," the doctor said.

Should all Covishield vaccine takers be worried?


"No, we need not because it has happened to a very few people," Dr Gilada said.

"The difficulty is to distinguish between the complications that are caused by Covid itself or long-Covid or the vaccine. That remains debatable and indistinguishable for the scientific community as also the legal fraternity," he added.

Importantly, Dr Jayadevan said: "People who are vaccinated have an overall lower risk of death from Covid as well as complications such as post-Covid heart attacks and strokes afterwards."

"Although there are extremely rare serious side effects for vaccines, the benefits far outweigh the risks. Covid vaccines have prevented hundreds of thousands of people from dying. For example, in the US, 232,000-318,000 people have died from Covid, due to refusal to vaccinate from disproportionate fear of vaccination," he added.

✓ AstraZeneca admits Covishield jab raises TTS risk. Should you be worried?

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## **Genetic inflammatory disease**

### **Study discovers how protein is responsible for genetic inflammatory disease(New Kerala: 20240501)**

<https://www.newkerala.com/news/2024/24855.htm>

team of researchers revealed the significance of a particular protein complex in some types of immunological dysregulation.

Research led by Dr Hirotsugu Oda from the University of Cologne's CECAD Cluster of Excellence for Ageing Research and the findings could lead to novel therapeutic methods aimed at decreasing autoinflammation and 'repairing' the immune systems of patients suffering from a hereditary malfunction of this protein complex. The study 'Biallelic human SHARPIN loss of function produces autoinflammation and immunodeficiency' was published in the journal Nature Immunology.

LUBAC, the linear ubiquitin assembly complex comprising the proteins HOIP, HOIL-1, and SHARPIN, has long been recognized for its critical role in maintaining immune homeostasis. Previous studies conducted on mouse models have elucidated the profound consequences of SHARPIN loss, leading to severe dermatitis due to excessive cell death of skin cells. However, the specific implications of SHARPIN deficiency in human health have remained elusive until now.

The research team reports for the first time on two human individuals with SHARPIN deficiency who exhibit symptoms of autoinflammation and immunodeficiency, but unexpectedly do not manifest dermatological issues as indicated by the relevant animal model. Upon further investigation, these individuals displayed a pathway that is crucial for immune response, the so-called compromised canonical NF- $\kappa$ B response.

They also showed increased susceptibility to cell death mediated by tumour necrosis factor (TNF) superfamily members. Treatment of one SHARPIN-deficient individual with anti-TNF therapies, which specifically suppress TNF-induced cell death, resulted in the complete resolution of autoinflammation at the cellular level and in clinical presentation.

The study shows that excessive and unchecked cell death plays a critical role in human genetic inflammatory diseases. Oda's team added SHARPIN deficiency as a novel member of human genetic inflammatory diseases, which they propose to name 'inborn errors of cell death'.

The study was initiated at Dr Dan Kastner's lab at the National Institutes of Health (NIH) in the USA. The scientists there had the opportunity to see one patient with childhood-onset unexplained fever episodes, arthritis, colitis and immunodeficiency. Upon obtaining informed consent, they performed exome sequencing of the patient and the family members and discovered that the patient had a deleterious genetic variant in the SHARPIN gene, leading to undetectable levels of SHARPIN protein.

They further revealed that the patient cells show an increased propensity for cell death both in cell culture dishes and in patient biopsies. The team further observed that the development of lymphoid germinal centres - the specialized microstructures in adenoids which are critical for the maturation of the B cells of our immune system, and thus antibody production - was markedly diminished due to increased B cell death. These findings account for the immunodeficiency in patients and highlight the pivotal role of LUBAC in immune homeostasis in humans.

"Our research underscores the critical importance of LUBAC in safeguarding against immune dysregulation. By elucidating the molecular mechanisms underlying LUBAC deficiency, we pave the way for novel therapeutic strategies aimed at restoring immune homeostasis," said Oda, the lead author of the study.

He added, "One of the patients with SHARPIN deficiency had been dependent on a wheelchair for years before we first saw him. His ankles were inflamed, and it was too painful to walk. The genetic diagnosis enabled us to target the right molecular pathway underlying his conditions."

Since being placed on anti-TNF therapies, the patient has been symptom-free for almost seven years. "As both a clinician and a scientist, I am thrilled to have the opportunity to positively impact one patient's life through our research," Oda concluded.

## **STD**

### **Rising STDs a concern for increasing infertility in India: Doctors(New Kerala: 20240501)**

<https://www.newkerala.com/news/2024/24832.htm>

he spike in the number of Sexually Transmitted Diseases (STDs) like chlamydia, gonorrhoea, syphilis, and mycoplasma genitalium are contributing to infertility in India, warned doctors on Tuesday.

Sexually Transmitted Infections (STIs) may pass from one infected person to another via blood, semen, vaginal, and other bodily fluids through sexual contact.

While these are usually asymptomatic, they can cause serious complications like infertility, both in men and women, if left untreated.

According to the World Health Organisation (WHO), almost 1 million people worldwide contract STDs.

Each year, about 30 million people in India alone contract STDs.

On the other hand, a recent Lancet study showed that India's Total Fertility Rate (TFR) -- the average number of children born per woman -- is dipping irreversibly to 1.29, far lower than the replacement rate of 2.1.

Explaining the link between the two, gynaecologist Dr. Manisha Singh from Fortis Hospital, Bengaluru, told IANS, "STIs like chlamydia, gonorrhoea, syphilis, and Mycoplasma genitalium can sneakily mess with fertility. They cause inflammation and scarring in reproductive organs, like the fallopian tubes in women or sperm ducts in men."

"Chlamydia and gonorrhoea are the two most common infections in women that can cause infertility. These infections cause pelvic inflammatory disease (PID) which can lead to chronic inflammation and damage to reproductive organs, like the fallopian tubes and uterus, making it difficult to conceive," added Dr. Dhivya Chandrasekar, Consultant - Obstetrician & Gynecologist, Motherhood Hospitals, Bengaluru.

"In men, it results in inflammation of the urethra, testicles, and other reproductive organs, which can lead to severe conditions like epididymitis or prostatitis, harming sperm production and quality," she told IANS.

The doctors said detecting and treating these infections early and having safe sex, are crucial to protect fertility.

When the tubes get blocked, one may require In Vitro Fertilisation (IVF), where fertilisation happens outside the body in a lab, as it can't occur naturally within the fallopian tubes.

"If you suspect the presence of an STI, it is best to get it diagnosed at the earliest. One must prioritise preventive measures like when used correctly and consistently, condoms offer one of the most effective methods of protection against STIs, including HIV," Dr. Dhivya said.

## Water After Fruits

इन फलों को खाकर पानी पिया तो होगा सेहत को नुकसान, जानें क्या है कारण

**Avoid Water After Fruits: कुछ फलों को खाने के बाद पानी ना पीने की सलाह दी जाती है। दरअसल, जब रसीले, पानी वाले फलो को खाने के बाद और लिक्विड पीते हैं तो इससे (Hindustan: 20240501)**

<https://www.livehindustan.com/lifestyle/health/story-side-effects-of-drinking-water-after-eating-fruits-like-watermelon-or-muskmelon-9892955.html>

घर के बड़े-बुजुर्ग अक्सर फलों को खाने के बाद पानी ना पीने की सलाह देते हैं। लेकिन क्या आप जानते हैं कि आखिर फलों को खाने के बाद पानी ना पीने की

सलाह क्यों दी जाती है। वैसे तो हाइड्रेशन बेहद जरूरी है लेकिन कुछ फलों को खाने के बाद भूलकर भी पानी नहीं पीना चाहिए। जानें क्यों?क्यों

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तरबूज खाने के बाद ना पिएं पानी

तरबूज खाने के बाद अगर पानी पिया तो ये गैस्ट्रो इंटेस्टाइनल ट्रैक पर असर डालता है। दरअसल, तरबूज में पानी की मात्रा ज्यादा होती है। साथ ही शुगर और

फाइबर होते हैं। जब आप तरबूज खाकर पानी पीते हैं तो बैक्टीरिया सीधे पेट में पहुंच जाते हैं। जिससे पेट से जुड़ी दिक्कतें होने लगती हैं।

### खरबूज

तरबूज के साथ ही खरबूज भी मीठे और रसीले फलों में गिना जाता है। खरबूज को खाने के बाद भी पानी ना पीने की सलाह दी जाती है। क्योंकिक्यों खरबूज में नेचुरल

शुगर यानी फ्रक्टोज होता है जो सीधे पेट में पहुंचकर डाइजेशन को बिगाड़ देता है।

रलीसे फलों को खाने के बाद ना पिएं पानी

खीरा, ककड़ी, स्ट्रॉ बेरी, ऑरेंज, अंगूर जैसे फलों को खाने के बाद भूलकर भी पानी नहीं पीना चाहिए। पानी वाले फलों को खाने के बाद जब आप पानी पी लेते हैं

तो पेट का पीएच लेवल बिगड़ जाता है। साथ ही डायरिया होने और डाइजेस्टिव सिस्टम बिगड़ने का डर रहता है।

### केला

केला खाने के बाद अगर फौरन पानी पी लिया जाए तो इससे शरीर में इंसुलिन की मात्रा बढ़ने लगती है। साथ ही ब्लड शुगर लेवल हाई हो जाता है। इसलिए केला

खाने के बाद पानी नहीं पीना चाहिए।

### जामुन

जामुन भी उन फलों में शामिल है, जिसे खाने के बाद हेल्थ पर बुरा असर पड़ता है। अगर जामुन खाकर पानी पिया तो जुकाम होने का खतरा रहता है।

कितने समय बाद पानी पीना है सही

एक्सपर्ट्स के मुताबिक किसी भी रसीले फलों को खाने के करीब एक घंटा बाद ही किसी तरह के दूसरे लिक्विड पानी या दूध को पीना चाहिए।

### ऐप पर पढ़ें

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कांग्रेस ने देवेन्द्र यादव को ही क्यों सौंपी सौं दिल्ली की कमान, जानें वजह हमास से नई डील पर नेतन्याहू ने डाला अड़ंगा,राफा में कल्लेआम की खाई कसम

हमास के समर्थन में कोलंबिया यूनिवर्सिटी में हंगामा, कैपस में पुलिस LIVE: पंजाब बोर्ड 12वीं रिजल्ट Direct Link, कुछ देर में होगा एक्टिव

पीलीभीत में भीषण सड़क हादसे में तीन महिलाओं की मौत, पेड़ से टकराई गाड़ YRKKH: अरमान के गाल पर पड़ेगा जोरदार थप्पड़, रूही से गुस्सा होंगेहों गेबड़े पापा

राजस्थान में बीजेपी हारी इलेक्शन तो भजनलाल का क्या फ्यूचर? जानें सबकुछ दोनों में थी वासना, बस लड़का बलि का बकरा बना; POCSO केस में बोली अदालत

हार्ले डेविडसन खरीदने वालों की मौज, अब भारतीय बाजार में मिलेंगे इतने सारे मॉडल भीषण गर्मी में बाहर निकलने से बचें, जानिए आज कहां-कहां लू का रेड अलर्ट

## **Best Way to Consume Honey:**

**सेहत के लिए फायदेमंद है शहद, क्या आप जानते हैं इसे खाने का सही तरीका?**

**Best Way to Consume Honey: सेहत के लिए शहद को काफी ज्यादा फायदेमंद माना जाता है। लेकिन गलत समय पर खाने से समस्या हो सकती है। जानिए, शहद खाने का सही(Hindustan: 20240501)**

**तरीका।**

<https://www.livehindustan.com/lifestyle/health/story-do-you-know-the-best-way-and-time-to-eat-honey-9892646.html>

शहद काफी ज्यादा गुणकारी होता है। तभी शरीर को हेल्दी रखने के लिए रोजाना शहद खाने की सलाह दी जाती है। शक्तिशाली औषधि के रूप में इस्तेमाल

किया जाता है। इसका इस्तेमाल पुराने समय से ही औषधि के रूप में किया जाता है। शहद में मौजूद गुण शरीर को इन्फेक्शन, सर्दी-जुकाम से बचाने के साथ-साथ

इम्यूनिटी बूस्ट करने का काम करते हैं। इसके अलावा ये फेफड़ों, डों पेट आदि को भी दुरुस्त रखता है। हालांकि, ज्यादा फायदे पाने के लिए इसे सही तरीके और

समय पर खाना जरूरी है। आयुर्वेदिक डॉ वरलक्ष्मी यनमन्द्रा भी इसकी जानकारी अपने इंस्टाग्राम पोस्ट को जरिए दे चुकी हैं। जानिएएप पर पढ़ें

ई- पेपर शहर चुनें

होम राज्य देश किज

NEW IPL UK बोर्ड रिजल्ट

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विज्ञापन

क्या है शहद खाने का सही तरीका

- शहद को खाने का सबसे अच्छा और बेस्ट तरीका है कि एक गिलास पानी को गर्म करें और जब ये गुनगुना हो जाए तो इसमें एक चम्मच शहद मिलाएं।

- शहद को आप यही चम्मच से भी खा सकते हैं। स्वाद बढ़ाने के लिए इसमें काली मिर्च और दालचीनी मिला सकते हैं। इससे कई तरह की चीजों से निपट सकते

हैं।

क्या है शहद खाने का सही मौसम

अगर आप किसी भी चीज को सही समय पर खाएंगे तो आपको खूब फायदा मिलेगा। रिपोर्ट्स की मानें तो वसंत ऋतु और बरसात का मौसम शहद खाने के लिए

सबसे अच्छा है।

इन गलतियों से बचें

कुछ एक्सपर्ट्स कहते हैं कि गर्मी के मौसम और बहुत ज्यादा हीट होने पर अवॉइड करें। इसे आप घी के साथ ना मिलाएं।

दिन के किस समय पर खाएं शहद

अगर आप सही समय पर चीजों को खा लेते हैं तो फिर उससे होने वाली समस्या से बच सकते हैं। बात करें शहद की तो इसे सुबह के समय खाना अच्छा माना

जाता है। सुबह के समय शहद खाने से आपको दोगुने फायदे मिलते हैं।

बार-बार अलग वेट बताती है मशीन, तो जानिए वजन चेक करने का सही समय

यह भी पढ़ें

ऐप पर पढ़ें

### **Summer Heat:**

**Summer Heat: तेज धूप से घर लौटें तो ना करें ये काम, जानें कैसे दूर होगी शरीर की गर्मी**

**Heat Safety awareness: तेज धूप का प्रकोप दिन पर दिन बढ़ता ही जा रहा। ऐसे में काम के सिलसिले में घर से बाहर निकल रहे तो इस दौरान कुछ बातों का ध्यान रखना जरूरी है।**

**तेज धूप से घर लौटें तो ये काम ना करें।(Hindustan: 20240501)**

<https://www.livehindustan.com/lifestyle/health/story-summer-safety-tips-precautions-after-returning-home-from-heat-what-not-to-do-9892634.html>

गर्मी का प्रकोप दिन पर दिन बढ़ता ही जा रहा है। बढ़ते तापमान के साथ ही गर्म हवाएं और भी ज्यादा मौसम को गर्म बना रही है। ऐसे में घर से बाहर निकलना

मुश्किल हो जाता है। लेकिन काम के सिलसिले में तो धूप में जाना ही पड़ता है। ऐसे में कुछ सावधानियां रखनी जरूरी है। जिससे कि तेज धूप का असर आपकी



सेहत पर ना हो और हीट वेव से आप बेहोश ना हो जाएं। अक्सर लोग तेज धूप से जैसे ही घर या ऑफिस पहुंचते हैं। तो कुछ गलतियों को कर देते हैं। जिसकी

वजह से बुखार, चक्कर आने जैसी समस्या होने लगती है। जानें तेज धूप से घर लौटें तो क्या करें और क्या ना करें।

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश क्विज

NEW IPL UK बोर्ड रिजल्ट

NEW मनोरंजन करियर JAC बोर्ड रिजल्ट

NEW वेब स्टोरी बिजनेस धर्म

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विज्ञापन

फौरन ना जाएं एसी में

बहुत ज्यादा देर धूप में रहने के बाद अगर आप घर पहुंचे हैं तो एसी में बिल्कुल ना जाएं। बल्कि कुछ देर पंखे की हवा ही लें। जिससे एक बार शरीर का तापमान

नॉर्मल हो जाए और पसीना सूख जाए। उसके बाद ही एसी या कूलर में जाएं।

फौरन ना बदलें कपड़ा

जैसे ही तेज धूप से घर लौटें तो फौरन कपड़ा बदलकर नहाने की गलती ना करें। बल्कि पांच से दस मिनट कपड़े को ढीला छोड़कर हवा लें। फिर कपड़े को

बदले।

ना नहाएं फौरन

साथ ही फौरन नहाने की गलती भूलकर भी ना करें। इससे हीटस्ट्रो क होने का खतरा हो सकता है। तेज धूप से सीधा ठंडे पानी को शरीर पर डालने से मांसपेशियों

में जकड़न की समस्या हो सकती है।

तेज धूप से आकर फौरन ठंडा पानी ना पिएं

तेज धूप की वजह से गला सूख सकता है। लेकिन घर लौटते ही बिल्कुल ठंडा पानी बिल्कुल ना पिएं। शरीर के तापमान को सामान्य होने के बाद ही नॉर्मल टेंपरेचर

पर रखा पानी पिएं।

हल्के कपड़े पहनें

घर आने के बाद हल्के, कॉटन के और ब्रीदेबल कपड़ों को पहनें। जिससे शरीर को हवा लगे और ठंडक महसूस हो।

आराम करें

धूप और गर्मी की वजह से शरीर बिल्कुल थकान महसूस करने लगता है। इसलिए कुछ देर थकावट दूर करें और आराम करें। उसके बाद ही मेहनत वाला काम

करना शुरू करें।

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

यह भी पढ़ें

ऐप पर पढ़ें

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Heat Stroke Summer

JAC 12th result लेटेस्ट Hindi News ,उत्तराखंड बोर्ड रिजल्ट , लोकसभा चुनाव 2024, बॉलीवुड न्यूज, बिजनेस न्यूज, टेक, ऑटो, करियर ,और

राशिफल, पढ़ने के लिए Live Hindustan App डाउनलोड करें।

ऐप पर पढ़ें

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