



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20221115

TB

Over 1.5 million people had missed or delayed TB diagnosis in 2020 due to Covid: Study (The Tribune: 20221115)

<https://www.tribuneindia.com/news/health/over-1-5-million-people-had-missed-or-delayed-tb-diagnosis-in-2020-due-to-covid-study-450861>

Over 1.5 million people had missed or delayed TB diagnosis in 2020 due to Covid: Study

Over 1.5 million people in 45 high-burden countries, including India, are estimated to have had a missed or delayed tuberculosis diagnosis in 2020 due to the disruptions caused by the Covid-19 pandemic, according to a study.

The research, published in the journal BMC Medicine, shows that children may be disproportionately affected in over half of countries analysed, those aged 65 or over in more than two thirds of countries, with sex being a risk factor in almost half of countries.

The team, including researchers from the London School of Hygiene & Tropical Medicine (LSHTM), UK, noted that vulnerable populations in high-burden countries worldwide must be prioritised in efforts to reduce the impact of the Covid-19 pandemic on tuberculosis (TB) care.

"Our results show that in many countries those who already faced the most difficulty in obtaining TB diagnosis and care have suffered worsening access as a result of the pandemic," said study joint lead author Finn McQuaid, from LSHTM.

"While we look to build back and mitigate the impact Covid-19 has had on those with TB, it's vital that we focus on those most in need; not just out of a duty to address these inequalities, but to have any hope of ending TB," McQuaid said.

As many as 195,449 (nearly two lakh) children below the age of 15 years, 1,126,133 (over 11.2 lakh) adults aged 15 to 64 years old and 235,402 (2.3 lakh) older individuals aged 65 years or older had a missed or delayed diagnosis of TB in 2020 as a result of Covid-19 disruptions, they said.

These figures include 511,546 (5.1 lakh) women and 863,916 (8.6 lakh) men.

The researchers modelled trends in TB case reporting to the World Health Organisation (WHO) for 45 high-burden countries between 2013 and 2019. Predictions for 2020 using these models were then compared to actual observations in the same year.

Although the study found no evidence for systemic disparity in risk by age or sex on a global scale, when broken down by country, setting-specific inequalities were revealed.

For example, in over half of countries (57.1 per cent) analysed, children were at a greater risk of having their TB diagnosis delayed or missed due to Covid-19 than adults, the researchers said.

In almost half of countries, sex was predicted to be an influential risk factor. Men, for example, were found to be particularly susceptible to missed or delayed diagnoses in the WHO region of the Americas (namely Peru and Brazil), they said.

These results suggest that the pandemic may have resulted in high numbers of individuals with TB being left untreated and unknowingly spreading infection, with long-term public health ramifications.

Despite being responsible for the second largest number of deaths from an infectious disease worldwide, detection rates for cases of TB are low with inequalities in burden and access to care, notably for men, older individuals and children.

Until now, investigations into disruptions to TB patient care caused by Covid-19 have focused on the overall impact of the pandemic, with little consideration for the effect of potential inequalities, such as those related to age or sex.

The findings from this study may provide vital guidance as to major areas that should be targeted by policy makers to reduce the impacts of the pandemic on global TB burden to ensuring equitable patient care.

"Population groups whose access to TB diagnosis was disproportionately affected by the Covid-19 pandemic should be prioritised in catch-up campaigns," said study co-author Katherine Horton, also from LSHTM.

"For example, in settings where children have missed diagnoses, school-based strategies may be useful, while gender-sensitive strategies should be implemented in settings where one sex has been relatively under-diagnosed," Horton added.

Eye Health

Daily habits that affect your eyesight (The Tribune: 20221115)

<https://www.tribuneindia.com/news/health/daily-habits-that-affect-your-eyesight-449938>

There are about 2.2 billion people globally with near or distant vision impairment, according to a 2021 report by the World Health Organisation (WHO). India is the second-most populous country in the world and home to over 20 per cent of the world's blind population. Addressing visual impairment is a major health issue across the globe, and while a number of factors are responsible for poor vision, including age, genetics, and the environment, everyday habits are just as important. There are indications that daily habits can affect a person's eyesight and develop into further complications if not addressed in time.

What are these habits?

Too much screen time: Working for long hours, especially on a computer has become a reality for many people around the world. The pandemic and the work-from-home culture meant that people have to work virtually for long hours every day. Such a lifestyle can inevitably cause significant strain on your eyes and lead to eye-related problems if not properly checked. A condition often associated with this is "screen-sightedness" or computer vision syndrome. The 20-20-20 technique is a simple yet effective way to take frequent breaks to reduce the stress on your due to extended use of digital devices. Spend at least 20 seconds every 20 minutes looking at something 20 feet away.

Eating eye health-deficient diet: Including foods containing omega-3 fatty acids, zinc, vitamins C and E, and dark leafy greens, nuts, eggs, oranges, and seafood can help maintain eye health.

Not resting enough: Lack of sleep, especially when it happens on a regular basis, can have many negative effects on our health, both short-term and long-term, including a weakened immune system, weight gain, heart disease, high blood pressure, mood changes, and memory issues. It also affects the health of our eyes significantly. Not resting enough can manifest in bloodshot eyes, dark circles, blurred vision, dry eyes, and other conditions. According to research, the eyes need about 7 to 9 hours of good sleep daily to replenish themselves and function well.

Rubbing your eyes all day can also cause some damage to your sight. Rubbing the eyes can break blood vessels present under your eyelids. When the eyes are irritated, instead of rubbing the eyes, try applying a cold compress instead.

Not wearing sunglasses can also have harmful effects on your eyes. Our eyes are vulnerable to ultraviolet rays and weather elements which can affect the health of our vision in numerous ways. Wearing the right sunglasses on a regular basis can prevent the development of macular

degeneration or cataracts. Beyond that, sunglasses also help protect against dry-eye syndrome by blocking the wind and dust that could gain access to your eyes.

Staying dehydrated. Water is essential for the body to help maintain hydration. Our eyes rely on water to help keep them lubricated in the form of tears. It is quite normal for dust, dirt, and other debris present in the air to sneak into our eyes. In the absence of moisture, one may develop dry, red, or puffy eyes. Thus, it is important to stay hydrated by consuming plenty of water every day.

Moreover, regular eye check-ups are essential for the timely identification and treatment of visual ailments.

Covid health issues

Long-term Covid health issues affect people of all ages: Study (The Tribune: 20221115)

<https://www.tribuneindia.com/news/health/long-term-covid-health-issues-affect-people-of-all-ages-study-449939>

People of all age groups are at risk of long-term physical and mental health issues after Covid infection, a study has found.

Following Covid-19 infection, there is significant new onset morbidity in children, adolescents and adults across 13 distinct diagnosis and symptom complexes, according to a new study published in the open access journal PLOS Medicine.

Earlier research has established that some people infected with Covid-19 suffer long-term health problems following the acute phase of the disease.

However, evidence on post-acute syndrome is still limited, especially for children and adolescents.

The new study by Martin Roessler of Technische Universitat Dresden, Germany and colleagues, used a healthcare dataset covering nearly half the German population.

Overall, children and adolescents who had been infected with Covid-19 were 30 per cent more likely than controls to have documented health problems beginning three months or more after infection.

Adults with Covid-19 were 33 per cent more likely than controls to have health problems, the findings showed.

Among children and adolescents, rates of malaise/fatigue/exhaustion, cough and throat/chest pain were the most strongly associated with a prior Covid-19 infection, but rates of headache, fever, abdominal pain, anxiety disorder and depression were also increased.

Among adults, smell/taste disturbance, fever, and dyspnea (or difficulty breathing) were most strongly associated with Covid-19 infection but also more common were cough, throat and chest pain, hair loss, fatigue, exhaustion and headache.

"The results of the present study indicate that post-Covid syndrome cannot be dismissed among children and adolescents," the authors said.

"While children and adolescents appear to be less affected than adults, these findings are statistically significant for all age groups," they wrote.

Covid infection

Covid infection changes genetic material of cells: Study (The Tribune: 20221115)

<https://www.tribuneindia.com/news/health/covid-infection-changes-genetic-material-of-cells-study-449632>

Scientists arrive at the conclusion by analysing thirteen datasets obtained during four studies of viral, human and animal cell RNA

Scientists have shown for the first time that infection by SARS-CoV-2 changes the functioning of host cell RNA, according to a study.

The scientists at the Federal University of Sao Paulo (UNIFESP), Brazil, arrived at this conclusion by analysing thirteen datasets obtained during four studies of viral, human and animal cell RNA.

RNA in a cell, or ribonucleic acid, just like DNA, stores genetic information. RNA transmits genetic information from DNA to the cytoplasm, the external space in a cell, and also controls certain chemical processes in the cell.

The most recent study, reported in an article published in the journal *Frontiers in Cellular and Infection Microbiology*, examined the epitranscriptome of Vero cells, or cells derived from monkeys, and human Calu-3 cells by direct RNA sequencing.

An epitranscriptome is a collective log of all the biochemical modifications of cell RNA, such as methylation.

"Our first important finding in this study was that infection by SARS-CoV-2 increases the level of m6a (N6-methyladenosine), a type of methylation, in host cells compared with non-infected cells," said study author Marcelo Briones.

Methylation is a biochemical modification involving the addition of a methyl group to a substrate, a process which occurs in host cells via the action of enzymes capable of transferring part of one molecule to another. This changes the behavior of proteins, enzymes, hormones and genes.

The researchers, the study said, showed changes to infected cells' RNA quantitatively by analyzing all the RNAs present in the cells and qualitatively by locating on a map the number of methylations per region in the nucleotides, the basic structural unit of RNAs and DNAs.

“Methylation has two functions in viruses. It regulates protein expression, and it defends the virus against the action of interferon, a potent antiviral substance produced by the host organism,” Briones said.

In both studies, the researchers analyzed m6a because it is the most common type of RNA nucleotide modification and is involved in several significant processes, such as intracellular location and protein translation.

RNA nucleotides contain nitrogenous bases, which are nitrogen-containing biological compounds that form these nucleotides, and are either adenine, guanine, uracil, or cytosine, running along a single strand.

The team also discovered that different strains of the virus displayed variations in the sequences of nitrogenous bases in their nucleotides. “Some strains may be much more methylated than others. If so, they can multiply better inside host cells,” Briones said.

The virus uses cell enzymes for its own methylation, producing evolutionary pressure for adaptation of viral DRACH sequences so that they become more similar to cell sequences, where the letter D stands for adenine, guanine or uracil; R for adenine or guanine; A for the methylated residue; C for cytosine; and H for adenine, cytosine or uracil.

The viral strains that adapt best are able to escape interferon, antiviral protein produced by cells which have been attacked, more successfully.

The increase in cell methylation was mapped by two m6A detection programmes. One of these (m6anet) used a machine learning technique called multiple instance learning (MIL). The other (EpiNano) validated the results using a technique called support vector machine (SVM), the study said.

Lungs Fluid

How to clear your lungs of fluid using Pranayama? (Indian Express: 20221115)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/how-to-clear-your-lungs-of-fluid-using-pranayama/photostory/95508448.cms>

01/6Fluid accumulation and severe pneumonia

The air sacs in one or both lungs swell due to pneumonia. The air sacs may swell with fluid or pus (purulent material), causing breathing problems, a fever, chills, and a cough that produces pus or phlegm. Bacteria, viruses, and fungi are only a few of the species that can cause pneumonia. Here's how you can get rid of fluid in your lungs through Pranayama.

02/6Bhastrika Pranayama (Bellow Breath)

Bhastrika Pranayama (Bellow Breath)

Method

- Sit comfortably in any position (such as Sukhasana, Ardhapadmasana, or Padmasana);
- straighten your back and shut your eyes;
- place your palms on your knees in the Prapthi Mudra;
- breathe in deeply and exhale fully.
- The ratio of inhalation to exhalation should be 1:1. For instance, if you inhale for six counts, you also need to exhale for six counts.

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03/6Anulom Vilom Pranayama (Alternate Nostril Breathing)

Anulom Vilom Pranayama (Alternate Nostril Breathing)

Method

Sit comfortably in Sukhasana, Ardha Padmasana, Vajrasana, or Poorna Padmasana. Maintain a straight back, relaxed shoulders, and focus on your breath.

As you breathe in, softly close your left nostril with your thumb while bending your legs into the Prapthi Mudra position.

Next, exhale through your right nostril.

Close your right airway after inhaling so that you can only exhale through your left.

This ends one cycle.

04/6Kapal Bhati (Skull Shining Technique)

Kapal Bhati (Skull Shining Technique)

Method

Sit in any comfortable position (such as Sukhasana, Ardha Padmasana, or Padmasana)

Straighten your back

Close your eyes

Place your palms on your knees facing up (in Prapthi Mudra)

Inhale normally; concentrate on exhaling with a short, rhythmic breath

You can use your stomach to forcefully expel all the air from the diaphragm and lungs by compressing it.

05/6Protection and diet for pneumonia prevention

Protection and diet for pneumonia prevention

Breastfeeding for at least the first six months of life provides protection against pneumonia beginning at birth. The youngster must consume high-quality food that is rich in the minerals and vitamins necessary for strong immunity and the ability to fight sickness. Vitamin C strengthens the immune system, which aids in curing pneumonia. If you have a sore throat, be careful not to eat really sour oranges since this could make it worse. For a good dosage of vitamin C, you can also eat other citrus fruits like lemon, berries, and kiwi.

“Adding physical activity to your routine and changing a few aspects of your lifestyle can help you protect your lungs from disease and improve your lung health. Additionally, you can begin to practise deep breathing techniques, simple diaphragmatic breathing, and pranayama exercises like Khand Pranayama. To build up your lungs and increase your immunity, pay attention to your posture and drink plenty of water,” says Himalayan Siddha Akshar, Founder, Akshar Yoga Institutions.

Diabetic Retinopathy

Diabetic Retinopathy: How high blood sugar levels can impact your eyes (Indian Express: 20221115)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/diabetes-runs-in-the-family-how-early-how-does-it-make-you-prone-to-the-chronic-disease-experts-explain/photostory/95503949.cms?picid=95503986>

Diabetes has become a global health concern. It is a chronic condition that either occurs when your body cannot effectively utilize the insulin it produces or when the pancreas stops producing enough insulin. Either way, there is a risk of raised blood glucose or raised blood sugar.

What's more concerning about this disease is that there's no one way high blood sugar can affect your body. According to the World Health Organization (WHO), it can be a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation.

That said, on World Diabetes Day 2022, let us take a detailed look at one of the most neglected effects of diabetes i.e. diabetic retinopathy. But before that, let us find out the many ways diabetes impacts our eyesight.

Also read: Juvenile Diabetes: How to keep your kid's blood sugar levels in check

02/7Ways high blood sugar can impact your eyes

Ways high blood sugar can impact your eyes

There are several ways high blood sugar or diabetes can affect your eyes. Excess glucose or blood sugar in the bloodstream can cause damage to the blood vessels and nerves that run throughout the body, including the eyes. This can result in a group of eye conditions including:

- Macular edema: Leaky blood vessels caused by diabetes can cause swelling in the macula, the center of the retina responsible for straight vision.
- Cataracts: The cloudy buildup in the eye's lens.
- Glaucoma: Damage to the retina's blood vessels, resulting in the creation of abnormal new ones
- Diabetic retinopathy: When changes in the retina's blood vessels either cause blood vessel leakage or abnormal growth of new blood vessels on the retina's surface.

Also read: High blood sugar: Untreated diabetic foot ulcers can lead to amputations; beware of the signs [READMORE](#)

03/7What is diabetic retinopathy?

What is diabetic retinopathy?

Dr. N S Muralidhar, President, Vitreo Retinal Society of India, says that over 77 million people in the country are living with diabetes, of which very few realise that diabetes can damage the eyesight, cause severe visual impairment and even blindness. According to him, diabetes especially damages the delicate, inner layer of the eye called the retina, leading to the condition known as diabetic retinopathy.

As per the doctor, 1 in 3 diabetes patients have some degree of retinopathy, which is currently the leading cause of blindness.

The Mayo Clinic also highlights the severity of the condition and highlights that it can go from being asymptomatic to causing mild vision problems. However, if left untreated, it can even lead to blindness.

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04/7Symptoms to watch out for

Symptoms to watch out for

While signs of diabetic retinopathy may not be as noticeable in the initial stages, as it progresses, it can lead to several complications. These include:

- Floaters or black spots in your vision

- Blurred vision

- Fluctuating vision

- Holes in your vision

- Vision loss

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05/7How to prevent diabetic retinopathy and other eye-related disease

How to prevent diabetic retinopathy and other eye-related disease

A person suffering from diabetes can prevent or reduce their risk of developing diabetic retinopathy.

Changing your diet, regular exercise, giving up on unhealthy lifestyle habits can all help in managing your blood sugar levels and in turn help in preventing diabetes-related eye problems.

The primary objective should be to regulate your blood sugar levels. You must aim at lowering your blood pressure and cholesterol levels too. Avoid eating foods that can make your diabetes worse. Furthermore, quit smoking and alcohol consumption.

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06/7The need for regular eye check up

The need for regular eye check up

Experts believe getting your eye checked regularly can help detect any eye-related issues. Especially if you're suffering from diabetes, it is very crucial to get your eyes examined by your doctor.

Furthermore, if you're a diabetes patient, any irregularities in your vision should be addressed immediately. Make sure you inform your doctor and discuss the path forward.

07/7Treatment options

Treatment options

Depending on how new or advanced your condition is, your doctor will provide you with a treatment plan.

If you're still in the early stages of diabetic retinopathy, your doctor will keep tracking your eye health. However, if the condition progresses and worsens, your doctor may advise you to start treatment immediately.

Doctors may first start with injections, drugs that can slow down or reverse diabetic retinopathy. If the condition still persists or has advanced, you may have to undergo laser treatment to reduce swelling in your retina. And finally, an eye surgery (vitrectomy) may be advised in case the blood vessel leakage in the retina does not stop and causes scars.

Now Reading:"Diabetes runs in the family": How does it make you prone to the ...Share fbsharetwsharepinshareComments (0)

"Diabetes runs in the family": How does it make you prone to the chronic disease, experts explain

Maitree Baral | TIMESOFINDIA.COM | Last updated on -Nov 14, 2022, 16:00 ISTShare fbsharetwsharepinshareComments (0)

01/8Is Diabetes hereditary?

This is one of the common questions asked in connection with diabetes. People who have it or who see family members have reservations about how it makes them and their successors prone to this disease.

On the whole this claim is medically proven, however to what extent one is prone to developing this condition varies.

COVID and pneumonia may damage lungs: Key points on signs, precautionsREADMORE

02/8World Diabetes Day is observed on November 14

World Diabetes Day is observed on November 14

In order to create awareness around diabetes and the medical facilities available for it, World Diabetes Day is observed on November 14.

This year's theme is 'access to diabetes education'.

"WHO's World Diabetes Day activities will cover issues ranging from championing the priorities of people living with diabetes in advocacy to the Global Diabetes Compact, which drives efforts globally to reduce the risk of diabetes and ensure access to treatment and care," the World Health Organisation (WHO) has said.

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03/8"Indians are considerably more likely to develop diabetes as..."

"Indians are considerably more likely to develop diabetes as..."

"People in India are considerably more likely to develop diabetes since families in India tend to have similar eating and exercising habits," explains Dr. Aishwarya Krishnamurthy, Consultant Endocrinology & Diabetes, Max Hospital Vaishali.

Dr Krishnamurthy sheds light on the non-genetic risk factors of diabetes as well. "Although a person can inherit a predisposition for developing Type 1 or Type 2 diabetes from their parents, a variety of environmental factors are required to develop the chronic disease. In contrast to family history, a person is far more likely to develop genetic diabetes based on their lifestyle and habits," and adds that the role of genes come into play as it increases the risk of developing type 2 diabetes because of a person's tendency to become obese.

04/8Is diabetes inherited from the father or the mother?

Is diabetes inherited from the father or the mother?

Dr Krishnamurthy says that the risk factors for Type 2 diabetes vary from 60% to 70% if both parents are diagnosed with diabetes while a 30% chance if only the father has it and a slightly higher chance if only the mother has it.

As per health reports, the risk of type 1 diabetes is also influenced by paternal diabetes. If the father has type 1 diabetes, the risk of the child developing type 1 diabetes is 1 in 17 and if the mother with type 1 diabetes has the child before she is 25, then the risk is 1 in 25 and if later than 25, the risk is 1 in 100.

05/8Does it increase the risk when several family members are diabetic?

Does it increase the risk when several family members are diabetic?

"Type 2 diabetes has a strong link to family history and lineage," says Dr. Chhavi Agrawal, Associate Consultant, Endocrinology, Fortis Escorts, Okhla road, New Delhi.

Dr Agrawal further explains that, "the genetic predisposition to diabetes increases as the relationship to the patient of diabetes becomes closer or the number of diabetics in the family increases, meaning thereby that the same person is more predisposed to onset of diabetes if his parents have diabetes than if his grandparents did."

06/8Unhealthy lifestyle coupled with genetic reasons makes diabetes even closer

Unhealthy lifestyle coupled with genetic reasons makes diabetes even closer

All the experts have said this in unison that genetic factors do increase the chances of developing diabetes but when this risk is coupled with unhealthy lifestyle habits an early onset of the risk is observed.

Unhealthy lifestyle habits include not having seasonal foods, indulgence in processed foods, random sleeping patterns, and lack of physical exercise.

07/8"People with diabetes tend to develop other complications 10 years ahead"

"Diabetes also increases the risk of other chronic diseases especially cardiac and renal," says Dr Agrawal.

"Patients with diabetes tend to develop these complications almost 10 years prior to that of a normal individual. They also tend to have more severe forms of the disease," the expert adds and suggests that in patients who are genetically predisposed, a healthy lifestyle may delay or prevent the onset of the disease.

08/8"Diabetes is seen in younger people these days"

On this, Dr Ramesh Goyal, Head of Department of Endocrinology and Diabetes, Apollo Hospitals, Ahmedabad says "Diabetes was earlier seen in people aged 40 and above, but nowadays because of obesity, lack of physical activity and consumption of a high calorie diet, diabetes is seen in people in their 30s and even in 20s, if the person is obese."

"If you have a family history of diabetes, keeping your weight ideal to your height, leading an active life, and eating healthy food can help you to prevent or delay type 2 diabetes," Dr Goyal adds

Why you shouldn't overdo the Kapalbhathi pranayama to just burn belly fat

Since it involves forced muscle movements, it should not be attempted by those who have high BP, heart condition, menstrual health issues or are simply hyperactive people, advises yoga guru Kamini Bobde

yoga pcosHighly energising pranayama, which stimulates the frontal lobe of the brain and activates the sleeping centres and cells. (File Representational Photo)

Although pranayama has by now been coopted by most of us in a matter-of-fact sort of way, there is still a lot of misinformation around one of its forms called Kapalbhathi. Now this is a conjunction of two words, kapal (forehead, frontal lobe) and bhathi (shine). A forehead that shines simply means an awakened and enlightened mind. And that surely requires mastery. Consider it a higher level of breath regulation that comes with practice and effort.

Kapalbhathi pranayama

Why you shouldn't overdo the Kapalbhathi pranayama to just burn belly fat(Indian Express: 20221115)

<https://indianexpress.com/article/lifestyle/health-specials/kapalbhathi-pranayama-burn-belly-fat-8269031/>

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Pregnancy

प्रेग्नेंसी में मलासन करने से मिलते हैं जबरदस्त फायदे, कई तरह की परेशानियां हो जाती हैं सॉल्व(Hindustan: 20221115)

<https://www.livehindustan.com/lifestyle/health/story-how-to-do-malasana-and-know-its-benefits-during-pregnancy-7350958.html>

Malasana Benefits During Pregnancy:मालसाना योग का डीप स्क्वाट है। बहुत ज्यादा बैठने पर कूल्हों और कमर में होने वाली जकड़न से छुटकारा मिलता है। ये प्रेग्नेंसी को भी आसान बनाता है। यहां देखें कैसे करें-

प्रेग्नेंसी में मलासन करने से मिलते हैं जबरदस्त फायदे, कई तरह की परेशानियां हो जाती हैं सॉल्व

प्रेग्नेंसी के दौरान महिलाएं अपने जीवन के सबसे कठिन समय में होती हैं, हालांकि मां बनने के एहसास में वह इस परेशानी से भी जूझ लेती हैं। इस दौरान महिलाओं को तरह-तरह की परेशानियां होती हैं। जिनमें सबसे कॉमन है, उल्टी, मूड स्विंग्स और कब्जा। इनसे छुटकारे के लिए यूं तो डॉक्टर कई दवाएं देते हैं। लेकिन इन दवाइयों का बच्चे पर बुरा असर होता है। ऐसे में आप कुछ योगासन की मदद से इन परेशानियों से छुटकारा पा सकते हैं। प्रेग्नेंसी के दौरान आप मलासन कर सकते हैं। ये कई तरह से आपको फायदे दे सकता है।

डिलीवरी होती है आसान

मालसाना योग का डीप स्क्वाट है। बहुत ज्यादा बैठने पर कूल्हों और कमर में होने वाली जकड़न से छुटकारा पाने के लिए आप इस आसन को कर सकते हैं। शुरुआत में आप सपोर्ट के लिए प्रॉप्स का इस्तेमाल कर सकते हैं ताकि आप इस तरह से इसे सकें जो दर्दनाक न हो। फिर समय के साथ धीरे-धीरे अपने आप को प्रॉप्स से दूर करें। यह एक लंबी प्रक्रिया हो सकती है, लेकिन यह काफी काम करती है। प्रेग्नेंसी में मलासन की प्रैक्टिस की जाए तो नॉर्मल डिलीवरी में मदद मिल सकती है। ये आसान महिला की डिलीवरी काफी हद तक आसान बनाता है।

यह भी पढ़ें - Diabetes effect on fertility : मम्मी-पापा बनना चाहते हैं, तो पहले डायबिटीज को करें कंट्रोल

कैसे करें मलासन

- मैट पर स्क्वाट्स पोजिशन में खड़े हो जाएं।
- फिर स्क्वाट में आने के लिए घुटनों को मोड़ें और अपने हिप्स को फर्श की ओर नीचे करें।
- आपके पैर की उंगलियों को बाहर निकालें, लेकिन इसे ज्यादा न करें। आप पैरों को समानांतर रखने की कोशिश करें।
- अपने हाथों को अपने घुटनों के पास रखें और हथेलियों को एक साथ अंजलि मुद्रा में लाने के लिए कोहनियों को मोड़ें।
- अंजलि मुद्रा में अपने हाथों को अपने हृदय केंद्र के पास रखें। अब इस मुद्रा में रहते हुए हाथों से जांघों को दबाते रहें।
- अपनी रीढ़ को सीधा रखें, अपने हिप्स को फर्श की ओर ले जाएं, और अपने कंधों को अपने कानों से दूर रखें।

-पांच सांसों तक यहीं रुकें, फिर पैरों को सीधा करके बाहर आ जाएं। आप चाहें तो सीधे फॉरवर्ड फोल्ड में आ सकते हैं।

-इस मुद्रा को तीन बार दोहराने की कोशिश करें।

ध्यान दें कि इस आसन को आप किसी की निगरानी में ही करें।

World Diabetes Day 2022:

World Diabetes Day 2022: डायबिटीज रोगियों के लिए रामबाण हैं ये 3 योगासन, कंट्रोल रहता है शुगर लेवल(Hindustan: 20221115)

<https://www.livehindustan.com/lifestyle/health/story-yoga-for-diabetes-know-about-3-effective-yogasanas-for-diabetics-patient-to-control-blood-sugar-level-7351126.html>

Yoga for Diabetes: शरीर में पैन्क्रियाज जब इंसुलिन का उत्पादन बंद कर देता है तो व्यक्ति के शरीर में ग्लूकोज की मात्रा बढ़ने लगती है और वो डायबिटीज का शिकार हो जाता है। अगर आप भी डायबिटीज के रोगी हैं तो

World Diabetes Day 2022: डायबिटीज रोगियों के लिए रामबाण हैं ये 3 योगासन, कंट्रोल रहता है शुगर लेवल

Yoga For Diabetes: आजकल लोगों की खराब जीवनशैली, शारीरिक रूप से एक्टिव ना रहना, मोटापा और खान-पान की गलत आदतों की वजह से ज्यादातर लोग मधुमेह या डायबिटीज के शिकार हो रहे हैं। आज के समय में देश की एक बड़ी आबादी इस रोग की चपेट में है। शरीर में पैन्क्रियाज जब इंसुलिन का उत्पादन बंद कर देता है तो व्यक्ति के शरीर में ग्लूकोज की मात्रा बढ़ने लगती है और वो डायबिटीज का शिकार हो जाता है। अगर आप भी डायबिटीज के रोगी हैं तो अपने रूटीन में ये 3 योगासन जरूर शामिल करें।

डायबिटीज कंट्रोल करने वाले योगासन-

हलासन: हलासन करने के लिए सबसे पहले अपनी पीठ के बल लेटें अपने हाथों को साइड में रखते हुए धीरे-धीरे अपने पैरों को ऊपर उठाएं अपने पैरों को सीधा रखते हुए ऊपर लाना जारी रखें। अपने पैरों को अपने सिर के ऊपर ले जाएं और अपने पैर की उंगलियों को सिर के ऊपर जमीन पर रखें। इस स्थिति के दौरान आपकी पीठ को भी फर्श से ऊपर उठाना चाहिए। इस स्थिति को 15-20 सेकंड के लिए होल्ड करके शरीर को रिलीज करें। इस प्रक्रिया को कुछ देर बार दोबारा करें।

सावधानी: ऐसी महिलाएं जो गर्भवती हैं या डायरिया, हाई बीपी या कमर दर्द से पीड़ित लोग इस आसन को ना करें। इसके अलावा आसन करते समय अपनी गर्दन पर दबाव बिल्कुल ना बनाएं।

सेतुबंधासन: सेतुबंधासन करने के लिए अपने हाथों को अपने हाथों से छत का सामना करते हुए जमीन पर लेट जाएं। धीरे-धीरे अपने कूल्हों को जमीन से ऊपर उठाएं। इस बिंदु पर फर्श को छूने वाली एकमात्र चीज आपका ऊपरी धड़, सिर, हाथ और पैर होना चाहिए। इस स्थिति को 10 सेकंड के लिए रखें और 4-5 दोहराएं।

सावधानी: अगर हाल ही में आपकी किसी तरह सर्जरी हुई है तो इस आसन को बिल्कुल ना करें। साथ ही कमर दर्द और स्पाइनल प्रॉब्लम में भी यह आसन करने से बचें।

भुजंगासन: फर्श पर लेट जाएं और चेहरा जमीन की ओर रखें। अब अपनी हथेलियों को अपनी तरफ रखते हुए धीरे-धीरे अपने धड़ को ऊपर उठाएं। इस बिंदु पर केवल शरीर के हिस्से जमीन को छूते हुए आपकी हथेलियां और निचले शरीर को 30 सेकंड के लिए इस स्थिति में रखें और छोड़ें दिन में 3-4 बार दोहराएं।

यह भी पढ़ें - पाचन तंत्र पर भारी पड़ सकता है मल्टीग्रेन आटा, एक्सपर्ट से जानें क्या होना चाहिए इनके सेवन का सही तरीका

Home Remedy

Krishna Tulsi Benefits: 15 बीमारी को जड़ से मिटाती है कृष्ण तुलसी, चमत्कारी पत्तों से बनाएं होममेड कफ सिरप (Navbharat Times: 20221115)

<https://navbharattimes.indiatimes.com/lifestyle/health/ayurveda-doctor-rekha-shared-how-to-make-cough-syrup-from-krishna-tulsi-know-krishna-tulsi-benefit/articleshow/95522932.cms?story=4>

Krishna Tulsi Health Benefits: कृष्ण तुलसी भी तुलसी का एक प्रकार है, जो शरीर की 15 बीमारियों का नाश करता है। खांसी-जुकाम का इलाज करने के लिए कृष्ण तुलसी से कफ सिरप बना सकते हैं। आइए कृष्ण तुलसी के 15 आयुर्वेदिक फायदे जानते हैं।

ayurveda doctor rekha shared how to make cough syrup from krishna tulsi know krishna tulsi benefit

Krishna Tulsi Benefits: 15 बीमारी को जड़ से मिटाती है कृष्ण तुलसी, चमत्कारी पत्तों से बनाएं होममेड कफ सिरप

तुलसी एक औषधीय पौधा है, जिसे आयुर्वेद में सेहत के लिए काफी लाभदायक माना गया है। लेकिन क्या आप ने कभी कृष्ण तुलसी (Krishna Tulsi Health Tips) को देखा है? क्योंकि, यह खास तरह की तुलसी का पौधा होता है, जिसके पत्तों से लेकर जड़ में चमत्कारी फायदे छिपे हैं। यह पौधा आपके दिमाग, शरीर और आत्मा के लिए टॉनिक का काम करता है। आयुर्वेदिक एक्सपर्ट डॉ. रेखा के मुताबिक आप इस से होममेड कफ सिरप भी बना सकते हैं।

कृष्ण तुलसी की खास पहचान क्या है?

कृष्ण तुलसी (Holy Basil) को पहचानना काफी आसान है। भारत के कई हिस्सों में इसे श्यामा तुलसी भी कहा जाता है। क्योंकि, इसका रंग कृष्ण यानी श्याम की तरह होता है। कृष्ण तुलसी की पत्तियों, मंजरी व बीजों पर बैंगनी रंग होता है। जिसकी मदद से आप आसानी से इस पौधे की पहचान कर सकते हैं।

पत्तियां-बीज और जड़ें, सभी देते हैं फायदे

कृष्ण या श्यामा तुलसी को आयुर्वेद में ऊंचा स्थान प्राप्त है। क्योंकि, इसकी पत्ती, बीज और जड़ में औषधीय गुणों की भरमार होती है। आप दवा के रूप में इसकी पत्तियां, बीज या पूरे पौधे का इस्तेमाल कर सकते हैं।

डायबिटीज को मिटाती है

टाइप 2 डायबिटीज और प्री-डायबिटीज के इलाज में कृष्ण तुलसी (Holy Basil) मदद करती है। हेल्थलाइन के मुताबिक, इसका उपयोग करके ब्लड शुगर नीचे आ जाता है और डायबिटीज कंट्रोल हो जाती है। इस तुलसी का सेवन करके डायबिटीज के लक्षण भी दूर कर सकते हैं।

बना सकते हैं होममेड कफ सिरप

आयुर्वेदिक एक्सपर्ट डॉ. रेखा ने बताया कि अगर आपको सूखी खांसी या बलगम वाली खांसी है, तो आप कृष्ण तुलसी से कफ सिरप बना सकते हैं। खांसी का यह आयुर्वेदिक सिरप खांसी-जुकाम का रामबाण इलाज है। जो छाती की जकड़न भी दूर कर देता है।

घर कैसे बनाएं आयुर्वेदिक कफ सिरप

सबसे पहले कृष्ण तुलसी की 2-3 पत्तियों से रस निकाल लें।

फिर इसमें 2 छोटी चम्मच शहद, एक चौथाई चुटकी शुद्ध हल्दी और एक चौथाई चुटकी काली मिर्च का पाउडर मिला लें।

इस मिक्सचर को दो छोटी चम्मच दिन में 2 से 3 बार ले सकते हैं।

वहीं, आप 1-2 हफ्तों बाद इसका सेवन रोक दें।

देखें क्या कहती हैं आयुर्वेदिक एक्सप