Pfizer vaccine

Pfizer vaccine can neutralise coronavirus variants first reported in UK, SA: Study (The Tribune: 20210209)


Study authors call for continuous monitoring of vaccine efficacy

The COVID-19 vaccine co-developed by the American pharmaceutical giant Pfizer and the German biotechnology company BioNTech can neutralise variants of the novel coronavirus that were first reported in the UK and South Africa, a new study suggests.

The research, published in the journal Nature Medicine, noted that the vaccine is effective against coronavirus variants carrying the N501Y and E484K mutations.

According to the scientists, including those from the University of Texas in the US, these variants have a substitution of the amino acid building blocks that make up the viral spike protein—the part of the virus which enables it to enter human cells.

They said these mutations in the 501st and 484th positions of the protein’s amino acid molecule chain appeared in the UK and the South African variants, and could potentially increase the affinity of the viral spike for the receptor on the human cell through which the virus enters cells.

In particular, they said the N501Y mutation may also expand the range of hosts the virus can infect to include mice.

In the current study, the scientists, Pei-Yong Shi and his colleagues engineered combinations of mutations found in these circulating variants and tested a panel of human sera from 20 participants.
They said the sera were obtained from their clinical trial of the Pfizer-BioNtech vaccine obtained two or four weeks after immunisation with two doses spaced three weeks apart.

When they tested the serum against the coronavirus strains, the authors found evidence of neutralisation of the mutant viruses by the sera panel, with slight variation.

According to the scientists, neutralisation against the E484K mutation was slightly lower than that against the N501Y mutation.

Commenting on the research, virologist Lawrence Young from the University of Warwick in the UK, said the findings confirm previous studies indicating that the Pfizer vaccine is very likely to be effective against the UK variant.

“It shows that the mutations found in the South African variant reduced the efficiency of virus neutralisation by 50 per cent but only in six out of the 20 sera examined,” said Young, who was not related to the study.

Jonathan Ball, Professor of Molecular Virology, University of Nottingham in the UK, also noted that the findings are promising.

“This is important work and provides reassurance that the antibody response generated by the Pfizer vaccine is able to neutralise coronavirus genetically engineered to carry some of the mutations seen in the variants of concern first identified in the UK and South Africa,” Ball, who was also unrelated to the study, said in a statement.

“However, we suspect that the effects of these mutations can be influenced by mutations occurring in other parts of the spike protein, so it will be important to validate these promising findings using viruses engineered to carry all of the mutations found in each variant,” he added.

Due to the ongoing evolution of the coronavirus, the study authors called for continuous monitoring of vaccine efficacy for emerging variants. —PTI

**Alzheimer's disease risk**

**Higher blood pressure at night may increase Alzheimer's disease risk (The Tribune: 20210209)**


Higher blood pressure at night more than in daytime may be a risk factor for Alzheimer's disease in older men, suggest a new study from researchers at Uppsala University. Higher BP at night than in daytime may increase Alzheimer's disease risk.

The study has now been published in the journal Hypertension.
‘Dementia’ is an umbrella term used to describe a category of symptoms marked by behavioural changes and gradually declining cognitive and social abilities. Numerous factors, including hypertension (high blood pressure), affect the risk of developing these symptoms.

Under healthy conditions, blood pressure (BP) varies over 24 hours, with lowest values reached at night. Doctors call this nocturnal blood pressure fall ‘dipping’.

However, in some people, this BP pattern is reversed: their nocturnal BP is higher than in daytime. This blood pressure profile is known as ‘reverse dipping’.

“The night is a critical period for brain health. For example, in animals, it has previously been shown that the brain clears out waste products during sleep, and that this clearance is compromised by abnormal blood pressure patterns. Since the night also represents a critical time window for human brain health, we examined whether too high blood pressure at night, as seen in reverse dipping, is associated with a higher dementia risk in older men,” said Christian Benedict, Associate Professor at Uppsala University's Department of Neuroscience, and senior author of the study.

To test this hypothesis, the researchers used observational data from one thousand Swedish older men, who were followed for a maximum of 24 years. The included men were in their early seventies at the beginning of the study.

“The risk of getting a dementia diagnosis was 1.64 times higher among men with reverse dipping compared to those with normal dipping. Reverse dipping mainly increased the risk of Alzheimer's disease, the most common form of dementia,” said Xiao Tan, postdoctoral fellow from the same department and first author of this research.

“Our cohort consisted only of older men. Thus, our results need to be replicated in older women,” said Benedict.

According to the researchers, an interesting next step would be to investigate whether the intake of antihypertensive (BP-lowering) drugs at night can reduce older men's risk of developing Alzheimer's disease. — ANI

**Experimental drug**

**Experimental drug can speed up COVID-19 recovery: Study (The Tribune: 20210209)**

The study noted that patients who received a single injection of the drug peginterferon-lambda were over four times more likely to have cleared the infection within seven days compared to a group treated with placebo.

Scientists have found that an experimental antiviral drug can significantly speed up recovery in COVID-19 patients who do not need hospitalisation, an advance that may lead to better interventions to treat those infected with the novel coronavirus.

The study, published in the journal Lancet Respiratory Medicine, noted that patients who received a single injection of the drug peginterferon-lambda were over four times more likely to have cleared the infection within seven days compared to a group treated with placebo.

“This treatment has large therapeutic potential, especially at this moment as we see aggressive variants of the virus spreading around the globe which are less sensitive to both vaccines and treatment with antibody,” said study co-author Jordan Feld from the Toronto Centre for Liver Disease in Canada.

According to the researchers, people who were treated with the drug cleared the virus quickly with the effect being most pronounced in those with the highest viral levels.

“We also saw a trend towards quicker improvement of respiratory symptoms in the treatment group,” Feld explained.

Patients with higher viral levels were much more likely to clear the infection following treatment with the drug than those who received the placebo — 79 per cent in the treatment arm compared to 38 per cent in the placebo group.

The researchers added that the virus levels decreased quickly in everyone in the treatment group.

They explained that rapid clearance of the virus has several benefits, particularly in those with high viral levels, as such cases are associated with more severe disease and a higher risk of transmission to others.

Among the 60 patients followed in the study, the researchers said five went to emergency rooms with deteriorating respiratory symptoms.

And of those five, they said four were in the placebo group, while only one was in the group which received the actual drug.

“If we can decrease the virus level quickly, people are less likely to spread the infection to others and we may even be able to shorten the time required for self-isolation,” Feld said.

The scientists said interferon-lambda is a protein produced by the body in response to viral infections with the ability to activate a number of cellular pathways to kill invading viruses.
Since the novel coronavirus prevents the body from producing interferons as means to avoid being controlled by the body’s immune system, the study said treatment with the drug activated those same virus-killing pathways in the cells.

According to the researchers, the drug peginterferon-lambda is a long-acting version of the drug developed by Eiger BioPharmaceuticals, adding that it could be given as a single injection under the skin with a tiny needle.

They hope to conduct a phase 3 trial in the near future to find the efficacy of the drug in a much larger population. PTI

**Rapid on-site drug**

**Rapid on-site drug detection using wearable sensor (The Tribune: 20210209)**


A sweat patch is attached to the skin for a certain period of time and then irradiated with light for testing.

Researchers have developed a wearable sensor that can detect illegal drugs in sweat.

The drugs can be detected by using nanomaterials technology that amplify the optical signal of narcotics to a flexible, body-worn material.

The technology enables fast and highly sensitive drug detection—the sweat patch is attached to the skin for a certain period of time and then irradiated with light for testing.

According to the researchers, it only takes one minute without requiring additional process.

“The developed technology would overcome the technological limitations on identifying drug and prohibited substance use and enable drug detection without invasive and ethical problem,” said researcher Ho Sang Jung from the Korea Institute of Materials Science (KIMS).

For the study, published in the journal ACS Applied Materials and Interfaces, the researchers focused on sweat which is not invasive and relatively free from human rights issues.

However, only small amount of substances is discharged in sweat, even though sweat contains various drugs taken so a highly sensitive sensor technology had to be developed for better detection.

The team’s highly sensitive sensing utilised the surface-enhanced Raman scattering technology capable of enhancing the Raman signal of chemical substances by 1010 times and more.
As the Raman scattering signal includes the specific signal of molecules, intuitive substance identification is possible no matter what drug is discharged.

The researchers paid attention to the cocoon protein, a flexible and wearable material to develop a wearable optical sensor, according to the researchers.

A silk fibroin solution, a natural protein, was extracted from silkworm cocoon to make a 160 nanometer (nm) thick film.

The film was coated with 250 nm thick silver nanowire and transferred to the medical patch that can be attached to the skin.

Once the patch absorbs the sweat, the drug substance in the sweat penetrates the wearable sensor and reaches the silver nanowire.

By exposing the Raman laser on the patch, the drug can be detected in real time without removing the sensor. IANS

**Anticancer drug**

**Anticancer drug may improve outcome for severe Covid patients (The Tribune: 20210209)**


Bevacizumab is a medication that has been used to treat various types of cancer since 2004.

Treating severe Covid-19 patients with an anticancer drug may reduce mortality and speed up recovery, a new study suggests.

According to a small clinical study, published in the journal Nature Communications, the drug called bevacizumab may be beneficial for Covid-19 patients.

"Our findings suggest that bevacizumab plus standard care is highly beneficial for patients with severe Covid-19 and should be considered as a potential first-line therapeutic regimen for this group," said researcher Yihai Cao from the Karolinska Institutet in Sweden.

Bevacizumab is a medication that has been used to treat various types of cancer since 2004.

It works by slowing the formation of new blood vessels by inhibiting a growth factor known as VEGF. Many patients with severe Covid-19 have elevated levels of VEGF as well as symptoms associated with this marker, including excess fluid and disorganized blood vessels in the lungs.
Against this background, the researchers designed a clinical trial to investigate the effect of combining bevacizumab with standard care for treating patients with severe Covid-19.

For the study, the team recruited twenty-six confirmed Covid-19 patients with symptoms such as difficulty breathing, low blood oxygen levels and pneumonia.

They were retrospectively matched with 26 patients of similar characteristics who received standard care at the same hospitals in roughly the same time period and thus served as the control group.

The recruits received standard care plus a single low dose of about 7.5 mg/kg bevacizumab, which markedly improved blood oxygen levels within 24 hours compared to the control group.

By the end of the 28-day follow-up period, 92 per cent of the bevacizumab-treated patients no longer needed the same level of oxygen support as before the trial began, compared with an improvement rate of 62 per cent for the controls.

None of the bevacizumab-treated patients died and 17 (65 per cent) improved so much that they were able to leave the hospital within the follow-up period. In the control group, three died and only 46 per cent were discharged within 28 days.

The drug also shortened the duration of oxygen-support to a median of nine days compared with 20 for the standard care group. — IANS

Mediterranean diet

Vegan diet better for weight loss than Mediterranean diet (The Tribune: 20210209)


Blood pressure decreased on both diets

Vegan diet better for weight loss than Mediterranean diet

Photo for representation only. Source: iStock.

A vegan diet is more effective for weight loss and cholesterol control than a Mediterranean diet, a new study suggests.

The findings, published in the Journal of the American College of Nutrition, indicated that the study participants lost an average of 6 kilograms on the vegan diet, compared with no mean change on the Mediterranean diet.
“Previous studies have suggested that both Mediterranean and vegan diets improve body weight and cardiometabolic risk factors, but until now, their relative efficacy had not been compared in a randomized trial,” said researcher Hana Kahleova from the Physicians Committee for Responsible Medicine, a non-profit organization in the US.

According to the researchers, a low-fat vegan diet has better outcomes for weight, body composition, insulin sensitivity, and cholesterol levels, compared with a Mediterranean diet.

For the study, the team randomly assigned participants—who were overweight and had no history of diabetes—to a vegan diet or a Mediterranean diet in a 1:1 ratio.

For 16 weeks, half of the participants started with a low-fat vegan diet that eliminated animal products and focused on fruits, vegetables, whole grains, and legumes.

The other half started with the Mediterranean diet, which followed the PREDIMED protocol, which focuses on fruits, vegetables, legumes, fish, low-fat dairy, and extra virgin olive oil, while limiting or avoiding red meat and saturated fats.

The study found that the vegan diet decreased total and LDL cholesterol levels by 18.7 mg/dL and 15.3 mg/dL, respectively, while there were no significant cholesterol changes on the Mediterranean diet.

New questions: On COVID-19

New questions: On COVID-19 infecting one-fifth of Indian population ((The Hindu: 20210209)


ICMR’s serological survey findings may have relevance for modifying vaccination policy

The results of the ICMR’s third serological survey to ascertain the spread of COVID-19 show that nearly one in five Indians — about 270 million — may have been infected. The headline findings were publicised at a press conference and it will be a while before granular details of the course of the infection — as was known till December — will be made public in a peer-reviewed journal. However, what is known so far is that compared to August — when data for the second serological survey was announced — there has been a three-fold rise in infections. There has also been a five-fold rise (in percentage terms) of the infection in those aged 10-17 years. The third edition also included a serological survey of doctors, nurses and paramedical staff, revealing that nearly 25% — significantly above the national average — had been infected. Compared to reports of city-focused serology surveys in Delhi and mathematical modelling estimates, the ICMR survey-results appear to be more conservative in estimating the true spread. Experts of various hues point to the declining trend in infections since September,
and the absence of multiple peaks in coronavirus cases as a pointer to the spread being far wider and speeding up ‘herd immunity’— a state when a significant proportion of people in a locale have been infected, thereby retarding future spread. But it would be wrong to derive comfort from this situation. The ICMR emphasises that the results point to a significant number still potentially vulnerable, underscoring the need to be vaccinated and continuing with distancing and masking up. Also, neither this survey nor any city-wide survey has evaluated how long antibodies persist and if certain virus mutant variants can overcome the protection from antibodies.

Given that vaccines are round the corner for the general public and that no district has been immune from the virus, it is now no longer useful to know that 80% of India is still vulnerable. Rather, such surveys must shift focus to asking more granular questions: should the rise in spread among teenagers and children mean that they be considered for vaccination earlier than scheduled? Should companies accelerate trials to test protection in children? Should the rise in rural India — the survey is designed in a way to sample more villages than urban pockets — mean that they be given vaccines earlier? These and many more questions are no doubt already on the minds of specialist researchers but alongside the vaccination drives, the ICMR and the government health facilities must coordinate with a broader spectrum of specialists to investigate questions that can be used to guide and modify vaccination policy.

**COVID-19: New cases**

**COVID-19: New cases fall below 10,000 for second time in February (The Hindu: 20210209)**


Workers sanitise a classroom as schools prepare to reopen for 6th to 8th standard students after remaining closed for months due to COVID-19 pandemic, in Mirzapur on February 8, 2021. | Photo Credit: PTI

The COVID-19 active caseload remained below 2 lakh

The daily new COVID-19 cases fell below 10,000 for the second time this month taking India’s tally of cases to 1,08,47,304, while fresh fatalities remained below 100 for the fourth consecutive day, according to the Union Health Ministry data updated on February 9.

Coronavirus updates — February 9, 2021

A total of 9,110 new infections were reported in a span of 24 hours, while the death toll increased to 1,55,158 with 78 daily new fatalities, the data updated at 8 am showed. The number
of people who have recuperated from the disease surged to 1,05,48,521 pushing the national COVID-19 recovery rate to 97.25%, while the COVID-19 case fatality rate stands at 1.43%.

The COVID-19 active caseload remained below 2 lakh.

State Helpline numbers for COVID-19

There are 1,43,625 active cases of coronavirus infections in the country which comprise 1.32% of the total caseload, the data stated. India’s COVID-19 tally had crossed the 20-lakh mark on August 7, 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.

**Surgery (The Asian: 20210209)**


**HIV: An innovative therapeutic**

**HIV: An innovative therapeutic breakthrough to optimize the immune system (New Kerla: 20210209)**


Prompted by the need to improve conventional treatments for people infected with the human immunodeficiency virus (HIV-1), a team from the Institut national de la recherche scientifique (INRS) has identified a therapeutic approach to restore the effectiveness of immune cells.

The study, led by doctoral student Hamza Loucif and Professor Julien van Grevenynghe, was published in the journal Autophagy.
Most people infected with HIV-1 require daily antiretroviral therapy to control the infection. These drugs cause significant side effects without fully restoring the normal functioning of the immune system. Yet, a specific group of patients, called "elite controllers", are able to live with the infection without any drug intervention.

"They represent an incredible model for detecting, at the molecular level, what needs to be improved for other patients," said Professor Julien van Grevenynghe.

"That's why the team of immunologists wanted to find out what differentiates them from conventionally treated patients to develop new weapons against infection," added Grevenynghe.

Scientists demonstrated that the strength of elite controllers comes from their energy metabolism within CD8 lymphocytes.

"Cells require energy, produced in the mitochondria to protect the body and carry out their functions. However, this energy is not used effectively by treated patients. Due to a deregulation of the metabolism, the cells are weakened in their immune function," said Professor van Grevenynghe, who has worked on HIV for 15 years.

This energy deficiency is not permanent. Indeed, the research team demonstrated that CD8 lymphocytes can be "re-educated" using a soluble protein that optimizes their energy intake and immune function.

"The protein, called interleukin-21 (IL-21), restores mitochondrial energy metabolism through a cell recycling process called autophagy. For elite controllers, the degradation of lipid reserves through autophagy, or lipophagy, is highly effective," said the Ph.D. student.

"These results have an undeniable therapeutic interest, as the protein already exists! Moreover, the mere fact that elite controllers exist is proof in itself that we will one day be able to survive the infection without aggressive treatment," Professor van Grevenynghe enthusiastically points out. "We might ultimately be thinking about ending the treatment. The cells could also respond better to vaccination and treatment with better energy efficiency."

All the immune protection associated with CD8 lymphocytes comes from the presence of CD4 lymphocytes. These cells act as orchestra conductors' cells of the immune system. Therefore, the research team wants to determine if CD4 lymphocytes also have a metabolic advantage. Ultimately, the group wants to test their therapeutic approach in humanized mouse models and even macaques.

An additional benefit of this breakthrough is that the results of the study would not be limited to HIV-1 alone. "A comparison can be made with other pathologies associated with persistent inflammation, such as cancer, diabetes and even COVID-19 with lung inflammation," said Julien van Grevenynghe. (ANI/3 hours ago)
Alzheimer's disease

Higher blood pressure at night than in daytime may increase Alzheimer's disease risk (New Kerla: 20210209)


Higher blood pressure at night than in daytime may be a risk factor for Alzheimer's disease in older men, suggest a new study from researchers at Uppsala University. Higher BP at night than in daytime may increase Alzheimer's disease risk.

The study has now been published in the journal Hypertension.

'Dementia' is an umbrella term used to describe a category of symptoms marked by behavioural changes and gradually declining cognitive and social abilities. Numerous factors, including hypertension (high blood pressure), affect the risk of developing these symptoms.

Under healthy conditions, blood pressure (BP) varies over 24 hours, with lowest values reached at night. Doctors call this nocturnal blood pressure fall 'dipping'.

However, in some people, this BP pattern is reversed their nocturnal BP is higher than in daytime. This blood pressure profile is known as 'reverse dipping'.

"The night is a critical period for brain health. For example, in animals, it has previously been shown that the brain clears out waste products during sleep, and that this clearance is compromised by abnormal blood pressure patterns. Since the night also represents a critical time window for human brain health, we examined whether too high blood pressure at night, as seen in reverse dipping, is associated with a higher dementia risk in older men," said Christian Benedict, Associate Professor at Uppsala University's Department of Neuroscience, and senior author of the study.

To test this hypothesis, the researchers used observational data from one thousand Swedish older men, who were followed for a maximum of 24 years. The included men were in their early seventies at the beginning of the study.

"The risk of getting a dementia diagnosis was 1.64 times higher among men with reverse dipping compared to those with normal dipping. Reverse dipping mainly increased the risk of Alzheimer's disease, the most common form of dementia," said Xiao Tan, postdoctoral fellow from the same department and first author of this research.

"Our cohort consisted only of older men. Thus, our results need to be replicated in older women," said Benedict.

According to the researchers, an interesting next step would be to investigate whether the intake of antihypertensive (BP-lowering) drugs at night can reduce older men's risk of developing Alzheimer's disease. (ANI/5 hours ago)
Fertility

Zinc could help with fertility during COVID-19 pandemic: Study (New Kerla: 20210209)


A new study has suggested that zinc supplements for both men and women, who are attempting to conceive can assist in reproduction during the coronavirus pandemic. Zinc may help prevent mitochondrial damage in young egg, and sperm cells.

The study was published in the journal 'Reproductive Sciences'. The COVID-19 pandemic, which has taken a toll on the physical and mental health of people, has also reportedly affected fertility among men and women. The new study has found a way to combat the ill-effects of the pandemic, on fertility.

Wayne State University School of Medicine researchers, who led the study, also reported that zinc could enhance immunity against the virus.

In 'Potential Role of Zinc in the COVID-19 Disease Process and its Probable Impact on Reproduction', Husam Abu-Soud, Ph.D., associate professor of Obstetrics and Gynecology and the C.S. Mott Center for Growth and Development, said that in addition to benefiting couples attempting to conceive during the pandemic, zinc supplementation of up to a maximum of 50 mg per day for all adults could be beneficial in enhancing immunity and fighting the viral disease process of COVID-19.

Dr Abu-Soud and co-authors Ramya Sethuram, Reproductive Endocrinology and Infertility fellow, and medical student David Bai, reviewed the pathophysiology of COVID-19, particularly in relation to reproductive function.

They found that zinc depletion in connection with the cytokine storm - the overreaction of the immune system that causes inflammation, tissue damage, and possible organ failure in fighting COVID-19 - can cause mitochondrial damage and an accumulation of reactive oxygen species in the immature egg and sperm. The result could prevent reproduction and conception.

Zinc has beneficial effects as an antioxidant and anti-inflammatory agent, and could prevent or mitigate the damage in the egg and sperm cells that result from the body's immune reaction to the virus, Dr Abu-Soud said. The use of zinc could improve embryo quality and potentially lessen some pregnancy complications.

He also noted that zinc can be beneficial to the general population in enhancing immunity and fighting the viral disease process. The element works by combating oxidative cell damage.
Zinc alone may be insufficient to reverse the process once widespread oxidative cell damage has occurred. However, if the supplement is administered to those infected with COVID-19 before the cytokine storm phase, zinc may assist in ameliorating disease progression in the mild and early phases by suppressing viral replication and preventing cell damage as a pro-antioxidant, the researchers said. (ANI/21 hours ago)

Green Tea

Green Tea के फायदे की लिस्ट है लंबी पर क्या सुवह खाली पेट इसका सेवन है लाभकारी? जानिए यहाँ (Navbharat Times: 20210209)

नुकसान दायक है खाली पेट चाय

जब भी आप खाली पेट चाय का सेवन करते हैं तो इसमें मौजूद दौड़कर शरीर और रक्त यानी ब्लड को प्रभावित करते हैं। इसीलिए जब आप प्रीन टी पीते हैं तो इसके साथ कुछ खाएं जबकि यह शरीर में मौजूद प्रोटिन को कम करती है। खाली पेट इसके सेवन करने वालों को असर और हाइपर एसिडिटी होने का खतरा रहता है। खाली पेट लेने से आपके गैस और एसिडिटी की भी पेशगी हो सकती है। साथ ही इसके सेवन से पित रस के बनने और काम की प्रक्रिया पर असर पड़ता है। इसकी वजह से चिंता आ सकती है और प्राकृतिक महसूस हो सकती है।

**Ayurved**

आयुर्वेद कहता है बच्चों के लिए जहां है इन चीजों को एक साथ खाना, बीमारियाँ का लग सकता है

foods that kids should not be eaten together in hindi

आयुर्वेद कहता है बच्चों के लिए जहां है इन चीजों को एक साथ खाना, बीमारिय का लग सकता है डेर।

नूटसम दायक है खाली पेट चाय

जब भी आप खाली पेट चाय का सेवन करते हैं तो इसमें मौजूद दौड़कर शरीर और रक्त यानी ब्लड को प्रभावित करते हैं। इसीलिए जब आप प्रीन टी पीते हैं तो इसके साथ कुछ खाएं जबकि यह शरीर में मौजूद प्रोटिन को कम करती है। खाली पेट इसके सेवन करने वालों को असर और हाइपर एसिडिटी होने का खतरा रहता है। खाली पेट लेने से आपके गैस और एसिडिटी की भी पेशगी हो सकती है। साथ ही इसके सेवन से पित रस के बनने और काम की प्रक्रिया पर असर पड़ता है। इसकी वजह से चिंता आ सकती है और प्राकृतिक महसूस हो सकती है।
मीट और स्टाच

मीट के साथ कभी भी स्टाच युक्त बाली चीजों जैसे कि आलू, पास्ता और ब्रेड आदि नहीं खानी चाहिए। इन दोनों चीजों को पचाने के लिए पेट की अलग-अलग स्थिति की जरूरत होती है जिसमें एसिडिटी का लेवल खासतौर पर शामिल है।

बच्चों को एक साथ प्रोटीन और स्टाच वाला खाना ना खिलाएं शरीर कमसूज हो जाता है कि उसे पहले किसे पचाना है। ऐसा देखा गया है कि शरीर पहले प्रोटीन और फिर स्टाच को पचाता है। हालांकि, इस बीच पेट में मौजूद एसिड की बजह से स्टाच फैलते हो जाते हैं। यह सड़ जाता है और शरीर में विशाल पदार्थ पदार्थ पैदा करता है। इससे पेट में एंडो, अपच, गैस और पेट पूलन जैसी कई समस्याएं पैदा होती हैं।

इसलिए बेहतर होगा कि आप एक समय पर एक ही टाइप का पूड सर्व कर बच्चे के पेट और सेहत को नुकसान पहुंच सकता है। इसके अलावा बच्चों के खाने में हरी सब्जियों को भी शामिल करें।

केला और दूध

आयुर्विदिक प्रवचन बच्चों को नाश्ते में केला और दूध खिलाएं जो कि आयुर्वेद के अनुसार बेहतर होता है। आयुर्वेद के अनुसार केला और दूध एकसाथ शरीर में हिस्सा रहते हैं जिससे शरीर में विशाल पदार्थों के उत्पादन को उन्मूलित करते हैं।

इससे सुसंवर्ती और दिमाग भी सुरक्षित हो जाता है। केले की बुद्धि खाने के बाद बच्चों को अक्सर सुसंवर्ती और उनीवापन महसूस होता है। इससे शरीर में कम और खासी भी बढ़ सकती है इसलिए खासी-जुकाम होने पर बच्चे को केले के साथ दूध ना दें।

यह भी पढ़ें: इस उम्र में बच्चों को केला बहुत खिलाएं, मिलेगा दोगुना फायदा

Navbharat Times News App: देस-दुनिया की खबरें, आपके शहर का हाल, एजुकेशन और बिजनेस अपडेट्स, फिल्म और खेल की दुनिया की हलचल, बायरल न्यूज़ और धर्म-कलम... पाएँ हिंदी की ताज़ा खबरें डाउनलोड करें NBT ऐप

लेटेस्ट न्यूज़ से अपडेट रहने के लिए NBT फेसबुक पेज लाइक करें