



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20240507

## Food safety regulations

**Courts should deal firmly with violators of existing food safety regulations (The Hindu: 20240507)**

<https://www.thehindu.com/opinion/editorial/courting-action-on-fmcg-marketing-advertising/article68106567.ece>

“The Union has to activate itself,” Justice Hima Kohli, who is heading the Supreme Court Bench hearing the case against Patanjali Ayurved and its leaders Acharya Balkrishna and Baba Ramdev, observed on April 23 in the context of the government not having taken any action against the company for publishing advertisements touting untested, pseudoscientific cures for COVID-19, diabetes, and other conditions. The Bench also took cognisance of a report that the baby formula Nestlé sells in India contains more sugar than its corresponding product in Europe, and expanded the Patanjali Ayurved matter’s remit to include all fast-moving consumer goods (FMCG) companies publishing misleading advertisements. India has been recording a surge in non-communicable diseases (NCDs) thanks to the easy availability of ultra-processed foods, together with sedentary lifestyles. Manufacturers have also been known to include some vitamins, say, in order to escape scrutiny, but their product is still ‘junk’. In the last month, the apex court has sought public apologies from Patanjali Ayurved et al. for advertising misleading claims even after the Court directed them to stop; the Bench chided the defendants for publishing a diminutive

advertisement. There is some uncertainty now over whether the Court will accept the latest apology, but herein lies the rub.

The expectation that the Court will “activate” itself because the existing apparatus to regulate, report, and sanction misleading advertisements is complaints-led as well as dysfunctional is dangerous. The Court asked the Ministry of AYUSH why it did not act on the allegedly bad advertisements the Advertising Standards Council of India had flagged; the Council itself has no instruments by which it can force compliance. The Food Safety and Standards Authority of India has specified the permissible thresholds of ingredients in various food products yet is infamously reluctant to pull up errant manufacturers; it also remains understaffed, underequipped, and underfunded. The task of regularly calling out unscientific claims has thus fallen to variously informed members of civil society, from ill-qualified ‘influencers’ to licensed medical practitioners, yet they do not enjoy protection from retributive, expensive, and tedious legal action. As such, FMCG marketing should be subject to prompt enforcement and timely action. Its absence is responsible for the proliferation of unfalsifiable claims regarding nourishment as well as the growing disunion between India’s concern about NCDs and the foods available to the people. But the courts should only review legislation, not lead it. Quick, exemplary action against violators in the cases before it, and not overenthusiastic encroachment of legislative and executive power, is what is expected of the judiciary.

## **Global health heavyweights**

### **Global health heavyweights team up for climate change, infectious diseases funding (The Tribune: 20240507)**

Novo Nordisk Foundation, Wellcome and the Bill & Melinda Gates Foundation to put \$100 million each

<https://www.tribuneindia.com/news/health/global-health-heavyweights-team-up-for-climate-change-infectious-diseases-funding-618495>

Global health heavyweights team up for climate change, infectious diseases funding

Denmark's Minister for Development Cooperation and Global Climate Policy, Dan Jorgensen, and Co-chair of the Bill & Melinda Gates Foundation, Bill Gates, shake hands as they sign a so-called

MoU to strengthen ties to find solutions to the consequences of climate change for global health in Copenhagen in Denmark on Monday. Reuters Photo

Three of the biggest global health funders have joined forces for the first time in a \$300 million partnership aimed at tackling the linked impacts of climate change, malnutrition, infectious diseases and antimicrobial resistance.

The Novo Nordisk Foundation, Wellcome and the Bill & Melinda Gates Foundation announced the research partnership, focused particularly on finding affordable solutions for people in low and middle-income countries, in Denmark on Monday.

A key aim is to “break down barriers between often isolated areas of research”, said Mads Krogsgaard Thomsen, chief executive officer of the Novo Nordisk Foundation.

For example, COVID-19 showed that obesity can be a risk factor for the severity of some infectious diseases, while extreme weather events linked to climate change can cause food insecurity, leaving undernourished children more vulnerable to killer diseases such as measles and cholera.

The partners said advances in nutritional science and understanding the gut microbiome opened the door to understanding more about “the impact over and under nutrition have on all aspects of health and development”.

The Novo Nordisk Foundation has a controlling interest in the drugmaker Novo Nordisk (NOVOB.CO), whose blockbuster weight-loss drug Wegovy has brought in billions for the foundation since its launch in 2021.

The partners said the initiative was important given faltering global attention to health post-pandemic. Wellcome’s chief executive John-Arne Røttingen also said it was about tackling “market failures” and signalling a global commitment to equitable access to medical advances.

The funding will also include support for researchers based in low and middle-income countries, and the partners said they are on the lookout for private, philanthropic and public partners.

“The most effective solutions to pressing challenges often emerge from the very communities they affect,” said Catherine Kyobutungi, executive director of the African Population and Health Research Centre, a leading scientific research institution.

## **Cardiorespiratory fitness**

**Study calls for making cardiorespiratory fitness part of annual checkups (The Tribune: 20240507)**

**CRF can be defined as the ability of the heart, lungs, and blood vessels to supply oxygen during sustained physical activity**

<https://www.tribuneindia.com/news/health/study-calls-for-making-cardiorespiratory-fitness-part-of-annual-checkups-617858>

Study calls for making cardiorespiratory fitness part of annual checkups

“Apparently ‘healthy’ adults can take the cardiorespiratory fitness test - under medical advice and supervision annually,” Sanjay Chugh, Associate Director and Senior Consultant Interventional Cardiology at Narayana Hospital in Gurugram said. Photo source: Thinkstock

Making cardiorespiratory fitness a part of your annual health checkups can help you gauge your health status and understand the risk of underlying disease as well as predict mortality, according to a study.

Cardiorespiratory fitness (CRF), also known as cardio or aerobic fitness can be defined as the ability of the heart, lungs, and blood vessels to supply oxygen during sustained physical activity.

According to the American Heart Association, an individual’s aerobic fitness level can indicate factors such as smoking, hypertension, and high cholesterol.

The study, published in the British Journal of Sports Medicine, suggests the need to incorporate this measure in routine clinical and public health practice. It comes amid reports of even seemingly healthy and fit people succumbing to heart disease, among others.

“Apparently ‘healthy’ adults can take the cardiorespiratory fitness test - under medical advice and supervision annually. It has the power to predict the risk of cardiovascular disease (heart attacks, strokes), and is an even stronger predictor of mortality than diabetes, hypercholesterolemia, and smoking (tobacco abuse),” Sanjay Chugh, Associate Director and Senior Consultant Interventional Cardiology at Narayana Hospital in Gurugram said.

“It also predicts risk of developing diabetes, cancer or mental illness,” he added.

In the study, a high CRF measure was found to lower the risk of death from cardiovascular disease and cancer, while a low CRF indicated the risk of developing chronic conditions such as hypertension, heart failure, stroke, atrial fibrillation, dementia, and depression in the future.

The test measures maximum oxygen uptake (VO2 max) and how it’s used during intense exercise.

Sanjay noted that in patients planned for surgery, “the test predicts the surgical risks of complications and death from surgeries and helps risk stratify, prognosticate, and guide patient management.”

‘CRF measurement should be routinely included in clinical practice,’ Sudhir Kumar, a neurologist at Indraprastha Apollo Hospitals, wrote in a post on X.

## **High BP in childhood**

### **High BP in childhood may raise risk of heart attack, stroke later by 4x: Study (The Tribune: 20240507)**

<https://www.tribuneindia.com/news/health/high-bp-in-childhood-may-raise-risk-of-heart-attack-stroke-later-by-4x-study-617835>

High BP in childhood may raise risk of heart attack, stroke later by 4x: Study

Photo for representation only.

Hypertension in childhood and adolescence may raise the long-term risk of serious heart conditions like stroke and heart attack, by four times, according to a new study on Friday.

Hypertension is known to affect one in every 15 children and adolescents worldwide and has become a growing concern. To understand its long-term effect, researchers compared 25,605 children and adolescents diagnosed with hypertension between 1996 and 2021 in Ontario, Canada, to peers without the condition.

The follow-up of 13 years showed that those with hypertension had a two to four times higher risk of experiencing heart attack, stroke, heart failure, or cardiac surgery compared to those without it.

Experts called for boosting blood pressure screening and treatment during childhood to reduce the risk of serious cardiovascular disease as an adult.

"Devoting more resources to paediatric blood pressure screening and control could lower the risks of long-term heart conditions in children with hypertension," said Cal H. Robinson, paediatric nephrology fellow at The Hospital for Sick Children (SickKids) in Canada.

"More awareness about the importance of regular screening and follow-up for paediatric hypertension may prevent children from developing significant adverse heart outcomes later in life," Robinson added.

The findings will be presented at the Pediatric Academic Societies (PAS) 2024 Meeting, held May 3-6 in Toronto.

## **Protein**

### **How to meet protein quota in daily meals? Here are 8 easy ways to do so (Indian Express: 20240507)**

<https://indianexpress.com/article/health-wellness/pack-protein-meals-easy-ways-increase-intake-9310416/>

Kanika Narang, nutritionist at Indraprastha Apollo Hospitals, New Delhi, on planning your daily intake

protein intake Anywhere between 10 per cent to 35 per cent of your calories should come from protein. (Getty Images)

Protein is often called the king of nutrients because it has a multi-purpose role to play in key body functions, including muscle repair and growth, immunity, hormone regulation and weight management. Whether you're an athlete looking to enhance performance, a fitness enthusiast aiming to build muscle, or simply someone striving for better overall health, ensuring an adequate protein intake is essential. As Indians have carb-heavy meals, it is important to balance daily meals with protein, not just of the right quantity but of the right quality too.

Fortunately, there are several easy and practical ways to increase your protein intake without much hassle. How much protein do you need? Anywhere between 10 per cent to 35 per cent of your calories should come from protein. So, if your needs are 2,000 calories, that's 200–700 calories from protein, or 50–175 grams. An adult needs 0.8 grams of protein per kilogram of body weight.

## **Calories and lose weight**

### **What if you could burn calories and lose weight while resting? Here are five exercise combos that work(Indian Express: 20240507)**

Holistic health expert Mickey Mehta on a most effective weight management plan with after-burn routines.

<https://indianexpress.com/article/health-wellness/burn-calories-weight-loss-exercises-physical-activity-9307659/>

Fitness fundamentals Exercises with free weights and resistance bands can help increase EPOC and speed up metabolism. (Representational)

Ideally your workout routine should be such that your metabolic rate, or the speed at which your body burns calories, can benefit you both at rest and during activity. In other words, your session keeps paying you dividends when you are resting and continues to burn your calories at an increased rate even up to 24 hours after you are done exercising. This way you lose weight consistently.

The after-burn effect is also referred to as excess post-exercise oxygen consumption or EPOC. This is a physiological response to vigorous physical activity that allows the body to continue consuming calories for a number of hours following rest. The after-burn effect guarantees an increased heart rate and respiration for a predetermined amount of time, extra hormone release and muscle cell regeneration and repair. Your body can replenish oxygen and ATP (a chemical that gives the body energy for activities like exercise).

## **Yoga and Physical Fitness**

### **These yoga practices can help protect you against a heat stroke (Indian Express: 20240507)**

### **Yoga expert Kamini Bobde on pranayama drills that can cool your body down**

<https://indianexpress.com/article/health-wellness/yoga-practices-protect-heat-stroke-9306992/>

yoga for heat strokeThese can be practised by all, including senior citizens who may be having hypertension, cardio-respiratory diseases and diabetes. (Photo: Freepik)

With the high heat of summer, dehydration and heat strokes are a given if your work keeps you outdoors for a long time. India had reported 20,000 heat-related deaths in adults over the age of 65 annually in 2000, which rose to about 31,000 deaths by 2021.

Yet yoga has several practices to beat the heat with. These can be practised by all, including senior citizens who may be having hypertension, cardio-respiratory diseases and diabetes.

## **Health insurance**

### **IRDAI lifts age limit on health insurance: Here's how senior citizens need to understand coverage, premiums and exclusions (Indian Express: 20240507)**

<https://indianexpress.com/article/health-wellness/irdai-age-limit-health-insurance-senior-citizen-healthcare-9305050/>

senior citizen health insurance (1)Accessing health insurance for the elderly is a tangled challenge rather than the convenience it is meant to be. (Express Photo by Praveen Khanna)

For Dr Akash Jaiswal, keeping up with the clauses of insurance plans while treating his patients is a challenge. “There are many ifs and buts. Sometimes after prescribing a test, you come to know it is not covered by a policy. Or there are limits to cost reimbursements and the number of days one can be admitted — this is a challenge for the elderly because they tend to need longer hospital stays. There should be policies that provide comprehensive coverage, including services such as preventive health check-ups and immunisation,” says the geriatrician, a healthcare provider for older people. Despite working at Fortis Hospital, Gurugram, he himself has had difficulties in getting the right cover for his parents.

Accessing health insurance for the elderly is a tangled challenge rather than the convenience it is meant to be. Considering their risk and vulnerability are higher, with most having a pre-existing condition, policies have low coverage, high premium and long waiting periods. Then there are other deterrents like caps on treatment costs according to specific diseases, room rent restrictions, caps on pre- and post-hospitalisation care, OPD visits and so on. With a heavy burden of out-of-pocket expenses, most of the elderly even give up treatment protocols midway. Now that the Insurance Regulatory and Development Authority of India (IRDAI) has asked insurance



companies to offer their usual health policies to 65-plus citizens, can they become more accommodative?

## **Covid, heart disease**

### **Men suffered more from Covid, heart disease and cancer than women, says Lancet study (Indian Express: 20240507)**

Women have longer lifespan but live more years in poor health with limited progress, say experts on global disease burden

<https://indianexpress.com/article/health-wellness/men-suffer-more-covid-heart-disease-cancer-women-lancet-9303292/>

Men suffered more from Covid, heart disease and cancer than women, says Lancet studyA new analysis estimates that in 2021, men suffered more than women from 13 of the top 20 causes of disease burden, including COVID-19, road injuries, and a range of cardiovascular, respiratory and liver diseases. (File Photo)

Men have a higher disease burden and die prematurely than women globally though the latter, despite their longer lives, experience many years of poor health. These findings are part of a new analysis by The Lancet Public Health.

A new analysis estimates that in 2021, men suffered more than women from 13 of the top 20 causes of disease burden, including COVID-19, road injuries, and a range of cardiovascular, respiratory and liver diseases. In fact, they were disproportionately affected by these conditions that led to premature death. Globally, women experienced more non-threatening life conditions like musculoskeletal conditions, mental health issues and headache disorders.

## **Blood clots**

### **Why blood clots? Not just Covid, here are other triggers you need to know about (Indian Express: 20240507)**

<https://indianexpress.com/article/health-wellness/blood-clot-covid-triggers-9302544/>

What are the conditions under which blood can thicken faster? Dr Rommel Tickoo, director of internal medicine at Max Superspeciality Hospital, Saket, New Delhi, answers your queries

blood clot Blood clots are the body's reaction to damaged blood vessels, which are a consequence of oxidative stress and inflammation.

Although there have been concerns and discussions about blood clotting following a bout of Covid infection, many of us don't know that it can happen because of a host of body conditions that we may not be paying attention to. To understand those reasons, it is important to understand why blood clots occur in the first place.

Blood clots are the body's reaction to damaged blood vessels, which are a consequence of oxidative stress and inflammation. They can develop to stop bleeding in tissues and heal them in response to an injury or the trauma your body experiences during surgeries or medical procedures. They can also form because of damage to heart arteries when plaques rupture. Normally, blood clots dissolve or break up when they're no longer needed. But sometimes, a dislodged clot can travel through blood vessels to a different part of the body causing problems of blockage.

## **Breast cancer**

### **Why breast cancer screening is best done at 40 (Indian Express: 20240507)**

<https://indianexpress.com/article/health-wellness/breast-cancer-screening-age-9300204/>

Dr Ramesh Sarin, senior consultant, oncology, Indraprastha Apollo Hospitals, New Delhi, explains new mammography guidelines in the U

breast cancer screening Since breast cancer is treatable if detected early enough, it is imperative to lower the age of screening than consider it an unnecessary drill.

As more and more younger women are being diagnosed with breast cancer across the world, the US Preventive Services Task Force has recommended that they start mammography screening at age 40 instead of 50 as previously mandated.

This guideline is significant, given the panel's influence in public health policies and their adoption across the US, its message to insurers and its cascading effect in other countries.

## **weight loss**

### **Is weight loss easier with evening workouts? Experts decode a new study(Indian Express: 20240507)**

Here's a quick guide on how to get the best routine for yourself

<https://indianexpress.com/article/health-wellness/weight-loss-evening-workouts-study-9298843/>

evening workout weight lossThe debate between early morning and evening workouts has persisted for years.

In our crowded lives, it is becoming increasingly difficult to slot an exact exercise hour at a certain point during the day and stick to it. Which is why a new Australian study allows for some flexibility saying that doing moderate to vigorous physical activity in the evening resulted in better outcomes for those fighting obesity.

As per the study, which was published in Diabetes Care, aerobic activities done between 6 pm to midnight, resulted in a decrease in co-morbidities among the obese. So, is there a better time to work out?

## **Cancer**

### **Why is cancer called cancer? We need to go back to Greco-Roman times for the answer (Indian Express: 20240507)**

<https://indianexpress.com/article/lifestyle/health/where-does-the-word-cancer-come-from-greco-roman-times-9311302/>

Cancer was generally regarded as an incurable disease, and so it was feared. Some people with cancer, such as the poet Silius Italicus (26-102 AD), died by suicide to end the torment.

cancerIn 2022 alone, there were about 20 million new cancer cases and 9.7 million cancer deaths globally.(Photo: Getty Images/Thinkstock)

One of the earliest descriptions of someone with cancer comes from the fourth century BC. Satyrus, tyrant of the city of Heracleia on the Black Sea, developed a cancer between his groin and

scrotum. As the cancer spread, Satyrus had ever greater pains. He was unable to sleep and had convulsions.

Advanced cancers in that part of the body were regarded as inoperable, and there were no drugs strong enough to alleviate the agony. So doctors could do nothing. Eventually, the cancer took Satyrus' life at the age of 65.

## **Dukan Diet**

### **Does the Dukan Diet really help lose weight? (Indian Express: 20240507)**

<https://indianexpress.com/article/lifestyle/health/dukan-diet-weight-loss-protein-carbohydrates-9310873/>

On International No Diet Day, let's look at the safety and sustainability of this fad diet

Dukan dietRapid weight loss experienced during the initial phases may not be sustainable without adopting lasting lifestyle changes. (Unsplash)

Wondering the secret behind Jennifer Lopez and Kate Middleton's weight loss transformations? The American actor and the British Royal both, reportedly, follow the high-protein low-carb Dukan diet devised by French physician Dr Pierre Dukan in the 1970s.

According to a 2021 study in the Journal of Food Science and Nutritional Disorders, this fad diet aims to "reduce carbohydrate and fat intake in the first phase of the diet, with exclusive intake of protein, followed by another three phases, with progressive and slow reintroduction of other nutrients such as fiber, carbohydrates, and fats."

## **Anti-acidity medications**

### **Anti-acidity medications linked to a high risk of migraine, says expert (New Kerala: 20240507)**

[https://www.newkerala.com/news/2024/25884.htm#google\\_vignette](https://www.newkerala.com/news/2024/25884.htm#google_vignette)

aking acid reflux medications may raise the risk of migraines in individuals already suffering from the debilitating headache, according to a top neurologist.

Anti-acidity medications linked to a high risk of migraine, says expert

Dr Sudhir Kumar from Indraprastha Apollo Hospitals, said this, citing a recent study published in the journal Neurology Clinical Practice.

Led by researchers from the University of Maryland in the US, the study showed that acid-reducing drugs, including proton pump inhibitors (PPIs) such as omeprazole and esomeprazole, histamine H2-receptor antagonists (H2RAs), H2 blockers such as cimetidine and famotidine, and antacid supplements, are linked to a higher risk of migraines and other severe headaches than people who do not take these medications.

“In people who are suffering from migraines or other severe headaches, and are taking PPIs or H2RAs for treating gastrointestinal symptoms, it may be worthwhile stopping these medicines to see if their headaches reduce,” the doctor wrote in a post on X.

The study found that PPIs use was associated with a 70 per cent higher risk of migraines and other headaches, while H2RAs use was associated with a 40 per cent higher risk.

“It is possible that these observed associations are related to comorbidity between gastrointestinal (GI) conditions and migraine disease and symptoms, Dr Sudhir explained.

He noted that several studies have observed associations between the presence of migraine and GI conditions, including Helicobacter pylori infection, irritable bowel syndrome, celiac disease, peptic ulcers, gastroparesis, and GERD.

“New cases of migraine have been noted after starting PPI/H2RA therapy. Therefore, further studies are needed to establish the cause-effect relationship,” Dr Sudhir said.

✓ Anti-acidity medications linked to a high risk of migraine, says exper

## **Cardiovascular disease**

### **A delicate balance of prevention and early intervention can prevent cardiovascular disease (New Kerala: 20240507)**

<https://www.newkerala.com/news/2024/25893.htm>

Cardiovascular disease continues to be a major global health concern, with heart attacks and strokes ranking as leading causes of death worldwide. However, these conditions are not inevitable. Individuals can take proactive steps toward safeguarding their heart health with conscious lifestyle adjustments and medical interventions. Dr. Niranjan Hiremath, Senior Consultant Cardiac and Aortic Surgeon at Indraprastha Apollo Hospitals, New Delhi, said, "Heart health is a delicate balance of prevention and early intervention. Small, consistent lifestyle changes can drastically reduce risk over time."

A delicate balance of prevention and early intervention can prevent cardiovascular disease

Checkout the 12 essential heart health tips by Dr. Hiremath:

**Adopt a balanced diet:** A healthy diet is fundamental to maintaining a healthy heart. Aim for a balanced intake of fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid saturated fats, trans fats, and excessive sugars, which can contribute to obesity, high cholesterol, and other cardiovascular risks.

**Exercise regularly:** Regular physical activity is vital for a healthy heart. The American Heart Association recommends at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week. Activities such as brisk walking, jogging, cycling, or swimming can boost cardiovascular fitness, strengthen the heart muscle, and improve circulation. Even light activities like gardening or taking the stairs can contribute to heart health by burning calories and reducing cholesterol levels.

**Manage stress effectively:** Chronic stress has been shown to contribute to heart disease by raising blood pressure, causing unhealthy behaviours like overeating or smoking, and increasing inflammation in the body. Developing stress management techniques such as meditation, deep breathing exercises, or yoga can help to relax the mind and body. Engaging in hobbies or activities that bring joy, such as reading, painting, or spending time in nature, can also help mitigate stress levels.

**Monitor your blood pressure:** High blood pressure, or hypertension, is often called a "silent killer" because it may not present symptoms but significantly increases the risk of heart attacks and

strokes. Regularly monitoring blood pressure at home or with a healthcare professional can help identify any issues early on. If necessary, medications and lifestyle changes such as a low-sodium diet, regular exercise, and stress management can help maintain healthy blood pressure levels.

**Get regular check-ups:** Routine medical check-ups are essential for catching potential heart issues early. Regular cholesterol screenings, ECGs, and other tests can help monitor cardiovascular health and identify issues before they escalate. Early detection allows for timely intervention, reducing the risk of more severe complications.

**Quit smoking:** Smoking is a major risk factor for heart disease, damaging blood vessels, raising blood pressure, and contributing to atherosclerosis. Quitting smoking is one of the most effective steps one can take to improve heart health. Seek support from smoking cessation programs, counselling, or medication to aid in breaking the habit.

**Limit alcohol consumption:** Excessive alcohol consumption can raise blood pressure, increase triglyceride levels, and contribute to heart disease. The American Heart Association recommends a maximum of one drink per day for women and two drinks per day for men. Opting for non-alcoholic beverages, moderating consumption, or seeking support from health professionals can help reduce alcohol-related cardiovascular risks.

**Maintain a healthy weight:** Obesity is a significant risk factor for cardiovascular disease, high blood pressure, and diabetes. Maintaining a healthy weight through a balanced diet and regular exercise can significantly reduce these risks. For sustainable weight management, avoid crash diets and seek guidance from healthcare professionals or nutritionists to develop a plan tailored to your needs.

**Sleep well:** Lack of sleep has been linked to various health issues, including heart disease. Aim for 7-8 hours of quality sleep per night. Developing a consistent sleep routine, avoiding electronic devices before bed, and creating a relaxing bedtime environment can help improve sleep quality.

**Stay hydrated:** Dehydration can thicken the blood, increasing the risk of blood clots and heart strain. Ensure adequate hydration throughout the day, especially in hot weather or during exercise. The recommended daily intake varies depending on individual needs, but generally, adults should aim for 8-10 cups of water per day. Proper hydration helps maintain cardiovascular function and overall health.

**Control cholesterol levels:** High cholesterol contributes to plaque build-up in the arteries, increasing the risk of heart attacks and strokes. Regular cholesterol screenings can help monitor levels and catch any issues early. A diet rich in fiber and low in saturated fats, alongside regular exercise and medication, if necessary, can help maintain healthy cholesterol levels. Consult your healthcare professional for personalized advice on managing cholesterol.

**Manage diabetes:** Diabetes can increase the risk of cardiovascular disease by damaging blood vessels and nerves. Managing diabetes through diet, exercise, and medication can help reduce these risks. Regular monitoring of blood sugar levels and consulting a healthcare professional for comprehensive diabetes management is crucial for overall health.

Taking proactive steps to care for your heart can drastically reduce the risk of cardiovascular disease. Dr. Niranjana Hiremath reiterates, "Preventive measures and lifestyle modifications play a crucial role in maintaining a healthy heart. It's important to take charge of your health before it takes charge of you." IANS Life can be contacted at [ianslife@ians.in](mailto:ianslife@ians.in)

## **IVF**

### **Can IVF prevent the risk of thalassemia? (New Kerala: 20240507)**

<https://www.newkerala.com/news/2024/25962.htm>

In 2019, Pooja and Ankit (name changed) a thalassemia minor couple, planned a second baby to help their first-born child with the genetic disorder, who required blood transfusion on a fortnightly basis.

With a second baby, the couple, aged 33 and 35, from Uttar Pradesh's Saharanpur, hoped to provide a matching donor for their firstborn, 3 years old, and cure the disorder via stem-cell transplant.

However, to ensure a healthy second baby, they opted for in vitro fertilisation (IVF).

The woman underwent three IVF cycles, each requiring intensive hormonal stimulation. Each cycle entailed daily injections for a minimum of 10-12 days, followed by egg retrieval under anaesthesia.

The process had to be repeated thrice to amass a sufficient pool of 16-18 embryos, ensuring the possibility of identifying at least one embryo free from thalassemia.

Doctors at Jindal IVF, Chandigarh, combined in vitro fertilisation (IVF) technique with Preimplantation Genetic Testing (PGT) -- a breakthrough procedure, reportedly used for the second time in India -- resulting in a healthy newborn on April 4, 2024, and hope for thalassemia major patients.

"IVF PGT is absolutely beneficial for thalassemia and all single gene disorders where the mutation involved is known and probably the only method available which can prevent passing on the affecting mutation to future family generations. It gives us a chance to select a non-affected embryo thus preventing transmission," Dr Sheetal Jindal, Senior consultant and medical director, at Jindal IVF, Chandigarh, told IANS, ahead of thalassemia day on May 8.

What is thalassemia?



Thalassemia is an inherited blood disorder characterised by abnormal haemoglobin production, leading to anaemia and potentially severe health complications. It is caused by genetic mutations that affect the production of haemoglobin, a crucial component of red blood cells.

Patients require lifelong blood transfusions with at least one unit of blood within a maximum of 20 days.

How can IVF help?

Dr Manju Nair, Clinical Director- Fertility, Cloudnine Group of Hospitals, Bengaluru, Old Airport Road, told IANS that IVF with genetic testing can help reduce the risk of thalassemia by selecting embryos free of genetic mutations.

“This involves testing to identify carriers of thalassemia gene mutations. If both partners are carriers (that is, they carry one abnormal copy of the gene but do not have thalassemia themselves), there is a risk of having a child with thalassemia if both pass on their abnormal genes,” she explained.

Couples with a family history of thalassemia or belonging to ethnic groups with a higher prevalence of thalassemia should consider genetic counselling, before conception or during early pregnancy.

In general cases, screening tests in the first trimester (first 12 weeks) can indicate the presence of such genetic disorders.

“IVF, combined with Preimplantation Genetic Diagnosis (PGD) or preimplantation genetic testing (PGT), can potentially help prevent the risk of thalassemia in certain situations,” Dr Manju said

According to Dr Sheetal the success rate in such patients “is 50-60 per cent and even higher because most of these females are otherwise fertile”.

However, “In IVF, patients have to take multiple injections daily. Also even after so much effort, we might not get a fully matched embryo, and sometimes more IVF cycles might have to be done. It is also very expensive as the cost of 1 cycle might be 7-8 lakhs,” she added.

“IVF with PGT is a wonderful treatment for couples with known genetic disorders. When I see the suffering parents face with an affected child, I genuinely want to help them. Their whole lifetime, money, and energy revolve around their affected child. In such cases the pain is so much that if someone can afford to some extent it can be a big saviour for the family and can bring happiness and real joy of parenthood,” the doctor said.

## **Personalised pregnancy**

### **Personalised pregnancy screening key to help detect preeclampsia early (New Kerala: 20240507)**

<https://www.newkerala.com/news/2024/25998.htm>

new research on Monday called for personalised screening algorithm in the first trimester of pregnancy to aid the early detection of preeclampsia -- a life-threatening form of high blood pressure during pregnancy.

Personalised pregnancy screening key to help detect preeclampsia early

The research, published in the American Heart Association's journal Hypertension, showed that the new screening algorithm combining maternal history, ultrasound data and several tests for blood markers may help better predict preeclampsia in the first trimester -- while it may still be preventable.

Preeclampsia, where the blood pressure in a pregnant woman can shoot to more than 140/90 mm Hg, is a leading cause of maternal death worldwide. It can cause headaches, vision changes and swelling of the mother's hands, feet, face or eyes; and also affect the baby with preterm birth and also death.

"Preeclampsia is one of the most severe illnesses of pregnancy and may lead to preterm birth and/or maternal death," said senior study author Emmanuel Bujold, Professor in the Department of Obstetrics and Gynaecology at the Universite Laval in Quebec City, Canada.

Bujold noted that while "the biological mechanisms that lead to preeclampsia usually start in the first trimester of pregnancy (weeks 1 through 12), the initial symptoms most often do not appear before week 20."

To understand if the new screening algorithm -- using a combination of ultrasound and blood biomarker tests -- works, the team recruited over 7,000 women with first-time pregnancies across Canada who were between 11 and 14 weeks pregnant.

The method could detect preeclampsia in 63.1 per cent cases before 37 weeks of gestation, and in 77.3 per cent cases before 34 weeks of gestation, the team said.

## **FLiRT Covid variants**

### **FLiRT Covid variants: No need for panic or extra caution, say experts(New Kerala: 20240507)**

<https://www.newkerala.com/news/2024/26018.htm>

As the new Covid-19 variants, nicknamed FLiRT, have raised fresh concerns, health experts on Monday said that there is no need for panic or extra caution.

FLiRT is a new set of Covid variants, from the lineage of the highly transmissible and immune system evading Omicron.

The FLiRT variants, which majorly include KP.1.1, and KP.2, are named based on the technical names for their mutations, one of which includes the letters "F" and "L", and another of which includes the letters "R" and "T".

According to data from the US Centers for Disease Control and Prevention, KP.2 accounted for about one in four or 25 per cent of new sequenced cases in the country in the last weeks of April.

"Overall, there is no need for panic or extra caution, nor is there a requirement for any specific medications. Improving immunity through a healthy lifestyle will be crucial," Dr Swapnil M. Khadake, HOD & Consultant Critical Care, Fortis Hiranandani Hospital, Vashi, told IANS.

The symptoms of the new variants seem to be more or less similar to previous ones. They include a sore throat, runny nose, congestion, tiredness, fever (with or without chills), headache, muscle pain, and sometimes loss of taste or smell, the doctor said.

The rate of hospitalisation is expected to be lower, with outpatient management being sufficient for most cases.

"Ward hospitalisation may be necessary in some instances, but ICU admissions should be rare. Existing vaccinations should provide coverage against this variant to some extent. Precautions such as wearing masks in public places and practising hand hygiene can significantly reduce transmission," Dr Khadake said.

While the variants are likely to be "more transmissible and defy immunity as compared to previous strains", they are unlikely to produce severe symptoms in the form of pneumonia", Dr Dhiren

Gupta, Senior Consultant, Dept of Paediatric Pulmonology and Allergy, Sir Ganga Ram Hospital, told IANS.

"Only patients who are having severe uncontrolled comorbidities or chronic lung diseases should be a little precautious about getting infected as it can worsen their existing symptoms," he added.

As per a recent study, not peer-reviewed yet, "KP.2 has spread rapidly, and its variant frequency reached 20 per cent in the UK as of early April 2024, suggesting a potential to become the predominant lineage globally".

Dr Ravindra Gupta, Head of Department, Internal Medicine, C.K. Birla Hospital, Gurugram told IANS that the variant has no distinct symptoms from the Omicron variant. Further, "no serious illness has been reported so far from FLiRT, and it too early to say it could be deadly and could spread fast across the world. Not dangerous so far," he added.

## **World Asthma Day 2024**

### **World Asthma Day 2024: अस्थमा के मरीज इन चीजों से बनाएं दूरी, जानिए क्या खाने से नहीं बढ़ेगी परेशानी (Hindustan: 20240507)**

<https://www.livehindustan.com/lifestyle/health/story-world-asthma-day-2024-know-what-to-eat-and-avoid-by-asthma-patient-9936175.html>

World Asthma Day 2024 Diet: अस्थमा पेशेंट को अपने खाने पीने का खास ख्याल रखना चाहिए। क्योंकिक्यों इस समस्या में कोई भी खाने की चीज ट्रिगर कर सकती हैं। यहां जानिए

क्या खाएं और किन चीजों से दूरी बनाएं।

हर साल मई महीने के पहले मंगलवार को अस्थमा डे के रूप में मनाया जाता है। इस साल ये दिन 7 मई को मनाया जाएगा। ये दिन अस्थमा बीमारी को लेकर

जागरूकता फैलाने के लिए मनाया जाता है। अस्थमा सांस संबंधी समस्या है, जिसमे व्यक्ति को अपने खाने पीने का खास ख्याल रखना चाहिए। क्योंकिक्यों खाने-पीने

में जरा सी लापरवाही करने पर ये समस्या ट्रिगर हो सकती है। अस्थमा पेशेंट को खाने में उन्हीं चीजों को शामिल करना चाहिए जो उनके लिए फायदेमंद हों।हों यहां

जानिए इस बीमारी से पीड़ित लोग क्या खाएं और किन चीजों को खाने से बचें।

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

5/7/24, 10:58 AM World Asthma Day 2024 know what to eat and avoid by Asthma patient - World Asthma Day 2024: अस्थमा के मरीज इन चीजों से बनाएं ...

<https://www.livehindustan.com/lifestyle/health/story-world-asthma-day-2024-know-what-to-eat-and-avoid-by-asthma-patient-9936175.html> 1/4

अस्थमा पेशेंट किन चीजों से बनाएं दूरी

- अगर कोई व्यक्ति अस्थमा जैसी समस्या से पीड़ित है तो उसे जंक फूड, ऑयली, पैकेज्ड और कैन वाले खाने की चीजों से बचना चाहिए। ये खांसी और सूजन जैसे

लक्षणों को ट्रिगर करते हैं।

- इसके अलावा कोला, सोडा, केक, पेस्ट्री, कैंडी, मिठाई, जूस और फ्लेवर्ड खाने की चीजों को खाने से भी बचना चाहिए क्योंकि इन्हें खाने से आपकी स्थिति खराब

हो सकती है और आपके फेफड़ों में जलन हो सकती है।

- सूखे फलों को खाने से बचें क्योंकि इन्हें सल्फाइड्स की मदद से प्रिजर्व किया जाता है। ये आपके अस्थमा को खराब कर सकते हैं और फेफड़ों में जलन पैदा

करते हैं। वहीं शराब, मसालेदार सब्जियां और बोटलबंद नींबूनीं बूके रस में भी सल्फाइड्स होता है, इसलिए इनसे दूरी बनाना बेहतर है।

अस्थमा पेशेंट क्या खा सकते हैं

- अस्थमा पेशेंट बादाम, अखरोट, पनीर, छाछ, दही और घी जैसी चीजों को खा सकते हैं। वहीं फलों सेब और अंगूर में फ्लेवोनोइड्स और सेलेनियम नामक

एंटीऑक्सीडेंट होते हैं, जो प्रकृति में एंटी इन्फ्लेमेटरी होते हैं।

- अस्थमा के मरीजों को पर्याप्त मात्रा में ताजे फल, सब्जियां, साबुत अनाज, फलियां और दालें खानी चाहिए।

- अस्थमा वाले लोग के लिए ओमेगा-3 फैटी एसिड से भरपूर खाने की चीजें फायदेमंद हो सकती हैं। वह ब्रोकोली, चुकंदर, आलू, गाजर, मेथी के पत्ते, धनिया के

पत्ते, हरे प्याज, प्याज, लहसुन, अदरक, संतरे, जामुन, अंगूर, नाशपाती, अनार, कीवी और चेरी खा सकते हैं।

औ

खांसी-जुकाम कहीं बन न जाए फेफड़ों में इन्फेक्शन का कारण, इन लक्षणों से करें पहचान

यह भी पढ़ें

ऐप पर पढ़ें

5/7/24, 10:58 AM World Asthma Day 2024 know what to eat and avoid by Asthma patient - World Asthma Day 2024: अस्थमा के मरी ज इन ची जों से बनाएं ...

<https://www.livehindustan.com/lifestyle/health/story-world-asthma-day-2024-know-what-to-eat-and-avoid-by-asthma-patient-9936175.html> 2/4

World Asthma Day

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।

Latest News in Hindi

डिस्कलेमर: इस आर्टिकल में बताई विधि, तरीकों व दावों को केवल सुझाव के रूप में लें। इस तरह के किसी भी उपचार/दवा/डाइट और सुझाव पर

अमल करने से पहले डॉक्टर या एक्सपर्ट से सलाह लें।

## Signs of jealousy

**Signs of jealousy: ईर्ष्या करने वाले लोगों में दिखाई देते हैं ये 5 संकेत, बिना लाउड हुए इस तरह करें डील**

आपके साथ दिन भर रहने वाला कौन सा व्यक्ति आपके प्रति सच्ची निष्ठा रखता है और कौन जलन करता है। ये जान पाना बेहद मुश्किल काम है। मगर कुछ संकेतों की मदद से ईर्ष्यालु

**लोगों की पहचान करना आसान हो जाता है।(Hindustan: 20240507)**

<https://www.livehindustan.com/lifestyle/story-signs-that-someone-jealous-to-you-handle-them-in-these-5-ways-9931933.html>

दिन भर में घर से लेकर ऑफिस तक कई लोगों से मिलते- जुलते हैं, मगर उनमें से कुछ लोग ऐसे होते हैं, जिनका ध्यान आपकी खूबियों पर कम और कमियों पर

ज्यादा बना रहता है। वास्तव में आपके साथ दिनभर रहने वाला कौन सा व्यक्ति आपके प्रति सच्ची निष्ठा रखता है और कौन आपसे जलन करता है। ये जान पाना

बेहद मुश्किल काम है। मगर कुछ संकेतों की मदद से ईर्ष्यालु लोगों की पहचान करना आसान हो जाता है। जानते हैं कि ईर्ष्यालु लोगों की कैसे करें पहचान

(Signs of jealousy) और किन टिप्स की मदद से करें इस समस्या को हल। अधिक जानने के लिए इस लिंक पर क्लिक करें - Signs of jealousy: ईर्ष्या

करने वाले लोगों में दिखाई देते हैं ये 5 संकेत, बिना लाउड हुए इस तरह करें डील

ऐप पर पढ़ें/देखें

ई- पेपर शहर चुनें

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

5/7/24, 11:01 AM Irshyalu logon ki kaise karein pehchaan, ला इफस्टा इल न्यूज

<https://www.livehindustan.com/lifestyle/story-signs-that-someone-jealous-to-you-handle-them-in-these-5-ways-9931933.html> 1/6

Mental Health Emotional Friend

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।

सेहत संबंधी अन्य जानकारियों के लिए लॉग इन करें - हेल्थ शॉट्स हिन्दी।

विज्ञापन

Jokes: जब पप्पू ने बीवी से पूछा, शादी से पहले कितने बॉयफ्रेंड थे

गर्मी में पपीते से करें स्किन को प्रोटेक्ट

Viral Jokes: जब पप्पू ने बताया क्या है अच्छे पति की पहचान, पढ़ें जोक्स

मदर्स डे पर मां को स्पेशल फील कराना है तो मां को दें ये प्यारा गिफ्ट

## Pulses Protein

शरीर को 1 कटोरी दाल से मिलता है इतना कम प्रोटीन? जानें आपको कितनी है जरूरत कई लोगों को लगता है कि रोजाना दाल खाने से उनके शरीर में प्रोटीन की जरूरत पूरी हो रही है। हालांकि सच जानेंगे तो आपको झटका लग सकता है। यहां जानें रोजाना आपको कितने ग्राम प्रोटीन की जरूरत है। (Hindustan: 20240507)

<https://www.livehindustan.com/lifestyle/health/story-how-much-protein-do-we-need-daily-1-gm-dal-and-1-egg-has-how-much-protein-9930068.html>

खान-पान और डायट से जुड़ी जानकारी की कमी में अक्सर लोगों के शरीर में कई तरह की समस्याएं हो जाती हैं। यह बात सब जानते हैं कि हमें ऐसा खाना चाहिए

जो बैलेंस्ड हो। मतलब जिसमें प्रोटीन, फैट, कार्बोहाइड्रेट, फाइबर, मिनरल्स और एंटीऑक्सीडेंट्स सब कुछ हो। पर कई बार लोग ये नहीं समझ पाते कि जो

डायट वो ले रहे हैं उसमें उनके जरूरत के हिसाब से पोषक तत्व मौजूद हैं या नहीं। हीं उदाहरण के तौर पर दाल को प्रोटीन का अच्छा सोर्स माना जाता है। हालांकि

कम लोग जानते हैं कि आपके शरीर को जितने प्रोटीन की जरूरत होती है वो 1 कटोरी दाल से पूरा नहीं हो सकता। यहां जानें आपके लिए कितना प्रोटीन जरूरी

है।

विज्ञापन

ऐप पर पढ़ें

ई-पेपर शहर चुनें

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

5/7/24, 11:09 AM how much protein do we need daily 1 gm dal and 1 egg has how much protein - शरीर को 1 कटोरी दाल से मिलता है इतना कम प्रोटीन? जानें ...

<https://www.livehindustan.com/lifestyle/health/story-how-much-protein-do-we-need-daily-1-gm-dal-and-1-egg-has-how-much-protein-9930068.html> 1/4



## Healthy Diet

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।

जानें कितने प्रोटीन की है जरूरत

प्रोटीन हमारे शरीर को बनाने वाला सबसे अहम फैक्टर है। लोगों को लगता है कि रोजाना दाल खा लेने से प्रोटीन की मात्रा पूरी हो जाती है। खास तौर पर

वेजिटेरियन लोगों के पास कम ऑप्शंस होते हैं। एक्सपर्ट्स की मानें तो आपका जितना वजन है उसमें प्रति ग्राम .8 से गुणा कर दें। रोजाना आपको इतने ही प्रोटीन

की जरूरत होती है। जैसे मान लीजिए आपका वेट 50 किलो है तो आपको डेली 40 ग्राम प्रोटीन खाना चाहिए। मोटे तौर पर मान सकते हैं कि डेली 50-60 ग्राम

प्रोटीन हमारे लिए जरूरी है। वहीं एक कटोरी पकी हुई अरहर की दाल में करीब 10 ग्राम प्रोटीन होता है। यानी शरीर की जरूरत पूरी करने के लिए आपको 4-5

कटोरी दाल की जरूरत पड़ेगी।

शरीर को नहीं मिलता दाल का पूरा प्रोटीन

दाल का प्रोटीन हमारा शरीर पूरी तरह से अवशोषित भी नहीं कर पाता। हमारी बॉडी सिर्फ 70-80 फीसदी प्रोटीन ही लेता है। वहीं अंडे का प्रोटीन ज्यादा

अवशोषित होता है। हालांकि एक अंडे में भी 6 ग्राम ही प्रोटीन होता है।

कैसे मिले प्रोटीन

अब बड़ा सवाल यह है कि शरीर को प्रोटीन कैसे मिले। एक्सपर्ट्स सलाह देते हैं कि आप जितने बार खाना खाएं उसमें हर बार प्रोटीन जरूर रखें। सोया, बीन्स,

मटर, चने, पनीर नट्स (अखरोट, बादाम), सीड्स, चिया सीड्स, दही, मट्ठा...ये ब्रेकफास्ट, लंच और डिनर में लेते रहना चाहिए

## Health Benefits of Garlic Peel

बेकार समझकर फेंक देते हैं लहसुन के छिलके? मिलते हैं ये गजब के हेल्थ बेनिफिट्स

**Health Benefits of Garlic Peel: यह जानने के बाद कि लहसुन के छिलके ना सिर्फ खाने का स्वाद बढ़ा सकते हैं बल्कि अस्थमा से लेकर पैरों की सूजन तक में आपको आराम पहुंचा**

सकते हैं, शायद ही आप लहसुन के छिलकों(Hindustan: 20240507)

<https://www.livehindustan.com/lifestyle/fitness/story-asthma-to-skin-problems-know-health-benefits-of-garlic-peel-lahsun-ke-chilke-ke-fayde-in-hindi-9930560.html>

Health Benefits Of Garlic Peel: खाने का स्वाद और खुशबू बढ़ाने के लिए अकसर लहसुन का इस्तेमाल किया जाता है। लेकिन क्या आप जानते हैं लहसुन

की ही तरह लहसुन के छिलके भी सेहत और स्वाद के लिए बेहद फायदेमंद होते हैं? जी हां, ज्यादातर लोग लहसुन छीलने के बाद उसके छिलके बेकार समझकर

कूड़े में फेंक देते हैं। हो सकता है अब तक आप भी ऐसा ही करते रहे हों।हों लेकिन यह जानने के बाद कि लहसुन के छिलके ना सिर्फ खाने का स्वाद बढ़ा सकते हैं

बल्कि अस्थमा से लेकर पैरों की सूजन तक में आपको आराम पहुंचा सकते हैं, शायद ही आप लहसुन के छिलकों को अगली बार फेंकने की गलती करेंगे। आइए

जानते हैं लहसुन के छिलकों के क्या हैं गजब के बेनिफिट्स।

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

5/7/24, 11:10 AM asthma to skin problems know health benefits of garlic peel lahsun ke chilke ke fayde in hindi - बेकार समझकर फेंक देते हैं लहसुन के ...

<https://www.livehindustan.com/lifestyle/fitness/story-asthma-to-skin-problems-know-health-benefits-of-garlic-peel-lahsun-ke-chilke-ke-fayde-in-hindi-9...> 1/4

लहसुन के छिलकों में मौजूद पोषक तत्व लहसुन का छिलका एंटी बैक्टीरियल, एंटी वायरल और एंटी फंगल प्रापर्टीज से भरपूर होता है। यही वजह है कि आयुर्वेद में लहसुन को औषधी माना जाता है।

लहसुन के छिलकों का पाउडर पिज्जा, सैंडविच जैसी चीजों पर सीजनिंग करने से लेकर अस्थमा से लेकर पैरों की सूजन तक में आराम पहुंचा सकता है।

लहसुन के छिलके के फायदे-

स्किन प्रॉब्लम्स में असरदार जो लोग स्किन से जुड़ी समस्याएं जैसे खुजली और एक्जिमा से जुझ रहे हैं, उनके लिए लहसुन के छिलके बेहद फायदेमंद हो सकते हैं। इस उपाय को करने के

लिए लहसुन के छिलकों को थोड़े-से पानी में कुछ घंटों भिगोकर रखें। इसके बाद इस पानी को त्वचा के प्रभावित स्थान पर लगाएं। इस उपाय को करने से खुजली

और इरिटेशन की समस्या में राहत मिल सकती है। इतना ही नहीं इसके एंटी बैक्टीरियल गुण पिंपल्स में भी बहुत फायदेमंद है।

अस्थमा रोगी-

अस्थमा रोगी को भी लहसुन के छिलके फायदा पहुंचा सकते हैं। अस्थमा रोगी लहसुन के छिलके पीसकर उसका शहद के साथ सुबह-शाम सेवन करें। यह मिश्रण

आप दिन में 2 बार खा सकते हैं। इससे अस्थमा के लक्षणों से आराम मिलता है।

हेयर प्रॉब्लम्स लहसुन के छिलकों को पानी में उबालकर बालों में लगाने से बाल संबंधित परेशानियां जैसे सिर में जुएं, डैंड्रफ और स्कैल्प में खुजली से निजात मिल सकती है।

पैरों की सूजन कम करे-

पैरों की सूजन से राहत पाने के लिए भी आप लहसुन के छिलकों का इस्तेमाल कर सकते हैं। इस उपाय को करने के लिए गुनगुने पानी में लहसुन के छिलके

डालकर उस पानी में कुछ देर अपने पैर डुबोकर रखें। पैरों की सूजन और दर्द धीरे-धीरे कम हो जाएगी।

सूप बनाने के लिए लहसुन के छिलकों में एंटीवायरल, एंटीफंगल और एंटीबैक्टीरियल गुण पाए जाते हैं, जो आपकी सेहत के लिए बहुत फायदेमंद माने जाते हैं। इसका इस्तेमाल आप

## World Asthma Day:

**World Asthma Day: इनहेलर की बाप हैं ये 3 एक्सरसाइज, तेजी से बढ़ाती हैं फेफड़ों की कैपेसिटी, भर-भरकर मिलेगी ऑक्सीजन( Navbharat Times : 20240507)**

<https://navbharattimes.indiatimes.com/lifestyle/health/on-world-asthma-day-copd-foundation-told-3-easy-breathing-exercises-to-increase-lung-capacity-and-oxygen/articleshow/109901959.cms?story=1>

How to improve breath: अस्थमा फेफड़ों को खराब कर देती है और सांस लेना मुश्किल हो जाता है लेकिन आप कुछ एक्सरसाइज के जरिये अपनी सांस लेने की क्षमता को बढ़ा सकते हैं और फेफड़ों को मजबूती दे सकते हैं।

on world asthma day copd foundation told 3 easy breathing exercises to increase lung capacity and oxygen

World Asthma Day: इनहेलर की बाप हैं ये 3 एक्सरसाइज, तेजी से बढ़ाती हैं फेफड़ों की कैपेसिटी, भर-भरकर मिलेगी ऑक्सीजन

आज यानी 07 मई को वर्ल्ड अस्थमा डे (World Asthma Day) मनाया जा रहा है। अस्थमा फेफड़ों की सूजन की एक ऐसी बीमारी है जिसमें मरीज का खुलकर सांस लेना मुश्किल हो जाता है। सबसे चिंता की बात यह है कि यह एक लाइलाज बीमारी है और मरीजों को अपना एक-एक पल गुजारना भारी होता है।

बेशक अस्थमा की इलाज नहीं लेकिन आप अपने फेफड़ों की सही तरह देखभाल करके उनकी क्षमता बढ़ा सकते हैं। बेहतर तरीके से सांस लेने के लिए फेफड़ों का स्वस्थ और मजबूत होना जरूरी है। फेफड़ों की क्षमता बढ़ाकर आपको बेहतर, लंबी और खुलकर सांस लेने में मदद मिल सकती है।

अस्थमा जैसी कुछ बीमारियां फेफड़ों की क्षमता और कामकाज को बुरी तरह प्रभावित करती हैं। इन रोगों में सांस लेने में तकलीफ और सांस फूलने की समस्या हो जाती है। हालांकि कुछ व्यायाम फेफड़ों की क्षमता को बनाए रखने में मदद कर सकते हैं, जिससे फेफड़ों को स्वस्थ रखना और शरीर को जरूरी ऑक्सीजन पहुंचाना आसान हो जाता है।

## Mood Swing

**हर पल Mood Swing होना सामान्य नहीं, इन कारणों से हो सकता है मूड ऑन और ऑफ (Navbharat Times: 20240507)**

<https://navbharattimes.indiatimes.com/lifestyle/health/mental-health-causes-of-rapid-mood-swings/photoshow/msid-109904897,picid-109905227.cms>

बहुत जल्दी-जल्दी मूड स्विंग होना बायपोलर डिसऑर्डर, डिप्रेशन और अन्य मानसिक संबंधित समस्याओं के साथ जुड़ा हो सकता है। इसलिए समय पर इसके इलाज के लिए, इसके लक्षणों और कारणों को समझना बहुत जरूरी है।

रैपिड मूड स्विंग्स के लक्षण

1/5

रैपिड मूड स्विंग्स के लक्षण

रैपिड मूड स्विंग्स के शिकार व्यक्ति में इस तरह के लक्षण देखने को मिल सकते हैं, जैसे कि सामान्य से अधिक बात करना और फिर एकदम से शांत रहना, चिड़चिड़ापन होना या फिर उत्साह से भर जाना, अधिक एनर्जी और इंटेंसिटी के साथ गोल ओरिएंटेड एक्टिविटी करना, सामान्य से कम नींद लेना और बहुत जल्दी रोने और फिर हंसने लगना। इस तरह के लक्षण उनमें ज्यादा देखने को मिलते हैं।

रैपिड मूड स्विंग्स के कारण

2/5

रैपिड मूड स्विंग्स के कारण

रैपिड मूड स्विंग्स होने के वैसे तो कई कारण हो सकते हैं, लेकिन जो सबसे ज्यादा कारण देखे जाते हैं, उनमें शामिल हैं:

## मेंटल हेल्थ कंडिशनस

कई मेंटल हेल्थ कंडीशन भी रैपिड मूड स्विंग्स का कारण बन सकती हैं, जैसे कि बायपोलर डिसऑर्डर। यदि किसी को यह डिसऑर्डर है, तो इमोशन्स की रेंज बहुत खुशी और फिर कुछ पल में बेहद दुख में बदल जाते हैं। ये परिवर्तन कई दिनों से लेकर कई महीनों तक चल सकते हैं।

## डिप्रेशन

3/5

## डिप्रेशन

जो लोग बहुत लंबे समय से तनाव हैं, फिर वो डिप्रेशन को बहुत जल्दी शिकार हो जाते हैं और लगातार यह स्थिति बने रहने के कारण रैपिड मूड स्विंग भी होने लग सकते हैं।

## हार्मोन बैलेंस न होना

4/5

## हार्मोन बैलेंस न होना

रैपिड मूड स्विंग्स का कारण हार्मोनल असंतुलन भी हो सकता है। हार्मोन शरीर के विभिन्न प्रक्रियाओं को नियंत्रित करते हैं, जिसमें आपके इमोशंस भी शामिल हैं।

## थायरॉइड

5/5

## थायरॉइड

थायरॉइड भी इसका एक कारण है। सेंट्रल नर्वस सिस्टम को प्रभावित करने वाली कंडिशनस भी मूड शिफ्ट्स की वजह बन सकती हैं।

