



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20221014

Lab-grown brain cells

Lab-grown brain cells learn to play video game Pong (The Tribune: 20221014)

Research has for the first time shown that brain cells living in a dish can perform goal-directed tasks

<https://www.tribuneindia.com/news/health/lab-grown-brain-cells-learn-to-play-video-game-pong-440959>

Scientists have grown 8,00,000 brain cells in a lab that they say have learned to play the 1970s tennis-like video game, Pong.

The research, published recently in the journal Neuron, has for the first time shown that brain cells living in a dish can perform goal-directed tasks.

The team, including researchers from Monash University, RMIT University, University College London and the Canadian Institute for Advanced Research are now going to find out what happens when their DishBrain is affected by medicines and alcohol.

To conduct the experiment, the researchers took mouse cells from embryonic brains as well as some human brain cells derived from stem cells and grew them on top of microelectrode arrays that could both stimulate them and read their activity.

Electrodes on the left or right of one array were fired to tell Dishbrain which side the ball was on, while distance from the paddle was indicated by the frequency of signals.

Feedback from the electrodes taught DishBrain how to return the ball, by making the cells act as if they themselves were the paddle, the researchers said.

“We have shown we can interact with living biological neurons in such a way that compels them to modify their activity, leading to something that resembles intelligence,” said study lead author Brett Kagan, Chief Scientific Officer of Melbourne-based biotech start-up Cortical Labs.

“DishBrain offers a simpler approach to test how the brain works and gain insights into debilitating conditions such as epilepsy and dementia,” said Hon Weng Chong, Chief Executive Officer of Cortical Labs.

While scientists have for some time been able to mount neurons on multi-electrode arrays and read their activity, this is the first time that cells have been stimulated in a structured and meaningful way.

“In the past, models of the brain have been developed according to how computer scientists think the brain might work,” Kagan said.

“That is usually based on our current understanding of information technology, such as silicon computing. But in truth we don’t really understand how the brain works,” said Kagan.

By building a living model brain from basic structures in this way, scientists will be able to experiment using real brain function rather than flawed analogous models like a computer.

The researchers, for example, will next experiment to see what effect alcohol has when introduced to DishBrain.

“We’re trying to create a dose response curve with ethanol—basically get them ‘drunk’ and see if they play the game more poorly, just as when people drink,” said Kagan.

That potentially opens the door for completely new ways of understanding what is happening with the brain, the researchers said.

“This new capacity to teach cell cultures to perform a task in which they exhibit sentience—by controlling the paddle to return the ball via sensing—opens up new discovery possibilities which will have far-reaching consequences for technology, health, and society,” said Adeel Razi, director of Monash University’s Computational & Systems Neuroscience Laboratory.

The findings also raise the possibility of creating an alternative to animal testing when investigating how new drugs or gene therapies respond in these dynamic environments.

“We have also shown we can modify the stimulation based on how the cells change their behaviour and do that in a closed-loop in real time,” said Kagan.

Booster

Pfizer, BioNTech's updated booster protects against Omicron in human trial (The Tribune: 20221014)

Omicron-tailored shots made by Pfizer and Moderna Inc have already been given the green light by several countries

<https://www.tribuneindia.com/news/health/pfizer-biontechs-updated-booster-protects-against-omicron-in-human-trial-440928>

Pfizer, BioNTech's updated booster protects against Omicron in human trial

Photo for representational purpose only.

Pfizer and its German partner BioNTech said their COVID-19 vaccine booster, adapted for the BA.4 and the BA.5 subvariants, generated a strong immune response and was well tolerated in testing on humans.

With the results, which the companies described as consistent with preclinical data, the partners are following up with human trial data that had previously been missing from their successful filings for regulatory approval.

In a joint statement on Thursday, the companies said data from a trial in adult patients showed the booster dose led to a substantial increase in neutralising antibody levels against the BA.4/BA.5 variants after one week.

Omicron-tailored shots made by Pfizer and Moderna Inc have already been given the green light by several countries, including in the United States for adults and, more recently, for children as young as 5 years.

Healthcare regulators for the European Union and the United States had already approved the upgraded shot last month, even though trial data from testing on humans had at the time not been available.

But they felt sufficiently encouraged from human study results on a similar shot targeting the BA.1 subvariant and on the established vaccine based on the original virus detected in China in late 2019.

"While we expect more mature immune response data from the clinical trial of our Omicron BA.4/BA.5-adapted bivalent vaccine in the coming weeks, we are pleased to see encouraging responses just one week after vaccination in younger and older adults," said Pfizer Chief Executive Albert Bourla.

While the European Medicines Agency has also cleared shots that address the BA.1 subvariant, the U.S. Food and Drug Administration has focused its response for immunity against the fast spreading Omicron variant only on BA.4/5-adapted shots.

Both are known as bivalent in that they target both the original virus as well as Omicron subvariants.

The preliminary data on Thursday also showed that, in the age group of adults older than 55, the new bivalent shot triggered a better neutralizing antibody response against the Omicron BA.4/5 subvariant than the established shot based on the initial form of the virus.

Smoking, diabetes, obesity

Smoking, diabetes, obesity bigger risk factors for Covid death than heart ailment: Study(The Tribune: 20221014)

<https://www.tribuneindia.com/news/health/smoking-diabetes-obesity-bigger-risk-factors-for-covid-death-than-heart-ailment-study-440927>

Patients with cardiovascular disease were found to have close to a 30 per cent higher mortality rate than critically ill Covid patients without the pre-existing condition

Smoking, diabetes, obesity bigger risk factors for Covid death than heart ailment: Study

Photo for representational purpose only. Thinkstock

Risk factors for cardiovascular disease such as obesity, smoking and diabetes, rather than preexisting heart disease, are the main contributors to death and poor outcomes among critically ill COVID-19 patients, according to a study.

Patients with cardiovascular disease were found to have close to a 30 per cent higher mortality rate than critically ill COVID patients without the pre-existing condition. However, when adjusted for risk factors—including age, sex, race, smoking and others—that relationship was no longer statistically significant.

“The fact that the association between cardiovascular disease and death was so heavily diminished when accounting for comorbidities suggests that cardiovascular risk factors rather than preexisting heart disease are the main contributors to in-hospital death in patients with severe COVID-19,” said senior author Salim Hayek.

The team, led by researchers at the University of Michigan in the US, analysed outcomes for more than 5,100 patients admitted to intensive care units at 68 centers across the US with severe COVID between March and June of 2020.

Of those patients, 1,174 had either pre-existing coronary artery disease, congestive heart failure or atrial fibrillation.

A total of 34.6 per cent of patients died within 28 days and nearly 18 per cent suffered a cardiovascular event, such as cardiac arrest or myocarditis.

Researchers say the association between such events and death did not differ between patients with and without pre-existing heart disease

The study, published in the journal *Circulation: Cardiovascular Quality and Outcomes*, found that the presence of myocardial injury was associated with cardiovascular events and death, regardless of whether a patient had pre-existing heart disease.

Myocardial injury was common among patients in the ICU, occurring in nearly half of patients who had heightened levels of troponin, a protein released when the heart muscle is damaged.

Patients with the highest troponin measurements were nearly three times more likely to die than those without myocardial injury, the researchers said in a statement.

“While patients with severe COVID commonly had signs of cardiac injury, our findings reinforce COVID-19 as a pulmonary disease with multi-organ injury related to systemic inflammation,” Hayek said.

“The evidence of heart damage that we frequently see in patients with severe COVID-19 is more likely a reflection of the severity of the illness and the stress it imparts on all organs, rather than the development of new complications or the exacerbation of preexisting heart disease,” he said.

The findings should not minimise the fact that patients with cardiovascular disease are still at risk for death due to COVID-19, as they have a high burden of risk factors for the disease, such as diabetes, hypertension and smoking, says co-first author Alexi Vasbinder.

“We are currently working on studies to further define groups of patients with COVID-19 at highest risk for severe outcomes, such as those with advanced heart failure or coronary artery disease,” Vasbinder said.

Cardiovascular disease is a common condition among patients who suffer severe COVID illness, given its prevalence among older adults and associated chronic inflammation.

In the study, age, obesity and diabetes were much stronger predictors of death due to COVID, the researchers added.

Child malnutrition

Child malnutrition soars in central Somalia, area on verge of famine (The Tribune: 20221014)

<https://www.tribuneindia.com/news/health/child-malnutrition-soars-in-central-somalia-area-on-verge-of-famine-440918>

Of more than 98,000 children screened between the ages of 6 and 59 months, 59 per cent were suffering from acute malnutrition, including 24 per cent whose cases were classified as severe

Acute malnutrition is surging among children displaced by drought and conflict in a part of central Somalia teetering on the edge of famine, according to a survey conducted by humanitarian agencies.

The United Nations warned at the beginning of September that two districts were projected to face famine between October and December, with more than half a million children in Somalia at risk of dying from malnutrition.

A screening conducted from Sept. 19-24 by U.N. agencies and other humanitarian groups in camps for internally displaced people in the Baidoa district found the situation quickly deteriorating.

Of more than 98,000 children screened between the ages of 6 and 59 months, 59 per cent were suffering from acute malnutrition, including 24 per cent whose cases were classified as severe, the report seen by Reuters shows.

A previous screening in June and July found 28.6 per cent of children in the camps were suffering from acute malnutrition, including 10.2 per cent with severe cases.

The two screenings used different methodologies, so the figures cannot be directly compared, but aid workers said the results clearly indicate a steep rise in hunger since July despite a massive scale-up of food aid

“These very high malnutrition rates from the mass screenings are alarming and indicative of a rapidly deteriorating situation,” said Petroc Wilton, head of communications in Somalia for the World Food Programme (WFP), one of the U.N. agencies involved in the survey.

The last four rainy seasons in the Horn of Africa region have failed, making this the worst drought in 40 years. The crisis has been exacerbated by attacks by al Shabaab Islamist militants and high global food prices.

An area is considered to be experiencing famine when at least 30 per cent of children are suffering from acute malnutrition, at least 20 per cent of households face an extreme lack of food, and at least two out of every 10,000 people are dying each day from malnutrition or related diseases, according to the Integrated Food Security Phase Classification (IPC) Initiative.

The initiative involves the United Nations, non-governmental organisations and governments. An IPC Famine Review Committee of four to six independent experts is responsible for approving any famine declaration

In Somalia’s last famine in 2011, half of the more than 250,000 victims were later determined to have died before the famine was officially declared. Reuters

Mediterranean diet

Mediterranean diet improves immunotherapy response rates, progression-free survival in melanoma patients (The Tribune: 20221014)

<https://www.tribuneindia.com/news/health/mediterranean-diet-improves-immunotherapy-response-rates-progression-free-survival-in-melanoma-patients-440277>

Mediterranean diet improves immunotherapy response rates, progression-free survival in melanoma patients

A Mediterranean diet high in fibre, monounsaturated fatty acids, and polyphenols has been linked to improved immunotherapy response rates and progression-free survival in patients with advanced melanoma, according to a new study.

Experts anticipate that the diet will play an important role in the success of immunotherapy and trials are being expanded to investigate outcomes for different tumour types, including digestive cancers.

A Mediterranean diet, containing mono-and polyunsaturated fats from olive oil, nuts and fish, polyphenols and fibre from vegetables, fruit, and wholegrains, was significantly associated with an improved response to immunotherapy drugs called Immune Checkpoint Inhibitors (ICIs). ICIs, which have been highly successful in treating melanoma, work by blocking immune system checkpoints, which then force the body's own T-cells to attack cancers.² The new multi-centre study by researchers from the UK and the Netherlands, recorded the dietary intake of 91 patients with advanced melanoma, who were treated with ICI drugs and monitored their progress with regular radiographic response check-ups.

As well as having a significant association with overall response rate, a Mediterranean diet was significantly associated with progression-free survival at 12 months.

Laura Bolte, author of the study and PhD candidate under supervision of Prof. Rinse Weersma from the University Medical Center Groningen, Netherlands, commented, "ICI has helped to revolutionise the treatment of different types of advanced cancers. Our study underlines the importance of dietary assessment in cancer patients starting ICI treatment and supports a role for dietary strategies to improve patient outcomes and survival." The study also found that eating wholegrains and legumes reduced the likelihood of developing drug induced immune-related side effects, such as colitis. In contrast, red and processed meat was associated with a higher probability of immune-related side effects.

"The relationship of ICI response with diet and the gut microbiome opens a promising and exciting future to enhance treatment responses. Clinical trials investigating the effect of a high fibre diet, ketogenic diet and supplementation of omega-3 are underway. Since ICI therapy is being expanded to various tumour types, including digestive cancers, these studies could unlock treatment benefits for a large group of cancer patients in the future," added Laura Bolte.

Ayurvedic

Which Ayurvedic drinks are good for losing weight? What's the Ayurvedic way of eating? (Indian Express: 20221014)

<https://indianexpress.com/article/lifestyle/health-specials/ayurvedic-drink-weight-loss-eating-8207867/>

Ayurveda prescribes a fixed meal time for proper digestion and assimilation of food. Of course, how the food is prepared is also important. The dietician team at CGH Earth's Kalari Rasayana Ayurveda Hospital gives us some easy and implementable tips

Ayurveda has six tastes or rasas: sweet, sour, salty, bitter, spicy, and astringent.

Food should be eaten only when the last meal has been digested properly and one feels hungry and enthusiastic about eating. Our body exhibits hunger when it needs food. Snacking without hunger, especially if it is done at night, will cause indigestion. Activities like laughing, talking, and watching television while eating should be avoided. Eating when we are anxious, worried, deep in thought, angry, or sad is not a good idea. Or in other words, eating when one is emotionally compromised must be avoided.

Home-grown monoclonal antibody

Home-grown monoclonal antibody works against most COVID-19 variants (Indian Express: 20221014)

<https://indianexpress.com/article/lifestyle/health-specials/home-grown-monoclonal-antibody-works-against-most-covid-19-variants-8207109/>

Scientists from ICGEB and National Institute of Malaria Research collaborated with Emory Vaccine Centre (Atlanta, USA) for the study funded by the Indian Council of Medical Research (ICMR). It is now up for a patent.

Potently neutralising antibodies are well established prophylactic or therapeutic options, which work primarily by neutralising the virus. (Representational)

A team of Indian scientists has developed a unique monoclonal antibody that maintains its neutralising efficacy against most key COVID-19 variants, including Omicron sublineages. The team has filed for a patent.

Type 3C diabetes

Are you experiencing unexplained weight loss or stomach pain? Or feeling tired all the time? You could be suffering from Type 3C diabetes (Indian Express: 20221014)

<https://indianexpress.com/article/lifestyle/health-specials/do-you-have-low-blood-sugar-you-could-be-suffering-from-type-3c-diabetes-8207075/>

Type 3C diabetes is a type that occurs because of a damage to the pancreas, may be because of an illness or condition, and is often misdiagnosed or under-reported, says Dr Suranjit Chatterjee, Senior Consultant, Internal Medicine, Indraprastha Apollo Hospitals

Type 3C diabetes is a type of diabetes that occurs because of damage to the pancreas, may be because of an illness or condition that affects it. (Representational image)

The most important aspect of diabetes treatment is identification. And with most of us aware of Type 1 and Type 2 diabetes — needless to say these two are the most dominant — seldom do we look at other variants. Worse, we may end up misdiagnosing them. One such is diabetes

type-3c, which is often not detected in time across the globe. The only way it can be identified is if diabetics are regular with their symptoms and follow-ups with their doctors on a routine basis.

Memory

Forgotten where you kept your car keys? Take a run and jog your memory, says new study (Indian Express: 20221014)

<https://indianexpress.com/article/lifestyle/health-specials/intensity-of-exercise-and-memory-connection-study-8206061/>

Cognitive functions, including working memory and attention span, are said to benefit from physical exercise. A person exercising regularly for six months will be able to perform memory tasks better than people exercising once a month or two, says Dr Vipul Gupta, Director, Neuro-Intervention, Artemis Agrim Institute of Neurosciences, Artemis Hospital

Although a number of earlier studies had shown that high-intensity exercise improves memory, this study classifies which category of exercise is good for which type of memory. (Representational image via Unsplash)

If you've begun to forget where you left your car keys or are searching for your glasses when they are on your head, then you've got to read this. Usually moderate to intense activity is associated with lowering of cardiac and blood sugar risks. But latest research shows that it can also help us improve our memory.

Obesity and metabolic syndrome

Eating late might make you obese, confirms new study. Good news? Eat early and keep fat at bay (Indian Express: 20221014)

<https://indianexpress.com/article/lifestyle/health-specials/eat-early-and-keep-fat-at-bay-8205739/>

The results revealed that eating later had a 'profound effect on hunger' and appetite-regulating hormones leptin and ghrelin, which influence our drive to eat. Specifically, leptin, which signals satiety, decreased across the 24 hours in the late eating condition compared to the early eating conditions. Nutritionists and dieticians decode the findings

Obesity and metabolic syndrome are risk factors for late eating. (Pexels/ Representational)

If you are one of those who believes in late dinners and midnight snacking, then know that you alone are the cause of many illnesses and conditions. Now these are completely avoidable if you shift the heavier food during the earlier part of the day, preferably in the first half.

COVID-19 pandemic

How the COVID-19 pandemic altered the vaccine story in India (The Hindu: 20221014)

<https://www.thehindu.com/sci-tech/health/medicine-and-research/how-the-covid-19-pandemic-altered-the-vaccine-story-in-india/article65991315.ece>

Indian vaccine manufacturers and regulators have changed the way they conceive, test and evaluate vaccines, emboldening them to apply emerging technologies to old diseases and experiment with new ways to inoculate

Last week, Twitter temporarily blocked a post by Florida's surgeon general Joseph A. Ladapo. He had advised against the use of mRNA COVID-19 vaccines on young men, who he said could be at a greater risk of developing cardiac-related issues. Ladapo received a vociferous blowback from the medical community. Indeed, the coronavirus vaccine story is far from over, still making headlines with great regularity.

Breast cancer

Breast cancer incidence is second highest in Bengaluru after Chennai (The Hindu: 20221014): 20221014)

<https://www.thehindu.com/news/national/karnataka/breast-cancer-incidence-is-second-highest-in-bengaluru-after-chennai/article66001555.ece>

According to data from Karnataka's Population-based cancer registry, it is estimated that annually over 9,800 new cases of breast cancers are diagnosed in Karnataka apart from a prevalence of nearly 30,000 cases

Incidence of breast cancer in Bengaluru, which was the third highest in the country after Hyderabad and Chennai till last year, jumped to the second highest at 40.5 per lakh (age-adjusted rate — AAR) this year. The highest incidence is in Chennai at 42.2 per lakh.

This is a huge increase in Bengaluru when compared with the AAR of 15 per lakh in 1982, according to Karnataka's Population-based Cancer Registry (PBCR). October is observed as breast cancer awareness month.

NHRC

NHRC issues advisory on preventing ocular trauma (The Hindu: 20221014)

<https://www.thehindu.com/news/national/nhrc-issues-advisory-on-preventing-ocular-trauma/article65996366.ece>

The commission recommends mandatory accident cover, online registry and ban on sale of hazardous products in order to prevent such trauma

The National Human Rights Commission on Tuesday issued an advisory to the Union and State Governments to prevent and minimise the impact of ocular trauma, which it said causes 5% of permanent blindness.

The NHRC asked the government to identify the industries that have a high potential of ocular trauma and make it mandatory for such units with 50 workers or more to have accident cover of ₹15 lakh for each worker. The commission also asked the government to set up an online portal to record details of each case of ocular trauma and make it mandatory for hospitals and medical practitioners to upload details of such cases onto the portal.

Heart problems

Video games may trigger lethal heart problems in some children: Study(The Hindu: 20221014)

<https://www.thehindu.com/sci-tech/health/video-games-may-trigger-lethal-heart-problems-in-some-children-study/article65996762.ece>

Across the 22 cases researchers found, multiplayer war gaming was the most frequent trigger.

Playing video games may lead to life-threatening irregular heartbeat in susceptible children whose predisposition may have been previously unrecognised, according to a study.

The research, published recently in the journal Heart Rhythm, documents an uncommon, but distinct pattern among children who lose consciousness while playing video games.

VINCOV-19, country's first anti-dote for COVID

VINCOV-19, country's first anti-dote for COVID, ready for phase 3 trials, market authorisation (The Hindu: 20221014)

<https://www.thehindu.com/sci-tech/health/vincov-19-the-countrys-first-anti-dote-for-covid-ready-for-phase-3-trials-market-authorisation/article65996585.ece>

‘VINCOV-19’ touted to be the country’s first antidote and a cure against SARS-CoV-2 virus.

The University of Hyderabad (UoH) and CSIR-Centre for Cellular & Molecular Biology (CCMB) in collaboration with VINS Bioproducts Limited, an immunological company based here, have announced the successful completion of phase 2 clinical trials of 'VINCOV-19', touted to be the country's first antidote and a cure against SARS-CoV-2 virus. VINCOV-19 is now ready for market authorisation and for simultaneous phase 3 clinical trials, said an official UoH spokesperson on Tuesday.

Phase 2 clinical trials were conducted across multiple centres in the country involving over 200 patients and were completed in September. These trials also included testing the antidote against the Omicron variant to ensure maximum coverage against the virus and its known mutations.

Anxiety

How anxiety can look different in children (The Hindu: 20221014)

<https://www.thehindu.com/sci-tech/health/how-anxiety-can-look-different-in-children/article65991440.ece>

Families and children who have struggled during the pandemic may need additional support in settling back into "COVID-normal" life.

Throughout the pandemic, many families have struggled with fears about COVID, employment and lock-downs – all while experiencing disruption to things like school, childcare, social support services and beloved activities. It has been stressful for some, traumatic for others.

So it may be no surprise to learn many children have been affected by anxiety during the pandemic, especially while under lockdown.

Dates

हमारे पास 15 कारण हैं, जो बनाते हैं भीगे हुए खजूर को आपकी सेहत के लिए फायदेमंद (Hindustan: 20221014)

<https://www.livehindustan.com/lifestyle/story-here-we-have-15-reasons-why-soaked-dates-are-good-for-your-health-7217038.html>

खजूर में सिर्फ प्रोटीन ही नहीं होता, बल्कि और भी बहुत सारे पौष्टिक तत्व होते हैं। जब आप इन्हें भिगोकर खाती हैं, तो ये आपके लिए और भी ज्यादा फायदेमंद हो जाता है। हमारे पास है इसके 15 कारण।

हमारे पास 15 कारण हैं, जो बनाते हैं भीगे हुए खजूर को आपकी सेहत के लिए फायदेमंद

आज के समय में अगर कोई सबसे बड़ी चुनौती है तो वो है हेल्दी रहना। एक्सरसाइज, वॉक, ग्रीन टी ये वे उपाय हैं, जिन पर ज्यादातर लोग भरोसा करते हैं। पर सिर्फ यही नहीं, आयुर्वेद में और भी ऐसे कई उपाय हैं, जो बदलते मौसम में आपकी सेहत का खयाल रख सकते हैं। ऐसा ही एक उपाय है भीगे हुए खजूर का सेवना। जी हां, सूखे खजूर से भी ज्यादा फायदेमंद है भीगे हुए खजूर का सेवना। हम बता रहे हैं ऐसे 15 कारण जो इसे आपकी

सेहत के लिए फायदेमंद बताते हैं। तो फिर क्या आप तैयार हैं अपने रूटीन में खजूर की मिठास घोलने को! अधिक जानने के लिए इस लिंक पर क्लिक करें - हमारे पास 15 कारण हैं, जो बनाते हैं भीगे हुए खजूर को आपकी सेहत के लिए फायदेमंद

Overthinking

जरूरत से ज्यादा सोचने पर दिखाई देने लगते हैं ये लक्षण, ओवरथिंक से बचने के लिए अपनाएं ये उपाय(Hindustan : 20221014)

<https://www.livehindustan.com/lifestyle/health/story-a-psychotherapist-shares-the-tips-to-stop-overthinking-and-negative-thoughts-7208355.html>

Symptoms of Overthinking: यह एक तरह की मानसिक समस्या है, जिससे बाहर निकलना बेहद जरूरी होता है। अगर आपको भी लगता है कि आप अपने रिश्ते में कई बार ओवरथिंक करने लग जाते हैं तो इस समस्या से बाहर निकलने में

जरूरत से ज्यादा सोचने पर दिखाई देने लगते हैं ये लक्षण, ओवरथिंक से बचने के लिए अपनाएं ये उपाय

How To Stop Overthinking: अक्सर कुछ लोगों की आदत होती है कि वे रिलेशनशिप में ओवरथिंक करना शुरू कर देते हैं, यानि जरूरत से ज्यादा सोच लेते हैं। लोगों की इस आदत की वजह से कई बार वो अपना रिश्ता खराब कर लेते हैं। हालांकि ऐसा करने वाले लोगों को इस बात का बिल्कुल अहसास नहीं होता कि वो ओवरथिंक कर रहे हैं। यह एक तरह की मानसिक समस्या है, जिससे बाहर निकलना बेहद जरूरी होता है। अगर आपको भी लगता है कि आप अपने रिश्ते में कई बार ओवरथिंक करने लग जाते हैं तो इस समस्या से बाहर निकलने में मदद करेंगे गेटवे ऑफ हीलिंग की संस्थापक और निदेशक व साइकोथैरेपिस्ट डॉ. चांदनी के ये टिप्स।

ओवरथिंक को कैसे पहचानें-

-किसी एक बात को बार-बार सोचना और अपनी सोच के कारण अपने पार्टनर से बार-बार लड़ना, ओवरथिंक के लक्षणों में से एक है।

-बार-बार एक बात को लेकर फोन करना, ओवरथिंक के लक्षणों में से एक है।

-अपनी सोच के आधार पर निर्णय लेना, ओवरथिंक के लक्षणों में आता है।

कैसे बंद करें ज्यादा सोचना ?

1-ज्यादा सोचने की आदत किसी डर या चिंता के कारण पनपती है। ऐसे में इस समस्या को रोकने के लिए सबसे पहले डर और चिंता को पहचानिए।

2-आप ये सोचें कि जो विचार आपके मन में आ रहे हैं उनका परिणाम क्या होगा। जब आपको पहले से परिणाम पता होंगे तो अपने डर का सामना करने पर आपको सामान्य महसूस होगा। ऐसा करने से ओवरथिंकिंग की समस्या दूर हो सकती है।

3-आपको समय-समय पर टेक्स्ट मैसेज और सोशल मीडिया पोस्ट चेक करने से बचना चाहिए। किसी मैसेज का विश्लेषण करने की कोशिश न करें और सोशल पर घंटों बैठने से भी बचें।

4-यदि आपको लगता है कि कुछ ट्रस्ट इशू हैं तो ऐसे में आप किसी ऐसे से बात करें जिसका नजरिया आपसे थोड़ा अलग हो। इसके लिए आप किसी करीबी दोस्त या माता-पिता से बात कर सकती हैं।

5-यदि आप अकेले रहेंगे तो ज्यादा सोचेंगे। ऐसे में आप समस्याओं को दूसरों के साथ साझा करेंगे तो आपको चीजों को एक अलग नजरिए से देखने में मदद मिलेगी।

6-ओवरथिंकिंग तब होती है जब आप बेकार बैठते हैं और आपका दिमाग अन्य कार्यों पर केंद्रित नहीं होता। ऐसे में खाली समय में कुछ क्रिएटिव कार्य करने का प्रयास करें।

7-यदि आप इस समस्या से नहीं निकल पा रहे हैं और अपने विचारों के कारण उनके जीवन और रिलेशन पर नकारात्मक असर पड़ रहा है तो ऐसे में किसी एक्सपर्ट की मदद जरूर लें। एक्सपर्ट इस स्थिति से निकालने में आपकी मदद करेंगे।