



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20211018

Covid vaccine to 100% population

Kinnaur first district in country to administer both doses of Covid vaccine to 100% population (The Tribune: 20211018)

<https://www.tribuneindia.com/news/coronavirus/kinnaur-first-district-in-country-to-administer-both-doses-of-covid-vaccine-to-100-population-324253>

Kinnaur first district in country to administer both doses of Covid vaccine to 100% population

Photo for representational purpose only. File photo

Kinnaur district has earned the distinction of becoming the first district in the country to administer both doses of Covid-19 vaccine to all eligible persons. It surmounted the challenges of a tough topography and inclement weather conditions to achieve the feat even though people were busy in apple marketing and harvesting of kharif crops.

Kinnaur Deputy Commissioner Abid Hussain Sadiq said all 60,305 eligible persons above the age of 18 years had been fully vaccinated. Besides a well-crafted micro plan, 200 health workers, including doctors and paramedical staff, worked hard to achieve the target, he added.

On August 30, Himachal become the first state to administer the first dose to 53.77 lakh persons above the age of 18

The state government had set the target of administering the second dose to all eligible persons by November 30

Kinnaur district achieved the target around 50 days in advance.

The tribals had scattered landholdings and they move to higher hills locally called 'kadas'. Panchayat pradhans were roped in to keep a track on tribals in the higher hills. The villagers were intimated two days in advance that mobile teams would reach their areas for vaccination.

He said that two or three mobile vans were provided in each block. The strategy worked and all eligible persons were contacted and vaccinated,

he added. The district administration and representatives of the panchayati raj institutions also played a key role in creating awareness and motivating people to get vaccinated, said Chief Medical Officer Dr Sonam Negi.

Vax centres

Three vax centres to be set up at Kullu Dasehra venue (The Tribune: 20211018)

<https://www.tribuneindia.com/news/coronavirus/three-vax-centres-to-be-set-up-at-kullu-dasehra-venue-324267>

Priests, kardars and devalus advised to take both doses

The Kullu Dasehra Festival Committee has invited 332 deities for the seven-day Dasehra festival to commence from October 15. However, 250 deities are expected to participate even while the Nazrana (honorarium) will not be paid and they will have to bear their own expenses.

Governor RV Arlekar will participate in the opening ceremony and witness the Rath Yatra. Due to the model code of conduct for the Mandi parliamentary byelection, some higher official will be the chief guest at the closing ceremony on October 21.

The district administration has advised priests, kardars (caretakers) and devalus (volunteers) to get both doses of Covid vaccine to be able to come with the deities for the festival. The persons who have received one dose will not be able to come to Dhalpur ground with the deity.

The devotees will be screened at the entry points to the Dhalpur ground. Around 600 police personnel will take care of law and order situation. In view of the epidemic, people last year had to stay away during the Rath Yatra.

Flying squads will check RT-PCR tests or vaccination report of tourists coming from other states at entry points of the town at Bajaura and Babeli. The Health Department will set up three special counters at Dhalpur ground to vaccinate the tourists and local people

Kullu DC and vice-chairman of the committee Ashutosh Garg said it was necessary to take precautionary measures to contain the spread of the pandemic. He said so far only 50 per cent of the eligible people of the district have received the second dose.

The officer said that those having symptoms like cough or cold should not come to the Dhalpur ground. He said that it was mandatory for persons coming from out of the state to either carry a fully vaccinated certificate or RT-PCR report not older than 72 hours to visit the festival.

Skincare

Dermatologist shares five skincare mistakes you should avoid in your 20s(The Tribune: 20211018)

<https://indianexpress.com/article/lifestyle/life-style/dermatologist-shares-five-skincare-mistakes-you-should-avoid-in-your-20s-7568363/>

"Follow these and your old self with thank your young self for good skin health," dermatologist Dr Aanchal Pant said

skincareTake care of your skin in your 20s. (Source: Getty Images/Thinkstock)

Your 20s are some of the most important years of your life. While you get busy with all the added responsibilities, your skin also undergoes a lot of changes. While most people believe they shouldn't worry about skincare till their 30s, experts recommend that it is better to start early.

While you are at it, you must also be careful of some skincare mistakes you might be making. Dermatologist Dr Aanchal Panth, recently, shared five such skincare mistakes that you should avoid in your 20s. Take a look.

Be careful of these skincare mistakes, as shared by the dermatologist.

Skipping moisturiser

Moisturiser is a very important part of the skincare routine. People with normal to oily skin tend to skip moisturiser completely thinking they don't need it. However, all types of skin need moisturiser. So, make sure you get one suitable for your skin.

People tend to feel that unless a face wash makes a thick foam, it's not cleaning your face. Foaming face wash can be very drying on normal to dry skin.

Not removing eye make-up properly

We are all guilty of doing this. Small particles of kajal can irritate the thin eyelid skin. This can make you develop dry patches around the eyes as well as make fine lines appear earlier.

Not applying enough sunscreen

Thanks to the Internet that now we know we have to use an adequate amount of sunscreen to receive the protection mentioned on the bottle. The two-finger rule for the whole face is the easiest to follow.

Buying expensive products

Skincare is all about being consistent. Results are not visible overnight. So, buy products in the affordable range which you can repurchase and use for a long time.

“Follow these and your old self with thank your young self for good skin health,” the dermatologist said.

📣 For more lifestyle news, follow us on Instagram | Twitter | Facebook and don't miss out on the latest updates!

Food and Nutrition

Strengthen your immune system with these daily habits (The Indian Express: 202101018)

<https://indianexpress.com/article/lifestyle/health/strengthen-your-immune-system-with-these-daily-habits-7572614/>

The food you eat plays a key aspect in determining your overall health and immunity

healthy living, healthy lifestyle, healthy eating habits, health and immunity, how to boost immunity in the pandemic, indian express news Focus on a protein-rich diet to keep you fit. (Photo: Getty/Thinkstock)

The Covid-19 pandemic has been a global concern since the last two years. The Delta variant surge is still causing havoc in many parts of the world. And as we all are struggling with imminent dangers that this virus poses to mankind, there are few key measures that individuals can take to fight this disease.

“While it is crucial to mention inevitable practices such as social distancing and maintaining good hand hygiene, there are also certain ways to improve your immunity, which is paramount at this time. Individuals with certain pre-existing illnesses like diabetes, hypertension, cardio vascular disease, and respiratory issues are at a higher risk of having Covid 19 complications, it also aggravates with age as the general immunity reduces as you get older,” says Dr Charu Dutt Arora, infectious disease specialist and head, home care, Asian Institute of Medical Sciences, Faridabad.

ALSO READ |Sunshine vitamin: Why you need adequate levels of vitamin D

Balanced diet

The food you eat plays a key aspect in determining your overall health and immunity.

-Eat low carbohydrate diets, as this will help control high blood sugar and pressure.

-Focus on a protein-rich diet to keep you fit.

– Consume vegetables and fruits rich in beta carotene, ascorbic acid and other essential vitamins. Certain foods like mushrooms, papaya, tomato, bell pepper and green vegetables like broccoli, spinach are also good options.

-Supplements rich in omega 3 & 6 fatty acids can also be added for your daily dose, if stepping out to buy groceries is not an option during social distancing.

-Ginger, gooseberries (amla) and turmeric are some natural immunity boosters. Some of these superfoods are common ingredients in Indian cuisine. There are several herbs that help in boosting immunity like garlic, Basil leaves and Black cumin. Certain seeds and nuts like sunflower seeds, Flax seed, pumpkin seeds and melon seeds are excellent sources of protein and vitamin E.

-Probiotics like yoghurt and fermented food are also excellent sources to rejuvenate the composition of gut bacteria, which is important for nutrient absorption by the body. These are good options for the older generation too.

-Avoid outside food. With the current season of preventable monsoon illnesses such as typhoid and gastroenteritis, it is advisable not to eat from outside places.

ALSO READ | Tamannaah Bhatia swears by these health hacks as part of her daily routine

A good night's sleep: Duration of 7-8 hours is the best way to build your immunity. Lack of sleep impairs the brain activity and leaves you tired.

Water intake: Keep yourself hydrated. Drink around 10-14 glasses of water per day that will help in flushing the toxins from your body.

Exercise: Light exercise of 30 minutes such as walking, yoga, stretching and cardio builds your stamina and help you remain energised throughout the day.

Mindfulness: Practise meditation which releases your stress and checks the cortisol levels in your body.

Avoid smoking, alcohol and other addictive substances: Certain habits like smoking, hookah, alcohol consumption and substance abuse have a direct correlation between weakened body defences and respiratory illnesses. Engaging in smoking is proven to weaken your lung capacity and destroy the cells lining your respiratory tracts, these cells are crucial to fight viruses that enter through your nasal orifices. There is new research claiming that individuals who engage in heavy alcohol consumption tend to suffer from ARDS (acute respiratory distress syndrome) which is one of the conditions caused by viral infection.

ALSO READ | Easy and effective ways to take care of your mental and emotional health

“While the battle against Covid-19 is fought by frontliners, there is an increase in flu, dengue and gastrointestinal diseases, and we can do our bit by limiting our exposure to the virus by staying indoors, social distancing, eating healthy, hydrating and following basic hygiene protocol,” the doctor says.

Pollution

Pollution (The Asian Age: 202101018)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15905371>

■ '50 teams to be deployed randomly at fuel stations across the city'

Pollution rising: Massive drive against vehicles without PUC

BHASKAR HARI SHARMA
NEW DELHI, OCT. 17

Mandating the pollution under control certificate (PUC) for vehicles in view of rising pollution levels in winter, the Delhi transport department has requested motorists to show the document to its teams deployed at fuel stations in the city.

The department has launched a massive enforcement drive against vehicles that do not have a valid PUC certificate, said a notice issued by the Pollution Control Division of the department.

"All registered vehicle owners are requested to show their validly issued PUC certificates while refuelling at the fuel stations," it said.

Transport department officials said nearly 50 teams will be deployed randomly at fuel stations across the city.

The teams will mainly check PUC certificates of vehicles and ask motorists to get one if they do not have it already.

"The focus will be on encouraging vehicle owners not having a PUC to get it rather than penalising them.

"However, those declining to do so or trying to speed away may be challaned," said a senior transport officer.

Vehicle owners who fail to get a valid PUC are liable to be challaned under Section 190(2) of the Motor Vehicle Act, 1933, leading to imprisonment of up to six months or fine up to ₹10,000, or both.

They could also lose

Stubble burning in neighbouring states behind poor air quality: Rai

Age Correspondent
New Delhi, Oct. 17

As the national capital's air quality plunged into the 'very poor' category on Sunday morning, Delhi environment minister Gopal Rai said that it was because of the increasing incidents of stubble burning in the neighbouring states and appealed for a "responsible" approach from the governments of these states.

He said it was a normal trend that as the incidents of stubble burning in Punjab, Haryana, and Uttar Pradesh increase, the air quality starts deteriorating in the city.

Mr Rai said that two days ago the AQI was 171, but as the incidents of

their driving licence for three months, said the notice.

Chief minister Arvind Kejriwal had, earlier this month, announced a 10-point winter action plan that included strict enforcement of PUC with the formation of 500 teams to check the vehicles.

Vehicles are periodically tested for their emission standards for pollutants like carbon monoxide, carbon dioxide, and others after which they are given the PUC certificates.

There are around 1,000 pollution checking centres authorised by the transport department in Delhi. These are set up at



Gopal Rai

stubble burning increased in the neighbouring states the AQI started getting worse and it was 284 on Sunday.

"This has been a normal trend. We have appealed to the neighbouring states to control incidents of stubble burning, but to no

avail. We have started spraying bio-decomposer in fields as an alternative to stubble burning. The similar should be done by the neighbouring states.

"We need a responsible approach from (neighbouring) states in reducing the number of stubble burning. They should make arrangements to spray bio-decomposer in their states so that pollution can be controlled," Mr Rai said.

At 11.00 am on Sunday, the AQI in Delhi was 339, which is in the 'very poor' category. An AQI between zero and 50 is considered good, 51 and 100 satisfactory, 101 and 200 moderate, 201 and 300 poor, 301 and 400 very poor, and 401 and 500 severe.

► **CHIEF MINISTER** Arvind Kejriwal had, earlier this month, announced a 10-point winter action plan that included strict enforcement of PUC with the formation of 500 teams to check the vehicles

The fee for pollution checking in case of petrol and CNG-driven two and three-wheelers is ₹60. It is ₹80 for four-wheelers while the fee for diesel vehicles is ₹100 for such checks.

According to the Central Motor Vehicles Rules, 1989, every motor vehicle (including those conforming to BS-I/BS-II/BS-III/BS-IV as well as vehicles plying on CNG/LPG) is required to carry a valid PUC certificate after the expiry of the period of one year from the date of its first registration.

However, the validity of four-wheeled BS-IV compliant vehicles is one year and for other vehicles it is three months.

petrol pumps and workshops spread all over the city for easy access by motorists.

These centres conduct pollution checks and issue PUC certificates to vehicles complying with prescribed pollution norms.

PUC certification has been made real-time and integrated with the vehicle registration database.

COVID-19 vaccine to children

Give COVID-19 vaccine to children who need it most, say experts (The Hindu: 202101018)

<https://www.thehindu.com/news/national/prioritise-children-who-need-covid-19-vaccination-the-most-says-expert/article36987871.ece>

School children wearing face masks as a precaution against the coronavirus. File | Photo Credit: Ramakrishna G.

Experts suggest vaccinating those with comorbidities.

Children are extremely unlikely to develop complications, severe disease or death due to COVID-19, unlike even the youngest adult, and panic created by any bad outcomes in children can in fact be counter-productive for the entire paediatric vaccination process, according to experts.

Speaking about balancing benefits and risks of COVID-19 vaccination in children in India, Dr. Rajeev Jayadevan, vice-chairman, research cell, Indian Medical Association (IMA), Kerala, said age was the most significant risk factor for COVID-19 complications. The important question was, is vaccination of crores of healthy children worth it just to prevent a few asymptomatic and mild infections for the first few months alone?

Editorial | Jabbing children: On a COVID-19 vaccine for kids

“The short period of protection makes paediatric COVID-19 vaccination unattractive - when done for the purpose of preventing infection. The concept of ‘herd immunity’ is not valid any more for the virus, as sterilising immunity does not occur and reinfection/breakthrough infections are common,” he stated.

It did not make sense to vaccinate enormous numbers of children to prevent one rare complication. “We should prioritise children who need vaccines the most. These will be children with comorbidities, who are more likely to develop complications. An additional subgroup will be children who live with people with cancer and immunosuppressed or elderly relatives – these children also may be considered for vaccination on a case by case basis,” he noted.

There was need to keep a careful watch for any vaccine-related complications that may arise in the sub-group. “Vaccines produce different complications in different age groups and we should watch this carefully,” he stressed

Doctors also emphasised that vaccinating all children would help control infection spread and return of normalcy faster.

‘Only way forward’

Dr. Smita Srivastava, consultant, Pediatrics and Neonatology, QRG Super Speciality Hospital, Faridabad, asserted that the virus affected any age group and vaccination was the only way forward. “By vaccinating children we will be able to start schools in full strength and help them lead a normal life.”

Give COVID-19 vaccine to children who need it most, say experts

Dr. Akshay Budhreja, senior consultant, Pulmonology, Aakash Healthcare, pointed out that the move would be beneficial both for the child as well as people around them. “Children and adolescents are vulnerable groups and if the vaccine safety data is strong enough and we immunise them, it will have a big impact in reducing the transmission of COVID-19. This will be a major step as schools, coaching centres and sport centres are gradually opening. Since vaccination is yet to arrive for children and is at the trial stage, we need to see that we provide proper protection to them by giving them timely vaccination so that the severity of the infection significantly come down even in case they end up contracting COVID-19.”

Dr. Rahul Nagpal, director, Paediatric and Neonatology, Fortis Hospital, Vasant Kunj, New Delhi, explained, “When made available, parents should not hesitate to give the vaccine to children and we doctors are always available to answer any queries”.

Dr. Gauri Agarwal, gynecologist, highlighted that it was important to establish the efficacy of the vaccine by the time it was approved for administration. At the same time, efforts must be made to establish the efficacy of the vaccine globally so that children were not subjected to restrictive measures when they travelled abroad.

WHO-recommended malaria vaccine?

Explained | Will India benefit from the WHO-recommended malaria vaccine? (The Hindu: 202101018)

<https://www.thehindu.com/sci-tech/health/explained-will-india-benefit-from-the-who-recommended-malaria-vaccine/article37032053.ece>

What has the WHO recommended for children in sub-Saharan Africa?

The story so far: On October 6, the World Health Organization made a historic announcement, endorsing the first-ever malaria vaccine, RTS,S, among children in sub-Saharan Africa, and in other regions with moderate-to-high Plasmodium falciparum malaria transmission. It made its recommendations based on the results from a pilot programme administering the vaccine to children in Ghana, Kenya and Malawi.

Tuberculosis

Tuberculosis deaths up in pandemic: WHO (The Hindu: 202101018)

<https://www.thehindu.com/sci-tech/health/tuberculosis-deaths-up-in-pandemic-who/article37001563.ece>

In this file photo, a tuberculosis patient sits on a bed at a TB hospital in Gauhati, India. The number of people killed by tuberculosis has risen for the first time in more than a decade, largely because fewer people got tested and treated as resources were diverted to fight the coronavirus pandemic, the World Health Organization said in a report released, October 14, 2021 | Photo Credit: AP

India is on the list of countries that contributed most to the global reduction in TB notifications between 2019 and 2020.

The COVID-19 pandemic has reversed years of global progress in tackling tuberculosis and for the first time in over a decade, TB deaths have increased, according to the 2021 Global TB report released recently by the World Health Organization (WHO).

Worse, India (41%) was on the list of countries which topped those that contributed most to the global reduction in TB notifications between 2019 and 2020. India along with Indonesia (14%), the Philippines (12%), China (8%) and 12 other countries accounted for 93% of the total global drop in notifications.

The WHO estimated that some 4.1 million people currently suffer from TB but had not been diagnosed with the disease or had not officially reported to national authorities. This figure is up from 2.9 million in 2019.

The organisation added that there was also a reduction in provision of TB preventive treatment.

“Some 2.8 million people accessed this in 2020, a 21% reduction since 2019. In addition, the number of people treated for drug-resistant TB fell by 15%, from 1,77,000 in 2019 to 1,50,000 in 2020, equivalent to only about 1 in 3 of those in need,” it said.

In 2020, more people died from TB, with far fewer people being diagnosed and treated or provided with TB preventive treatment compared with 2019, and overall spending on essential TB services falling, it added.

It explained that the first challenge was disruption in access to TB services and a reduction in resources. In many countries, human, financial and other resources had been reallocated from tackling TB to the COVID-19 response, limiting the availability of essential services. The second was that people had struggled to seek care in the context of lockdowns.

“This report confirms our fears that the disruption of essential health services due to the pandemic could start to unravel years of progress against tuberculosis,” said WHO director-general Tedros Adhanom Ghebreyesus. “This is alarming news that must serve as a global wake-up call to the urgent need for investments and innovation to close the gaps in diagnosis, treatment and care for the millions of people affected by this ancient but preventable and treatable disease,” he added in the release.

TB services are among many others disrupted by the COVID-19 pandemic in 2020, but the impact on TB has been particularly severe.

For example, approximately, 1.5 million people died from TB in 2020 (including 2,14,000 among HIV positive people).

The increase in the number of TB deaths occurred mainly in the 30 countries with the highest burden of TB. Now WHO modelling projections suggest the number of people developing TB and dying from the disease could be much higher in 2021 and 2022.

“Challenges with providing and accessing essential TB services have meant that many people with TB were not diagnosed in 2020. The number of people newly diagnosed with TB and those reported to national governments fell from 7.1 million in 2019 to 5.8 million in 2020,” noted the WHO.

Giving details of the global investment for TB falls, the WHO said that the funding in the low- and middle-income countries that account for 98% of reported TB cases remained a challenge. Of the total funding available in 2020, 81% came from domestic sources, with the BRICS countries (Brazil, Russian Federation, India, China and South Africa) accounting for 65% of total domestic funding.

Earlier globally, the number of people falling ill with TB each year (relative to population) dropped 11% from 2015 to 2020, just over half-way to the 2020 milestone of 20%.

Moderna vaccine

Why three countries have paused Moderna vaccine (The Hindu: 202101018)

<https://www.thehindu.com/sci-tech/health/why-three-countries-have-paused-moderna-vaccine/article36918614.ece>

After reports showed an increase in myocarditis and pericarditis cases, Denmark, Sweden and later Finland paused use in people under 30 years

On October 6, Sweden and Denmark suspended the use of Moderna’s mRNA vaccine for younger age groups after reports pointed to an increase in the number of myocarditis and pericarditis cases. Myocarditis causes inflammation of heart muscle which can limit the organ’s

ability to pump blood and can cause changes in heartbeat rhythms, while pericarditis causes inflammation of the outer lining of the heart.

A day later, Finland followed suit and paused the use of the Moderna vaccine in people younger than 30 years. Both Finland Health institute and the Swedish Public Health Agency now recommend Pfizer's mRNA vaccine for people younger than 30 years as there is greater experience with the vaccine in this age group. The Swedish Agency said its decision is valid till December 1 this year.

A worker shows a shot of a COVID-19 vaccine developed by Zydus Cadila in Ahmedabad. Photo: Zydus Cadila via AFPHow DNA vaccines work | In Focus podcast

Dr. Gagandeep Kang speaks to us about ZyCoV-D, the world's first DNA vaccine that is set for roll out in India

Herbal cigarettes

Can herbal cigarettes be harmful? (The Hindu: 202101018)

<https://www.thehindu.com/sci-tech/health/no-tobacco-but-herbal-cigarettes-are-just-as-bad-for-your-health/article26496284.ece>

When in cigarettes, yes, say doctors

Given the 'nature-wellness' age we live in, it's hard not to hear 'organic' or 'herbal' and immediately associate them with good health. The cigarette industry, in a bid to tap into the market driven by the all-natural mindset, sells what they call herbal cigarettes. They're touted as a way to wean smokers off, but do they really work?

Weight Loss Easy Tips

Weight Loss Easy Tips: आयुर्वेदिक डॉ. ने बताए वजन घटाने के 8 आसान नुस्खे, आजमाने पर नहीं होंगे कोई साइड इफेक्ट्स (Nav Bhrat Times:202101018)

सोशल मीडिया पर वायरल हो रहीं तमाम तरह की फैसी डायट को नजरअंदाज कर अगर आप आयुर्वेद डॉ. के इन 8 नुस्खों को फॉलो करेंगे तो खुद को हमेशा शेप और एक आइडल वेट में पाएंगे।

ayurvedic tips to follow to burn belly fat and lose weight naturally as per expert without side effect

Weight Loss Easy Tips: आयुर्वेदिक डॉ. ने बताए वजन घटाने के 8 आसान नुस्खे, आजमाने पर नहीं होंगे कोई साइड इफेक्ट्स

खत्म होने से पहले दिवाली डीलस का उठाएं फायदा! ऐमजॉन ग्रेट इंडियन फेस्टिवल सेल 2021

नरसिम्हा राव पर हमले को गांधी परिवार को खुश करने का शॉटकर्ट क्यों मानते हैं कांग्रेसी?

इन 5 शर्तों को पूरा करने के बाद ही राहुल द्रविड़ बन पाएंगे टीम इंडिया के हेड कोच

अब अंतरिक्ष से कहीं भी परमाणु बम गिरा सकेगा चीन, जानें भारत के लिए कितना बड़ा खतरा

मुठभेड़ में मिला हथौड़ा, पुलिस ने पैर में मारी गोली, ग्रेटर नोएडा के पेचकस गैंग की कहानी

दो साल में ऐसा क्या हुआ? एक बार फिर कांग्रेस अध्यक्ष बनने को तैयार दिख रहे राहुल गांधी

महामारी के बीच लगे लॉकडाउन में लोगों ने लंबा समय अपने घर में बिताया है। इस टाइम पीरियड में हजारों लोगों ने वजन बढ़ा लिया है और अब हर किसी के दिमाग में शोप में आने का जुनून सवार है। जैसे-जैसे लोगों का मोटापा बढ़ा तो सोशल मीडिया पर तमाम करह की फैंसी डायट भी खूब वायरल हो रही हैं जो कुछ ही समय में वजन घटाने का दावा करती हैं। लेकिन उनमें से ज्यादातर डायट प्लान लंबे समय तक टिकाऊ नहीं होते हैं।

बहरहाल, यहां हम आपको आयुर्वेद वजन घटाने के कुछ सरल और पुराने आयुर्वेदिक तरीके बता रहे हैं जो आपकी मदद कर सकते हैं। आयुर्वेद के सीनियर कंसल्टेंट फिजीशियन डॉ. विजय सेठ ने नवभारतटाइम्स से बातचीत में वेट लॉस के 8 आयुर्वेदिक नुस्खों के बारे में बताया है जो वाकई मददगार हो सकते हैं।

गर्म पानी पिएं

डॉ. विजय कहते हैं कि आयुर्वेद ठंडे की जगह गर्म पानी पीने की सलाह देता है। आयुर्वेद में गर्म पानी को अमृत माना जाता है और यह शरीर को विषाक्त पदार्थों (अमा) से छुटकारा दिलाने में मदद करता है। अमा एक चिपचिपा खाद्य पदार्थ है जो प्रदूषण और अस्वास्थ्यकर भोजन विकल्पों के कारण शरीर में जमा हो जाता है। साथ ही गर्म पानी पीने से पाचन अग्नि बढ़ती है जो भूख को भी बढ़ाती है। ऐसे में हम जिन भी चीजों का सेवन करते हैं, पाचन अग्नि उस भोजन से वसा को मेटाबॉलाइज करके ग्लोकोज में बदल देती है।

लाइट डिनर करें

डॉ. का कहना है कि हल्का डिनर करने से आपका पाचन तंत्र प्रभावित नहीं होता है और जब आप सो रहे होते हैं तो बॉडी में नैचुरल टॉक्सिन्स बढ़ जाते हैं। आयुर्वेद के अनुसार, रात के खाने का सबसे अच्छा समय शाम 7 बजे से पहले का है। इससे आपके शरीर को खाना पचाने के लिए पर्याप्त समय मिल जाता है।

दिन में तीन बार भोजन करें

आपके शरीर को नियमित पाचन प्रक्रिया से कुछ आराम की आवश्यकता होती है। इसलिए, स्वस्थ और छोटे भोजन करके इसे आराम देना महत्वपूर्ण है। बीच-बीच में बिना नाश्ता किए दिन में तीन बार संतुलित भोजन करें जिससे पाचन सही रहता है।

हर मील के बाद करें 15 से 20 मिनट की वॉक

-15-20-

एक्सपर्ट के अनुसार, संपूर्ण स्वास्थ्य के लिए शारीरिक रूप से सक्रिय रहना महत्वपूर्ण है। यदि आप जिम नहीं जा सकते हैं, तो भोजन के बाद प्रतिदिन कम से कम 15 से 20 मिनट टहलने की आदत डालें। यह आपके चयापचय को बढ़ावा देने में मदद करता है और आपको हल्का महसूस कराता है।

मौसमी भोजन करें

प्रकृति हमें ऋतु के अनुसार भोजन देती है। गर्मियों में प्रकृति हमें ऐसे खाद्य पदार्थ देती है जो हमें ठंडा रखते हैं। सर्दियों में यह हमें मेवे, बीज और जड़ वाली सब्जियां देती है। हमें हर मौसम की खास चीजों का लुत्फ उठाना चाहिए।

आटे से बनीं रोटियां खाएं और कार्ब को अवॉइड करें

डॉ. विजय सेठ ने बताया कि सिर्फ गेहूं के आटे की बजाए अगर आप रागी, मक्का, चना, बाजरा के आटे की थोड़ी-थोड़ी मात्रा मिलाकर रोटी तैयार करें। इससे हमें वजन घटाने में मदद मिल सकती है। साथ ही डॉक्टर हमें हाई कार्ब वाली चीजें जैसे चीन, सफेद चावल, प्रोसेस्ड, तले हुए खाद्य पदार्थों को बहुत कम मात्रा में खाने की सलाह देते हैं। यहां तक कि नमक भी हमें कम मात्रा में खाना चाहिए।

अपने भोजन में जड़ी-बूटियों को शामिल करें

हल्दी, अदरक, अश्वगंधा, गुग्गुलु, त्रिफला और दालचीनी घरों में इस्तेमाल होने वाले कुछ सामान्य मसाले और जड़ी-बूटियां हैं। प्रतिदिन अपने भोजन में इनका उपयोग करने से वजन घटाने में मदद मिलती है।

पर्याप्त नींद लें

आयुर्वेद के अनुसार, रात 10 बजे से सुबह 6 बजे के बीच सोना सबसे अच्छा माना जाता है। आधुनिक शोध से भी पता चलता है कि नींद की कमी लोगों के मानसिक और शारीरिक स्वास्थ्य को नुकसान पहुंचा सकती है। साथ ही इससे वजन भी बढ़ता है, लिहाजा आपको हेल्दी रहने के लिए 6-7 घंटे की नींद लेना जरूरी है।

गणित की वह शाखा कौन सी है जो त्रिभुजों के कोणों से जुड़े संबंधों का अध्ययन करती है?

Navbharat Times News App: देश-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिजनेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, वायरल न्यूज़ और धर्म-कर्म... पाएँ हिंदी की ताज़ा खबरें डाउनलोड करें NBT ऐप

लेटेस्ट न्यूज़ से अपडेट रहने के लिए NBT फेसबुकपेज लाइक करें

कॉमेंट लिखें

हेल्थ: सबसे ज्यादा पढ़े गए

आयुर्वेद के अनुसार ये हैं खान-पान के 4 जरूरी नियम, जो कभी नहीं होने देंगे बीमार