



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20221027

Platelets transfused

Not 'mosambi' juice but poorly-preserved platelets transfused to patient, says Prayagraj DM; hospital to be demolished (The Tribune: 20221027)

<https://www.tribuneindia.com/news/nation/not-mosambi-juice-but-poorly-preserved-platelets-transfused-to-patient-says-prayagraj-dm-hospital-to-be-demolished-444613>

The hospital has been found lax in transfusing the platelets to the patient, the DM said

Not 'mosambi' juice but poorly-preserved platelets transfused to patient, says Prayagraj DM; hospital to be demolished

The authorities here have ordered the demolition of a private hospital where a dengue patient died after being transfused with what the family claimed was sweet lime juice and not blood platelets.

Prayagraj District Magistrate Sanjay Kumar Khatri told PTI that report of the sample collected from the hospital revealed that platelets and not sweet lime juice was transfused to the patient.

He, however, charged Global Hospital with laxity in the transfusion process, saying the reports showed the platelets were stored in an improper way which might have led to clotting.

After a video claiming that sweet lime juice was transfused to the patient instead of platelets went viral on social media, the district administration swung into action and the hospital was sealed on October 20 on the direction of Uttar Pradesh Deputy Chief Minister Brajesh Pathak.

The patient, Pradeep Pandey, was shifted to another hospital, where he died after his condition deteriorated.

Meanwhile, the demolition notice from the Prayagraj Development Authority (PDA) dated October 19 to Malti Devi, owner of Global Hospital at Jhalwa in Dhoomanganj, stated the building was unauthorised and ordered that it be vacated by the morning of October 28.

According to it, show-cause notices were issued to the hospital owners earlier giving them chance to put forth their views about the building being unauthorised. Since no one came to the hearing, the demolition order was issued, the October 19 notice stated.

The Prayagraj district magistrate on Wednesday said that the probe report of the sample collected from Global Hospital has arrived.

"Nothing like sweet lime juice was transfused to the patients. It was blood platelets but stored in the wrong way which might have caused clotting. The hospital has been found lax in transfusing the platelets to the patient and action will be taken against it," he said.

Earlier, the owner of the private hospital claimed that the platelets were brought from a different medical facility and the patient had a reaction after three units were transfused.

In a tweet, Deputy Chief Minister Brajesh Pathak had said, "Taking cognisance of the viral video at the hospital where a dengue patient was transfused with sweet lemon juice instead of platelets, on my directive the hospital was sealed and the platelet packets have been sent for testing."

Covid-19 vaccine

China launches Covid-19 vaccine inhaled through the mouth (The Tribune: 20221027)

<https://www.tribuneindia.com/news/health/china-launches-covid-19-vaccine-inhaled-through-the-mouth-444581>

Needle-free vaccines may persuade people who don't like getting a shot to get vaccinated

The Chinese city of Shanghai started administering an inhalable COVID-19 vaccine on Wednesday in what appears to be a world first.

The vaccine, a mist that is sucked in through the mouth, is being offered for free as a booster dose for previously vaccinated individuals, according to an announcement posted on an official city social media account.

Needle-free vaccines may persuade people who don't like getting a shot to get vaccinated, as well as help expand vaccination in poor countries because they are easier to administer.

China doesn't have vaccine mandates but wants more people to get booster shots before it relaxes strict pandemic restrictions that are holding back the economy and increasingly out of synch with the rest of the world.

A video posted by an online Chinese state media outlet showed people at a community health centre sticking the short nozzle of a translucent white cup into their mouths.

Accompanying text said that after slowly inhaling, one individual held his breath for five seconds, with the entire procedure completed in 20 seconds.

“It was like drinking a cup of milk tea,” one Shanghai resident said in the video. “When I breathed it in, it tasted a bit sweet.”

A vaccine taken in the mouth could also fend off the virus before it reaches the rest of the respiratory system, though that would depend in part on the size of the droplets, one expert said.

Larger droplets would train defenses in parts of the mouth and throat, while smaller ones would travel further into the body, said Dr. Vineeta Bal, an immunologist in India.

Chinese regulators approved the vaccine for use as a booster in September. It was developed by Chinese biopharmaceutical company Cansino Biologics Inc. as an aerosol version of the same company’s one-shot adenovirus vaccine, which uses a relatively harmless cold virus.

Cansino has said the inhaled vaccine has completed clinical trials in China, Hungary, Pakistan, Malaysia, Argentina and Mexico.

Regulators in India have approved a nasal vaccine, another needle-free approach, but it has yet to be rolled out. The vaccine, developed in the US and licensed to Indian vaccine maker Bharat Biotech, is squirted in the nose.

About a dozen nasal vaccines are being tested globally, according to the World Health Organisation.

Pollution-related ailments

Sangrur: Post Diwali, doctors report rise in pollution-related ailments (The Tribune: 20221027)

The number of patients suffering from pollution-related ailments increased manifold on Tuesday. Apart from government hospitals, private doctors also witnessed a rush of patients.

“Today, children are visiting my hospital in large numbers as the pollution due to last night’s celebrations has caused health problems. The number of children coming today is more than the double of usual days. Parents should have taken better care of children to protect them from health problems,” said Dr Amit Singla, a child specialist.

While talking to The Tribune, parents said their children were suffering from cough, cold, fever, itching in eyes, allergies and skin problems due to pollution from bursting of crackers last night.

“Last night, I made my son wear a mask, but after some time he removed it. Now he is suffering from cough because of the poisonous smoke,” said Gurdes Singh, father of a seven-year-old boy.

Doctors said the affected children would have to take rest for at least five to seven days for complete recovery. They also advised the parents to increase their children’s water intake.

Older people have also been adversely affected due the pollution.

“Though last night I remained indoors, I have been facing breathing problems. I visited a doctor and he said I will have to take medication for at least a week,” said Gurdarshan Singh, an elderly man.

Sangrur District Health Officer Dr Kirpal Singh, a chest specialist, said the number of people suffering from asthma had increased recently. “We are advising everyone to be cautious these days due to rise in pollution levels,” he said.

New Omicron sub-variants

Karnataka Government issues advisory following detection of new Omicron sub-variants (The Tribune: 20221027)

<https://www.tribuneindia.com/news/nation/karnataka-government-issues-advisory-following-detection-of-new-omicron-sub-variants-444569>

Karnataka Government issues advisory following detection of new Omicron sub-variants

Photo for representational purpose only. Reuters file

The Karnataka Government has issued an advisory urging people to adhere to COVID-19 appropriate behaviour in view of newer sub-variants of coronavirus being reported in neighbouring Maharashtra.

The health department has also advised people with symptoms such as cough, cold and fever to get tested at nearest hospitals and isolate themselves till the results are out.

"In view of reporting newer sub-variants of Omicron BQ.1 (US variant) BA.2.3.20 apart from XBB, which is a recombinant of BA.2.75 and BJ.1 in Maharashtra and in the context of the ensuing festival season of Deepavali and Kannada Rajyothsava the following advisory is issued to General public," the Commissionerate of Health and Family Welfare said.

"Those with fever, cough, cold, sore throat, breathing difficulty should compulsorily get tested immediately at the nearest hospital or health centres (preferably Rapid Antigen Test, if negative then RT-PCR, and get self-isolated till the results are received," the department said.

Those with breathing difficulties should seek urgent medical care, preferably in a hospital.

“Face masking while indoors, in places with air-conditioning, not well-ventilated areas, closed places, in crowds and in health facilities (N-95 / medical masks). It is very important that elderly and Co-morbid wear face masks in public areas,” the advisory read.

The department has asked people to observe festivities outdoors and avoid crowding indoors as far as possible.

Further, those who are due for booster or precautionary dose of vaccination would need to get vaccinated.

“It is important that those who are aged 60 years and above, and with co-morbidities (particularly not naturally infected previously) should get vaccinated early. Those who are immune-deficient and immunosuppressed, on renal dialysis, taking anticancer drugs, etc. are advised to get vaccinated on priority basis in consultation with their treating doctor,” the advisory said.

The department said that the COVID Appropriate Behaviour (CAB) like coughing and sneezing into folded elbows, use of tissues, hand kerchief, not to blow nose and spit in public areas, hand washing with soap and water, avoiding close contact with symptomatic persons should be followed.

In addition to the general advisory, the department has also asked people to use environment friendly "green crackers" in the larger interest of public health and safety.

The department has also asked the authorities concerned in the districts and municipal areas to ensure the compliance of the same.

Covid Cases

India adds 830 Covid cases, lowest single-day rise in 197 days (The Tribune: 20221027)

<https://www.tribuneindia.com/news/nation/india-adds-830-covid-cases-lowest-single-day-rise-in-197-days-444567>

Tally reaches 4,46,45,768; death toll climbs to 5,28,981 with one new fatality

India adds 830 Covid cases, lowest single-day rise in 197 days

India's COVID-19 caseload climbed to 4,46,45,768 on Wednesday with 830 fresh infections, the lowest single-day rise in 197 days, while the number of active cases came down to 21,607, according to Union health ministry data.

The death toll due to the viral disease climbed to 5,28,981 with one new fatality, the data updated at 8 am stated.

The active cases comprise 0.05 per cent of the total infections. The national COVID-19 recovery rate has increased to 98.77 per cent, the ministry said.

A decrease of 942 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

The daily positivity rate was recorded at 0.67 per cent, while the weekly positivity rate stood at 1.05 per cent, the ministry said.

The number of people who have recuperated from COVID-19 surged to 4,40,95,180 and the case fatality rate was recorded at 1.18 per cent, it said.

So far, 219.57 crore doses of COVID-19 vaccines have been administered under the nationwide vaccination drive, according to the ministry.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19.

India crossed the grim milestone of two crore on May 4 last year, three crore on June 23 and four crore on January 25 this year.

Hip replacement surgery

Why you need not fear the hip replacement surgery (Indian Express:20221027)

<https://indianexpress.com/article/lifestyle/health-specials/hip-replacement-surgery-8231845/>

Recent advancements and minimally invasive procedures have made these surgeries easier with less recovery time and better pain control, says Dr Akhilesh Yadav, Associate Director, Orthopaedics and Joint Replacement, Max Super Speciality Hospital, Vaishali

Hip replacement surgery X-Ray (Image source-John Hopkins University)

Emily Ratajkowski defends the most 'controversial dress' she's ever worn: 'There was drama'

Sweet potato

Why sweet potato can be a perfect healthy snack for weight loss (Indian Express:20221027)

<https://indianexpress.com/article/lifestyle/health-specials/can-sweet-potatoes-help-in-weight-loss-and-be-safe-for-diabetics-8231516/>

Although sweet potato is a root vegetable, when boiled and eaten with skin, it provides approximately 4 grams of fibre for every 100 grams. It provides satiety and fullness, which means it takes care of your hunger pangs, says Dr Manasa Lakshmi Penta, Clinical Dietician,

GITAM Institute of Medical Sciences and Research (GIMSR), Visakhapatnam. Dr Swatee Sandhan, Senior Dietitian, Jupiter Hospital, Pune, suggests some safe desserts

The rich antioxidant content in sweet potatoes helps reduce the risk of some types of cancer, including those of the colon, bladder, stomach and breast. (file)

Written by Dr Manasa Lakshmi Penta and Dr Swatee Sandhan

Artificial sweetener

Artificial sweetener as sugar substitute: is it good for you? Which is best for diabetics? (Indian Express:20221027)

<https://indianexpress.com/article/lifestyle/health-specials/sweeteners-sugar-free-diabetes-health-tips-8230228/>

Using artificial sweeteners may provoke a sense of complacency and drive us to eat other high-calorie food more liberally. It is common to see people digging into their brownies and pizzas but taking extra care to order only diet colas. It has been suggested that these intensely sweet substances may alter how our brains respond to signals, making less sweet substances like fruits unappealing to our senses, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and

With the growing awareness of the ill effects of sugar, particularly for those with diabetes, the quest to satisfy our sweet tastebuds without causing harmful effects has picked up pace.

The mention of the word “sweet” always conjures up visions of goodness, happiness and pleasure. Honey, sugar or sweetheart are popular terms of endearment. Sweet-tempered or sweet-natured people are always preferable to those who are bitter. Yet we all know that sugar is now blamed for many of our ills, including obesity, diabetes, heart disease and even cancer. Indians were the first to use cane sugar crystals (around 400 BCE) which they called sharkara (gravel). The word sugar itself is derived from sharkara.

Ageing

How to come to terms with ageing (Indian Express:20221027)

<https://indianexpress.com/article/lifestyle/health-specials/elderly-ageing-mental-health-8229363/>

People are often so engrossed in building careers and raising families during their young and middle adulthood, that they often don't find the need or the time to invest into other pursuits of life – be it relationships or alternate interests and hobbies. As a result, life following

retirement can feel aimless and isolated, says Dr Samir Parikh, Director, Fortis National Mental Health Programme

Blood pressure

What should be the ideal blood pressure reading for men, according to their age? (Indian Express:20221027)

<https://indianexpress.com/article/lifestyle/health/ideal-blood-pressure-men-hypertension-hypotension-tips-8208934/>

High blood pressure (or hypertension) is strongly associated with unhealthy lifestyle choices like smoking, excessive alcohol consumption, being overweight, and insufficient exercise

hypertensionBecause hypertension is a lifestyle disorder, the root cause solution is to be as active as possible to ensure healthy blood flow (Source: Getty Images/Thinkstock)

Blood pressure is the force with which the heart pumps blood throughout the body. As such, it is extremely important to measure your blood pressure at regular intervals to ensure that it is neither on the higher side nor low. Also, while discussing blood pressure, it's important to understand two key concepts: systolic pressure, or the force your heart uses to push blood out, and diastolic pressure, the pressure in arteries between heartbeats.

Caffeine ‘

Caffeine ‘sticks around in the body for several hours’; three things to keep in mind before having tea, coffee (Indian Express:20221027)

<https://indianexpress.com/article/lifestyle/health/things-you-should-know-if-you-drink-coffee-8193768/>

"What may help you get through the afternoon may also have a negative impact on your sleep quality that night," said Ishti Saluja, a nutritionist

Don't consume coffee on empty stomach. (Source: Getty Images/Thinkstock)

Many of us cannot even imagine beginning our day without a cup of hot tea or coffee. But, the consumption of caffeine comes with a lot of ifs and buts as "it is well researched and proven that coffee is a stimulant to the central nervous system, and regular use of caffeine does cause mild physical dependence," wrote Dr Dimple Jangda, an Ayurveda expert, on Instagram. So if you, like us, love to kickstart the day with a cuppa, read on to know the three things that need to be considered before consuming caffeine.

Global COVID-19 cases

No surge expected in global COVID-19 cases this winter, says IHME report (The Hindu:20221027)

<https://www.thehindu.com/sci-tech/health/no-surge-expected-in-global-covid-19-cases-this-winter-says-ihme-report/article66054844.ece>

IHME's report suggests that the current surge in COVID-19 infections in Germany might be due to Omicron subvariants BQ.1 or BQ.1.1

Global COVID-19 infections are projected to rise slowly to about 18.7 million average daily cases by February next year from the current 16.7 million daily driven by the northern hemisphere's winter months, the University of Washington said in an analysis. The increase in infections is not expected to cause a surge in deaths, the University of Washington's Institute for Health Metrics and Evaluation (IHME) said. It forecast that global daily deaths would average 2,748 people on February 1 compared with around 1,660 now.

IHME estimates that daily infections in the United States will increase by a third to more than a million, driven by students returning to school and cold weather-related seasonal illness.

Gene

Gene helped overcome the Black Death, may put us at risk now (The Hindu:20221027)

<https://www.thehindu.com/sci-tech/science/gene-helped-overcome-the-black-death-may-put-us-at-risk-now/article66042165.ece>

The gene that shielded the body from the bubonic plague may lead to increased risk of autoimmune diseases in the present population.

The second biggest pandemic of plague, the Black Death, wiped out almost half the population of Europe and North Africa. The plague ravaged Europe from 1347 to 1351 and kept reappearing in certain regions for centuries afterwards.

Now, a group of international scientists have analysed DNA samples from the remains of plague survivors and found that some genes produced proteins that shielded the body from the disease. However, those same genes have been linked with increased risk of autoimmune diseases today.

Drugs

Are drugs manufactured in India safe? | In Focus podcast (The Hindu:20221027)

<https://www.thehindu.com/podcast/are-drugs-manufactured-in-india-safe-in-focus-podcast/article66052908.ece>

Nakul Pasricha speaks to us on the manufacture and supply of drugs in India, and the recent global warning about the cough syrups manufactured in the country that were declared unsafe by the WHO.

Earlier this month, the World Health Organisation issued a global warning about four cough syrups that it said were substandard products and were unsafe, and their use, especially in children, could “result in serious injury or death.” These four cough syrups Promethazine Oral Solution, Kofexmalin Baby Cough Syrup, Makoff Baby Cough Syrup and Magrip N Cold Syrup, were manufactured by Maiden Pharmaceuticals Ltd, based in Haryana. The medicines have been “potentially linked” with the deaths of over 60 children in The Gambia, a West African nation. The drugs, the WHO said, contained “unacceptable amounts” of two “contaminants”—diethylene glycol and ethylene glycol, which are toxic.

Diethylene glycol, which is generally used in industrial products, is believed to be used in medicines as an adulterant in order to cut costs. This is not the first instance of deaths due to diethylene glycol—there have been several cases in India too, the latest being the deaths of 14 children in Jammu in December 2019.

Dementia

Dementia: Study finds 5 early signs that can appear as early as 9 years ahead of diagnosis (The Times of India:20221027)

<https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/3-generational-differences-that-affect-mental-health/photostory/94920952.cms?picid=94920989>

Dementia is one of the major causes of disability among older people. The World Health Organization (WHO) says currently more than 55 million people live with dementia worldwide and 10 million new cases will be added every year.

Dementia is a constellation of symptoms which indicate a disruption in the normal functioning of the brain. The disease is associated with decreased cognitive function.

Read: 3 generational 'differences' that affect mental health

It is very important to know the signs of dementia in order to provide the patient adequate medical care.

A recent research study published in the *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* has found that it is possible to spot signs of brain impairment in patients as early as nine years before they receive a diagnosis for one of a number of dementia-related diseases. Researchers at the University of Cambridge and Cambridge University Hospitals NHS Foundation Trust used a UK Biobank database which contains genetic, lifestyle and health information from half a million UK participants aged 40-69.

It impairs the participants in several areas, including problem solving.

remembering numbers

remembering to-do activities

pair matching

was typically impaired in these individuals.

The UK Biobank collected data on reaction times, problem solving and other tests along with health and disease data. This helped the researchers to look back and check the signs that were present in the participants when the data was collected from them; this span was between 5 and 9 years prior to diagnosis.

04/7 Those who had Alzheimer's disease scored more poorly

The study found that when it came to problem solving tasks, reaction times, remembering lists of numbers, prospective memory (our ability to remember to do something later on) and pair matching those who later developed Alzheimer's disease scored more poorly compared to healthy individuals.

05/7 These individuals have had a fall in the past few months

The study also found that people who later on developed Alzheimer's disease had a fall in the last 12 months.

The chances of fall was more than twice in people who went on to develop a rare neurological condition known as progressive supranuclear palsy (PSP).

06/7 Poor overall health

For all conditions, including Parkinson's disease and dementia with Lewy bodies, the participants showed poor health 5-9 years before when the UK Biobank had collected their data.

07/7 "The impairments were often subtle"

"When we looked back at patients' histories, it became clear that they were showing some cognitive impairment several years before their symptoms became obvious enough to prompt a diagnosis. The impairments were often subtle, but across a number of aspects of cognition," Nol Swaddiwudhipong, the first author of the research study, told a health journal.

"This is a step towards us being able to screen people who are at greatest risk -- for example, people over 50 or those who have high blood pressure or do not do enough exercise -- and intervene at an earlier stage to help them reduce their risk," Swaddiwudhipong said.

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Mental health is a very important part of every human being's life. However, it is ignored the most. Starting from lack of awareness around this important discussion to reluctance in speaking about it, there are several unexplored routes that can ensure good mental health.

Read: 900-Year-Old Optical Illusion Found In India Reveals A Lot About Your Personality

We often talk about the importance of one's own family when it comes to mental health, but sometimes the generational differences within a family costs us a great amount of mental peace and happiness.

READMORE

02/6 These are seen in workplaces too

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These differences are not just seen within families but are also prevalent in workplaces.

For people who belong to two different generations, co-existence is the only way out. However, sometimes the coexistence gets difficult when generation specific rules make it tedious for people belonging to different generations.

03/6 Flawed beliefs around age

Flawed beliefs around age

Young people are narcissists and older ones are wise; young ones are naive, older ones know everything; young people are kind, older ones are aggressive; there are several false beliefs that connect age to behavior without any logic.

"An emerging area of research in the field of Industrial-Organizational Psychology considers age-related beliefs from two different but intermingling angles. Work on age stereotypes looks at the content and impact of beliefs about people from another age group. A stereotype about young people, for example, might be that they are narcissistic," a Harvard Business Review report says.

This theory makes young people think that others think them as narcissists even when they are not.

These flaws are used proactively in workplaces and families generating a population of young masses who are constantly in self-doubt.

04/6The technology gap

The technology gap

The current generation was born in that phase where technology had already entered our lives. The older generation experienced technology at a very later age, most probably when they did not feel the need for it. Those in the middle generation saw the world transition from non-tech to being tech savvy.

This makes the younger ones more dependent on technology which is often seen as a negative dependency by elders.

The generation which lives among passwords, screen locks and in a nuclear family set up needs more privacy than the one who lived in a house of 8-10 members.

Privacy is something our older generations do not understand, and this is where it creates a gap between them and the younger ones, who actually value it.

05/6The gap of understanding

The gap of understanding

Neither of the generations understand each other.

While the traditional one believes that everything should be done under the aegis of a senior, the newer generation believes in making decisions on their own. They term each other 'archaic' and 'wayward'.

A child watching mobile phones is seen as a bad behaviour, without even investigating what he or she was seeing in that. An older person saying anything about a kid's mannerism or attire is termed as bossy and pushy.

06/6Bridge the gap

The generational gap needs to be filled with understanding, proper knowledge of each other's generational rules, and the feeling of oneness.

Be it family or workplace, people belonging to two different generations should learn to co-exist. Despite the differences, there is a need to exist together.

It is pertinent to explain the intentions to each other. Let there be room for arguments but at the end of it emerge as a better person.

Do not get lost with false beliefs. Speak for yourself.

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Mental health

3 generational 'differences' that affect mental health (The Times of India:20221027)

<https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/natural-memory- tonic-brahmi-know-how-it-boosts-brain-health-and-other-benefits/photostory/94788670.cms?picid=94788687>

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The compounds present in brahmi elevate the mood by reducing the cortisol level in the body. Cortisol is the stress hormone.

Brahmi also alters the level of serotonin or the happy hormone in the body and thus relieves stress.

04/7Protects against several diseases

Protects against several diseases

Brahmi contains powerful antioxidants which when consumed protects the body from harmful free radicals.

Free radicals are harmful to the human body and are associated with several major diseases like heart disease, diabetes and various types of cancer.

05/7Reduce inflammation

Reduce inflammation

Inflammation is harmful to the body sometimes though it is the body's natural way to fight a disease. Several types of cancer are associated with inflammation.

Brahmi is said to have anti-inflammatory compounds. Few research studies have shown that the anti-inflammatory effect of brahmi is close to that of diclofenac and indomethacin, two popular nonsteroidal anti-inflammatory drugs.

06/7Can lower blood pressure

Brahmi leaves are recommended to those who have high blood pressure. Though high blood pressure is a serious medical condition and needs proper medical assistance, consumption of brahmi leaves is said to bring down the blood pressure.

Consumption of the leaves of this plant controls the systolic and diastolic blood pressure. Some animal studies have found that brahmi leaves release nitric oxide which dilates the blood vessels and improves the flow of blood.

07/7Important points to know

Though it is a very popular herbal medicine and is widely revered in Ayurveda, one should not over consume brahmi leaves.

There are several side effects to consumption of Ayurvedic medicines depending on the health complications an individual has.

It is always recommended to consult the doctor before putting any herbal medicine into practice.

Brahmi is known to cause digestive problems in some people. It is not recommended for pregnant women.

Hormons

हार्मोन असंतुलन से रहते हैं परेशान तो रोजाना करें शीर्षासन, मिलेंगे ये गजब के फायदे (Hindustan :20221027)

<https://www.livehindustan.com/lifestyle/health/story-health-benefits-of-shirshasana-cures-hormonal-imbalance-in-hindi-7266976.html>

: शरीर में हार्मोन्स की कमी से कई बार व्यक्ति का विकास ठीक से नहीं हो पाता है और उसे कई तरह की बीमारियों का खतरा होने का खतरा बना रहता है। इस तरह की परेशानियों को योगासनो

हार्मोन असंतुलन से रहते हैं परेशान तो रोजाना करें शीर्षासन, मिलेंगे ये गजब के फायदे

Health Benefits Of Shirshasana: अगर आपको भी आजकल बेवजह थकान, प्रतिरोधक क्षमता में कमी जैसा कुछ महसूस हो रहा है तो इसके पीछे एंड्रिनल ग्रंथि में विकार जिम्मेदार हो सकते हैं। एंड्रिनल ग्रंथि शरीर के लिए कई हार्मोन्स का निर्माण करती है इसलिए इस ग्रंथि का सही तरह से काम करना बहुत जरूरी है। तनाव का प्रभाव हमारी एंड्रिनल ग्रंथि की थकान के रूप में सामने आता है। शरीर में हार्मोन्स की कमी से कई बार व्यक्ति का विकास ठीक से नहीं हो पाता है और उसे कई तरह की बीमारियों का खतरा होने का खतरा बना रहता है। इस तरह की परेशानियों को योगासनो की मदद से दूर किया जा सकता है। ऐसा ही एक योगासन है शीर्षासन।

सिर के बल किए जाना वाला आसन शीर्षासन कहलाता है। मानसिक समस्याओं में तो यह बहुत ही प्रभावशाली है। शीर्षासन करने से एकाग्रता बढ़ती है, साथ ही शरीर का पॉश्चर भी अच्छा बना रहता है। दिल व सांस संबंधी समस्याओं का समाधान भी शीर्षासन से होता है। आइए जानते हैं क्या है शीर्षासन करने का सही तरीका और उसे करने से मिलने वाले गजब के फायदे।

शीर्षासन करने का तरीका-

शीर्षासन करने के लिए सबसे पहले एक मैट बिछाकर वज्रासन में बैठ जाएं। इसके बाद आप दोनों कोहनियों को जमीन पर टिकाकर दोनों हाथों की अंगुलियों को आपस में मिला लें। दोनों हाथों की अंगुलियों को मिलाकर आपकी हथेलियां ऊपर की ओर होनी चाहिए जिससे आप अपने सिर को हथेलियों का सहारा दे सकें। धीरे-धीरे आगे की ओर झुकते हुए अपने सिर को हथेलियों पर रखें। ऐसा करते समय अपनी सांस सामान्य रखें और धीरे-धीरे अपने सिर पर शरीर का भार आने दें। इस स्थिति में आकर आपको अपने पैरों को आसमान की ओर उठाना है। ठीक उसी तरह जैसे आप सीधे पैरों के बल खड़े होते हैं वैसे ही आप उल्टा सिर के बल खड़े हैं। कुछ देर इसी स्थिति में बने रहें और फिर सामान्य स्थिति में वापस आ जाएं।

शीर्षासन करने के फायदे-

-शीर्षासन रोगप्रतिरोधक क्षमता और कार्यक्षमता को बढ़ाकर एनेर्जेटिक बनाता है। दिमाग में ब्लड सर्कुलेट करता है।

-पिट्यूटरी और पीनियल ग्रंथियों का स्राव नियमित करता है। स्मरण शक्ति, एकाग्रता, उत्साह, स्फूर्ति, निडरता, आत्मविश्वास और धैर्य बढ़ाता है।

-यह याददाश्त को सुधारने के साथ ही एकाग्रता को बढ़ाता है।

-महिलाओं में रजोनिवृत्ति से संबंधित समस्याओं को भी यह सुधारता है। शरीर की मांसपेशियों को मजबूत करने के साथ ही मानसिक सुकून भी पहुंचाता है।

शीर्षासन करते वक्त न करें ये गलतियां-

-कोहनी बहुत चौड़ी रखना

-कंधों के पीछे कूल्हों को लाना

-सिर का गलत स्थान

- हाथ और पैरों में समान्य गैप न रखना
- श्वास का बहुत तेज होना
- स्पाइनल पर अधिक भार देना
- महिलाएं रजोधर्म की अवधि में शीर्षसन न करें।

Piles treatment

Piles treatment: अमेरिकी डॉक्टर ने बताए 7 असरदार देसी नुस्खे, खूनी और बादी दोनों तरह की बवासीर जड़ से होगी खत्म(Navbharat Times :20221027)

<https://navbharattimes.indiatimes.com/lifestyle/health/usa-based-doctore-joseph-mercola-share-7-effective-home-remedies-to-treat-piles-or-hemorrhoids-at-home/articleshow/95110704.cms?story=1>

Piles home remedy in Hindi: बवासीर होने पर आपके गुदा और मलाशय की नसों में सूजन पैदा हो जाती है, जिसे आपको दर्द, खुजली और कभी-कभी खून बहना जैसी समस्याएं हो सकती हैं। अमेरिकी डॉक्टर Joseph Mercola ने बवासीर के इलाज के लिए कुछ आसान और सस्ते उपाय बताए हैं।

usa based doctore joseph mercola share 7 effective home remedies to treat piles or hemorrhoids at home

Piles treatment: अमेरिकी डॉक्टर ने बताए 7 असरदार देसी नुस्खे, खूनी और बादी दोनों तरह की बवासीर जड़ से होगी खत्म

पाइल्स (Piles) यानी बवासीर (Hemorrhoids) एक गंभीर समस्या है। खाने-पीने की गलत आदतों और सुस्त जीवनशैली की वजह से बहुत से लोग अक्सर इस रोग से पीड़ित रहते हैं। दरअसल इस रोग की शुरुआत कब्ज से होती है। जब किसी व्यक्ति को हफ्ते भर से ज्यादा कब्ज रहता है, तो पूरे चांस है उसे बवासीर की समस्या भी हो जाए।

boAt, Lenovo, Samsung, HP, और कई अन्य जैसे शीर्ष ब्रांडों से नए लॉन्चिंग इलेक्ट्रॉनिक्स और एक्सेसरीज पर शानदार बचत।

बवासीर क्या है? बवासीर होने पर आपके गुदा और मलाशय की नसों में सूजन पैदा हो जाती है, जिसे आपको दर्द, खुजली और कभी-कभी खून बहना जैसी समस्याएं हो सकती हैं। बवासीर की सूजन को मससे भी कहा जाता है, जो मलाशय के बाहर और अंदर दोनों जगह हो सकते हैं। इन मससों के फूलने की वजह से आपको मल त्याग के दौरान गंभीर दर्द का सामना करना पड़ता है।

बवासीर का इलाज क्या है? पाइल्स या बवासीर के लिए मेडिकल में कई तरह की दवाएं, इलाज और सर्जरी उपलब्ध है लेकिन आप कुछ घरेलू उपचार के जरिए भी इससे राहत पा सकते हैं। अमेरिकी डॉक्टर Joseph Mercola ने बवासीर के इलाज के लिए कुछ आसान और सस्ते उपाय बताए हैं।

फाइबर का सेवन बढ़ा दें

फाइबर से भरपूर चीजों के सेवन से मल नरम और आसान हो सकता है और बवासीर के इलाज और रोकथाम में मदद कर सकता है। पीने का पानी और अन्य तरल पदार्थ, जैसे कि फलों का रस और साफ सूप, आपके आहार में फाइबर को बेहतर ढंग से काम करने में मदद कर सकते हैं।

बवासीर का घरेलू इलाज Colon cleansing foods: दिवाली पर खा ली ज्यादा नमकीन-मिठाई? इन 7 तरीकों से बाहर करें आंत-पेट की सारी गंदगी

Subscribe

Food and drinks to clean intestine naturally: त्योहार के मौसम में तरह-तरह के पकवान और मिठाइयों का खूब आनंद ले रहे हैं। इसमें कोई शक नहीं है कि चीनी, मैदा और नमक से बने पकवानों का अपना अलग मजा होता है लेकिन इन चीजों के अधिक सेवन से पेट और आंतों में विभिन्न तरह के विषाक्त पदार्थ जमा हो सकते हैं।

Colon cleansing foods

Colon cleansing foods: दिवाली पर खा ली ज्यादा नमकीन-मिठाई? इन 7 तरीकों से बाहर करें आंत-पेट की सारी गंदगी (Navbharat Times :20221027)

<https://navbharattimes.indiatimes.com/lifestyle/health/how-to-clean-stomach-nutritionist-told-5-easy-and-effective-tips-to-clean-colon-and-intestines-and-improve-digestion/articleshow/95091022.cms?story=3>

पिछले एक हफ्ते से दिवाली सहित कई फेस्टिवल की धूम मची हुई है और अगले कुछ दिनों तक यही महौल रहने वाला है। जाहिर है त्योहार के मौसम में तरह-तरह के पकवान और मिठाइयों का खूब आनंद ले रहे हैं। इसमें कोई शक नहीं है कि चीनी, मैदा और नमक से बने पकवानों का अपना अलग मजा होता है लेकिन इन चीजों के अधिक सेवन से पेट और आंतों में विभिन्न तरह के विषाक्त पदार्थ जमा हो सकते हैं, जो आपकी सेहत को बिगाड़ सकते हैं।

boAt, Lenovo, Samsung, HP, और कई अन्य जैसे शीर्ष ब्रांडों से नए लॉन्चिंग इलेक्ट्रॉनिक्स और एक्सेसरीज पर शानदार बचत।

समस्या यह है कि फेस्टिव सीजन में बहुत से लोग बाहर का खाना पसंद करते हैं या समय नहीं मिलने की वजह से घर में नहीं बना पाते हैं। लगातार बाहर का खाना पेट का स्वास्थ्य खराब कर सकता है। ध्यान रहे कि अगर एक बार आपका पेट खराब हो गया, तो आपके लिए मुश्किल हो सकती है। मौसम बदल रहा है और ऐसे में पेट को स्वस्थ रखना जरूरी है।

फैट टू स्लिम की डायरेक्टर और न्यूट्रिशनिस्ट एंड डाइटिशियन शिखा अग्रवाल शर्मा आपको कुछ उपाय बता रही हैं, जिनके जरिए आप आंत और पेट को साफ कर सकते हैं।

तरल पदार्थों का सेवन बढ़ा दें

खूब पानी पीना और हाइड्रेटेड रहना पाचन को साफ और स्वच्छ रखने का सबसे बढ़िया तरीका है। गुनगुना पानी पीना पाचन के लिए भी अच्छा माना गया है। इसके अलावा पानी से भरपूर चीजों का सेवन बढ़ा सकते हैं। इसमें तरबूज, टमाटर, सलाद, और अजवाइन जैसे फल और सब्जियां शामिल हैं।

नमक वाला पानी पिएं

पेट और आंतों को साफ करने के लिए आप नमक वाला पानी पी सकते हैं। इस उपाय को आजमाने से पहले डॉक्टर से सलाह जरूर लें। इसके लिए सुबह खाने से पहले 2 चम्मच नमक को गुनगुने पानी में मिला लें। आप समुद्री नमक या हिमालयन नमक का इस्तेमाल करते हैं। खाली पेट जल्दी से पानी पिएं, और कुछ ही मिनटों में आपको बाथरूम जाने की इच्छा हो सकती है। ऐसा सुबह और शाम को करें।

फाइबर वाली चीजों का सेवन बढ़ा दें

पेट और आंतों की सफाई के लिए आपको फाइबर से भरपूर चीजों का सेवन बढ़ाना चाहिए। फाइबर फल, सब्जियां, अनाज, नट, बीज जैसे खाद्य पदार्थों में पाया जाता है। फाइबर आंतों को साफ और मजबूत बनाने का काम करते हैं। यह आपको कब्ज जैसी समस्या से राहत दिलाता है।

जूस और स्मूदी

जूस को एक बढ़िया 'कोलन क्लीन्जर' माना जाता है। पेट की सफाई के लिए आप फ्रूट और वेजिटेबल जूस ले सकते हैं। जूस के मिश्रण में कुछ फाइबर और पोषक तत्व होते हैं जो पाचन को लाभ पहुंचाते हैं। जूस में पाया जाने वाला विटामिन सी आंतों को साफ करने में मदद कर सकता है।

प्रोबायोटिक्स

अपने खाने में प्रोबायोटिक्स को शामिल करना पेट को साफ करने का एक बढ़िया और आसान तरीका है। अपने खाने में बहुत सारे प्रोबायोटिक वाली चीजें शामिल करें जैसे दही, किमची, अचार और अन्य किण्वित खाद्य पदार्थ। प्रोबायोटिक्स फाइबर और रेसिस्टेंट स्टार्च की मदद से आंत में अच्छे बैक्टीरिया बनाते हैं।

सेब का सिरका

एप्पल साइडर विनेगर को प्रोबायोटिक भी माना जाता है और इसे आंतों की सफाई के लिए सबसे किफायती चीज माना जाता है। सेब साइडर सिरका में एंजाइम और एसिड होते हैं, जो खराब बैक्टीरिया को मारते हैं।

हर्बल चाय

हर्बल चाय आंतों के माध्यम से पाचन स्वास्थ्य में सहायता कर सकती है। रेचक जड़ी बूटियों जैसे साइलियम, एलोवेरा, मार्शमैलो रूट और स्लिपरी एल्म कब्ज में मदद कर सकते हैं। अदरक, लहसुन और लाल मिर्च जैसी अन्य जड़ी-बूटियों में एंटीमाइक्रोबियल फाइटोकेमिकल्स होते हैं। ऐसा माना जाता है कि ये खराब बैक्टीरिया को दबाते हैं।

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।