



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20220520

Health Care Services

Administrative work not enough, examine patients, senior doctors in Punjab told

Will have to do clinical duties from 8 am to 11 am daily | Over 3K posts vacant in dept: Report (The Tribune: 20220520)

Administrative work not enough, examine patients, senior doctors in Punjab told
Tribune News Service

<https://www.tribuneindia.com/news/punjab/administrative-work-not-enough-examine-patients-senior-docs-told-396317>

The Health Department has told senior government doctors who are exclusively doing administrative work that they must do clinical work too.

It has been an unsaid precedent in Punjab for decades that when a doctor gets promoted as a Senior Medical Officer, he stops doing clinical work and confines himself to administrative work. Health Minister Dr Vijay Singla has asked all Deputy Medical Superintendents, Assistant Civil Surgeons, District Immunisation Officers, District Family Planning Officers and Deputy District Health Officers to examine patients. As per the order, issued by the Health Services Director, all senior doctors will examine patients for three hours every day from 8 am to 11 am.

The outcome of the decision will be that around 200 more doctors will render services in state hospitals.

As per a report of the Health Department prepared and submitted to the previous government, 3,218 posts in 27 categories of employees are vacant in Punjab's hospitals.

In 1981, one government doctor catered to 3,800 people in Punjab. In 2022, there is one doctor for around 8,000. In 1981, there were around 4,400 government doctors in the state to serve

1.67-crore population. While in 2022, when the population is more than double, the number of doctors has remained almost same.

Health Treatment

AIIMS removes user charges for diagnostic procedures costing up to Rs 300 Applicable from June 1; to recover forgone revenue, rates of rooms in private wards revised (The Tribune: 20220520)

<https://www.tribuneindia.com/news/nation/aiims-removes-user-charges-for-diagnostic-procedures-costing-up-to-rs-300-396274>

AIIMS removes user charges for diagnostic procedures costing up to Rs 300

According to another order, the charges for the A-Class or deluxe rooms in the private wards have been doubled from Rs 3,000 to Rs 6,000, while the rate of the B-Class or ordinary rooms has been revised from Rs 2,000 to Rs 3,000. PTI file

The AIIMS here on Thursday removed the user charges for all diagnostic procedures such as blood tests and X-rays that cost up to Rs 300, according to an official order.

However, to recover the forgone revenue on the count, the rates of rooms in the private wards have been revised, officials said.

“The undersigned is directed to notify that President, AIIMS is pleased to approve abolition of user charges for all investigations or laboratory charges currently costing up to Rs 300 per procedure in AIIMS hospital and all centres, with immediate effect,” the order issued by AIIMS Medical Superintendent Dr D K Sharma said.

According to another order, the charges for the A-Class or deluxe rooms in the private wards have been doubled from Rs 3,000 to Rs 6,000, while the rate of the B-Class or ordinary rooms has been revised from Rs 2,000 to Rs 3,000.

According to the order, the dietary charges have been increased from Rs 200 to Rs 300 per day.

The 10-day advance deposit for the patients of the A-Class rooms will be Rs 63,000 and for the B-Class rooms, it will be Rs 33,000. The revised charges will be applicable from June 1.

WHO

WHO clears China's CanSino Covid vaccine for emergency use

The UN health agency said the single-dose CanSino vaccine was found to be about 92 per cent effective against severe Covid-19 and 64 per cent effective in preventing people from getting symptoms of the disease (The Tribune: 20220520)

<https://www.tribuneindia.com/news/health/who-clears-chinas-cansino-covid-vaccine-for-emergency-use-396264>

The World Health Organisation on Thursday said it has granted an emergency use authorisation for the coronavirus vaccine made by China's CanSino Biologics, the 11th such shot to receive the green light.

The UN health agency said the single-dose CanSino vaccine was found to be about 92 per cent effective against severe Covid-19 and 64 per cent effective in preventing people from getting symptoms of the disease.

WHO's expert vaccine group recommended the vaccine for everyone age 18 and over.

The CanSino vaccine uses a harmless virus called an adenovirus to deliver the spike protein of the coronavirus into the body, which then prompts an immune response. The technology is similar to vaccines made by Johnson and Johnson and AstraZeneca, which use different adenoviruses.

Last year, China's top infectious diseases official acknowledged that the country's homegrown vaccines offered low protection against Covid-19 and that mixing them with booster doses of the novel messenger RNA vaccines might be needed.

Amid the emergence of Covid-19 variants like delta, omicron and its subvariants, messenger RNA vaccines have appeared to prove more effective when compared to more traditionally made vaccines.

WHO's authorisation of CanSino means that the UN-backed COVAX effort to distribute vaccines to poor countries can now purchase and deliver vaccines made by the Chinese company.

Last year, COVAX signed a deal to buy more than half a billion Chinese vaccines made by Sinopharm and Sinovac.

It's unclear how many of those doses are being used. Many countries relying on COVAX for their immunisation programmes have expressed a preference for mRNA vaccines made by Moderna and Pfizer. AP

TB

Made in India' skin test for TB to be introduced soon: Mansukh Mandaviya
Mandaviya made the announcement while addressing the 35th board
meeting of the Stop TB Partnership through video-conferencing here(The
Tribune: 20220520)

<https://www.tribuneindia.com/news/health/made-in-india-skin-test-for-tb-to-be-introduced-soon-mansukh-mandaviya-396256>

'Made in India' skin test for TB to be introduced soon: Mansukh Mandaviya
Union Health Minister Mansukh Mandaviya- File photo

A newly approved skin test for tuberculosis diagnosis will soon be introduced in the country, Union Health Minister Mansukh Mandaviya said on Thursday, underlining that the cost-effective kit made in India will be of immense benefit to other high burden countries as well.

Mandaviya made the announcement while addressing the 35th board meeting of the Stop TB Partnership through video-conferencing here.

Underscoring the severe impact of the COVID-19 pandemic on tuberculosis (TB) programmes in high burden countries, the minister said, "Under the leadership of Prime Minister Narendra Modi, several new initiatives have been taken in India to turn the crisis into an opportunity." Among these are the 'bidirectional testing' of TB with Covid, house-to-house TB detection campaigns, scaling up of rapid molecular diagnostics at sub-district levels, use of artificial intelligence and digital tools, 'Jan Andolan', and most importantly, the decentralisation of TB services to Ayushman Bharat Health and Wellness Centres as part of comprehensive primary healthcare, Mandaviya added.

He also informed that a new initiative – 'Adopt people with TB' – will be launched this year based on Indian values of collectivism to call upon corporates, industries, organisations, political parties and individuals to come forward and adopt TB-infected people and families, and provide them nutritional and social support, a health ministry statement said.

"We are also actively involving elected representatives in India like the Members of Parliament, Members of Legislative Assemblies in the states, members of urban local bodies and panchayat representatives at the grassroots level in raising awareness and advocating for TB across the country," the minister said.

Emphasizing on boosting TB prevention activities, Mandaviya said, "Starting later this year, we will introduce a newly approved made in India TB infection skin test called c-TB." He further said this cost-effective tool would be of immense benefit to other high burden countries.

Mandaviya expressed condolences for all lives lost due to COVID-19 and TB, and thanked health workers, caregivers and community members for relentlessly working with people affected by TB, the statement said.

The Union health minister noted that 2022 is an important year since it is the target year for many of the commitments made in the UNHLM of 2018. He also laid stress on discussing bold and ambitious commitments in the board meeting for the upcoming UNHLM of TB in 2023, the statement added.

Mandaviya congratulated Minister of Health of Indonesia Budi Gunadi Sadikin for being a champion in prioritising TB under the Indonesia Presidency of G20. He also informed that India, under its 2023 Presidency of the G20, will focus on two health issues – TB and cervical cancer.

He reiterated India's commitment to end TB, and urged everyone to cooperate and collaborate at every level to achieve the "End TB" goals.

Natural immunity

Natural immunity from Omicron infection weak, limited, study finds It confers a little bit of protection against COVID-19, but it's not very broad (The Tribune: 20220520)

<https://www.tribuneindia.com/news/health/natural-immunity-from-omicron-infection-weak-limited-study-finds-396253>

Natural immunity from Omicron infection weak, limited, study finds
Photo for representational purpose only. iStock

Infection with the Omicron variant of SARS-CoV-2 provides little long-term immunity against other variants in unvaccinated people, according to a study published in the journal Nature.

In experiments using mice and blood samples from donors who were infected with Omicron, researchers at Gladstone Institutes and University of California, San Francisco (UCSF) in the US found that the Omicron variant induces only a weak immune response.

In vaccinated individuals, this response—while weak—helped strengthen overall protection against a variety of COVID-19 strains.

In those without prior vaccination, however, the immune response failed to confer broad, robust protection against other strains.

“In the unvaccinated population, an infection with Omicron might be roughly equivalent to getting one shot of a vaccine,” said Melanie Ott, director of the Gladstone Institute of Virology and co-senior author of the study.

“It confers a little bit of protection against COVID-19, but it’s not very broad,” Ott said in a statement.

“This research underscores the importance of staying current with your vaccinations, even if you have previously been infected with the Omicron variant, as you are still likely vulnerable to re-infection,” said co-senior author Jennifer Doudna, a senior investigator at Gladstone, and professor at UC Berkeley.

As the Omicron variant of SARS-CoV-2 spread around the globe in late 2021 and early 2022, anecdotal evidence quickly mounted that it was causing less severe symptoms than Delta and other variants of concern.

However, scientists were not initially sure why that was, or how a weaker infection might impact long-term immunity against COVID-19.

“When the Omicron variant first emerged, a lot of people wondered whether it could essentially act as a vaccine for people who didn’t want to get vaccinated, eliciting a strong and broad-acting immune response,” said Irene Chen, co-first author of the study and graduate student in Ott’s lab.

The team of researchers first examined the effect of Omicron in mice. Compared to an ancestral strain of SARS-CoV-2 and the Delta variant, Omicron led to far fewer symptoms in the mice.

However, the virus was detected in airway cells, albeit at lower levels. Similarly, Omicron was able to infect isolated human cells but replicated less than other variants.

The team then characterised the immune response generated by Omicron infections.

In mice infected with Omicron, despite the milder symptoms, the immune system still generated the T cells and antibodies typically seen in response to other viruses.

“We demonstrated in this study that the lower pathogenicity of Omicron is not because the virus cannot take hold,” said Nadia Roan, an associate investigator at Gladstone.

That leaves other reasons which might explain why Omicron differs from other variants in terms of symptoms and immunity, including the lower replication seen with Omicron or the types of antibodies that the immune system generates in response to the virus.

To gauge how the immune response against Omicron fared over time, the researchers collected blood samples from mice infected with the ancestral, Delta, or Omicron variants of SARS-CoV-2 and measured the ability of their immune cells and antibodies to recognise five different viral variants—ancestral (WA1), Alpha, Beta, Delta, and Omicron.

Blood from uninfected animals was unable to neutralise any of the viruses—in other words, block the ability of any of the viruses to copy themselves.

Samples from WA1-infected animals could neutralise Alpha and, to a lesser degree, the Beta and Delta virus—but not Omicron, the researchers said.

Samples from Delta-infected mice could neutralise Delta, Alpha and, to a lesser degree, the Omicron and Beta virus, they said.

However, blood from Omicron-infected mice could only neutralise the Omicron variant.

The team confirmed these results using blood from ten unvaccinated people who had been infected with Omicron—their blood was not able to neutralise other variants.

When the researchers tested blood from 11 unvaccinated people who had been infected with Delta, the samples could neutralise Delta and, as had been seen in mice, the other variants to a lesser extent.

When they repeated the experiments with blood from vaccinated people, the results were different: vaccinated individuals with confirmed Omicron or Delta breakthrough infections all showed the ability to neutralise all the tested variants, conferring higher protection.

“When it comes to other variants that might evolve in the future, we can not predict exactly what would happen, but based on these results, I suspected that unvaccinated people who were infected with Omicron will have very little protection,” said Ott.

“But on the contrary, vaccinated individuals are likely to be more broadly protected against future variants, especially if they had a breakthrough infection,” she said.

Monkeypox

Monkeypox: So far, this is what scientists know about the disease; should we worry?

Health experts have alerted recent cases predominantly among men who self-identified as gay, bisexual or men who have sex with men(The Tribune: 20220520)

<https://www.tribuneindia.com/news/health/monkeypox-so-far-this-is-what-scientists-know-about-the-disease-should-we-worry-396200>

Monkeypox: So far, this is what scientists know about the disease; should we worry?

An image created during an investigation into an outbreak of monkeypox, which took place in the Democratic Republic of the Congo, 1996 to 1997, shows the arms and torso of a patient

with skin lesions due to monkeypox, in this undated image obtained by Reuters on May 18, 2022. Reuters

A handful of cases of monkeypox have now been reported or are suspected in the United Kingdom, Portugal and Spain while one was confirmed in the US on Thursday.

US reports first case of monkeypox in man who recently travelled to Canada

Gay men asked to be alert as monkeypox cases rise to 7 in UK

The outbreaks are raising alarm because the disease mostly occurs in west and central Africa, and only very occasionally spreads elsewhere.

Here's what scientists know so far.

'Highly Unusual'

Monkeypox is a virus that causes fever symptoms as well as a distinctive bumpy rash. It is usually mild, although there are two main strains: the Congo strain, which is more severe – with up to 10% mortality – and the West African strain, which has a fatality rate of more like 1% of cases. The UK cases are least have been reported as the West African strain.

"Historically, there have been very few cases exported. It has only happened eight times in the past before this year," said Jimmy Whitworth, a professor of international public health at the London School of Hygiene and Tropical Medicine, who said it was "highly unusual".

Portugal has logged five confirmed cases, and Spain is testing 23 potential cases. Neither country has reported cases before.

Transmission

The virus spreads through close contact, both in spillovers from animal hosts and, less commonly, between humans. It was first found in monkeys in 1958, hence the name, although rodents are now seen as the main source of transmission.

Transmission this time is puzzling experts, because a number of the cases in the United Kingdom - nine as of May 18 - have no known connection with each other. Only the first case reported on May 6 had recently travelled to Nigeria.

As such, experts have warned of wider transmission if cases have gone unreported.

The UK Health Security Agency's alert also highlighted that the recent cases were predominantly among men who self-identified as gay, bisexual or men who have sex with men, and advised those groups to be alert.

Covid-19 infections

Understanding the latest global surge in Covid-19 infections (Hindustan: 20220520)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=205a7c29f7a&imageview=0>

Ever since the peak of the global Omicron surge in late January, daily cases of Covid-19 had been seeing a near-consistent (and rapid) decline for the past four months. However, in the past week, the seven-day average of daily cases on the global level has again started rising. Which regions are seeing a resurgence of infections? Are deaths rising again too? What role is the global vaccination drive playing in this? Here are three sets of charts that explain this.

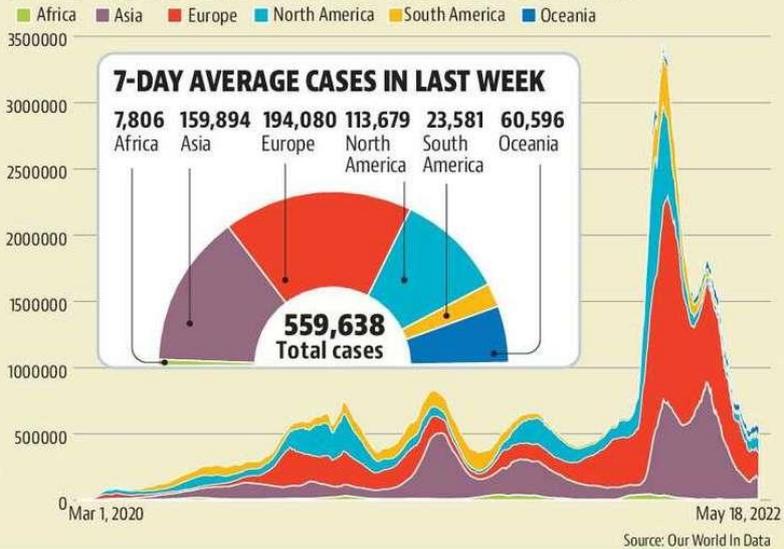
1 From the lowest point in months, global cases rising again

The seven-day average of new infections of Covid-19 across the world in the past week has touched 562,014, according to data collated by Our World In Data. This is a minor increase (a little over 8%) from what it was on May 8 when an average of 517,159 new cases were reported across the world. The May 8 figure, in fact, was the lowest level the global curve touched since mid-November, data shows.

The reason that a change in this statistic is significant is because this number dropped nearly steadily (with the exception of a minor blip in early March) after the global peak of the Omicron wave towards the end of January, when it soared to nearly 3.4 million new cases a day. From there on, as has been the case with Omicron surges seen in nearly every country, this number fell just as fast as it went up.

Looking at these numbers by continent, we see that Europe has been the biggest contributor to the global tally, accounting for a little over a third (34.7%) of all new cases reported in the past week. It is followed by Asia which is the source of 28.6% of all cases in the world in the past week, and North America with 20.3% of all such cases.

SEVEN-DAY AVERAGE OF DAILY CASES IN THE WORLD



2 So, where is this rise coming from?

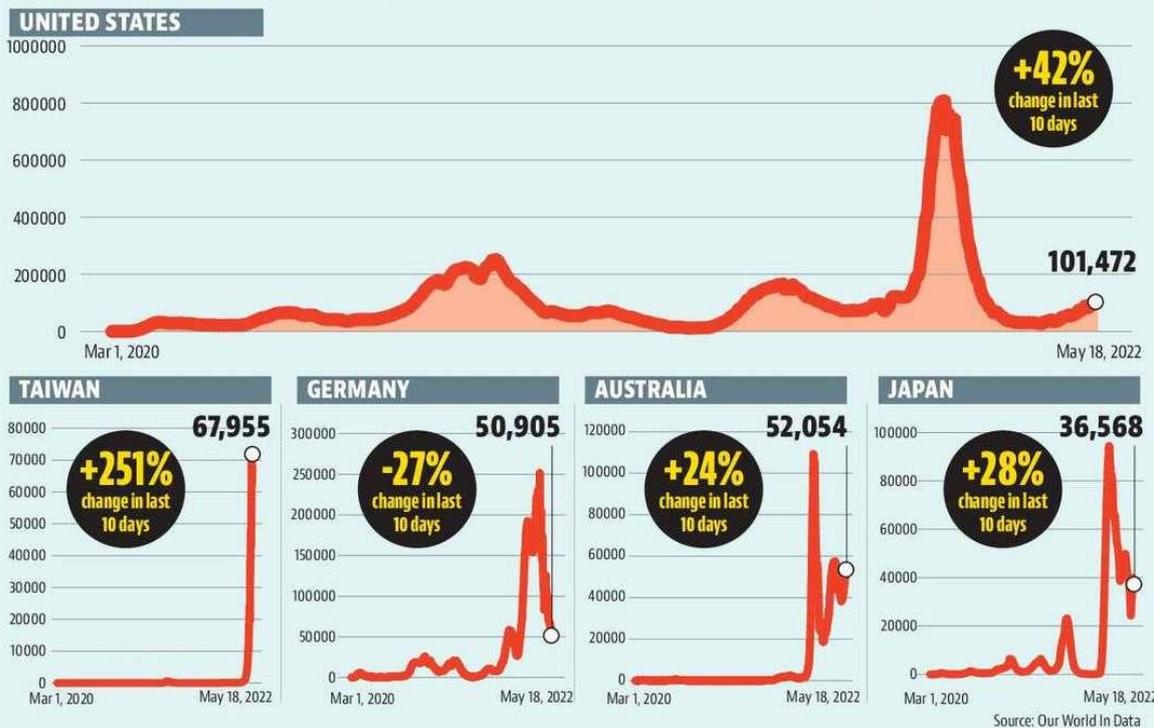
A closer look at countries, however, offers a better idea of where cases are rising. Nearly a fifth of all infections across the world in the past week can be traced to just one country – the United States, which for the first time in nearly 90 days again reported an average of more than 100,000 daily cases in the past week. In fact, in just the past 10 days, the case curve in the US has increased more than 40%, making it one of the fastest expanding outbreaks among major nations.

The country that has seen the second-highest infections in the world is Taiwan, which has reported 67,955 daily cases on average in the past week, data shows. What is alarming about the numbers from Taiwan, however, is the pace at which cases are growing – the case curve was just 19,373 infections a day just 10 days ago, capping a whopping 250% increase.

It is followed by Germany, which has reported 50,905 new cases every day in the past week. Data from Germany, however, shows that the country is currently experiencing a strong post-Omicron contraction. This is why the case curve has contracted by 27% in the past 10 days. In the fourth and fifth spot are Australia and Japan, which have reported 52,054 and 36,568 daily cases on average in the past week respectively. Cases have risen 24% and 28% in these two countries in the past 10 days, data shows.

A notable omission from this list is North Korea, which has only recently confirmed it is experiencing a massive Covid-19 outbreak for the first time in two years – having reported close to 2 million cases just the past week, according to the local press. Due to the extreme opacity in the data emanating from the isolationist nation, it has been excluded from global calculations.

DAILY COVID-19 CASES IN NATIONS WITH MOST INFECTIONS IN THE PAST WEEK



3 But daily cases remain below levels not seen since March 2020

Summer alert

Summer alert: Take care of your skin with these effective Ayurvedic tips "Whether our skin is dry, oily, or sensitive, summer heat just challenges our skin health," said Ayurvedic practitioner Dr Nitika Kohli (The Indian Express:20220520)

<https://indianexpress.com/article/lifestyle/life-style/summer-season-heat-ayurveda-skincare-tips-remedies-7883489/>

skincare summer Summers have always been a tough time for our skin (Source: Pixabay) Summer is not just harsh on your health but on your skin and hair, too. The sweltering heat, coupled with dust and pollution, can make the skin look greasy, dull, and uneven. As such, it becomes crucial to pamper your skin this season. But, if you think you need to splurge on cosmetics for radiant skin in summers — allow us to break it to you that it's not!

ALSO READ |Expert shares the most common causes of facial redness

With some simple yet effective Ayurvedic remedies, you can get the skin of your dreams this season, said Ayurvedic practitioner Dr Nitika Kohli. She said, "Summers have always been a tough time for our skin. Whether our skin is dry, oily, or sensitive, summer heat just challenges our skin health. That's why we thought of bringing some really easy and natural ways of keeping your skin healthy in this summer heat."

Follow these natural and easy Ayurvedic ways for glowing skin in summers.

*Always remember your skin needs water, the expert said. Just like your body, your skin tends to get hydrated during summers so keep the water level intact by drinking enough water. It is important for healthy and glowing skin.

*Dr Kohli recommended eating seasonal fruits to keep the body's hydration in check. Fruits such as watermelon and musk melon are water-rich, and easily available in the summer months.

ALSO READ |Five skincare hacks to 'prevent breakouts from your workouts'

*Add traditional sattu drink to your meals, she suggested. "Summer heat can drain your energy and make you feel dehydrated all the time. This flour-made desi drink made of roasted chana, with its cooling properties, is considered the powerhouse of energy that keeps the gut cool and skin super happy."

Additionally, regularly applying good sunscreen and cleansing your face thoroughly are recommended by experts to keep the skin healthy this season.

Gum health

Why you should take gum health seriously, and what you can do about it
"Gum diseases can range from mild gingivitis and periodontitis to advanced periodontitis. Gingivitis refers to the common and mild form of gum disease (periodontitis) and it causes redness, irritation, bleeding and swelling of the gum," says a doctor (The Indian Express:20220520)

<https://indianexpress.com/article/lifestyle/health/gum-health-oral-hygiene-dental-brushing-flossing-oil-pulling-7918408/>

While oral health and hygiene is something that needs to be paid attention to, not a lot of people take it seriously. It should be noted that the health of the teeth and gums is linked to the overall health of a person.

Speaking of gums, Dr Ashok B K, senior research scientist, Himalaya Wellness Company, says that even if one has a cavity-free mouth, the gums may be at risk of periodontal diseases.

ALSO READ |Eight home remedies for bleeding gums that you should consider

“Gum diseases can range from mild gingivitis and periodontitis to advanced periodontitis. Gingivitis refers to the common and mild form of gum disease (periodontitis) and it causes redness, irritation, bleeding and swelling of the gum around the base of your teeth,” he explains.

“Periodontitis, on the other hand, is a chronic infection that affects the soft tissues of the gum and can damage the bone that supports your teeth,” he adds.

Explained: Where the rupee is headed, and what its fall means to consumer...

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According to the doctor, these signs can help one identify gum problems in the initial stages:

- Gum discoloration: This is when we can see a change in the original gum color (pink); if your gums look white, bright red or black, it could be a sign of gum disease.
- Gum irritation: A sharp burning sensation/irritation occurs when you eat, or when your gums encounter food.
- Gum tenderness: If upon a slight touch with the finger or bristles, the gum aches and eventually bleeds, it is a sign of problems.

ALSO READ |Are people with gum disease at greater risk of high blood pressure?

The doctor says that since gums support the teeth and keep the roots of the teeth from cavities, taking care of them is critical. He shares the following tips:

1. Brush your teeth at least twice a day to prevent dental cavities, tooth sensitivity, and plaque formation. It is important to brush for about 2-3 minutes, spending 30 seconds in each area of your mouth, and making sure you are actively brushing each tooth. Selecting a toothpaste with

natural fluoride and astringent and bitter herbs like neem, pomegranate, triphala, and clove is important.

2. Practise oral swishing using an herbal/medicated mouthwash, as it can go into the crevices and soft tissue of the mouth. Choose mouthwashes that come with the goodness of neem, pomegranate, meswak, and menthol. They can provide complete protection for cleaner, healthier gums and teeth.

3. Gently massaging your gums can help in keeping them healthy. You can use a gel with astringent herbs like Indian kino tree and triphala that prevent gum bleeding.

4. A traditional method like oil pulling is also known to be effective in strengthening the teeth, gums, and jaw. Any other medicated oil can be used. Oil pulling helps reduce plaque buildup and protects the gums against gingivitis.

ALSO READ |Dental health: Expert shares 5 effective Ayurvedic remedies for whiter teeth

5. Stop smoking, as it is not only bad for your lungs and heart but also your teeth and gums.

6. Consume a balanced and nutritious diet consisting of fruits, vegetables, and grains. This will help improve dental and overall health.

7. Visit your dentist at least once a year, even if you have dentures.

Dehydration

**Nutritionist shares foods that can ‘work against you’ and cause dehydration
Water intake is important for well being but there are some foods that may
work against you, nutritionist Lovneet Batra said on Instagram. (The Indian
Express:20220520)**

<https://indianexpress.com/article/lifestyle/health/reduce-intake-of-these-foods-if-you-feel-dehydrated-7921378/>

waterDid you know what foods could negatively affect hydration? (Source: Thinkstock Images)

The importance of staying hydrated in summer needs no retelling. But hydration is not just about drinking an adequate amount of water, it is equally about avoiding certain foods that may make you feel dehydrated.

Also read |Nutritionist suggests ways to lose weight while enjoying your favourite foods
Wondering what those foods are? Nutritionist Lovneet Batra recently took to Instagram to share some foods that may impact your hydration in a reverse manner.

“Hydration is important and, drinking water is wellness 101. But what you might not know is that there are some foods that can work against you, actually causing you to be more dehydrated,” she captioned the post.

Coffee

It is already well known that coffee is dehydrating in nature. Further, the expert shared that coffee is also “diuretic in nature and anything above two cups can inhibit the reabsorption of sodium in your body” — which can lead to dehydration. “Hence, you need to regulate its intake,” she suggested.

Also read |Nutritionist recommends four simple ways to build health and boost immunity
Diet soda

You may resort to aerated drinks to quench your thirst. But “the sugar content in soft drinks has a hypernatremic effect i.e. it draws water from tissues,” said Batra. She added that soft drinks also contain caffeine which has a “mild diuretic impact on your body.”

Alcohol

Alcohol is a hugely dehydrating substance, hence feeling dehydrated the morning after a drinking session is quite common. “This is all because of the effect booze has on the brain,” she shared.

Also read |Nutritionist shares simple diet tips to manage symptoms of menopause
High protein intake

If you are on a high protein diet, chances are you may feel dehydrated. “The body uses up more water in order to metabolise the naturally occurring nitrogen in protein, due to which cells may lose water content significantly, further making you feel dehydrated,” she said.

Salty snacks

Salt causes dehydration due to the impact sodium has on the body. “Your kidneys will acknowledge this flood of salt and seek to rectify it by pulling water from elsewhere within your body, which, of course, leaves other organs and cells short on fluid,” said Batra. As a result, any food that is high in salt can be highly dehydrating for the body.

Food therapist

Jamun: Food therapist shares the many health benefits of these ‘nutrition-rich bombs’

"One of my favourite fruits in summer; I love to have them chilled with some kaala namak sprinkled," said food therapist Dr Ria Banerjee Ankola(The Indian Express:20220520)

<https://indianexpress.com/article/lifestyle/health/kala-jamun-black-plum-summer-benefits-7919697/>

diseases at bay. (Source: Getty Images/Thinkstock)

As the scorching summer heat becomes unbearable, experts advise one to consume more seasonal fruits and vegetables and up their water intake to ensure the body stays cool and hydrated. One such summer favourite fruit is black plum or jamun. Loaded with nutrients, the small, tangy fruits come packed with numerous health benefits.

ALSO READ |Blueberry vs kala jamun: Which is healthier?

Food therapist Dr Ria Banerjee Ankola recently took to Instagram to share why one should consume these “nutrition-rich bombs”. She also revealed that it is one of her favourite fruits in summer that she loves to have “chilled with some kaala namak sprinkled”.

*Jamun is loaded with vitamin C, and minerals like iron, calcium, phosphorus, magnesium and folic acid.

*Diabetics can also safely consume jamun as it is low in calories. Additionally, the polyphenolic ingredients present in jamun play a significant role in the treatment of diabetes.

*Jamun is a good source of antioxidants and minerals like potassium, which are beneficial to keep heart diseases at bay.

*Jamun also improves digestion and helps in reducing water retention in the body.

*Jamun can help treat digestive disorders. The diuretic properties keep the body and digestive system cool and provide relief from constipation.

*Jamun is rich in astringent properties which protect the skin from blemishes, pimples, wrinkles, and acne. Moreover, the vitamin C content helps purify the blood, leaving the skin radiant and glowing.

*Being an excellent source of vitamin C and iron, this fruit increases haemoglobin count. While iron works as a blood purifier, the increased hemoglobin count allows your blood to carry more oxygen to the organs and keep your body healthy.

Ayurveda

Ayurveda recommends avoiding these three c’s if you are constipated

“If you aren't able to pass bowels daily, you should know something is wrong with your body,” Dr Dixa Bhavsar wrote on Instagram(The Indian Express:20220520)

<https://indianexpress.com/article/lifestyle/health/ayurveda-constipation-foods-to-avoid-dr-dixa-bhavsar-tips-7921465/>

constipation Ayurveda recommends avoiding these foods to manage constipation. (Source: Getty Images/Thinkstock)

Difficulty in passing stool can not only interfere with one's daily schedule but also have a negative effect on health. The causes for the same can be many — from a sedentary lifestyle, to consumption of unhealthy foods, stress, to even irregular sleep.

Though it is usually manageable, constipation — if chronic in nature — needs immediate medical attention.

Also read |Ayurveda suggests avoiding these common daily mistakes to 'improve digestion without any medicine'

As such, Dr Dixita Bhavsar, an Ayurvedic expert, shared a post on Instagram sharing the '3 C's' that one needs to avoid in case of constipation. "If you aren't able to pass bowels daily, you should know something is wrong with your body," she wrote.

Coconut water

Is drinking too much coconut water unhealthy for you? Here's what experts say

"Although coconut water is safe, packed with nutrients, and considered a great way to hydrate the body, its excessive consumption may cause some health problems," nutritionist Aman Puri said (The Indian Express:20220520)

<https://indianexpress.com/article/lifestyle/health/coconut-water-health-risks-diabetics-kidneys-blood-pressure-7921926/>

coconut water Overconsumption of coconut water can be risky for diabetics (Source: Getty Images/Thinkstock)

Coconut water is known to have a plethora of health benefits – from keeping you hydrated to helping achieve clear, acne-free skin. Thus, many of us end up drinking it daily (sometimes, even twice a day!) However, just like most food items, overconsumption of coconut water can be risky too, nutritionists share.

"Although coconut water is safe, packed with nutrients, and considered a great way to hydrate the body, its excessive consumption may cause some health problems," nutritionist Aman Puri, founder, Steadfast Nutritionist said.

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Explaining the same, he added, "Coconut water is very high in potassium. Drinking too much of it may cause an imbalance of electrolytes in the body by spiking the levels of potassium which can cause kidney trouble and irregular heartbeat."

Kidney problems

Puri suggested consulting a health expert if you have kidney problems. "If kidneys don't work properly, excretion of potassium through urine is impacted, which may lead to hyperkalemia," he said.

Increases blood pressure

"It is not recommended for persons who have high blood pressure because it can further raise the pressure due to its high sodium content," nutritionist Pritika Bedi, founder, Healthsake said. She added that "its high potassium content can also drastically lower BP".

It is not recommended for persons who have high blood pressure (Source: Getty Images/Thinkstock)

High in sugar

Bedi added that overconsumption of coconut water can be risky for diabetics. She said, "People drink coconut water instead of other juices because they believe it is low in sugar. Coconut water has 6.26 grams of sugar per cup. As a result, diabetics should refrain from drinking coconut water. It is not recommended for people with diabetes to drink it every day. Though coconut water contains less sugar than most sports drinks and fruit juices, it does have an excessive amount of calories."

Might act as laxative

Coconut water is a natural laxative, therefore, drinking too much might be harmful to your health. Those with irritable bowel syndrome should avoid drinking too much coconut water, she suggested.

Diabetics shouldn't consume coconut water in excess. (Source: Getty Images/Thinkstock) Agreed Puri and said, "Excessive consumption may also lead to stomach upset and bloating in few people. Coconut water also has diuretic properties. Hence, drinking too much of it can cause an increase in the production of urine, causing frequent visits to the washroom."

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Not good for athletes

According to Bedi, one must consume regular water instead of coconut water after a strenuous workout. "It's always best to drink water after a workout because it contains a lot of salt, which the body loses during activity. You may also end up drinking a couple of glasses of coconut water due to thirst, which is bad for your body and health," she said, adding that one should drink it "once a week as a treat rather than every day".

Emotional bond of children and mothers on the decline

Emotional bond of children and mothers on the decline, study finds (The Hindu:20220520)

<https://www.thehindu.com/news/national/telangana/emotional-bond-of-children-and-mothers-on-the-decline-study-finds/article65429821.ece>

Study of UoH reveals children believe that scoring good marks is enough to make mothers happy

Is good academic performance the only parameter that defines the emotional attachment of youngsters with their mothers and the concern they need to show as children as the mothers age?

Youngsters, these days believe strongly that getting good academic grades is the only way to make their mothers happy and unfortunately they aren't even aware of necessity to understand the emotional needs of mothers.

A two-year-long study by a team of psychologists from the University of Hyderabad among the 10-20-year-olds has revealed this disturbing trend and rings an alarm about the possibility of children distancing from their mothers in middle-class Indian society.

“One could make the mother happy or unhappy only with the academic performance and children across the ages could not think beyond this about mother's happiness,” said Prof. Meena Hariharan, who led the team of researchers - Dr. Meera Padhy, Sumalavanya and Sandra Roshni Monteiro from the Centre for Health Psychology, University of Hyderabad.

“Is Indian society working enough towards sustaining the family bond-particularly between the parents and children?”, was the question that prompted them for the study while noticing the increasing number of nuclear families and parents pushed into old-age homes. The research looked into the aspect that mothers understand the children best but do the children understand the mother equally?

The team prepared a tool with 37 questions related to the mother covering basic facts such as age, birthday, qualification etc to the intricate aspects such as health issues, likes and dislikes, emotions, aspirations, achievements and leisure. This tool is for the mother to fill up with all the information about herself.

A parallel tool was prepared for the children, where they were asked to give the same information about their mother. The sample was middle-class families with children in the age group of 10 to 21 years. A total of 162 mothers and their children participated in the study.

Children's responses on each of the 37 aspects were compared with that of the mother. Scoring was evolved based on the similarity index. The results were plotted on six dimensions - health, factual information, likes-dislikes, leisure, achievement-aspiration and emotions of the mother.

Children's knowledge of these basic facts about the mother was found to be 64.62%. One dimension where the understanding went to the maximum of 76.37% was the health issues, said Prof. Hariharan. Less than 50% had any knowledge regarding the mothers' likes and dislikes and less than 40% about the emotional life of the mothers. Just 28% had any idea about the achievements and aspirations of mothers. A strong belief among the children was that excellent scores will make mothers happy and that was the end of it all.

"The results indicate that children have neither been observing nor interacting with the mothers with a sense of concern care and intimacy leading to understanding." Who do we hold responsible for this? The children or the parents?. Prof. Hariharan says unfortunately the last two generations in India for some strange reasons were given an impression that academics followed by the career progression is the only index of success in life. This over-emphasis on academics perhaps camouflaged everything including human relations.

The study clearly indicates the children's lack of understanding of their mothers' emotionality and how this is negatively reflected in their approach to taking care of mothers.

"It is about time that the young parents tune the child-rearing process to strengthening the human relationship and family bonding, lest we lose out our future generations to materialism and achievement leaving no room for emotional attachments," caution the team of investigators of the study.

India's 'other' COVID vaccines

India's 'other' COVID vaccines: The status of under-trial, approved and unused jabs(The Hindu:20220520)

<https://www.thehindu.com/sci-tech/health/indias-other-covid-vaccines-status-of-under-trial-approved-but-unused-jabs/article65410283.ece>

While Covishield and Covaxin lead the Covid-19 vaccination effort in India, other vaccines, too, are under development or remain unused after approval from the Centre

As India nears the 200-crore COVID-19 vaccination mark, Serum Institute of India's (SII) Covishield accounts for 80 per cent (154 crore) of the jabs, while Bharat Biotech's Covaxin accounts for 16.75 per cent (32 crore) jabs.

Of the 191 crore jabs administered till now, the remaining three vaccines used — Gamelaya's Sputnik -V, Biological E's Corbevax and Novovax-SII's Covovax — account only for 3.25 per cent (6.25 crore) altogether.

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We may remove hyperlinks within comments.

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Trending in Health

Top Picks in The Hindu today

Health Care (Dainik Bhasker :20220520)

<https://epaper.bhaskar.com/detail/1324229/40808298016/mpcg/20052022/194/image/>

एम्स : प्राइवेट वार्ड में इलाज दो गुना महंगा

नई दिल्ली | अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) के प्राइवेट वार्ड में इलाज करना एक जून से महंगा हो जाएगा। एम्स प्रशासन ने प्राइवेट रूम के साथ यहां मिलने वाले भोजन के दाम में वृद्धि की है। एम्स के चिकित्सा अधीक्षक डॉ. डीके शर्मा द्वारा जारी आदेश में कहा गया है कि 1 जून से एम्स के प्राइवेट वार्ड में रूम रेंट व खाने का शुल्क को बढ़ाया गया है। नए आदेश के तहत

प्राइवेट वार्ड में ए-क्लॉस के डिलेक्स रूम का किराया 6 हजार रुपए होगा। वहीं बी-क्लॉस के सामान्य रूप का किराया 3 हजार रुपए होगा। वहीं खाने का शुल्क को बढ़ाकर 300 रुपए कर दिया गया है। अभी तक प्राइवेट रूम के ए-क्लॉस का किराया 3 हजार रुपए था, वहीं बी-क्लॉस के सामान्य रूम का किराया 2 हजार रुपए था। वहीं भोजन का शुल्क 200 रुपए था। इन्हें डबल तक बढ़ा दिया गया है।