



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20221020

Depression treatment

Depression treatment can rewire human brain study shows (The Tribune: 20221020)

<https://www.tribuneindia.com/news/health/depression-treatment-can-rewire-human-brain-study-shows-442803>

The researchers studied 109 patients with serious depression and compared them with 55 healthy controls

Depression treatment can rewire human brain, study shows

Photo for representational purpose only. iStock

Depression treatments have the ability to rewire the human brain, according to a study that calls into question the belief that the structure of the adult brain is generally rigid.

Researchers at the University of Muenster in Germany have shown that in-patient treatment for depression can lead to an increase in brain connectivity.

Those patients who respond well to this treatment show a greater increase in connectivity than those who do not, they said.

The study, presented at the European College for Neuropsychopharmacology Congress in Vienna, Austria, calls into question the belief that the structure of the adult brain is generally rigid and incapable of rapid changes.

The researchers found that patients who responded well to anti-depression treatment, showed a greater increase in connectivity than those who did not.

“We found that treatment for depression changed the infrastructure of the brain, which goes against previous expectations,” said study lead researcher Professor Jonathan Repple.

“Treated patients showed a greater number of connections than they had shown before treatment,” Repple said.

The researchers studied 109 patients with serious depression and compared them with 55 healthy controls.

Their brains were scanned using an MRI scanner which had been set up to identify which parts of the brain were communicating with other parts, determining the level of connections within the brain.

The patients were then treated for depression, some with electroconvulsive therapy (ECT), some with psychological therapy or medication, some with a combination of all therapies.

After treatment they were then rescanned and the number of connections recounted. They were also retested for symptoms of depression.

“Moreover, those who showed the most response to treatment had developed a greater the number of new connections than those who showed little response,” Repple said.

“A second scan showing that there are no time effects in healthy controls supports our findings that we see something that is related to the disease and more importantly the treatment of this disease,” said Repple.

“We don’t have an explanation as to how these changes take place, or why they should happen with such different forms of treatment,” he added.

The findings align very much with the current belief that the brain has much more flexibility in adaptation over time than was previously thought.

“This means that the brain structure of patients with serious clinical depression is not as fixed as we thought, and we can improve brain structure within a short time frame, around 6 weeks,” said Eric Ruhe, from Rabdoud Medical Center, Nijmegen, the Netherlands .

“We found that if this treatment leads to an increase in brain connectivity, it is also effective in tackling depression symptoms,” said Ruhe, who was not involved in the study.

This gives hope to patients who believe nothing can change and they have to live with a disease forever, because it is ‘set in stone’ in their brain, Ruhe added.

kids infected with Covid

Over 14.8 mn US kids infected with Covid (The Tribune: 20221020)

<https://www.tribuneindia.com/news/health/over-14-8-mn-us-kids-infected-with-covid-442780>

Over 14.8 million children in the US have tested positive for Covid-19 since the onset of the pandemic in early 2020, according to the latest report by the American Academy of Pediatrics (AAP) and the Children's Hospital Association.

Nearly 163,000 of these cases have been added in the past four weeks, Xinhua news agency quoted the report as saying on Tuesday.

For the week ending October 13, nearly 28,000 child Covid-19 cases were reported, a decrease from the previous week.

This marked the first time reported weekly child cases have dropped below 30,000 since early April, according to the report.

There is a need to collect more age-specific data to assess the severity of illness related to new variants as well as potential longer-term effects, said the AAP.

"It is important to recognise there are immediate effects of the pandemic on children's health, but importantly we need to identify and address the long-lasting impacts on the physical, mental, and social well-being of this generation of children and youth," said the Academy.

Tobacco

Not just tobacco, alcohol too top driver of oral cancer: New research(The Tribune: 20221020)

<https://www.tribuneindia.com/news/health/not-just-tobacco-alcohol-too-top-driver-of-oral-cancer-new-research-442528>

‘Cessation of tobacco smoking and alcohol consumption has a preventive effect on incidence of oral cancer and probably also decreases risk of oral potentially malignant disorders’

A group of international experts convened by the International Agency for Research on Cancer (IARC), in the first evaluation of oral cancer prevention strategies worldwide, has found that tobacco smoking and alcohol consumption were the main drivers of oral cancer in most countries but the use of smokeless tobacco and chewing of areca nut products were the top causes of oral cancer in many countries, mainly in South and Southeast Asia.

A special report by experts, published today in the New England Journal of Medicine, calls for screening of high risk populations by clinical oral examination to reduce mortality from oral cancer.

In 2020, cancer of the lip and oral cavity was estimated to rank 16th in incidence and mortality worldwide and was the common cause of death in men across much of South and SouthEast Asia and the Western Pacific.

“Risk factors for oral cancer are dominated by tobacco, both smoked and smokeless, and alcohol consumption,” the paper says.

It says cessation of tobacco smoking and alcohol consumption has a preventive effect on the incidence of oral cancer and probably also decreases the risk of oral potentially malignant disorders.

Given that the combined effect of tobacco smoking and alcohol consumption is greater than multiplicative, smoking cessation reduces the risk of oral cancer in persons who continue drinking alcohol.

“Similarly, the benefits of cessation in the use of areca nut products with or without tobacco have been established,” the group said, asking nations to consider these prevention strategies.

Leading epidemiologist Ravi Mehrotra was part of the expert group.

Commenting on the work, Béatrice Lauby-Secretan, Deputy Head of the Evidence Synthesis and Classification Branch at IARC and a co-author of the report said, “This IARC Handbook provides a first-time evaluation of primary and secondary prevention of oral cancer. The Working Group evaluated: interventions for quitting use of smokeless tobacco and areca nut products; the benefits of quitting use of these products, quitting tobacco smoking, and quitting alcohol consumption; and the effectiveness of current oral cancer screening methods. The Working Group also reviewed the implementation of bans on sale and other policies to control the use of smokeless tobacco and areca nut products. This work thus contributes to IARC’s mission to serve low- and middle-income countries.”

Why a 30-minute run, dance and planks can prevent osteoporosis (Indian Express: 20221020)

<https://indianexpress.com/article/lifestyle/health-specials/why-a-30-minute-run-dance-and-planks-can-prevent-osteoporosis-8219063/>

Planning and proper management for osteoporosis are vital as treatment needs to be individualised, depending on the severity, age and risk factors, says Dr Aarti Ullal, Consultant Endocrinologist, Global Hospital, Parel, Mumbai

The common symptoms of osteoporosis are lower back pain, curved or stooped back, height loss, fractures of the spine, hip or wrist with minimal injury. (Representational image)

Breast cancer

One ignored a pain, the other a knot: Breast cancer survivors on what not to ignore (Indian Express: 20221020)

<https://indianexpress.com/article/lifestyle/health-specials/one-ignored-a-pain-the-other-a-knot-breast-cancer-survivors-on-what-not-to-ignore-8219240/>

‘Women above 40, especially those with a family history of cancer, should go for a mammogram, once every two or three years. This is the Indian recommendation. In America, they do it once a year. We do not want to expose our bodies to unnecessary radiation because, unlike them, we also do a thorough clinical evaluation,’ says Dr P K Julka, Principal Director,

Medical Oncology, Max Institute of Cancer Care. A reckoner for International Breast Cancer Awareness Day

Max Breast Awareness at Max Institute of Cancer Care, Lajpat Nagar

Back in 1995, 66-year-old Sucheta Sachdev did not do what she asks women to do now. A guide in a breast cancer support group, she talks of her journey 27 years ago. “I had an excruciating pain in my right breast, which I ignored for a long time. I had slipped and fallen on a bathroom tap and I thought that the pain and a slight protrusion was because of that. I went to Moolchand Hospital and they sent the scar tissue for a biopsy.

Diabetic

Can a diabetic have sweets during Diwali? Is dry wine safe to drink? (Indian Express: 20221020)

<https://indianexpress.com/article/lifestyle/health-specials/diwali-diabetic-sweets-wine-8218260/>

Limit portion size, never have a sweet with kachori, cut out calories from other components of your diet to keep to your total sugar limits and space out your consumption so that the mithai can be broken down properly, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare

Even the most compliant of patients have asked the doctor how much of mithai is good for them during Diwali in social situations. (Photo: Twitter@ Dr Ambrish Mithal)

“Most patients of mine look for a cheat sheet during Diwali. They postpone their routine consultations for about three months, between the festive season and the new year, simply because they indulge knowingly and do not want to get caught. And inevitably in the new year, they seek advice and medication to roll back their sugar counts. The fact of the matter is this, there is no scope to err among diabetics. If you want to give in to your mithai cravings, then that has got to be done within the diet discipline that keeps your blood sugar levels in check,” says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare.

Toxic ingredients

Your favourite perfume could have ‘more than 100 toxic ingredients’; here’s how they can affect health (Indian Express: 20221020)

<https://indianexpress.com/article/lifestyle/health/fragrances-perfumes-harm-health-causes-pcos-allergy-what-can-be-done-8170383/>

"Since the skin is abundant and has a rich nerve and vascular (blood) system, certain cosmetics and cosmeceuticals can get absorbed," said Dr Smriti Naswa Singh

perfumesCan perfumes cause harm? (Source: Getty Images/Thinkstock)

Do you ever get hives, blisters, allergies, and sometimes even nausea after applying your favourite perfume? If the answer to that question is a yes, you may want to re-think before using fragrances next. That is because, fragrances have "more than 100 toxic ingredients" that can lead to various allergies and other serious complications, according to Ayurvedic expert Dr Aparna Padmanabhan.

World Osteoporosis Day

World Osteoporosis Day: Do we lose height as we age? (Indian Express: 20221020)

<https://indianexpress.com/article/lifestyle/health/world-osteoporosis-day-lose-height-age-bones-health-8218522/>

In order to keep bones healthy, one must walk and do exercises, besides being exposed to sunlight and eating a healthy nutritional diet rich in calcium and vitamin D, said a doctor

World Osteoporosis Day, World Osteoporosis Day 2022, bone health, healthy bones, bones, age, losing height with age, weak bones, indian express newsOsteopenia occurs in the younger population with lack of activity, and is a milder form. (Photo: Getty/Thinkstock)

The body changes as we age, and it is often said that the bones become brittle and lose density with time. Is there any truth to it? On the occasion of World Osteoporosis Day today, Dr Sai Krishna B Naidu, HOD trauma and orthopedics, bone and joint surgery Fortis Hospital, Richmond Road, Bengaluru answered some frequently-asked questions, including if human beings begin to lose height as they make progress in age.

High cholesterol

High cholesterol warning: THESE are the first four noticeable signs of high level of cholesterol in the body? (Times of India: 20221020)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/acid-reflux-vs-gallstones-how-to-determine-the-pain-in-the-upper-abdomen/photostory/94856862.cms?picid=94856962>

01/8High cholesterol and the complications associated with it are dubbed as silent killers

High cholesterol builds up in your body with soft steps. It does not create any disturbance in the initial stages. Even if it does show any warning signs, they are so subtle that it is mostly impossible for people to spot it and act on it.

Hence, high cholesterol and the complications associated with it are dubbed as silent killers.

Read: Can you reverse diabetes without medication?

02/8The subtle warning signs

The subtle warning signs

Pain in legs and hands are not considered serious. These happen due to several reasons ranging from normal ones like doing a strenuous activity to bigger complications.

Unless and until people notice some significant issues in their body they do not get bothered about the pain occurring in the limbs.

According to a health report, pain in the legs is a noticeable warning sign of high cholesterol in the body. In addition to this, pain in thighs, buttocks and calf are also related to high cholesterol.

The report explains that due to high cholesterol plaque deposition happens in the blood vessels. This narrows down the vessels and restricts the flow of the blood as a result of which the leg muscles ache.

The reduced blood flow causes a typical pain when minimum work is done and it goes away when the person is at rest. This patterned pain is an indicator that the muscles are not receiving sufficient blood to function.

04/8What does pain due to cholesterol look like?

What does pain due to cholesterol look like?

A typical leg pain or pain in thighs, calf and buttocks which are due to high cholesterol affect the regular life of an individual.

Leg pain can occur while doing a small physical activity or even walking. Aching, cramping, numbness in the legs and fatigue occur in frequent intervals.

With physical activities the muscles need more blood, which is affected by the narrowed blood vessels which subsequently causes the pain.

These pains go away during rest and again come back with physical activity. In medical terms this is called intermittent claudication.

05/8What are the other signs related to legs and feet?

What are the other signs related to legs and feet?

In connection with high cholesterol, signs like burning sensation in the feet, color change in the skin of legs, toe or foot sores, frequent skin infections in the legs also urge you to get your cholesterol checked.

06/8What should be the ideal level of cholesterol?

A normal cholesterol profile test includes the levels of low density lipoproteins (LDL) or the bad cholesterol, high density lipoproteins (HDL) or the good cholesterol, the triglycerides and the total cholesterol.

If the total cholesterol is below 200 mg/dL it is considered to be normal. A cholesterol level between 200 to 239 mg/dL is considered to be borderline cholesterol and the level above 240 mg/dL is a high cholesterol level.

For people with diabetes and heart disease, the optimal level of LDL is less than 100 mg/dL.

The blame of high cholesterol is often put on an unhealthy lifestyle. Eating fatty foods, eating processed food items, obesity, smoking, and drinking alcohol are some of the lifestyle related factors that contribute to the elevated level of high cholesterol in the body.

Apart from this, hereditary factors also come into play. If you have high cholesterol running in your family history then there is a higher risk of you getting high cholesterol.

08/8How to manage high cholesterol level?

It is always important to bring down the cholesterol to the optimal level. High cholesterol keeps on adding the risk of getting fatal diseases like heart attack, cardiac arrest and stroke.

While medication is an important way to manage cholesterol, it is also important to make changes to lifestyle habits. Incorporating a healthy lifestyle is the key to good health.

More physical activity, less consumption of processed food and more intake of seasonal fruits and vegetables are important to keep progressive diseases like cholesterol in check.

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Having an upper abdominal pain is not uncommon. It can occur due to varied reasons and a variety of health issues. However, two of the most common causes include acid reflux or issues with the gallbladder. Often the two illnesses lead to similar symptoms, which tends to confuse a lot of people. This is when understanding the difference between the two can help make your diagnosis and your treatment easier and more efficient.

Acid reflux refers to when a person's stomach acid travels up the esophagus, leading to heartburn, which is a burning sensation in the chest. Frequent occurrences of acid reflux can lead to gastroesophageal reflux disease (GERD).

A gallbladder is a small organ on the right side of the abdomen, just below the liver. It holds digestive fluid called bile that is released into the small intestine. According to the Mayo Clinic, gallstones are hardened deposits of digestive fluid that can form in your gallbladder. These don't usually cause signs and symptoms but if left untreated for long can demand surgery.

Some of the noticeable symptoms include: sudden and intensifying pain in the upper right portion of your abdomen, in the center of your abdomen, just below breastbone, back pain between shoulder blades, pain in right shoulder and nausea and vomiting.

04/8Is there any relation between acid reflux and gallbladder problems?

Other than the fact that the two lead to similar symptoms, acid reflux and gallstones or any other gallbladder disease have no relation. However, the similarities in the symptoms is often what confuses people.

That said, it is important to differentiate between the two. Here's how...

05/8How to differentiate depending on the location?

Heartburn is a classic symptom of acid reflux. It is characterized by a burning pain that moves up to your abdomen, and to the chest. Most often, it is localized just below the breastbone in the center of the body. This happens because of a weakened lower esophageal sphincter, which is a muscle at the end of the esophagus.

Similarly, a gallbladder problem can also cause upper abdominal pain. But to be precise, it is present in the right upper quadrant, below the ribs on the right side. At times, the pain can radiate to other areas of the body like the chest or the back.

06/8What pain in acid reflux vs. gallbladder issues feels like

Bending over or lying back can intensify and worsen the pain associated with acid reflux. That said, taking an antacid prescribed by a doctor, standing or belching can help relieve symptoms.

If you have a gallbladder problem or gallstones, the pain may vary depending on how far are you with the disease. The pain associated with gallbladder condition is called biliary colic, that occurs due to obstruction usually by stones in the cystic duct or common bile duct of the biliary tree. It can come and go and sometimes can start with great pain.

07/8Timing matters

Pain associated with acid reflux or heartburn usually lasts from a few minutes to a couple of hours. It can intensify when you bend over or lie down. It is often felt after having a big, fatty meal. Gallstones can also cause issues after a meal, but it is not immediate like acid reflux. It is often more sudden and severe that usually lasts 1 to 5 hours.

08/8Having gallstones does not necessarily mean your symptoms are from gallstones

Even though an ultrasound confirms you have gallstones, it does not necessarily mean that your symptoms are from the condition itself. You could be having acid reflux along with gallstones, which is why some people continue experiencing symptoms even after the surgical removal of the gallbladder.

That said, the best way to manage symptoms is to make healthier lifestyle choices. Avoid processed, fatty and oily foods that can lead to flare ups. Furthermore, increase your regular activity so your food is digested efficiently.

If symptoms still persist, talk to your doctor and take medications. However, if all measures fail, surgical procedures done to relieve chronic acid reflux may be necessary, but at the recommendation of the doctor.

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We have all dealt with the worst of COVID-19 pandemic. After over two years of battling the deadly virus, we're finally at a stage where the end may be 'in sight', as the WHO Director-General Tedros Adhanom Ghebreyesus puts it. But that is not to say that COVID is over. People are still getting infected and developing mild to moderate illness, some are even succumbing to the disease.

With winter at our doorstep, chances of getting infected with the flu and common cold are also high. All three are contagious and communicable and share symptoms that can make it difficult for people to distinguish between them. That said, in this article, we will not only look at differentiating factors between cold, COVID and flu, but will also lay down the possible symptoms key to each disease.

02/7How to determine whether you have a cold, the flu or COVID?

How to determine whether you have a cold, the flu or COVID?

According to the Mayo Clinic, COVID-19 symptoms generally appear two to 14 days after exposure to SARS-CoV-2 virus. In comparison, while symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus, flu symptoms usually appear about one to four days after exposure to an influenza virus.

Although all these three illnesses are transmissible, COVID-19 can cause more-serious illnesses in some people than the flu or a cold. In the past, the novel coronavirus has been linked to complications such as blood clots and multisystem inflammatory syndrome in children, as per the health body.

On the contrary and fortunately, the common cold is harmless and flu, although concerning, can be managed with proper treatment.

Also read: Expert suggests how an antidote against COVID works

A common cold is an infection of the nose and throat, which makes the upper respiratory tract. While it is not very concerning, it can lead to symptoms such as:

- Sore throat
- Runny nose
- Coughing
- Sneezing
- Headaches
- Body aches

04/7Possible symptoms of the flu

Possible symptoms of the flu

The US Centers for Disease Control and Prevention (CDC) defines flu as an infection of the respiratory tract that can trigger an extreme inflammatory response in the body and can lead to

sepsis, which is the body's most dangerous response to the infection. Most cases are however mild, leading to symptoms such as:

- Fever or chills/feeling feverish
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle/body aches
- Headaches
- Fatigue

Vomiting and diarrhea may also be a possibility, but mostly in kids than adults.

READMORE

05/7Possible symptoms of COVID

Possible symptoms of COVID

According to the CDC, symptoms of COVID-19 can be wide-ranging. These include:

- Fever or chills
- Cough
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Fatigue
- Muscle/body aches
- Headache
- Sore throat
- Congestion/runny nose
- Nausea/vomiting
- Diarrhea

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06/7What measures should you take?

What measures should you take?

Even though COVID-19 has taken a milder turn, it is still transmissible. Similarly, common cold and the flu are also contagious and can spread from person to person. This is why wearing

well-fitted masks is key to curbing the spread of respiratory infections. Furthermore, maintaining social distance, following proper hand hygiene and getting yourself vaccinated for not just COVID but also flu is important.

07/7Get tested if you still can't determine

Get tested if you still can't determine

If you're still confused about your symptoms and cannot come to a conclusion about your diagnosis, then you can always choose to get yourself tested for COVID. Irrespective of what you have been infected with, make sure to isolate yourself until your reports come out as negative. COVID, flu or the cold, people in the high-risk groups are still vulnerable.

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CORONAVIRUS

Omicron XBB variant cases in India: Know the symptoms, severity, other details of this COVID variant

Most of us don't take breast cancer seriously, especially in our 20s and 30s. But according to recent studies, compared to previous generations, people have a higher risk of developing breast cancer before the age of 50. While there are some factors related to cancer that we cannot change, such as specific genes we inherited. However, indeed the lifestyle decisions we make early in life can significantly impact our risk of getting affected by breast cancer in the future. Here are some of the most significant lifestyle changes you can make to lower your risk of developing breast cancer.

02/6Healthy weight and diet

Healthy weight and diet

The relationship between a person's weight and the risk of breast cancer is complicated. Inflammation caused by too much fat encourages growth of tumour and aids cancer cells in the body. Throughout your life, it is advised to keep a healthy weight and consume fresh and wholesome foods.

03/6Breastfeeding

Breastfeeding

The majority of research indicates a cumulative time of more than two years may marginally reduce the risk of breast cancer. Breastfeeding lowers the risk of cancer by 4.3% every year.

Also Read: Natural remedies to postpone periods

04/6Timely childbirth

Timely childbirth

Dr. Shivali Ahlawat, MBBS, MD, DNB Pathology, Lab Head- National Reference Lab, Gurugram, says, "Early pregnancy before the age of 30 and delivery on schedule are seen as

preventative measures that can be adopted to prevent breast cancer. In general, the risk of breast cancer is slightly higher in women who had their first child post the age of 30 or have never given birth. Early pregnancy and multiple pregnancies lower the risk of breast cancer."

05/6 Avoid consuming alcohol and smoking

Avoid consuming alcohol and smoking

Excessive consumption of alcohol and heavy smoking are linked to an increased risk of breast cancer. Your risk of developing cancer will be lowered if you cut back on your drinking, avoid smoking or quit both entirely.

06/6 Exercise

Exercise

The complete physical and mental health of an individual is promoted and maintained by exercise. Although it is unclear how and by how much physical activity lowers breast cancer risk, research suggests that exercise does reduce the risk of breast cancer by a factor of 20 to 40 per cent.

Find out about the latest Lifestyle, Fashion & Beauty trends, Relationship tips & the buzz on Health & Food.

Cancer is a life threatening disease. It claims millions of lives every year worldwide. However, despite the severe intensity of the disease in life it is poorly understood by people.

Vitamin D deficiency: Unusual symptoms that warn of low levels of this vitamin in the body

Very often cancer is linked to heredity. It is believed that if cancer runs in the family it is almost certain that one will get it. Many of us are unaware of the fact that cancer is also triggered by faulty lifestyle manners.

"Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020, or nearly one in six deaths," the World Health Organization (WHO) says.

The most common cancers reported are the cancer of breast, lung, colon, rectum, prostate, skin and stomach.

The death causing cancers are the cancer found in lung, colon and rectum, liver, stomach and breast.

03/7 One-third of cancers can be avoided through changing lifestyle habits

One-third of cancers can be avoided through changing lifestyle habits

The WHO says around 30-40% of cancer cases can be avoided only by changing lifestyle habits.

Tobacco use, alcohol consumption, unhealthy diet, physical inactivity and air pollution are risk factors for cancer and other noncommunicable diseases, the WHO says.

04/7 Lifestyle habits trigger THESE cancers

Lifestyle habits trigger THESE cancers

An increase in body mass weight can increase the risk of endometrial cancer, esophageal adenocarcinoma, kidney cancer, liver cancer, postmenopausal breast cancer, pancreatic cancer, and colorectal cancer.

Several research studies have studied and established a strong connection between heavy alcohol consumption and the risk of developing oral cancer, cancer of pharynx and larynx, esophagus cancer, liver, colorectum, and breast cancer.

Avoiding whole grains and seasonal fruits and vegetables and dependency on processed food increases the risk of colorectal cancer, studies have said. Whole grains, mostly, contain fibers which helps in controlling the weight of the body and subsequently protects the body from colorectal cancer.

A study from Harvard T.H. Chan School of Public Health had found that healthy behaviors could have a large effect on preventing certain cancers—particularly lung cancer, colon cancer, pancreatic cancer, and kidney cancer.

The study also emphasized that 41% of cancer cases and 59% of cancer deaths in women were preventable. The rate of prevention of cancer in men is 63% of cancer cases. In men 67% of cancer deaths are preventable, the study says.

One of the most effective cancer prevention steps is to keep the body weight under control. A heavy weight is caused due to several unhealthy factors like uneven nutrient consumption, consumption of diet that enhances the fat composition in the body.

Studies have said intake of 10 grams of alcohol increases the risk of cancer by more than 20%.

Therefore, it is always advisable to reduce alcoholic consumption gradually and bring it down to a point where you do not have to drink it at all.

07/7Physical activity is a must

Lesser physical activity is linked to breast cancer risk in women, especially those are in the menopause phase.

Also, people who are physically active have 25% lower risk of developing colon cancer.

Sedentary behaviour is known to increase risk of cancer in lungs, endometrial and colon.

Omicron XBB variant

Omicron XBB variant cases in India: Know the symptoms, severity, other details of this COVID variant? (Times of India: 20221020)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/omicron-xbb-variant-cases-in-india-know-the-symptoms-severity-other-details-of-this-covid-variant/photostory/94979887.cms?picid=94979953>

Omicron's XBB variant is causing a surge in COVID cases in many parts of the country like Maharashtra and Kerala. The variant is notorious for a rapid spike in cases in Singapore.

This is the latest sub variant of the Omicron variant of COVID which has been dominant for a year.

Read: New COVID variants, BF.7 and BA.5.1.7 found in China; may pose a greater risk, experts fear

Omicron is infamous for its immunity evading ability and for its high transmission rate. The sub variants of Omicron are equally aggressive in the above mentioned parameters as their ancestral strain.

XBB is a recombinant strain of BA.2.75 and BA.2.10.1, said Maria Van Kerkhove, WHO COVID technical lead.

This recombinant strain has a significant growth advantage, she added.

On the severity of the infection caused by this sub variant, Maria said, we don't see any changes in severity but it is too early to say that with limited data available.

03/818 cases of XBB infection found in Maharashtra

At least 18 cases of XBB sub-variant of Omicron have been reported in Maharashtra in the first fortnight of October, the state health department said on Wednesday.

Of the total number of cases, 13 are from Pune, 2 each from Nagpur and Thane and one from Akola.

04/8More than 300 sub lineages of Omicron circulating globally: WHO expert

The WHO expert also emphasized on the fact that currently more than 300 sub lineages of Omicron are circulating worldwide.

" >300 sub lineages of Omicron are circulating globally right now and most (~76%) are BA.5 sublineages," she said in a series of tweets.

05/8Other new variants of COVID

Apart from XBB, other new variants of COVID that have been spotted recently are BQ.1, which is a variant of BA.5 and BA.2.3.20. Pune has reported one case each of these variants.

Recently BF.7 and BA.5.1.7 variants were found in China. The BF.7 subvariant is spreading fast in Belgium, Germany, France and Denmark and England as well.

06/8What are the symptoms?

So far, all these cases are mild, health departments have confirmed.

The BQ.1 case of Pune is mild too and has a travel history of the USA.

As per China media reports, the symptoms associated with BF.7 are persistent cough, headache, chest pain, changes in sense of smell, hearing loss and shaking.

07/8 COVID-19 is still a global health emergency: WHO

The World Health Organization said on Wednesday that COVID-19 remains a global emergency, nearly three years after it was first declared as one.

"Although the public perception is that the pandemic is over in some parts of the world, it remains a public health event that continues to adversely and strongly affect the health of the world's population," the WHO's committee said.

08/8 Surveillance, testing & sequencing remain vital: WHO expert

Maria Van Kerkhove has repeated the importance of surveillance, testing and sequencing and has urged nations to maintain these. "It's critical countries maintain surveillance to track SARS-CoV-2 & ensure early testing & access to life saving treatments for at risk individuals. We need to vaccinate 100% of people at risk for severe disease in all counties. Be vigilant, vaccinate, mask, ventilate, be kind..." she tweeted.

Male infertility

Problems conceiving are not just about women. Male infertility is behind 1 in 3 IVF cycles? (The Hindu: 20221020)

<https://www.thehindu.com/sci-tech/health/male-infertility-is-behind-1-in-3-ivf-cycles/article66013747.ece>

New data by the Australia and New Zealand Assisted Reproduction Database reveal about one-third of all IVF cycles performed in 2020 included a diagnosis of male infertility.

For the first time, IVF clinics in Australia and New Zealand have reported data about the scale and range of male fertility problems in couples who have IVF. New data released by the Australia and New Zealand Assisted Reproduction Database (ANZARD) today reveal about one-third of all IVF cycles performed in 2020 included a diagnosis of male infertility.

Although most male fertility problems can't be prevented, there are things men can do to improve sperm quality and the chance of natural conception.

Nasal Covid vaccines

High hopes for nasal Covid vaccines despite 'disappointing' trial' (The Hindu: 20221020)

<https://www.thehindu.com/sci-tech/health/high-hopes-for-nasal-covid-vaccines-despite-disappointing-trial/article66025273.ece>

Nasal vaccines aim to build immunity in the mucous membrane that lines the nose and mouth.

Nasal vaccines could still be a powerful future weapon in the fight against Covid-19 despite "disappointing" recent trial results for an AstraZeneca spray, experts say.

By entering the body the same way as the virus, nasal vaccines aim to build immunity in the mucous membrane that lines the nose and mouth.

Toxic cough syrups

Explained | The Gambia deaths and the toxic cough syrups that are causing them (The Hindu: 20221020)

<https://www.thehindu.com/sci-tech/health/explained-the-gambia-deaths-and-the-toxic-cough-syrups-that-are-causing-them/article65989199.ece>

The WHO issued a medical alert last week about four substandard cough syrups made in Haryana containing the toxic compounds diethylene glycol and ethylene glycol

The story so far: The Gambia's Health Minister Ahmadou Lamin Samateh said on Saturday, October 8, that the number of child deaths likely linked to contaminated cough syrups made by an Indian manufacturer had risen to 69, Bloomberg reported. This came a day after Gambian President Adama Barrow said the surge in acute kidney injuries linked to the paracetamol syrups was under control.

Anxiety

How anxiety can look different in children (The Hindu: 20221020)

<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.

World Mental Health Day

World Mental Health Day | Experts underline need for more psychiatrists, early identification (The Hindu: 20221020)

<https://www.thehindu.com/sci-tech/health/world-mental-health-day-experts-underline-need-for-more-psychiatrists-early-identification/article65988890.ece>

WHO reported in 2017 that there were about 9,000 psychiatrists practising in India, which equates to 0.75% per lakh of people

Healthcare experts on Sunday underlined the need for more psychiatrists and developing a support system to tackle mental health issues which they said worsened during the COVID-19 pandemic.

On the eve of World Mental Health Day, they said the problem has grown rapidly and Covid contributed in bringing the topic out of the closet.

Also read | It's okay for employees to say 'I'm not okay' at work if they feel so: Accenture

Poonam Muttreja, executive director, Population Foundation of India, noted that although Covid contributed to bringing the topic of mental health out of the closet, the current crisis started developing well before the pandemic.

"Mental health problems have been growing rapidly over the last few decades, but our infrastructure has remained woefully inadequate," she told PTI.

The World Health Organisation reported in 2017 that there were about 9,000 psychiatrists practising in India, which equates to 0.75% per lakh of people.

WHO estimates that the ideal ratio is three psychiatrists for every lakh of people. Similarly, India has 1.93 mental health care professionals per 10,000 residents, compared to the global average of 6.6, Muttreja said.

‘Covid-19 a great disruptor of people’s lives’

Calling COVID-19 a great disruptor of people's lives with its uncertainties and the economic recessions, Mr. Muttreja said women, young people and disadvantaged communities have been much worse hit due to the potential loss of income and work, school shutdowns and an increase in domestic violence and household work for women during lockdowns.

"Serious mental disease patients depend on routine care. For many who require such ongoing care, the shutdowns were disastrous. Although the full effects have not yet been documented, they seem to be pervasive and quite palpable for many of us," she added.

Also read | Employees take up additional role as ‘mental health diplomat’

World Mental Health Day is celebrated on October 10 every year for global mental health education, awareness and advocacy against social stigma.

A 2022 WHO report mentioned that there was a 25 per cent increase in anxiety and depression among people.

Dr. Samir Parikh, director, Mental Health and Behavioural Sciences at Fortis Healthcare suggested ways to tackle mental health issues.

Ensuring that one invests in relationships and support system, need to collectively prioritise mental health, creating awareness and access as well as early identification were among solutions suggested by Dr. Parikh.

Dr. Saurabh Mehrotra, senior consultant, Institute of Neurosciences at Medanta Hospital in Gurugram said when Covid caught people off guard, they were all taken aback by the rising mortality rate; it was portrayed as a deadly disease with no effective treatment.

Anxiety about one's own and other family members' health became a prominent cause of anxiety increase. Also, this was the first time we had been hit by a virus with such high mortality, and people had never experienced lockdown before. So we were forced to do things we had never done before, he said.

Countries in South-East Asia region must make mental healthcare reality for all: WHO

Dr. Mehrotra said Covid increased people's reliance on the digital world and social media and were exposed to a lot of unverified information which resulted in a significant increase in anxiety and depressive disorders.

"We also noticed an increase in anger and irritability in some people. Some people were so afraid of being infected by the virus that they went overboard to maintain hygiene, started washing their hands and using hand sanitizers excessively, which led to compulsive disorder in some people. These are some of the reasons for the rise in mental health disorders since the pandemic," he said.

The transition from having a routine, familiar school environment and playing, to having no friends to spend time with and being confined at home had a significant impact on children, he noted.

"We are also receiving reports of children suffering from psychological disorders. Furthermore, because all of their education was confined to online classes, most of the children were given devices for classes, and many of them became addicted to digital devices. Screen addiction in children increased dramatically," he said.

Estimated 15% of working-age adults have a mental disorder at any point in time

Shyam Bishen - Head of Health and Healthcare at the World Economic Forum - urged stakeholders from the public and private sectors to come together and realise the vision of this year's World Mental Health Day -- to "make mental health and well-being for all a global priority".

An estimated 15% of working-age adults have a mental disorder at any point in time. Depression and anxiety are estimated to cost the global economy \$1 trillion each year driven predominantly by lost productivity, according to the WHO.

'एंटीबायोटिक सीमेंट'

World Osteoporosis Day 2022: 'एंटीबायोटिक सीमेंट' से रोका जा सकता है हड्डी का संक्रमण, शोध में हुआ दावा (Hindustan: 20221020)

World Osteoporosis Day 2022: कई बार हड्डियों के संक्रमण की वजह से शरीर के अंगों को काटना भी पड़ता है। अब अमेरिकी शोधकर्ताओं ने एक ऐसा एंटीबायोटिक सीमेंट विकसित किया है, जिससे हड्डियों के संक्रमण को रो

World Osteoporosis Day 2022: 'एंटीबायोटिक सीमेंट' से रोका जा सकता है हड्डी का संक्रमण, शोध में हुआ दावा

<https://www.livehindustan.com/lifestyle/health/story-world-osteoporosis-day-2022-antibiotic-cement-can-prevent-bone-infection-claims-recent-american-research-7235291.html>

World Osteoporosis Day 2022: विश्व ऑस्टियोपोरोसिस दिवस प्रतिवर्ष 20 अक्टूबर को मनाया जाता है। यह खास दिन ऑस्टियोपोरोसिस की रोकथाम, निदान और उपचार के प्रति लोगों को जागरूक करने के लिए मनाया जाता है। बता दें, हड्डियों का संक्रमण एक खतरनाक बीमारी है। कई बार हड्डियों के संक्रमण की वजह से शरीर के अंगों को काटना भी पड़ता है। अब अमेरिकी शोधकर्ताओं ने एक ऐसा एंटीबायोटिक सीमेंट विकसित किया है, जिससे हड्डियों के संक्रमण को रोका जा सकेगा।

‘ब्रिघम सेंटर फॉर इंजीनियर थैरेप्यूटिक्स’ के सह-निदेशक और अध्ययन के प्रमुख लेखक हे लिन जंग ने दावा किया है कि एंटीबायोटिक सीमेंट के परिणाम काफी उत्साहजनक रहे हैं। वर्तमान में खाद्य एवं औषधि प्रशासन (एफडीए) ने इस एंटीबायोटिक सीमेंट को मंजूरी भी दे दी है, जो मूल रूप से हड्डी के ऊतकों को विकसित करती है। शोध के अनुसार, इस एंटीबायोटिक सीमेंट से हड्डियों को ठीक करने के लिए इंसानों की प्रतिरोधक क्षमता मजबूत हुई है। उन्होंने कहा, हमें बेहतर एंटीबायोटिक दवाओं की एक नई पीढ़ी का निर्माण करना चाहिए, जो इस उभरती जरूरत को पूरा करने के लिए अनुकूलित हो। गौरतलब है कि हर साल 7,00,000 लोग एंटीबायोटिक दवाओं के इस्तेमाल के कारण जान गंवा देते हैं।

शोधकर्ताओं ने कहा कि सर्जरी जैसी सामान्य प्रक्रियाओं में स्टेफिलोकोकल जैसे जीवाणु से संक्रमण होता है, जिसका वर्तमान में एंटीबायोटिक दवाओं के साथ इलाज किया जाता है और ये दवाएं संक्रमण को सटीक रूप से लक्षित नहीं कर पाती हैं। इसलिए ज्यादा मात्रा में दवा लेने के कारण मरीज की प्रतिरोधक क्षमता कमजोर होने से संक्रमण बढ़ता है।

संक्रमण के लक्षण-

- हड्डियों में असहनीय दर्द होना।
- त्वचा पर लालपन और सूजन का आ जाना।
- छूने पर ऊपरी त्वचा गर्म होने जैसे लक्षण दिखना।
- त्वचा पर जखम वाली जगह से मवाद का रिसना।
- मवाद का रंग पीला और गाढ़ा या द्रवीय होना।

खून के जरिए पहुंचता है बैक्टीरिया-

जिस तरह बैक्टीरिया शरीर के अन्य अंग के ऊतकों पर हमला करते हैं उसी तरह ये हड्डियों पर भी हमला करते हैं। ये सूक्ष्म जीवी बैक्टीरिया आमतौर पर खून के जरिये हड्डियों तक पहुंच जाते हैं। कुछ मवाद पैदा करने वाले सूक्ष्म जीवी बैक्टीरिया से हड्डियों में गंभीर संक्रमण रोग हो सकता है।

यह सीमेंट अधिक प्रभावशाली-

शोधकर्ताओं ने एंटीबायोटिक सीमेंट बनाने के लिए पॉलीमेथाइल मेथैक्रिलेट (पीएमएमए) का उपयोग किया। टीम ने प्रीक्लिनिकल मॉडल में दवा की संवेदनशीलता और दवा प्रतिरोधी बैक्टीरिया की जांच की। पीएमएमए सीमेंट स्टैफिलोकोकल बोन इन्फेक्शन के खिलाफ वर्तमान में उपयोग किए जाने वाले सभी एंटीबायोटिक-लोडेड सीमेंट्स की तुलना में अधिक प्रभावशाली रहा।

यह भी पढ़ें - कब्ज की छुट्टी कर, पेट के अल्सर से बचाता है कटहल, जानिए कैसे करना है आहार में शामिल

एंटीबॉडी

सावधान: एंटीबॉडी से खत्म नहीं होता है ओमिक्रॉन का नया वेरिएंट, ऐसे करता है संक्रमित(Hindustan: 20221020)

<https://www.livehindustan.com/lifestyle/health/story-beware-omicrons-new-variant-does-not-kill-with-antibodies-know-how-it-infects-people-7235227.html>

कोरोना संक्रमण को लेकर किए गए एक अध्ययन में चौंकाने वाली जानकारी सामने आई है। ओमिक्रॉन का नया स्वरूप बीए.2.75.2 स्वरूप रक्त में मौजूद एंटीबॉडी से खत्म नहीं होता है। कई उपचारों का भी इस पर असर नहीं होता

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स्वीडन के कैरोलिंस्का इंस्टीट्यूट के शोधकर्ताओं के अनुसार, ठंडे मौसम में सार्स-कोव-2 स्वरूप से कोरोना संक्रमण बढ़ने का जोखिम है, जब तक कि नए विकसित टीके लोगों की प्रतिरक्षा शक्ति को बढ़ावा देने में मदद नहीं देते हैं।

कैरोलिंस्का इंस्टीट्यूट के एक सहायक प्रोफेसर और अध्ययन के लेखक बेन मुरेल ने कहा कि एंटीबॉडी प्रतिरक्षा अभी पूरी तरह खत्म नहीं हुई है। बीए.2.75.2 में पहले अध्ययन किए गए स्वरूपों की तुलना में कहीं अधिक प्रतिरोध दिखाई दिया है।

ऐसे करता है संक्रमित

अध्ययन के अनुसार, सार्स-कोव-2 वायरस स्पाइक प्रोटीन के जरिए मानव कोशिकाओं में प्रवेश करता है और उन्हें संक्रमित कर देता है। स्टॉकहोम में 75 रक्तदाताओं से लिए गए नमूनों में मौजूद एंटीबॉडी बीए.2.75.2 को बेअसर करने में सिर्फ छठे हिस्से में ही प्रभावी थे। ये नमूने तीन अलग-अलग समय पर लिए गए। कुछ नमूने पिछले साल नवंबर में लिए गए थे। उस समय ओमिक्रॉन स्वरूप सामने नहीं आया था। कुछ नमूने अप्रैल और कुछ अगस्त के अंत से सितंबर की शुरुआत में लिए गए।

भविष्य में खतरे की आशंका

लेखक बेन मुरेल ने कहा कि यह स्वरूप उभरते हुए स्वरूपों में से एक है। आशंका है कि भविष्य में इससे खतरा हो सकता है। खासकर, ठंडे मौसम में यह हावी हो सकता है। हालांकि, शोधकर्ताओं ने यह स्पष्ट नहीं है किया कि नया स्वरूप अस्पताल में भर्ती होने की दर में वृद्धि करेगा या नहीं?

क्या है एंटीबॉडी-

एंटीबॉडी शरीर में बनने वाले ऐसे प्रोटीन यौगिक होते हैं, जिनका निर्माण इम्यून सिस्टम शरीर में रोगाणुओं को बेअसर करने के लिए करते हैं। कई बार किसी भी तरह के संक्रमण के बाद एंटीबॉडीज बनने में कई सप्ताह लग जाते हैं। रोग होने पर शरीर में वायरस के खिलाफ एंटीबॉडी बनने लगती हैं, जो उस वायरस से लड़ती है। जिन लोगों में वायरस या संक्रमण के खिलाफ एंटीबाडी नहीं बनती तो उसका मतलब है कि उनकी रोग प्रतिरोधक क्षमता कमजोर है।

Covid-19 Origin Omicron Cases In Delhi

epaper

प्रमुख खबरें

कोरोना संक्रमण को लेकर किए गए एक अध्ययन में चौंकाने वाली जानकारी सामने आई है। ओमिक्रॉन का नया स्वरूप बीए.2.75.2 स्वरूप रक्त में मौजूद एंटीबॉडी से खत्म नहीं होता है। कई उपचारों का भी इस पर असर नहीं होता है। विशेषज्ञों ने आशंका जताई है कि सर्दी के मौसम में संक्रमण बढ़ सकता है। लैंसेट इंफेक्शस डिजीज पत्रिका में यह अध्ययन प्रकाशित हुआ है।

स्वीडन के कैरोलिंस्का इंस्टीट्यूट के शोधकर्ताओं के अनुसार, ठंडे मौसम में सार्स-कोव-2 स्वरूप से कोरोना संक्रमण बढ़ने का जोखिम है, जब तक कि नए विकसित टीके लोगों की प्रतिरक्षा शक्ति को बढ़ावा देने में मदद नहीं देते हैं।

कैरोलिंस्का इंस्टीट्यूट के एक सहायक प्रोफेसर और अध्ययन के लेखक बेन मुरेल ने कहा कि एंटीबॉडी प्रतिरक्षा अभी पूरी तरह खत्म नहीं हुई है। बीए.2.75.2 में पहले अध्ययन किए गए स्वरूपों की तुलना में कहीं अधिक प्रतिरोध दिखाई दिया है।

ऐसे करता है संक्रमित

अध्ययन के अनुसार, सार्स-कोव-2 वायरस स्पाइक प्रोटीन के जरिए मानव कोशिकाओं में प्रवेश करता है और उन्हें संक्रमित कर देता है। स्टॉकहोम में 75 रक्तदाताओं से लिए गए नमूनों में मौजूद एंटीबॉडी बीए.2.75.2 को बेअसर करने में सिर्फ छठे हिस्से में ही प्रभावी थे। ये नमूने तीन अलग-

अलग समय पर लिए गए। कुछ नमूने पिछले साल नवंबर में लिए गए थे। उस समय ओमिक्रॉन स्वरूप सामने नहीं आया था। कुछ नमूने अप्रैल और कुछ अगस्त के अंत से सितंबर की शुरुआत में लिए गए।

भविष्य में खतरे की आशंका

लेखक बेन मुरेल ने कहा कि यह स्वरूप उभरते हुए स्वरूपों में से एक है। आशंका है कि भविष्य में इससे खतरा हो सकता है। खासकर, ठंडे मौसम में यह हावी हो सकता है। हालांकि, शोधकर्ताओं ने यह स्पष्ट नहीं है किया कि नया स्वरूप अस्पताल में भर्ती होने की दर में वृद्धि करेगा या नहीं?

क्या है एंटीबॉडी-

एंटीबॉडी शरीर में बनने वाले ऐसे प्रोटीन यौगिक होते हैं, जिनका निर्माण इम्यून सिस्टम शरीर में रोगाणुओं को बेअसर करने के लिए करते हैं। कई बार किसी भी तरह के संक्रमण के बाद एंटीबॉडीज बनने में कई सप्ताह लग जाते हैं। रोग होने पर शरीर में वायरस के खिलाफ एंटीबॉडी बनने लगती हैं, जो उस वायरस से लड़ती है। जिन लोगों में वायरस या संक्रमण के खिलाफ एंटीबाडी नहीं बनती तो उसका मतलब है कि उनकी रोग प्रतिरोधक क्षमता कमजोर है।

Ayurveda for Cough

Ayurveda for Cough: ठंड शुरू होते ही खांसी ने कर दी हालत खराब? ये 5 आयुर्वेदिक जड़ी बूटी देंगी तुरंत आराम (Navbharat Times:20221020)

<https://navbharattimes.indiatimes.com/lifestyle/health/according-to-national-health-portal-of-india-5-best-ayurvedic-home-remedies-to-treat-cold-and-cough-naturally/articleshow/94961011.cms>

How to get rid of a Cough overnight: मौजूदा मौसम में अधिकतर लोग खांसी, जुकाम, गले में खराबी, नाक बंद होना या नाक बहना जैसी आम समस्याओं से पीड़ित हैं। इस मौसम में सूखी खांसी, गीली खांसी या बलगम वाली खांसी और खराश वाली काली खांसी भी परेशान कर सकती है।

according to national health portal of india 5 best ayurvedic home remedies to treat cold and cough naturally

Ayurveda for Cough: ठंड शुरू होते ही खांसी ने कर दी हालत खराब? ये 5 आयुर्वेदिक जड़ी बूटी देंगी तुरंत आराम

सर्दियों का मौसम धीरे-धीरे नजदीक आ रहा है। मौसम में बदलाव हो रहा है और सुबह-शाम ठंड महसूस होने लगी है। मौसम में जब भी बदलाव होता है, उसका असर स्वास्थ्य पर पड़ता है। इसकी वजह यह है कि बदलते मौसम में इम्यून सिस्टम प्रभावित होता है। यही वजह है कि मौजूदा मौसम में अधिकतर लोग खांसी, जुकाम, गले में खराबी, नाक बंद होना या नाक बहना जैसी आम समस्याओं से पीड़ित हैं।

खांसी का इलाज क्या है? बदलते मौसम में खांसी आम बात है। इससे आपका सामान्य कामकाज प्रभावित हो सकता है। कई बार खांसी इतनी बढ़ जाती है कि आपकी नींद प्रभावित हो सकती है। इस मौसम में सूखी खांसी, गीली खांसी या बलगम वाली खांसी और खराश वाली काली खांसी भी परेशान कर सकती है। खांसी के साथ आपको शरीर में सुस्ती, सिरदर्द, भूख न लगना और भारीपन का अहसास होता है।

खांसी का आयुर्वेदिक इलाज क्या है? वैसे तो खांसी इलाज के लिए कई घरेलू उपाय और दवाएं उपलब्ध हैं लेकिन आप कुछ आयुर्वेदिक तरीके भी आजमा सकते हैं। भारत सरकार की वेबसाइट नेशनल हेल्थ पोर्टल पर खांसी का आयुर्वेदिक इलाज बताया गया है।

अदरक का रस

खांसी से जल्दी आराम पाने के लिए आप अदरक का रस ले सकते हैं। आपको 14 मिलीलीटर अदरक का रस लेकर उसे समान मात्रा में शहद के साथ मिलाकर दिन में दो बार लेना है।

वासा के पत्ते का रस

वासा को अडूसा के नाम से भी जाना जाता है। यह पौधा आपको कहीं भी मिल सकता है। इसके पत्तों से 7 से 14 मिलीलीटर रस निकाल लें और उसी मात्रा में शहद के साथ दिन में दो बार लेना है।

कमल के बीज का चूर्ण

खांसी की समस्या से जल्दी निजात पाने के लिए आप कमल के फूल के बीजों का इस्तेमाल कर सकते हैं। आपको 1 से 3 ग्राम कमल के बीज लें और उन्हें शहद के साथ मिलाकर पेस्ट बना लें, इसे दिन में दो बार लें।

गर्म पानी और शहद भी है असरदार

खांसी को बेअसर करने के लिए आप गर्म पानी और शहद का इस्तेमाल कर सकते हैं। इसके लिए आप एक गिलास गर्म पानी में शहद मिलाकर लें और इसे दिन में दो बार लें।

किशमिश और मुलेठी का पाउडर

आप किशमिश, मुलेठी की जड़, खजूर और काली मिर्च को बराबर मात्रा में लेकर चूर्ण बना सकते हैं। खांसी से जल्दी राहत पाने के लिए आपको इसकी 1 से 3 ग्राम की खुराक को दिन में दो बार 4 से 6 ग्राम शहद के साथ लेना चाहिए।

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।

