



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20240503

Food and Nutrition

We think we control our health – but corporations selling forever chemicals, fossil fuels and ultra-processed foods have a much greater role (Indian Express: 20240503)

<https://indianexpress.com/article/lifestyle/health/control-our-health-corporations-forever-chemicals-fossil-fuels-ultra-processed-foods-9303033/>

The status quo means corporations can keep selling dangerous or lethal products for much longer than they should

What's on your plate? (Source: Getty Images/Thinkstock)

You go to the gym, eat healthy and walk as much as possible. You wash your hands and get vaccinated. You control your health. This is a common story we tell ourselves. Unfortunately, it's not quite true.

Factors outside our control have huge influence – especially products which can sicken or kill us, made by companies and sold routinely.

For instance, you and your family have been exposed for decades to dangerous forever chemicals, some of which are linked to kidney and testicular cancers. You're almost certainly carrying these chemicals, known as PFAS or forever chemicals, in your body right now.

And that's just the start. We now know exposure to just four classes of product – tobacco, alcohol, ultra-processed foods and fossil fuels – are linked to one out of every three deaths worldwide. That is, they're implicated in 19 of the world's 56 million deaths each year (as of 2019). Pollution – largely from fossil fuels – is now the single largest environmental cause of premature death. Communities of colour and low-income communities experience disproportionate impacts. Over 90% of pollution related deaths occur in low middle income countries.

This means the leading risk factor for disease and death worldwide is corporations who make, market and sell these unhealthy products. Worse, even when these corporations become aware of the harms their products cause, they have often systematically hidden these harms to boost profits at the expense of our health. Major tobacco, oil, food, pharmaceutical and chemical corporations have all applied similar techniques, privatising the profits and spreading the harms.

Profit and loss statements

Festive offer

When companies act to conceal the harm their products do, they prevent us from protecting ourselves and our children. We now have many well-documented cases of corporate wrongdoing, such as asbestos, fossil fuels, pesticides, herbicides sugar, silica, and of course tobacco. In these instances, corporations intentionally manufactured doubt or hid the harms of their products to delay or prevent regulation and maintain profits.

Decades of empirical evidence shows these effective tactics have actually been shared and strategically passed from one industry or company to the next.

For instance, when large tobacco companies Philip Morris and R.J. Reynolds bought food companies Kraft, General Foods and Nabisco in the 1980s, tobacco executives brought across marketing strategies, flavouring and colourings to expand product lines and engineered fatty, sweet and salty hyperpalatable foods such as cookies, cereals and frozen foods linked to obesity and diet-related diseases. These foods activate our reward circuits and encourage us to consume more.

Or consider how 'forever chemicals' became so widespread. A team of scientists (including this article's co-author) investigated previously secret internal industry documents from 3M and DuPont, the largest makers of forever chemicals PFOA and PFOS.

The documents showed both 3M and DuPont used tactics from the tobacco industry's playbook, such as suppressing unfavourable research and distorting public debate. Like Big Tobacco, 3M and DuPont had a financial interest in suppressing scientific evidence of the harms of their products, while publicly declaring in-demand products such as Teflon were safe.

For decades, forever chemicals PFOA and PFOS have been used to make Teflon pans, Scotchgard, firefighting foam and other non-stick materials. By the early 2000s, one of these, PFOS, ended up in our blood at 20 times the level its manufacturer, 3M, considered safe.

As early as 1961, the chief toxicologist at DuPont's Teflon subsidiary reported the company's wonder-material had "the ability to increase the size of the liver of rats at low doses", and recommended the chemicals be handled "with extreme care". According to a 1970 internal memo, the DuPont-funded Haskell Laboratory found the chemical class C8 (now known as PFOA/PFOS) was "highly toxic when inhaled and moderately toxic when ingested".

Both 3M and DuPont did extensive internal research on the risks their products posed to humans, but they shared little of it. The risks of PFOA including pregnancy-induced hypertension, kidney and testicular cancers, and ulcerative colitis was not publicly established until 2011.

Now, 60 years after DuPont first learned of the harms these products could cause, many countries are facing the human and environmental consequences and a very expensive cleanup.

Even though the production of PFOA and PFOS is being phased out, forever chemicals are easily stored in the body and take decades to break down. Worse, PFOA and PFOS are just two of over 15,000 different PFAS chemicals, most of which are still in use.

How can we prevent corporate injury to our health?

My co-author and I work in the field known as commercial determinants of health, which is to say, the damage corporations can do to us.

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One of the key ways companies have been able to avoid regulation and lawsuits is by hiding the evidence. Internal studies showing harm can be easily hidden. External studies can be influenced, either by corporate funding, business-friendly scientists, legal action or lobbying policymakers to avoid regulation.

Here are three ways to prevent this happening again:

- 1) Require corporations to adhere to the same standards of data sharing and open science as independent scientists do.

If a corporation wants to bring a new product to market, they should have to register and publicly release every study they plan to conduct on its harms so the public can see the results of the study.

2) Sever the financial links between industry and researchers or policymakers.

Many large corporations will spend money on public studies to try to get favourable outcomes for their own interests. To cut these financial ties means boosting public health research, either through government funding or alternatives such as a tax on corporate marketing. It would also mean capping corporate political donations and bringing lobbying under control by restricting corporate access and spending to policymakers and increasing transparency. And it would mean stopping the revolving door where government employees or policymakers work for the industry they used to regulate once they leave office.

3) Mandate public transparency of corporate funding to researchers and policymakers.

In 2010, the United States introduced laws to enforce transparency on how much medical and pharmaceutical companies were spending to influence the products doctors chose to use. Research using the data unearthed by these laws has shown the problem is pervasive. We need this model for other industries so we can clearly see where corporate money is going. Registries should be detailed, permanent and easy to search.

These steps would not be easy. But the status quo means corporations can keep selling dangerous or lethal products for much longer than they should.

In doing so, they have become one of the largest influences on our health and will continue to harm generations to come – in ways hard to counter with yoga and willpower. And your health is more important than corporate profits.

Blindness

Scientists find potential treatment target for leading cause of blindness (The Tribune: 20240503)

<https://www.tribuneindia.com/news/health/scientists-find-potential-treatment-target-for-leading-cause-of-blindness-617088>

AMD is a condition characterised by abnormal blood vessel growth in the back of the eye.

Scientists find potential treatment target for leading cause of blindness

Photo for representation only.

US scientists have found answers to why treatment for neovascular age-related macular degeneration (AMD) -- a leading cause of blindness -- does not benefit all; and also developed a potential antibody treatment.

AMD is a condition characterised by abnormal blood vessel growth in the back of the eye.

Older age, diabetes, obesity, and many other chronic metabolic diseases lead to excessive vascular growth and damage to the macula -- the part of the eye that translates light into image signals.

The first line of defence is usually the Anti-VEGF therapy, which blocks vascular endothelial growth factor and keeps excessive blood vessel growth at bay. However, it only works well for around a third of patients, said the team from the Medical College of Georgia (MCG).

"Fibroblast cells" are the reason, they found.

"Collagen and many other proteins produced by these fibroblast cells accumulate outside of the vascular cells and eventually lead to fibrosis or scarring in the eye. This keeps the excess vasculature from being suppressed by anti-VEGF treatments," revealed the study, published in the journal Science Translational Medicine.

"We show, for the first time in this study, that many fibroblast cells are actually produced by these excessive endothelial cells," said Yuqing Huo, the Director of the Vascular Inflammation Programme at MCG's Vascular Biology Center.

To prevent this from happening, the team targeted the adenosine receptor 2A (Adora2a) -- a G-protein-coupled adenosine receptor found in high levels in the brain, immune cells, and blood vessels.

Although crucial in modulating inflammation, myocardial oxygen consumption, and coronary blood flow, in excess, adenosine can lead to excessive blood vessel growth.

Using genetically engineered mice that develop fibrosis in the backs of their eyes, the researchers delivered an Adora2a agonist (KW6002), which binds to the receptor and blocks its function. The mice demonstrated decreased fibrosis in the eye, the team said.

"An antibody could really block both excessive blood vessel growth, the early stage of AMD, and fibrosis, the late stage of AMD. Our findings indicate that blocking Adora2a can certainly target multiple stages of this disease, which might be much more efficient than current treatments," Huo said.

Poor health

Men at high risk of early death, women face more poor health: Lancet study (The Tribune: 20240503)

Covid, the leading cause of health loss in 2021, affected 45 per cent more men than females

<https://www.tribuneindia.com/news/health/men-at-high-risk-of-early-death-women-face-more-poor-health-lancet-study-617083>

Men are at higher risk of premature death than women, but females tend to spend more of their lifetime in poor health, according to a new global study published in the journal Lancet Public Health on Thursday.

The findings, based on data from the Global Burden of Disease Study 2021 to compare the total number of life years lost to illness and premature death, reveal stark differences between females and males across the 20 leading causes of disease burden over the past 30 years. It also underscores the need for gender-responsive approaches to health.

Musculoskeletal conditions, mental health conditions, and headache disorders, which though non-fatal lead to poor health, were found to be more prevalent among women.

These conditions increase with age and as women tend to live longer than males, they face higher levels of illness and disability throughout their lives.

On the other hand, men were found to be affected by Covid-19, road injuries, cardiovascular diseases, and respiratory and liver diseases -- all leading to their premature death.

"One key point the study highlights is how females and males differ in many biological and social factors that fluctuate and, sometimes, accumulate over time, resulting in them experiencing health and disease differently at each stage of life and across world regions," said Luisa Sorio Flor at the Institute for Health Metrics and Evaluation (IHME), University of Washington, US.

"The challenge now is to design, implement, and evaluate sex- and gender-informed ways of preventing and treating the major causes of morbidity and premature mortality from an early age and across diverse populations," Dr Luisa added.

Ischaemic heart disease, lung cancer, and chronic kidney disease, sex differences tend to affect men at young ages and widen over the life course. Covid, the leading cause of health loss in 2021, affected 45 per cent more men than females.

"The timing is right for this study and calls to action -- not only because of where the evidence is now, but because Covid-19 has starkly reminded us that sex differences can profoundly impact health outcomes," Luisa said.

Covishield side-effects

PIL seeks directions to study possible Covishield side-effects (The Tribune: 20240503)

<https://www.tribuneindia.com/news/india/pil-seeks-directions-to-study-possible-covishield-side-effects-616817>

A Delhi-based lawyer on Wednesday moved the Supreme Court seeking directions to study the possible side-effects of AstraZeneca's Covishield vaccine, one of two vaccines which was administered to millions of Indians during Covid-19 pandemic.

"The issue has to be looked upon by the Union government on priority so that in future no risk may occur regarding the health and life of Indian citizens," advocate Vishal Tiwari said in his PIL filed after AstraZeneca admitted before a court in the UK that Covishield can potentially cause a rare side-effect associated with blood clotting.

Tiwari submitted that AstraZeneca has accepted a link between the vaccine and Thrombosis with Thrombocytopenia Syndrome (TTS), a medical condition characterised by abnormally low levels of platelets and the formation of blood clots. He urged the top court to set up a medical expert panel under the supervision of a retired apex court judge. The panel should have medical experts from All India Institute of Medical Science to examine the side-effects of Covishield and its risk factors. — TNS

Judges don't have holidays even on weekends: SC

Often criticised for long vacations, the Supreme Court on Wednesday said those who say that the top court and high courts take long vacations don't understand that judges don't have holidays even on Saturdays and Sundays.

Covild (The Asian Age: 20240503)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=17994942>

A 'Covishield' Aftershock!

VIKRAM SHARMA

Fears of deadly side effects from Covid vaccines, Covishield in particular, has just got real and scary. With British pharmaceutical giant, AstraZeneca admitting that the vaccine developed by it and marketed as Covishield in India, can result in a rare side effect known as — Thrombosis with Thrombocytopenia Syndrome (TTS) — anger and panic looms large among the Indian population, who were administered more than 175 crore doses of Covishield.

Obviously, the regret now, which is racing across many minds is that they should have chosen Covaxin over Covishield and stayed safe.

But if one were to go by what the union health ministry and the World Health Organisation (WHO) had said back in 2021, it was known that Covishield did have rare side effects. Perhaps, that got lost in the panicky race to get oneself administered with a vaccine.

SO WHAT IS TTS?

Dr K Subba Reddy of Apollo Hospitals says TTS is a rare condition seen as complication of adenoviral vaccines. "In this condition, blood clots can be found in any organ especially brain, stomach, legs and lungs.

TURN TO PAGE 12

More than 175 crore doses of Covishield vaccine have been administered to people across India. Now, they are all worried after the vaccine developer AstraZeneca admitted a rare side effect called TTS



—Dr K Subba Reddy, Apollo Hospitals



THAT TTS COULD BE a rare side effect was known and was even reported in 2021 as well. For any vaccine or drug for that matter, there will be adverse reactions. But, we look at the risks and benefits. In this case, the benefits far outweighs the risk of this particular complication. As doctors we have also taken all the doses of Covishield. We have also taken the booster doses too. We all know that there is a risk of particular syndrome, but it is a rare side effect."

—Dr Aarathi Bellary, Consultant Internal Medicine, KIMS Hospitals,

TTS IS A RARE CONDITION seen as complication of adenoviral vaccines. In this condition, blood clots can be found in any organ especially brain, stomach, legs and lungs. But is a very rare condition and can be treated by Haematologist and specialty doctor. Treatment is giving Intravenous Immunoglobulins, Blood thinners (anti coagulation) and intensive care management."

● IN MARCH 2021, VARIOUS COUNTRIES INCLUDING GERMANY, AUSTRIA, FRANCE, NORWAY, NETHERLANDS, DENMARK AMONG OTHERS TEMPORARILY PAUSED THE USE OF ASTRAZENECA VACCINE AFTER FEW CASES OF BLOOD CLOTTING WERE REPORTED. LATER, THE WORLD HEALTH ORGANISATION (WHO) ANNOUNCED THAT TTS WAS BEING REPORTED IN SOME CASES AFTER COVISHIELD SHOTS WAS ADMINISTERED. HOWEVER, IT DID SAY THAT THE RISK IS VERY LOW.

● A PETITION SEEKING THE CONSTITUTION OF AN EXPERT MEDICAL PANEL TO STUDY THE RISK FACTORS FROM COVISHIELD HAS BEEN FILED IN THE SUPREME COURT OF INDIA TODAY, FOLLOWING ASTRAZENECA'S ADMISSION BEFORE THE UK COURT. THE PETITIONER, VISHAL TIWARI, AN ADVOCATE SAID THAT WITH THE DOCUMENT FILED IN UK COURT BY ASTRAZENECA, "WE ARE COMPELLED TO THINK ON THE RISK AND HAZARDOUS CONSEQUENCES OF COVISHIELD VACCINE."

● THE COVISHIELD VACCINE CAN PRODUCE AN ADVERSE REACTION CALLED AS TTS — THROMBOSIS WITH THROMBOCYTOPENIA SYNDROME. THROMBOSIS MEANS BLOOD CLOTS WITHIN THE ORGANS LIKE BRAIN, BLOOD VESSELS. AT THE SAME TIME, THEY CAN CAUSE A REDUCTION IN PLATELETS IN THE BODY, I.E. UPTO LESS THAN 1.5 LAKHS. WHEN THE PLATELES DECREASE, THERE CAN BE A RISK OF BLEEDING.



Onions

Why onions are a must in your summer salad

Kanika Narang, Dietitian, Indraprastha Apollo Hospitals, New Delhi, explains the science behind traditional diet logic (Indian Express: 20240503)

Onions have natural cooling properties, making them a valuable addition to summer diets. Onions have natural cooling properties, making them a valuable addition to summer diets.

As the temperature soars and we battle exhaustion and dehydration, it may be a good idea to have sliced onions with our summer salads or meals to beat the heat. Prolonged exposure to high temperature may not only cause heat strokes but can also build cardiovascular stress, particularly in people with pre-existing heart conditions, and disturb our mental health, making us feeling irritable and fatigued. That's why a simple dietary intervention may just be the ticket to good health.

HOW ONIONS HELP YOU BEAT THE HEAT

Onions have natural cooling properties, making them a valuable addition to summer diets. Their high-water content helps in maintaining hydration. Being rich in sodium and potassium, they help maintain the body's electrolyte balance. They are packed with essential minerals and vitamins, particularly vitamin C, that give you the nutrient push and an immunity boost.

Onions have compounds like quercetin and sulfur which cool the body while stimulating perspiration and allowing heat loss through evaporation. Quercetin fights histamines, which are chemicals that trigger heat allergies like rashes and insect bites.

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Onions are rich in phytochemicals such as flavonoids, polyphenols and sulfur compounds like allyl sulfides. These compounds contribute to the onion's antioxidant, anti-inflammatory, antimicrobial and anti-cancer properties. These provide protection against heat-related oxidative stress.

Hot weather means your body has to work harder to keep its core temperature to normal levels. This puts extra stress on your heart, lungs and kidneys. The allyl sulfides in onions have vasodilatory effects, which means they can widen the blood vessels, lowering blood pressure and improving blood circulation.

Festive offer

By activating digestive enzymes, onions prevent indigestion. These are a rich source of fibre and prebiotics, which nourish gut bacteria, which in turn create short chain fatty acids needed for digestion.

Chromium in onions helps regulate blood sugar. Onions increase urine production, helping the body flush out toxins and counter fluid retention. According to a study, intake of onion extract tablets containing concentrated cysteine sulfoxides, which have a destressing effect, improved sleep quality and promoted smooth transition into sleep.

In culinary practices, onions can be incorporated into refreshing summer salads, salsas and cold soups, enhancing both flavour and nutritional value. They are versatile.

1. Include onions in daily meals: Incorporate onions into salads, sandwiches, wraps and other summer dishes.
2. Stay hydrated: Consume onions with ample water-rich foods like cucumbers and watermelon to maintain hydration levels.
3. You can temper your dishes with onion rings.

Why onions are a must in your summer salad

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<https://indianexpress.com/article/health-wellness/can-eating-onions-in-every-meal-help-you-beat-the-heat-9283662/>

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Yoga for a healthy liver: Here are 3 asanas that work

Yoga expert Kamini Bobde on activating the liver, adrenal glands and pancreas (Indian Express: 20240503)

<https://indianexpress.com/article/health-wellness/yoga-healthy-liver-asanas-9281018/>

Indians are grappling with fatty liver largely because of stress, poor diet, lack of exercise and addictions to alcohol and smoking. However, yoga may help you protect your liver health. Indians

are grappling with fatty liver largely because of stress, poor diet, lack of exercise and addictions to alcohol and smoking. However, yoga may help you protect your liver health.

Just a few days ago, I came across a report that projected a 35 per cent increase in liver problems by 2030. Indians are grappling with fatty liver largely because of stress, poor diet, lack of exercise and addictions to alcohol and smoking. However, yoga may help you protect your liver health.

WHAT RESEARCH SAYS

A Mangalore University research showed how participants registered remarkable changes in their SGOT and SGPT (liver enzyme) levels after one hour of yoga for 45 days. Yet, in another research published by PubMed, a 37-year-old man with hepatic cirrhosis, who underwent four weeks of yoga, combined with naturopathy and conventional medicine, showed improvement in liver functions, BP and body weight.

Also Read | [Yoga and meditation, or running and weightlifting — which combination works best?](#)

WHICH ASANAS WORK

Paschimottanasana: This asana compresses the entire pelvic and abdominal area, thus massaging the liver, pancreas, spleen, kidneys and adrenal glands. Stimulates circulation in the spine and the muscles around it.

Sit with legs stretched out, feet together, hands on the knees. Align the head and spine and relax your body.

Inhale deeply. Then as you exhale, bend forward from the hips, simultaneously sliding your hand along the legs to reach for the toes. If this is not possible, then reach for the ankles or any part of your leg it is comfortably possible.

In the final position, relax and do five rounds of deep breathing in and out.

Inhale and get back to the starting position. Repeat for about five rounds.

Meru Vakrasana: The twisting compresses the abdominal area, thus massaging and activating the liver, adrenal glands, pancreas and kidney. It stretches one side of the back and stomach area while simultaneously compressing the other side.

Sit with legs stretched out in front of the body and relax your whole body.

Turn your trunk slightly to the right.

Place the right hand behind your left hip, twisting your torso until the right hand is behind the left hip. Or as far back to the left as possible.

Then place the left palm as close to the right palm as possible.

Cross your left leg over and place it next to the right knee.

Inhale deep and as you exhale, twist the body to the right as much as possible.

Stay for a few breaths.

Then return to the base position.

Do the same on the left side. Three to five rounds advised.

Bhujangasana: This asana stimulates appetite, releases constipation and is good for gynaecological problems by toning the ovaries and uterus.

Healthcare

A computer science conundrum that could transform healthcare (The Hindu:20240503)

<https://www.thehindu.com/sci-tech/health/p-versus-np-transform-healthcare/article68131538.ece>

The P vs NP question is a problem in mathematics and computer science, but that does not mean it will be confined there

Medical equipment on the background of group of health workers in the ICU. Representative image.

Medical equipment on the background of group of health workers in the ICU. Representative image. | Photo Credit: Getty Images/iStockphoto

In the 17th century, a Dutch draper named Anton van Leeuwenhoek used a small handmade microscope to peer into a world previously unseen by the human eye. Thus he discovered microorganisms and gave rise to the field of microbiology. It offered solutions to challenges in healthcare that until then had seemed intractable.

Today, we face a new set of complex problems in healthcare that seem more intractable than others before for their inherent complexity and the constraints they threaten to impose on resources.

Liquid nitrogen

Liquid nitrogen in foods draws Tamil Nadu's ire, yet again (The Hindu:20240503)

A substance used to preserve food has found its way into consumption, raising safety concerns

<https://www.thehindu.com/sci-tech/health/liquid-nitrogen-in-foods-draws-tamil-nadus-ire-yet-again/article68131692.ece>

Liquid nitrogen being poured from a container into a bowl.

Liquid nitrogen being poured from a container into a bowl. | Photo Credit: Cory Doctorow/Flickr

A week ago, a video of a child screaming went viral on social media. There were visuals of adults spewing white smoke from their mouth and nose. What the child said was garbled in the video, but it was soon apparent that the child had consumed a food item infused with liquid nitrogen.

(For top health news of the day, subscribe to our newsletter Health Matters)

Obesity

A book that offers a holistic take on the obesity crisis (The Hindu:20240503)

Dr Rajeev Kurapati, the author of The Book of Body Positivity, says that obesity should not be stigmatised

<https://www.thehindu.com/sci-tech/health/a-book-that-offers-a-holistic-take-on-the-obesity-crisis/article68130657.ece>

“Most of us think we are food lovers. But we are actually food addicts,” believes Dr Rajeev Kurapati, the author of The Book of Body Positivity (published by Penguin Random House), a

book that explores the problem of fat stigmatisation and offers a holistic perspective on the obesity crisis. As the Kentucky-based medical professional points out, the system is rigged. “We have to understand that there is a huge marketing manipulation going on from the food industry,” he says. “Food companies are investing millions and millions of dollars in techniques to hack the person’s mind and make them eat.”

This, in turn, means that our tendency to blame people for being overweight, dismissing them as being lazy or greedy, is misguided. “Free will can be manipulated by marketing techniques,” says Dr Rajeev, who is triple board certified by the American Board of Family Medicine, the American Board of Obesity Medicine and the American Board of Lifestyle Medicine.

Brain healthcare

Health Ministry constitutes task force on brain healthcare (The Hindu:20240503)

It will recommend ways to improve accessibility and quality of brain healthcare at the primary, secondary, and tertiary levels

<https://www.thehindu.com/sci-tech/health/health-ministry-constitutes-task-force-on-brain-healthcare/article68102206.ece>

The country, in the past three decades, has seen a rising burden of stroke, epilepsy, Parkinson’s disease, and dementia, especially among the urban population. Photo: Freepik.com

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The Union Health Ministry has constituted a national task force to devise effective strategies for surveillance, prevention, and treatment of brain diseases.

The country, in the past three decades, has seen a rising burden of stroke, epilepsy, Parkinson’s disease, and dementia, especially among the urban population.

Health Benefits of Drinking Water Before Brushing

क्या सुबह बिना ब्रश किए पानी पीना सही है? बीपी से लेकर शुगर तक सेहत पर पड़ता है ये असर

Health Benefits of Drinking Water Before Brushing: सवाल यह उठता है कि बासी मुंह या ब्रश करने के बाद, आखिर कब पानी पीना सेहत के लिए ज्यादा अच्छा माना जाता है। (Hindustan: 20240503)

अगर आप भी इस सवाल का जवाब जानना चाहते

<https://www.livehindustan.com/lifestyle/health/story-know-is-it-good-to-drink-water-before-brushing-in-the-morning-health-benefits-of-drinking-water-before-brushing-9901556.html>

Health Benefits of Drinking Water Before Brushing: ज्यादातर लोग सुबह ब्रश करने के बाद ही कुछ खाना-पीना पसंद करते हैं। वहीं ऐसे लोगों की

भी कमी नहीं है जो बासी मुंह पानी पीना ज्यादा पसंद करते हैं। डॉक्टरों के अनुसार व्यक्ति को सेहतमंद बने रहने के लिए रोजाना 8 से 10 गिलास पानी पीना

चाहिए। लेकिन सवाल यह उठता है कि बासी मुंह या ब्रश करने के बाद, आखिर कब पानी पीना सेहत के लिए ज्यादा अच्छा माना जाता है। अगर आप भी इस

सवाल का जवाब जानना चाहते हैं तो यह खबर आपकी मदद कर सकती है। बता दें, आयुर्वेद से लेकर हेल्थ एक्सपर्ट तक सुबह उठते ही बासी मुंह पानी पीने की

सलाह देते हैं। ऐसा माना जाता है कि ऐसा करने से कई रोग शुरू होने से पहले ही खत्म हो जाते हैं। इन रोगों में गैस, एसिडिटी, त्वचा रोग, कब्ज, डलनेस, बीपी

और डायबिटीज तक शामिल हैं। आइए जानते हैं सुबह बासी मुंह पानी पीने के क्या हैं जबरदस्त फायदे और ब्रश करने के कितनी देर बाद पीना चाहिए पानी।

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम राज्य देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/3/24, 11:11 AM know is it good to drink water before brushing in the morning health benefits of drinking water before brushing - क्या सुबह बि ना ब्रश ...

<https://www.livehindustan.com/lifestyle/health/story-know-is-it-good-to-drink-water-before-brushing-in-the-morning-health-benefits-of-drinking-water-be...> 1/4

विज्ञापन

बासी मुंह पानी पीने के फायदे-

वेट लॉस में फायदेमंद सुबह बासी मुंह पानी पीने से वेट लॉस में मदद मिलती है। ऐसा करने से शरीर का मेटाबॉलिक रेट बढ़ता है, जिससे कैलोरी बर्न करने में मदद मिलती है। इसके

अलावा बासी मुंह पानी पीने से व्यक्ति की भूख कंट्रोल रहती है। जिससे व्यक्ति सुबह एक्स्ट्रा कैलोरी लेने से बच जाता है। कई एक्सपर्ट ऐसा मानते हैं कि सुबह ब्रश

किए बिना अगर आप पानी पीते हैं तो मोटापे की समस्या से भी बच सकते हैं। वजन कम करना चाहते हैं तो आपको सुबह ब्रश करने से पहले पानी पीने की आदत

फायदा पहुंचा सकती है।

हाई बीपी और हाई शुगर सुबह बासी मुंह पानी पीने से हाई बीपी और ब्लड शुगर की समस्या को कंट्रोल किया जा सकता है। इसके लिए सुबह उठकर एक गिलास गुनगुना पानी पिएं।

बेहतर डाइजेशन सुबह उठते ही बिना ब्रश पानी का सेवन आपके पाचन तंत्र को मजबूत करता है। यह आदत एसिडिटी, कब्ज, गैस को खत्म करके हेल्दी डाइजेशन बनाए रखने में

मदद करती है।

बेहतर रोग प्रतिरोधक क्षमता-

सुबह ब्रश करने से पहले पानी पीने से व्यक्ति की रोग प्रतिरोधक क्षमता बढ़ती है। जिन लोगों को मौसमी संक्रमण की वजह से सर्दी-खांसी की शिकायत ज्यादा बनी

रहती है, उन्हें सुबह बासी मुंह पानी का सेवन जरूर करना चाहिए।

मुंह की दुर्गंध होगी गायब अक्सर झाई माउथ की वजह से व्यक्ति के मुंह से बदबू आने लगती है। ऐसे में सुबह उठकर पानी का सेवन करने से यह समस्या ठीक हो सकती है। दरअसल,

मुंह में बैक्टीरिया को खत्म करने के लिए सलाइवा का होना जरूरी है पर सोते समय सलाइवा का स्तर कम होने से मुंह में बैक्टीरिया बढ़ सकते हैं। जिसकी वजह

से मुंह से बदबू आ सकती है। ऐसे में इस समस्या से बचने के लिए सुबह ब्रश करने से पहले पानी का सेवन करे

Coconut

The many benefits of coconut (The Hindu:20240503)

<https://www.thehindu.com/sci-tech/science/the-many-benefits-of-coconut/article68110662.ece>

In addition to its food value, coconut has health, medicinal, and cosmetic benefits

In addition to its food value, coconut has health, medicinal, and cosmetic benefits

A paper published in 2014 by Uma Ahuja et al., in the journal Asian Agri-History, points out that the coconut palm is considered as a native of Malesia, a bio-geographical region that includes Southeast Asia (notably India), Indonesia, Australia, New Guinea, and several Pacific Island groups. This paper deals with the history through archaeological, epigraphic, and historical records and its uses and related folklore. Coconut has been recorded in archaeological excavations and epigraphic inscriptions in India — in scriptures of religious, agricultural, and Ayurvedic importance. Its multiplicity of uses has earned it epithets like the Tree of life, Tree of abundance, and Kalpavriksha (a tree that provides all necessities of life). The authors point out that in addition to its food value, it has health, medicinal, and cosmetic benefits.

In India, coconut is mainly grown in southern States — Kerala, Karnataka, Tamil Nadu, Telangana, and Andhra Pradesh. These states produce over 90% of coconuts. This is because these trees need a warm and sandy soil which is well-drained and nutrient-rich, a warm and humid climate, and abundant rainfall. North India, on the other hand, has a predominantly temperate climate, with cold winters and hot summers. The region also experiences distinct seasons with uneven rainfall, which are not conducive to the growth of coconut trees. However, some Northeastern States, with their appropriate temperatures and rainfall, also produce coconuts, but they have a clayey soil, not ideal for the trees to grow.

Coriander Water:

Coriander Water: आयुर्वेद में बताए गए हैं धनिया के पानी पीने के इतने सारे फायदे, जानें किस समय पिएं

Coriander Water Benefits: धनिया के बीज का इस्तेमाल मसाले की तरह किया जाता है। लेकिन आयुर्वेद में धनिया के बीज का पानी पीने के कई सारे फायदे बताए गए हैं।
ये यूरिन (Hindustan: 20240503)

इंफेक्शन की जलन को कम करता है।

<https://www.livehindustan.com/lifestyle/health/story-ayurvedic-remedy-coriander-seeds-water-many-benefits-relief-urine-infection-improve-metabolism-to-detox-body-know-how-to-make-dhaniya-ka-pani-9899950.html>

धनिया के बीज शरीर को ठंडा रखने में मदद करती हैं। इसलिए धनिया के बीज का पानी शरीर को कई तरह की समस्याओं से छुटकारा दिलाने में मदद करता है।

आयुर्वेद में धनिया के बीजों के पानी को पीने के बहुत सारे फायदे बताए गए हैं। अगर आप इन समस्याओं से जूझ रहे हैं तो धनिया के बीज के पानी को रोजाना

पिएं। जानें इस पानी को पीने से होने वाले फायदे।

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम राज्य देश जीतें iPhone NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश ध

5/3/24, 11:12 AM ayurvedic remedy coriander seeds water many benefits relief urine infection improve metabolism to detox body know how to make...

धनिया के बीज में होते हैं न्यूट्रिएशन

धनिया के बीजों में विटामिन के, सी और ए मौजूद होता है। वहीं साथ ही फाइबर और एंटीऑक्सीडेंट्स भी होते हैं। जो मेटाबॉलिज्म और इम्यूनिटी दोनों को इंप्रूव

करने में मदद करते हैं। अगर आप धनिया के बीजों को एक गिलास पानी में रातभर के लिए भिगोकर रख देते हैं। और सुबह इसे पीते हैं। तो ये कई तरह से हेल्थ

को फायदा पहुंचाता है।

बॉडी को करता है डिटॉक्स

धनिया के बीज के पानी को अगर रोजाना सुबह खाली पेट किया जाए तो ये शरीर से टॉक्सिंस आसानी से निकालने में मदद करता है।

स्किन एलर्जी को करता है खत्म

धनिया का पानी पीने से स्किन में होने वाली एलर्जी खत्म होती है। एंटी फंगल और एंटी बैक्टीरियल गुण होने की वजह से धनिया के पानी को पीना चाहिए। इससे

एकने खत्म होकर क्लियर स्किन मिलती है। दरअसल, आयुर्वेद के अनुसार धनिया का पानी पित्त नाशक होता है। और शरीर में पित्त बढ़ने पर स्किन से जुड़ी

समस्याएं पैदा होती है।

यूरिन इंफेक्शन में आराम

जिन लोगों को यूरिन इंफेक्शन की वजह से मूत्र मार्ग में जलन महसूस होती है। उन्हें धनिया के बीज का पानी मिश्री मिलाकर पीना चाहिए। इससे ठंडक मिलती है

और मूत्रमार्ग में हो रही जलन खत्म होती है।

डाइजेशन में मदद

धनिया के बीज का पानी पीने से डाइजेशन इंप्रूव होता है। दरअसल, इस पानी से मेटाबॉलिज्म इंप्रूव होता है। जिससे डाइजेशन ठीक होता है। साथ ही टॉक्सिंस भी

आसानी से बाहर निकल जाते हैं तो कब्ज जैसी समस्या पैदा नहीं होती और ब्लॉटिंग और अपच नहीं होता।

धनिया का पानी बनाने का तरीका

आयुर्वेद के अनुसार धनिया के बीज का पानी बनाने के लिए सबसे पहले धनिया के बीज का पाउडर बना लें। फिर एक चम्मच धनिया पाउडर को एक गिलास पानी

में भिगोकर रातभर रखें। सुबह इस मिश्रण में मिश्री मिला लें। ये पानी पीने से शरीर की हीट खत्म होती है और साथ ही पित्त भी खत्म होता है।

ऐप पर पढ़ें

5/3/24, 11:12 AM ayurvedic remedy coriander seeds water many benefits relief urine infection improve metabolism to detox body know how to make...

<https://www.livehindustan.com/lifestyle/health/story-ayurved>

Almonds For Good Health

Almonds For Good Health: एक दिन में कितने बादाम खाना है फायदेमंद?

Almonds For Good Health: बादाम खाना सेहत के लिए फायदेमंद होता है लेकिन ये जानना जरूरी है कि आखिर कितनी मात्रा में बादाम खाया जाए जो शरीर को फायदा पहुंचाए(Hindustan: 20240503)

और बादाम के सारे जरूरी न्यूट्रिशन मिलें।

<https://www.livehindustan.com/lifestyle/health/story-how-many-almonds-eat-in-a-day-for-good-health-9899183.html>

बादाम को नट्स में सबसे ज्यादा फायदेमंद और पोषक तत्वों से भरपूर माना जाता है। इसमें प्रोटीन, फाइबर, हेल्दी फैट्स, विटामिन ई, मैग्नीशियम, मैंगनीज,

कॉपर और फॉस्फोरस की अच्छी खासी मात्रा होती है। जो ना केवल आपको हेल्दी रखती है बल्कि वेट लॉस में भी मदद करती है। बादाम को कई तरीके से खाया

जा सकता है। स्नैक्स के रूप में या भिगोकर। कई बार लोग डेजर्ट और फूड में डालकर भी बादाम को खाते हैं। लेकिन कैसे जानें कि कितने बादाम में दिनभर में

खाया जाए तो वो सेहत के लिए फायदेमंद होगा। क्या है एक्सपर्ट की राय?

विज्ञापन

ऐप पर पढ़ें

ई- पेपर शहर चुनें

होम NCR देश क्लिक

NEW लोकसभा 2024 IPL लाइव स्कोर मनोरंजन करियर वेब स्टोरी बिजनेस विदेश धर्म

5/3/24, 11:14 AM how many almonds eat in a day for good health - Almonds For Good Health:
एक दिन में कितने बादाम खाना है फायदेमंद?, हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-how-many-almonds-eat-in-a-day-for-good-health-9899183.html> 1/8

दिनभर में कितने बादाम खाना है हेल्दी

हेल्थलाइन की रिपोर्ट के मुताबिक एक औंसों बादाम में 165 कैलोरी और 6 ग्राम प्रोटीन मिलता है। दिनभर में एक मुट्ठी यानी 20-23 बादाम को खाया जा सकता

है। ये मात्रा एक दिन के लिए पर्याप्त होती है और इससे शरीर को सारे जरूरी न्यूट्रिएशन मिलते हैं। साथ ही ब्लड प्रेशर से लेकर बैड कोलेस्ट्रॉल को घटाने में मदद

करता है।

डायबिटीज मरीज खा सकते हैं बादाम

हेल्थलाइन की रिपोर्ट के मुताबिक बादाम में मैग्नीशियम की मात्रा हाई होती है। जो कि मेटाबॉलिक सिंड्रोम और टाइप 2 डायबिटीज में सुधार के लिए जरूरी होता

है। दरअसल, मैग्नीशियम इंसुलिन रेजिस्टेंस को कम करता है। रोजाना 56 ग्राम बादाम खाने लगभग आधा मैग्नीशियम की डेली डोज की पूर्ति हो जाती है। जो

टाइप 2 डायबिटीज के रिस्क को कम करती है।

कोलेस्ट्रॉल का लेवल कम करता है बादाम

बैड कोलेस्ट्रॉल की ज्यादा मात्रा शरीर में हार्ट डिजीज का खतरा बढ़ाती है। इसलिए बादाम शरीर में बैड कोलेस्ट्रॉल की मात्रा को कम करने में मदद करता है।

स्टडी के मुताबिक 42 ग्राम बादाम रोजाना खाने से एलडीएल यानी बैड कोलेस्ट्रॉल को कम करता है। लगभग एक से दो मुट्ठी बादाम रोजाना बैड कोलेस्ट्रॉल को

कम कर सकता है।

Walnuts: अखरोट को भिगोकर खाने के लिए क्यों दी जाती है सलाह?

यह भी पढ़ें

क्या नट्स खाने से वजन बढ़ने का रहता है खतरा

चम्मच की जगह हाथों से खाना क्यों माना जाता है सही, जानिए

गर्मियों में इन फलों को खाने के बाद भूलकर भी ना पिएं पानी

थनिया का पानी पीने से मिलेगी शरीर को ठंडक, जानें इसे पीने के फायदे

ऐप पर पढ़ें/देखें

संबंधित खबरें

5/3/24, 11:14 AM how many almonds eat in a day for good health - Almonds For Good Health: एक दिन में कि तने बा दाम खा ना है फायदेमंद?, हेल्थ न्यूज

<https://www.livehindustan.com/lifestyle/health/story-how-many-almonds-eat-in-a-day-for-good-health-9899183.html> 2/8

Almonds Health Benefits

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।

Hindi News लाइफस्टाइल फिटनेस मलाइका जैसी टोन्ड फिगर के लिए अपनाएं 9-1 के ये नियम, चंद्र दिनों में महसूस करेंगे फर्क

मलाइका जैसी टोन्ड फिगर के लिए अपनाएं 9-1 के ये नियम, चंद्र दिनों में महसूस करेंगे फर्क

Simple 9 to 1 Rules To Get Fit And Toned Body: अगर आप भी इस गर्मियों के सीजन में मलाइका अरोड़ा जैसी परफेक्ट फिट और टोन्ड बॉडी पाना चाहती हैं तो, वेट लॉस से

लेकर कर्वी फिगर तक के लिए ये आसान 9-1 के नियम

Health benefits of Moth Beans

Health benefits of Moth Beans: दाल खाने से सेहत को अनगिनत फायदे होते हैं, मोठ की दाल भी सेहत के लिए जरूरी पोषक तत्वों का भंडार है, एक्सपर्ट मानते हैं कि मोठ की दाल का पानी पीने से भी कई बीमारियों से बचा जा सकता है। (Navbharat Times: 20240503)

<https://navbharattimes.indiatimes.com/lifestyle/health/from-increase-blood-to-beat-constipation-and-piles-know-10-amazing-health-benefits-of-moth-dal-water/articleshow/109804182.cms?story=2>

from increase blood to beat constipation and piles know 10 amazing health benefits of moth dal water

दवाओं का लाखों का खर्चा बचा लेगी ये दाल, इसका पानी पीने से बढ़ता है खून, कब्ज-बवासीर का भी होगा नाश

अमेज़न ग्रेट समर सेल शुरू - एसी, स्मार्ट टीवी, लैपटॉप और मोबाइल फोन पर शानदार ऑफर डील देखें

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इस गर्मी की क्यों हैं टेंशन, जब हैं अमेज़न समर सेल में A.C. पर बेस्ट डील्स का ऑप्शन 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?

मोठ बीन (Moth bean) एक तरह की दाल है जिसका इस्तेमाल कई तरह के व्यंजनों में किया जाता है। अक्सर लोग मसूर, चना, अरहर या उड़द जैसी दालों का सेवन करते हैं लेकिन क्या आप जानते हैं कि मोठ की दाल पोषक तत्वों के मामले में इनसे एक कदम आगे है। यह दाल प्रोटीन, आयरन, कैल्शियम जैसे पोषक तत्वों का पावरहाउस है।

न्यूट्रिशनिस्ट और डाइटीशियन शिखा अग्रवाल शर्मा के अनुसार, मोठ की दाल को भिगोने या उबालने से निकलने वाला पानी, जिसे मोठ की दाल का पानी कहा जाता है, कई स्वास्थ्य लाभ देता है और इसे आप रोजाना पी सकते हैं। इस दाल का पानी पीकर आप कई स्वास्थ्य समस्याओं से बच सकते हैं और बीमारी में होने वाला लाखों का खर्च बच सकता है।

मोठ की दाल के पोषक तत्व

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मोठ की दाल प्रोटीन, फाइबर, विटामिन (जैसे फोलेट, विटामिन बी6 और विटामिन सी) और मिनरल्स (लोहा, पोटेशियम, मैग्नीशियम और फॉस्फोरस) जैसे जरूरी पोषक तत्वों से भरपूर होती है। ये सभी पोषक तत्व शरीर के बेहतर कामकाज और अच्छी सेहत के लिए जरूरी हैं।

