



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
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WHO

India reports 4th monkeypox case, WHO for enhanced vigil (The Tribune: 20220725)

<https://www.tribuneindia.com/news/nation/india-reports-4th-monkeypox-case-who-for-enhanced-vigil-415365>

As India reported its fourth monkeypox case on Sunday — a 34-year-old male from Delhi with no foreign travel history — the WHO urged Southeast Asian countries, including India, to urgently enhance surveillance and public health measures to detect the infection and mount responses, besides considering informed vaccination options.

Delhi man ‘attended’ stag party in Manali

The 34-year-old man from Delhi is the fourth monkeypox case in the country after three reported from Kerala

He has no foreign travel history, ‘attended’ a stag party in Manali

The Health Ministry said the NIV, Pune, had confirmed the fourth patient (others being from Kerala), currently isolated at Lok Nayak Hospital in Delhi. Sources said the patient had attended a stag party in Manali in Himachal Pradesh recently. The ministry held a high-level review meeting and asked the states to be ready with isolation facilities and emergency response.

“The patient’s close contacts have been quarantined. The identification of the source of infection, enhanced contact tracing and testing sensitisation of private practitioners are being carried out,” it said. Delhi CM Arvind Kejriwal said there was no need to panic.

WHO Southeast Asia Regional Director Poonam Khetarpal has asked countries to strengthen surveillance a day after the health body declared monkeypox a public health emergency of international concern. She said its rapid spread was a matter of great concern. Globally, over 16,000 cases of monkeypox have been reported from 75 countries. The Southeast Asian region has five cases (four in India, one in Thailand). The cases in India, the WHO said, were among nationals who returned from the Middle East, while in Thailand, a foreigner had been tested

positive. The WHO has asked nations to consider targeted use of vaccines for pre-exposure prophylaxis in persons at risk of exposure. Since smallpox (now eradicated) and monkeypox viruses were closely related, vaccines for the former could help, but the decision must be based on full assessment of risks and benefits, it said.

Monkeypox

Monkeypox: Experts say no need to panic as disease less contagious, rarely fatal

More than 16,000 cases of the disease have now been reported from 75 countries and there have been five deaths so far as a result of the outbreak (The Tribune: 20220725)

<https://www.tribuneindia.com/news/nation/monkeypox-experts-say-no-need-to-panic-as-disease-less-contagious-rarely-fatal-415311>

Monkeypox: Experts say no need to panic as disease less contagious, rarely fatal

With the WHO declaring monkeypox a global public health emergency of international concern and India reporting four cases of the disease, experts on Sunday said there is no need to panic as it is less contagious and rarely fatal.

According to these experts, a monkeypox outbreak can effectively be tackled by strong surveillance. The virus spread can be contained by isolation of confirmed cases and quarantine of contacts, they said, and underlined that immunocompromised individuals need to take care.

Senior scientist at Pune's National Institute of Virology (NIV) Dr Pragya Yadav said monkeypox virus is an enveloped double-stranded DNA virus having two distinct genetic clades—the central African (Congo Basin) clade and the west African clade.

“The recent outbreak which has affected several countries leading to a worrisome situation is caused by the west African strain which is less severe than the Congo lineage reported earlier. The cases reported in India are also of the less severe west African lineage,” she told PTI.

The NIV is one of the major institutes of the Indian Council of Medical Research.

Epidemiologist and infectious diseases physician Dr Chandrakant Lahariya said monkeypox is not a new virus. It has been present globally for five decades, and there is a reasonable understanding of its viral structure, transmission and pathogenicity, he added.

“The virus causes mostly mild illness. It is less contagious and requires close personal contact with symptomatic individuals in contrast to the SARS-CoV-2 that had a respiratory spread and a high proportion of asymptomatic cases.

“There is every reason, as of now, to believe that a monkeypox outbreak can effectively be tackled and the virus contained by isolation of confirmed cases, quarantine of contacts and the use of authorised smallpox vaccines as ‘off-label’ for ‘ring vaccination,’” Lahariya said, adding that vaccination for the general population is not currently recommended.

The World Health Organisation (WHO) on Saturday declared monkeypox a global public health emergency of international concern and called on nations to work closely with communities of men who have sex with men and adopt measures that protect the health, human rights and dignity of affected communities.

More than 16,000 cases of the disease have now been reported from 75 countries and there have been five deaths so far as a result of the outbreak.

Health Care Service

**Centre holds high-level meeting as India's Monkeypox tally climbs
New patient who is presently recovering at a designated isolation centre at the Lok Nayak Hospital had attended a stag party in Manali in Himachal Pradesh recently, official sources said (The Tribune: 20220725)**

<https://www.tribuneindia.com/news/health/centre-holds-high-level-meeting-as-indias-monkeypox-tally-climbs-415291>

Centre holds high-level meeting as India's Monkeypox tally climbs
Photo for representational purpose only.

The Centre on Sunday held a high-level review meeting after a 34-year-old man from the national capital with no history of foreign travel tested positive for the monkeypox virus, making it the fourth case of the disease reported in India.

Sources said the meeting was chaired by the Directorate General of Health Services (DGHS) and attended by officials from the Health ministry, National Centre for Disease Control (NCDC) and ICMR among others.

The new patient who is presently recovering at a designated isolation centre at the Lok Nayak Hospital had attended a stag party in Manali in Himachal Pradesh recently, official sources told PTI.

A resident of West Delhi, the patient was isolated at the Hospital around three days ago after he showed symptoms of the disease.

His samples were sent to the National Institute of Virology (NIV) Pune on Saturday which came out positive, Union Health Ministry officials said.

The close contacts of the case have been identified and are under quarantine as per the Ministry of Health's guidelines," the health ministry said in a statement.

Three cases of monkeypox had earlier been reported from Kerala.

The World Health Organisation (WHO) on Saturday declared monkeypox a global public health emergency of international concern.

Booster doses,

Booster doses, Covid-appropriate behaviour key to check virus spread, says expert

Stresses on testing and genomic surveillance to detect rise in cases

Booster doses, Covid-appropriate behaviour key to check virus spread, says expert (The Tribune: 20220725)

<https://www.tribuneindia.com/news/health/booster-doses-covid-appropriate-behaviour-key-to-check-virus-spread-says-expert-415272>

The country is in a “strong position” with the COVID-19 situation in view of high vaccine coverage, though the present surge in cases in some states indicate that the virus is still around, an expert has said.

Administering booster doses and following COVID-appropriate behaviour are important to not let the virus have a free run, said Rakesh Mishra, former director of city-based CSIR-Centre for Cellular and Molecular Biology (CCMB).

The possible problem that may occur, though the chances are less, is the emergence of a new variant which is not only infectious but also clinically more harmful, Mishra, currently Director of Tata Institute for Genetics and Society (TIGS) in Bengaluru, told PTI.

Though there has been a rise in cases in recent weeks, hospital admissions have been low and many of those who needed medical attention had other health issues, including comorbidities, he said.

The very high vaccine coverage and immunity induced by previous infections helped the cause, he said. However, the increase in fresh cases shows that the virus is very much around.

“That’s why we should be careful to avoid letting the virus get more chances,” he said. Effective vaccination and monitoring for emergence of any new variants are key, he said.

The variants which are currently in circulation in the country have not been very harmful, he said.

It helps if the present surge in COVID-19 cases is taken as a warning sign and booster shots are taken, besides following COVID-appropriate behaviour, he said.

The virus is not going to go away and it is likely to reach an endemic stage after some time as people all over the world may have got some immunity by then, he said. The country is very far ahead and is second to none in terms of vaccine protection, he said.

A “nasty variant” can emerge in countries where vaccination coverage is low as the virus has easy access to a host there, Mishra said.

COVID-appropriate behaviour coupled with vaccination would effectively check the virus.

“The more people it infects, the more probability of a new variant coming. Each time the virus infects someone, it will generally create a new variant and some of them may become problematic. So, if you don’t allow it, then chances are less,” he said.

If the virus does not get more chances, the emergence of a new variant gets delayed or may not happen at all and the virus would become endemic, he said.

He stressed on testing and genomic surveillance to detect rise in cases and also emergence of any new problematic variant.

Children's eye health:

Only half of parents recognise screen time impact on children's eye health: Study

Combination of increased screen time and less time outdoors may put children at higher risk for developing myopia(The Tribune: 20220725)

<https://www.tribuneindia.com/news/health/only-half-of-parents-recognise-screen-time-impact-on-childrens-eye-health-study-415011>

Only half of parents recognise screen time impact on children's eye health: Study

The rate of nearsightedness in children has increased dramatically in the past 30 years. ANI Photo

Only half of the parents recognise that screen time has a major impact on their child's eye health, suggests the C.S. Mott Children's Hospital National Poll on Children's Health at the University of Michigan Health.

"Many parents may not be aware of both the short and long-term health issues linked to excessive screen time, including its effect on children's eyes," said Mott Poll co-director Sarah Clark.

"Our findings suggest that some parents may have inaccurate perceptions of activities that affect their child's eye health and vision and how to minimize risks." The nationally-

representative report was based on responses from 2,002 parents of children ages 3-18 surveyed in April.

Some experts have pointed to the combination of increased screen time and less time outdoors as factors that may put children at higher risk for developing myopia, or nearsightedness, which can lead to serious eye problems in the future. The rate of nearsightedness in children has increased dramatically in the past 30 years.

Research is ongoing but studies suggest outdoor time protects against myopia.

"Parents should encourage at least one to two hours of outdoor time per day because exposure to natural light benefits eye development," Clark said.

"Parents should enforce family rules to ensure children have a sustained period of non-screen time during the day. This is especially important during summer months when they're off from school and may have less structured downtime." Some research has also indicated associations between working up close - like reading or using a tablet - increasing the odds of myopia.

"It's important to time to think about myopia risks for children because kids with this condition often become more nearsighted over time," said Olivia Killeen, M.D., an ophthalmologist at U-M Health Kellogg Eye Center who consulted on the report. "The age of myopia onset is the most significant predictor of severe myopia later in life."

Using eyewear to minimize risks to children's eyes

Another overlooked area of eye health - protecting little eyes from intense sunlight.

Less than a third of parents polled say wearing sunglasses when outdoors has a major impact on children's vision and eye health, with just two in five having their child wear eyewear when outdoors.

In fact, when children are outdoors, they should wear sunglasses or wide-brimmed hats to decrease the risks of ultraviolet radiation damage, which can contribute to eye problems in older age, Clark says.

"While parents often make sure their children's skin is protected with sunscreen, they may not think about protecting their eyes from the sun as well," Clark said.

Many parents polled also skip steps that help minimize eye injuries during activities that include the risk of objects hitting the child's eye at high speed or force, with less than a third of parents saying their child wears protective glasses or goggles during contact sports.

Clark recommends parents seek advice from their child's health provider for safe and comfortable eyewear for sports like lacrosse, tennis, baseball and softball, and basketball.

However, most parents polled say children and teens wear protective glasses or goggles when doing activities that pose a risk of eye injuries, including working with tools and playing shooting games like Nerf guns or paintball.

After time spent on screens, the most common factors parent identify as impacting children's vision and eye health are reading in poor light, how close children sit to the TV/screen, diet and blue light from screens.

"Some parents may still follow advice from past generations on protecting kids' eyes," Clark said. "Reading in poor light or sitting close to the TV can cause eye fatigue or strain, but they will not do any permanent damage or long-term eye problems." Less than a third of parents say children wear glasses that block blue light. While the amount of blue light does not damage the eyes, it may impact circadian rhythms and make it harder for children to fall asleep. Experts recommend children stop blue light screen use at least one hour before bedtime.

Regular eye checks to detect problems early

Four in five parents report their child has had a vision test during a visit to the pediatrician or family doctor while more than a fourth say kids were tested at school or daycare.

Most parents report their child's health insurance covers the full or partial cost of visits to an eye doctor while 9 per cent say they are not covered and 7 per cent are unsure. Parents who report no coverage for eye doctor visits are less likely than parents with full or partial coverage to say their child has seen an eye doctor in the last two years.

One in seven parents say their child has not had a vision test or seen an eye doctor in the past two years.

"Children should get vision tests at least every two years to make sure eyes are developing properly," Clark said. "It's important to identify and treat vision problems as early as possible because undiagnosed issues can lead to serious eye conditions in the future, including permanent vision loss."

Menopause policy

As yet, India has no menopause policy (The Tribune: 20220725)

<https://www.tribuneindia.com/news/nation/as-yet-country-has-no-menopause-policy-414814>

As yet, India has no menopause policy

The government on Friday informed the Lok Sabha that firm research was needed to draft a menopause policy.

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This comes amid a gradually swelling body of evidence that menopause, a natural part of ageing, hampers career growth of women, many of whom experience harsh symptoms.

At present, there is no menopause policy for women employees. Besides consultations with stakeholders and experts, firm research findings on the physical and mental stress faced by women employees as a result of menopause is required. — Smriti Irani, Women and Child Development Minister

Answering a related question in the Lok Sabha, the government today admitted that menopause policy fell under the ambit of the National Health Mission. It, however, sidestepped the query on whether the policy was being drafted.

Women are considered menopausal if they have not had a menstrual period for a year without any underlying cause. Some women experience mild problems or none at all but some can have severe symptoms. Evidence of harmful effects of menopause on career growth of women is gradually surfacing.

An article in the 'Nature' journal recently noted that menopause experiences in workplaces globally suggested an underestimated drain on productivity and mental health.

A 2021 report by the Fawcett Society, a gender-equality advocacy organisation in London, found that over half of women and transgender men experiencing menopause said their symptoms made them less likely to want to apply for a promotion. In Australia, a survey of menopausal women working in health care and universities discovered that many felt guilty about their perceived underperformance.

Symptoms vary

Women are considered menopausal if they have not had a menstrual period for a year
Some women experience mild problems or none at all but some can have severe symptoms
Lost workdays

A US study published in 'Menopause' in 2015 estimated that women experiencing hot flushes and night sweats had up to 60% more lost workdays than do their asymptomatic colleagues.

Polio case

Polio case found in New York City suburb, first in nearly a decade (The Tribune: 20220725)

<https://www.tribuneindia.com/news/world/polio-case-found-in-new-york-city-suburb-first-in-nearly-a-decade-414728>

Polio case found in New York City suburb, first in nearly a decade
Photo for representational purpose only.

An adult resident of suburban New York City was diagnosed with polio after experiencing paralysis a month ago, state and local health officials said on Thursday, marking the nation's first confirmed case of the disease in nearly 10 years.

Testing suggested the Rockland County case of the highly contagious and long-dreaded virus may have originated outside of the United States, the New York State Health Department said in a statement.

"We are now surveying the family and close contacts of this individual to assess risks to the community," Dr. Patricia Schnabel Ruppert, the Rockland County health commissioner, told a news conference, stressing that the patient was no longer contagious.

The individual, described by health officials only as a young adult - Rockland County Executive Ed Day referred to the person using male pronouns - was unvaccinated, according to Ruppert.

She said analysis by state health experts found the case originated from a strain of weakened virus used in oral polio vaccines overseas that can sometimes cause an infection and for that reason were discontinued in the United States since 2000.

In the United States, an inert polio vaccine administered in three injections provides nearly 100 per cent immunity.

Exactly how or where the infected Rockland County resident was exposed remains under evaluation, Ruppert said, adding that the individual did not take an oral vaccine themselves.

The New York Times, citing local elected officials, said the man was a member of the Orthodox Jewish community, which was at the center of a 2018-2019 measles outbreak attributed to relatively low vaccination rates among the highly devout.

The U.S. Centers for Disease Control and Prevention (CDC), which confirmed the polio diagnosis, has said no cases of the disease have originated inside the United States since 1979.

A naturally occurring, or "wild," virus can also be brought into the country by an infected traveler, as most recently occurred in 1993, according to the CDC. The last known U.S. polio infection of any kind was traced to an oral vaccine in 2013, the agency said.

Polio is often asymptomatic, but can produce flu-like symptoms such as a sore throat, fever, fatigue and nausea, the CDC said. In a small percentage of cases, the virus can invade the nervous system and cause irreversible paralysis.

The Rockland County patient was diagnosed after experiencing weakness and paralysis about a month ago, Ruppert told reporters. She declined to disclose the individual's current condition or prognosis, or say whether the paralysis would be permanent.

Polio has no cure, but infection can be prevented by vaccination - and a dramatic reduction in cases worldwide in recent decades has been due to intense national and regional immunization campaigns in babies and children.

As a result of the Rockland County case, local health officials planned to open vaccine clinics urging anyone who remains unvaccinated to get inoculated.

Polio was once one of the most feared diseases in the United States, with waves of infections disabling about 35,000 Americans each year in the late 1940s. The first polio vaccine became available in 1955. Reuters

Healthy sleep habits

Healthy sleep habits prior to kindergarten assist children in adjusting to school (The Tribune: 20220725)

<https://www.tribuneindia.com/news/health/healthy-sleep-habits-prior-to-kindergarten-assist-children-in-adjusting-to-school-414726>

Healthy sleep habits prior to kindergarten assist children in adjusting to school
Photo for representation only.

Kindergarten is a significant milestone for children and families who usually prepare by gathering school supplies and meeting the teacher. According to new research, developing a bedtime routine in which children consistently get at least 10 hours of sleep at night is an important way to prepare for the transition to first-time schooling, which will help them adjust during the transition.

A team of researchers led by Doug Teti, distinguished professor of human development and family studies, professor of psychology and paediatrics, and head of the Department of Human Development and Family Studies, discovered in a new study published in the journal *Pediatrics* that, in addition to an easier adjustment to kindergarten, children who sleep at least 10 hours per night on a regular basis demonstrated more success in emotional development, learning engagement, and academic achievement. This was discovered after statistically controlling for family income-to-needs ratios, child health status, and a number of schools missed days.

The researchers used a movement-tracking watch to track 220 children's sleep habits over four weeks during their kindergarten year, beginning in July-August before the academic year began. They then measured the children's sleep habits again in September, November, and April. Along with these tracking periods, teachers and staff assessed students' transitions to kindergarten.

"We found that children who had 10 or more hours of sleep per night on a regular basis, particularly before the kindergarten year began, tended to maintain that more optimal sleep pattern across their full kindergarten year," said Teti. "This has significant implications for anyone interested in promoting healthier sleep patterns in children making the transition to first-time schooling; parents should do what they can to help their children regularly get most--if not all--of their sleep during night hours before the school year even begins."

Researchers used these data to examine the frequency with which the children got at least 10 hours of sleep in a 24-hour period, rather than sleeping only at night. Getting 10 or more hours

of sleep in a 24-hour period had no effect on the child's transition to kindergarten. The findings suggest that "making up" for a lack of sleep at night by taking naps during the day does not help children adjust to school.

The American Academy of Sleep Medicine (AASM) recommends that kindergarten-aged children get 10-13 hours of sleep per day. However, the findings of this study suggest that for children about to begin formal schooling, those hours should be concentrated at night in order to have the greatest impact on a child's transition to and success in kindergarten.

Teti advises families who anticipate their child starting kindergarten to establish routines and expectations for healthy sleep hygiene even before school begins.

"Sleep hygiene is the habits we develop that influence how we sleep," Teti explained. "Organized and consistent bedtime routines, limited screen access, and a bedtime at or before 9 p.m." Teti advises avoiding screen time, such as television, video games, and tablets, at least 30 minutes before bedtime. He also suggests being involved and present during children's bedtimes, as well as implementing a consistent calming bedtime routine to help children prepare for sleep. This routine could include taking a bath, reading a book, and talking in a quiet place.

"It appears that good sleep hygiene is just as beneficial for young children as it is for adults." Establishing sleep habits before the start of the kindergarten year appears to give children an advantage when making the transition to formal schooling. These are encouraging findings, which we hope to put to the test in a future family intervention study."

Malaria vaccine

WHO moves to roll out first malaria vaccine in Africa?

WHO endorsed the vaccine last fall as a "historic" breakthrough in the fight against malaria, but the Gates Foundation told The Associated Press this week it will no longer financially support the shot (The Tribune: 20220725)

<https://www.tribuneindia.com/news/health/who-moves-to-roll-out-first-malaria-vaccine-in-africa-414456>

WHO moves to roll out first malaria vaccine in Africa
Photo for representational purpose only. iStock

As the World Health Organisation announces the next step in its rollout of the world's first authorised malaria vaccine in three African countries, concerns about its value have come from an unlikely source: the Bill and Melinda Gates Foundation, arguably the vaccine's biggest backer.

WHO endorsed the vaccine last fall as a “historic” breakthrough in the fight against malaria, but the Gates Foundation told The Associated Press this week it will no longer financially support the shot.

Some scientists say they’re mystified by that decision, warning it could leave millions of African children at risk of dying from malaria as well as undermine future efforts to solve intractable problems in public health.

The vaccine, sold by GlaxoSmithKline as Mosquirix, is about 30% effective and requires four doses.

The malaria vaccine has “a much lower efficacy than we would like,” Philip Welkhoff, the Gates Foundation’s director of malaria programs, told the AP. Explaining its decision to end support after spending more than \$200 million and several decades getting the vaccine to market, he said the shot is relatively expensive and logistically challenging to deliver.

“If we’re trying to save as many lives with our existing funding, that cost-effectiveness matters,” he said.

The Gates Foundation’s decision to pivot away from supporting the rollout of the vaccine in Africa was made years ago after detailed deliberations, including whether the foundation’s money would be better spent on other malaria vaccines, treatments or production capacity, Welkhoff said. Some of the resources that might have gone into getting the vaccine to countries have been redirected to buy new insecticidal nets, for example.

“It’s not the greatest vaccine in the world, but there are ways of using it that could have a big impact,” said Alister Craig, dean of biological sciences at Liverpool School of Tropical Medicine. The world is struggling to contain the spike in malaria seen since the coronavirus pandemic disrupted efforts to stop the parasitic disease, which killed more than 620,000 people in 2020 and caused 241 million cases, mainly in children under 5 in Africa, Craig said.

“It’s not like we have a lot of other alternatives,” Craig said. “There could be another vaccine approved in about five years, but that’s a lot of lives lost if we wait until then,” he said, referring to a shot being developed by Oxford University. BioNTech, creator of the Pfizer COVID-19 vaccine, plans to apply the messenger RNA technology it used for the coronavirus to malaria, but that project is in its infancy.

Another big obstacle is availability; GSK says it can only produce about 15 million doses per year until 2028. WHO estimates that to protect the 25 million children born in Africa every year, at least 100 million doses every year might be needed. Although there are plans to transfer the technology to an Indian drugmaker, it will be years before any doses are produced.

“All the money in the world” wouldn’t alleviate the vaccine’s short-term supply constraints, said Welkhoff, of the Gates Foundation. He noted that the Gates Foundation continues to support vaccines alliance Gavi, which is investing nearly \$156 million into making the shot initially available in three African countries: Ghana, Kenya and Malawi.

“We’re supporting the roll-out via the Gavi funding, but we decided we would not dedicate additional direct funding to extend the supply of the vaccine,” Welkhoff said.

On Thursday, WHO and Gavi invited developing countries to apply for funding to pay for the malaria vaccine in their countries.

“If delivered to scale, the vaccine will help to prevent millions of cases of malaria, save tens of thousands of lives and ensure a brighter future for the continent,” said Dr Matshidiso Moeti, WHO’s Africa director.

The Gates Foundation’s withdrawal of financial support for the malaria vaccine might unnerve others, Dr David Schellenberg of the London School of Hygiene and Tropical Medicine, said.

“There is a risk that this could discourage others who are considering financing the malaria vaccine or even be a disincentive for people working on other vaccines,” he said. He said that combining the vaccine’s use with other measures, like distributing drugs during malaria’s peak season could dramatically reduce cases and deaths.

“We still see people coming in with four or five episodes of malaria a year,” he said. “We don’t have a magic bullet, but we could make better use of the tools we do have.” An imperfect roll-out of the vaccine would still save lives, Dr Dyann Wirth, an infectious diseases expert at Harvard University, said.

“We would love to have 100 million doses, but that kind of money doesn’t exist for malaria,” she said. “The 15 million doses we have is still 15 million opportunities to protect children that we didn’t previously have.” The Gates Foundation had done its part in bringing the vaccine to market and it is now up to countries, donors and other health organizations to ensure it is used, she said.

The vaccine, even with its imperfections, is eagerly awaited in Malawi.

Nolia Zidana, 32, said she is keen to get her two young sons immunised after seeing malaria sicken them numerous times — and surviving it herself.

“Growing up with my parents and siblings, we have been sick from malaria all the time,” said Zidana, who lives in Malawi’s central Ntcheu district. “My elder son has had malaria countless times within the four years that he has been around. While just at 7 months old, twice my younger son has already been down with malaria,” she said.

She said although they sleep under mosquito nets, sometimes they get bitten before going to bed as they are preparing meals for supper in the dark of the evening.

“We hear other people use mosquito repellents or burn anti-mosquito incense coils, which we cannot afford as we are just peasant farmers that live from hand to mouth,” she said.

Dr Michael Kayange of Malawi’s Ministry of Health, urged everyone in the country to take whatever measures they can to curb malaria. Immunisation itself is insufficient to stop the disease and people should adopt multiple strategies, he said.

“Even just by sleeping under a mosquito net, you have played your role in reducing the malaria burden in the country,” he said. AP

Health Care

Capital is fully prepared, isolation ward set up at LNJP, says Kejriwal (Hindustan Times: 20220725)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2575c4e1d45&imageview=0>

A separate isolation ward has been set up at the Lok Nayak Jai Prakash (LNJP) Hospital in Delhi and the administration's top resources are working to ensure the monkeypox outbreak does not spread more widely in Delhi, chief minister Arvind Kejriwal said on Sunday, seeking to reassure citizens.

His remarks, in a tweet that came after the Union government confirmed the Capital's first monkeypox case, were followed by high-level meetings of various authorities at the central level.

Among these was a meeting of the Director General of Health Services (DGHS), where officials discussed measures to strengthen surveillance by forming rapid response teams under the integrated disease surveillance programme, and opening dedicated facilities, people familiar with the development said.

Strengthening surveillance through forming rapid response teams and keeping dedicated isolation facilities for confirmed and suspected monkeypox cases were among the measures discussed. P4,9

Monkeypox (Hindustan Times: 20220725)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2576b03d691&imageview=0>

A 34-year-old west Delhi resident tested positive for monkeypox, officials said on Sunday and added that a contact-tracing exercise had been launched since the patient did not have a recent history of foreign travel, raising the likelihood that he may have been infected within the country.

A day earlier, the disease was declared a global health emergency by the World Health Organization (WHO), but chief minister Arvind Kejriwal and other health officials reiterated there was no reason to panic and adequate arrangements had been made.

The case is the Capital's first and the fourth overall in the country, with all other known cases reported in Kerala among people who returned from other nations.

“A 34-year-old male resident of Delhi was isolated at Lok Nayak Hospital as a suspected case of monkeypox. A confirmation of the diagnosis has been done by the National Institute of Virology (NIV), Pune. The case is presently recovering at the designated isolation centre at Lok Nayak Hospital. The close contacts of the case have been identified and are under quarantine as per the MoHFW (ministry of health and family welfare) guidelines,” said a statement by the Union health ministry.

Following the confirmation, the director general of health services (DGHS) called a high-level meeting on Sunday to discuss preparations and steps to intensify screening across all states and union territories.

“Mostly, preventive and containment measures were discussed during the review as well as clinical management. Also, it is to be ensured that all contacts are tracked and monitored. There is nothing to panic as of now; the government is fully prepared to deal with the situation,” said a senior person in the central government aware of the matter, requesting anonymity.

Kejriwal too assured that the Delhi government's top resources have been pressed to contain the spread.

“The first case of monkeypox was detected in Delhi. The patient is stable and recovering. There's no need to panic. The situation is under control. We have made a separate isolation ward at LNJP. Our best team is on the case to prevent the spread and protect Delhiites,” the CM tweeted.

Dr Suresh Kumar, medical director at Lok Nayak Hospital, said the patient was admitted to the hospital on Friday with fever and skin lesions. His samples were sent to the National Institute of Virology in Pune, which confirmed the infection on Sunday.

Dr Kumar said the patient did not have a foreign travel history but had visited Himachal Pradesh for a party before his symptoms started. “He has no foreign travel history, but he did

travel locally. That is being traced. His treatment and isolation are being done as per government protocol. The condition of the patient is stable,” he said.

Senior health officials said teams are tracking contacts and the travel history of the patient, while his family has been quarantined and their samples too sent for testing.

“There is nothing to panic about. Teams are tracing the man’s contact history to assess how he got infected, considering he seemingly does not have any recent foreign travel history,” a health official said, asking not to be named.

Health experts said that while monkeypox is not as transmissible as Covid-19 infection, authorities need to conduct a thorough investigation tracing the source of the Delhi patient’s infection.

Dr Satish Koul, director (internal medicine) at Fortis Memorial Research Institute, said, “Monkeypox spreads by close contact, skin-to-skin contact and droplet infection. The total duration of this viral disease is around three to four weeks. It presents with fever, body aches, headache and lymphadenopathy — enlarged lymph nodes of the neck and subsequently the patient will develop a rash, which is eruptions starting from the face, palms, and later on involving the hands and feet or legs.”

A viral infection resembling smallpox and first detected in humans in 1970, monkeypox is less dangerous and contagious than smallpox, which was eradicated in 1980. The first symptoms of monkeypox are fever, headaches, muscle pain and back pain during the course of five days.

The disease has mostly been found in African nations, where most spread till now occurred via zoonosis when the virus jumped from animals to humans. The current outbreak, however, is largely being fuelled by human-to-human transmission.

Rashes subsequently appear on the face, palms of hands and soles of the feet, followed by lesions, spots and finally scabs.

According to the US Centers for Disease Control’s (CDC) latest update on July 20, there were 16,836 confirmed monkeypox cases from 74 countries.

While declaring the outbreak a global health emergency on Saturday, WHO director general Tedros Adhanom Ghebreyesus said: “We have an outbreak that has spread around the world rapidly, through new modes of transmission, about which we understand too little, and which meets the criteria in the International Health Regulations.”

Capital's first infection

This was the first case in India reported outside of Kerala

WHO IS THE PATIENT?
A 34-year-old man from west Delhi became Capital's first and India's fourth confirmed monkeypox case

HOW DID HE GET INFECTED?
The source of his infection is not yet known. But he has no history of international travel, officials said
All of the patient's close contacts have been identified and are under quarantine, officials say they are tracing other possible exposures

GLOBAL STATUS
16,832 cases reported across the world

74 countries have reported monkeypox cases

Of these, 64 nations have never reported a case before

NATIONS WITH MOST CASES

SPAIN	3,125
US	2,890
GERMANY	2,267

*According to US Centers for Disease Control and Prevention

Covid-19 booster shots

The hits, misses of India's 75-day free booster window (Hindustan Times: 20220725)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=25795583b8f&imageview=0>

In July, the Union government has announced two steps in quick succession to improve India's coverage of Covid-19 booster shots. On July 6, it reduced the required gap between the second and the third (or booster dose) from nine months to six. Then on July 13, it announced a 75-day window, starting July 15 where all adults can get free booster shots at government vaccination centres. As Covid-19 cases increase and the proportion of people who received their second dose six to nine months ago decreases, it is important to check if these measures are working. Here are four charts that track the hits and misses of the new drive to increase booster coverage.

COVID-19 positivity rate above 7% after 168 days, says government

New coronavirus cases (The Hindu: 20220725)

<https://www.thehindu.com/news/national/covid-19-positivity-rate-above-7-after-168-days-says-government/article65680404.ece>

16,866 new coronavirus cases reported on July 24

With 16,866 new coronavirus infections being reported in a day, India's tally of COVID-19 cases rose to 4,39,05,621, while the daily positivity rate crossed 7% again after a gap of 168 days, according to the Union Health Ministry data updated on Monday.

Abortion

Explained | How will the Supreme Court ruling on abortion impact women? (The Hindu: 20220725)

<https://www.thehindu.com/sci-tech/health/explained-how-will-the-supreme-court-ruling-on-abortion-impact-women/article65674173.ece>

Does the interpretation of the law allow unmarried women to avail of health care services unlike before?

The story so far: Last week, the Supreme Court of India allowed an unmarried woman to end her pregnancy at 24 weeks, after the Delhi High Court refused to allow it, citing the provisions of the Medical Termination of Pregnancy (MTP) Act. The top court said if a medical board assessed that the pregnancy could be terminated without any harm to the mother, then she could go ahead and have an abortion.

Abortion impact women

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EU drug regulator

EU drug regulator recommends clearing vaccine for monkeypox (The Hindu: 20220725)

<https://www.thehindu.com/news/international/eu-drug-regulator-recommends-clearing-vaccine-for-monkeypox/article65670918.ece>

Of the more than 15,000 monkeypox cases reported worldwide, nearly 70% are in Europe, with more than 30 countries across the continent affected.

The European Medicines Agency said Friday that the smallpox vaccine made by Bavarian Nordic should also be authorized against monkeypox, as the outbreak of the once-rare disease continues to sicken people across the continent.

Contraception

16 crore women worldwide have unmet contraception needs: Lancet study (The Hindu: 20220725)

<https://www.thehindu.com/sci-tech/health/16-crore-women-worldwide-have-unmet-contraception-needs-lancet-study/article65669882.ece>

Based on data from 1,162 self-reported representative surveys on women's contraceptive use, the researchers used modelling to produce national estimates of various family planning indicators

Over 16 crore women and adolescents with need to prevent pregnancy remained without contraception in 2019, despite major increases in use at a global level since 1970, according to a study published in The Lancet journal.

Expanding access to contraception is linked to women's social and economic empowerment and better health outcomes and is a key goal of international

World IVF Day

World IVF Day: Things first-time parents should know

One may experience mental distress, depression, and anxiety at such times. "Talk to a therapist or counsellor," (Indian Express: 20220725)

<https://indianexpress.com/article/lifestyle/health/world-ivf-day-first-time-parents-tips-8028530/>

IVF Here's what to know about IVF (Source: Getty Images/Thinkstock)

“In-vitro fertilisation (IVF) is a long and tiring process that includes a series of doctor visits. As part of the same, the first step for an IVF patient is to get the hormones injected which help in producing multiple eggs instead of just one. Before the retrieval process, however, the patient is administered a series of injections that help ripen the egg and kickstart the ovulation process begins,” said Dr Nishi Singh, HOD of the Department of Infertility & IVF at Prime IVF Center.

Breastfeeding

Why breastfeeding women must not ignore burning, itching, and swelling in the nipples

"Any imbalance in the numbers of good bacteria can lead to thrush, a fungal infection," said Dr Suman Bijlani, gynaecologist obstetrician endoscopic surgeon, SRV Hospital Mumbai," (Indian Express: 20220725)

<https://indianexpress.com/article/lifestyle/health/nipple-fungal-infection-breastfeeding-mothers-monsoon-symptoms-causes-treatment-8026410/>

breastfeeding, breastfeeding secrets, breastfeeding tips, new mothers and breastfeeding, breastfeeding tips for new moms, indian express news Breastfeeding mothers can have nipple infection (Photo: Getty/Thinkstock)

Lactating mothers may experience many health and hormonal problems. One among the many is the painful fungal infection in the nipples, which is commonly seen during monsoon.

Sleeping

How essential is your choice of mattress when it comes to getting ‘beauty sleep’?

Experts emphasise that factors contributing to the quality of sleep, and not just quantity, is the key to achieving a good night's rest," (Indian Express: 20220725)

<https://indianexpress.com/article/lifestyle/health/how-essential-is-your-choice-of-mattress-in-achieving-beauty-sleep-8012681/>

beauty sleep, sleep mattressSleep keeps the skin's health intact by allowing cell regrowth and regeneration. (Pexels)

‘Your face looks dull, did you not get your beauty sleep?’ From mothers asking this to science providing proofs, it has been well-established that ‘beauty sleep’ is no myth and it truly rejuvenates you.

International Self-Care Day 2022

International Self-Care Day 2022: Daily morning habits to inculcate in your lifestyle

The WHO defines self-care as "individuals, families and communities' promoting and maintaining their own health, preventing disease, and coping with illness and disability, with or without the support of a health worker", " (Indian Express: 20220725)

<https://indianexpress.com/article/lifestyle/health/international-self-care-day-2022-daily-morning-habits-to-inculcate-in-your-lifestyle-8047490/>

morning habitsTo bid goodbye to morning laziness and make yourself agile, start your day by stretching. (Source: Getty Images/Thinkstock)

A healthy and happy start to the day can make a lot of difference to the rest of your day. As such, you must try and include some beneficial habits in your morning routine and spend dedicated time looking after yourself.

**World Brain Day: Six key ways to preserve brain health
From exercising to getting adequate sleep, know what keeps the brain
healthy," (Indian Express: 20220725)**

<https://indianexpress.com/article/lifestyle/health/world-brain-day-six-key-ways-to-preserve-brain-health-8044935/>

brain health, how to keep the brain healthy, healthy brain, World Brain Day, preserve brain health, indian express news Staying mentally fit means doing activities that stimulate the brain, like puzzle solving, thinking about complex scenarios. (Photo: Getty/Thinkstock)

The human brain is one of the most important organs, which is responsible for how the rest of the body functions — it includes changes in the mood, appetite, metabolism, digestion, response to external stimuli, hormonal functions, among others.

HomeLifestyleHealthWorld Brain Day 2022:

**HomeLifestyleHealthWorld Brain Day 2022: Here's how long it takes for
alcohol to reach your brain**

**World Brain Day 2022: Here's how long it takes for alcohol to reach your
brain**

**Did you know that it takes just five minutes for alcohol to reach your brain,
and just 10 minutes to begin showing its impact? ," (Indian Express:
20220725)**

<https://indianexpress.com/article/lifestyle/health/world-brain-day-2022-alcohol-consumption-impact-brain-parts-8044924/>

brain health, alcohol The signs of intoxication depend on the alcohol's impact on different areas of the brain (Source: Getty Images/Thinkstock)

Every year, World Brain Day is observed on July 22 in a bid to raise public awareness about brain health. This year, the theme of the day is 'Brain Health for all' as "our brains continue to be challenged by pandemics, wars, climate change and the myriad of disorders impacting human existence globally," according to the World Federation of Neurology.

Depression

HomeLifestyleHealthDepression is probably not caused by a chemical imbalance in the brain – new study

Depression is probably not caused by a chemical imbalance in the brain – new study

The idea was also endorsed by official institutions such as the American Psychiatric Association, which still tells the public that “differences in certain chemicals in the brain may contribute to symptoms of depression” ,” (Indian Express: 20220725)

<https://indianexpress.com/article/lifestyle/health/depression-is-probably-not-caused-by-a-chemical-imbalance-in-the-brain-new-study-8043617/>

depressionIf you're taking antidepressants, it's very important you don't stop doing so without speaking to your doctor first (Source: Getty Images/Thinkstock)

For three decades, people have been deluged with information suggesting that depression is caused by a “chemical imbalance” in the brain – namely an imbalance of a brain chemical called serotonin. However, our latest research review shows that the evidence does not support it.

Covid fatalities

India logs 60 new Covid fatalities,” (Indian Express: 20220725)

An increase of 601 cases has been recorded in the active Covid-19 caseload in a span of 24 hours.

<https://indianexpress.com/article/lifestyle/health/india-covid-fatalities-updates-8044823/>

covid indiaThe country crossed the grim milestone of two crore Covid cases on May 4 last year, the three-crore mark on June 23 last year and four crore cases on January 25 this year. (Express file photo)

India saw a single day rise of 21,880 coronavirus infections taking the total tally of Covid-19 cases to 4,38,47,065, while the active cases rose to 1,49,482, according to the Union Health Ministry data updated on Friday.

Medical Device (Indian Express: 20220725)

<https://epaper.bhaskar.com/detail/1475425/65603710017/mpcg/25072022/194/image/>

भास्कर **Breaking** • 37 मेडिकल डिवाइस ही सरकारी नियंत्रण में मेडिकल डिवाइस के लिए 1 अक्टूबर से लाइसेंस अनिवार्य, तारीख नहीं बढ़ेगी

- 2,347 डिवाइस को नियंत्रित करने की है तैयारी
- 3.5 लाख करोड़ तक कारोबार होगा 2025 तक

पवन कुमार | नई दिल्ली

देश में मेडिकल डिवाइसेज की बिक्री बड़ी संख्या में बिना लाइसेंस और नियंत्रण के हो रही है। इनका मरीजों पर इस्तेमाल भी किया जा रहा है। अब 1 अक्टूबर से इनमें से ज्यादातर को लाइसेंस श्रेणी में लाया जाएगा। बाकी बचे डिवाइसेज को अगले वर्ष से दायरे में लाया जाएगा। अब तक देश में 37 मेडिकल डिवाइस ही रेगुलेट हैं। नए नियमों से 2,347 मेडिकल डिवाइस को नियंत्रित करने की तैयारी है। सूत्रों के मुताबिक, मेडिकल डिवाइस बनाने वाली कंपनियों ने सरकार से रेगुलेशन और अनिवार्य लाइसेंस की तारीख बढ़ाने का आग्रह किया था। इसे लेकर स्वास्थ्य और परिवार कल्याण मंत्रालय में अहम बैठक हुई। इसमें सरकार ने अनिवार्य लाइसेंसिंग की तारीख बढ़ाने से इनकार कर दिया। हालांकि इसका आदेश जारी

1064 डिवाइस रिस्क वाली कैटेगरी में... कम रिस्क और कम से कुछ ज्यादा रिस्क वाले मेडिकल डिवाइस को 'ए' और 'बी' श्रेणी में रखा गया है। इसमें 1,064 तरह की डिवाइस हैं। इनको ही 1 अक्टूबर तक लाइसेंस लेना होगा, जबकि 'सी' और 'डी' श्रेणी में आने वाली 683 तरह की डिवाइस को अक्टूबर 2023 तक लाइसेंस लेना अनिवार्य होगा।

सालाना 75 हजार करोड़ का कारोबार... वर्तमान में ड्रग एंड कॉस्मेटिक्स एक्ट के तहत स्टेंट, हार्ट वॉल्व, ऑर्थोपेडिक्स इम्प्लांट, ब्लड प्रेशर मशीन, एमआरआई और एक्स-रे मशीन जैसी 37 मेडिकल डिवाइस ही रेगुलेट होती हैं। देश मेडिकल डिवाइस का बाजार प्रति वर्ष करीब 75 हजार करोड़ का है। वर्ष 2025 तक इसके बढ़कर 3.5 लाख करोड़ तक पहुंचने का अनुमान है।

हर कंपनी होगी सरकार की निगरानी में... पंजीकरण-लाइसेंस के बाद मेडिकल डिवाइस बनाने वाली और भारत में व्यापार करने वाली हर कंपनी सरकार की नजर में होगी। क्वालिटी चेक करने और प्रोडक्ट को लेकर कंपनियों दावे की जांच व कार्रवाई का अधिकार भी होगा। अब तक सरकार को नहीं पता कि किस कंपनी की कौन सी मेडिकल डिवाइस का इस्तेमाल हो रहा है। सरकार कीमतों को नियंत्रित कर सकती है साथ ही ट्रेड मार्जिन तय कर सकती है, जिसका सीधा लाभ मरीजों को हो सकता है।

होना बाकी है। स्वास्थ्य मंत्रालय ने सेंट्रल ड्रग्स कंट्रोल ऑर्गेनाइजेशन (सीडीएससीओ) को मेडिकल डिवाइस बनाने वाली कंपनियों के

पंजीकरण और लाइसेंसिंग प्रक्रिया में मदद करने का निर्देश दिया है। जरूरत पड़ने पर इसके लिए स्टाफ की नियुक्ति बढ़ाने को कहा गया है।

Avascular Necrosis

गंभीर बीमारी है **Avascular Necrosis**, खून की कमी से मरने लगती है हड्डियां, **Ayurveda** डॉक्टर से जानिए इसका इलाज

<https://navbharattimes.indiatimes.com/lifestyle/health/expert-explained-causes-symptoms-and-ayurvedic-treatment-of-avascular-necrosis-or-osteonecrosis/articleshow/93101058.cms?story=5>

Can avascular necrosis be treated without surgery: एवैस्कुलर नेक्रोसिस में पर्याप्त मात्रा में खून न मिलने पर हड्डी कुछ समय के बाद सड़ने लग जाती है। इस बीमारी में जल्द या बाद में रिप्लेसमेंट सर्जरी की आवश्यकता होती है। बिना सर्जरी के आयुर्वेद में इसका उपचार संभव है।

expert explained causes symptoms and ayurvedic treatment of avascular necrosis or osteonecrosis

गंभीर बीमारी है Avascular Necrosis, खून की कमी से मरने लगती है हड्डियां, Ayurveda डॉक्टर से जानिए इसका इलाज
एवैस्कुलर नेक्रोसिस (Avascular-Necrosis) या AVN हड्डियों में होने वाली एक ऐसी बीमारी होती है जिसमें खून की कमी से बोन टिशू मरने लगते हैं। आसान भाषा में इस स्थिति को हड्डी की मौत(Death of Bone) या हड्डियों का गलना भी कहते हैं। इसके अलावा आयुर्वेद में इसे 'अस्थि क्षय' या 'अस्थि मज्जा क्षय' भी कहते हैं। एवैस्कुलर नेक्रोसिस या ओस्टियो नेक्रोसिस की प्रक्रिया में आमतौर पर महीनों से लेकर सालों तक का समय लगता है।

टीवी, लैपटॉप, स्मार्टवॉच आदि पर बंपर ऑफ़र देखें |

कुछ डेटा बताते हैं कि हर साल भारत में एवैस्कुलर नेक्रोसिस के लगभग 16,000 नए मामले मिलते हैं। हालांकि इस बीमारी के प्रसार को लेकर अभी और सर्वे की आवश्यकता है। इस बीमारी में जल्द या बाद में कुल हिप रिप्लेसमेंट सर्जरी (Hip Replacement Surgery)की आवश्यकता होती है। क्योंकि एवैस्कुलर नेक्रोसिस से प्रभावित होने वाला सबसे आम जोड़ कूल्हा होता है।

क्या सर्जरी के अलावा भी एवीएन का उपचार संभव है? इसे जानने के लिए हमने बात की भारत के हजारों साल पुरानी चिकित्सा पद्धति आयुर्वेद के विशेषज्ञ डॉक्टर शरद कुलकर्णी से। उन्होंने बताया कि पर्याप्त मात्रा में खून न मिलने पर हड्डी कुछ समय के बाद सड़ने लग जाती है। आयुर्वेद में इसे पित्त द्रव (कड़वे जड़ी-बूटी) की मदद से ठीक किया जाता है।
एवैस्कुलर नेक्रोसिस का खतरा किन्हीं होता है

आयुर्वेद डॉक्टर बताते हैं कि इस बीमारी से कोई भी प्रभावित हो सकता है। लेकिन 30 से 50 साल की उम्र के लोगों में यह स्थिति सबसे आम होती है।

हड्डी गलने का कारण

हाई डोज स्टेरॉयड दवाओं का सेवन

बहुत अधिक शराब का सेवन

एक्सीडेंट

मोटापा

कीमोथेरेपी या रेडियोथेरेपी
सिकल सेल एनिमिया
ट्रांसप्लाट सर्जरी
असंतुलित कॉलेस्ट्रॉल
ओस्टियो नेक्रोसिस के लक्षण

कुछ लोगों में एवस्कुलर नेक्रोसिस के शुरुआती चरणों में कोई लक्षण नहीं होते हैं। जैसे-जैसे स्थिति बिगड़ती जाती है, प्रभावित जोड़ों पर भार डालने दर्द होने लगता है। इसे आप लेटे हुए भी महसूस कर सकते हैं। दर्द हल्का या गंभीर हो सकता है। यह आमतौर पर धीरे-धीरे विकसित होता है। कूल्हे के एवस्कुलर नेक्रोसिस से जुड़ा दर्द कमर, जांघ या नितंब पर केंद्रित हो सकता है। कूल्हे के अलावा, कंधे, घुटने, हाथ और पैर प्रभावित हो सकते हैं। कुछ लोगों को दोनों तरफ एवस्कुलर नेक्रोसिस हो जाता है, जैसे कि दोनों कूल्हों में या दोनों घुटनों में।

एवस्कुलर नेक्रोसिस का निदान कैसे किया जाता है

एमआरआई और सीटी स्कैन द्वारा हड्डी में शुरुआती परिवर्तनों को दिखा सकते हैं, जो एवस्कुलर नेक्रोसिस का संकेत दे सकते हैं।

एवस्कुलर नेक्रोसिस का आयुर्वेदिक उपचार

आयुर्वेद डॉक्टर शरद बताते हैं कि आयुर्वेद में एवस्कुलर नेक्रोसिस जैसी गंभीर बीमारी का भी इलाज संभव है। हड्डी के सड़ने या गलने की स्थिति को ठीक करने के लिए मरीज को पित्त द्रव या कड़वे जड़ी-बूटी का सेवन करवाया जाता है। यह माना जाता है कि कड़वे हर्ब हड्डियों के लिए सेहतमंद होते हैं। आमतौर पर कड़वे हर्ब से तैयार द्रव का पान करवाया जाता है या बस्ती थैरेपी (मल द्वार से) देते हैं। इसमें नीम, पटोला, गिलोय जैसे हर्ब शामिल होते हैं। इसके साथ ही प्रभावित स्थान पर मालिश और भाप देते हैं। इससे एवस्कुलर नेक्रोसिस की परेशानी धीरे-धीरे खत्म होने लगती है।

बिना कसरत वजन घटाता है कपिवा का ये आयुर्वेदिक जूस, तुरंत खरीदें
संबंधित स्टोरीज़
और पढ़ें

Constipation Home Remedy: पुरानी कब्ज का जड़ से होगा सफाया, बस ऐसे खाएं किचन में रखी ये 5 चीजें
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फैमिली

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एक्सक्लूसिव: Mallika Sherawat बोलीं- मैं पर्दे पर मां का भी रोल निभाने के लिए हूँ तैयार, बस एक शर्त है
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एक्सक्लूसिव: Mallika Sherawat बोलीं- मैं पर्दे पर मां का भी रोल निभाने के लिए हूँ तैयार, बस एक शर्त है

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गंभीर बीमारी है Avascular Necrosis, खून की कमी से मरने लगती है हड्डियां, Ayurveda डॉक्टर से जानिए इसका इलाज
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अगला लेख

High Blood Pressure Diet: नाश्ते में खाएं ये 5 देसी चीजें, पूरे दिन कंट्रोल रहेगा ब्लड प्रेशर

Navbharat Times News App: देश-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिजनेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, वायरल न्यूज़ और धर्म-कर्म... पाएँ हिंदी की ताज़ा खबरें डाउनलोड करें NBT ऐप
लेटेस्ट न्यूज़ से अपडेट रहने के लिए NBT फेसबुकपेज लाइक करें

कॉमेंट लिखें
रहें हर खबर से अपडेट नवभारत टाइम्स के साथ