



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20240821

Mental Health (Hindustan Times :20240821)

<https://www.hindustantimes.com/lifestyle/health/mental-health-of-healthcare-professionals-tips-to-tackle-burnout-and-ensure-wellness-of-our-caregivers-101724144567505.html>

Mental health of healthcare professionals: Tips to tackle burnout and ensure wellness of our caregivers

Mental health of healthcare professionals has recently started gaining visibility with physician burnout, stress, anxiety and more severe situations such as depression and suicide coming to the forefront. While tackling mental health problems is an important and crucial issue at hand, we are still grappling with the fact that healthcare professionals can have mental health issues and require care and corrective measures hence, addressing the issue of attitude towards self-care is the need of the hour.

Breaking the silence:

In an interview with HT Lifestyle, Dr Vivek Dwivedi, President - Association of Medical Consultants in Mumbai, shared, “When you accept the issues, then one can devise strategies for help and put it into practice. There are many methods that doctors, nurses and medical staff can follow to keep their mental health in check. The first and foremost problem that one needs to address is self-discipline given that the profession subjects you to erratic work schedules, rotational shifts and heavy workload. Preparing a timetable that accommodates physical exercises, meals, recreational activities, and wellbeing measures, can greatly help in managing a stressful life.”

He suggested, “Cultivating a culture of healthy competition, peer-to-peer conversations and strong bonds and friendships at work can help given that all colleagues are experiencing the perils of a hectic work life. Being watchful about your staff and offering help to overcome such mental health situations is important. While seeking professional help is always an option, one needs to spend time in meditation, yoga and enroll in wellness programs for guidance. Investing time in spiritual growth also offers a calming and soothing experience, one must take advantage of online programs, sessions and digital options that are easy to avail at your time of convenience. The healthcare providers must not shy away from managing mental health as caregivers are also human and one must note that self-care is priority. If you are healthy, only then can you provide the best care to others.”

The unseen crisis:

Bringing his expertise to the same, Dr Shaju George, Specialist Psychiatrist, opined, “Being in the profession for so many years, we have definitely seen a rise in the number of people seeking medical help for mental health management. The glaring question is how many of those are medical professionals. Encouraging and normalising help for mental health problems is the way forward for medical professionals and caregivers who are so involved in caregiving that they forget to care for themselves. We need to change this and create safe spaces for our doctors, nurses, and staff. The gap often lies at the workplace management levels, where hospitals, clinics, labs, diagnostic centres lay emphasis on patients but not on their own staff. We have to implement measures for our in-house staff to cope with the surmountable workload resulting in stress, burnout, anxiety, mood swings.”

He recommended, “Programs must be organised regularly to emphasise its importance and share coping mechanisms for medical staff to utilise in their daily lives. Professionals can be employed specifically to watch, counsel, and motivate staff to focus on wellness, stress management and other mental health disorders. With the rising cases of depression and suicides, protocols must be put in place to oversee the mental health of staff to avoid such occurrences. Preventive measures where meditation, yoga, relaxing activities can be incorporated at the workplace itself while sleeping pods and beds can be arranged for medical staff to rest in between shifts if needed. Support from the workplace goes a long way in helping with mental health management especially for caregivers who are neck deep in patient care.”

Healing the healers:

There has been enough and more conversations around the rising workload on healthcare professionals and pathologists, lab technicians and microscopists are no exception. Highlighting the same, Samrat Singh, Co-Founder and CEO at Medprime Technologies, said, “While technological advancements are paving the way for automation, we have a long road ahead in its adoption. With India being a highly populous country, our healthcare professionals are facing the brunt of mental health issues like stress, anxiety, and fatigue due to the mounting pressures at work. It is imperative that while we work towards accelerating healthcare, we also look after our staff and members by providing access to mental health programs, stress management coaching and wellness strategies that they can implement in their day-to-day life.”

He asserted, “Mental health support strategies come a long way in coping with work stress, while tackling the challenges on the job. Application of preventive and intervention strategies for mental health of professionals such as mindful meditation practices, digital mediums to access information on the issues faced and coping mechanisms for it, availability of psychological and psychiatric experts on the office panel, occupational health support personnel, peer support programs, while emphasizing on work-life balance.”

Samrat Singh advised, 'Healthcare organisations can sign up for innovative ideas such as employee discounts in wellness centres, yoga clinics and even wellness resorts that

promote healthy vacations created to recoup from stressful situations. It is also helpful to provide tips to navigate stressful work environments and enforce leave policies while taking stringent action to promote a good working environment. Embracing innovations in the space like leveraging technologies that aid in automating work also helps in reduction of workload, a new-age way of looking at managing work-life balance."

Malaria to Yellow Fever (Hindustan Times :20240821)

<https://www.hindustantimes.com/lifestyle/health/world-mosquito-day-2024-from-malaria-to-yellow-fever-dangerous-mosquito-borne-diseases-to-be-aware-of-during-monsoon-101724133684394.html>

World Mosquito Day 2024: From malaria to yellow fever, dangerous mosquito-borne diseases to be aware of during monsoon

Every year on August 20, World Mosquito Day is observed to highlight the serious threats mosquitoes pose to public health and to recognise the ongoing efforts to mitigate their impact. This day commemorates the 1897 discovery by British physician Sir Ronald Ross, who identified the link between mosquitoes and malaria. As the monsoon season brings relief from the summer heat, it also creates ideal breeding conditions for mosquitoes, heightening the risk of mosquito-borne diseases. To stay healthy, it's crucial to be aware of these risks. Here are some of the most common monsoon-related diseases to watch out for.

Malaria

Malaria is a widespread and dangerous disease transmitted by female Anopheles mosquitoes. Symptoms typically include fever, headache, and chills, which begin 10 to 15 days after being bitten. In severe cases, malaria can be fatal. Each year, over 247 million cases are diagnosed worldwide. Although treatments and a multi-dose vaccine are available, malaria parasites are known for their ability to rapidly adapt, leading to drug-resistant strains that complicate treatment efforts.

West Nile Virus

West Nile virus, transmitted by disease-carrying mosquitoes, can lead to a range of symptoms, including fever, headache, neck stiffness, tremors, convulsions, and muscle weakness. However, up to 80% of those infected may experience no symptoms at all. Despite being often asymptomatic, the virus can be deadly. Severe forms of the disease, such as West Nile encephalitis or meningitis, occur in about one in 150 diagnosed cases. Those most at risk of serious illness include individuals who are immunocompromised, such as after an organ transplant, those with certain medical conditions, or those over the age of 60.

Dengue

Dengue usually leads to mild illness, with treatments aimed at relieving symptoms. However, in severe cases, it's often called "break-bone fever" due to the intense headache, muscle and joint pain, high fevers, nausea, fatigue, severe abdominal pain, and vomiting it can cause. In some instances, dengue can even be fatal. The Aedes aegypti mosquitoes, which transmit dengue, are often dubbed the "cockroaches of mosquitoes" because of their ability to adapt to urban environments and live close to humans.

Zika

The Zika virus is often asymptomatic, but when symptoms do occur, they can include muscle and joint pain, headache, fever, rash, and conjunctivitis. While the Aedes mosquitoes are the primary carriers of the virus, Zika can also be transmitted sexually. The virus can persist in sexual organs for extended periods, often without any symptoms, leading to unintentional transmission to sexual partners.

Yellow fever

Yellow fever is transmitted by Aedes and Haemogogus mosquitoes. Symptoms like headache, fever, muscle pain, and nausea can occur, with jaundice giving the disease its name. It's often hard to diagnose as it mimics other illnesses, but an effective vaccine and supportive treatments are available.

Chikungunya

The main carrier of the chikungunya virus, the Aedes albopictus (Asian Tiger mosquito), is an aggressive species that has spread widely in the last 30 years, bringing the virus along. Aedes aegypti, another invasive mosquito species, also transmits the virus. While several vaccines are in development, there are currently no approved vaccines or antiviral treatments for chikungunya.

Inguinal Hernias (Hindustan Times: 20240821)

<https://www.hindustantimes.com/lifestyle/health/surge-in-inguinal-hernias-among-gym-goers-beware-of-this-hidden-risk-increasing-among-men-aged-2535-101724162103123.html>

Surge in inguinal hernias among gym-goers: Beware of this hidden risk increasing among men aged 25-35

Engaging in physical exercise, especially strength training like weightlifting can raise the risk of an inguinal hernia, that occurs in the groin area and is frequently seen in men aged 25-35. A 20% surge has been observed by experts in this concerning trend seen in gym goers.

Hidden Gym Danger:

It is imperative to warm up before weight lifting in the gym, don't lift extremely heavy weights, bend from your knees, not your waist and discontinue when you feel intense pain. An inguinal hernia is a groin hernia, commonly seen when the abdominal tissue tends to push through the lower abdominal wall into your groin causing intense pain and the symptoms of this hernia are pressure or heaviness in the groin area, abdominal pain, and excruciating pain while lifting weights.

Men 25-35 at Risk:

In an interview with HT Lifestyle, Dr Lakin Vira, Laparoscopic and General Surgeon at Apollo Spectra in Mumbai, shared, "The causes of this hernia are doing the standing job for long hours, chronic coughing and sneezing and applying pressure while peeing or pooping, pregnancy, and obesity. However, there is a 20% surge in cases of inguinal hernia

is adults aged 25-35. Out of 10, 3-4 are having hernias due to lifting heavy weights in the gym.”

Dr Hemant Patel, Laparoscopic and General Surgeon at Zynova Shalby Hospital in Mumbai, echoed, “The rising popularity of weight lifting in gyms has led to an uptick in hernia cases among adults. Improper techniques and excessive weights can make one prone to injuries like hernias, particularly inguinal hernias, seen when abdominal contents push through weakened areas. Many gym-goers fail to pay attention to core stability and proper form during lifts. There is around a 15% spike in hernias in adults aged 25-35 due to lifting heavy weights with inappropriate form in the gym. Out of 7- 1-2, patients tend to get detected with hernia due to lifting excessive weight. Remember, weightlifting should be done correctly with the help of a fitness expert. Stay vigilant while doing any strenuous activities in the gym.”

Precaution tips:

Asserting that it is imperative to practice caution while lifting weights in the gym, he advised, “It is essential for gym goers to properly warm up before strength training, and ensure to bend the waist and not your knees while weight lifting. Don’t be in a hurry while weight lifting, use a belt, strengthen your abs, avoid lifting heavy weights, and stop immediately in case of pain. If the pain is extreme then one will need inguinal hernia repair surgery to push the bulge back into place and strengthen the weakness that occurred in the abdominal wall. Laparoscopic Inguinal Hernia Repair Laparoscopic surgery is also done to provide relief to patients.”

Mental Health (Hindustan Times: 20240821)

<https://www.hindustantimes.com/lifestyle/health/think-mental-health-is-all-in-your-head-this-study-reveals-how-your-body-plays-a-huge-role-101724126843319.html>

Think mental health is all in your head? This study reveals how your body plays a huge role

Mental health issues are often attributed to traumatic events or adverse interpersonal or environmental factors. However, a groundbreaking study suggests mental health issues may also be closely linked to physical health.

A new study from the University of Melbourne, the University College London, and the University of Cambridge found a surprising link between physical health, especially the vital organs such as the liver and heart, and mental wellbeing. Poor organ health deteriorates mental health and causes psychological disorders. The study unveiled how poor physical well-being, especially liver, heart, and immune system leads to higher levels of depressive symptoms.

Organ health's impact on the brain

The correlation between physical and mental health is due to the structural changes in the brain. Brain structure is the latent cause of deteriorating mental health conditions.

People with declining overall health and weakening organ function can experience changes in the brain's anatomy. The brain's structural changes increase the risk of depression, anxiety emotional instability (neuroticism). This revelation challenges the traditional outlook of mental health being purely psychological.

Shift in mental health treatment

Researchers called for a more holistic approach to mental health treatment that integrates both mental and physical health. Mostly all mental health treatments focus on the mind, neglecting the potential of physical health's influence.

Physical health is inherently connected to mental health. Metabolic issues like insulin resistance, inflammation, and imbalances in the gut microbiome can severely impact brain function and contribute to the development of psychiatric disorders. Metabolic psychiatry, a sub-specialty, recently emerged and it examines mental health issues by understanding metabolic health.

The study urged for a comprehensive medical treatment, considering the body as a whole and not separating mental health from physical health. It is important to be mindful of lifestyle choices like sleep, diet, exercise, and substance use play a fundamental role in metabolic health, which can, in turn, affect the onset of psychiatric disorders.

Disclaimer: This article is for informational purposes only and not a substitute for professional medical advice. Always seek the advice of your doctor with any questions about a medical condition.

Stage 4 Cancer (THE TIMES OF INDIA: 20240821)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/stage-4-cancer-but-despite-drugs-and-side-effects-i-live-work-and-dance/articleshow/112661797.cms>

Stage 4 cancer but despite drugs and side effects, I live, work and dance'

Urvashi Prasad detailed her journey of being diagnosed with ALK-positive adenocarcinoma of the lung in April 2022. This rare, aggressive cancer mostly affects young, non-smoking South Asian women and is usually detected at an advanced stage. She highlighted the physical and emotional challenges, side effects of treatment, and the importance of holistic care for patients.

'Stage 4 cancer but despite drugs and side effects, I live, work and dance'

Author: Urvashi Prasad

I was fit and fine till around April 2022, when I started developing liver-related symptoms — loss of appetite, nausea, and so on. Soon, a low-grade fever started coming on. After many different tests to determine the cause, a PET scan and biopsy revealed it was an ALK-positive adenocarcinoma of the lung. In simpler terms, a kind of lung cancer.

An ALK (anaplastic lymphoma kinase) gene is present in all of us but, for some unknown reason, it gets triggered in people who have a higher predisposition — especially women

of South Asian and Southeast Asian descent. ALK-positive people are non-smokers and are often much younger than the average lung cancer patient. It's not inherited, and I had certainly never heard of it before. I don't think any of my doctors knew either because you can't really screen it. You don't expect something lung-related to happen to a non-smoker, that too, in their mid-thirties. My first reaction was shock that lasted for months. It was only when I was put on antidepressants that I started getting some of my daily life back. I don't think the shock ever fully wears off. I still have moments when I'm wondering — is this the life I'm living?

What's unfortunate about this cancer is that it mostly gets diagnosed at stage four, when it has already spread quite a bit. It might have absolutely no symptoms in the beginning, but it's an aggressive cancer and moves very quickly. Very little is understood about it. It's not a doctor's disease, it's a researcher's disease. We need a good amount of research — and that's happening in certain parts of the western world — to identify why it happens to some people and not to others; and devise long-term treatment options.

People tell me the most bizarre and tone-deaf things like 'how come you've not lost your hair?' or 'how do you look so good?' or even 'doesn't look like you have cancer'. They think they are giving you a compliment

Urvashi Prasad

Right now, patients are put on these targeted oral drugs, but the cancer is very smart. It goes through some mutation and becomes resistant. With other lung cancers or cancers in general, you might have your regular chemotherapy, radiation or even surgery. But not for ALK-positive cancer. Currently, you only have limited drugs available. You can't even keep switching once the cancer becomes resistant.

Although the oral medicines help me lead a fairly normal and active life, there are many side effects that require more drugs to manage. For instance, the meds immediately raised my cholesterol levels (I never had that issue before) and I had to be put on regular statins to balance that. The drugs also tend to raise your blood sugar, so you have to walk a lot. There is weight gain and fluid retention. It affects your joints — I've had knee issues for which I am getting physiotherapy. And then there are neurological effects — alternating between rage, anger and extreme sadness. You must also monitor the heart with regular ECG and ECHO tests.

Even with all this, there's a lot that I manage to do, whether it was my work as director of NITI Aayog, going out to meet people, doing public engagements, writing articles and so on. I also still dance, despite the weight gain and sleepless nights that the cocktail of drugs cause. Ultimately, what else do you do? If your choice is to want to live, then you have to find ways.

People tell me the most bizarre and tone-deaf things — "How come you've not lost your hair?" or "How do you look so good?" or even "Doesn't look like you have cancer." Until you educate people, they will think they only gave you a compliment. That's why I choose to write candidly about my disease on social media and other platforms. Being someone from public health, I am still working against the stigma associated with cancer treatment.

People are still very hesitant to say we have this disease but it's not our fault, and there's nothing we could have done differently.

Oncology today shouldn't just be about giving someone chemo or radiation or a drug. It has to be more holistic care. I can still badger my oncologist and say, "You jolly well help me with XYX." But what about other people? For a cancer patient, there's so much that goes on mentally, emotionally, and with interpersonal relationships. For those in my peer group, this is a life they can't relate to. My condition is incurable. It's not over in five, six or nine months with chemotherapy. I have lost a lot of relationships in the bargain. Very few people have the ability to stand by someone who's in a prolonged crisis.

Monkeypox (THE TIMES OF INDIA: 20240821)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/aiims-issues-guidelines-for-monkeypox-cases-in-delhi/articleshow/112669277.cms>

AIIMS issued guidelines for managing suspected monkeypox patients, given the WHO's public health emergency declaration. They designated beds for isolation and will refer cases to specific hospitals in Delhi. Key symptoms include fever, rash, and muscle aches. Safdarjung Hospital and others have prepared facilities to handle potential cases efficiently.

AIIMS issues guidelines for Mpox cases in Delhi

NEW DELHI: All India Institute of Medical Sciences (AIIMS) released guidelines on Tuesday for managing patients with suspected monkeypox (Mpox) symptoms, despite no cases being reported in India yet. These measures are being implemented as a precautionary step.

AIIMS doctors state that monkeypox is a viral zoonosis with symptoms resembling those of smallpox, although less severe.

World Health Organisation (WHO) has declared the monkeypox outbreak a public health emergency of international concern, necessitating heightened awareness, rapid identification, and rigorous infection control measures to prevent further spread.

The institute's standard operating procedure outlines the steps for handling monkeypox cases in the AIIMS emergency department. Patients with fever, rash, or a history of contact with confirmed monkeypox cases should be flagged for immediate assessment. Key symptoms include fever, headache, muscle aches, back pain, swollen lymph nodes, chills, exhaustion, and characteristic skin lesions.

Five beds have been designated to isolate suspected monkeypox patients, minimising contact with other patients and staff until they are transferred to the designated hospital for definitive care.

Suspected cases will be referred to Safdarjung Hospital, which has been designated for managing and treating such cases, along with Ram Manohar Lohia Hospital and Lady Hardinge Medical College in Delhi.

Dr Sushruta Kathuria, the nodal officer for monkeypox cases at Safdarjung Hospital, stated that they were well-prepared, with one room dedicated in the new emergency block and plans to shift to the superspeciality block, pending a final decision on Wednesday.

Dr Ajay Shukla, the medical superintendent of RML Hospital, mentioned that a 10-bed area had been designated for suspected monkeypox cases, with two nodal officers from the medicine and dermatology departments overseeing the situation.

We also published the following articles recently

AIIMS Delhi issues SOP for handling patients with monkeypox symptoms

AIIMS Delhi issued a protocol for handling suspected monkeypox cases, citing the WHO's declaration of a public health emergency. Patients with key symptoms are to be isolated immediately and referred to Safdarjung Hospital for further treatment. Strict infection control measures and proper documentation must be maintained throughout the process.

Mpox outbreak: 5 dietary tips to recover from monkeypox quickly

Mpox cases caused by a new strain increased in the Democratic Republic of Congo, Central, and East Africa, along with the Philippines, Sweden, and Pakistan. Symptoms include flu-like signs, complications, and scars, lasting 2-4 weeks. Recovery involves hydration, protein-rich foods, immunity boosters, soft foods, probiotics, and fresh fruits and vegetables to aid healing efficiently.

Monkeypox virus detected in Pakistan: 3 cases identified so far

Three incoming passengers from the UAE have tested positive for the monkeypox virus in Pakistan, according to the health department in Khyber Pakhtunkhwa. The infected individuals have been quarantined. Since April 2023, there have been 11 monkeypox cases in Pakistan, one of which was fatal. The WHO has declared monkeypox a global health emergency due to a new variant.

Menstrual Cramps (THE TIMES OF INDIA: 20240821)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/ayurvedas-shield-against-mpox-harnessing-global-herbal-wisdom-to-prevent-modern-epidemics/articleshow/112628042.cms>

Managing menstrual cramps in teenagers

The article discussed dysmenorrhea, categorized as primary and secondary, affecting women's quality of life. Primary dysmenorrhea often impacts teenagers, causing abdominal pain and generalized symptoms. NSAIDs are commonly used for relief, though they come with side effects. Lifestyle changes, exercise, and alternative therapies like acupuncture were also suggested for managing pain effectively.

Managing menstrual cramps in teenagers

Menstrual Cramps are medically termed 'Dysmenorrhoea'. They are categorized as Primary & Secondary. Primary is when there's absence of pelvic pathology & Secondary where there is an identifiable pathology. Dysmenorrhoea can affect the quality of life & have an impact on physical, social & psychological wellbeing. It can be a reason for absence from school, colleges and work.

Understanding menstrual health: Key insights from gynecologist

Besides, it can be a reason for poor involvement in Sports Activity.

Teenagers often suffer Primary dysmenorrhea, which is characterized by cramping like pain in the lower abdomen that typically begins a few hours before or soon after the onset of menstrual flow and usually lasts for 48 to 72 hours. There's often radiating low back and thigh pain. Some experience generalized symptoms of fatigue, nausea, vomiting, diarrhea, headache, dizziness, nervousness & may even collapse.

Analgesics of Non steroidal anti-inflammatory drugs (NSAIDs) group are the most effective in both Primary & Secondary Dysmenorrhea. They act by lowering Prostaglandin F2 alpha in menstrual fluid and diminish the uterine contractions. When taken early & in adequate dosage they are effective in relieving the pain. They are generally well tolerated in young healthy girls if given for a short period. The most common adverse effect of NSAIDs is gastrointestinal upset, serious ones are gastrointestinal bleeding & renal dysfunction. The most common NSAIDs used are Mefenamic Acid, Naproxen, Diclofenac, Ibuprofen and Ketoprofen. Aspirin & Acetaminophen help in lesser intensity pain and are useful when NSAIDs are contraindicated. Cox 2 Inhibitors are safer when gastrointestinal symptoms are of concern. Montelukast is another drug which has shown to reduce pain.

Hormonal contraceptive acts by suppressing ovulation & decreasing menstrual blood loss. 30 mcg of Ethinyl Estradiol combinations with Levonorgestrel & Estradiol Valerate with Dienogest are preferred choices.

Exercise has significantly shown to improve symptoms of pain as also Relaxation therapy and Massage. Low Heat application/ fomentation over lower abdomen is a good pain reliever.

Smoking is a risk factor for Dysmenorrhea and should be discouraged. Early age of smoking is associated with chronic pelvic pain.

Diet - Low fat Vegetarian diet , Pyridoxine, Magnesium & Vitamin E in diet helps in bringing down the pain. Few studies have shown Obesity & Alcohol consumption linked to dysmenorrhea, Lifestyle modifications help.

Acupuncture & acupressure, aromatherapy, herbal medicines , TENS ie. Transcutaneous electrical nerve stimulation are some other modes tried for pain relief.

Reduce Gas in the Stomach (THE TIMES OF INDIA: 20240821)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/home-remedy-to-reduce-gas-in-the-stomach-in-the-morning/photostory/112639943.cms?picid=112667570>

Home remedy to reduce gas in the stomach in the morning

Waking up to a bloated belly and an uncomfortable stomach can ruin your day. Dealing with morning gas is a common issue, often exacerbated by dietary habits, stress, and even certain lifestyle choices. However, before you reach for over-the-counter solutions, consider turning to time-honored remedies that can help soothe your stomach and kickstart your day with ease.

Warm water with lemon

Starting your day with a glass of warm water infused with lemon is a simple yet powerful remedy. Lemon is known for its ability to stimulate digestive juices, which can help alleviate gas and bloating. Squeeze the juice of half a lemon into a glass of warm water. Stir well and drink it first thing in the morning on an empty stomach.

Monkeypox preparedness in India: 13 big questions answered here

Lemon enhances digestive function and has a mild diuretic effect, which helps in flushing out excess gas and toxins from the body. The warmth of the water also aids in soothing the digestive tract.

Jeera tea

Jeera, or cumin, is a staple in Indian kitchens, and its digestive benefits are well-known. Jeera tea can effectively reduce bloating and gas. Take one teaspoon of cumin seeds and roast them lightly in a dry pan. Boil one cup of water and add the roasted cumin seeds. Let it simmer for 5-7 minutes, then strain and drink the tea warm. Cumin seeds contain compounds that help in the production of digestive enzymes, which improves digestion and reduces gas formation. The warmth of the tea also soothes the stomach.

Grave health issues Sunita Williams might be facing

Ginger and tulsi drink

Ginger and tulsi are celebrated for their digestive benefits. Together, they create a potent remedy for gas and bloating. Take a small piece of fresh ginger and slice it thinly. Boil one cup of water and add the ginger slices along with 5-6 tulsi leaves. Let it steep for 10 minutes, strain, and drink warm. Ginger has anti-inflammatory properties and stimulates digestion, while tulsi helps in calming the digestive system. This combination helps in reducing gas and improving overall gut health.

Asafoetida water

Asafoetida, or hing, is a powerful digestive aid in Indian cuisine. It's particularly effective for reducing bloating and gas. Dissolve a pinch of asafoetida in a glass of warm water. Drink it once or twice daily, preferably in the morning. Hing has carminative properties, meaning it helps in relieving gas and bloating. It also helps in improving overall digestion.

Buttermilk with ginger

Buttermilk, or chaas, is a traditional Indian drink that aids digestion. Adding ginger and coriander enhances its gas-relieving properties. Mix a cup of buttermilk with a teaspoon of grated ginger and a teaspoon of chopped coriander leaves. Stir well and drink after your meal or in the morning. Buttermilk contains probiotics that support gut health, while ginger and coriander both have digestive and anti-inflammatory properties. This combination helps in balancing the digestive system and reducing gas.

Ajwain water

Ajwain is known for its digestive benefits and can be an excellent remedy for gas. Ajwain water is easy to prepare and effective. Soak one teaspoon of ajwain seeds in a glass of water overnight. Drink the water on an empty stomach the next morning. Ajwain contains thymol, which increases the secretion of gastric juices, aiding in digestion and reducing gas. It also has antimicrobial properties that support overall gut health.

Chewing saunf

Fennel seeds are often chewed after meals in India to aid digestion. They are also effective in reducing morning gas. Chew a teaspoon of fennel seeds slowly after meals or first thing in the morning. Fennel seeds have carminative properties that help in reducing bloating and gas. They also help in relaxing the digestive tract muscles.

Mint tea

Mint tea is another soothing remedy that can help with morning gas. Mint has antispasmodic properties that relieve digestive discomfort. Boil a cup of water and add a handful of fresh mint leaves. Let it steep for 5-7 minutes, strain, and drink warm. Mint helps in relaxing the digestive muscles, thereby reducing bloating and gas. Its soothing properties also calm an upset stomach.

Fenugreek (Methi) seeds water

Fenugreek seeds are highly effective in combating digestive issues, including gas and bloating. Soak one teaspoon of fenugreek seeds in water overnight. In the morning, drink the water along with the seeds on an empty stomach. Fenugreek seeds have high mucilage content, which helps in soothing the digestive tract and reducing gas. They also have anti-inflammatory and antioxidant properties.

Avoiding eating certain foods in morning

Alongside these remedies, being mindful of your diet can significantly reduce morning gas. Certain foods are known to cause gas and bloating, such as:

Beans and lentils: High in fiber and certain sugars that can cause gas.

Cruciferous vegetables: Like broccoli, cauliflower, and cabbage, which can produce gas.

Carbonated drinks: Can introduce excess air into the digestive system.

Instead, focus on incorporating easily digestible foods like bananas, rice, and yogurt into your diet to maintain a balanced digestive system.

These lifestyle changes can reduce bloating in morning

In addition to these remedies, consider making a few lifestyle changes to manage gas better:

Eat slowly and mindfully: Chewing food thoroughly and eating slowly can reduce the amount of air swallowed, which helps in reducing gas.

Stay hydrated: Drinking plenty of water throughout the day helps in digestion and can prevent constipation, which can contribute to bloating.

Regular exercise: Physical activity stimulates the digestive system and helps in reducing gas and bloating.

Side effects

While lemon water offers various health benefits, it can also cause some side effects. Excessive consumption may lead to tooth enamel erosion due to its high acidity, increasing the risk of dental problems. It can also cause heartburn or acid reflux in sensitive individuals. Overuse might irritate the stomach lining or exacerbate ulcers. Additionally, for those with citrus allergies, lemon water can trigger allergic reactions such as skin rashes.

or digestive issues. It's advisable to drink lemon water in moderation and rinse your mouth with plain water afterward to mitigate potential enamel erosion.

Menopause Symptoms (Medical News Today: 20240821)

<https://www.medicalnewstoday.com/articles/severe-menopause-symptoms-linked-to-mild-cognitive-impairment>

Severe menopause symptoms linked to mild cognitive impairment

Emerging evidence suggests a link between severe menopause symptoms and cognitive impairment. Image credit: Luca Sage/Getty Images.

Dementia is becoming more common and does not have a cure.

Researchers are interested in what factors contribute to increased risk for cognitive impairment and what factors may be protective.

One study found that more severe menopausal symptoms were associated with an increased risk for mild cognitive impairment.

In contrast, other factors, like the use of menopausal hormone therapy, were associated with a decreased risk.

Dementia is a condition of significant concern, affecting over 55 million Trusted Source people all over the world. Research is ongoing about how to address dementia and what risk factors should be the focus of prevention.

A study recently published in the journal *Menopause* has now found that more severe menopause symptoms were associated with mild cognitive impairment in an analysis of 1,287 postmenopausal Latin American women.

The results point to the need for further research into how menopause affects dementia risk and what protective action might be most effective.

Menopause symptoms and cognitive impairment

Menopause Trusted Source occurs when menstruation has stopped for one full year. The transition into menopause often happens over several years and can include unpleasant symptoms like hot flashes.

The researchers who conducted the current study wanted to look at the relationship between menopause symptoms and mild cognitive impairment, which increases a person's risk of developing dementia.

They noted that some menopause symptoms include sleep problems, muscle and bone pain, cognitive difficulties, mood swings, night sweats, and hot flashes. They further note that these symptoms are "related to estrogen deficiency."

This research was a subanalysis of an observational, cross-sectional study that included women from nine Latin American countries. Researchers used surveys to collect data on menopause symptoms and cognitive function.

Researchers included 1,287 women in their analysis. All participants were 70 years old or younger and postmenopausal. They included women who had experienced natural and surgical menopause.

They excluded participants who had a dementia diagnosis that stopped them from understanding the questionnaires, and they also excluded women who had previously received radiation or chemotherapy.

Higher risk of cognitive problems linked to severe menopause symptoms

Researchers collected data on many factors, including body mass index, number of children, sexual activity, physical activity levels, and comorbidities like high blood pressure and diabetes.

They also noted the age of menopause onset, history of ovary removal, and use of menopausal hormone therapy. They used the Menopause Rating Scale to gather data on the severity of menopausal symptoms.

A score of 14 points or higher designates severe menopause symptoms. They then evaluated mild cognitive impairment.

The study found that 15.3% of participants had mild cognitive impairment, and that women with mild cognitive impairment were more likely to report more severe menopause symptoms.

The researchers also noted that having more children was also associated with cognitive impairment. In contrast, lower body mass index, sexual activity, active lifestyle, ever using menopausal hormone therapy, and higher education were associated with a decreased risk for mild cognitive impairment.

Study author Juan E. Blumel, MD, PhD, from the Faculty of Medicine at the University of Chile in Santiago de Chile, explained to Medical News Today that:

“As the study is exploratory, the results are likely to provide initial insights that call for further investigation. However, identifying a possible association between severe menopausal symptoms and cognitive decline could pave the way for new research and potential treatments. If severe menopausal symptoms do indeed contribute to cognitive decline, it could lead to a more comprehensive approach to treating women during menopause, addressing not only the physical symptoms but also the cognitive and emotional aspects.”

Do severe menopause symptoms cause cognitive impairment?

This research has limitations, including some related to the nature of the study. First of all, the study cannot prove that these risk factors cause or prevent mild cognitive impairment.

Furthermore, the research focused on women in Latin American countries who had access to private healthcare, so the results may not apply to other populations.

Also, the researchers included women from gynecological care settings, such as those experiencing early menopause, which does not reflect the general population. The researchers acknowledge a risk of selection bias because of limited access to preventive health screenings in Latin America.

Moreover, the research did not include women over 70, which could be an additional demographic to explore. The data relied on participant reporting, which cannot always ensure accuracy. Exclusion criteria, such as excluding deaf and blind participants, could also have impacted the study's results.

There was a slight difference between the Portuguese and Spanish assessments for mild cognitive impairment, and the assessment for mild cognitive impairment was only measured once.

In addition, the reasons for menopause occurring differed, with fewer than 60% of participants experiencing natural menopause, while others experienced surgical ovary removal.

Researchers also appear to have included primary ovarian insufficiency as a menopause category, which is a slightly different condition. Further research could focus on other subcategories to see how they might impact the results.

It could also focus on the identified factors that may protect against cognitive impairment, particularly hormone replacement therapy, and on collecting more long-term data.

“Further studies should seek to replicate these findings in larger and more diverse samples and explore the underlying mechanisms that might explain this relationship. This could involve research into the role of hormones, sleep quality, stress, and other factors that fluctuate during menopause,” Blumel told us.

Does menopause increase dementia risk?

This study offers more evidence and details about potential risk and protective factors related to mild cognitive impairment. While more research is required, the data highlight a possible need to examine certain components like menopausal symptoms more closely and how they relate to the risk for dementia.

Karen Miller, PhD, a neuropsychologist and geropsychologist, and senior director of the Brain Wellness and Lifestyle Programs at Pacific Neuroscience Institute in Santa Monica, CA, who was not involved in this research, made the following comments about women's particular risk for dementia:

“The rates of dementia are slightly higher in women. This is thought to be related to possibly one or more reason. First, women live longer, and the greatest risk factor for having dementia is age [...] Second, there is some controversy around this concept, but menopause can increase the risk for dementia as there is a dramatic decline in estrogen for women after menopause, and there is abundance of estrogen receptors in the hippocampus (the memory center). With less estrogen, there may be an increase the risk for dementia in

women as they age. Finally, for all people a history of depression can also be considered a risk factor for increased dementia in later life, and a larger number of women experience/diagnosed with depression than men.”

People who are concerned about their risk for dementia should work with their doctors to address risk factors and examine what preventive strategies could be most helpful, such as seeking treatment for depression, quitting smoking, and increasing physical activity.

Diabetes Risk (The Tribune: 20240821)

<https://www.tribuneindia.com/news/health/red-meat-linked-with-increased-diabetes-risk-lancet-study-provides-most-comprehensive-evidence/>

Red meat linked with increased diabetes risk, Lancet study provides 'most comprehensive evidence'

Diabetes risk was found to fall by 10 per cent on replacing 50 grams of processed meat daily intake with 100 grams of poultry a day.

Consuming red meat is related to a higher risk of type 2 diabetes, according to an analysis of more than 19 lakh adults from 20 countries across world regions, including southeast Asia, providing the "most comprehensive evidence to date."

Published in The Lancet Diabetes and Endocrinology journal, the analysis found that a habitual consumption of three types of meat and their daily amounts - 50 grams of processed meat, 100 grams of unprocessed red meat and 100 grams of poultry - was related to 15 per cent, 10 per cent and eight per cent increases in risk of developing type 2 diabetes, respectively.

The international team of researchers from the US, UK, Brazil, Mexico, among others, said that intake of meat exceeds recommended levels in many regions of the world and has been correlated with non-communicable diseases, including type 2 diabetes.

However, all the existing evidences are largely based on studies from high-income countries, mainly in North America and Europe, they said.

For this study, the researchers included 31 cohorts from the InterConnect project, data for which was compiled from scientific studies and online registries, including unpublished information. Of the total 19,66,444 participants, more than a lakh developed type 2 diabetes during follow-up, typically lasting 10 years.

"The positive associations of unprocessed red meat and processed meat with incident type 2 diabetes were significant in the region of the Americas (13 per cent and 17 per cent, respectively), in the European region (six per cent and 13 per cent), and in the Western Pacific region and east Asia (17 per cent and 15 per cent)," the authors wrote.

They also estimated that replacing 50 grams of daily intake of processed meat with 100 grams of unprocessed red meat lowered the risk of type 2 diabetes by seven per cent on an average.

Further, diabetes risk was found to fall by 10 per cent on replacing 50 grams of processed meat daily intake with 100 grams of poultry a day.

The researchers, however, found no evidence that replacing unprocessed red meat with poultry helped in cutting down diabetes risk.

Constipation (The Indian Express: 20240821)

<https://indianexpress.com/article/lifestyle/health/vitamin-b1-constipation-relation-experts-9473077/>

Not just unhealthy food habits, this vitamin deficiency can also cause constipation

Constipation, characterised by infrequent and difficult bowel movements, can significantly impact quality of life

Constipation Do you often suffer from digestive issues? (Source: Getty Images/Thinkstock)

Constipation is (as widely believed) a result of unhealthy eating habits. But what if we tell you that it can also be a symptom of a vitamin deficiency?

Dr Sudhir Kumar, neurologist, Apollo Hospitals, Hyderabad recently stated that greater vitamin B1 intake via dietary sources is associated with a lower risk of constipation. “Thiamine (vitamin B1) deficiency is linked to many digestive issues including constipation. Thiamine is found in most foods and although it is abundant in most cereals, meat, fish, shrimp, and yeast, vitamin B1 is partially removed during processing,” Dr Kumar wrote on X.

Adding that thiamine is water-soluble and hence not stored in the body, he continued: “They need to be replaced daily. In recent research, greater intake of thiamine via diet was associated with lower risk of constipation.”

After reading this on the microblogging site, we wanted to learn more and reached out to Dr Vikas Jindal, consultant, dept of gastroenterology, CK Birla Hospital, Delhi who said that vitamin B1 indeed plays a crucial role in maintaining neurological and cardiovascular functions. “Recent studies have started to explore its potential benefits in gastrointestinal health, particularly constipation — characterised by infrequent and difficult bowel movements — which can significantly impact the quality of life. Understanding the role of thiamine in this context could offer new avenues for dietary interventions and treatments,” added Dr Jindal.

Thiamine, present in nuts, bananas, oranges, peas, and whole-grain bread, is essential for the metabolism of carbohydrates, facilitating the conversion of nutrients into energy. Dr Jindal explained that this process is vital for the smooth functioning of muscles, including those in the gastrointestinal tract. “A thiamine deficiency can lead to a range of health

issues, including gastrointestinal disturbances. There is growing evidence to suggest that adequate thiamine intake may support bowel regularity and prevent constipation,” said Dr Jindal.

One potential mechanism by which thiamine may influence bowel movements is through its role in energy metabolism. Dr Jindal said that adequate energy supply is crucial for the proper functioning of the smooth muscles in the intestines, which are responsible for peristalsis, the wave-like movements that propel food through the digestive tract. “By ensuring sufficient energy production, thiamine may help maintain the strength and coordination of these muscle contractions, thereby reducing the risk of constipation,” Dr Jindal told indianexpress.com.

gut health Are you taking care of your gut? (Source: Getty Images/Thinkstock)

Moreover, thiamine’s involvement in nerve function could also play a role. “The enteric nervous system, often referred to as the ‘second brain,’ regulates digestive processes. Thiamine supports the health and function of nerve cells, which may enhance the communication between the brain and the gastrointestinal tract, promoting efficient bowel movements,” elaborated Dr Jindal.

Dr Jindal noted that while more research is needed to establish a definitive link between thiamine intake and constipation prevention, existing studies suggest a positive correlation. “Ensuring adequate thiamine levels through diet or supplementation might be a beneficial strategy for individuals struggling with constipation,” concluded Dr Jindal.’

Monkeypox virus In India (Navbharat Times: 20240820)

<https://navbharattimes.indiatimes.com/lifestyle/health/monkeypox-virus-in-india-and-total-cases-how-monkeypox-virus-is-dangerous-symptoms-and-prevention-in-hindi/articleshow/112668980.cms>

Monkeypox virus In India: सबसे खतरनाक बीमारी बना मंकीपॉक्स, भारत को कितना खतरा? 5 शुरुआती लक्षणों पर रखें नजर

What Is M0nkeypox virus in Hindi: WHO ने मंकीपॉक्स को सबसे खतरनाक बीमारियों की लिस्ट में शामिल किया है, यह वायरस 17 देशों में फैल चुका है. यह बीमारी खास तौर पर 15 साल से कम उम्र के बच्चों और युवाओं को अपनी चपेट में ले रही है।

विश्व स्वास्थ्य संगठन (WHO) ने मंकीपॉक्स को लेकर एक बड़ी चेतावनी जारी की है। WHO ने इसे 'पब्लिक हेल्थ इमरजेंसी ऑफ इंटरनेशनल कंसर्न' (PHEIC) घोषित किया है, जो खतरे का सबसे ऊंचा लेवल है। भारत भी इस खतरे को देखते हुए अलर्ट मोड पर आ गया है। केंद्रीय स्वास्थ्य मंत्री की अध्यक्षता में शनिवार को एक बैठक हुई, जिसमें एहतियात के तौर पर कई कदम उठाने का फैसला लिया गया।

इन कदमों में सभी हवाई अड्डों, बंदरगाहों और सीमा चौकियों पर स्वास्थ्य इकाइयों को सतर्क करना, टेस्टिंग लैब को तैयार रखना (देश में अभी 32 लैब हैं) और किसी भी मामले का पता लगाने, मरीज को अलग करने और इलाज के लिए स्वास्थ्य सुविधाओं को तैयार रखना शामिल है।

चलिए समझते हैं मंकीपॉक्स इतना खतरनाक क्यों है, इसके क्या लक्षण हैं, भारत में मंकीपॉक्स के कितने मामले हैं, मंकीपॉक्स का इलाज क्या है, मंकीपॉक्स से बचाव के क्या तरीके हैं।

मंकीपॉक्स कितना खतरनाक है?

TOI की रिपोर्ट के अनुसार, इस बार मंकीपॉक्स का जो वायरस फैल रहा है, वह 'क्लेड 1b' है जो कांगो में पाया जाता है और यह ज्यादा खतरनाक है। इसकी मृत्यु दर 3% है, जो मंकीपॉक्स के अन्य प्रकारों की 0.1% मृत्यु दर से काफी ज्यादा है। यह बीमारी 17 अफ्रीकी देशों और महाद्वीप के बाहर के कई देशों में फैल चुकी है।

भारत में मंकीपॉक्स के कितने मामले, कितना खतरा?

2022 से अब तक भारत में मंकीपॉक्स के कुल 30 मामले सामने आए हैं। आखिरी मामला मार्च 2024 में सामने आया था। भारत में मंकीपॉक्स का पहला मामला जुलाई 2022 में सामने आया था। WHO के मुताबिक, 2022 से अब तक दुनिया भर के 116 देशों में मंकीपॉक्स के 99,176 मामले सामने आ चुके हैं और 208 लोगों की मौत हो चुकी है। एक्सपर्ट्स मान रहे हैं कि भारत में मंकीपॉक्स के मामले दर्ज किए गए हैं, लेकिन अभी भी बड़े प्रकोप की संभावना कम है। कई अन्य वायरल बीमारियों के विपरीत, मंकीपॉक्स आसानी से नहीं फैलता है और इसके प्रसार के लिए निकट, निरंतर संपर्क की आवश्यकता होती है।

मंकीपॉक्स होने का सबसे ज्यादा खतरा किसे है?

WHO के अनुसार मंकीपॉक्स के मरीज के संपर्क में आने वाले लोगों को संक्रमण का खतरा होता है। निकट संपर्क का मतलब है त्वचा से त्वचा का संपर्क (जैसे छूना या यौन संबंध) और मुंह से मुंह, या मुंह से त्वचा का संपर्क (जैसे चुंबन)। इसमें मंकीपॉक्स से पीड़ित व्यक्ति के आमने-सामने होना (जैसे बात करना या एक-दूसरे के करीब सांस लेना, जिससे संक्रामक श्वसन कण उत्पन्न हो सकते हैं) भी शामिल है। मंकीपॉक्स से पीड़ित व्यक्ति द्वारा छुए गए कपड़े, बिस्तर, तौलिए, वस्तुओं, इलेक्ट्रॉनिक्स और अन्य सतहों के संपर्क में आने वाले लोगों को भी खतरा होता है।

मंकीपॉक्स के लक्षण क्या हैं?

मंकीपॉक्स के सामान्य लक्षणों में दाने शामिल हैं जो 2-4 सप्ताह तक रह सकते हैं। यह बुखार, सिरदर्द, मांसपेशियों में दर्द, पीठ दर्द, थकान और सूजी हुई ग्रंथियों (लिम्फ नोड्स) से शुरू हो सकता है। इसके दाने फफोले या घावों की तरह दिखते हैं, और चेहरे, हाथों की हथेलियों, पैरों के तलवों, कमर, जननांग और/या गुदा क्षेत्रों पर दिखाई दे सकते हैं। कुछ लोगों को मलाशय (प्रोक्टाइटिस) के अंदर सूजन हो जाती है जिससे तेज दर्द हो सकता है, साथ ही जननांगों में सूजन आ सकती है जिससे पेशाब करने में कठिनाई हो सकती है।

क्या जानवर मंकीपॉक्स वायरस फैला सकते हैं?

बंदरों की कुछ प्रजातियां या जमीन पर रहने वाले जीव जैसे गिलहरी मंकीपॉक्स वायरस के वाहक हो सकते हैं। किसी संक्रमित जानवर या उसके मांस के सीधे संपर्क में आने से, काटने या खरोंचने से, या शिकार के दौरान यह बीमारी हो सकती है। यह वायरस दूषित मांस खाने से भी फैल सकता है जो अच्छी तरह पका न हो।

मंकीपॉक्स से बचाव के उपाय क्या हैं?

मंकीपॉक्स से बचाव के लिए अच्छी स्वच्छता का अभ्यास करें और संक्रमित व्यक्तियों या जानवरों के सीधे संपर्क से बचें। साबुन और पानी से बार-बार हाथ धोएं, और ज़रूरत पड़ने पर हैंड सैनिटाइज़र का इस्तेमाल करें। जंगली जानवरों, खास तौर पर कृन्तकों और प्राइमेट्स को न छुएं और बीमार जानवरों से सावधान रहें।

जिन क्षेत्रों में मंकीपॉक्स का प्रकोप है, वहां व्यक्तिगत सुरक्षा उपकरण (पीपीई) का उपयोग करें और अच्छी पर्यावरणीय स्वच्छता बनाए रखें।

सुनिश्चित करें कि कोई भी कट या घाव ढका हुआ है और अगर आपको बुखार, दाने या सूजी हुई लिम्फ नोड्स जैसे लक्षण दिखाई देते हैं तो डॉक्टर से सलाह लें।

मंकीपॉक्स को रोकने के लिए क्या करें

मंकीपॉक्स की रोकथाम के लिए कई कदम उठाए जाने की ज़रूरत है। इसमें कॉन्टैक्ट ट्रेसिंग, संक्रमित लोगों को अलग-थलग करना और लोगों को जागरूक करना शामिल है। निरंतर निगरानी और टीकाकरण भी इसके प्रसार को रोकने में मदद कर सकते हैं। समय पर इलाज और नियमित निगरानी से बड़ी महामारी के खतरे को कम किया जा सकता है। इसके प्रसार को रोकने के लिए हेल्थ प्रोटोकॉल का पालन करना ज़रूरी है, जिसमें आइसोलेशन, स्वच्छता और समय पर इलाज शामिल हैं।

Diabetes (Dainik Jagran: 20240821)

<https://www.jagran.com/lifestyle/health-new-study-claims-baked-potatoes-helps-reduce-blood-sugar-levels-in-diabetes-patients-23781318.html>

Diabetes में इस तरह खाएंगे आलू तो नहीं बढ़ेगा ब्लड शुगर लेवल, वजन भी रहेगा काबू में!

डायबिटीज एक ऐसी बीमारी है जो एक बार हो जाए तो जिंदगी भर इसे मैनेज करना होता है। यानी इसका इलाज नहीं है लेकिन दवाइयों डाइट और फिजिकल एक्टिविटी की मदद से इसे कंट्रोल में रखना मुश्किल नहीं होता। ऐसे में डायबिटीज की डाइट को लेकर हाल ही में एक स्टडी की गई जिसमें आलू को खास तरीके से पकाने पर इसे फायदेमंद पाया गया।

आलू को सही तरीके से पकाया जाए, तो यह सुपरफूड का काम करते हैं।

आलू का सालों से डायबिटीज के मरीजों का दुश्मन माना गया है।

हाल ही में हुई एक स्टडी इस सदियों पुराने मिथक को तोड़ना का काम कर रही है।

अगर आप डायबिटिक हैं और आलू के फैन भी तो यह रिसर्च आपको ज़रूर पढ़नी चाहिए।

लाइफस्टाइल डेस्क, नई दिल्ली। **Diabetes Diet:** जब बात डायबिटीज की आती है, तो दवाइयों के साथ डाइट पर ध्यान देना बेहद ज़रूरी हो जाता है। खाने की ऐसी कई चीजें हैं, जिन्हें डायबिटीज का दुश्मन माना जाता है। खासतौर से आलू को सदियों से डायबिटीज के मरीजों से दूर रखा जाता है। हालांकि, हाल ही में हुई एक रिसर्च डायबिटीज के मरीजों को खुश कर सकती है। इस रिसर्च में यह बात सामने आई कि आलू ब्लड शुगर लेवल को स्पाइक करेगा या नहीं यह इस बात पर निर्भर करता है कि इसे किस तरह पकाया गया है। अगर आलू का सही तरीके से पकाया जाए, तो यह डायबिटीज में सुपरफूड का काम कर सकता है।

डायबिटीज डाइट को लेकर हुई एक स्टडी में चौंकाने वाला खुलासा किया गया कि अगर आलू को बेक किया जाए, तो इससे डायबिटीज के लक्षणों को मैनेज करने में मदद मिल सकती है। इस स्टडी ने सालों से चले आ रहे आलू से जुड़े इस मिथक को तोड़ने का काम किया है।

बेकड आलू कैसे है फायदेमंद?

नेवाडा विश्वविद्यालय, लास वेगस (UNLV) में सहायक प्रोफेसर नेडा अखावन के नेतृत्व में किए गए अध्ययन ने आम धारणा को चुनौती दी जिसमें आलू अनहेल्दी माना गया है। प्रोफेसर नेडा ने बताया कि अगर आलू को सही तरीके से पकाया जाए, तो यह सेहत को नुकसान की जगह फायदा पहुंचा सकता है। इस स्टडी में शामिल लोगों को रोजाना डाइट में बेकड आलू दिए गए। कुछ दिनों में उनका फास्टिंग ब्लड शुगर लेवल कम होता दिखा, साथ ही कमर का साइज भी कम हुआ और हार्ट रेट भी कम हुई।

क्या आलू का छिलका भी है फायदेमंद?

आलू के छिलके में भी सेहत से जुड़े कई फायदे छिपे होते हैं। स्टडी में पाया गया कि आलू के छिलकों में रेसिस्टेन्स स्टार्च होता है, जो ग्लूकोज लेवल, लिपिड प्रोफाइल और पेट भरने के एहसास को बूस्ट करने का काम करता है। रिसर्च में शामिल लोग जिन्होंने आलू के छिलके भी खाए, उनकी हेल्थ में कई तरह से सुधार देखा गया।

नेवाडा विश्वविद्यालय में हुए इस शोध में एक और बात सामने आई कि केले से ज्यादा पोटेशियम आलू में होता है। जो दिल की सेहत को बनाए रखने के साथ, ब्लड प्रेशर को भी रेगुलेट करता है। अगर आप खाने में बेकड आलू खाते हैं, तो इससे आपका पेट लंबे समय तक भरा रहेगा। इसलिए अगर आप वजन कम भी करना चाह रहे हैं, तो भी बेकड आलू आपके काम आ सकते हैं। इससे आप हर थोड़ी देर में लगने वाली भूख से बचेंगे और कम खाएंगे। इस पूरी स्टडी से यही समझा जा सकता है कि आलू को सही तरीके से पकाना और सही पोर्शन में खाना ही इसके फायदे आप तक पहुंचा सकता है।