



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220711

Ayurvedic drug

Ayurvedic drug can help kidney recovery: Study Consumption of herbal formulation had flushed out fluid from the abdomen through the urinary tract (The Tribune: 20220711)

<https://www.tribuneindia.com/news/health/ayurvedic-drug-can-help-kidney-recovery-study-410890>

Patients suffering from ascites—a condition in which fluid collects in spaces within the abdomen—can be treated by Ayurvedic poly-herbal drug that has potential not only to slow down the progression of chronic kidney disease but also restore normalcy in functional parameters of the vital organ, a team of researchers has claimed.

In a study published in latest issue of Journal of Ayurveda and Integrated Medical Sciences, Assistant Professor Komala A, Siddesh Aradhyamath and researcher Mallinath IT from JSS Ayurveda Medical College and Hospital in Karnataka gave a range of Ayurvedic formulations along with AIMIL Pharmaceutical's innovation Neeri KFT for impaired kidneys.

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Fullscreen

“A dose of 20 ml of this ayurvedic formulation daily—morning and evening—was given for a month,” the researchers said, adding the outcome was positive.

The herbal drug not only helped protecting the kidneys of the patients from further damage due to the condition but also helped excreting the collected fluid from their abdomen.

The consumption of herbal formulation had flushed out fluid from the abdomen through the urinary tract, said the researchers.

The NEERI-KFT, a herbal medicine extracted from plants, is composed of herbs such as Punarnava, Varun, Sigru, Sariva, Makoi and Sirish, also known for their diuretic properties.

Sanchit Sharma from AIMIL Pharmaceuticals told IANS that in the past few years Neeri KFT has proven to be effective in strengthening the kidney as well as clearing toxic fluids from the body.

Ascites usually occurs when the liver stops working properly or it malfunctions, leading to a build-up of fluid in the space between the abdominal lining and the organs.

Ascites is the most common complication of cirrhosis (scarring of the liver). It affects around 60 per cent of people with cirrhosis within 10 years of their diagnosis, and the two-year survival rate is 50 per cent.

Patients suffering with ascites may have the symptoms like painless swelling in the abdomen that worsens rather than going away; abdominal discomfort; weight gain; feeling full after eating a little, shortness of breath as pressure increases in the abdomen, pushing up on the diaphragm and reduction in the space for the lungs to expand. — IANS

Top anti-diabetic drug

Top anti-diabetic drug prices to fall by 60% Generic version becomes possible after US firm's drug falls off patent (The Tribune: 20220711)

<https://www.tribuneindia.com/news/nation/top-anti-diabetic-drug-prices-to-fall-by-60-410656>

Top anti-diabetic drug prices to fall by 60%

Good news for diabetes patients as Ahmedabad-based Zydus Lifesciences on Friday launched top anti-diabetic drug molecule Sitagliptin in India under the brand names Sitaglyn and Siglyn to address Type-2 diabetes. - File photo

Good news for diabetes patients as Ahmedabad-based Zydus Lifesciences on Friday launched top anti-diabetic drug molecule Sitagliptin in India under the brand names Sitaglyn and Siglyn to address Type-2 diabetes.

Sitaglyn and Siglyn will add on to a comprehensive solution for the management of Type-2 diabetes by providing access to quality care to patients at an affordable cost, approximately 60 per cent less than the originator.

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The launch of the generic version has become possible after US pharma major Merck drug's Sitagliptin, previously marketed under the brand Januvia, fell off patent.

More Indian pharma companies are expected to announce generic versions now. While the original drug regime cost around Rs 450 a day treatment, the new will cost less than Rs 18 a day, industry sources said.

“Sitaglyn and Siglyn offer an oral solution to the patients providing ease of convenience and better compliance. Sitagliptin is the gold standard drug with over 62 per cent market share in the global market. The drug has a proven safety profile,” Zydus said.

Anti-diabetic drug

Zydus launches top anti-diabetic drug after it goes off patent; prices to fall by 60 per cent

**More Indian pharma companies expected to announce generic versions now
Zydus launches top anti-diabetic drug after it goes off patent; prices to fall by 60 per cent**

Photo for representational purpose only. (The Tribune: 20220711)

Ahmedabad based Zydus Lifesciences on Friday launched top anti-diabetic drug molecule Sitagliptin in India under the brand names Sitaglyn and Siglyn to address Type 2 diabetes.

Sitaglyn and Siglyn will add on to a comprehensive solution for the management of Type 2 diabetes by providing access to quality care to the patients at an affordable cost, approximately 60 pc less than the originator.

The launch of the generic version has become possible after US pharma major Merck drug’s Sitagliptin, previously marketed under the brand Januvia, fell off patent.

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“Sitaglyn and Siglyn offer an oral solution to the patients providing ease of convenience and better compliance. Sitagliptin is the gold standard drug with over 62 pc market share in the global market. The drug has a proven safety profile,” Zydus said.

With more than 77 million active patients, India is the diabetes capital of the world after China. As per the data, 67 pc of these patients are unable to achieve their goal.

Sharvil Patel, Managing Director, Zydus Lifesciences said “The addition of Sitaglyn and Siglyn to our diabetes portfolio will give patients access to a world-class oral therapy to help people manage their diabetes better by making it more affordable. Our high quality product will expand the reach of the molecule to patients in India, supported by our wide distribution network. The drug will help patients achieve their treatment goals reducing the disease burden and providing better patient-care and quality of life.”

India's oral anti-diabetic market is worth Rs 125 billion.

In Type 1 diabetes (previously called juvenile diabetes) the body's immune system mistakenly targets its pancreatic tissues, interrupting insulin production and leading to high blood sugar. It is not caused due to lifestyle issues and does not go away on its own. It requires lifelong management.

In Type 2 (the most common form of diabetes), the body's cells are unable to use insulin properly leading to high blood sugar and diabetes. This is caused by factors including genetics and lifestyle and is easier to manage with lifestyle changes.

Monkeypox cases rise

**Monkeypox cases rise 77 per cent in UN agency's latest weekly count
WHO says it counted 6,027 laboratory-confirmed cases from 59 countries as of Monday, an (The Tribune: 20220711)**

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

increase of 2,614 cases since its last count for the week that ended June 27

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.

Coronavirus India Highlights: India reports 18,257 new Covid-19 cases

Coronavirus India Highlights: India reports 18,257 new Covid-19 cases, marginally lower than yesterday; 42 deaths in 24 hours

Coronavirus India Highlights: India reports 18,257 new Covid-19 cases, marginally lower than yesterday; 42 deaths in 24 hours

Coronavirus India, Covid-19 Live News Updates, July 10, 2022: Maharashtra, on the other hand, Saturday recorded 2,760 new coronavirus cases and five pandemic-related deaths, the state health department said. (Indian Express: 20220711)

<https://indianexpress.com/article/lifestyle/health/coronavirus-india-news-live-covid-cases-today-delhi-mumbai-8018388/>

Delhi currently has 2,264 active Covid-19 cases. (Express)

Covid-19 Live News Updates: India reported 18,257 new Covid-19 cases, lower than yesterday's 18,840, in the last 24 hours ending 8 am Sunday, data from the Union health ministry revealed. The country reported 42 deaths in the last 24 hours, taking the total death tally to 5,25,428. As many as 3,662 active cases were recorded in the last 24 hours, taking the active caseload to 1,28,690.

Cancer drug

Cancer drug greatly reduces deaths in hospitalised Covid patients

The drug was originally developed by researchers at the University of Tennessee to fight cancer. (Indian Express: 20220711)

<https://indianexpress.com/article/lifestyle/health/cancer-drug-greatly-reduces-deaths-in-hospitalized-covid-patients-8014873/>

A health care worker attends to a COVID-19 patient at the Brooklyn Hospital Center in New York, Jan. 12, 2022. (Victor J. Blue/The New York Times)A health care worker attends to a COVID-19 patient at the Brooklyn Hospital Center in New York. (Victor J. Blue/The New York Times)

BA.2 sub-variants

The three BA.2 sub-variants driving Covid surge and the efficacy of vaccines against them

In addition to the mutation present in BA.2, the BA.2.74, BA.2.75, and BA.2.76, have had additional mutations. These three sub-variants are driving the surge in Covid infections, says Dr Rajesh Karyakarte, head of the department of microbiology at the government-run B J Medical College and Sassoon General Hospital (BJGMC), Pune. (Indian Express: 20220711)

<https://indianexpress.com/article/lifestyle/health/the-three-ba-2-sub-variants-driving-covid-surge-and-the-efficacy-of-vaccines-against-them-8017491/>

The highly transmissible Omicron BA.2.75 sub-variant was first detected in India and then in ten other countries, according to the World Health Organisation (WHO). Whether or not it is clinically severe is yet to be determined but preliminary studies here are showing mild disease, Dr Rajesh Karyakarte tells Anuradha Mascarenhas

vitamin D supplements

Man overdoses 7 times on vitamin D supplements; experts on how much is too much

Hypervitaminosis D or overdose of vitamin D is a potentially serious condition (Indian Express: 20220711)

<https://indianexpress.com/article/lifestyle/health/man-overdoses-vitamin-d-supplements-toxicity-vomiting-weight-8013812/>

vitamin D supplements Here's what to know about overdosing on vitamin D supplements (Source: Getty Images/Thinkstock)

A man was recently hospitalised after he overdosed more than seven times the recommended limit of vitamin D supplements, according to a case study published in the British Medical Journal. According to the study, the middle-aged man took the vitamin D supplement alongside 19 other supplements as part of a regimen recommended by a private nutritionist.

Covid booster

Government reduces gap between Covid booster and second shot to 6 months; experts welcome the move

According to the World Health Organization, the objective of a booster dose is to restore vaccine effectiveness from that deemed no longer sufficient (Indian Express: 20220711)

<https://indianexpress.com/article/lifestyle/health/covid-booster-gap-second-vaccine-shot-reduced-6-months-experts-8014035/>

boosterBooster dose is recommended for all (Source: Express Photo by Amit Chakravarty)
The Centre has decided to reduce the gap between the precautionary dose or booster shot and the second Covid vaccine shot from nine to six months. According to Union Health Secretary Rajesh Bhushan's letter to states, the third dose to those eligible can be given after the completion of six months or 26 weeks from the date of administration of the second dose.

Cancer

Cancer has been a scourge for centuries, advances in science have made the disease far less intractable

Cancer accounted for nearly 10 million deaths in 2020 — before the world was overtaken by the Covid pandemic, nearly one in six deaths was cancer-related. (Indian Express: 20220711)

<https://indianexpress.com/article/opinion/editorials/taming-the-scurge-cancer-research-8021336/>

Cancer treatment should be an essential part of such conversations. It's time the groundbreaking work in research labs reaches people who suffer from the disease.

Last week, the University of Houston announced that its researchers have made significant improvements to a next-generation cancer therapy that kills tumour cells while leaving healthy tissues intact. The treatment uses genetically engineered or naturally occurring microbes — oncolytic viruses — that replicate in cancer cells and overwhelm them. The therapy also strengthens the cancer patient's immune system against the tumour. However, this also means that, at times, the oncolytic viruses come up against the body's natural defence system. At the University of Houston's Centre for Nuclear Receptors and Cell Signaling, researchers used gene editing to cancel out such an immune response, enabling the anti-cancer microbes to work with all their might. Along with the breakthrough, last month, in anti-rectal cancer treatment, advances in the use of oncolytic viruses offer hope that cancerous tumours can be eliminated without the use of surgery or debilitating chemotherapy.

New Omicron subvariant

New Omicron subvariant found in Shanghai (Indian Express: 20220711)

<https://www.thehindu.com/sci-tech/health/new-omicron-subvariant-found-in-shanghai/article65623617.ece>

Variant BA.5 has an accelerated rate of transmission and an improved immune escape capability, but vaccination is still effective at preventing serious illness or death.

The city of Shanghai has discovered a COVID-19 case involving a new subvariant Omicron BA.5.2.1, an official told a briefing on Sunday, signalling the complications China faces to keep up with new mutations as it pursues its "zero-COVID" policy.

The case, found in the financial district of Pudong on July 8, was linked with a case from overseas, said Zhao Dandan, vice-director of the city's health

SARS-CoV-2 Genomics Consortium (Insacog)

BA.2.38 has not led to any increase in hospitalisation, disease severity: INSACOG bulletin (The Hindu: 20220711)

<https://www.thehindu.com/sci-tech/health/ba238-has-not-led-to-any-increase-in-hospitalisation-disease-severity-insacog-bulletin/article65622946.ece>

In its previous bulletin dated June 13, which was also released on Sunday, the INSACOG said BA.2 continues to be the dominant lineage in India

Omicron sub-variant BA.2's offspring BA.2.38 has not led to any increase in hospitalisation or disease severity, and a few deaths reported recently are due to comorbidities, INSACOG said in its June 20 bulletin released on Sunday.

In the bulletin, the Indian SARS-CoV-2 Genomics Consortium (Insacog) said many BA.2 cases have been reclassified to BA.2.38. BA.2.38 seems to be the

Active COVID-19 cases increase

Active COVID-19 cases increase to 1,28,690(The Hindu: 20220711)

<https://www.thehindu.com/news/national/active-covid-19-cases-increase-to-128690/article65622769.ece>

An increase of 3,662 cases has been recorded in the active COVID-19 caseload in a span of 24 hours

With 18,257 new coronavirus infections being reported in a day, India's total tally of COVID-19 cases rose to 4,36,22,651, while the active cases increased to 1,28,690, according to the Union Health Ministry data updated on July 10, 2022.

The death toll climbed to 5,25,428 with 42 new fatalities, the data updated at 8.00 a.m. stated.

Yoga and Physical Fitness

Can exercise keep your brain young? (The Hindu: 20220711)

<https://www.thehindu.com/sci-tech/health/exercise-keeps-your-brain-young/article65617870.ece>

After the age of 40, the brain begins to shrink in volume, hence exercise reduces the risk of debilitating conditions such as Alzheimer's disease

The human brain reaches adult size by the age of 10; but its wiring and its abilities continue to change through a lifetime.

After the age of 40, the brain begins to shrink in volume. Less blood flows through the brain, and hormone and neurotransmitter levels go down. Ageing leads to slowing down in some functions such as the learning of new tasks.

Antibiotics

Why India should support antibiotics development (The Hindu: 20220711)

<https://www.thehindu.com/sci-tech/why-india-should-support-antibiotics-development/article65590903.ece>

India needs an investment mindset that can fund and sustain drug discovery and development. Antimicrobial resistance (AMR) is a looming public health crisis impacting every country globally with a disproportionate impact on lives and livelihood in low and middle-income countries. A recent report from the Global Research on AntiMicrobial resistance (GRAM) project found that in 2019, an estimated 4.95 million people suffered from at least one drug-resistant infection and AMR directly caused 1.27 million deaths.

AMR is one of India's major public health problems, directly contributing to about 30% of deaths due to neonatal sepsis across India. These are due to multidrug-resistant (MDR) hospital-acquired infections in many cases. Over 30% of the COVID-19 deaths in India could be attributed to our failure to treat the secondary bacterial infections caused by MDR pathogens with the appropriate antibiotics.

Child Adoption (The Hindu: 20220711)

<https://epaper.bhaskar.com/detail/1431930/32703735362/mpcg/11072022/194/image/>

गोद लेने में बेटियां पहली पसंद, बीते 3 साल में 58% ज्यादा बेटियों को मिला परिवार

■ इस दौरान 10709 बच्चे गोद लिए गए, इनमें 6234 लड़कियां, 4475 लड़के थे

भास्कर न्यूज . नई दिल्ली

देश में बेटियों को लेकर माता-पिता का नजरिया लगातार सकारात्मक हो रहा है। सिर्फ जन्म में ही नहीं, गोद लेने के मामले में भी अब दंपती बेटियों को प्राथमिकता दे रहे हैं। पिछले तीन साल में बच्चों के गोद लेने के आंकड़ों पर नजर डालें तो यह सुखद ट्रेंड दिखता है। देश और विदेश दोनों ही तरह के दत्तक ग्रहण में ये बदलाव दिखता है। केंद्रीय दत्तक ग्रहण प्राधिकरण (कारा) ने हाल ही में डेटा साझा किया था कि देश में बच्चे गोद लेने के लिए इंतजार कर रहे पैरेंट्स की संख्या 28,501 तक पहुंच गई है। डेटा के विश्लेषण से पता चलता है कि देश में 2021-22 में 2991 बच्चे गोद लिए गए इनमें 1698 बेटियां और 1293 बेटे थे। जबकि विदेशी दंपतियों ने 414 बच्चों को गोद लिया, इनमें 259 बेटियां और 155 बेटे रहे। इसी तरह 2020-21 में देश में 3142 बच्चे गोद लिए गए। इनमें 1856 बेटियां और 1286 बेटे थे। विदेश में संख्या 417 रही, इनमें 234 बेटियां और 183 बेटे शामिल थे। इसके अलावा 2019-20 में कुल 3351 बच्चे गोद लिए गए। इनमें 1938 बेटियां व बेटे 1413 थे। इसी दौरान विदेशी दंपतियों ने 394 बच्चों को गोद लिया, इनमें 249 बेटियां तो 145 बेटे थे। यानी कुल 10709 बच्चे गोद लिए गए। इनमें 6234 लड़कियां और 4475 लड़के थे।

बच्चे गोद लेने में महाराष्ट्र आगे, यहां भी बेटियों को तवज्जो

दस राज्यों में बीते 3 सालों के डेटा विश्लेषण से पता चलता है कि देशभर में बच्चे गोद लेने के मामले में महाराष्ट्र सबसे आगे है। बीते तीन साल में यहां 1661 बच्चे गोद लिए गए। इनमें 937 लड़कियां तो 724 लड़के थे। दूसरे नंबर पर यूपी है, यहां 2019-2022 के बीच 701 बच्चे गोद लिए गए, इनमें 272 लड़कियां तो 229 लड़के थे। तीसरे पायदान पर मप्र है, इस दौरान राज्य में 428 बच्चों को गोद लिया गया, इनमें 236 लड़कियां तो 192 लड़के थे।

16 हजार से ज्यादा दंपती को गोद लेने की अनुमति तक मिल चुकी

देशभर में 28501 संभावित माता-पिता बच्चा गोद लेने के इंतजार में हैं। इनमें से 16155 तो पिछले तीन साल से आस लगाए बैठे हैं। इन माता-पिता की तो होम स्टडी तक 3 साल पहले स्वीकृत की जा चुकी है। हाल में एक आरटीआई आवेदन के जवाब में कारा ने ये आंकड़े साझा किए। आंकड़ों के मुताबिक बीते 28 जून तक देश में 3596 बच्चे कानूनी रूप से गोद लेने के लिए उपलब्ध थे, जिनमें विशेष जरूरतों वाले 1380 बच्चे भी शामिल हैं।

WHO

WHO ready to curb Ghana Marburg virus outbreak with a death rate of 88pc (New Kerala: 20220711)

The World Health Organization (WHO) has said its ready to control the spread of Marburg virus that has claimed two lives in Ghana. The WHO defines Marbur-> View it--> <https://www.newkerala.com/news/2022/90332.htm>

Childhood trauma

Research links childhood trauma to elderly persons' poor physical and mental health (New Kerala: 20220711)

Researchers from the University of Toronto recently conducted a study that found that elderly people who had been physically abused as children had -> View it--> <https://www.newkerala.com/news/2022/90290.htm>

Research links childhood trauma to elderly persons' poor physical and mental health Toronto, July 10: Researchers from the University of Toronto recently conducted a study that found that elderly people who had been physically abused as children had -> View it--> <https://www.newkerala.com/news/2022/90290.htm>

Mental health

Gardening can promote better mental health: Study (New Kerala: 20220711)

research suggests that many people may indeed reap mental health benefits from working with plants even if they've never gardened before. ->-> View it--> <https://www.newkerala.com/news/2022/90204.htm>

Mindfulness meditation

Study: Mindfulness meditation relieves pain by separating it from the self Neuroscientists have (New Kerala: 20220711)

recently been able to find out how individuals have been employing mindfulness meditation to try to reduce their suffering for generat-> View it-->
<https://www.newkerala.com/news/2022/90062.htm>

Vitamin A (Navbharat Times: 20220711)

ज्यादा Vitamin A दिमाग की नसों को करती हैं कमजोर, हो सकती हैं ये 10 बीमारी, बचाव के लिए खाना शुरू कर दें ये 10 चीजें

<https://navbharattimes.indiatimes.com/lifestyle/health/5-side-effects-of-too-much-vitamin-a-know-what-daily-dose-can-do-to-your-body/articleshow/92781975.cms?story=5>

What happens with too much vitamin A: बहुत अधिक विटामिन ए (आमतौर पर पूरक या कुछ दवाओं से) प्राप्त करने से शरीर में गंभीर दर्द समेत आंखों का धुंधला, मितली की समस्या हो सकती है। इसके अलावा कुछ मामलों में विटामिन ए की अधिकता से कोमा और मृत्यु का भी खतरा होता है।

5 side effects of too much vitamin a know what daily dose can do to your body

ज्यादा Vitamin A दिमाग की नसों को करती हैं कमजोर, हो सकती हैं ये 10 बीमारी, बचाव के लिए खाना शुरू कर दें ये 10 चीजें
टॉप रेटेड स्मार्ट LED TV | ₹13,499 से शुरू |

विटामिन ए (Vitamin A) आंखों की रोशनी को सुधाने के लिए महत्वपूर्ण होता है। रेटिनॉल के रूप में जाना जाने वाला विटामिन ए शरीर की प्रतिरक्षा प्रणाली(Immune system) को मजबूत करने का काम भी करता है। साथ ही विटामिन A त्वचा, सर्वाइकल, फेफड़े और मूत्राशय से संबंधित परेशानी और कुछ कैंसर के जोखिम को कम करने के लिए भी जाना जाता है।

वैसे तो विटामिन ए शरीर के लिए जरूरी होता है, लेकिन ज्यादा मात्रा में इसके खुराक आपके शरीर पर विपरीत प्रभाव डाल सकते हैं। हालांकि विटामिन को हमेशा से शरीर के लिए अच्छा माना गया है लेकिन इससे कारण शरीर में फैलने वाली विषाक्तता भी एक सच है। ऐसे में जब भी आप विटामिन विषाक्तता के लक्षण देखें, तो तुरंत अपने चिकित्सक से परामर्श करें और विटामिन की अधिकता से खुद को डिटॉक्स करने के लिए आवश्यक उपाय करें।

ज्यादा विटामिन A से हो सकती है मौत

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एनसीबीआई(NCBI)के अनुसार, विटामिन ए की अधिकता से बने शरीर में जहर से व्यक्ति में मानसिक तौर पर बदलाव आने लगते हैं। इसके अलावा, स्ट्रोक, गंभीर सिरदर्द, बढ़े हुए इंट्राकैनायल दबाव के कारण आंखों में धुंधलापन का खतरा होता है। लंबे समय में इसके परिणाम से एलोपिसिया, एनोरेक्सिया, प्रुरिटस, श्लेष्मा झिल्ली का सूखापन, मांसपेशियों और हड्डियों में दर्द और हाइपरलिपिडिमिया हो सकता है। इसके अलावा कुछ मामलों में विटामिन ए की अधिकता से कोमा और मृत्यु का भी खतरा होता है।

विटामिन A कब बन जाता है जहर

-a-

विटामिन ए उस समय आपके शरीर के लिए जहर बन जाता है जब इसका स्तर सामान्य से अधिक हो जाता है। सामान्यतौर पर वयस्क पुरुषों को 700 माइक्रोग्राम और महिलाओं 600 माइक्रोग्राम विटामिन A की आवश्यकता होती है।

विटामिन A ओवरडोज के लक्षण

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आंखों की समस्या

अपर्याप्त भूख

मतली और उल्टी

सूर्य के प्रकाश के प्रति संवेदनशीलता

बाल झड़ना

सिरदर्द

त्वचा में सूखापन जिसमें कभी-कभी खुजली हो जाती है।

लीवर में परेशानी

पीलिया

जोड़ों में तेज दर्द

इनेक लिए जहर समान है विटामिन A के सप्लीमेंट्स

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वो महिलाएं जो मेनोपॉज से गुजर रही हैं और वृद्ध पुरुषों को अधिक विटामिन ए का सेवन करने से बचना चाहिए। संक्षेप में, जिन लोगों को ऑस्टियोपोरोसिस होने का खतरा अधिक होता है, उन्हें विटामिन ए की खुराक के बारे में बहुत सावधान रहना चाहिए।

नेचुरल सोर्स से लें विटामिन-A

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यदि आपको कोई मेडिकल कंडीशन नहीं है जिसके वजह से आपका शरीर विटामिन को प्राकृतिक रूप से अवशोषित न कर पाता है तो इसके सप्लीमेंट्स न लें। शरीर में विटामिन A की पूर्ति नेचुरल तरीके से करना बेहतर विकल्प है। इसके लिए आप पीली, लाल और हरी (पत्तेदार) सब्जियां, जैसे पालक, गाजर, शकरकंद, लाल मिर्च, पनीर, अंडे, ऑयली मछली, दूध और दही का सेवन कर सकते हैं।

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।

2022-23 की बोर्ड परीक्षा में लाने हैं टॉपर जैसे नंबरर्स, तो सीबीएसई, आईसीएसई की इन कक्षा10 क्वेश्चन बैंक से करें तैयारी

हेल्थ: सबसे ज्यादा पढ़े गए