



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA

Friday

20220729

Hand, foot and mouth disease

Hand, foot and mouth disease: Chandigarh Education Department appoints nodal person

9 children test positive at PGI (The Tribune: 20220729)

<https://www.tribuneindia.com/news/chandigarh/hfmd-edu-department-appoints-nodal-person-416675>

Hand, foot and mouth disease: Chandigarh Education Department appoints nodal person
Nine children with symptoms of hand, foot and mouth disease (HFMD) were reported to have tested positive at the PGI. iStock file photo

Nine children with symptoms of hand, foot and mouth disease (HFMD) were reported to have tested positive at the PGI. They include patients from other parts of the region. The samples have tested positive for Enterovirus PCR, confirmed PGI officials.

Meanwhile, the UT Education Department has appointed Dr Gursimran, from the PGI, as nodal person for coordinating sampling from schools. The samples will be taken by school health teams and sent to the PGI through Dr Gursimran.

The Director School Education (DSE) has confirmed Class XI admissions at the local government schools will start from July 31.

In Panchkula, around five cases had been reported in the past few days. A health official said no child had been admitted to hospital.

A total of eight cases have been detected in Mohali district to date. District Epidermologist Harman Brar said all patients had been treated and were recovering continuously. Three cases each were detected at two private schools in Mohali. These schools will reopen by Monday.

Covid and cold vaccine

UK scientists working on single Covid and cold vaccine

According to scientists, pan-coronavirus vaccine could offer some protection against new virus variants and help prepare for future pandemics (The Tribune: 20220729)

<https://www.tribuneindia.com/news/health/uk-scientists-working-on-single-covid-and-cold-vaccine-416547>

A specific area of the SARS-CoV-2 spike protein could be a promising target for a pan-coronavirus vaccine that could offer some protection against new virus variants, common colds, and help prepare for future pandemics, according to a team of scientists in the UK.

Developing a vaccine that provides protection against a number of different coronaviruses is a challenge because this family of viruses has many key differences, frequently mutate, and generally induce incomplete protection against reinfection.

This is why people can suffer repeatedly from common colds, and also be infected multiple times with different variants of SARS-CoV-2.

A pan-coronavirus vaccine would need to trigger antibodies that recognise and neutralise a range of coronaviruses, stopping the virus from entering host cells and replicating, said the team at the Francis Crick Institute.

In their study, published in *Science Translational Medicine*, they investigated whether antibodies that target the S2 subunit of SARS-CoV-2's spike protein also neutralise other coronaviruses. This specific area of the spike protein tethers it to the virus membrane and allows the virus to fuse with the membrane of a host cell.

They found that after vaccinating mice with SARS-CoV-2 S2, the mice created antibodies that were able to neutralise a number of other animal and human coronaviruses, including the seasonal 'common cold' coronavirus HCoV-OC43, the original strain of SARS-CoV-2, the D614G mutant that dominated in the first wave, Alpha, Beta, Delta, the original Omicron, and two bat coronaviruses.

"The S2 area of the spike protein is a promising target for a potential pan-coronavirus vaccine because this area is much more similar across different coronaviruses than the S1 area. It is less subject to mutations, and so a vaccine targeted at this area should be more robust," Kevin Ng, doctoral student in the Retroviral Immunology Laboratory at the Crick.

The S2 area of the spike protein has, until recently, been overlooked as providing a basis for vaccination. This is because certain critical targets in the S2 area are only revealed after the virus has bound to a cell, a process mediated by the S1 area.

As a result, there may be a narrower window of opportunity for S2 antibodies to neutralise the virus than for antibodies that target the S1 area.

"There's a lot of research still to do as we continue to test S2 antibodies against different coronaviruses and look for the most appropriate route to design and test a potential vaccine," said George Kassiotis, corresponding author and principal group leader at the Crick.

ICMR isolates monkeypox virus

ICMR isolates monkeypox virus; may pave way for development of diagnostic kits, vaccines

According to WHO, monkeypox is a viral zoonosis – a virus transmitted to humans from animals – with symptoms similar to smallpox although clinically less severe

ICMR isolates monkeypox virus; may pave way for development of diagnostic kits, vaccines

Photo for representation. PTI(The Tribune: 20220729)

<https://www.tribuneindia.com/news/nation/icmr-isolates-monkeypox-virus-may-pave-way-for-development-of-diagnostic-kits-vaccines-416229>

The National Institute of Virology (NIV) in Pune under ICMR has isolated monkeypox virus from the clinical specimen of a patient which can pave the way for development of diagnostic kits and vaccines against the disease, officials said on Wednesday.

With India isolating the virus, the Indian Council of Medical Research also invited expression of interest (EOI) from experienced vaccine manufacturers, pharma companies, research and development institutions and in-vitro diagnostic (IVD) kit manufacturers for joint collaboration in development of vaccine candidate against monkeypox and diagnostic kits for the infection.

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The virus isolation enhances India's capacity to do research and development in many other directions, Dr Pragya Yadav, a senior scientist at NIV, said.

The development comes amid India reporting four cases of monkeypox—three from Kerala and one from Delhi—so far.

“The National Institute of Virology has successfully isolated monkeypox virus from the clinical specimen of a patient which can help in the development of diagnostic kits and also vaccines in future. For smallpox live attenuated vaccine was successful for mass immunisation in the past. Similar approaches on new platforms can be tried for making vaccines.

“The virus isolation enhances India’s capacity to do research and development in many other directions,” Dr Yadav said.

At present, fluid inside the lesions on the skin are being used for virus isolation as they have the highest viral titre.

Dr 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 Congo lineage reported earlier. The cases reported in India are also of the less severe West African lineage,” she told PTI.

The EOI documents states that ICMR is willing to make available monkeypox Virus strain/isolates for undertaking research and development validation as well as manufacturing activities using characterized isolates of monkeypox virus under the joint collaboration in the public-private partnership mode for development of vaccine candidate against monkeypox disease and diagnostic kits for diagnosis of the infection.

“The ICMR is in possession of characterised monkeypox virus isolates/strain and is thereby willing to collaborate with experienced vaccine manufacturer as well as the in-vitro diagnostics (IVD) manufacturers on Royalty basis on fixed term contract condition for undertaking R&D and manufacturing activities for Joint development and validation of 5 potential vaccine candidate against monkeypox disease, development of diagnostic kit (IVD), for detection of the monkeypox virus leading to product development,” the EOI document said.

The firm(s)/organisation(s) would be granted rights to undertake further R&D, manufacture, sell, and commercialize the end product(s) ‘vaccine candidate/IVD’ against the Monkeypox disease under defined Agreement,” the document said.

ICMR reserves all the Intellectual Property Rights and Commercialization rights on the Monkeypox virus isolates and its method/ protocols for purification, propagation and characterisation, the EOI document stated.

The World Health Organisation (WHO) on Saturday declared monkeypox a global public health emergency of international concern. Globally, over 16,000 cases of monkeypox have been reported from 75 countries and there have been five deaths so far.

According to WHO, monkeypox is a viral zoonosis – a virus transmitted to humans from animals – with symptoms similar to smallpox although clinically less severe.

Monkeypox typically manifests itself with fever, rash and swollen lymph nodes and may lead to a range of medical complications. It is usually a self-limited disease with symptoms lasting for two to four weeks.

The ‘Guidelines on Management of Monkeypox Disease’ issued by the Centre, stated that human-to-human transmission occurs primarily through large respiratory droplets generally requiring prolonged close contact.

It can also be transmitted through direct contact with body fluids or lesions, and indirect contact with lesion material such as through contaminated clothing or linen of an infected person. Animal-to-human transmission may occur by bite or scratch of infected animals or through bush meat preparation.

The incubation period is usually from six to 13 days and the case fatality rate of monkeypox has historically ranged up to 11 per cent in the general population and higher among children. In recent times, the case fatality rate has been around three to six per cent.

The symptoms include lesions which usually begin within one to three days from the onset of fever, lasting for around two to four weeks and are often described as painful until the healing phase when they become itchy. A notable predilection for palm and soles is characteristic of monkeypox, the guidelines stated.

Bolster theory

**New studies bolster theory coronavirus emerged from the wild
Scientists conclude that the virus that causes COVID-19, SARS-CoV-2,
likely spilled from animals into people two separate times (The Tribune:
20220729)**

<https://www.tribuneindia.com/news/health/new-studies-bolster-theory-coronavirus-emerged-from-the-wild-416184>

New studies bolster theory coronavirus emerged from the wild
Photo for representational purpose only. iStock

Two new studies provide more evidence that the coronavirus pandemic originated in a Wuhan, China, market where live animals were sold – further bolstering the theory that the virus emerged in the wild rather than escaping from a Chinese lab.

The research, published online Tuesday by the journal Science, shows that the Huanan Seafood Wholesale Market was likely the early epicentre of the scourge that has now killed nearly 6.4 million people around the world.

Scientists conclude that the virus that causes COVID-19, SARS-CoV-2, likely spilled from animals into people two separate times.

“All this evidence tells us the same thing: It points right to this particular market in the middle of Wuhan,” said Kristian Andersen a professor in the Department of Immunology and Microbiology at Scripps Research and coauthor of one of the studies.

“I was quite convinced of the lab leak myself until we dove into this very carefully and looked at it much closer.” In one study, which incorporated data collected by Chinese scientists, University of Arizona evolutionary biologist Michael Worobey and his colleagues used mapping tools to estimate the locations of more than 150 of the earliest reported COVID-19 cases from December 2019.

They also mapped cases from January and February 2020 using data from a social media app that had created a channel for people with COVID-19 to get help.

They asked, “Of all the locations that the early cases could have lived, where did they live? And it turned out when we were able to look at this, there was this extraordinary pattern where the highest density of cases was both extremely near to and very centred on this market,” Worobey said at a press briefing.

“Crucially, this applies both to all cases in December and also to cases with no known link to the market ... And this is an indication that the virus started spreading in people who worked at the market but then started to spread into the local community.”

Andersen said they found case clusters inside the market, too, “and that clustering is very, very specifically in the parts of the market” where they now know people were selling wildlife, such as raccoon dogs, that are susceptible to infection with the coronavirus.

In the other study, scientists analyzed the genomic diversity of the virus inside and outside of China starting with the earliest sample genomes in December 2019 and extending through mid-February 2020.

They found that two lineages – A and B – marked the pandemic’s beginning in Wuhan. Study coauthor Joel Wertheim, a viral evolution expert at the University of California, San Diego, pointed out that lineage A is more genetically similar to bat coronaviruses, but lineage B appears to have begun spreading earlier in humans, particularly at the market.

“Now I realise it sounds like I just said that a once-in-a-generation event happened twice in short succession,” Wertheim said.

But certain conditions were in place — such as people and animals in close proximity and a virus that can spread from animals to people and from person to person.

So “barriers to spillover have been lowered such that multiple introductions, we believe, should actually be expected,” he said.

Many scientists believe the virus jumped from bats to humans, either directly or through another animal. But in June, the World Health Organisation recommended a deeper probe into whether a lab accident may be to blame.

Critics had said the WHO was too quick to dismiss the lab leak theory.

“Have we disproven the lab leak theory? No, we have not,” Andersen said. “But I think what’s really important here is there are possible scenarios and there are plausible scenarios and it’s really important to understand that possible does not mean equally likely.”

The pandemic’s origins remain controversial. Some scientists believe a lab leak is more likely and others remain open to both possibilities. But Matthew Aliota, a researcher in the college of veterinary medicine at the University of Minnesota, said in his mind the pair of studies “kind of puts to rest, hopefully, the lab leak hypothesis”.

“Both of these two studies really provide compelling evidence for the natural origin hypothesis,” said Aliota, who wasn’t involved in either study.

Since sampling an animal that was at the market is impossible, “this is maybe as close to a smoking gun as you could get.” — AP

Healthcare

Specials Private healthcare must fuse ethics with efficiency

Private healthcare must fuse ethics with efficiency

India’s mixed health system has evolved by default, not by design. We need to make the best use of all our healthcare providers and avoid exploitation of vulnerable patients. To improve access, affordability and quality of healthcare, we need the public sector to be more responsive, the private sector to be more responsible and the voluntary sector to be more resourceful, says (Indian Express: 20220729)

<https://indianexpress.com/article/lifestyle/health-specials/private-healthcare-must-fuse-ethics-with-efficiency-8052382/>

"India’s mixed health system has evolved by default, not by design," writes Dr. Reddy. (Express File Photo)

Some years ago, I was participating in a discussion on the future of healthcare, at a leading institute of health management. I heard many of the panellists affirming that healthcare and public health must absorb and apply the efficiency-enhancing practices of business management. I agreed, but only partially. I said “the mantra of business management is efficiency and profit, while the mantra of healthcare and public health management must be efficiency and equity.” While underscoring this vital difference in the goals of these two practice disciplines, I should have added ethics too alongside equity. I politely let it be assumed that healthcare management would ideally be bound by ethics, even as it pursued efficiency and profit.

New drugs for diabetes

New drugs for diabetes: Good for all or for a few?

Gone are the days when we looked at blood sugar readings and HbA1C. Hence, among anti-diabetic drugs, those which can prevent and repair damage of vital organs are preferred over older ones, says Dr Anoop Misra,

Chairman, Fortis CDOC Hospital for Diabetes and Allied Sciences(Indian Express:20220729)

<https://indianexpress.com/article/lifestyle/health-specials/new-drugs-for-diabetes-good-for-all-or-for-a-few-8054159/>

Dr Anoop Misra writes: The goodness of these drugs is not limited to the kidney and heart in patients with diabetes. These reduce body weight to a significant degree. Old-time diabetes drugs are time-tested, reliable and generally work well, like reliable Japanese cars. New drugs have novel ways of impacting metabolism and result in new effects on the body. But our experiences are still limited, similar to a new model of Lamborghini. Some of these new drugs are good and some others are better.

Healthy eating

Healthy eating: Find out what makes mosambi a ‘versatile summer fruit’ Nutritionist Lovneet Batra wrote that in addition to being a delicious snack, mosambi or sweet lime contains multitude of health benefits(Indian Express:20220729)

<https://indianexpress.com/article/lifestyle/health/sweet-lime-mosambi-benefits-diet-8056544/>

mosambiMosambi has many health benefits (Source: Pixabay)
Among the many delicious summer fruits is mosambi or sweet lemon that, like most seasonal produce, comes packed with umpteen health benefits.

Vitamin D pills

Study finds another condition that Vitamin D pills do not help Vitamin D pills can protect bones from fractures but new research reports that vitamin D pills taken with or without calcium have no effect on bone fracture rates. (Indian Express:20220729)

<https://indianexpress.com/article/lifestyle/health/study-finds-another-condition-that-vitamin-d-pills-do-not-help-8057304/>

vitamin D supplementsResearchers say that vitamin D pills taken with or without calcium have no effect on bone fracture rates (Source: Getty Images/Thinkstock)

By Gina Kolata

Are frequent naps linked to increased blood pressure, stroke risk?

"After the age of 60, usual napping was associated with 10 per cent higher risk of high blood pressure compared to those who reported never napping," according to a recently released study (Indian Express:20220729)

<https://indianexpress.com/article/lifestyle/health/study-frequent-naps-blood-pressure-stroke-risk-8051684/>

nappingDo you frequently nap during day time? (Source: Pexels)

A new study has stated frequent daytime naps as potential causal risk factors for hypertension or blood pressure, and stroke. According to the study published in the American Heart Association journal Hypertension, it was found that frequent or usual daytime napping in adults “was associated with a 12 per cent higher risk of developing high blood pressure and a 24 per cent high risk of having a stroke compared to those who never nap.”

overexercising

Is overexercising harmful for health? Here’s what an expert says

The expert stressed that over-exercising could be much more detrimental for people who aren't used to it(Indian Express:20220729)

<https://indianexpress.com/article/lifestyle/health/is-overexercising-harmful-for-health-8052636/>

Here's how overexercising could affect your health (Source: Getty Images/Thinkstock)

Time and again, experts highlight the importance of exercising to stay healthy — physically and mentally. Apart from weight loss, it is recommended to exercise regularly to keep your overall well-being in check. (Indian Express:20220729)

Covid-19

How to live with Covid-19 when you are tired of living with Covid-19

Scientists warn that the new subvariant appears to be the virus’s most transmissible version to date, and it is reinfecting people who have already dealt with previous variants once or twice, sometimes as recently as a few weeks ago. Indian Express:20220729)

Covid 19The United States is in the midst of another coronavirus surge, this time thanks to the omicron subvariant BA.5(Source: Nirmal Harindran)

Alzheimer's drug

Cassava Sciences faces U.S. criminal probe tied to Alzheimer's drug, sources say (The Hindu :20220729)

<https://www.thehindu.com/sci-tech/health/cassava-sciences-faces-us-criminal-probe-tied-to-alzheimers-drug-sources-say/article65692851.ece>

The U.S. Justice Department has opened a criminal investigation into Cassava Sciences Inc. involving whether the biotech company manipulated research results for its experimental Alzheimer's drug, two people familiar with the inquiry said
The U.S. Justice Department has opened a criminal investigation into Cassava Sciences Inc. involving whether the biotech company manipulated research results for its experimental Alzheimer's drug, two people familiar with the inquiry said.

HIV

Researchers report patient of HIV cured after stem cell transplant (The Hindu :20220729)

The oldest patient yet has been cured of HIV after receiving a stem cell transplant for leukaemia, researchers reported on Wednesday
The oldest patient yet has been cured of HIV after receiving a stem cell transplant for leukaemia, researchers reported on Wednesday.

Monkeypox

Monkeypox: Limit sexual partners to reduce exposure risk, says WHO (New Kerala:20220729)

Amid rise in the global cases of monkeypox virus, the World Health Organisation (WHO) on Thursday recommended at-risk men to limit their sexual partners to reduce -> View it-->
<https://www.newkerala.com/news/2022/98623.htm>

Vitamin D supplements

Vitamin D supplements not effective in reducing risk of fractures: Study New Kerala:20220729)

Taking supplements of Vitamin D, popularly known as the sunshine vitamin, may not reduce risk of fractures in adults, claims a study. Although Vitamin D -> View it--> <https://www.newkerala.com/news/2022/98461.htm>

Mortality

Risk of mortality lower among adults who exercise 2-4 times per week: New Kerala:20220729)

In a study involving more than 100,000 participants and a 30-year follow-up period, it was discovered that persons who engage in two to four times the am-> View it--> <https://www.newkerala.com/news/2022/98414.htm>

Fertility treatment

Concerns about effects of fertility treatment on children's development unwarranted: Study New Kerala:20220729)

Differences in the growth, weight, and body fat levels of children conceived through fertility treatment are small, and no longer apparent-> View it--> <https://www.newkerala.com/news/2022/98375.htm>

Tuberculosis

Researchers find new effective therapeutic approaches to treat tuberculosis New Kerala:20220729)

The leading infectious disease around the world, tuberculosis, which affects around 25pc of the world's population, is still caused by Mycobacterium tube-> View it--> <https://www.newkerala.com/news/2022/98371.htm>

Monkeypox infections

Can monkeypox infections turn dangerous New Kerala:20220729)

The lesions and blisters caused by monkeypox virus are, although, very painful, and lead to hospitalisation, the diseases may not be as deadly as Covid-19 for the general public, health exp-> View it--> <https://www.newkerala.com/news/2022/98166.htm>

Air pollution

Air pollution likely to raise risk of dementia(New Kerala:20220729)

Air pollution is likely to increase the risk of developing dementia, a UK government research group has said, local media reported. The Committee on the Medical Effects of Air Pollu-> View it--> <https://www.newkerala.com/news/2022/98043.htm>

Smoking

Smoking, vaping spiked severe Covid complications, death: (New Kerala:20220729)

People who reported smoking or vaping prior to their hospitalisation for Covid-19 were more likely than their counterparts, who did not smoke or vape, to experience sev-> View it--> <https://www.newkerala.com/news/2022/97941.htm>

Monkeypox prevention (Navbharat Times: 20220729)

<https://navbharattimes.indiatimes.com/lifestyle/health/indian-doctors-share-5-easy-and-effective-tips-to-prevent-from-monkeypox/articleshow/93200822.cms?story=5>

Monkeypox prevention: भारतीय डॉक्टरों ने बताए मंकीपॉक्स से बचने के 6 आसान और असरदार उपाय
Authored by Sharda Singh | Navbharat Times Updated: 29 Jul 2022, 10:17 am

How do you avoid getting monkeypox: मंकीपॉक्स से बचाव के लिए जरूरी है संक्रमित व्यक्ति से किसी भी तरह से स्किन से स्किन के संपर्क से बचें। यह भी कोशिश रोगी के बिस्तर, कपड़े या अन्य सामग्री को न छुएं। सफाई का पूरा ध्यान रखें, साथ ही साबुन और पानी से बार-बार हाथ धोएं। इसके साथ ही हम आपको बता रहे हैं मंकीपॉक्स से बचने के डॉक्टर के सुझाए असरदार उपाय।

indian doctors share 5 easy and effective tips to prevent from monkeypox

Monkeypox prevention: भारतीय डॉक्टरों ने बताए मंकीपॉक्स से बचने के 6 आसान और असरदार उपाय

कोरोना वायरस महामारी (Coronavirus pandemic) के बीच भारत में मंकीपॉक्स (Monkeypox) का प्रकोप भी शुरू हो गया है। वर्ल्ड हेल्थ ऑर्गनाइजेशन (WHO) ने इसे ग्लोबल हेल्थ इमरजेंसी घोषित किया है। संगठन की इस घोषणा के बाद इसे लेकर चिंता पैदा हो गई है। भारत में मंकीपॉक्स के चार पुष्ट मामले हैं। वहीं, एक मामला अभी शक के दायरे में है। देश में इसका पहला मामला केरल में मिला था। फिलहाल एक मामला दिल्ली और तीन केरल में हैं।

वंडर वुमेन फेस्ट में बीबा, वेरो मोडा और अधिक जैसे शीर्ष ब्रांडों को 70% तक की छूट पर एक्सप्लोर करें, अब 30 जुलाई तक लाइव, सर्वोत्तम ऑफर प्राप्त करने के लिए अभी खरीदारी करें।

मंकीपॉक्स क्या है? सेंटर फॉर डिजीज कंट्रोल एंड प्रिवेंशन (CDC) के अनुसार, मंकीपॉक्स 'मंकीपॉक्स वायरस' के कारण होने वाली बीमारी है। मंकीपॉक्स वायरस वैरियोला वायरस के वायरस के एक ही परिवार का हिस्सा है, वह वायरस जो चेचक का कारण बनता है। हालांकि, मंकीपॉक्स के लक्षण चेचक के लक्षणों के समान हल्के होते हैं, लेकिन मंकीपॉक्स का चिकनपॉक्स से कोई संबंध नहीं है।

दिल्ली के शालीमार बाग स्थित फोर्टिस अस्पताल में बाल रोग के निदेशक एचओडी डॉ अरविंद कुमार आपको बता रहे हैं मंकीपॉक्स कैसे फैलता है और आप इससे कैसे बचाव कर सकते हैं।

मंकीपॉक्स कैसे फैलता है और इसके होने पर क्या होता है?

डॉक्टर का मानना है कि संक्रमण एक संक्रमित व्यक्ति के दाने, पपड़ी, शरीर के तरल पदार्थ को छूने, कपड़ों और बिस्तरों को साझा करने से फैल सकता है। यह वायरस चुंबन और आलिंगन से भी फैलता है। इसके साथ ही गर्भवती महिलाएं से यह संक्रमण गर्भाशय में पल रहे बच्चे को भी प्रभावित करता है।

मंकीपॉक्स के लक्षण

डॉक्टर ने बताया कि मंकीपॉक्स से संक्रमित होने पर आप किस प्रकार के लक्षणों का अनुभव कर सकते हैं। इनमें बुखार, अस्वस्थता, सुस्ती, जोड़ों में दर्द, दाने, और छाले जैसे दाने पर खुजली होती है जो एक से तीन मिलीमीटर व्यास से बड़ा होता है, और दर्दनाक होता है। बुखार आमतौर पर एक से तीन सप्ताह तक रहता है, और छाले या दाने भी दो से चार सप्ताह तक रहते हैं।

मंकीपॉक्स का इलाज

गुरुग्राम स्थित पारस अस्पताल में सीनियर कंसल्टेंट-इंटरनल मेडिसिन डॉक्टर संजय गुप्ता के अनुसार, ज्यादातर लोगों और बच्चों का इलाज घर पर ही एक हवादार कमरे में सेल्फ आइसोलेशन के जरिए किया जा सकता है। बुखार और दर्द के लिए पैरासिटामोल ले सकते हैं। त्वचा के घावों पर क्रीम लगाई जा सकती है। यदि आंखें भी प्रभावित हुईं तो आंखों की देखभाल किसी नेत्र विशेषज्ञ की देखरेख में की जानी चाहिए।

मंकीपॉक्स से कैसे बचें

संक्रमित व्यक्ति के साथ त्वचा से त्वचा के निकट संपर्क से बचें
संक्रमित व्यक्ति के दाने या पपड़ी को न छुएं
संक्रमित व्यक्ति की देखभाल करते समय दस्ताने और मास्क पहनें
बर्तन, कपड़े, बिस्तर आदि साझा न करें
गंदे कपड़ों को वॉशिंग मशीन में डिटर्जेंट से धोया जा सकता है
साबुन और पानी से हाथ धोएं या सैनिटाइजर का उपयोग करें
मंकीपॉक्स के लिए वैक्सीन

वैक्सीन के बारे में विस्तार से बताते हुए डॉ. कहते हैं कि चेचक के इलाज के लिए जिस टीके का इस्तेमाल किया गया था, उसका इस्तेमाल मंकीपॉक्स के इलाज के लिए भी किया जा रहा है। और 85% से अधिक मामलों में इसे प्रभावी भी पाया गया है।

इस लेख को अंग्रेजी में पढ़ने के लिए यहां क्लिक करें।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

Covid-19 treatment

Covid-19 treatment: शोध में खुलासा-Immunity बढ़ाकर कोरोना से बचा सकती हैं ये हर्बल दवाएं(Navbharat Times: 20220729)

<https://navbharattimes.indiatimes.com/lifestyle/health/according-to-study-published-in-national-library-of-medicine-unani-herbal-medicine-prevent-you-coronavirus/articleshow/93179190.cms?story=1>

How to prevent covid-19: कोरोना वायरस के मामले कम हुए हैं लेकिन अभी खतरा कम नहीं हुआ है। इसका अभी तक कोई स्थायी इलाज नहीं मिला है और समस्या यह है कि वैक्सीन लगवा चुके लोगों को कोरोना हो रहा है। एक्सपर्ट्स मानते हैं कि इससे लड़ने के लिए इम्यूनिटी सिस्टम को मजबूत बनाकर रखना जरूरी है।

according to study published in national library of medicine unani herbal medicine prevent you coronavirus

Covid-19 treatment: शोध में खुलासा-Immunity बढ़ाकर कोरोना से बचा सकती हैं ये हर्बल दवाएं

कोरोना वायरस महामारी (Coronavirus pandemic) से एक सबसे बड़ा सबक यह मिला है कि किसी भी रोग या संक्रमण से लड़ने के लिए इम्यूनिटी सिस्टम को मजबूत बनाकर रखना सबसे ज्यादा जरूरी है। एक्सपर्ट्स भी इस बात पर जोर देते हैं कि वैक्सीन से भले ही आपको सुरक्षा मिल सकती है लेकिन वायरस से लड़ने के लिए इम्यूनिटी का मजबूत (Immunity system) होना जरूरी है, तभी आप इसके दुष्प्रभावों से बच सकते हैं। वंडर वुमेन फेस्ट में बीबा, वेरो मोडा और अधिक जैसे शीर्ष ब्रांडों को 70% तक की छूट पर एक्सप्लोर करें, अब 30 जुलाई तक लाइव, सर्वोत्तम ऑफ़र प्राप्त करने के लिए अभी खरीदारी करें।

इम्यून सिस्टम बढ़ाने के उपाय क्या हैं? वैसे तो हेल्दी डाइट और एक्सरसाइज के साथ हेल्दी लाइफस्टाइल के जरिए इम्यूनिटी सिस्टम को पावरफुल बनाया जा सकता है लेकिन अध्ययन यह भी बताते हैं कि ट्रेडिशनल सप्लीमेंट और फॉर्मूलेशन भी बीमारियों से बचाव करके आपकी सेहत को दुरुस्त रख सकते हैं।

इस सिलसिले को आगे बढ़ाते हुए साफी और मल्टीविटामिन टॉनिक सिंकारा जैसे हर्बल टॉनिक बनाने वाली यूनानी दवा ब्रांड हमदर्द लैबोरेटरीज ने इम्यूनिटी बढ़ाने वाली दो हर्बल दवाएं इंफूजा और कुलजम बनाई हैं। नेशनल लाइब्रेरी ऑफ मेडिसिन पर प्रकाशित एक एक अध्ययन में बताया गया कि यह दवाएं कोरोना वायरस से बचाव कर सकती हैं।

हर्बल दवाओं में कोरोना से बचाने की क्षमता

अध्ययन में बताया गया है कि इंफूजा और कुलजम पहले से ही उपयोग में हैं। यह दवाएं सामान्य सर्दी, सिरदर्द और फ्लू के लक्षणों के लिए निर्धारित हैं। शोधकर्ताओं ने अपने अध्ययन में पाया है कि यह दवाएं इम्यूनिटी सिस्टम को मजबूत बनाकर कोरोना वायरस से बचाव कर सकती हैं।

ऐसे हुआ अध्ययन

फाइथोथेरेपी रिसर्च जर्नल में भी प्रकाशित अध्ययन से पता चलता है कि इन दवाओं का क्लिनिकल ट्रायल लगभग एक साल तक नई दिल्ली स्थित हकीम अब्दुल हमीद सेंटेंरी हस्पताल में किया गया। यह अध्ययन हमदर्द इंस्टीट्यूट ऑफ मेडिकल साइंसेज एंड रिसर्च (HIMSR) के एलोपैथिक डॉक्टर, यूनानी हकीम, माइक्रोबायोलॉजिस्ट और बायोकेमिस्ट का एक शोध दल ने किया। इस क्लिनिकल स्टडी का संचालन सितम्बर 2020 से मई 2021 के बीच किया गया था। कुल 6961 लोगों को इस अध्ययन के लिए स्क्रीन किया गया और 251 निगेटिव आरटीपीसीआर और एंटीवाडी वाले लोगों को इस क्लिनिकल स्टडी में शामिल किया गया। इन 251 लोगों को अलग अलग ग्रुप में रेडमाइज्ड किया गया जिसमें 52 हाई रिस्क वाले लोगों को इन्फ्यूजा, 51 को कुलजुम, 51 को इन्फ्यूजा और कुलजुम और 53 को कंट्रोल ग्रुप में रखा गया।

इंफूजा और कुलजुम का कॉम्बिनेशन है असरदार

शोधकर्ताओं ने अपने अध्ययन में पाया कि इंफूजा और कुलजुम का कॉम्बिनेशन कोरोना के गंभीर मामलों में संक्रमण को रोक सकता है। शोधकर्ताओं का मानना है कि इन दवाओं में हर्बल पौधों की कई सामग्रियां शामिल हैं और यही वजह है कि इनमें कोरोना संक्रमण की रोकथाम की क्षमता है। ट्रायल के दौरान 14 दिनों तक इन्फ्यूजा 2.5 ml को 100ml गुनगुने पानी में दो बार पीने के लिए दिया गया और 5 बूंदें (0.5ml) कुलजुम की स्टीम के साथ इन्हेल करने को दी गयीं।

इम्यूनिटी सिस्टम को मजबूत बनाने में सहायक

इस स्टडी में कंट्रोल ग्रुप के 15.09 प्रतिशत सदस्य कोविड से संक्रमित हुए जबकि इंफ्यूजा ग्रुप के केवल 7.69 प्रतिशत, कुलजुम ग्रुप के 3.92 प्रतिशत और कुलजुम इंफूजा ग्रुप के केवल 1.96 प्रतिशत सदस्यों को कोविड संक्रमण हुआ। यह संक्रमण कुलजुम और इंफूजा दोनों दवाओं के सेवन वाले ग्रुप में सबसे कम व आंकड़ों की दृष्टि से महत्वपूर्ण पाए गये। इस अध्ययन से कुलजुम और इंफूजा के सिनर्जिस्टिक प्रभाव का कोविड-19 की रोकथाम में असरदार होना साबित हुआ। यह दोनों दवाएं प्रतिरोधक क्षमता को मजबूत करते हैं।