



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Friday

20220708

World Health Organisation

World Health Organisation flags new Omicron sub-variant in India India sees highest rise in cases, deaths in South-East Asia (The Tribune: 20220708)

<https://www.tribuneindia.com/news/health/world-health-organisation-flags-new-omicron-sub-variant-in-india-410351>

World Health Organisation flags new Omicron sub-variant in India
Photo for representational purpose only. Reuters file

The WHO has flagged a new sub-variant of Omicron called BA.2.75 in India and some other countries saying fewer sequences are available but in preliminary studies the new sub lineage appears to have some mutations.

World Health Organisation Director-General Tedros Adhanom Ghebreyesus spoke of the sub-variant detection in India yesterday in his weekly press conference.

Globally, the number of weekly cases has increased for the fourth consecutive week, after a declining trend since the last peak in March 2022.

During the week of 27 June to 3 July, over 4.6 million new cases were reported, a figure similar to that of the previous week.

The number of new weekly deaths decreased by 12 per cent, with over 8100 fatalities reported.

At the regional level, the number of new weekly cases increased in the Eastern Mediterranean Region (+29%), the South-East Asia Region (+20%), the European Region (+15%), and the Western Pacific Region (+4%), while it decreased in the African Region (-33%) and the Region of the Americas (-18%).

The number of new weekly deaths increased in the Eastern Mediterranean Region (+34%) and the South-East Asia Region (+16%), while decreases were observed in the African Region (-

50%), the Region of the Americas (-13%), the European Region (-12%) and the Western Pacific Region (-12%). As of 3 July 2022, over 546 million confirmed cases and over 6.3 million deaths have been reported globally.

The South-East Asia Region has been reporting an increasing trend in cases since early June, with over 1,57,000 new cases reported, a 20% increase as compared to the previous week.

The highest numbers of new cases in South East Asia were reported from India (1,12,456 new cases; 8.1 new cases per 1,00,000; a rise of 21 per cent), Thailand (15,950 new cases; 22.9 new cases per 1,00,000; a rise of 6 per cent) and Bangladesh (13,516 new cases; 8.2 new cases per 1,00,000; up 53 per cent).

The number of new weekly deaths in the region increased by 16 per cent as compared to the previous week, with over 350 new deaths reported. The highest numbers of new deaths were reported from India (200 new deaths).

“Globally reported cases have increased nearly 30 per cent over the past two weeks. Four out of six of the WHO subregions saw cases increase in the last week,” Ghebreyesus said.

On sub-variant BA.2.75, WHO chief scientist Soumya Swaminathan said BA.2.75 was first reported from India and then from 10 other countries.

“This sub-variant seems to have a few mutations on the receptor-binding domain of the spike protein. So obviously, that's a key part of the virus that attaches itself to the human receptor. We have to watch that. It's still too early to know if this sub-variant has properties of additional immune evasion or indeed of being more clinically severe,” she noted.

Monkeypox cases rise 77 per cent in UN agency's

Monkeypox cases rise 77 per cent in UN agency's latest weekly count (The Tribune: 20220708)

<https://www.tribuneindia.com/news/world/monkeypox-cases-rise-77-per-cent-in-un-agencys-latest-weekly-count-410330>

WHO says it counted 6,027 laboratory-confirmed cases from 59 countries as of Monday, an increase of 2,614 cases since its last count for the week that ended June 27

Monkeypox cases rise 77 per cent in UN agency's latest weekly count

Photo for representational purpose only. Reuters file

The World Health Organisation on Thursday reported a 77 per cent weekly increase in the number of lab-confirmed monkeypox cases, to more than 6,000 worldwide, and two more deaths in parts of Africa where the virus has circulated for years.

Most of the cases were reported in Europe and Africa. The UN health agency said the mysterious outbreak continues to mainly affect men who have had sex with men, and that other population groups showed no signs of sustained transmission.

WHO said it counted 6,027 laboratory-confirmed cases of monkeypox from 59 countries as of Monday, an increase of 2,614 cases since its last count for the week that ended June 27. It said three people have now died in connection with the outbreak, all of them in Africa.

The agency said nine additional countries had reported cases, while 10 countries had not reported any new cases for more than three weeks, which is the maximum incubation period.

WHO Director-General Tedros Adhanom Ghebreyesus said on Wednesday he remained “concerned by the scale and spread of the virus,” noting that over 80 per cent of the cases turned up in Europe.

He said he would convene the next meeting of a WHO expert panel that is monitoring the outbreak for no later than the week of July 18.

Most monkeypox patients experience fever, body aches, chills and fatigue. People with more serious illness may develop a rash and lesions on the face and hands that can spread to other parts of the body.

The disease is endemic in parts of Africa, where people have become infected through bites from rodents or small animals. The monkeypox virus does not usually spread easily among people.

Cases began emerging in Europe and the United States in May. Many of the individuals who contracted the virus had travelled internationally.

Health Care Services

Himachal High Court seeks reply on shortage of staff at Kullu hospital (The Tribune: 20220708)

<https://www.tribuneindia.com/news/himachal/hc-seeks-reply-on-shortage-of-staff-at-kullu-hospital-409886>

Himachal High Court seeks reply on shortage of staff at Kullu hospital

The HP High Court today issued notice to Principal Secretary (Health), Director Health Services and Chief Medical Officer, Regional Hospital Kullu, in a matter pertaining to the shortage of Medical Officers (specialist), medical officers and other medical facilities in the regional hospital, Kullu.

A division bench comprising Chief Justice AA Sayed and Justice Sandeep Sharma further directed the state authorities to file their responses within two weeks and listed the matter for further hearing on July 21.

While passing this order the court observed, that “meanwhile, it is expected from the respondents to post at least one paediatrician in the hospital within two days from today”.

The court passed this order on a Public Interest Litigation filed by Pankaj Parmar, chairman, Zila Parishad, Kullu. The petitioner alleged that due to shortage of Medical Officers (specialist), other Medical Officers and para medical staff, the people have to run to the IGMC Shimla, RPGMC, Tanda and Chandigarh for treatment. Due to inadequate Medical Officers and other amenities the general public at large has to run from pillar to post. The petitioner has alleged that the matter has been taken up time and again but to no avail.

The petitioner has further alleged that the Chief Minister had inaugurated a 100-bed Mother Child Hospital block at Regional Hospital Kullu on June 18 but there is no Medical Officer (Specialist) paediatrician or radiologist and only one gynecologist has been posted. It has been further alleged that the state has failed to fill vacancies of Medical Officers and to provide appropriate medical facilities in the regional hospital.

The petitioner has prayed that the respondents be directed to fill the vacancies of Medical Officers (Specialist), other Medical Officers and staff immediately so that general public do not suffer. The petitioner has further prayed for directions to the respondents to make the 100-bed Mother Child Hospital block functional.

Active covid cases in country rise to 1,19,457

Active covid cases in country rise to 1,19,457 18,930 new covid cases, 35 more deaths reported (The Tribune: 20220708)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-rise-to-1-19-457-410284>

India logged 18,930 new coronavirus infections taking the covid-19 tally to 4,35,66,739, while the active cases increased to 1,19,457, according to the Union health ministry data updated on Thursday.

The death toll climbed to 5,25,305 with 35 new fatalities, the data updated at 8am showed.

The active cases comprised 0.26 per cent of the total infections, while the national recovery rate was recorded at 98.53 per cent, the ministry said.

An increase of 4,245 cases has been recorded in the active caseload in a span of 24 hours.

A total of 86.53 crore tests have been conducted so far with 4,38,005 tests conducted in the last 24 hours.

The daily positivity rate was recorded at 4.32 per cent while the weekly positivity rate stood at 3.86 per cent.

Medical Education

MBBS curriculum changed to say 'virginity test unscientific' (The Tribune: 20220708)

<https://www.tribuneindia.com/news/nation/virginity-test-changes-in-mbbs-syllabus-cleared-410405>

MBBS curriculum changed to say 'virginity test unscientific'
Photo for representation only.

For the first time in the history of medical education in India, MBBS students starting this year's session, will be taught that the two finger virginity test is unscientific and does not help establish the virginity of a woman.

The National Medical Commission (NMC) on Thursday approved changes to the MBBS curriculum which currently carries the description of signs of virginity (defined as virginity test) and the medico legal significance of this test.

The NMC has now decided to teach students how the virginity test including the two finger test of female genitalia is unscientific, inhumane and discriminatory.

It has decided to teach students how to appraise courts about the unscientific nature of signs of virginity and its test in case the court orders the same in matrimonial disputes, as is rampant currently.

The NMC took the decision on the recommendations of an expert panel constituted by the Commission's undergraduate board president Aruna Vanikar, on the orders of Madras High Court recently, to address issues related to the LGBTQIA+ community in the MBBS curriculum.

The panel expanded its ambit to include the review of virginity tests in medical UG syllabus.

Panel member Indrajit Khandekar, Professor, Forensic Medicine at Mahatma Gandhi Institute of Medical Sciences, Sevagram, Wardha, told The Tribune on Thursday that "Virginity tests have been ordered by courts across the country in various matrimonial disputes like nullity of marriage and impotence. On court orders to opine whether the girl is virgin or not, doctors routinely examine girls' hymen for hymenal opening size or tears. The two finger test is rampant to assess vaginal laxity. The NMC has now decided to teach doctors about the unscientific nature of these tests so that tomorrow if courts order the same, the doctors can reason scientifically and cite the MBBS course curriculum to make their point. If we do not

teach them that the virginity test is unscientific, they would continue to have to perform the same under pressure from the court," Khandekar said.

The expert said no MBBS book in India ever mentioned the 'signs of virginity' of a male and the mention of the virginity of a female was not only discriminatory but unscientific.

Omicron sub-variant BA.2.75

Why the Omicron sub-variant BA.2.75 is being monitored (Hindustan Times: 20220708)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=875c677685&imageview=0>

World Health Organization officials confirmed on Wednesday that a new sub-lineage of the Omicron variant — classified as the BA.2.75 — appears to be growing in India, where it was first found.

“In Europe and America, BA.4 and BA.5 are driving waves. In countries like India, a new sub-lineage of BA.2.75 has also been detected, which we’re following,” WHO’s director-general Tedros Adhanom Ghebreyesus said at a virtual press conference late on Wednesday.

WHO chief scientist Soumya Swaminathan, in a separate video, said the BA.2.75 was “first reported from India and then from about 10 other countries.” There are, she added, still limited sequences available, “but this sub-variant seems to have a few mutations on the receptor-binding domain of the spike protein...a key part of the virus that attaches itself to the human receptor”.

“So we have to watch that. It’s still too early to know if this sub-variant has properties of additional immune evasion or indeed of being more clinically severe. We don’t know that,” she said.

The WHO’s Technical Advisory Group on Sars-CoV-2 Virus Evolution (TAG-VE) will now analyse the signs further and decide if this lineage requires a Variant of Concern (VOC) classification of its own.

HT reviewed realtime tracking data from the global coronavirus genome repository GISAID and discussions between virologists to piece together the early clues and the concerns they indicate.

First signal: Mutations

The sub-lineage first caught attention of scientists in late June when they noticed particular mutations that appear to be a location in the virus that is informally described as the “supersite” for antibody binding: the N terminal domain, or NTD. This mutation, among nine unique to the BA.2.75, is classified as G446S, and scientists believe it could reduce the ability of

antibodies exposed to other configurations of the virus to recognise this one, thereby making it more resistant. “G446S is at one of most potent sites of escape from antibodies elicited by current vaccines that still neutralize BA.2,” wrote Jesse Bloom, who heads one of the virology research labs at the Fred Hutch research centre, in a tweet last week.

The assumption from this is that immunity from vaccines or early infections is likely to be less potent when faced with the BA.2.75.

Second concern: Growth

Genome sequences submitted to the GISAID database suggest the variant’s footprint is growing in India, where it was first found in early May. As on Thursday, there are 92 sequences submitted from around the world that can roughly be classified as belong to BA.2.75 (there isn’t a formal BA.2.75 classification on GISAID yet, which is why researchers are using a custom query to find this lineage). Of the 92, 73 are from India — and of these, 18 were collected in the past fortnight alone.

To understand how it has grown, BA.2.75 samples accounted for less than 1% of all samples submitted to GISAID in the first half of June, but that proportion grew to over 10% in the second half of June, a cov-spectrum.org query showed. An important caveat here is that this could be because a state with more infections of this lineage may have submitted more samples in the second half of June than a state where this virus was still to reach. Nonetheless, the numbers are significant enough to suggest a transmission advantage over older BA.2 lineages that are at present the most widespread in India.

More clues needed

The highest number of samples, 50, appear to be from Maharashtra, a state that has not shown any worrying uptick in hospitalisations or deaths, or even a particularly rapid surge.

What scientists will now watch for is if the nine mutations confer the variant any additional trait, particularly severity that has largely not been a concern with the Omicron family till now. It also remains to be seen how this sub-lineage competes with the BA.4 and BA.5 sub-lineages, which are causing new waves of infections in parts of Europe and the United States.

Ayurveda

**This healthy kadha will help keep monsoon illnesses at bay
"Kadha has a variety of purposes, especially during the monsoon season,"
the expert shared (Indian Express: 20220708)**

<https://indianexpress.com/article/lifestyle/health/monsoon-illnesses-healthy-kadha-recipe-8011069/>

kadha, monsoonCombat monsoon diseases with this kadha (Source: Getty Images/Thinkstock)
Monsoon is finally here! But, along with relief, rains bring with them a number of seasonal illnesses such as dengue, malaria, and diarrhoea, among others. As such, paying extra attention to your health during the rainy months is essential.

Ageing

How to balance sodium-potassium levels in the elderly? (Indian Express: 20220708)

It is always important to correct low sodium and potassium level concentration even in asymptomatic elderly individuals because it is directly related to increased mortality and morbidity, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospital

<https://indianexpress.com/article/lifestyle/health/sodium-potassium-levels-balance-elderly-8015641/>

There are several reasons why senior citizens are more prone to dehydration and electrolyte imbalance than younger adults. (Photo: Pixabay)

India's elderly population is expected to rise by 41 per cent and touch 194 million in 2031. Ageing comes with several degenerative changes in several organs and kidneys. After the age of 40, Hyponatremia or a rise in serum sodium concentration, Hyponatremia or a situation where the concentration of sodium in the blood is low and Hypo/Hyperkalemia, meaning low/high level potassium, are the most common electrolyte abnormalities found in the elderly.

Tobacco

Why we need more celebrities to curb tobacco use

Creative expression and freedom of speech should also be seen in conjunction with the right to life and good health. More than 50 per cent smokers start using tobacco before the age of 10 and one-third of youth experiment with tobacco as a result of Tobacco Advertising, Promotion and Sponsorship (TAPS), says Dr Pankaj Chaturvedi, Professor and Surgeon, Department of Head Neck Surgery, Tata Memorial Centre (Indian Express: 20220708)

<https://indianexpress.com/article/lifestyle/health/why-we-need-more-celebrities-to-curb-tobacco-use-8014880/>

Some stars from Bollywood and Tollywood disassociated themselves from tobacco product promotions.

A few years ago, many Indians woke up to the sight of a respected Hollywood star on their front pages and on huge billboards across their cities, promoting a product that most of us readily know stands for a variety of smokeless tobacco product like gutka and pan masala. No doubt cultural nuances were missed since the actor later clarified that he was unaware of the implications of his act and that as an advocate for cancer awareness, after losing two family members to the disease, he would never willingly promote anything tobacco related.

Obesity

Number of undernourished people in India declines to 224.3 million; obesity among adults on the rise: UN report (Indian Express: 20220708)

The report said that the number of children under 5 years of age who are stunted declined to 36.1 million in 2020 from 52.3 million in 2012, the number of children under five years of age who are overweight declined to 2.2 million in 2020 from three million in 2012

<https://indianexpress.com/article/lifestyle/health/undernourished-people-india-declines-224-3-million-obesity-among-adults-on-the-rise-un-report-8014074/>

obeseThe prevalence of obesity in India's adult population increased to 3.9 per cent in 2016 from 3.1 per cent in 2012 (Source: Getty Images/Thinkstock)

The number of undernourished people in India has declined in the last 15 years to 224.3 million in 2019-2021, according to a UN report, which also said that there are more obese adults and anaemic women in the world's second most populous country.

Coronavirus India News Live: India records 18,815 new Covid cases;

Coronavirus India News Live: India records 18,815 new Covid cases; 38 fatalities

Coronavirus India, Covid-19 Live News Updates, July 08, 2022: On Wednesday, Union Health Secretary Rajesh Bhushan wrote to the states that a decision has been taken to administer the precaution third dose to the adult

population after completion of six months or 26 weeks from the date of administration of the second dose. (Indian Express: 20220708)

<https://indianexpress.com/article/lifestyle/health/coronavirus-india-news-live-covid-cases-today-delhi-mumbai-8013797/>

Covid-19 news, Coronavirus india news live Coronavirus India news live: A health worker collects a swab sample for Covid-19 test. (File)

Covid-19 Live News Updates: India reported 18,815 new coronavirus cases in the last 24 hours, pushing the overall caseload to 4,35,85,554, according to the latest data released by the Union Ministry of Health and Family Welfare. Meanwhile, the death toll rose to 5,25,34, with 38 new fatalities.

The Union health ministry on Wednesday reduced the gap between the second dose and the precaution third dose of the Covid-19 vaccine from nine months to six months. On Wednesday, Union Health Secretary Rajesh Bhushan wrote to the states that a decision has been taken to administer the precaution third dose to the adult population after completion of six months or 26 weeks from the date of administration of the second dose. At present, precaution dose is available free of cost at government vaccination centres to the priority groups -the frontline workers, healthcare workers, and the elderly population aged above 60 years. For those aged 18-59, the precaution dose is available only at private vaccination centres.

In a separate development, amid a surge in Covid-19 cases in Maharashtra, there has been no Covid-related death in Mumbai in the past 22 days. For the second day, the number of new Covid cases in the city was below 700. A day after reporting 659 cases, the city reported 695 cases on Wednesday. Also, Delhi reported 600 Covid-19 cases and one fatality due to the viral infection while the test positivity rate declined to 3.27 per cent, according to the data shared by the health department here on Wednesday. With the fresh cases and fatalities, Delhi's Covid tally has climbed to 19,38,648 and the death toll has shot up to 26,276, the department said in a bulletin.

Vaccine

Vaccine camps to mark World Zoonoses Day (The Hindu: 20220708)

<https://www.thehindu.com/news/national/andhra-pradesh/vaccine-camps-to-mark-world-zoonoses-day/article65603835.ece>

All government veterinary hospitals will provide free vaccines for pets. Vijayawada Municipal Corporation, in association with Jeevakarunya Ashramam, will conduct rabies vaccination camps for pets and stray dogs on Wednesday on the occasion of World Zoonoses Day. The camps will be conducted at Iron Yard, Bhavanipuram and Nehru Bomma Centre, One Town from 7 a.m. to 1 p.m..

Also, all government veterinary hospitals will provide free vaccines for pets.

World Zoonosis Day

World Zoonosis Day | Indian Immunologicals launches nationwide anti-rabies vaccine drive (The Hindu: 20220708)

<https://www.thehindu.com/sci-tech/health/world-zoonosis-day-indian-immunologicals-launches-nationwide-anti-rabies-vaccine-drive/article65605173.ece>

World Zoonosis Day is observed annually on July 6 to commemorate the first immunisation against a zoonotic illness

Indian Immunologicals Limited (IIL) on Wednesday organised a nationwide free vaccination camp against zoonotic diseases on account of World Zoonosis Day 2022.

Diseases that transmit from animals to human beings are called zoonotic diseases and the day is observed annually on July 6 to commemorate the first immunisation against a zoonotic illness.

“Today, we administered 1 lakh doses of Raksharab and Starvac R (Anti-rabies vaccines of IIL) free of cost, to realize the vision of ‘One health’, a collaborative effort towards optimal health for humans and animals through innovative healthcare products,” Dr. K. Anand Kumar, Managing Director, Indian Immunologicals Limited.

The drive was launched at Government Superspeciality Veterinary Hospital, Narayanguda.

India, a potential hotspot for zoonotic diseases

A recent report from the State of the World’s Forests 2022 predicts India as a potential hotspot for zoonotic viral diseases. About 70% of all emerging diseases such as rabies, swine flu, nipah, brucellosis, leptospirosis, porcine cysticercosis and zika that affect humans are zoonotic in nature.

In their fight against the spread of such zoonotic viruses, IIL’s vaccination camp was escalated to 100 cities across the country through veterinary dispensaries, veterinary colleges and NGOs.

Zoonotic diseases such as rabies have imperilled human health since antiquity. Dogs are the source of most human rabies deaths, contributing up to 99% of all rabies transmissions to humans, and every year it causes 18,000 to 20,000 deaths.

“Through our ‘Anti-Rabies vaccine drive’, we aim to spread awareness on the disease and need to restrain it. Apart from Raksharab and Starvac-R, we have the largest range of zoonotic vaccines in the country such as CYSVAX, Bruvax, among others and we are constantly innovating novel vaccines to cater to the ever-emerging zoonotic risks,” Dr. Kumar said.

Malnutrition (Dainik Bhaskar: 20220708)

<https://epaper.bhaskar.com/detail/1429560/90504687001/mpcg/08072022/194/image/>

भारत की
2 तस्वीरें

तस्वीर-1

देश में रईसी बढ़ने की रफ्तार अमेरिका-ब्रिटेन से भी ज्यादा, 11% अमीर बढ़े

■ कोरोनाकाल में अमीर (200 करोड़ रु. से ज्यादा संपत्ति) 11% बढ़े। कुल 13,637 हुए। 30 से ज्यादा अमीरों की संपत्ति दोगुनी हो गई। वहीं, आम भारतीय की औसत संपत्ति 7% तक घट गई।

दूध-सब्जी-दाल के उत्पादन में हम दुनिया में अब्वल, फिर भी कुपोषित

■ ग्लोबल हंगर इंडेक्स-2021 के अनुसार, भारत दुनिया का दूसरा सबसे बड़ा खाद्य उत्पादक देश है। दूध, दाल, चावल, मछली, सब्जी और गेहूं उत्पादन में हम दुनिया में पहले स्थान पर हैं।

तस्वीर-2 • यूएन की रिपोर्ट बता रही दुनिया के एक चौथाई से ज्यादा कुपोषित लोग भारत में

दुनिया में भूख का संकट बढ़ा, भारत में घटा; फिर भी अभी 22 करोड़ भारतीयों को भरपेट खाना नहीं

भास्कर न्यूज़/एजेंसी | न्यूयॉर्क

दुनिया में कोरोनाकाल के दुष्परिणाम अब दिखने लगे हैं। यूएन की 'द स्टेट ऑफ फूड सिक्योरिटी एंड न्यूट्रिशन इन द वर्ल्ड 2022 रिपोर्ट' के अनुसार 2019 के बाद लोगों का भूख से संघर्ष तेजी से बढ़ा है। 2019 में दुनिया में 61.8 करोड़ लोगों का भूख से सामना हुआ था, वहीं 2021 में यह संख्या बढ़कर 76.8 करोड़ हो गई। यानी, सिर्फ 2 साल में 15 करोड़ (24.3%) लोग बढ़ गए, जिन्हें एक वक्त का खाना नसीब नहीं हुआ। दुनिया में भूखमरी तो पिछले 15 साल से लगातार बढ़ रही है, लेकिन इसकी रफ्तार पिछले दो साल में तेज हुई है।

दूसरी ओर, भारत की स्थिति में थोड़ा सुधार देखने को मिला है। भारत में 15 साल पहले 21.6% आबादी कुपोषण का शिकार थी, अब 16.3% आबादी को भरपेट पौष्टिक खाना नहीं मिल पा रहा है। यूएन की ताजा रिपोर्ट बताती है कि 2021 में भारत की 22.4 करोड़ आबादी कुपोषण का शिकार पाई गई। 2004-06 में 24 करोड़ आबादी कुपोषित थी। इन्हें या तो एक वक्त का खाना नहीं मिल पाया था या इनके भोजन में पौष्टिक तत्व 50% से कम थे। रिपोर्ट के अनुसार भारत में भूख से जंग के मोर्चे पर धीमी रफ्तार में ही सही, कुछ सफलता जरूर मिली है। लेकिन, दूसरी ओर मोटापे की समस्या बढ़ रही है। ■ शेष पेज 6 पर

भास्कर Research • भारत में पौष्टिक खाना सबसे सस्ता, फिर भी 70.5% भारतीय इससे वंचित, पाकिस्तान में ऐसे 80%

भारत में कुपोषण की तस्वीर



मध्यप्रदेश के शिवपुरी में डेढ़ साल की इस बच्ची का वजन सिर्फ 4 किलो है। 21 अप्रैल से अस्पताल में भर्ती बच्ची की मां रजनिदिनी ने बताया कि आंगनवाड़ी केंद्र से कुछ नहीं मिलता था। बच्ची की छाती में एक गड़दा सा पड़ रहा है।

पूरे दिन का पौष्टिक खाना (1 व्यक्ति)

	2021	2016	बढ़ोतरी	2021	2016
पाकिस्तान	291रु.	267 रु.	8.13%	83.5%	79.7%
श्रीलंका	310रु.	293रु.	5.97%	49.0%	52.3%
बांग्लादेश	242रु.	228रु.	6.32%	73.5%	77.4%
भूटान	398रु.	347रु.	14.74%	53.0%	57.6%
भारत	235रु.	223रु.	5.17%	70.5%	74.9%
ईरान	281रु.	238रु.	18.14%	20.3%	12.0%
मालदीव	305रु.	283रु.	7.82%	1.4%	4.2%
नेपाल	345रु.	326रु.	5.69%	84.0%	86.8%

■ दक्षिण एशिया में भूख के खिलाफ जंग में भारत, भूटान, श्रीलंका में सुधार दिखा है। वहीं, पाकिस्तान-ईरान में हालात बिगड़ गए हैं।

Vitamin D

Vitamin D का ओवरडोज शरीर को बना सकता है इन 9 बीमारियों का अड्डा, कोमा तक की आ सकती है नौबत (Navbharat Times:20220708)

<https://navbharattimes.indiatimes.com/lifestyle/health/9-side-effects-of-too-much-vitamin-d-know-about-a-vitamin-d-overdose/articleshow/92726415.cms?story=3>

What happens if you take too much vitamin D: हाइपरविटामिनोसिस एक गंभीर स्थिति होती है। ऐसा तब होता है जब आप जरूरत से ज्यादा विटामिन डी की खुराक लेते हैं। आहार या सूर्य के संपर्क से यह स्थिति नहीं पैदा होती है, क्योंकि आपका शरीर सूर्य के संपर्क में आने से उत्पन्न विटामिन डी की अतिरिक्त मात्रा को नियंत्रित कर देता है।

9 side effects of too much vitamin d know about a vitamin d overdose

Vitamin D का ओवरडोज शरीर को बना सकता है इन 9 बीमारियों का अड्डा, कोमा तक की आ सकती है नौबत

12th बोर्ड में बिना कोचिंग और एक्स्ट्रा क्लास के आसानी से लाने हैं अच्छे नंबर, तो ये Books रहेंगी बेस्ट |

विटामिन D आपके स्वास्थ्य के लिए बहुत जरूरी होता है। स्वस्थ हड्डियों और दांतों को बनाए रखने के लिए विटामिन डी आवश्यक है। यह शरीर में कई अन्य महत्वपूर्ण भूमिका भी निभाता है, जिसमें सूजन और प्रतिरक्षा कार्य (Immunity) को नियंत्रित करना भी शामिल है। सूर्य के रोशनी से आपका शरीर विटामिन डी का उत्पादन करता है। लेकिन ज्यादा देर तक इसके संपर्क में रहने से स्किन संबंधित कई तरह के रोग होने लगते हैं।

स्वस्थ रहने के लिए आपके शरीर को पर्याप्त मात्रा में कई तरह के पोषक तत्वों के साथ विटामिन और मिनिरल्स की जरूरत होती है। जिसे बेहतर खान-पान और जीवनशैली द्वारा सुनिश्चित किया जा सकता है। कुछ स्थितियों में शरीर विटामिन्स को अवशोषित नहीं कर पाते हैं। ऐसे में विटामिन्स की पूर्ति इनके सप्लिमेंट्स (Vitamin Supplements) द्वारा पूरी की जाती है।

अधिकांश लोग बिना डॉक्टर की सलाह के भी विटामिन की खुराक लेना शुरू कर देते हैं। विटामिन शरीर के लिए आवश्यक होते हैं लेकिन केवल तभी जब उन्हें एक निश्चित मात्रा में प्रदान किया जाता है। जब कुछ विटामिनो की आवश्यक खुराक शरीर में अधिक हो जाती है, तो यह या तो शरीर से निकल जाती है या फिर विषाक्तता हो जाती है। ऐसे में आज हम आपको इस लेख में बताएंगे क्या होता है जब शरीर में Vitamin-D की मात्रा बढ़ जाती है?

क्या होता है हाइपरविटामिनोसिस

शरीर में विषाक्त होने वाले विटामिन डी की स्थिति को हाइपरविटामिनोसिस डी कहा जाता है। यह एक गंभीर स्थिति होती है। ऐसा तभी होता है जब आप जरूरत से ज्यादा विटामिन डी खुराक लेते हैं। आहार या सूर्य के संपर्क से यह स्थिति नहीं पैदा होती है। ऐसा इसलिए है क्योंकि आपका शरीर सूर्य के संपर्क में आने से उत्पन्न विटामिन डी की अतिरिक्त मात्रा को नियंत्रित कर देता है।

विटामिन D कब बन जाता है जहर

-d-

विटामिन डी उस समय आपके शरीर के लिए जहर बन जाता है जब इसका स्तर सामान्य से अधिक हो जाता है जो वयस्कों के लिए 20 से 40 एनजी / एमएल के बीच होता है। इसलिए विटामिन सप्लिमेंट्स को डॉक्टर से सलाह लेने के बाद ही लेना चाहिए।

विटामिन D ओवरडोज के लक्षण

-d-

जी मिचलाना

उल्टी

कब्ज

भूख न लगना

अनियमित मल त्याग

भ्रम

डिप्रेशन

मानसिक रोग

कोमा

नेचुरल सोर्स से

Thyroid

नहीं पड़ेगी दवा की जरूरत, Thyroid को कंट्रोल रखने के लिए Ayurveda के बस ये 4 उपाय हैं काफी (Navbharat Times:20220708)

<https://navbharattimes.indiatimes.com/lifestyle/health/ayurveda-doctor-dixa-bhavasara-shared-4-tips-to-manage-thyroid-health-beyond-medicine-at-home/articleshow/92723748.cms?story=6>

How to control thyroid naturally: ऐसे तो थायराइड को संतुलित करने के लिए कई सारी दवाइयां मार्केट में उपलब्ध हैं। लेकिन थोड़ी से भी लापरवाही आपकी मुसिबत को बढ़ा सकते हैं। ऐसे में घरेलू उपायों से इसे कंट्रोल रखा बेहतर विकल्प होता है। आयुर्वेद डॉक्टर दीक्षा भावसार ने थायराइड कंट्रोल करने के उपायों को साक्षा किया है। इसकी मदद से आप दवाइयों के बिना ही अपना थायराइड मैनेज कर सकते हैं।

ayurveda doctor dixa bhavasara shared 4 tips to manage thyroid health beyond medicine at home

नहीं पड़ेगी दवा की जरूरत, Thyroid को कंट्रोल रखने के लिए Ayurveda के बस ये 4 उपाय हैं काफी

12th बोर्ड में बिना कोचिंग और एक्स्ट्रा क्लास के आसानी से लाने हैं अच्छे नंबर, तो ये Books रहेंगी बेस्ट |

थायराइड(Thyroid) आपके गले में मौजूद तितली के आकार की एक ग्रंथि है जो गर्दन के निचले झोर पर होती है। यह चयापचय, शरीर की वृद्धि, विकास और तापमान नियंत्रित करने का काम करती है। इसमें रूकावट तब पैदा होने लगती है जब आप असंतुलित जीवनशैली अपना रहे होते हैं। ज्यादा तनाव, खान-पान में गड़बड़ी, विटामिन ए की कमी, आयोडीन की कमी या अधिकता जैसे कारक थायराइड को प्रभावित करने का काम करती है।

थायराइड को कैसे कंट्रोल करें? ऐसे तो को संतुलित करने के लिए कई सारी दवाइयां मार्केट में उपलब्ध हैं। एक बार दवाइयां शुरू करने के बाद अजीवन इसका सेवन करना पड़ता है। थोड़ी से भी लापरवाही आपकी मुसिबत को बढ़ा सकती हैं। ऐसे में घरेलू उपायों से इसे कंट्रोल रखा बेहतर विकल्प होता है।

आयुर्वेद डॉक्टर दीक्षा भावसार ने हाल ही में उन्होंने इस्टाग्राम पर थायराइड कंट्रोल करने के उपायों को साक्षा किया है। इसकी मदद से आप दवाइयों के बिना ही अपना थायराइड मैनेज कर सकते हैं। वह बताती हैं कि थायराइड एंडोक्राइन सिस्टम की आत्मा होती है। यदि आपका थायरॉयड असंतुलित हो जाता है तो चयापचय, ऊर्जा का स्तर, शरीर का तापमान, प्रजनन क्षमता, वजन बढ़ना / हानि, मासिक धर्म, बाल का झड़ना, मानसिक स्वास्थ्य और हृदय गति संबंधित कार्य प्रभावित होने लगते हैं।

हर दिन करें उज्जयी प्राणायाम

आयुर्वेद डॉक्टर थायराइड को संतुलित रखने के लिए नियमित रूप से उज्जयी प्राणायाम करने की सलाह देती हैं। माना जाता है कि इस प्रणायाम के दौरान गर्दन के हिस्से में होने वाला कंपन थायराइड को संतुलित करने का काम करता है। साथ ही स्ट्रेस दूर करने के लिए भी उज्जयी प्राणायाम का लाभदायक होता है।

हथेली में इस प्वाइंट को करें प्रेस

आयुर्वेद एक्सपर्ट बताती हैं कि यदि आपका थायराइड असंतुलित है तो अपनी तर्जनी और अंगूठे के बीच कनेक्टिंग पॉइंट को हल्का-हल्का दबाएं। इसे अपने दोनों हाथों पर 20-50 बार दोहराएं। और यह सुनिश्चित करें कि आप इसे हर दिन अभ्यास कर रहे हैं।

अनुलोम विलोम प्राणायाम है तगड़ा उपचार

अनुलोम-विलोम प्राणायाम में नाक के दाएं छिद्र से सांस खींचते हैं, तो बायीं नाक के छिद्र से सांस बाहर निकालते हैं। ऐसा करने से शरीर में रक्त का संचालन सही तरीके से होता है जैसे थायराइड जैसे रोगों आराम मिलता है।

थायराइड में उज्जायी प्राणायाम के फायदे

गहरी नींद है जरूरी

आयुर्वेद डॉक्टर दीक्षा बताती हैं कि थायराइड की बीमारी से जुझ रहे लोगों के लिए गहरी नींद दवा की तरह काम करती है। अच्छी नींद लीवर को डिटॉक्स करने में मदद करती है जो थायराइड हार्मोन को मेटाबोलाइज करने में मदद करती है।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

HP लैपटॉप और एक्सेसरीज पर बंपर डिस्काउंट, अभी खरीदें |
हेल्थ