



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20220926

## **Aarogya Setu, CoWIN for public health push**

**Centre will repurpose Aarogya Setu, CoWIN for public health push  
(Hindustan Times: 20220926)**

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2699a1ffe3&imageview=0>

The central government is repurposing Aarogya Setu and CoWIN, the two digital health platforms used effectively to monitor and manage the Covid-19 pandemic, to manage other public health concerns under the Ayushman Bharat Digital Mission, RS Sharma, chief executive of the National Health Authority, said on Sunday.

“We are repurposing India’s digital health solutions. Corona produced two important digital health solutions. One was Aarogya Setu. There are 240 million downloads of Arogya Setu. And since Corona seems to be out of our lives hopefully, this application is being repurposed and will now take care of India’s digital health issues,” Sharma said. “If you go to a hospital, you won’t have stand in line to register yourself; you can scan and get the OPD card.”

CoWIN, which has been extensively used to facilitate Covid-19 immunisation, will now be used for India’s universal immunisation programme. P7

## **Ayushman Bharat cards**

### **Govt aims to deliver 10 lakh Ayushman Bharat cards everyday: Health Minister Mandaviya**

**So far, 3.95 crore admissions amounting to Rs 45,294 crore have been done under it (The Tribune:20220926)**

<https://www.tribuneindia.com/news/health/govt-aims-to-deliver-10-lakh-ayushman-bharat-cards-everyday-health-minister-mandaviya-435195>

Govt aims to deliver 10 lakh Ayushman Bharat cards everyday: Health Minister Mandaviya

Union Health Minister Mansukh Mandaviya during inauguration of the 'Arogya Manthan 2022' in NEw Delhi on Sunday. Photo Credit: Twitter/@mansukhmandviya

The government aims to deliver 10 lakh Ayushman Bharat cards everyday under its flagship health insurance scheme AB PM-JAY, Union Health Minister Mansukh Mandaviya said on Sunday while highlighting that 3.95 crore admissions amounting to Rs 45,294 crore have been done so far under it.

Nineteen crore beneficiaries have Ayushman Bharat cards so far, he said while inaugurating the "Arogya Manthan 2022" to celebrate four years of implementation of the Ayushman Bharat Pradhan Mantri-Jan Arogya Yojana (AB PM-JAY) and one year of implementation of the Ayushman Bharat Digital Mission (ABDM). "Earlier 1-1.5 lakh Ayushman cards were made daily, now 4-5 lakh are made daily, my target is to make 10 lakh cards everyday," Mandaviya said.

Inaugurated Arogya Manthan 2022 to mark #4YearsOfPMJAY & #1YearOfABDM schemes with Minister @AshwiniVaishnaw Ji

Several new initiatives including Health Claims Exchange, National e-Rupi Portal & repurposed CoWin was launched at the event for betterment of India's health sector. pic.twitter.com/SMKX86WM7m

— Dr Mansukh Mandaviya (@mansukhmandviya) September 25, 2022

He said under the Ayushman Bharat Health Infrastructure Mission, about Rs 100 crore will be spent in every district to strengthen the health infrastructure of the country.

"Stressed on making healthcare more affordable & accessible while addressing the august gathering. Also, called for taking AB PM Jan Arogya Yojana & Ayushman Bharat Digital Mission schemes to greater heights by working together in cooperation with States & private players," the minister said in a tweet.

Over 28,300 hospitals of which 46 per cent are private have been empanelled so far under the scheme. Of the total 3.8 crore hospital admission under the scheme, 46 per cent were in government-run hospitals.

Fifty-two per cent of the total admissions were male. While 27 per cent of the total patients admitted to hospitals were between 45 and 59 years old, 24 per cent were in the age group of 3-44 years.

The minister on Saturday said the Ayushman Bharat Digital Mission (ABDM) has crossed the landmark of one crore digitally linked health records with over 27 lakh records linked in a day.

Since its launch in September 2021, the ABDM has achieved significant growth with over 24 crore ABHA numbers (earlier known as Health ID), 1.50 lakh health facilities registered in the Health Facility Registry (HFR), over 80,00 healthcare professionals under the Healthcare Professionals Registry (HPR), 7,11,571 ABHA app downloads and 1,10,89,509 health records linked to ABHA of individuals, Dr R S Sharma, CEO of the National Health Authority said.

For digitisation of old health records, individuals can use the ABHA app or any other personal health record (PHR) app to scan and save their records. By linking these digital records to their ABHA, individuals will be able to connect with professionals and facilities digitally and get quality and affordable health services irrespective of geographic distance.

## **MRI**

### **New cutting-edge tech diagnoses heart failure in record time**

#### **Technology developed by researchers at UK varsity makes use of MRI to develop detailed four dimensional flow images of the heart (The Tribune:20220926)**

<https://www.tribuneindia.com/news/health/new-cutting-edge-tech-diagnoses-heart-failure-in-record-time-434970>

Scientists have developed an innovative technology that can halve the time taken to detect patients with heart failure, and may be useful for improving diagnosis and delivering more effective treatments to patients.

The technology developed by researchers at the University of East Anglia (UEA), UK, makes use of magnetic resonance imaging (MRI) to develop detailed four dimensional (4D) flow images of the heart.

However, unlike the conventional MRI which takes up to or more than 20 minutes, the new scanning technology takes just eight minutes, they said.

The results provide a precise image of the heart valves and blood flow inside the heart, helping doctors determine the best course of treatment for patients.

“Heart failure is a dreadful condition resulting from rising pressures inside the heart. We have been researching one of the most cutting-edge methods of flow assessment inside the heart called 4D flow MRI,” said lead researcher Pankaj Garg from UEA.

“In 4D flow MRI, we can look at the flow in three directions over time - the fourth dimension,” Garg said in a statement.

According to the research, published in the journal *European Radiology Experimental*, the best method to diagnose heart failure is by invasive assessment, which is not preferred as it has risks.

An ultrasound scan of the heart called echocardiography is routinely used to measure the peak velocity of blood flow through the mitral valve of the heart. However, this method can be unreliable, they said.

“This new technology is revolutionising how patients with heart disease are diagnosed. However, it takes up to 20 minutes to carry out a 4D flow MRI and we know that patients do not like having long MRI scans,” said Hosamadin Assadi, said PhD student at UEA.

The research team investigated the reliability of a new technique that uses super-fast methods to scan the flow in the heart, called Kat-ARC.

“We found that this halves the scanning time – and takes around eight minutes. We have also shown how this non-invasive imaging technique can measure the peak velocity of blood flow in the heart accurately and precisely,” Assadi said.

The team tested the new technology with 50 patients at two hospitals in Sheffield, UK. Patients with suspected heart failure were assessed using the new Kat-ARC 4D heart flow MRI.

The team hope their work could revolutionise the speed at which heart failure is diagnosed, benefitting hospitals and patients world-wide.

## **Type 2 diabetes**

### **Tea consumption may lower risk of developing type 2 diabetes: Study (The Tribune:20220926)**

<https://www.tribuneindia.com/news/health/tea-consumption-may-lower-risk-of-developing-type-2-diabetes-study-434966>

Overall, the meta-analysis found a linear association between tea drinking and T2D risk, with each cup of tea consumed per day reducing the risk of developing T2D by around 1%

Tea consumption may lower risk of developing type 2 diabetes: Study

According to a study of over 1 million adults from eight countries, moderate use of black, green, or Oolong tea is associated with a lower risk of developing type 2 diabetes.

The findings, being presented at this year's European Association for the Study of Diabetes (EASD) Annual Meeting in Stockholm, Sweden (September 19-23), suggest that drinking at least four cups of tea a day is associated with a 17 per cent lower risk of T2D over an average period of 10 years.

"Our results are exciting because they suggest that people can do something as simple as drinking four cups of tea a day to potentially lessen their risk of developing type 2 diabetes", says lead author Xiaying Li from Wuhan University of Science and Technology in China.

While it's long been known that regularly drinking tea may be beneficial for health because of the various antioxidant, anti-inflammatory and anticarcinogenic compounds tea contain, less clear has been the relationship between tea drinking and the risk of T2D. So far, published cohort studies and meta-analyses have reported inconsistent findings.

To address this uncertainty, researchers conducted a cohort study and a dose-response meta-analysis to better define the relationship between tea consumption and future T2DM risk.

First, they studied 5,199 adults (2583 men, 2616 women) with no history of T2D (average age 42) from the China Health and Nutrition Survey (CHNS), who were recruited in 1997 and followed until 2009. The CHNS is a multicentre prospective study looking at the economics, sociological issues and health of residents from nine provinces.

At the outset, participants filled in food and drink frequency questionnaires and provided information on lifestyle factors such as regular exercise, smoking and alcohol consumption. Overall, 2,379 (46%) participants reported drinking tea, and by the end of the study, 522 (10%) participants had developed T2D.

After adjusting for factors that are known to be linked with increased risk of T2D, like age, sex, and physical inactivity, researchers found that tea drinkers had a similar risk of developing T2D compared to non-drinkers. And the results did not change significantly when analysed by age and sex, or when participants who developed diabetes during the first 3 years of follow-up were excluded.

In the next step of the study, the researchers did a systematic review of all cohort studies investigating tea drinking and the risk of T2D in adults (aged 18 or older) up to September 2021. Overall, 19 cohort studies involving 1,076,311 participants from eight countries [1] were included in the dose-response meta-analysis.

They explored the potential impact of different types of tea (green tea, oolong tea, and black tea), frequency of tea drinking (less than 1 cup/day, 1-3 cups/day, and 4 or more cups/day), sex (male and female), and the location of the study (Europe and America, or Asia), on the risk of T2D.

Overall, the meta-analysis found a linear association between tea drinking and T2D risk, with each cup of tea consumed per day reducing the risk of developing T2D by around 1%.

When compared with adults who didn't drink tea, those who drank 1-3 cups daily lowered their risk of T2D by 4%, while those who consumed at least 4 cups every day reduced their risk by 17%.

The associations were observed regardless of the type of tea participants drank, whether they were male or female, or where they lived, suggesting that it may be the amount of tea consumed, rather than any other factor, that plays a major role.

"While more research needs to be done to determine the exact dosage and mechanisms behind these observations, our findings suggest that drinking tea is beneficial in reducing the risk of type 2 diabetes, but only at high doses (at least 4 cups a day)", says Li.

She adds, "It is possible that particular components in tea, such as polyphenols, may reduce blood glucose levels, but a sufficient amount of these bioactive compounds may be needed to be effective. It may also explain why we did not find an association between tea drinking and type 2 diabetes in our cohort study because we did not look at higher tea consumption." Oolong tea is a traditional Chinese tea that's made from the same plant used to make green and black teas. The difference is how the tea is processed--green tea is not allowed to oxidise much, black tea is allowed to oxidise until it turns black, and oolong tea is partially oxidised.

Despite the important findings, the authors note that the study is observational and cannot prove that drinking tea reduced the risk of T2D, but suggests that it is likely to contribute.

And the researchers point to several caveats, including that they relied on subjective assessments of the quantities of tea consumed and they cannot rule out the possibility that residual confounding by other lifestyle and physiological factors may have affected the results.

India Vs Australia: AsT20 series kicks off, cricket crazy fans swoop down on the Mohali stadium

India Vs Australia: AsT20 series kicks off, cricket crazy fans swoop down on the Mohali stadium

The Tribune, now published from Chandigarh, started publication on February 2, 1881, in Lahore (now in Pakistan). It was started by Sardar Dyal Singh Majithia, a public-spirited philanthropist, and is run by a trust comprising four eminent persons as trustees.

The Tribune, the largest selling English daily in North India, publishes news and views without any bias or prejudice of any kind. Restraint and moderation, rather than agitational language and partisanship, are the hallmarks of the paper. It is an independent newspaper in the real sense of the term.

The Tribune has two sister publications, Punjabi Tribune (in Punjabi) and Dainik Tribune (in Hindi).

## **Air pollution**

### **Air pollution exposure in first 5 years of life puts kids at brain disorder risks (The Tribune:20220926)**

Experts assessed children's exposure to air pollution from conception to 8.5 years of age on a

In a first, researchers have linked exposure to air pollutants like particulate matter PM2.5 -- particularly in the first five years of life starting from the womb—and alterations in the brain structure that may put children at psychiatric and cognitive disorder risks later in life.

Experts assessed children's exposure to air pollution from conception to 8.5 years of age on a monthly basis.

The study, published in the peer-reviewed journal *Environmental Pollution*, found an association in children aged 9-12, between exposure to air pollutants in the womb and during the first 8.5 years of life and alterations in white matter structural connectivity in the brain.

The greater the child's exposure before age five, the greater the brain structure alteration observed in preadolescence, according to the team led by the Barcelona Institute for Global Health (ISGlobal).

"The novel aspect of the present study is that it identified periods of susceptibility to air pollution. We measured exposure using a finer time scale by analysing the data on a month-by-month basis, unlike previous studies in which data was analysed for trimesters of pregnancy or childhood years," said Anne-Claire Binter, ISGlobal researcher and first author of the study.

In this study, "we analysed the children's exposure to air pollution from conception to 8.5 years of age on a monthly basis", Binter added.

In addition to the association between air pollution and white matter microstructure, the study also found a link between specific exposure to fine particulate matter (PM2.5) and the volume of the "putamen", a brain structure involved in motor function, learning processes and many other functions.

Abnormal white matter microstructure has been associated with psychiatric disorders (depressive symptoms, anxiety and autism spectrum disorders).

The study found that the greater the exposure to PM2.5, especially during the first two years of life, the greater the volume of the putamen in preadolescence.

"A larger putamen has been associated with certain psychiatric disorders (schizophrenia, autism spectrum disorders, and obsessive-compulsive spectrum disorders)," said Binter.

The data analysed came from a large cohort of 3,515 children enrolled in the Generation R Study in Rotterdam (the Netherlands).

"One of the important conclusions of this study is that the infant's brain is particularly susceptible to the effects of air pollution not only during pregnancy, as has been shown in earlier studies, but also during childhood," the researchers noted.

"We should follow up and continue to measure the same parameters in this cohort to investigate the possible long-term effects on the brain of exposure to air pollution" added Monica Guxens, ISGlobal researcher and another author of the study.

## **Meditation**

### **Restore your heart with meditation (The Tribune:20220926)**

<https://www.tribuneindia.com/news/health/restore-your-heart-with-meditation-434564>

The ancient practice of meditation can do more than just relax the mind. Recent studies have revealed that meditation can positively impact heart health by reducing stress and lowering blood pressure and heart rate.

Mindfulness and meditation can benefit overall health, including heart health. The age-old practice uses quiet contemplation, breathing and sustained focus to help let go of stress and feel more calm and peaceful. It can be thought of as a mini-vacation from stress in life.

Psychological stress increases the activation of the hypothalamic-pituitary-adrenal axis and the sympathetic nervous system. This causes a release of harmful hormones cortisol, adrenaline and noradrenaline. These harmful hormones fasten the heart rate, increase cardiac output and narrow the arteries. As meditation induces deep relaxation in the mind and body, the stress subsides, and stability is restored.

### How to Make Meditation a Habit?

Once people understand the basics of the practice, the next challenge is making it a habit. Like every other lifestyle change, it takes time to incorporate meditation into everyday life and build it into a routine. Here are some tips:

- . Set a daily alarm on the phone or block out time on a digital calendar . Try an app that reminds it's time to meditate and then record the length of the session . Start by practising a few minutes every day and increase the time in small amounts until the goal is reached . Meditation to Connect with the Heart's Energy Here are some simple steps to connect with the heart's Energy:
- . Sit in a comfortable position and close your eyes.
- . Let go of any thoughts and the world outside.
- . Focus the attention on the spiritual heart centre (the middle of the chest) and be aware of the heart as a space.
- . Resting the attention on the heart centre, breathe gently and sense the breath flowing into the heart. One may also visualise a coolness permeating the chest.
- . Breathe normally and steadily.
- . For the next few minutes, sit and listen to the heart. The heart will gradually begin to release emotions, wishes, memories, dreams and fears long stored inside. If the mind wanders, gently return to the focus on the heart.
- . Upon completing the meditation practice, take a few moments to reflect on the practice.

### Why Meditation can be Useful for Heart Health?

Several studies have shown that meditation can lower stress levels, reduce cortisol levels and improve heart health. Meditation can activate the "rest-and-digest" functions of the body, which counteracts the "flight-or-fight" responses. With daily meditation practice, people can lower their heart rate and blood pressure, which may reduce the risk of heart diseases.

Here's a look into what different studies have to say about meditation and heart health.

Researchers in 2013 at the University of Sydney found that meditation can improve HRV. It is a significant marker of mental and physical health. After spending ten intensive days learning how to meditate, meditation drastically improved the heart's responsiveness.

In 2021, the American Journal of Biomedical Science and Research published a report on meditation's effect on heart rate. It revealed that with time, meditation helps the heart to beat slower and become more consistent. This indicates that meditation may be effective in preventing heart diseases.

The International Journal of Exercise Science published a study in 2017 on the effect of meditation on stressed college students. Throughout the 6-week-meditation programme, blood pressure and pulse decreased significantly.

It takes time to learn meditation and gain confidence, as with any new endeavour. The important thing is to practice every day, even if only for a few minutes. Meditation, no matter how brief, is always preferable to doing nothing. A schedule can also be used to establish a routine. In addition, every day, one should try to practice meditation. Daily practice can have enormous benefits not only for the heart, but also for the mind, body, and soul.

## **COVID-19**

### **Has COVID-19 harmed our children's mental health? (Indian Express: 20220926)**

<https://indianexpress.com/article/lifestyle/health-specials/has-covid-19-harmed-our-childrens-mental-health-8171783/>

Well, kids haven't suddenly turned boisterous after the pandemic. It so happened that 12-year-olds suddenly became teenagers at 14 without processing this change in an interactive milieu with peers and adults. We have to be a bit more tolerant and listen to them, says Dr Harish Shetty, a psychiatrist with Hiranandani Hospital, Mumbai

A teacher in a school shared how she called a few "disturbed" students to the teachers' room and to her utter surprise found how they simply "talked and talked and talked." (Representational. Image source: pixabay)

Are school kids getting louder and noisier? "They no longer respect us, ignore discipline and use a lot of slang language," a teacher shared with me recently. "They run out of classrooms, push each other and at times are actually violent," said another. "They have poor concentration, have low attention spans and low grades," a principal told me.

## **Robotic renal transplant**

### **Safdarjung becomes first Central Govt hospital to conduct robotic renal transplant (Indian Express: 20220926)**

<https://indianexpress.com/article/lifestyle/health-specials/safdarjung-becomes-first-central-govt-hospital-to-conduct-robotic-renal-transplant-8170421/>

Thirty-nine-year-old man gets new lease of life free of cost. Safdarjung hospital is the only hospital in India to provide life-long immunosuppressive medicines to in-house renal transplant patients.

A team of medics that was part of the surgery at Safdarjung hospital (Express/photo)

For long, robotic procedures and complex transplants, which are safer than open surgeries, have been seen as a matter of privilege, available in private hospitals. But a 39-year-old man from UP's Farrukhabad in Uttar Pradesh found hope at Delhi's Safdarjung Hospital as it became the first government hospital to have conducted a robotic renal transplant. Surviving on years of dialysis, he did not have money to get a transplant done from a private centre.

## **Endometriosis**

### **What is endometriosis that Booker Prize winner Hilary Mantel suffered from? (Indian Express: 20220926)**

<https://indianexpress.com/article/lifestyle/health-specials/what-is-endometriosis-that-booker-prize-winner-hilary-mantel-suffered-from-8170427/>

Though there is no permanent cure for the condition, the key to managing this debilitating disease is early diagnosis, control of pain, either medically or surgically, or measures adopted to improve fertility in those desirous of children, says gynaecologist Dr Amrinder Bajaj, Senior Consultant, FMRI (Fortis Memorial Research Institute) Gurgaon

endometriosisEndometriosis occurs chiefly in women in their thirties and forties but can happen in teenagers too. (file)

## **Dengue fever**

### **Dengue fever: Why do you need to stick to Paracetamol? Painkillers increase the risk of internal bleeding and affect the liver (Indian Express: 20220926)**

There is a dengue spiral across the country with unusual symptoms being reported from focal areas. Don't ignore symptoms and go for timely testing and diagnosis, say experts

<https://indianexpress.com/article/lifestyle/health-specials/dengue-fever-why-do-you-need-to-stick-to-paracetamol-painkillers-increase-the-risk-of-internal-bleeding-and-affect-the-liver-8168966/>

According to data from the National Vector Borne Diseases Control Programme (NVBDCP) till August end, there have been more than 30,627 cases and 12 deaths. (Source: Getty images)

There has been an increasing trend in dengue cases across the country with the disease map now spreading pan-India, way up to Jammu and Kashmir. In fact, there is no State or Union Territory left with zero cases. According to data from the National Vector Borne Diseases Control Programme (NVBDCP) till August end, there have been more than 30,627 cases and 12 deaths. Karnataka (5,392) Maharashtra (2,927) and Kerala (2,007) have the maximum cases. The new additions in the dengue map are Jammu and Kashmir (96) and Nagaland (two). In 2021, there were 1.93 lakh dengue cases and 346 deaths across the country while 2020 had seen a dip, probably because the focus was on treating COVID 19. What's worrisome this year is the emergence of unusual symptoms in focal areas, resulting in a quick descent to dengue haemorrhagic fever.

### **BA.2.75 emerges**

### **BA.2.75 emerges as major sublineage in Maharashtra (The Hindu: 20220926)**

<https://www.thehindu.com/sci-tech/science/assessing-the-severity-of-emerging-omicron-variants/article65928900.ece>

More mutations seen in BA.2.75 raise concerns about possible reduction in sensitivity to antibodies — monoclonal antibodies and from vaccination or natural infection

Since the first case of SARS-CoV-2 in March 2020, India has witnessed three pandemic waves. Delta (B.1.617.2) and its sublineages caused the second wave, and Omicron (B.1.1.529) and its sublineages (BA.1 and BA.2) are driving the third wave. After the waning of the third wave, India saw a surge in COVID-19 cases from May 2022. On sequencing, these variants were characterised as BA.2 by Pangolin. However, the predominance of BA.2 after the waning of the third COVID wave was unexplainable. Subsequently, the Indian isolates of BA.2 were further classified into sub-lineages BA.2.74, BA.2.75 and BA.2.76.

Since their designation, these new sub-lineages have already spread to over 40 countries. They have acquired additional mutations in their spike protein compared to BA.2. These added mutations, over and above those of the parental BA.2 variant, have raised concerns about their impact on viral pathogenicity, transmissibility, and immune evasion properties of the new variants.

## **Meditation**

### **WHO cautions against unsafe medication practices (The Hindu: 20220926)**

<https://www.thehindu.com/sci-tech/health/who-cautions-against-unsafe-medication-practices/article65930359.ece>

Targeted efforts on to reduce such practices and errors, says WHO Regional Director for Southeast Asia

In low- and middle-income countries in the Southeast Asia region of the World Health Organization, patient harm due to unsafe care contributes to an estimated 134 million adverse events annually, resulting in around 2.6 million deaths, the global body said in a press release.

Unsafe medication practices and errors can occur at different stages of the medication use process and can result from weak medication systems and/or

## **COVID-19 pandemic**

### **COVID-19 pandemic created immunisation gaps in Africa; over half a million children at risk (The Hindu: 20220926)**

<https://www.thehindu.com/sci-tech/health/covid-pandemic-created-immunisation-gaps-in-africa/article65930131.ece>

Routine immunisation has prevented two to three million deaths yearly all over the world

The COVID pandemic exposed the fault lines in health systems and national routine immunisation programmes around the world.

A recent World Health Organisation (WHO) report showed that the pandemic fuelled the largest sustained decline in childhood vaccine coverage rates.

## **Diabetic**

**Navratri fasting tips 2022:** डायबिटीज पेशेंट नवरात्रि व्रत के दौरान रखें इन बातों ध्यान, बनी रहेगी सेहत

**Navratri Fasting with diabetes:** व्रत रखने पर आपको कई फायदे मिलते हैं। हालांकि डायबिटीज पेशेंट को इस व्रत को दौरान कुछ बातों का ख्याल रखना होता है। यहां देखिए क्या कहते हैं एक्सपर्ट्स-  
(Navbharat Times:20220926)

<https://www.livehindustan.com/lifestyle/health/story-shardiya-navratri-fasting-tips-2022-navratri-vrat-diet-tips-for-diabetic-patients-in-hindi-7136208.html>

**Navratri Fasting 2022:** शारदीय नवरात्रि का त्योहार आज से यानी 26 सितंबर से शुरू हो गया है। नौ दिनों तक चलने वाले इस त्योहार में देवी के अलग-अलग रूपों की पूजा की जाती है। इस दौरान लोग व्रत भी रखते हैं। आस्था के साथ ही फास्टिंग रखने से शरीर को कई तरह के फायदे मिलते हैं। ये शरीर से टॉक्सिन को बाहर निकालता है और बॉडी को पूरी तरह से डिटॉक्स करता है। हालांकि, डायबिटीज पेशेंट अगर इस व्रत को रख रहे हैं तो उन्हें कुछ बातों का ख्याल रखना होगा। डाइटीशियन और न्यूट्रिशनिस्ट डॉ. पूनम दुनेजा कहती हैं कि डायबिटीज वाले लोगों को नवरात्रि के व्रतों का पूरा फायदा उठाने के लिए अपने डायट प्लान को पहले से तैयार करने की जरूरत होती है। ताकी ब्लड शुगर के लेवल को सामान्य रखा जा सके।

नवरात्रि 2022 के लिए डायबिटीज डायट

- अपने शरीर को हाइड्रेट रखें और हर खाने के बाद 15 मिनट तक चलने की कोशिश करें।
- नवरात्रि की थाली में कॉम्पलेक्स कार्ब्स और कम कैलोरी वाले ड्रिंक और दिन भर के खाने की डिटेल् रखें ताकी आप ज्यादा हैवी खाने से बचें।
- अपने खाने में लो जीआई कार्ब्स जैसे कुट्टू की रोटी शामिल करें। सब्जियों को शामिल करें और अपने सभी खावे से पहले सलाद भी शामिल करें ताकि आपके पोस्ट प्रांडियल शुगर के स्तर को नियंत्रित रखा जा सके।
- खाने के ग्लाइसेमिक लोड को कम करने के लिए गुड फैट्स को शामिल करें।
- छाछ, दही, पनीर में कम फैट वाले डेयरी प्रोटीन शामिल करें, ताकि शुगर की किसी भी तरह की क्रेविंग को खत्म किया जा सके और दिन भर आपकी ऊर्जा का लेवल फिर से सही रहे।
- फास्ट के दौरान डायबिटीज वाले लोगों के लिए मट्ठा, सब्जी का रायता, लस्सी, छाछ, मेवा और बीज को डायट में शामिल करें, ये सभी अच्छे प्रोटीन का स्रोत हैं।
- फलों और सब्जियों को शामिल करने से प्लाज्मा कैरोटेनॉयड्स और विटामिन सी का स्तर बेहतर होता है, इससे एंटीऑक्सीडेंट और फाइटो कंपाउंड मिलते हैं। सलाद, फ्रूट चाट, वेजिटेबल स्मूदी, वेजिटेबल सूप ट्राई करें और रेडीमेड सूप मिक्स, फ्रूट जूस और शुगर से बनी चीजों से बचें। इसके अलावा इन बातों का रखें ख्याल
- लंबे समय तक भूखे न रहें
- ज्यादा चाय पीने से बचें
- दवाओं का रखें खास ख्याल
- तला-भुना खाने से बचें
- प्री फास्टिंग मील का रखें ख्याल
- डॉक्टर से सलाह जरूर लें

