Corona Virus (Hindustan: 20200727)

https://epaper.livehindustan.com/imageview_218742_56930304_4_1_27-07-2020_3_i_1_sf.html

**DAILY NEWS BULLETIN**

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

**Monday 20200727**

**तीन दिन में 3% घटी संक्रमण दर**

लख से अधिक लोग अब तक ढील हो चुके हैं।

<table>
<thead>
<tr>
<th>जांच में बढ़ती होने के बाद भी कम लोग पोजिटिव</th>
<th>संक्रमण का दर (%)</th>
<th>संक्रमण दर (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 सूक्ष्मीय</td>
<td>49,310</td>
<td>3,52,801</td>
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<tr>
<td>24 सूक्ष्मीय</td>
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<tr>
<td>25 सूक्ष्मीय</td>
<td>48,661</td>
<td>4,82,293</td>
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</tbody>
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**इन्फोग्राफिक**

- **टीके का पहला घरण पूरा**
  - टीके का पहला घरण पूरा है। इसके बाद भी कम लोग पोजिटिव हो रहे हैं।
  - 50% लोगों में फेस मास्क नहीं पहने हैं।

**राज्य में टीकाकृत 87.95% पूरी**

- राजस्थान में टीकाकृत लोगों का महत्वपूर्ण हिस्सा है।

- **लोगों की आशंका**
  - कोरोना के बारे में लोगों के बीच आशंका बढ़ रही है।

- **राजस्थान में**
  - कोरोना के बारे में अवधारणा बढ़ी है।

- **मृत्यु**
  - कोरोना के बारे में मृत्यु रेट बढ़ा है।

- **पहले दिन में संक्रमण दर**
  - पहले दिन में संक्रमण दर कम रही है।

- **लोकाधिकारी टीम**
  - लोकाधिकारी टीम ने कई गांवों में टीकाकृत लोगों की वितरण को बढ़ावा दिया है।

- **लोक उपकरण**
  - लोगों को लोक उपकरणों की जरूरत समझना चाहिए।

- **विशेषज्ञों का समाचार**
  - विशेषज्ञों का समाचार मुख्य समाचार टीवी चैनलों में जारी किया गया है।

- **लोक उपकरण**
  - लोक उपकरणों का उपयोग किया जा रहा है।

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Corona Virus (Hindustan: 20200727)

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1. शीतल जलवायु पर जांब 
2. ऑक्सीजन की आपातक्रम पर कार्य कराने के लिए 134 क्षेत्र बन गए।
3. एसोजिएशन का चिकित्सा टाइप नहीं बनाया जा रहा है।
4. बेड व आक्सीजन योग्य 
5. आईसीयू के 

उन्नत स्तर का राहत दिली राहत : जुलाई में कोरोना से मौत 44 फीसदी घटी

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Delhi govt data shows Covid deaths down 44% from June (Hindustan Times: 20200727)

https://epaper.hindustantimes.com/Home/ArticleView

FROM JUNE 1-12 TO JULY 1-12: Still to analyse the data on deaths beyond July 12, govt official says

New Delhi: The number of deaths reported in Delhi from the coronavirus disease (Covid-19) reduced from 1,089 between June 1 and June 12 to 605 recorded between July 1 and July 12, a drop of 44.50%, data shared by chief minister Arvind Kejriwal’s office showed on Sunday.

The analysis, which was conducted by the Delhi health department, showed that in the July period, the deaths recorded within 24 hours of hospital admission dropped to 15%, down from the 34% figure in the June period. The data also showed that the percentage of deaths recorded within four days of admission to hospitals witnessed a drop from 67% to 35% in the two periods.

An official in the CM’s office said they were still to analyse the data on deaths beyond July 12. This is why the comparison was made with the first 12 days of the previous month, the official said.

Delhi chief minister Arvind Kejriwal earlier asked the Delhi health department to take stock of all Covid-19 deaths recorded in the months of June and July and sought reports based on their analysis. The final report was submitted to the CM’s office on Sunday, when Delhi recorded 21 deaths, taking the toll to 3,827.

“The committee formed under the health department to analyse hospital-wise death numbers in June and July attributed the decrease in death figures to widespread tests, distribution of pulse oximeters to patients in home isolation, reduction in response time for the ambulance system, a system developed to check the real-time availability of Covid beds and focus on scaling up ICU beds from around 500 in early-June to more than 2,200 in early-July,” Kejriwal said in a statement.

The data also showed that Covid-19 deaths in the two periods reduced by 58% at Delhi government hospitals, by 55% at central government hospitals and by 25% at private hospitals in the city.

The Delhi and central governments have five Covid-19-dedicated hospitals each. There are about 115 private hospitals in the city with Covid-19-dedicated wards at different scales.

Hospital-wise analysis of the data showed that total deaths vis-à-vis total admissions in the central government’s RML Hospital dropped from 81% in June to 58% in July. At Safdarjung Hospital – another central government facility – the number of deaths vis-a-vis total admissions dropped from 40% in June to 31% in July. In Lok Nayak Hospital — Delhi
government’s largest Covid hospital — the figure dropped from 28% in early June to 16% in early July, the analysis showed. At the Delhi government-run Rajiv Gandhi Super Speciality Hospital, the figure was 6% in early June and 7% in early July.

“The CM’s efforts and direct monitoring have rebuilt public confidence in Delhi government hospitals, which have been at the forefront of this turnaround. The chief minister has directed the best performing and worst forming hospitals to analyse their system and suggest specific interventions if needed,” Delhi health minister Satyendar Jain said.

Jain said increased testing in the city has ensured that suspected Covid-19 patients can access testing facilities easily without losing time or developing severe symptoms. “This is a reason why fewer people died within 24 hours and four days of being admitted in a hospital.

“The Covid mobile application further ensured patients could easily find a bed in a hospital of their liking – be it private or government – without running around multiple hospitals and losing precious time in the process,” said Jain, adding that in the Corresponding periods, the total Covid-19 beds in Delhi hospitals increased from 3,700 to 15,000.

On Sunday, Delhi reported 1,075 Covid-19 cases, taking the city’s cases so far to 130,606. “Today, Delhi reaches 10th position. People are recovering and No of active cases are steadily going down,” the CM tweeted, sharing a list of the states with the number of active Covid-19 cases.

Dr Jacob John, former professor of virology at the Christian Medical College in Tamil Nadu’s Vellore, said: “Other states should follow Delhi’s example in the areas of increased tests, distribution of pulse oximeters, focusing on ambulance fleet, ICU beds and developing an interface for Covid bed availability. Delhi, however, could have done better in terms of saving more lives if it had taken the same measures at least two months in advance.”
48,661 new cases, 704 deaths 1 day; big rise in 4 states

Bengal, Bihar, UP new Covid hotspots

AGE CORRESPONDENT
NEW DELHI, JULY 26

The coronavirus situation is turning alarming across India, with close to 50,000 fresh cases a day, with the total Covid-19 count nearing 14 lakhs. On Sunday morning, the health ministry said there were 48,661 fresh cases and 704 deaths in the past 24 hours, taking India's overall count to 13,85,522, and 32,063 deaths. Prime Minister Narendra Modi, however, said India was in a better position compared to other nations.

Sikkim on Sunday reported its first coronavirus death, prompting the state to extend its lockdown till August 1. Sikkim had detected 499 cases, of which 22 were fresh ones, till Sunday.

In the last 24 hours, a large number of fresh cases were detected in Maharashtra, Tamil Nadu, Andhra Pradesh and Karnataka, while Odisha, Bihar, West Bengal and Uttar Pradesh are the new emerging hotspots, with many cases being detected daily. The situation in Delhi is now stabilising as the number of fresh cases continue to decline, while fatalities too are down significantly.

The health ministry said India also registered the highest recoveries in a single day as over 38,000 patients were discharged. Officials said that the recoveries outnumbered active Covid-19 cases by over four lakhs and the recovery rate had touched a new high of nearly 63.92 per cent. This has taken the total number of recovered cases to 8,85,576.

The health ministry also said a number of over 4,40,000 tests were done in a single day. For the first time, government labs set a new record of testing 3,62,153 samples. Private labs too scaled a new high of 79,878 samples tested in a single day.
India Coronavirus Cases: Andhra Pradesh has been an exception to the trend in most of the other parts of the country in which a bulk of the infections have been found to be concentrated in and around the biggest urban centre.

Healthcare workers check the blood pressure of a sanitary worker during a free general health checkup camp in Vijayawada (PTI)

India Coronavirus Cases: East Godavari district in Andhra Pradesh, with the coastal town of Kakinada and Rajamundhry as its main urban centres, is now home to possibly the highest number of novel Coronavirus infected people outside of the big metropolitan and tier-I cities.

More than 13,000 people in the district have so far been found infected, with half of them having been detected just in the last one week, during which Andhra Pradesh has seen an explosive growth of cases. With more than 7,500 new cases on Sunday, Andhra Pradesh has now overtaken Karnataka to become the state with the fourth-largest caseload in the country, after Maharashtra, Tamil Nadu and Delhi. It has over 96,000 confirmed infections now.

Andhra Pradesh has been an exception to the trend in most of the other parts of the country in which a bulk of the infections have been found to be concentrated in and around the biggest urban centre. In many states, one or two large cities still account for more than 50 per cent all cases.

In Andhra Pradesh, however, the worst affected districts are Kurnool, Guntur and Anantpur, besides East Godavari. Each of these districts have around 10,000 cases. Visakhapatnam and Vijayawada are relatively less affected.

<table>
<thead>
<tr>
<th>STATE</th>
<th>TOTAL POSITIVE</th>
<th>NEW CASES</th>
<th>TOTAL RECOVERIES</th>
<th>DEATHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maharashtra</td>
<td>375,799</td>
<td>9,431</td>
<td>213,238</td>
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<tr>
<td>Tamil Nadu</td>
<td>213,723</td>
<td>6,986</td>
<td>156,526</td>
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</tr>
<tr>
<td>Delhi</td>
<td>130,606</td>
<td>1,075</td>
<td>114,875</td>
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<tr>
<td>Andhra Pradesh</td>
<td>96,298</td>
<td>7,627</td>
<td>46,301</td>
<td>1,041</td>
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<td>Karnataka</td>
<td>96,141</td>
<td>5,199</td>
<td>35,838</td>
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</tr>
<tr>
<td>Uttar Pradesh</td>
<td>66,988</td>
<td>3,246</td>
<td>41,641</td>
<td>1,426</td>
</tr>
</tbody>
</table>
There are very few non-metro centres with more than 10,000 cases. Tamil Nadu has two of them, Chengalpattu and Tiruvallur, while Madurai is just about getting there. In West Bengal, North 24 Paraganas district, adjoining Kolkata, also has around 12,000 cases. Odisha is another state where most of the infections have been smaller towns and cities. Ganjam, the worst affected district in the state, has about 9,000 cases, while the Cuttack-Bhubaneshwar region, the main urban centre, has less than 2,000.

In Uttar Pradesh too, the infections are spread out, and not concentrated around Lucknow or Kanpur, though these cities do have a slightly higher number of infected people. Same is the case with Bihar, where almost all districts have more or less similar number of cases, while Patna has a little more.

A total of 49,931 cases were reported, taking the total number of infected people in the country to over 14.35 lakh.

For the fourth consecutive day on Sunday, the number of new cases detected across the country stopped just below 50,000. A total of 49,931 cases were reported, taking the total number of infected people in the country to over 14.35 lakh. That means, more than 4.35 lakh people have been found positive in just the last ten days since the country crossed the one million mark on July 16.

Almost 60 per cent of the new cases these days are coming from the four states of Maharashtra, Tamil Nadu, Karnataka and Andhra Pradesh. Of these, Andhra Pradesh and
Karnataka continue to be among the fastest-growing states in the country. Andhra Pradesh, in fact, is now seeing its cases grow by almost 10 per cent per day.

Tamil Nadu has also begun to accelerate. It has reported more than 6,000 cases every day for the last five days, while before that its daily numbers used to be well below 5,000. Bihar, in the meanwhile, has witnessed an almost four-fold increase in its cases this month, from less than 10,000 to almost 40,000 now.

**DATA ANALYSIS: Rising positivity rate, low testing areas of concern**

New Delhi: Karnataka, Andhra Pradesh, West Bengal and Bihar face the immediate risk of becoming the new hot spots of the coronavirus disease (Covid-19) in India, due to a rapid increase in new cases, rising positivity rates and (for the last two) low testing, according to data analysed by HT.

To identify the new hot spots of the outbreak, HT analysed data from India’s 20 most populous regions, looking for three factors — a rising positivity rate, a high growth rate of daily cases, and low tests performed per million residents — that have marked all hotspots globally.
Over the past month, several states appeared to stand out with poor numbers on at least one of the three factors — Andhra Pradesh, Karnataka, West Bengal, Bihar, Kerala, Jharkhand, Uttar Pradesh, Madhya Pradesh, Rajasthan and Odisha.

Among them, four — Karnataka, Andhra Pradesh, West Bengal and Bihar — have exhibited the most alarming numbers, and confront the immediate risk of the outbreak severely intensifying.

To be sure, Telangana, Uttar Pradesh and Gujarat, have improved their doubling rate in the above mentioned time period, but remain low on testing, which may have suppressed other Covid-19 statistics.
Covid recovery rate nearly 88%

Delhi’s coronavirus tally mounts to over 1.30 lakh

The death toll from the coronavirus infection has risen to 3,827 in the national capital with 21 fresh fatalities and the total number of cases has climbed to 1,30,606 after 1,075 people tested positive in the last 24 hours, it said.

In the last 24 hours, 1,897 patients have either recovered, been discharged or migrated out of the city, according to the latest bulletin. Delhi reached 10th position. People are recovering and no active cases are steadily going down,” the chief minister tweeted sharing a list of the states with the number of active coronavirus cases. Delhi was eighth on the list on Saturday and second a few days back. From July 11-19, the number of fresh cases were being reported in the range of 1,000 to 2,000 consecutively. The number of fresh cases reported on July 19 stood at 1,211.

On July 20, the fresh case count dipped to 654, but it increased the next day to 1,349. Since Tuesday, the number of fresh cases has been recorded in excess of 1,000 again. On July 22, the number of fresh cases was 1,227 and the following day, it dipped to 1,041. July 24 saw a marginal decline in cases to 1,025 and on the next day, the figure rose to 1,142. Till now, as many as 1,14,875 patients have either recovered, migrated or have been discharged.

On June 23, the national capital had reported its highest single-day spike, till date, at 3,947.

Delhi has conducted a total of 9,46,777 tests till date, which means 49,830 tests per million, according to the bulletin.

It stated that as many as 17,538 tests have been carried out in the last 24 hours, which include 12,501 rapid antigen tests and 5,037 RT-PCR tests.

Out of the 15,475 beds available in private and government hospitals, only 2,656 are occupied, the bulletin said, adding that a total of 6,976 patients are recovering in home isolation.
वैक्सीन ट्रायल

बड़ी खुशखबरी-रोहतक PGI में पहले चरण के ट्रायल का पहला पाट सफल (Dainik Jagran: 20200727)

अनुमति के बाद प्रथम फेज के पार्ट दू में छह लोगों को डोज दी है। पहले पार्ट में 20 लोगों को वैक्सीन की डोज दी गई थी और इनमें से छह लोगों का सुवास्थ्य बिलकुल ठीक पाया गया है। अन्य लोगों की रिपोर्ट का इंतजार है। अब 25 और लोगों को डोज देने की तैयारी है। अगले सप्ताह पहले पार्ट में वैक्सीन देने वाले लोगों को दूसरी डोज देने की भी तैयारी शुरू कर दी गई है।

दूसरे पार्ट में पीजीआइएमएस में करीब 30 लोगों को ट्रायल के लिए दी जाएगी वैक्सीन

पीजीआइएमएस (पंडित भगवत दयाल शर्मा चिकित्सा विश्वविद्यालय) में 17 जुलाई को कोरोना वैक्सीन का ट्रायल शुरू हुआ था। ट्रायल के लिए फार्मूसोलॉजी विभाग की प्रोफेसर डा. सविता वर्मा को प्रिंसिपल इंवेस्टीगेटर, कम्युनिटी मेडिसिन विभाग के प्रोफेसर डा. रमेश वर्मा व पल्मोनरी क्रिटिकल केयर मेडिसिन विभाग के प्रोफेसर डा. धुब चौधरी को सहायक इंवेस्टीगेटर नियुक्त किया गया था।

अभी तक पीजीआइ में दूसरे पार्ट के लिए 20 वालंटियर्स की हो चुकी है स्क्रीनिंग

ट्रायल के दौरान डीसीजीआइ (इंग कंट्रोल जनरल ऑफ इंडिया) के निर्देश पर पहले चरण में देश भर में 50 लोगों का सापेक्ष 20 लोगों को पीजीआइ में वैक्सीन की डोज दी गई थी। वैक्सीन देने के बाद सभी वालंटियर्स की सहीत ठीक है। इसकी रिपोर्ट चिकित्सकों ने सेन्ट्रल कंट्रोल बोर्ड व डीसीजीआइ को भेजी थी। सेंट्रल कंट्रोल बोर्ड की ओर से वैक्सीन को सुरक्षित घोषित करते हुए ट्रायल को आगे बढ़ाने की मंजूरी दे दी गई है।

छह को दी जा चुकी है वैक्सीन, दस की जांच रिपोर्ट आने के बाद होगा फैसला।

अब चिकित्सकों ने पहले फेज के दूसरे पार्ट के तहत ट्रायल शुरू कर दिया गया है। अब देश भर के 12 संस्थाओं में 325 लोगों को वैक्सीन की डोज दी जानी है। पीजीआइएमएस के चिकित्सकों को 30 लोगों को डोज देनी है। इनमें से करीब 20 वालंटियर्स के स्वास्थ्य की जांच की गई है। पूरी तरह से स्वस्थ पाए जाने पर 325 लोगों की डोज दी गई है, जबकि 10 लोगों की स्वास्थ्य जांच का इंतजार है। फेज वन के पार्ट वन में सफलता से चिकित्सकों को उम्मीद है कि वैक्सीन आगे भी सुरक्षित रहेगी और साल के अंत तक लोगों के लिए उपलब्ध हो सकती है।

ट्रायल में उम्मीद के मुताबिक नहीं आ रहे वालंटियर्स

ट्रायल के लिए चिकित्सकों की उम्मीद के मुताबिक वालंटियर्स नहीं आ रहे हैं। चिकित्सकों का कहना है कि प्रतिदिन औसतन दस लोग वैक्सीन के ट्रायल के लिए हेल्पलाइन नंबर 9416447071 पर कॉल कर पंजीकरण करा रहे हैं।
"वैक्सीन को सेफ्टी के मानकों पर खरा माना गया"

"पहले पाट में जिन लोगों को डोज दी गई थी, वह पूरी तरह से स्वस्थ हैं। इसके चलते वैक्सीन को सेफ्टी के मानकों पर खरा माना गया है। पहले पाट में जिन 20 लोगों को डोज दी गई थी, अब अगले सप्ताह में उन्हें दूसरी डोज दी जाएगी।

**मेडिटेशन**

**स्वस्थ और खुशहाल ज़िंदगी के लिए बेहद फायदेमंद है तिब्बती मेडिटेशन (Dainik Jagran:20200727)**


मेडिटेशन का मतलब है अपनी दिमागी मसल्स को ट्रैन करना। मेडिटेशन का अभ्यास करने से आपके दिमाग में सुधार आएगा।

नई दिल्ली, लाइफटाइम डेस्क। Tibetan Meditation: तिब्बती मेडिटेशन मन, व्यवहार और शरीर के बीच संबंध पर जोर देती है। जब आप चुपचाप बैठने की कोशिश करते हैं और एक तरफ ध्यान लगाने की कोशिश करते हैं तभी आपका दिमाग धीर धीर उधर भाग लगाने लगता है। तिब्बती मेडिटेशन आपके भागते हुए दिमाग को शांत करने और इसे एक उपकरण बनने में मदद करने के लिए बनाया गया है जिसका उपयोग आप अपनी ज़िंदगी को स्वस्थ और खुशहाल बना सकते हैं।

मेडिटेशन का मतलब है अपनी दिमागी मसल्स को ट्रैन करना। मेडिटेशन का अभ्यास करने से आपके दिमाग में सुधार आएगा। ध्यान की यह शैली ना केवल आपके अंदर, बल्कि प्रकृति में भी शांति को बढ़ाती है। तिब्बती मेडिटेशन केवल दिमाग और शरीर के बीच संतुलन तक सीमित नहीं है यह पर्यावरण में सदास्पद पैदा करने की दिशा में भी काम करता है।

कैसे करें तिब्बती मेडिटेशन

दिमाग को साफ करें
ध्यान की प्रक्रिया शुरू करने से पहले, अपने दिमाग से सभी चीजों को निकालें। सभी स्वार्थी विचारों को अपने दिमाग से बाहर करें। फिर आराम से बैठे ताकि आप सिर्फ़ ध्यान की प्रक्रिया पर खुद को केंद्रित कर सकें।

किसी भी चीज़ पर ध्यान केंद्रित करें

अब ध्यान केंद्रित करने के लिए कोई भी एक चीज़ लें। लिब्रेटी मेडिटेशन का पालन करने वाले ज्यादातर लोग बौद्ध की मूर्ति पर ध्यान केंद्रित करते हैं। इस पर तब तक ध्यान केंद्रित करें जब तक आप पूरी तरह से आसपास का शोर न सुन पाएं।

आंखें बंद कर ध्यान लगाएं

अब अपनी आंखें बंद करें और वस्तु की अपने दिमाग में कल्पना करें। इस तरह आपका दिमाग पूरी तरह से केंद्रित होगा। हो सकता है कि पहले प्रयास में आप वस्तु को पूरी तरह से कल्पना ना कर पाएं। हालांकि, अभ्यास और समय के साथ, आपका दिमाग तैयार हो जाएगा।

सांस पर फोकस करें

जब आपका दिमाग स्थिर हो जाए और बाकी सभी विचार दिमाग से बाहर हो जाएं और आप केवल ध्यान में हो तो आप अगला कदम उठा सकते हैं। अपने सांस लेने पर ध्यान देना शुरू करें। खुद को प्रकृति और मानवता के बीच की कड़ी की तरह सोचें। हर सांस के साथ प्रकृति के साथ खुद को जोड़ने की कोशिश करें। हालांकि, इस तकनीक में यदि रहने की महत्वपूर्ण बात यह है कि आप यह अपने फायदे के लिए नहीं कर रहे हैं।
Protein is important for pregnant and breastfeeding women (The Indian Express: 20200727)

https://indianexpress.com/article/parenting/health-fitness/protein-pregnant-breastfeeding-women-6522741/

Proteins help to build and maintain tissue and muscle mass. It is also essential for extra blood production and promotes healthy weight gain during pregnancy.

Pregnant and breastfeeding women need to consume almost 50 per cent additional protein.

The first 1,000 days refers to the period from conception up to two years of a child’s life. It offers a critical window of opportunity to shape the baby’s short-term and long-term health. It is a period of maximum growth and accelerated development of the brain, digestive system and immune system. Nutrition during this critical phase plays a significant role in influencing the development of key organ systems and their functions in the body. Evidence suggests that good nutrition during this period can influence the likelihood of developing conditions such as obesity, allergies, heart disease and diabetes in later life.

A woman’s nutritional status both before conception and during pregnancy is important for the health of the mother and baby. This in turn improves the overall health of the mother and baby and pregnancy outcomes. A mother is the sole source of nutrition for the developing foetus during pregnancy.

A woman should eat a healthy and balanced diet to nourish the growing foetus and to build optimal maternal body reserves in preparation for breastfeeding. Key nutrients essential for pregnant women are energy, protein, vitamin A, C, B12, folic acid, iron, iodine, and calcium. Further, DHA – docosahexaenoic acid content of a mother’s diet has also been associated with positive cognitive development and function.

Adequate maternal dietary energy and protein intake during pregnancy are essential for positive pregnancy outcomes. Protein is one of the most important nutrients. Pregnant and breastfeeding women need to consume almost 50 per cent additional protein to support foetal growth and expansion of maternal tissues. As per the latest Indian Council of Medical Research recommendations, 55gm protein per day must be taken by a sedentary woman whereas the need in a pregnant and breastfeeding woman is quite higher. It is about 82 gm during pregnancy and 79 gm for breastfeeding.

Protein is not only necessary for healthy growth and development of the foetus, but also for accretion in maternal tissues. Proteins help to build and maintain tissue and muscle mass. It is also essential for extra blood production and promotes healthy weight gain during pregnancy.
In addition to pregnancy, protein requirements are higher during the breastfeeding period. Breast milk is the sole source of nutrition for infants up to six months of age; hence the maternal diet needs to provide nutrients in the right quantity and quality to meet the nutritional requirement of the infant. One of the key nutrients which impacts breast milk production is protein. Dietary protein not only supports adequate supply of breast milk but also has an impact on overall growth and development of the infant. It also helps in synthesising hormones, enzymes and antibodies.

Additionally, protein also plays a vital role in development of the immune system of both the mother and foetus. During pregnancy, changes in reproductive hormones and immune systems during pregnancy collectively make them more susceptible to certain infections. Studies have indicated that pregnant women are more susceptible to COVID-19, and special attention should be paid to the selection of drugs that are both effective for maternal diseases and friendly to the foetus.

Suboptimal maternal nutrition during pregnancy may result in Intra Uterine Growth Restriction and higher chance of Low Birth Weight and Small-for-Gestational-Age babies. Currently, it has been reported that close to 75 per cent pregnant and lactating women are not meeting their protein requirement. It is imperative that the diets of these women are evaluated, and they are given appropriate recommendations to meet the daily protein requirements.

Rich sources of protein need to be included in day-to-day diet. Some of the vegetarian sources include whole pulses and cereals, nuts, milk and milk products whereas non-vegetarian sources of protein are eggs, chicken, meat and seafood. Since meeting the protein and other nutrient requirements through diet alone may be challenging on a day-to-day basis, nutritional supplements could be considered to bridge the gap of these vital nutrients from the diet.

‘Healthy bodies make healthy babies’ and hence nutrition needs to be given paramount importance, especially in case of pregnant and breastfeeding women.
BCG Vaccine

Covid-19: ICMR to conduct study on effectiveness of BCG vaccine among elders (The Tribune: 20200727)


Study will be carried out in six states

The ICMR will conduct a multi-centric study to assess whether the BCG vaccine, used against tuberculosis, can prevent the occurrence of coronavirus infection and reduce the severity of the disease and mortality among elderly individuals residing in hotspot areas.

The study will be carried out in Tamil Nadu, Maharashtra, Gujarat, Madhya Pradesh, Rajasthan and Delhi in approximately 1,500 healthy volunteers above 60-years of age, an ICMR scientist said.

Sanction has already been accorded to the trial by the ICMR’s National Institute for Research in Tuberculosis (NIRT) in Chennai by the Tamil Nadu government on July 15 to study the efficacy of BCG vaccine in the elderly.

The BCG-COVID trial, under the auspices of ICMR would be held in five other centres—National Institute of Occupational Health, Ahmedabad, National Institute for Research in Environmental Health in Bhopal, GS Medical College and KEM Hospital in Mumbai, National Institute for Implementation Research on Non-Communicable Diseases in Jodhpur and AIIMS, New Delhi.

“As a part of this multi-centric study which will be carried out at six sites, elderly people not affected by coronavirus infection, will be given the Bacille Calmette Guerin (BCG) vaccine. The same BCG vaccine that is administered to newborn babies as a part of National Immunisation programme for more than 50 years in the country will be used in this study,” the ICMR scientist said.

“The objective is to see if the shots can prevent the occurrence of the coronavirus infection and reduce the severity of the disease and mortality rate among the elderly individuals residing in hotspot areas,” the scientist said.

There are pre-set criteria in the study that will decide on eligibility of a volunteer to participate in this study.

The volunteers would be followed up closely for a period of six months post vaccination.
Those vaccinated would be followed up and if some of them get infected with COVID-19 later on, it would be assessed if the BCG vaccination stood them in good stead when compared with others of the same age group who were not vaccinated. — PTI

Ageing

Molecule in blood linked to cognitive decline in old age (Medical News Today: 20200727)


A new study has found a molecule that could serve as a biomarker to identify those at greater risk of developing dementia in later life. It could also help scientists develop preventive treatments.

A recent study suggests a molecule within the blood could be an early tell-tale sign of cognitive decline.

Dementia is a debilitating condition that involves the progressive decline of memory, communication, and thinking.

Globally, the number of people with this condition has more than doubled, rising from 20.2 million in 1990 to 43.8 million in 2016.

The most common form of dementia is Alzheimer’s disease, which accounts for 60-70% of all cases. As populations age, the prevalence of Alzheimer’s and other forms of dementia is expected to continue rising.

Currently, once symptoms occur, they cannot be reversed. With this in mind, researchers are exploring ways to diagnose the condition years or even decades before it develops, and find drugs to prevent its progress.

One promising biomarker of Alzheimer’s is a molecule that circulates in the blood, known as asymmetric dimethylarginine (ADMA).

By inhibiting an enzyme called nitric oxide synthase, ADMA reduces the amount of nitric oxide synthesized by the endothelial cells that line blood vessels.
The role of nitric oxide is to dilate blood vessels, increasing blood flow. When levels are abnormally low, it restricts blood flow to tissues, starving them of oxygen and triggering inflammation.

The importance of childhood intelligence

Low levels of nitric oxide are linked to the development of atherosclerosis, cardiovascular disease, and Alzheimer’s. A few small studies have also found a link between high concentrations of ADMA and cognitive decline in older people.

However, none of these studies have adjusted for the effect of low intelligence in childhood, which accounts for up to 50% of cognitive decline in old age.

Now, researchers at the University of Aberdeen and the University of Oxford in the United Kingdom, and Flinders University in Melbourne, Australia, have found a breakthrough. They analyzed data from 63-year-olds, who had all taken the same mental ability test at Scottish schools in 1947 when they were 11 years of age.

Two decades ago, the 1936 Aberdeen Birth Cohort was established by medical researchers to follow this unique set of people.

Between 2000 and 2004, 93 of them took part in a research project to study cognitive aging and health. Blood samples were taken in 2000, and the participants underwent a series of cognitive tests at regular intervals over the next 4 years.

After adjusting for their childhood intelligence test scores, the authors of the new study found a link between raised ADMA concentrations in their blood and a decline in cognitive performance four years later.

The researchers now report these findings in a study published in the International Journal of Geriatric Psychiatry.

An early warning sign?

Poor cognitive performance late in middle age is an established risk factor for the development of dementia.

“Therefore the results of this study suggest that ADMA, an easily measurable marker of atherosclerosis and cardiovascular risk, could be an early indicator of cognitive decline in old age — and possibly dementia,” says study author Prof. Arduino Mangoni, head of clinical pharmacology at Flinders University.

However, the study accounts for too few participants to draw definitive conclusions.

“We should be cautious about emphasizing the results with the 93 participants’ results here,” says lead author Dr. Deborah Malden, from the Nuffield Department of Population Health at the University of Oxford.
“We would know much more after repeating this study in a large-scale cohort, potentially tens of thousands of individuals.”

Future research could include genetic information about participants and involve repeated measurements of ADMA at regular intervals, rather than the single analysis used in this study.

Ideally, there would also be follow-up with participants for longer than 4 years.

In addition, the present study could not rule out the possibility of reverse causality. In other words, individuals with early dementia may have changed their resulting behavior, which in turn could have affected their ADMA levels.

Shared pathway

If future research confirms the results of this preliminary study, however, existing drugs could be deployed as preventive treatments.

The investigators write:

“Importantly, ADMA concentrations can be modulated by pharmacological interventions, and therefore ADMA may prove valuable as a future prevention strategy for dementia and [Alzheimer’s disease].”

Intriguingly, previous studies suggest that high levels of ADMA in the bloodstream are a common factor in the development of a wide range of diseases, say the researchers.

High concentrations are linked to type 2 diabetes, chronic obstructive pulmonary disease (COPD), and depression, as well as cardiovascular disease and dementia.

This suggests that a single drug could help address the wide range of medical conditions that develop from this shared metabolic pathway.
Heart Disease

Compound in pickled capers could benefit the heart and brain (Medical News Today: 20200727)


A new study shows that a compound in pickled capers activates channels that are important for the activity of the heart and brain. The findings could potentially lead to the design of new drugs for epilepsy and arrhythmia.

Pickled capers hold benefits for heart and brain health, according to new research.

People have practiced traditional or folk medicine — which the Western world generally considers alternative medicine — for centuries, and it remains the mainstay of healthcare in many countries.

Much traditional medicine relies on the use of plants, which have been the basis of medical treatments for thousands of years. Sometimes, researchers examine this traditional knowledge, interpret it in modern scientific terms, and then translate it into Western medicine.

Aspirin, for example, comes from willow plants and has played a role in medicine since ancient Egyptian times, long before people understood its mechanism of action.

A new study from the University of California, Irvine School of Medicine shows a similar story for capers, which people around the world consume and also use in traditional medicine.

The study, which appears in Communications Biology, finds that a compound in pickled capers activates potassium channels that regulate the activity of the heart and brain.

The researchers say that their findings could aid the design of new drugs for epilepsy and arrhythmia (abnormal heart rhythms).

A food with ancient origins

The authors of the study note that humans have been eating capers for more than 10,000 years. Findings in soil deposits in Syria and late Stone Age cave dwellings in modern day Greece and Israel have shown this to be true.

The ancient Roman cookbook “Apicius” also mentions capers. People continue to use them in traditional medicine for their antihelminthic, anticancer, antidiabetic, and anti-inflammatory properties and their possible circulatory and gastrointestinal benefits.
The research team behind the current study has now shown how capers act on the body, which includes activating a potassium channel important for heart and brain activity.

The researchers started looking at capers based on the results from a screen of plant extracts. They screened a range of extracts for activity on a family of potassium channels called KCNQ channels.

The KCNQ family of potassium channels plays several important roles in the body, including regulating the heartbeat, the contraction of muscles, and the function of the gastrointestinal tract. Their dysfunction is associated with certain diseases, including diabetes, arrhythmia, and epilepsy.

The importance of pickling

The researchers used an extract from pickled capers, the most common form in the United States, and found that a 1% extract was able to activate the channels.

The pickling process causes the formation of quercetin, which is the compound that activates KCNQ channels.

Further experiments with quercetin found that it binds to a part of the channels responsible for sensing electrical activity. This binding causes the channels to open when they would otherwise be closed, which may underlie the medicinal properties of capers.

Although capers are the richest natural source of quercetin, the authors note that other plant-derived compounds, such as E-2-dodecenal (present in cilantro), are more potent activators of KCNQ channels.

However, the authors also found that these compounds can work together. So, while eating capers alone may not have a significant effect, eating them together with other specific foods, such as cilantro, could increase their benefits.

Quercetin is also very common in food, being present in apples, berries, celery, chili peppers, and onions, as well as green tea and red wine. The compound may, therefore, accumulate in the body over time to provide benefits. Research has also shown that adding quercetin to food is safe, although this practice does not currently exist in the U.S.

Drugs to treat epilepsy and arrhythmia

Outside of food, the researchers say that their findings could help medicinal chemists design new drugs.

“Increasing the activity of KCNQ channels in different parts of the body is potentially highly beneficial. Synthetic drugs that do this have been used to treat epilepsy and show promise in preventing abnormal heart rhythms.”

– corresponding author Geoffrey Abbott, Ph.D.
Researchers are also investigating capers for their potential benefits against cancer, diabetes, and various inflammatory, circulatory, and gastrointestinal diseases. Understanding how capers act on the body on a molecular level could, therefore, lead to a wide range of new treatments.

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**Genetics and cardiovascular health may contribute to dementia risk (Medical News Today: 20200727)**


A new study has found that genetics and cardiovascular health can combine to increase the risk of developing dementia. Based on this, the authors suggest that people can mitigate some of the effects of their genes by improving their cardiovascular health.

New research assesses the impact that genetic factors and cardiovascular health have on dementia risk.

New research has found that cardiovascular health and genetics can jointly increase the risk of dementia.

The research, published in the journal Neurology, suggests that even if someone is genetically predisposed to develop dementia, maintaining good cardiovascular health can help reduce this risk.

According to the National Institute on Aging (NIA), dementia describes a person’s loss of cognitive functioning, which affects their ability to think, remember, and reason. Various issues can cause this, the most common of which is Alzheimer’s disease.

Mild dementia may present as increasing forgetfulness or momentary confusion, accompanied by at least one other area of poor functioning, such as losing your way home (visuospatial problems) or not knowing how to pay a bill (executive function).
As it becomes moderate or severe, it can result in changes in personality, a failure to recognize family or friends, and an almost complete dependence on others for basic life activities.

Dementia occurs when a significant number of neurons — key cells in the brain — no longer function properly and ultimately die.

According to the NIA, this can happen in Alzheimer’s disease due to a combination of genetic, environmental, and lifestyle factors.

There is currently no cure for dementia. So understanding how these factors interrelate is the best way to help clinicians advise patients on what they can do to minimize their chances of developing this condition.

Genetics vs. cardiovascular health

In the present research, the researchers drew on data from the Framingham Heart Study (FHS) — a long-term study organized by the National Heart, Lung, and Blood Institute — to look at the relationship between genetics, cardiovascular health, and dementia.

The investigators assessed the data of 1,211 participants from the FHS, analyzing their relative cardiovascular health and genetic risk score for dementia.

The researchers found that participants with high genetic risk scores were 2.6 times more likely to develop dementia than those with low-risk scores.

They also found that good cardiovascular health can reduce a person’s chances of developing dementia by 55% across the follow-up period, an average of 8.4 years. Having relatively poor cardiovascular health increased a person’s risk of developing dementia.

Finally, the study made it clear that genetic predisposition and poor cardiovascular health can jointly increase a person’s risk of developing dementia.

According to Dr. Sudha Seshadri, of The University of Texas Health Science Center at San Antonio and a co-author of the research, “[t]he connection between heart health and brain health becomes clearer with each finding.”

“We hope that the results of this study will send the public a message, and that message is to exercise, reduce stress, and eat a healthy diet. Then, regardless of your genes, you have the potential to lower your risk of dementia.”

– Dr. Sudha Seshadri

Adding to this, co-author Dr. Claudia Satizabal noted, “[i]t is imperative to start today. [F]rom our findings, having favorable cardiovascular health mitigates the risk of dementia in persons with high genetic risk.”
While there are many unknowns around dementia, the study contributes to a growing body of research demonstrating that staying physically active and eating well can make a meaningful difference to cognitive health issues.