



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20220311

ICAR, CSIR, Ayush ministry

ICAR, CSIR, Ayush ministry ink pack for research and development collaboration in medicinal plants, ayurvedic foods

Key objective of the tripartite MoU is to take cognisance of the traditional agricultural practices of India (The Tribune: 20220311)

<https://www.tribuneindia.com/news/health/icar-csir-ayush-ministry-ink-pack-for-research-and-development-collaboration-in-medicinal-plants-ayurvedic-foods-376158>

ICAR, CSIR, Ayush ministry ink pack for research and development collaboration in medicinal plants, ayurvedic foods

Photo for representation only. Source: iStock.

A tripartite agreement has been signed between the Indian Council of Agricultural Research (ICAR), Ayush ministry and CSIR for facilitation of R&D and deployment of technologies related to medicinal plants and ayurvedic food for the benefit of humans and animals.

Council of Scientific and Industrial Research (CSIR) Director General Shekhar C Mande, Ayush Secretary Rajesh Kotecha and ICAR Director General Trilochan Mohapatra signed the memorandum of understanding (MoU), ICAR said in a statement.

A joint working group comprising officers from ICAR, CSIR and Ministry of AYUSH would be set up for effective implementation of the MoU.

The key objective of the tripartite MoU is to take cognisance of the traditional agricultural practices of India, and undertake joint research and development (R&D) activities for validating and deploying these interventions for facilitating socio-economic growth, it added.

Covid infection

Can drinking cow milk help fight Covid infection?

Cow milk contains proteins with virus inhibiting properties that can help prevent Covid from replicating in a person's body and cause infection, says study (The Tribune: 20220311)

<https://www.tribuneindia.com/news/health/can-drinking-cow-milk-help-fight-covid-infection-375817>

Cow milk contains proteins with virus inhibiting properties that can help prevent Covid-19 from replicating in a person's body and cause infection, according to a study.

The protein lactoferrin is found in the milk of most mammals.

Researchers from the University of Michigan found that bovine lactoferrin, from cow milk, has bioactive characteristics against many microbes, viruses, and other pathogens.

It has also been found to inhibit SARS-CoV-2 infection under experimental conditions by blocking the ability of the virus to enter target cells, as well as by supporting cells' antiviral defense mechanisms.

"Bovine lactoferrin has shown antiviral activity in human clinical trials," said lead investigator Jonathan Sexton, from the varsity's Department of Internal Medicine.

"For example, orally administered bovine lactoferrin has been shown to improve the severity of viral infections, including rotavirus and norovirus. Given the broad antiviral efficacy and safety, minimal side effects, and commercial availability of bovine lactoferrin, several review papers have suggested using it as a preventive or post-exposure treatment for SARS-CoV-2 infection," he added.

The findings are detailed in the Journal of Dairy Science.

With the goal of improving clinical relevance and translatability, the team tested bovine lactoferrin against some of the most common SARS-CoV-2 variants of concern from around the world, including the WA1 variant representative of the US outbreak in 2020, the B.1.1.7, B.1.351, and P.1 variants, and the Delta variant.

"Each of these variants includes modifications to the SARS-Cov-2 spike protein that reduce the efficacy of newly produced vaccines. Furthermore, each of these strains shows reduced neutralisation by vaccination sera," Sexton explained.

A key benefit of the broad antiviral efficacy of lactoferrin is its potential for the prevention or treatment of emerging diseases.

"This is especially important when there are limited treatment options, or when the treatment options are too costly for widespread use. An orally available therapeutic that covers emerging strains would be ideal for treating SARS-CoV-2 in areas without widespread vaccination or if new strains escape the vaccine," Sexton said.

Heart defect

Prior heart defect may up risk for severe Covid: Study (The Tribune: 20220311)

<https://www.tribuneindia.com/news/health/prior-heart-defect-may-up-risk-for-severe-covid-study-376146>

People with congenital heart defect hospitalised with Covid-19 infection could be at higher risk for severe illness or death than those without a heart defect, according to new research.

Congenital heart defects are the most common type of birth defect, and more than a dozen types result when the heart, or blood vessels near the heart develop normally before birth.

Researchers from the US Centers for Disease Control and Prevention (CDC) found that people with a congenital heart defect who contracted Covid were also more likely to require treatment in the intensive care unit (ICU) or need a ventilator.

The analysis found that the patients with a heart defect had at least one other health condition. The risk was highest among men above 50, revealed the study published in the peer-reviewed journal *Circulation*.

Data comparing Covid-19 outcomes among individuals with and without congenital heart defects has been limited," said lead author Karrie Downing, epidemiologist at the National Center on Birth Defects and Developmental Disabilities and the Covid-19 Response Team at the US CDC.

The team examined data on 235,638 people, aged 1 to 64 years old, hospitalised with Covid patients from March 2020 to January 2021.

Of the hospitalised patients, 421 had a congenital heart defect.

About 54 per cent of patients with a congenital heart defect were admitted to the ICU; 24 per cent required a ventilator to breathe; and 11 per cent died during hospitalisation.

People with heart defects should be encouraged to receive the Covid-19 vaccines and boosters," Downing said.

She recommended that they continue practicing additional preventive measures, such as mask-wearing and physical distancing.

According to the American Heart Association's Heart Disease and Stroke Statistics-2022 Update, congenital heart defects are the most common birth defect worldwide, with a global prevalence of 157 per 100,000 in 2017.

Active Covid cases

Active Covid cases in country dip to 42,219 4,194 new Covid cases, 255 more deaths reported (The Tribune: 20220311)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-dip-to-42-219-376927>

India logged 4,194 new coronavirus infections, taking the total tally of Covid cases to 4,29,84,261, while the active cases dipped to 42,219, according to the Union Health Ministry data updated on Friday.

The death toll climbed to 5,15,714 with 255 fresh fatalities, the data updated at 8 am stated.

The active cases comprise 0.1 per cent of the total infections, while the national Covid recovery rate further improved to 98.7 per cent, the ministry said.

A reduction of 2,269 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded as 0.52 per cent and the weekly positivity rate as 0.55 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 4,24, 26,328 while the case fatality rate was recorded as 1.2 per cent.

The cumulative doses administered in the country so far under the nationwide vaccination drive has exceeded 179.72 crore.

The 255 new fatalities include 227 from Kerala.

Of the 227 deaths in the state, two were reported in the last 24 hours, 22 were those which occurred in the last few days but were not recorded due to late receipt of documents and 203 were designated as Covid deaths after receiving appeals based on the new guidelines of the Centre and the directions of the Supreme Court, the Kerala government said in a release.

A total of 5,15,714 deaths have been reported so far in the country, including 1,43,749 from Maharashtra, 66,689 from Kerala, 40,013 from Karnataka, 38,023 from Tamil Nadu, 26,140 from Delhi, 23,486 from Uttar Pradesh and 21,184 from West Bengal.

Junk food ads & kids

Educate children about healthy eating habits (The Tribune: 20220311)

<https://www.tribuneindia.com/news/editorials/junk-food-ads-kids-375908>

The Union Ministry of Women and Child Development has proposed a ban on the airing of advertisements promoting junk food and carbonated drinks during children's programmes. The suggestion assumes significance in the light of the increase in obesity among children and the related health concerns. The ads tend to take advantage of the kids' gullibility towards the often exaggerated 'benefits' portrayed in the commercials promoting foodstuff. That the National Family Health Survey-5 in 2021 recorded the percentage of overweight children at 3.4 — up from 2.1 per cent seen in NFHS-4 — points to the weighty issue.

Notably, a similar suggestion was made in 2018. The expert group constituted by the Food Safety and Standards Authority of India (FSSAI) to address the troubling foods containing fat, sugar and salt above permissibly healthy limits had then recommended that ads of such food items be prohibited during shows for children. But at that time, the clout of the multi-crore junk food industry prevailed over the government. Responding to the apprehension expressed in the Lok Sabha about the long-term high health and economic costs, the government had sought to justify junking the proposal of banning junk food ads on TV. It seemed to be satisfied with the promise of the Food and Beverage Alliance of India to 'voluntarily restrict' food and beverage advertisements concerning children. Major food businesses assured them to refrain from broadcasting ads of high-fat products on children's channels.

However, the fact that the issue has been raised again is a pointer that it has not been addressed. The Covid-19 pandemic has hammered into us all the importance of fitness and robust immunity in warding off a disease. They are directly proportional to healthy eating and physical activity. There is a need to strike at the root and strictly regulate the production of unhealthy food items. Promote the advantages of consuming less sugar, salt and fat among children and aim for abhorrence to such ingredients. The widespread awareness of the harmful effects of colas is exemplary. While it is desirable to shield children from unhealthy influential material, banning ads is not enough.

Covid deaths

Thorough probe needed to weed out fake claims (The Tribune: 20220311)

<https://www.tribuneindia.com/news/editorials/covid-deaths-376171>

MORE than two years after the first Covid-19 case was detected in India, the actual death toll continues to be obscured by inaccuracies. Going by the official count, at least 5.15 lakh people have succumbed to the virus so far. - File photo

MORE than two years after the first Covid-19 case was detected in India, the actual death toll continues to be obscured by inaccuracies. Going by the official count, at least 5.15 lakh people have succumbed to the virus so far. However, this figure is widely regarded as just a conservative estimate in view of large-scale underreporting and undercounting of casualties. Last month, the Supreme Court had said that ‘official statistics are not true on death figures’, while taking a serious note of the rejection of a large number of compensation claims by several state governments. Now, the court has hinted at ordering a probe into the allegations that some doctors are issuing fake Covid certificates to help ineligible people get the ex gratia payment of Rs 50,000 each.

A thorough and time-bound investigation is needed to separate the genuine claims from the fraudulent ones. It’s probable that many persons who lost their family members to Covid might still be running from pillar to post for compensation, while unscrupulous elements have pocketed the money in connivance with corrupt doctors. Thousands of claims were rejected last year on the grounds that the death certificate did not mention Covid as the cause of death, prompting the court to stipulate that if a patient had died within 30 days of being declared Covid-positive, his or her family was entitled to compensation ‘without any further conditions’. The order’s twin objectives were to cut red tape and expedite the payment of relief, but it seems that the relaxation is being grossly misused. No wonder ever since the court expanded the eligibility criterion, the deaths officially recorded by state governments have been hugely outnumbered by the claims.

This mismatch will persist unless a nationwide audit is conducted to establish clarity on the real number of Covid deaths. All states and union territories must review their medical records and take corrective action wherever irregularities are detected. The officials responsible for lapses in documentation and the doctors indulging in fraud should be brought to book. A calamity must not be allowed to become an opportunity for shady operators to make a quick buck.

‘Swayam’ exam, the key to prevent breast and cervical cancer

‘Swayam’ exam, the key to prevent breast and cervical cancer (The Hindu:20220311)

<https://www.thehindu.com/news/national/andhra-pradesh/swayam-exam-the-key-to-prevent-breast-and-cervical-cancer/article65200954.ece>

A woman’s wellness depends largely on her menstrual health, and to a great extent on a disorder-free lifestyle that can impact longevity.

Comments will be moderated by The Hindu editorial team.

Comments that are abusive, personal, incendiary or irrelevant cannot be published.

Please write complete sentences. Do not type comments in all capital letters, or in all lower case letters, or using abbreviated text. (example: u cannot substitute for you, d is not 'the', n is not 'and').

COVID boosters

WHO says COVID boosters needed, reversing previous call (The Hindu:20220311)

<https://www.thehindu.com/sci-tech/health/who-says-covid-boosters-needed-reversing-previous-call/article65204749.ece>

WHO said it is continuing to monitor the global spread of omicron, including a “stealth” version known as BA.2, which has been documented to have re-infected some people after an initial case of omicron

An expert group convened by the World Health Organisation said Tuesday it “strongly supports urgent and broad access” to booster doses, in a reversal of the U.N. agency's previous insistence that boosters weren't necessary and contributed to vaccine inequity.

Global air quality norms

WHO tightens global air quality norms (The Hindu:20220311)

<https://www.thehindu.com/sci-tech/health/who-tightens-global-air-quality-norms/article36617490.ece>

Move doesn't immediately impact India as its norms don't meet WHO's existing standards
The World Health Organisation (WHO) in its first-ever update since 2005 has tightened global air pollution standards in a recognition of the emerging science in the last decade that the impact of air pollution on health is much more serious than earlier envisaged.

The move doesn't immediately impact India as the National Ambient Air Quality Standards (NAAQS) don't meet the WHO's existing standards. The

Cancer

One in 10 Indians will develop cancer during their lifetime: WHO report (The Indian Express:20220311)

<https://www.thehindu.com/sci-tech/health/one-in-10-indians-will-develop-cancer-during-their-lifetime-who-report/article30734480.ece>

The World Cancer Report said according to the estimated cancer burden in India in 2018, there are about 1.16 million new cases, 784,800 deaths, and 2.26 million 5-year prevalent cases in the country's population of 1.35 billion.

India had an estimated 1.16 million new cancer cases in 2018, according to a report by the World Health Organization (WHO), which said that one in 10 Indians will develop cancer during their lifetime and one in 15 will die of the disease.

Health and boost immunity

Nutritionist recommends four simple ways to build health and boost immunity

Among other things, it is important to get adequate sleep of 7-8 hours (The Indian Express:20220311)

<https://indianexpress.com/article/lifestyle/health/nutritionist-recommends-ways-build-health-boost-immunity-7807583/>

healthy living, healthy lifestyle, how to boost immunity, how to build health, health and immunity, good diet, sleep, exercising, protein supplement, indian express news How do you take care of your health? (Photo: Getty/Thinkstock)

Health and immunity have become the most-searched topics in the pandemic, which has upended lives in the last two years, giving a new spin to what is considered to be a healthy lifestyle. Experts say there is no better time than now to strengthen immunity.

Subscribe Now: Get Express Premium to access the best Election reporting and analysis

But, what can be done to achieve good health? Many people continue to follow unhealthy lifestyles — such as waking up late, eating processed, unhealthy food, not getting enough sleep, not exercising enough, and not drinking a lot of water.

According to nutritionist Nmami Agarwal, there are five basic principles that one has to follow to strengthen the immune system. They are:

1. Get adequate sleep of 7-8 hours.
2. Exercise for at least 30 minutes every day.
3. Have a healthy diet which comprises fruits and vegetables.
4. Stay hydrated.
5. Make sure you have an intake of a nutritious diet that is rich in protein.

Agarwal explained in an Instagram post that it is recommended to “make protein your BFF to meet your daily requirement of at least 1 gm/kg of your ideal body weight”.

“Always try and add a protein supplement to your meal to bridge the protein gap from your diet,” she said, adding that it has “essential vitamins and minerals [that can] help in developing muscle and bone strength”.

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

🔊 The above article is for information purposes only and is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

Kidney Health for All

**Lifestyle changes that will help reduce the risk of developing kidney disease
This year, World Kidney Day is being observed with the theme - Kidney Health for All(The Indiann Express:20220311)**

<https://indianexpress.com/article/lifestyle/health/world-kidney-day-2022-adopt-lifestyle-changes-reduce-risk-kidney-disease-7813506/>

kidney healthWorld Kidney Day 2022 is observed with the theme 'Kidney Health for All' (File Photo)

World Kidney Day is observed every year as a global campaign to highlight the importance of kidneys. A joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations, it aims to raise awareness of “the importance of kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide”.

This year, the day is being observed with the theme – Kidney Health for All. “It calls on all of us to work to bridge the knowledge gaps to better kidney care, largely focusing on preventive interventions to avert the onset and progression of kidney diseases,” Dr Sanjay Gohil, HOD of

Haematology and Transplant Immunology and Immunogenetics (HLA), Global reference lab, Metropolis Healthcare, said.

Subscribe Now: Get Express Premium to access the best Election reporting and analysis

According to the expert, one can reduce the risk of developing kidney disease just by adopting some basic lifestyle and diet modifications.

Follow these lifestyle tips for better kidney health, as suggested by Dr Gohil.

- *Keep yourself fit and active.
- *Keep regular control of your blood sugar, and monitor your blood pressure.
- *Consume healthy foods and keep your weight in check.
- *Avoid excess salt, red meat and junk food.
- *Maintain a healthy fluid intake.
- *Do not smoke and limit alcohol consumption.
- *Avoid taking over-the-counter pills on a regular basis.
- *A sound sleep, stress management and meditation keep your kidneys healthy.

ALSO READ |Kidney stones: Know all about the causes, preventive measures, and treatment options

“Get your kidney function checked regularly if you have one or more of the ‘high risk’ factors, such as if you are diabetic, hypertensive, obese, one of your parents or other family members suffers from kidney disease etc,” the expert suggested.

Kidney stones

Kidney stones: Know all about the causes, preventive measures, and treatment options

World Kidney Day 2022: "Although it is impossible to eradicate the risk completely, a few simple but important modifications can surely decrease the possibility of kidney stones," says (The Indian Express:20220311)

<https://indianexpress.com/article/lifestyle/health/kidney-stones-causes-preventive-measures-treatment-options-7812854/>

kidney health, world kidney dayThough there is no exact cause for kidney stones, in majority of the cases, these are formed due to the high concentration of minerals in the urine. (Photo: Getty Images)

Kidney stones is a concerning problem that is on the rise among people of all age groups and ethnicities across the globe. Stones in the kidney, says Dr Deepak Reddy Ragoori, MS, M.Ch. (Uro), Consultant Urologist, Asian Institute of Nephrology & Urology, are the result of hard deposits that are made up of calcium, oxalates and other minerals excreted in the urine. “These

stones can be in different sizes, shapes and densities. While the smaller ones (<5mm) can come out through the urinary tract spontaneously with/without visiting a doctor, the larger ones will need a urologist's advice," he adds.

Subscribe Now: Get Express Premium to access the best Election reporting and analysis

In certain cases, these stones can become bigger and even block the urinary tract leading to swelling up of the kidney, causing severe pain and at times kidney damage as well. He further explains that in most cases, these stones crystalize, stick together and do not let urine flow properly. "In such a situation, it may even cause infection in the kidney along with other complications. According to a report of National Center for Biotechnology Information (NCBI), over 12% of the total population in India suffers from the problem of kidney stones," the expert says.

ALSO READ |Health Tips: Five ways to keep your kidneys healthy
Causes

Though there is no exact cause for kidney stones, in majority of the cases, these are formed due to the high concentration of minerals in the urine. Apart from that, other factors like food habits, decreased intake of water and medication can also be the cause of stone formation. Some of the other main causes of kidney stones include:

*Medical conditions like Type 2 diabetes, renal tubular acidosis, gout and hyperparathyroidism and genetic kidney problems like medullary sponge kidney can also cause kidney stones

*A few antibiotics, HIV and blood pressure medications can also cause formation of stones as they have a high concentration of minerals.

*There is a familial tendency in kidney stone formation.

weight management, weight and kidney health It has been seen that the risk of kidney stones gets doubled if a person is dealing with obesity, says the expert. (Photo: Getty Images)
Preventive measures

In today's time and age, most people have adopted a sedentary lifestyle that impacts the overall health including kidneys. Hence, it is crucial to start taking steps from the early stage in life to prevent the risk of kidney stones. Although it is impossible to eradicate the risk completely, a few simple but important modifications can surely decrease the possibility of kidney stones. Some of the ways to prevent them are as follows, according to Dr Ragoori:

Weight management – It has been seen that the risk of kidney stones gets doubled if a person is dealing with obesity. Therefore, it is very important to manage a healthy body mass index (BMI). Having some form of physical workout for at least 30 minutes every day will help to keep the weight under control.

ALSO READ |COVID-19 and kidney health: Some guidelines for people suffering from chronic kidney disease

Drink water – To dilute the formation of minerals in the urine, one needs to drink enough water. Drinking at least 10 cups of water (2500 – 3000 ml) daily keeps the kidneys healthy. At the

same time, one must also drink adequate citrus drink like lemon or orange juice as they are high in citrate.

Diet – What we eat plays a direct role in determining formation of kidney stones. In majority of the cases, these stones are formed due to the accumulation of calcium with oxalate. Therefore, one must always consult a doctor for determining a balanced diet to ensure balanced calcium intake, especially if they already have suffered with kidney stone problems in the past. Restrict the amount of salt intake and food with added preservatives.

kidney stones, kidney health Blood in urine and burning sensation while urinating are both signs of kidney stones. (Photo: Getty Images)

When to see a doctor?

If there is any problem with kidney function it most likely will impact the overall wellbeing. One of the biggest challenges is that in the majority of the patients, there are few symptoms of kidney stones at an early stage. Hence, it is important to watch out for the warning signs that can be an indication of stone formation. Some of the major warning signs include:

Spring allergies

Spring allergies: Keep runny nose, watery eyes, congestion at bay with these effective diet tips

"Spring is in the air and so are the allergies! Make space on your plate for these foods that may help stop allergies," said nutritionist Lovneet Batra (The Indian Express:20220311)

<https://indianexpress.com/article/lifestyle/health/diet-tips-spring-allergies-sneeze-ginger-7795573/>

sneezeKeep seasonal allergies away with some diet tweaks (Source: Pexels)

A change of season is often associated with certain seasonal issues like allergies and flu. While there are many remedies available for the same, the best way to counter these health niggles is your diet. Add more healthy foods and drinks to your daily meal plan and see the difference, says nutritionist Lovneet Batra.

Subscribe Now: Get Express Premium to access the best Election reporting and analysis

Taking to Instagram, the expert shared how such allergies also mean troubles for the immune system.

“Spring is in the air and so are the allergies! So, if the advent of change in season leaves you with a runny nose, watery eyes, and congestion, make space on your plate for these foods that may help stop allergies,” she captioned the post.

3डी स्पाइन रोबोट मेजोर-X

■ स्पाइन से जुड़ी 9 तरह की सर्जरी में कारगर होगी 3डी स्पाइन रोबोटिक असिस्टेंट अमेरिकन तकनीक, फ्री-हैंड सर्जरी के मुकाबले खर्च एक से 1.5 लाख रुपए ज्यादा...

देश में पहली बार जयपुर में 3D इमेज के साथ रोबोट-डॉक्टर की जोड़ी करेगी स्पाइन सर्जरी

99.5% एक्यूरेसी के साथ होगी सर्जरी, रेडिएशन भी कम



एडिटर एक्सक्लूसिव

तरुण शर्मा, स्थानीय संपादक, जयपुर यूरोपियन स्पाइन सहित 55 से अधिक जर्नल प्रकाशित हो चुके देश में पहली बार जयपुर में 3डी ओ-आर्म तकनीक के साथ रोबोट मेजोर-एक्स और डॉक्टर की जोड़ी स्पाइन की गंभीर बीमारियों में सर्जरी करेगी। राजधानी में अब 3डी स्पाइन रोबोटिक असिस्टेड सर्जरी की सुविधा मिलनी शुरू होगी। मेडिकल साइंस से जुड़े दुनिया के प्रमुख जर्नल्स में इसकी स्टडी प्रकाशित हो चुकी है। स्पाइन की 9 गंभीर बीमारियों में मददगार इस तकनीक में 3डी कैमरे और रोबोट से नेविगेट करते हुए स्पाइन में स्क्रू प्लेसमेंट (99.5% एक्यूरेसी के साथ) आसानी से किया जाता है, जो फ्री-हैंड सर्जरी में कम है। इससे नर्व सिस्टम डैमेज कम होने और एक्स-रे रेडियेशन का असर भी कम होता है। सर्जरी के बाद मरीज 24 घंटे में अस्पताल से डिस्चार्ज हो सकेगा।

ओ-आर्म बनाएगा 3डी इमेज, मेजोर-एक्स का 'हाथ' स्क्रू प्लेस करेगा

• 3डी रेडियोलॉजी मशीन: सर्जरी के दौरान 3डी रेडियोलॉजी मशीन ओ-आर्म डॉक्टर को 3डी इमेज दिखाएगा।



• स्क्रीन मॉनिटर: से डॉक्टर मॉनिटरिंग करते हैं कि ड्रिलिंग के दौरान स्पाइन में स्क्रू कितना अंदर तक गया है।

• रोबोटिक आर्म: 3डी इमेज के आधार पर मेजोर-एक्स का रोबोटिक आर्म प्लान जगह पर स्क्रू प्लेसमेंट करेगा। डिजिटल इमेज होने से एक्यूरेसी पर फेवट होगी।

स्पाइन की इन समस्याओं में सबसे कारगर

स्पाइन फिक्सेशन, डिस्क या छल्ला खिसकना, टेढ़ापन, क्यूब निकलने में, स्पाइन फ्रैक्चर, अंदरूनी चोट, स्पाइन ट्यूमर, बायप्सी, रीढ़ की हड्डी का टीबी और खिसकी हड्डी को निकालना, दुबारा सर्जरी की जरूरत पड़ने पर इस मेजोर-एक्स 3डी स्पाइन रोबोटिक असिस्टेंट सर्जरी से ठीक किया जा सकता है।

फ्री-हैंड सर्जरी के मुकाबले खर्च ज्यादा

फ्री-हैंड सर्जरी के मुकाबले 3डी स्पाइन रोबोटिक असिस्टेंट सर्जरी करीब 1 से 1.5 से अधिक महंगी है। इस सर्जरी में 3 से 5 लाख रु. तक खर्च आता है। यूरोपियन स्पाइन जर्नल के अनुसार इससे इम्प्लांट एक्यूरेसी ज्यादा हो जाती है। साथ ही कॉम्प्लिकेशन रेट 48%, रेडिएशन का असर 50%, री-ऑपरेशन की जरूरत 46% और हॉस्पिटल स्टे टाइम 27% तक कम हो जाता है।

अमेरिका-जर्मनी में इस तकनीक का उपयोग

■ अमेरिका-जर्मनी में स्पाइन रिलेटेड सर्जरी में इसी तकनीक का उपयोग होता है। यूरोपियन स्पाइन जर्नल, स्पाइन जर्नल सहित 55 से ज्यादा जर्नल प्रकाशित हो चुके हैं। जयपुर देश का पहला शहर होगा, जहां स्पाइन से जुड़ी बीमारियों से पीड़ित मरीजों को अब 3डी रेडियोलॉजी के लिए ओआर्म मशीन के साथ मेजोर-एक्स स्पाइन सर्जरी करेगा।

- डॉ. कमल गोयल, न्यूरो सर्जन