



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA
Wednesday 20220720

Depression

**Women experience higher rates of depression than men: Research
In recent study treatments for depression, disorders, women are more likely
than males to have depression, depression-related behavior (The Tribune:
20220720)**

<https://www.tribuneindia.com/news/health/women-experience-higher-rates-of-depression-than-men-research-413825>

Despite the fact that there are treatments for depression, many people find these treatments to be ineffective at times. In addition, women are more likely than males to have depression, but the cause for this difference is unknown. This makes treating their disorders more challenging at times.

The findings of the study were published this month in the journal Biological Psychiatry.

University of California, Davis, researchers teamed up with scientists from Mt. Sinai Hospital, Princeton University, and Laval University, Quebec, to try to understand how a specific part of the brain, the nucleus accumbens, is affected during the depression. The nucleus accumbens is important for motivation, response to rewarding experiences and social interactions -- all of which are affected by depression.

Previous analyses within the nucleus accumbens showed that different genes were turned on or off in women, but not in men diagnosed with depression. These changes could have caused symptoms of depression, or alternatively, the experience of being depressed could have changed the brain. To differentiate between these possibilities, the researchers studied mice that had experienced negative social interactions, which induce stronger depression-related behavior in females than males.

"These high-throughput analyses are very informative for understanding long-lasting effects of stress on the brain. In our rodent model, negative social interactions changed gene expression patterns in female mice that mirrored patterns observed in women with depression," said Alexia

Williams, a doctoral researcher and recent UC Davis graduate who designed and led these studies. "This is exciting because women are understudied in this field, and this finding allowed me to focus my attention on the relevance of these data for women's health." The study "Comparative transcriptional analyses in the nucleus accumbens identifies RGS2 as a key mediator of depression-related behaviour." After identifying similar molecular changes in the brains of mice and humans, researchers chose one gene, regulator of G protein signaling-2, or Rgs2, to manipulate. This gene controls the expression of a protein that regulates neurotransmitter receptors that are targeted by antidepressant medications such as Prozac and Zoloft. "In humans, less stable versions of the Rgs2 protein are associated with increased risk of depression, so we were curious to see whether increasing Rgs2 in the nucleus accumbens could reduce depression-related behaviors," said Brian Trainor, UC Davis professor of psychology and senior author on the study. He is also an affiliated faculty member with the Center for Neuroscience and directs the Behavioral Neuroendocrinology Lab at UC Davis.

When the researchers experimentally increased Rgs2 protein in the nucleus accumbens of the mice, they effectively reversed the effects of stress on these female mice, noting that social approach and preferences for preferred foods increased to levels observed in females that did not experience any stress.

"These results highlight a molecular mechanism contributing to the lack of motivation often observed in depressed patients. Reduced function of proteins like Rgs2 may contribute to symptoms that are difficult to treat in those struggling with mental illnesses," Williams said.

Findings from basic science studies such as this one may guide the development of pharmacotherapies to effectively treat individuals suffering from depression, the researchers said.

"Our hope is that by doing studies such as these, which focus on elucidating mechanisms of specific symptoms of complex mental illnesses, we will bring science one step closer to developing new treatments for those in need," said Williams. (ANI)

vitamin B6 supplements

**Scientists reveal vitamin B6 supplements may reduce anxiety and depression
high-dose vitamin B6 supplements, lessen anxiety and depressive symptoms,
GABA (Gamma-Aminobutyric Acid), blocks impulses, nerve cells
Scientists reveal vitamin B6 supplements may reduce anxiety and depression
(The Tribune: 20220720)**

<https://www.tribuneindia.com/news/science-technology/scientists-reveal-vitamin-b6-supplements-may-reduce-anxiety-and-depression-413827>

According to a recent study, using high-dose vitamin B6 supplements will lessen anxiety and depressive symptoms.

The findings of the research were published in the journal 'Human Psychopharmacology Clinical and Experimental'.

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Scientists at the University of Reading measured the impact of high doses of Vitamin B6 on young adults and found that they reported feeling less anxious and depressed after taking the supplements every day for a month.

The study provides valuable evidence to support the use of supplements thought to modify levels of activity in the brain for preventing or treating mood disorders.

Dr David Field, the lead author from the School of Psychology and Clinical Language Sciences at the University of Reading, said: "The functioning of the brain relies on a delicate balance between the excitatory neurons that carry information around and inhibitory ones, which prevent runaway activity.

"Recent theories have connected mood disorders and some other neuropsychiatric conditions with a disturbance of this balance, often in the direction of raised levels of brain activity.

"Vitamin B6 helps the body produce a specific chemical messenger that inhibits impulses in the brain, and our study links this calming effect with reduced anxiety among the participants." While previous studies have produced evidence that multivitamins or marmite can reduce stress levels, few studies have been carried out into which particular vitamins contained within them drive this effect.

The new study focused on the potential role of Vitamins B6, which is known to increase the body's production of GABA (Gamma-Aminobutyric Acid), a chemical that blocks impulses between nerve cells in the brain.

In the current trial, more than 300 participants were randomly assigned either Vitamin B6 or B12 supplements far above the recommended daily intake (approximately 50 times the recommended daily allowance) or a placebo and took one a day with food for a month.

The study showed that Vitamin B12 had little effect compared to placebo over the trial period, but Vitamin B6 made a statistically reliable difference.

Raised levels of GABA among participants who had taken Vitamin B6 supplements were confirmed by visual tests carried out at the end of the trial, supporting the hypothesis that B6 was responsible for the reduction in anxiety. Subtle but harmless changes in visual performance were detected, consistent with controlled levels of brain activity.

Dr Field said, "Many foods, including tuna, chickpeas and many fruits and vegetables, contain Vitamin B6. However, the high doses used in this trial suggest that supplements would be necessary to have a positive effect on mood.

"It is important to acknowledge that this research is at an early stage and the effect of Vitamin B6 on anxiety in our study was quite small compared to what you would expect from the medication. However, nutrition-based interventions produce far fewer unpleasant side effects than drugs, and so in the future people might prefer them as an intervention.

"To make this a realistic choice, further research is needed to identify other nutrition-based interventions that benefit mental wellbeing, allowing different dietary interventions to be combined in future to provide greater results.

"One potential option would be to combine Vitamin B6 supplements with talking therapies such as Cognitive Behavioural Therapy to boost their effect."

Monkeypox,

With two confirmed cases of monkeypox, Centre asks for strict screening of international travellers

The patient had landed at the Mangalore airport from Dubai on July 13(The Tribune: 20220720)

<https://www.tribuneindia.com/news/health/india-reports-second-confirmed-case-of-monkeypox-from-keralas-kannur-413537>

With two confirmed cases of monkeypox, Centre asks for strict screening of international travellers

Monkeypox is a viral zoonosis with symptoms similar to those seen in the past in smallpox patients. Reuters File

Tribune News Service

New Delhi, July 18

A 31-year-old man from Kannur in Kerala tested positive for monkeypox on Monday, making it the second confirmed case of the disease in India, a Union health ministry official said.

The patient had landed at the Mangalore airport in coastal Karnataka from Dubai on July 13. He was admitted to a hospital after he exhibited symptoms of the disease. His samples were sent to the National Institute of Virology, Pune, and they tested positive for the virus, the official said.

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Meanwhile, the health ministry today reviewed the status of apparatus for health screening of international travellers arriving in India at airports and ports. The meeting was attended by airport and port health officers and regional directors from regional offices of health and family welfare. They were advised to ensure strict health screening of all arriving international travellers to minimize the risk of importation of monkeypox cases.

The officials were also told to strictly follow guidelines for management of monkeypox disease issued earlier.

They were advised to coordinate with all stakeholder agencies like immigration at international ports and airports to streamline health screening processes besides ensuring suitable linkages with hospital facilities earmarked to each port of entry for timely referral and isolation. The meeting was attended by senior officials from the International Health Division, and Disaster Management Cell.

The Union health ministry had last week rushed a high-level multi-disciplinary team to Kerala to assist the state health authorities in instituting public health measures after the first confirmed case of monkeypox was detected from Kollam district on Thursday.

"In view of the report of confirmation of a case of monkeypox disease from Kollam district in Kerala, the health ministry has decided to depute a multi-disciplinary central team to support the state government of Kerala in investigating the outbreak and institute requisite public health measures," an official memorandum by the health ministry last week read.

The team shall work closely with the state health departments and take stock of the on-ground situation and recommend necessary public health interventions, the officials had said.

"The Government of India is taking proactive steps by monitoring the situation carefully and coordinating with states in case of any such possibility of outbreak," the health ministry had earlier said.

According to the World Health Organisation, monkeypox is a viral zoonosis (a virus transmitted to humans from animals), with symptoms similar to those seen in the past in smallpox patients, although it is clinically less severe.

With the eradication of smallpox in 1980 and subsequent cessation of smallpox vaccination, monkeypox has emerged as the most important orthopoxvirus for public health. (With Agency

Covid Vigil (The Asian Age: 20220720)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16511301>

2bn jabs a milestone, but India Covid vigil must stay

India's Covid vaccination project, launched in January 2021, crossed a major milestone on Sunday when it announced the administration of 200 crore jabs. It is a matter of great significance given India's relatively weak healthcare infrastructure and demographic variations. There are still people in this country completely oblivious about the manners of modern medicine. Then there are groups that are opposed to the very idea of vaccines for a variety of reasons. The uncertainties and the long spells of lockdowns due to the pandemic were also disruptive forces that worked against the project.

However, the health system, supported by the Union and state governments, stretched itself to the maximum to achieve the remarkable feat. India leveraged the fact that it hosts some of the largest vaccine manufacturing facilities in the world. That Indian scientists and companies rose to the occasion and came up with their own vaccines is a positive fallout of the entire pandemic.

One of the critical factors that helped push the vaccination project was the financial and logistical support the Union government extended. It may be remembered that the government wanted to get rid of it by handing it over to the cash-strapped state governments despite the Union budget accounting sufficient funds for it. It was a forceful intervention by the Supreme Court that put the government back in the project with the support systems. That way, the judiciary, too, has played its role.

The Centre wanted to shift the job to the cash-strapped states. It was a forceful intervention by the Supreme Court that put the government back in the project with the support systems.

While India may have numbers which we can justifiably be proud about achieving, there are many others which are uncomfortable. While India has distributed 200 crore doses among a population of 136 crores, China's numbers are 340 crores for a population of 146 crore people, indicating that our neighbour has a better rate of vaccination. Given that we have vaccines for

people aged 12 and above, there are more than 100 crore people eligible for vaccination. While about 92 per cent people are fully vaccinated, only eight per cent have got the precaution dose.

It is a welcome idea that the government is adding an extra push to the vaccination campaign by making the third dose free for all those who are eligible. The success of this campaign is very important especially since the daily new caseload of Covid-19 has of late shown no sign of dropping.

Most Indian states have now done away with the mask; people have long started taking the virus lightly though the authorities, from the WHO director general to the Prime Minister, have been cautioning that the virus has not gone anywhere and that we have to be extremely careful. The arrival of new mutations, especially the Omicron BA.5, with a faster rate of spreading and an increased ability for infecting human cells, underscores the need for the country pull up its socks.

Reports say the latest variant has outrivalled others in the United States in the number of infections it has caused. Also, it can outmanoeuvre the antibodies people have cultivated either through vaccination or infection. We cannot go back to lockdowns; we would rather keep the mask on.

WHO's methodology

WHO's methodology for estimating COVID-19 deaths unscientific, says Centre (The Hindu:20220720)

<https://www.thehindu.com/news/national/who-methodology-for-estimating-covid-deaths-unscientific-government/article65658099.ece>

The WHO has projected an estimate of about 47 lakh excess deaths in India associated directly or indirectly with the COVID-19 pandemic, between January 1, 2020 and December 31, 2021. The mathematical modeling approach adopted by the WHO to project excess mortality estimates related to COVID-19 suffers from erroneous assumptions and is unscientific and India had registered its strong objection to this methodology, the government informed Parliament on July 19.

India had objected to the 'one size fits all' approach adopted by the WHO as it might be true for smaller countries but cannot be applied to a huge and diverse

Infant mortality

Karnataka aiming to bring down infant mortality rate to single digit: Basavaraj Bommai (The Hindu:20220720)

<https://www.thehindu.com/news/national/karnataka/state-aiming-to-bring-down-infant-mortality-rate-to-single-digit-bommai/article65650635.ece>

Karnataka CM appeals to medical fraternity to join hands with government in this endeavor. Chief Minister Basavaraj Bommai on Sunday said the government was focusing on bringing down infant mortality rate in the State from the present 2% (around 20 per 1,000 live births) to a single digit.

Addressing a Conference on Updates in Speciality Pediatrics organised by the Rainbow Children's Hospital, he advocated the need for bringing down IMR and

Immunisatio

Greater efforts needed to get routine immunisation back to pre-COVID times: World Health Organization (The Hindu:20220720)

<https://www.thehindu.com/news/international/greater-efforts-needed-to-get-routine-immunisation-back-to-pre-covid-times-world-health-organization/article65647180.ece>

The World Health Organization stressed that despite concerted efforts by countries, challenges and gaps persist

The World Health Organization (WHO) on July 16 called for greater efforts in the South-East Asia Region to revive routine immunisation rates to pre-COVID times, stressing that despite concerted efforts by countries, challenges and gaps persist.

India records 20,044 fresh COVID-19 cases

India records 20,044 fresh COVID-19 cases, 56 deaths in a day (The Hindu:20220720)

<https://www.thehindu.com/news/national/india-records-20044-fresh-coronavirus-19-cases-56-deaths-in-a-day-pti-july-16-22/article65646661.ece>

The daily positivity rate was recorded at 4.80% while the weekly positivity rate was 4.40% India's COVID-19 case tally rose by 20,044 in a day to reach 4,37,30,071 while active cases increased to 1,40,760, according to Health Ministry data updated on July 16.

The death toll has climbed to 5,25,660 with 56 more fatalities, the data updated at 8 a.m. stated.

Childhood loneliness

Childhood loneliness can result in drinking problems among young adults: Study (New Kerala: 20220720)

: The findings of new research suggest that experiencing loneliness as a pre-adolescent child can have a drinking problem years later, in early adulthood-> View it-> <https://www.newkerala.com/news/2022/94452.htm>

Mental health risk

Covid doubled mental health risk, financial problems in elderly: Study (New Kerala: 20220720)

adults appear to be twice as likely to develop mental health problems such as depression and anxiety, alongside suffering from financial difficulties after -> View it--> <https://www.newkerala.com/news/2022/94421.htm>

Aging

Covid doubled mental health risk, financial problems in elderly: (New Kerala: 20220720)

Older adults appear to be twice as likely to develop mental health problems such as depression and anxiety, alongside suffering from financial difficulties after -> View it-->

<https://www.newkerala.com/news/2022/94421.htm>

Omicron sub-variant BA.2.75

Omicron sub-variant BA.2.75 not dangerous as 'hyped': Expert (New Kerala: 20220720)

The latest Omicron sub-variant BA.2.75, first detected in India in June, is not dangerous as hyped as it is not surging cases or death rates, according to global health -> View it--> <https://www.newkerala.com/news/2022/94419.htm>

High blood viscosity

Study: High blood viscosity can predict higher risk of death in COVID-19 hospitalised patients (New Kerala: 20220720)

: Patients hospitalised with COVID-19 who have a high estimated blood viscosity are more likely to die from complications. High blood visc-> View it-> <https://www.newkerala.com/news/2022/94266.htm>

Heart disease

Researchers find link between heart disease, soil contamination (New Kerala: 20220720)

Pesticides and heavy metals in soil may have detrimental effects on the cardiovascular system, according to a review paper

<https://www.newkerala.com/news/2022/94202.htm>

Hemoglobin

Hemoglobin लेवल बढ़ाने के लिए खाएं न्यूट्रिशनल द्वारा बताएं ये 5 फूड, कभी नहीं होगी खून की कमी((Navbharat Times : 20220720)

<https://navbharattimes.indiatimes.com/lifestyle/health/nutritionist-lovneet-batra-shared-food-tips-to-boost-hemoglobin-and-prevent-anemia/articleshow/92983149.cms?story=4>

How to increase hemoglobin: हीमोग्लोबिन की कमी से एनीमिया, थकान, सांस लेने में तकलीफ की शिकायत होती है। प्रेग्नेंसी और पीरियड्स के वजह से यह परेशानी महिलाओं को पुरुषों की अपेक्षा ज्यादा रहती है। ऐसे में न्यूट्रिशनल लवनीत बत्रा ने हाल ही में अपने इंस्टा पोस्ट पर हीमोग्लोबिन को बढ़ाने के लिए कुछ चीजों की जानकारी शेयर की हैं। एक स्वस्थ हीमोग्लोबिन स्तर सुनिश्चित करने के लिए इन खाद्य पदार्थों को अपने आहार में आपको शामिल करना चाहिए।

nutritionist lovneet batra shared food tips to boost hemoglobin and prevent anemia

Hemoglobin लेवल बढ़ाने के लिए खाएं न्यूट्रिशनल द्वारा बताएं ये 5 फूड, कभी नहीं होगी खून की कमी

हीमोग्लोबिन(Hemoglobin) आपके खून में मौजूद एक प्रोटीन होता है। यह लाल रक्त कोशिकाओं में पाया जाता है। ये कोशिकाएं ही शरीर के चारों ओर ऑक्सीजन ले जाने के लिए जिम्मेदार होती हैं। ऑक्सीजन के परिवहन के अलावा, हीमोग्लोबिन कार्बन डाइऑक्साइड को कोशिकाओं से बाहर निकालता है और फेफड़ों में ले जाता है। जिससे आप जब सांस छोड़ते हैं तब कार्बन डाइऑक्साइड निकलता है। कम हीमोग्लोबिन होने से शरीर के लिए इन कार्यों को करना मुश्किल हो सकता है।

23 जुलाई से ऐमजॉन पर प्राइम डे सेल, शानदार ऑफर्स, जो मन करे, खरीद लें |

शरीर में हीमोग्लोबिन कितना होना चाहिए? पुरुषों में सामान्यतः 13.5-17.5 ग्राम प्रति डेसीलीटर का स्तर हीमोग्लोबिन का सामान्य स्तर होता है जबकि महिलाओं में यदि ये स्तर 12.0 - 15.5 ग्राम प्रति डेसीलीटर हीमोग्लोबिन की मात्रा नार्मल मानी जाती है। इससे कम होने से एनीमिया, थकान, सांस लेने में तकलीफ की शिकायत हो सकती है। प्रेग्नेंसी और पीरियड्स के वजह से यह परेशानी महिलाओं को पुरुषों की अपेक्षा ज्यादा रहती है।

न्यूट्रिशनलिस्ट लवनीत बत्रा ने हाल ही में अपने इंस्टा पोस्ट पर हीमोग्लोबिन को बढ़ाने के लिए कुछ चीजों की जानकारी शेयर की हैं। वह बताती हैं कि कम हीमोग्लोबिन की संख्या भारत में काफी आम है, विशेष रूप से महिलाओं में, इसलिए एक स्वस्थ हीमोग्लोबिन स्तर सुनिश्चित करने के लिए इन खाद्य पदार्थों को अपने आहार में आपको शामिल करना चाहिए।

इन चीजों का करें सेवन नहीं होगी खून की कमी

खजूर

खजूर में आयरन की मात्रा एरिथ्रोसाइट्स की संख्या को बढ़ा सकती है जिससे हीमोग्लोबिन का स्तर बढ़ जाता है। खजूर उन फलों में से एक है जिनमें आयरन (Fe), विटामिन C, विटामिन B कॉम्प्लेक्स और फोलिक एसिड की जरूरतों को पूरा करने के लिए पर्याप्त होता है। ऐसे में खजूर का सेवन करके लाल रक्त कोशिकाओं के निर्माण में सुधार और एनीमिया को रोकने में मदद कर सकता है।

तिल के बीज

तिल के बीज में आयरन, फोलेट, फ्लेवोनोइड्स, कॉपर और अन्य पोषक तत्व जैसे विभिन्न महत्वपूर्ण पोषक तत्व होते हैं, जो एनीमिया पर काबू पाने में आयरन के साथी के रूप में हीमोग्लोबिन के स्तर को बढ़ाने में भूमिका निभाते हैं।

लाल साग

लाल साग खाना सेहतमंद होता है। इसमें कई तरह के औषधीय गुण शामिल होते हैं। न्यूट्रिशनलिस्ट बताती हैं कि लाल साग आयरन का एक अच्छा स्रोत है। यह खून में हीमोग्लोबिन की मात्रा और लाल रक्त कोशिकाओं की संख्या को बढ़ाने में मदद करता है।

मिलेट्स

अध्ययनों से पता चलता है कि बाजरा के नियमित सेवन से हीमोग्लोबिन और सीरम फेरिटिन के स्तर में सुधार हो सकता है। इससे आयरन की कमी वाले एनीमिया को कम किया जा सकता है, जो विश्व स्तर पर बढ़ रहा है।

किशमिश

न्यूट्रिशनलिस्ट बताती हैं कि किशमिश आयरन और कॉपर का एक समृद्ध स्रोत है जो लाल रक्त कोशिकाओं के निर्माण और हीमोग्लोबिन के स्तर को बढ़ाने के लिए आवश्यक होता है।

डायबिटीज मरीजों के लिए वरदान बना कपिवा का ये आयुर्वेदिक डाय फ्री जूस

संबंधित स्टोरीज

और पढ़ें

How to Clean Earwax: कान की गहराई में चिपके मैल निकालने के 2 आसान तरीके, बिना इंफेक्शन पानी की तरह आ जाएगा बाहर हेल्थ

How to Clean Earwax: कान की गहराई में चिपके मैल निकालने के 2 आसान तरीके, बिना इंफेक्शन पानी की तरह आ जाएगा बाहर

Thyroid को कंट्रोल कर सकते हैं ये 4 योग, **Ayurveda** एक्सपर्ट ने बताया फायदे के लिए इतनी बार अभ्यास है जरूरी हेल्थ

Thyroid को कंट्रोल कर सकते हैं ये 4 योग, **Ayurveda** एक्सपर्ट ने बताया फायदे के लिए इतनी बार अभ्यास है जरूरी

Monsoon Health Care: बारिश के दिनों में कैसे रहें स्वस्थ? एक्सपर्ट ने दिए 6 Tips, बीमारी छू भी नहीं पाएगी!

हेल्थ

Monsoon Health Care: बारिश के दिनों में कैसे रहें स्वस्थ? एक्सपर्ट ने दिए 6 Tips, बीमारी छू भी नहीं पाएगी!

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