



## DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20210211

### कोविड-19 वैक्सीन

**Oxford-AstraZeneca की वैक्सीन को WHO की हरी झंडी, 65 पार और कोरोना के नए वैरिएंट पर भी है असरदार (Hindustan: 20210211)**

<https://www.livehindustan.com/international/story-who-oks-oxford-astrazeneca-vaccines-for-covid-19-new-variants-and-over-65s-3847167.html>

भारत में कोरोना वायरस के खिलाफ जंग में अब तक कारगर साबित हुए एस्ट्राजेनेका-ऑक्सफोर्ड की कोविड-19 वैक्सीन को अब दुनिया ने भी सलाम कर दिया है। एस्ट्राजेनेका-ऑक्सफोर्ड यूनिवर्सिटी की कोरोना वैक्सीन को विश्व स्वास्थ्य संगठन ने मंजूरी दे दी है। डब्ल्यूएचओ के एक्सपर्ट्स ने इस वैक्सीन पर उठ रहे सभी सवालों-शंकाओं को दूर करते हुए कहा कि 65 साल से अधिक उम्र के लोगों पर इस टीके का इस्तेमाल किया जा सकता है। साथ ही इस वैक्सीन का इस्तेमाल वहां भी किया जा सकता है, जहां कोरोना के नए वैरिएंट सामने आए हैं।

विश्व स्वास्थ्य संगठन के स्ट्रैटेजिक एडवाइजरी ग्रुप ऑफ एक्सपर्ट्स (SAGE) ने दो खुराक वाली कोरोना वैक्सीन का इस्तेमाल कब और कैसे किया जाए, इसके लिए एक सिफारिश जारी की है। बता दें कि इस वैक्सीन को अभी डब्ल्यूएचओ की ओर से आपात इस्तेमाल की मंजूरी भी लेनी है। विश्व स्वास्थ्य संगठन की ओर से यह घोषणा ऐसे वक्त में आई है, जब वैक्सीन को लेकर कई तरह के सवाल उठ रहे हैं कि क्या यह अधिक उम्र के लोगों पर प्रभावी होगा, क्या यह साउथ अफ्रीका में मिले कोरोना के नए स्ट्रेन पर कारगर साबित होगा?

SAGE के प्रमुख अलेजांद्रो क्राविओटो ने माना कि 65 वर्ष से अधिक उम्र के लोगों पर वैक्सीन के प्रभाव को लेकर डेटा की कमी को लेकर कई देशों में डर पैदा हुआ और इसकी वजह से कई देशों ने उम्रदराज लोगों को वैक्सीन देने का काम रोका। जबकि कोरोना वायरस से सबसे अधिक पूरी दुनिया में बुजुर्ग ही प्रभावित हुए हैं। हालांकि, उन्होंने कहा कि इस वैक्सीन की ट्रायल डेटा से यह स्पष्ट होता है कि यह वैक्सीन 65 साल या उससे अधिक उम्र के लोगों के लिए पूरी तरह से सेफ और प्रभावी है।

पत्रकारों से बातचीत में क्राविओटो ने कहा कि हमें लगता है कि इस वैक्सीन का इस्तेमाल 18 साल से अधिक उम्र के लोगों पर किया जा सकता है, बिना किसी अपर एज लिमिट के। गौरतलब है कि साउथ अफ्रीका में एस्ट्रेजेनेका के टीकों का प्रयोग रोक दिया गया, क्योंकि कुछ एक छोटे ट्रायल के डेटा से यह बात सामने आई कि यह नए स्ट्रेन के हल्के से मध्यम संक्रमण से बचाव नहीं कर पा रहा है।

## **कोरोना वायरस**

**देश में बीते 24 घंटों में आए कोरोना के 12,923 मामले, 108 मौतें (Dainik Jagran:20210211)**

[https://www.jagran.com/news/national-india-coronavirus-updates-india-reports-more-than-twelve-thousand-covid-19-cases-and-108-deaths-in-the-last-24-hours-21357693.html?itm\\_source=website&itm\\_medium=homepage&itm\\_campaign=p1\\_component](https://www.jagran.com/news/national-india-coronavirus-updates-india-reports-more-than-twelve-thousand-covid-19-cases-and-108-deaths-in-the-last-24-hours-21357693.html?itm_source=website&itm_medium=homepage&itm_campaign=p1_component)

देश में कोरोना वायरस के अब तक कुल 1 करोड़ 8 लाख 71 हजार 294 मामले सामने आ चुके हैं। हालांकि इसमें से 1.05 करोड़ लोग ठीक हो चुके हैं। भारत में कोरोना से अब तक 1.55 लाख लोगों की मौत हो चुकी है।

नई दिल्ली, एएनआइ। देश में कोरोना महामारी की स्थिति में तेजी से सुधार हो रहा है। देश में कोरोना के सक्रिय मामले तेजी से कम हो रहे हैं। इसके साथ ही रिकवरी रेट में तेजी से बढ़ोत्तरी हो रही है। केंद्रीय स्वास्थ्य मंत्रालय के मुताबिक, देश में पिछले 24 घंटों में 12,923 नए मामले सामने आए हैं। इस दौरान 108 लोगों की मौत हो गई है।

स्वास्थ्य मंत्रालय के ताजा आंकड़ों के मुताबिक, देश में कोरोना वायरस के अब तक कुल 1 करोड़ 8 लाख 71 हजार 294 मामले सामने आ चुके हैं। हालांकि, इसमें से 1 करोड़ 5 लाख 73 हजार 372 लोग कोरोना से ठीक हो चुके हैं। भारत में कोरोना के फिलहाल 1 लाख 42 हजार 562 मामले सामने आ चुके हैं। देश में कोरोना से अब तक कुल 1 लाख 55 हजार 360 लोगों की मौत हो चुकी है।

रिकवरी रेट बढ़ी

देश में कोरोना की रिकवरी दर में बढ़ोत्तरी हुई है। पिछले 24 घंटों में कोरोना से कुल 11,764 लोग ठीक हुए हैं। इससे रिकवरी दर 97.26% हो गई है। बीते 24 घंटों में देश में कोरोना के 1051 सक्रिय मामले कम हुए हैं। इससे एक्टिव दर 1.31% रह गई है। भारत की कोरोना मृत्यु दर 1.43% है।

देश में 20.40 करोड़ से ज्यादा कोरोना टेस्ट

देश में कोरोना की जांच का आंकड़ा तेजी से बढ़ रहा है। देश में अब तक 20.30 करोड़ से ज्यादा कोरोना जांच की जा चुकी है। भारतीय चिकित्सा अनुसंधान परिषद (Indian Council of Medical Research, ICMR) की तरफ से जारी आंकड़ों के मुताबिक, देश में बुधवार(10 फरवरी, 2021) तक 20,40,23,840 सैंपलों की जांच हो चुकी है, जिनमें से 6,99,185 टेस्ट कल किए गए हैं।

देश में अब तक 70 लाख से अधिक टीकाकरण

देश में कोरोना वायरस के खिलाफ टीकाकरण जारी है। केंद्रीय स्वास्थ्य मंत्रालय के ताजा आंकड़ों के अनुसार, देश में अब तक 70 लाख 17 हजार 114 लोगों को टीका लगाया चुका है। इसमें से बीते 24 घंटों में 4 लाख 5 हजार 349 लोगों को टीका लगाया गया है।

## लिवर

**इन संकेतों से समझें कमजोर हो रहा है लिवर, जानें हेल्दी रखने के टिप्स (Hindustan: 20210211)**

<https://www.livehindustan.com/lifestyle/story-basic-symptoms-of-weak-and-unhealthy-liver-know-care-guide-3845797.html>

हम कितना कुछ ऐसा खाते हैं, जिससे हमारा लिवर धीरे-धीरे कमजोर होता जाता है। लिवर का खराब होना अचानक नहीं होता बल्कि इससे जुड़ी परेशानियों के संकेत हमें मिलते रहते हैं। लिवर शरीर का वर्कहाउस है। यह भोजन में मौजूद वसा और कार्बोहाइड्रेट को सुपाच्य बनाता है। यह नेचुरल फिल्टर है, जो विषैले पदार्थों को बाहर निकालने में मदद करता है। शरीर के लिए उपयोगी प्रोटीन यहां बनता है और पाचन के लिए उपयोगी पित्त का स्राव भी लिवर में ही होता है।

लिवर की इन परेशानियों को न करें अनदेखा

त्वचा, नाखून और आंखों का पीलापन। ऐसा पित्त की अधिकता के कारण होता है, जिस कारण पेशाब में भी पीलापन नजर आता है।

लिवर में खराबी होने पर बाइल (पित्त) एंजाइम मुंह तक आ जाता है, जिससे मुंह कड़वा रहने लगता है।

हर समय घबराहट व उल्टी की शिकायत रहती है। ऐसा शरीर में बनने वाले पित्त के कारण होता है।

पेट में सूजन व हर समय भारीपन का एहसास होना।

हर समय आलस महसूस होना, किसी काम में मन न लगना और हर समय नींद आना।

हर समय असमंजस में रहना, चीजों को भूलना।

लिवर को बचाने के लिए अपनाएं टिप्स

नमक केवल उच्च रक्तचाप का कारण नहीं होता। यह लिवर को भी हानि पहुंचाता है।

एक शोध में पाया गया है कि जिनके शरीर का निचला हिस्सा भारी होता है, वे आमतौर पर नॉन-एल्कोहलिक फैटी लिवर डिजीज से पीड़ित होते हैं।

देर तक एक ही जगह बैठे रहने की वजह से नॉन एल्कोहलिक फैटी लिवर का खतरा बढ़ जाता है। हमारे शरीर की बनावट ऐसी है कि उसे स्वस्थ रखने के लिए सक्रिय रहना जरूरी है। अगर मूवमेंट्स कम हैं, तो लिवर की सेहत बिगड़ने लगती है।

बहुत ज्यादा नमक और चीनी का सेवन न करें।

35 साल की उम्र के बाद एक बार लिवर फंक्शन टेस्ट करा लेना चाहिए। लिवर में एलानाइन और एसपारटेट एंजाइम्स का बढ़ा सीरम स्तर लिवर गड़बड़ी का संकेत देता है।

## मोटापा

**इम्यूनिटी अच्छी ही नहीं मोटापा भी करती है कंट्रोल लेमनग्रास, फायदे ऐसे कि हैरत में पड़ जाएंगे आप (Hindustan: 20210211)**

<https://www.livehindustan.com/lifestyle/story-amazing-unknown-health-benefits-of-lemongrass-not-only-helps-to-loose-weight-or-tummy-fat-but-boosts-immunity-too-3845601.html>

आज हर दूसरा व्यक्ति बढ़ते मोटापे की समस्या से परेशान है। मोटापा न सिर्फ व्यक्ति की पर्सनालिटी खराब करता है बल्कि उसे कई गंभीर रोगों का भी शिकार बना सकता है। ऐसे में इम्यूनिटी मजबूत कर मोटापे से निजात दिलाने में लेमनग्रास आपकी मदद कर सकता है। आइए जानते हैं लेमनग्रास के ऐसे ही कुछ गजब के फायदों के बारे में।

लेमनग्रास के ये हैं फायदे-

-लेमनग्रास का प्रयोग चाय में डालकर करने से बुखार, कफ और सर्दी में फायदा मिलता है।

-लेमनग्रास में मौजूद सिट्रोल वजन कम करने में भी मदद करता है। सिट्रोल पेट में वसा के संचय को रोक देता है। इससे वजन को कंट्रोल करना आसान होता है।

-लेमनग्रास में कैंसर सहित कई बीमारियों से छुटकारा दिलाने के गुण मौजूद होते हैं। लेमनग्रास में मौजूद सिट्राल नाम का तत्व कैंसर सेल्स को शुरुआती अवस्था में रोकने में कारगर है। इस घास को ब्रेस्ट कैंसर और स्किन कैंसर में काफी फायदेमंद पाया गया है।

-लेमनग्रास का सेवन पाचन सुधारने में मदद करता है। इससे पेट की सूजन, पेट फूलना, पेट में ऐंठन, अपच, कब्ज जैसी समस्याओं से छुटकारा मिलता है।

-लेमनग्रास एनिमिया को भी ठीक करता है। इसके नियमित सेवन से शरीर में आयरन की कमी को पूरा किया जा सकता है।

-लेमनग्रास शरीर से टॉक्सिन्स को बाहर निकाल कर शरीर को डिटॉक्सिफाई करने में मदद करता है।

## **Air pollution**

### **Delhi's fight against air pollution to get 'smarter' (Hindustan Times: 20210211)**

<https://epaper.hindustantimes.com/Home/ArticleView>

A source apportionment project, along with an advanced real-time monitoring system will help identify sources and devise effective strategies

New Delhi: The Delhi government will start in six-seven months its first source apportionment project and real-time monitoring of pollution, tools which will be employed to make better strategies to curb air pollution in Delhi.

Source apportionment is the practice of deriving information about pollution sources and the amount they contribute to ambient air pollution levels.

The new model was finalised after a meeting on Tuesday between Delhi chief minister Arvind Kejriwal and a team of scientists from IIT-Kanpur, IIT-Delhi and The Energy Resources Institute (TERI). The scientists made a presentation before the chief minister and said that the new system will not just provide data on the concentration of PM 2.5 (ultrafine particulate matter with diameter less than 2.5 micrometres) in the air, but will also give information on the constituents of these fine particles, a first for the national capital.

In a statement issued on Wednesday, the Delhi government said, “Source apportionment project in Delhi, along with setting up of an advanced monitoring system of real-time pollution sources will help in monitoring sources and allow Delhi government to take immediate action against these sources.”

According to a Swiss based group, IQ AirVisual, Delhi was listed as the world’s most polluted capital city for the second straight year in 2019. The study measured the concentration of hazardous PM2.5, particles can be carried deep into the lungs, causing cancer and cardiac problems.

Explaining the new model, scientists involved with the project said the collection and assessment of data will be done at two levels -- through a ‘super site’ and through ‘mobile air labs’. Advanced air quality monitoring equipment will be set up at the ‘super site’ in different locations where hourly data will be recorded. Scientists said these sites will not only provide data on levels of PM 2.5 but also give details of the composition of ultrafine particles, using which the exact source of pollution can be traced.

“These ‘super sites’ will help authorities act immediately against the sources. Apart from short-term action, the recordings will facilitate long-term analysis, helping agencies draw up policies. For instance, the agencies will know which pollution sources are consistently contributing to the pollution levels in an area and action can be taken to tackle it permanently,” said Mukesh Sharma, professor (department of civil engineering), IIT-Kanpur, who led the team of scientists during the meeting with Kejriwal.

“Daily variations can depend on temporary things like construction activities or high traffic movement but if it is persistently contributing to the poor air quality in an area then solutions need to be drawn,” Sharma added.

Currently, Delhi Pollution Control Committee’s (DPCC) air quality monitoring stations provide hourly average data on PM 2.5 and PM 10 levels. The Central Pollution Control Board (CPCB) last year started real-time monitoring at 13 pollution hot spots.

At a more micro level, the scientists are also developing ‘mobile air labs’, which will move around the city and record bad air levels and sources.

Sumit Sharma, director, earth science and climate change division, TERI, who is also involved with the project, said models will also be used to record details of pollution sources and develop strategies to control it.

“The Delhi government told us very clearly that they have source apportionment studies available with them, but those studies are static studies giving details for a particular period of time. They (government) wanted daily and hourly data of emissions and which sources are contributing to these levels, using which effective strategies can be made to control it,” Sharma said.

A senior DPCC official said they gave some recommendations to the team of scientists to tailor-make the technology for Delhi. “We will improve the system but we are sure that this technology will help us monitor pollution sources more effectively,” the official said.

## **SARS-CoV-2**

### **Origin and spread: On the source of SARS-CoV-2 (The Hindu: 20210211)**

<https://www.thehindu.com/opinion/editorial/origin-and-spread-the-hindu-editorial-on-identifying-the-source-of-sars-cov-2/article33804274.ece?homepage=true>

Identifying the source of SARS-CoV-2 is important for containing fresh outbreaks

By concluding that a virus leak from a laboratory in China’s Wuhan, where the SARS-CoV-2 virus first emerged, is “extremely unlikely” and did not require further study, a 17-member WHO team and its Chinese counterparts have put to rest conspiracy theories that emerged early during the pandemic. While many scientists had dismissed the lab-origin theory, in mid-February 2020, a group of 27 prominent scientists from outside China “strongly condemned conspiracy theories” in a letter published in The Lancet. The group said scientists who had analysed virus genome sequence data shared by China and multiple countries could “overwhelmingly conclude” that SARS-CoV-2, like emerging pathogens, had originated in wildlife. Even a year since the letter and after nearly half-a-million genome submissions to a public database, scientists have not found any sign of direct human influence. The WHO team’s investigation now strongly suggests virus origin to a natural reservoir in bats, but unlikely to have been in Wuhan, which is miles from any natural bat habitat. The virus jumping directly from bats to humans is highly unlikely and initial investigation too suggests the role of an intermediary host species. The team has not been able to confirm the intermediary host.

While early data suggest that the virus could have been circulating in Wuhan for weeks before it was identified in the Chinese city, it asserts that there is no evidence of large outbreaks in Wuhan prior to December 2019. Chinese media reported in early 2020 based on unpublished government data of a Hubei resident infected with the novel virus in mid-November. Also, in a report in The New England Journal of Medicine, scientists from the China CDC found evidence of human-to-human transmission as early as mid-December 2019, which again suggests virus circulation weeks before it was identified in Wuhan. China officially confirmed human-to-human transmission only in mid-January. While the possibility of transmission via frozen food, a theory embraced by Chinese officials, has not been ruled



out, the possibility of such a route appears unlikely as instances of live viruses on packaging have been “rare and isolated”. The WHO visit is just the beginning of a long endeavour to uncover the origin of the virus. It will succeed only when scientific investigation is allowed to follow its course without being politicised. As in the case of the SARS outbreak in the 2000s, China again failed to be truly transparent during the SARS-CoV-2 outbreak. It can partially undo the damage done by now being more open and cooperative so that future outbreaks of related coronaviruses can be identified and contained early, if not prevented.

## **Deworming**

**“Regular deworming is important for both kids and adults” (The Times of India: 20210211)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/regular-deworming-is-important-for-both-kids-and-adults/articleshow/80788712.cms>

Intestinal worm infections have a direct impact on a child’s nutritional health and are a significant health risk in India. According to the WHO, out of the total number of children across the globe, about 28% of children from India are at risk of being exposed to parasitic intestinal worms. February 10 is observed as World Deworming Day.

According to Dr. Chetan Ginigeri, Consultant, Paediatrics & Paediatric Intensive Care, Aster RV Hospital, “An intestinal worm infection (the three main ones are roundworm, hookworm and whipworm) is often not immediately evident and symptoms could include sudden weight loss, stomach pain, loose motions, weakness, fever, vomiting and over a period of time can lead to anemia and malabsorption (where the child’s body does not get sufficient nutrients as nutrients are being absorbed by the worms) which then impacts the growth and development of the child.”

Dr. Pavithra R, Consultant- Internal Medicine, Columbia Asia Hospital Hebbal adds, “Worm infestation is common among children as they affect their growth and development. Similarly, they can affect adults as well. Even though in most cases, worm infestation is not a life-threatening infection it can lead to various clinical problems. Therefore, deworming is important both in kids and adults.”

For the unversed, deworming is the process of administering an anthelmintic drug to a human to get rid of worms in the body.

Open defecation and unhygienic handwashing practices lead to the spread of these parasitic worms into the soil or fruits and vegetables which can then find their way into other people who consume this. “Adult cases of intestinal worms usually arise out of eating street foods or improperly washed vegetables or uncooked meat. Treatment is usually simple, but early identification, particularly in children is important to prevent growth deficiencies and infant mortality. If you stay in an area or plan to visit an area where people are particularly prone to developing intestinal worms, it is good to do deworming at least once a year for both adults and children, and pay extra attention to hygiene,” adds Dr Ginigeri.

If deworming is ignored, these worms have the ability to form cysts in the liver and lungs leading to pneumonia and other neurological conditions.

Although there is an increased amount of awareness worldwide about deworming among children, deworming among adults also requires more attention. Infections due to certain worms may lead to loss of iron from the blood resulting in anaemia. Pregnant women are at high risk due to worm infection as they may develop anaemia during pregnancy leading to multiple problems for the foetus, adds Dr Pavithra.

Some of the most important ways to improve hygiene are washing hands before eating and after using the toilet; using sanitised toilets; keeping the surroundings clean and ensuring nails hygiene.

## **Physical Fitness**

### **How running won't ruin your knees or lead to injury (The Times of India: 20210211)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/fitness/how-running-wont-ruin-your-knees-or-lead-to-injury/articleshow/80786815.cms>

COVID-19 led to the resurgence of outdoor activities, especially running and cycling. With gyms and fitness centers still not considered fully safe, people are finding their fitness outlet in running. Isn't it also the simplest? All you need is a pair of shoes and you can quickly break into a sweat.

Coach Nivedita Samanta who leads the Adidas Running Community shares, “Running is one of the most fulfilling fitness forms. It is important to start small and not worry too much about the numbers initially. I recommend people to try a combination of walking and running when they are just beginning.”

Beginners sometimes end up getting too much into technicalities. Nivedita warns, “When people try to do too much, too soon, that’s where they go wrong. One must never ignore the importance of rest. Moreover, inadequate warm up and cool down can also hinder your running progress. You cannot just hit the ground running - 7-10 minutes of dynamic warm up before running and some yoga stretches post running to cool down are mandatory.” Dynamic warm up includes neck shoulder rotation, jumping jacks, spot jogging, while some of the best yoga poses are downward facing dog, upward dog and forward stretch.

It is important to note that the human body was made for running. Different people run differently and that’s alright. While we fuss over foot landing, a lot of elite marathon runners land on heels, shares Nivedita.

Listening to your body is one of the most crucial things for runners. Beginners should start with 30 minutes, twice or thrice a week and try for a walk-jog sequence. Additionally, every third week, they should take a recovery week.

Running is a full body workout where your joints get impacted so you have to prepare your body. Practising strength training on alternate days where you do exercises like squats, lunges, planks, push ups, to strengthen your tendons, ligaments and muscles will continue the recovery process.

Despite getting ample sunshine, most Indians are low on Vitamin D and B12 genetically. So for those who are above 40 years, it is important to monitor these levels via blood tests. A holistic approach is needed otherwise you will end up burning out and injuring yourself. Nutritionist Luke Coutinho recently shared how Vitamin D and B12 deficiencies can be extremely harmful for people. "They can have the best diets and workout plans, yet be unhealthy due to the vitamin deficiencies."

“I have runners of all abilities in my group and you just have to find your stride,” she concludes. She is using her running sessions to support underprivileged kids through Adidas’ Hi-Energy Challenge initiative.

Runner Anubha Verma shares, “I was into fitness classes before lockdown and lockdown introduced me to the joys of running. Soon enough I found a group, which keeps me motivated and now I can cover more miles easily.”

To ensure safety, there are a number of smart choices runners can make: wear proper footwear and running gear, find a group, take a day off religiously, do strength training to improve your running, be patient with yourself, follow a healthy and wholesome diet, and last but not the least, wash your hands when you get home.

# A WOMAN'S GUIDE: Yoga for month-long energy

The menstrual cycle plays havoc with energy levels, but mindful practice of Yoga can help achieve a productive balance

SWATI SHARMA

THE ASIAN AGE

**W**omen of a certain age understand that they are at the mercy of their hormones, particularly when it comes to energy levels. With changing hormonal patterns during the four phases of the menstrual cycle, energy levels fluctuate. During some parts of the cycle, women feel energised, and at others, exhausted. According to Yoga expert Rina Hindocha, the fluctuation in energy can be minimised by adjusting the practice of yoga to suit each phase, to work with the ups and downs and experience better ease all month long.

One of the aims of practicing Yoga is to gain energy to do everything that needs to be done in a day; and gain peace too. It is meant to reduce stress, not add to stress levels. It should sup-

port a positive outlook and a balanced way of life, rather than promote unhealthy patterns and behaviours.

Rina highlights the key features of each of the four phases of the menstrual cycle and suggests yoga exercises apt for them all.

## LUTEAL PHASE – DAYS 22-28

**Key feature: LISTENING TO YOUR BODY**

Listening to your inner voice becomes especially important during the Luteal Phase, lasting 10 to 14 days, as the body prepares for the period. You may experience increased energy during the beginning of this phase, followed by a need to transition to lower impact activities toward the end. Start with a Heated Vinyasa and end the phase with a slow Hatha. The Hatha flow will slow things down, giving you time to discover what your body craves, to listen to your intuition and to reduce anxiety.

If you start to feel PMS at the end of this phase, gentle but rhythmical, dynamic sequences such as *Surya Namaskar* may be the answer. Poses such as the Yin Sphinx which work the kidneys and the adrenals are great at this time. Yin as well as Yang Yoga

move energy around the body and keeps one balanced and grounded.

**Suggested asanas:**

- *Surya Namaskar*
- Flowing Downward Dog and Warrior sequences
- Crescent Lunge twists
- Cobra, *Shalabhasana*, Bow pose
- Shoulder Stand and *Halasana*
- *Ustrasana*
- Twisted Roots

The phases will vary in length from person to person, but paying attention to your body will allow you to maximize your unique potential during each part of the cycle. With so many types of yoga classes available, whether it be indoor or outdoor, a group class or online sessions, there will something to meet each person's specific needs. Relax, have fun, and enjoy the positive effects of a regular yoga practice!



Sirsasana



Balasana



Chakrasana



Ardh Bhujangasana

## FOLLICULAR PHASE – DAYS 8-13

**Key feature: INCREASE STAMINA**

This is the prime time to burn energy, as hormone levels peak. Explore new poses that you thought were way too difficult (obviously under expert guidance). Try *Ashtanga* Yoga or *Vinyasa* Flow to generate internal heat, or *Yoga Sculpt* classes, incorporating lots of poses and testing your stamina.

It's a good time for elongated balance poses,

like *Warrior 3* (aka *Virabhadrasana III* or *Eka Pada Padasana*) which test and complement inner steadiness.

**Suggested asanas:**

- *Vasistasana*
- *Ardha Chandrasana* and variations
- Handstand preparation and practice
- *Urdhva Dhanurasana*
- Arm balance exercises such as *Bakasana*, *Astavakrasana*

## MENSTRUAL PHASE – DAYS 1-7

**Key feature: REFLECTION**

With energy at its lowest ebb and possible physical symptoms associated with the period, this is a good time to slow down and reflect. While a feeling of lethargy is very likely, the body can be nourished by capitalising on this particular state of mind. Yoga practice can be gentle, seeking to restore energy balance and ease bloating and pain. Consider a light stretch, meditation with breath work, or a Yin Yoga session for long, deep stretches along with *Yoga Nidra*. Inversions and core work are not needed during this soft phase. Be gentle.

**Suggested asanas:**

- *Balasana*
- *Bada Konasana*
- *Eka Pada Rajakotpotasana*
- *Ardha Mukha Svanasana*
- *Supine Twist*
- *Supine Goddess*

## **Rabies**

### **Rabies treatment demonstrated as safe, effective for use in children in first pediatric trial (New Kerala: 20210211)**

<https://www.newkerala.com/news/2021/25217.htm>

Washington, February 10: A treatment, known as KEDRAB (Rabies Immune Globulin [Human]), currently used in the prevention of rabies has been demonstrated to be safe and effective for patients age 17 and under.

Results published today in Human Vaccines and Immunotherapeutics report the first and only pediatric trial of any human rabies immunoglobulin (HRIG) currently available in the US. Findings have been submitted to the US Food and Drug Administration for review.

In the United States, someone is treated for possible exposure to rabies every 10 minutes. Globally, the World Health Organization (WHO) estimates that rabies causes 59,000 human deaths annually in over 150 countries, with 95% of cases occurring in Africa and Asia - however, they concede it is likely a gross underestimate of the true burden of disease.

The WHO also estimates that 40% of the global rabies disease burden occurs in children under 15 years of age and that most encounters of the disease follow a dog bite.

Once clinical symptoms appear; rabies is virtually 100% fatal.

The current treatment for previously unvaccinated people potentially exposed to rabies is called rabies post-exposure prophylaxis (PEP), which includes thorough wound washing, passive neutralization of the virus with infiltration of human rabies immune globulin (HRIG) into and around the wound site, and a series of 4 doses of rabies vaccine given over a 2-week timeframe.

And in this latest study carried out by a team of international experts from the US and Israel, KEDRAB® (HRIG150) has become the first HRIG shown to be safe and effective in children when administered promptly and properly as part of the rabies PEP process.

"Despite the large proportion of pediatric cases, limited safety and efficacy data had previously existed for use in pediatric patients," says senior author Dr. James Linakis, from the Warren Alpert Medical School of Brown University.

"Evidence from this KEDRAB US Pediatric Trial confirms that this product addresses an unmet need in children who may have been exposed to rabies, and gives healthcare providers confidence when preventing this deadly condition in countless numbers of young patients across the US," says lead author Dr Nicholas Hobart-Porter, Pediatric Emergency Physician at University of Arkansas for Medical Sciences and Arkansas Children's Hospital.

The study looked at a group of 30 trial participants, with suspected or confirmed rabies exposure, over an 84-day period (as to include a 3-month follow-up). Each participant received PEP. KEDRAB was infiltrated into and around detectable wound site(s) and/or given intramuscularly along with the first of a 4-dose series of rabies vaccine. Although the study did not include a placebo control group, placebo treatment of exposed patients is ethically unacceptable due to the near 100% fatality rate of rabies.

No participant showed an active rabies infection at any point, and there were no deaths and no serious adverse events.

While 70% of participants experienced some form of unrelated or related side effect, all of these were mild.

"The study not only confirms the safety and efficacy of KEDRAB, but also that KEDRAB could be well tolerated by all patients who participated in this trial," says Novinyo Serge Amega, M.D., head of US Medical Affairs at Kedrion Biopharma. "It was the first and only pediatric study of any HRIG available in the United States and, as such, may provide a healthy degree of reassurance for physicians and others who treat children exposed to rabies."

In the US, rabies in humans is extremely rare; with around two deaths on average per year. The low incidence of human rabies in the US can be attributed to successful pet vaccination and animal control programs, public health surveillance and testing, and availability of post-exposure prophylaxis (PEP) for rabies.

It is important to note, that KEDRAB is not licensed outside the United States. Therefore, the authors cannot make any connection to its use in other nations. Availability, accessibility, and affordability of PEP in developing nations remains a major component of the global burden of rabies.

## **Diabetes**

### **Obesity linked to up to half of new diabetes cases annually: Study (New Kerala: 20210211)**

<https://www.newkerala.com/news/2021/25041.htm>

Dallas , February 10: Reducing the prevalence of obesity may prevent up to half of new Type 2 diabetes cases in the United States, suggested a new research.

The new research was published in the 'Journal of the American Heart Association', an open-access journal of the American Heart Association. Obesity is a major contributor to diabetes, and the new study suggested that more tailored efforts are needed to reduce the incidence of obesity-related diabetes.

Type 2 diabetes is the most common form of diabetes, affecting more than 31 million Americans, according to the U.S. Centers for Disease Control and Prevention. The risk factors for Type 2 diabetes include being overweight or having obesity, being over the age of 45, having an immediate family member diagnosed with Type 2 diabetes, being physically active less than 3 times per week, or a history of gestational diabetes (diabetes during pregnancy). Type 2 diabetes is more common among people who are Black, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander, or Asian American.

The number of deaths due to Type 2 diabetes in people younger than 65 is increasing along with serious complications of the condition, including amputations and hospitalisations. In addition, Type 2 diabetes impacts heart disease and stroke risk adults with Type 2 diabetes are twice as likely to have a heart attack or stroke than people without diabetes.

Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being physically active. According to the National Diabetes Prevention Program, behavior changes have been shown to help people with prediabetes lose 5 per cent - 7 per cent of their body weight and reduce their risk of developing type 2 diabetes by 58 per cent (71 per cent for people older than age 60). Researchers examined the prevalence and excess risk of Type 2 diabetes associated with obesity.

"Our study highlights the meaningful impact that reducing obesity could have on Type 2 diabetes prevention in the United States. Decreasing obesity needs to be a priority. Public health efforts that support healthy lifestyles, such as increasing access to nutritious foods, promoting physical activity and developing community programs to prevent obesity, could substantially reduce new cases of Type 2 diabetes," said the study's first author Natalie A. Cameron, M.D., a resident physician of internal medicine at the McGaw Medical Center of Northwestern University in Chicago.

Researchers used information from the Multi-Ethnic Study of Atherosclerosis (MESA) and four pooled cycles (2001-2016) of the National Health and Nutrition Examination Survey (NHANES). MESA is an ongoing, longitudinal study of 45 to 84-year-olds who did not have cardiovascular disease upon recruitment. MESA data included in this study was collected during five visits from 2000 to 2017 at six centers across the U.S. NHANES is a cross-sectional study of the American population that takes place every other year using patient questionnaires and examination data.

For this analysis, the authors limited data to participants ages 45 to 79-years old. They included only those who were non-Hispanic white, non-Hispanic Black, or Mexican American, and who did not have either Type 1 or Type 2 diabetes at the beginning of the study. Researchers calculated both the prevalence of obesity and the excess risk of Type 2 diabetes associated with obesity.

The study's findings include

1. Among NHANES participants, the overall prevalence of obesity increased from 34 per cent to 41 per cent and was consistently higher among adults with Type 2 diabetes.

2. Among MESA participants

About 1 in 10 (11.6 per cent) developed Type 2 diabetes after nine years.

People with obesity were nearly three times as likely to develop Type 2 diabetes compared to those without obesity (20 per cent vs. 7.3 per cent, respectively).

3. In both the MESA and NHANES groups

Obesity was linked to the development of Type 2 diabetes in 30 - 53 per cent of cases.

A greater proportion of participants with obesity had an annual family income of less than USD 50,000, and they were more likely to be non-Hispanic Black or Mexican American.

Obesity prevalence was the lowest among non-Hispanic white females, however, this group experienced the highest obesity-related Type 2 diabetes.

"Our study confirms there is a higher prevalence of obesity among non-Hispanic Black adults and Mexican-American adults compared to non-Hispanic white adults. We suspect these differences may point to important social determinants of health that contribute to new cases of Type 2 diabetes in addition to obesity," said Cameron.

This analysis included only middle-aged to older adults without cardiovascular disease who were non-Hispanic white, non-Hispanic Black, or Mexican-American, so results may not be generalisable to the entire U.S. population. (ANI/9 hours ago/14O139O63O245)

## **Heart Disease**

### **Coffee consumption related with decreased heart failure risk (New Kerala: 20210211)**

<https://www.newkerala.com/news/2021/24949.htm>

Washington, February 10: Coffee lovers, rejoice! The new three large, well-known heart disease studies circulated by the American Heart Association suggest that drinking one or more cups of caffeinated coffee may reduce heart failure risk.



The findings, however, found that drinking decaffeinated coffee did not have the same benefit and may be associated with an increased risk for heart failure. There is not yet enough clear evidence to recommend increasing coffee consumption to decrease the risk of heart disease with the same strength and certainty as stopping smoking, losing weight, or exercising.

Coronary artery disease, heart failure, and stroke are among the top causes of death from heart disease in the U.S. "While smoking, age, and high blood pressure are among the most well-known heart disease risk factors, unidentified risk factors for heart disease remain," according to David P. Kao, M.D., senior author of the study, assistant professor of cardiology and medical director at the Colorado Center for Personalized Medicine at the University of Colorado School of Medicine in Aurora, Colorado.

"The risks and benefits of drinking coffee have been topics of ongoing scientific interest due to the popularity and frequency of consumption worldwide," said Linda Van Horn, Ph.D., R.D., professor and Chief of the Department of Preventive Medicine's Nutrition Division at the Northwestern University Feinberg School of Medicine in Chicago, and member of the American Heart Association's Nutrition Committee.

To analyze the outcomes of drinking caffeinated coffee, researchers categorized consumption as 0 cups per day, 1 cup per day, 2 cups per day, and 3 cups per day. Across the three studies, coffee consumption was self-reported, and no standard unit of the measure was available.

In all three studies, people who reported drinking one or more cups of caffeinated coffee had an associated decreased long-term heart failure risk.

In the Framingham Heart and the Cardiovascular Health studies, the risk of heart failure over the course of decades decreased by 5-to-12% per cup per day of coffee, compared with no coffee consumption.

In the Atherosclerosis Risk in Communities Study, the risk of heart failure did not change between 0 to 1 cup per day of coffee; however, it was about 30% lower in people who drank at least 2 cups a day.

Drinking decaffeinated coffee appeared to have an opposite effect on heart failure risk -- significantly increasing the risk of heart failure in the Framingham Heart Study. In the Cardiovascular Health Study, however; there was no increase or decrease in risk of heart failure associated with drinking decaffeinated coffee.

When the researchers examined this further, they found caffeine consumption from any source appeared to be associated with decreased heart failure risk, and caffeine was at least part of the reason for the apparent benefit from drinking more coffee.

"The association between caffeine and heart failure risk reduction was surprising. Coffee and caffeine are often considered by the general population to be 'bad' for the heart because people associate them with palpitations, high blood pressure, etc. The consistent relationship

between increasing caffeine consumption and decreasing heart failure risk turns that assumption on its head," Kao said.

"However, there is not yet enough clear evidence to recommend increasing coffee consumption to decrease the risk of heart disease with the same strength and certainty as stopping smoking, losing weight or exercising."

According to the federal dietary guidelines, three to five 8-ounce cups of coffee per day can be part of a healthy diet, but that only refers to plain black coffee. The American Heart Association warns that popular coffee-based drinks such as lattes and macchiatos are often high in calories, added sugar, and fat.

In addition, despite its benefits, research has shown that caffeine also can be dangerous if consumed in excess. Additionally, children should avoid caffeine. The American Academy of Pediatrics recommends that, in general, kids avoid beverages with caffeine.

"While unable to prove causality, it is intriguing that these three studies suggest that drinking coffee is associated with a decreased risk of heart failure and that coffee can be part of a healthy dietary pattern if consumed plain, without added sugar and high-fat dairy products such as cream," said Penny M. Kris-Etherton, Ph.D., R.D.N., immediate past chairperson of the American Heart Association's Lifestyle and Cardiometabolic Health Council Leadership Committee, Evan Pugh University Professor of Nutritional Sciences and distinguished professor of nutrition at The Pennsylvania State University, College of Health and Human Development in University Park.

"The bottom line enjoy coffee in moderation as part of an overall heart-healthy dietary pattern that meets recommendations for fruits and vegetables, whole grains, low-fat/non-fat dairy products, and that also is low in sodium, saturated fat, and added sugars. Also, it is important to be mindful that caffeine is a stimulant and consuming too much may be problematic -- causing jitteriness and sleep problems."

Study limitations that may have impacted the results of the analysis included differences in the way coffee drinking was recorded and the type of coffee consumed. For example, drip percolated, French press or espresso coffee types; the origin of the coffee beans; and filtered or unfiltered coffee were details not specified.

There also may have been variability regarding the unit measurement for 1 cup of coffee (i.e., how many ounces per cup). These factors could result in different caffeine levels. In addition, researchers caution that the original studies detailed only caffeinated or decaffeinated coffee, therefore these findings may not apply to energy drinks, caffeinated teas, soda, and other food items with caffeine including chocolate.

## Cancer

### Scientists develop platform to advance medicine research for cancer (New Kerala:20210211)

<https://www.newkerala.com/news/2021/24489.htm>

Cleveland (Ohio) , February 9: A new study published in Genome Biology features a new personalised platform developed by the Cleveland Clinic researchers that will help to accelerate advanced research on genomic medicine and genome-informed drug therapies for cancer mutations.

Known as My Personal Mutanome (MPM), the platform features an interactive database that provides insight into the role of disease-associated mutations in cancer and prioritises mutations that may be responsive to drug therapies.

"Although advances in sequencing technology have bestowed a wealth of cancer genomic data, the capabilities to bridge the translational gap between large-scale genomic studies and clinical decision making were lacking," said Feixiong Cheng, Ph.D., assistant staff in Cleveland Clinic's Genomic Medicine Institute, and the study's lead author.

"MPM is a powerful tool that will aid in the identification of novel functional mutations/genes, drug targets and biomarkers for cancer, thus accelerating the progress towards cancer precision medicine," added Dr Cheng.

Using clinical data, the researchers integrated nearly 500,000 mutations from over 10,800 tumor exomes (the protein-coding part of the genome) across 33 cancer types to develop the comprehensive cancer mutation database. They then systematically mapped the mutations to over 94,500 protein-protein interactions (PPIs) and over 311,000 functional protein sites (where proteins physically bind with one another) and incorporated patient survival and drug response data.

The platform analyses the relationships between genetic mutations, proteins, PPIs, protein functional sites and drugs to help users easily search for clinically actionable mutations. The MPM database features three interactive visualisation tools that provide two- and three-dimensional views of disease-associated mutations and their associated survival and drug responses.

The results from another study published in Nature Genetics, a collaboration between Cleveland Clinic and several other institutions, motivated the team to develop the platform.

Previous studies have linked disease pathogenesis and progression to mutations/variations that disrupt the human interactome, the complex network of proteins, and PPIs that influence

cellular function. Mutations can disrupt the network by changing the normal function of a protein (nodetic effect) or by altering PPIs (edgetic effect).

Notably, in the Nature Genetics study, led by Brigham and Women's Hospital and Harvard Medical School, the researchers found that disease-associated mutations were highly enriched where PPIs occurred. They also demonstrated PPI-altering mutations to be significantly correlated with drug sensitivity or resistance as well as poor survival rate in cancer patients.

Collectively, MPM enables a better understanding of mutations at the human interactome network level, which may lead to new insights in cancer genomics and treatments and ultimately help realise the goal of personalised care for cancer. The team will update MPM annually to provide researchers and physicians the most complete data available.

"Our Nature Genetics study also demonstrates the effects of mutations/variations in other diseases," said Dr Cheng.

Dr Cheng concluded, "As a next step, we are developing new artificial intelligence algorithms to translate these genomic medicine findings into human genome-informed drug target identification and precision medicine drug discovery for other complex diseases, including heart disease and Alzheimer's disease."