Beauty Parlour Stroke Syndrome (The Asian Age: 20221103)

BEWARE OF BEAUTY PARLOUR STROKE SYNDROME

The recent case of a woman suffering a stroke, while getting her hair washed at a beauty parlour has turned the spotlight on this rare but recorded risk.

SULOGNA MEHTA

You go to a beauty salon for a simple haircut. Never in your wildest imagination would you think that you may suffer a brain stroke while getting your hair shampoo-washed prior to the cut. But in a rarest of rare case, such a thing did take place recently.

A 50-year-old woman suffered what is being referred to as ‘Beauty Parlour Stroke Syndrome’ following a hair wash at a beauty salon. The term was first used in 1993 in the Journal of American Medical Association by Michael Weintraub after it was observed that few women in the US suffered strokes after washing their hair at the parlour.

DON'T OVERSTRETCH

According to medical experts, such a stroke can happen due to a number of reasons. Explaining, Dr. Jaydip Ray Chaudhuri, senior neuro-physician and head of the department of Neurology, Yashoda Hospitals, says “In beauty salons, hair wash and head and neck massages are undertaken. In the course of these, at times the neck is hyperextended, which stretches the arteries. Some people may have pre-existing arterial diseases. The arterial layer has three walls. Vigorous massage can partially snap one or two walls. Once a tear occurs, a flap is formed or sometimes a clot is formed over the flaps, called arterial dissection.”

Dr. Jaydip

PRE-EXISTING TRIGGERS

Dr P V Sudhakar, additional director of Medical Education (ADME) and principal of the Government Medical College, Ongole, who is also a plastic and cosmetic surgeon, lists the causes for stroke and other life-threatening conditions at the beauty salon. “While the elderly can experience a slip of the spine and injure the spinal cord (cervical vertebrae or neck area of the spine) during neck stretching, younger people can be affected due to other reasons like pre-existing epilepsy and renal artery stenosis (narrowing of the arteries that carry blood to the kidneys) that triggers a sudden spurt in high blood pressure leading to a brain stroke. The person may not even be aware of their medical condition. Secondly, some people may have abnormal blood vessel connections in the brain (AV malformations) from birth. Due to this congenital condition, they may bleed suddenly and suffer a stroke. They can be affected anywhere, be it a beauty salon, massage parlour or gym. The person may not even be aware of their medical condition.

— DR P V SUDHAKAR, additional director of Medical Education (ADME) and principal of the Government Medical College, Ongole

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In beauty salons, hair wash and head and neck massages are undertaken. In the course of these, at times the neck is hyperextended, which stretches the arteries. Some people may have pre-existing arterial diseases. The arterial layer has three walls. Vigorous massage can partially snap one or two walls. Once a tear occurs, a flap is formed or sometimes a clot is formed over the flaps, called arterial dissection. The clots prevent the blood from reaching the brain.

— DR JAYDIP RAY CHAUDHURI, senior neuro-physician and head of the department of Neurology, Yashoda Hospitals
New Omicron variants

New Omicron variants not causing significant rise in hospitalisations: Experts

The symptoms caused by X XB and B Q.1 strains of the virus are mild (The Tribune:20221103)
The new variants of Omicron, X XB and BQ.1, have not led to any significant rise in coronavirus infections and hospitalisations in Maharashtra, experts have said.

The symptoms caused by these strains of the virus are mild, they note.

Dr Anita Mathew, Infectious Disease Specialist at Fortis Hospital, Mulund, said many of the new patients are asymptomatic.

"Many people have incidental covid. In other words, they are visiting the hospital for other health conditions and test positive for the coronavirus infection," she told PTI.

Symptoms such as the loss of smell and taste, observed prominently in earlier infections, have not been noticed in many patients. Many of them report cold and cough, which is why there isn't a lot of testing or self-isolation, Dr Mathew added.

She, however, stressed that vaccination against coronavirus was still important.

"One should be careful so that the risk of infecting others decreases," she said.

As per the state health department, 17 per cent more covid cases were recorded during October 10 to 16 against the preceding week (October 3-9). The rise was noticed mainly in Thane, Raigad and Mumbai, all densely-populated districts.

The department had also cautioned that coronavirus cases could rise during winter and the festive season, citing new variants which have greater immune evasive ability.

Dr Vasanthapuram Ravi, Virologist, Head, R&D, TATA Medical and Diagnostics (and Chairman of Karnataka Genomic Surveillance Committee) said the new strain of virus and the disease genotype were no different from Omicron in terms of severity and asymptomatic status.

"It is a hybrid of two Omicron variants, 3.75 and BJ1, due to which it has a novel mutation in the spike proteins which makes it escape the antibodies generated by vaccines. This is why it is causing infections even in vaccinated people," he said.

But there is not much to worry due to its lessened severity though testing is still important, he added.

If a patient tests positive for Omicron, he or she can get treatment for Omicron infection, Dr Ravi said.

But if the test is negative for Omicron (despite symptoms) then one needs to immediately consult a physician in case there is a presence of a new variant or another virus like flu virus or RSV (respiratory syncytial virus), he added.

The Indian SARS-CoV-2 Genomics Consortium (INSACOG), in a statement, said it was keeping a close watch on the emergence and evolution of XBB and XBB.1 and any new sub-lineages.

But Indian patients infected with Omicron sub-lineage XBB of covid have mild disease, it went on to add.
Dr Laxman Jessani, Consultant, Infectious Diseases at Apollo hospitals in Navi Mumbai, said the chances of hospitalisation and ICU admissions are low as the infections are mostly mild.

**Gut bacteria**

**Covid-19 disrupts normal mix of gut bacteria, increases risk for other infection: Study**

Findings suggest that coronavirus infection directly interferes with healthy balance of microbes in the gut (The Tribune:20221103)


Covid-19 disrupts normal mix of gut bacteria, increases risk for other infection: Study

Photo for representational purpose only. iStock

Infection with the SARS-CoV-2 virus, can reduce the number of bacterial species in a patient’s gut, with the lesser diversity creating space for dangerous microbes to thrive, a new study has found.

According to the study, results showed that the majority of patients had low gut microbiome diversity, with a full quarter dominated by a single type of bacteria. At the same time, populations of several microbes known to include antibiotic-resistant species increased, possible due to widespread antibiotic use early in the pandemic, the study said.

Further, the antibiotic-resistant bacteria found in the gut were observed to have migrated into the bloodstream in 20 per cent of the patients.

Led by researchers at NYU Grossman School of Medicine, the investigation involved 96 men and women hospitalized with COVID-19 in 2020 in New York City and in New Haven, Conn.

“Our findings suggest that coronavirus infection directly interferes with the healthy balance of microbes in the gut, further endangering patients in the process,” study co-senior author Ken Cadwell said.

“Now that we have uncovered the source of this bacterial imbalance, physicians can better identify those coronavirus patients most at risk of a secondary bloodstream infection,” adds Cadwell.

The study is published in the journal Nature Communications.

According to Cadwell, the new study is the first to show that the coronavirus infection alone damages the gut microbiome, and not the initial use of antibiotics to treat the disease as others experts had thought. He adds that the study also provided the first evidence that the very same
bacteria in the gut were also entering the blood stream of patients, causing dangerous infections.

The study built on the realization that widespread use of antibiotics to fight infections with disease-causing bacteria in recent decades has left in place more species that are resistant to antibiotics. In addition, disruptions in gut bacterial ratios have previously been linked to more severe COVID-19.

However, researchers say, it has remained unclear until now which came first, the coronavirus infection disrupting the gut microbiome or an already weakened gut making the body more vulnerable to the virus.

The new study appears to favour the former explanation. The new investigation, which revealed that antibiotic-resistant species can escape into the bloodstream, put patients at greater risk for life-threatening secondary infections, the study said.

The study authors note that further research is needed to uncover why this group was at a higher risk for a secondary infection while others remained protected.

For the investigation, researchers first infected dozens of mice with the coronavirus and analyzed the makeup of bacterial species in their stool samples. This step allowed them to untangle whether the coronavirus could directly disrupt the microbiome independently of hospitalization and treatment.

Next, they collected stool samples and blood tests from COVID-19 patients at NYU Langone Health and Yale University hospitals to assess gut microbe composition and presence of secondary infection. If any bacteria group made up a majority of the bacteria living in the gut, they were considered dominant.

“Our results highlight how the gut microbiome and different parts of the body’s immune system are closely interconnected,” says study senior author Jonas Schluter. “An infection in one can lead to major disruptions in the other.”

Schluter cautions that since the patients received different kinds of treatments for their illness, the investigation could not entirely account for all factors that may have contributed to the disruption of their microbiome and worsen their disease.

According to Schluter, the study team next plans to examine why certain microbial species are more likely to escape the gut during COVID-19. The researchers say they also intend to explore how different microbes interact, which may contribute to this migration into the bloodstream.

'Beauty parlour stroke'

Woman suffers 'beauty parlour stroke' during head bath before taking haircut in Hyderabad salon (The Tribune:20221103)

Woman suffers 'beauty parlour stroke' during head bath before taking haircut in Hyderabad salon

A 50-year-old woman suffered a "beauty parlour stroke" after getting a hair wash at a salon before taking a haircut in Hyderabad.

Doctors treating her said that a key vessel supplying blood to the brain was pressed when she bent back her neck for the wash. The term "beauty parlour stroke syndrome" was termed after it was first reported in 1993 in the US.

As per Times of India, the doctors said that the woman suffered a stroke because a key vessel that supplies blood to the brain was pressed when the woman bent her neck backwards for the hair wash. She reportedly went to the doctors after she did not feel well some 24 hours later.

An MRI confirmed a stroke. As per experts, this happens when the masseur presses down on the neck and head hard, at times even twists the neck to produce a cracking sound. This leads to tender vessels getting injured, leading to a stroke. The usual symptoms are dizziness, nausea, and vomiting, among other things.

Antibiotic

Study links antibiotic resistance to 'triclosan' used in hand soaps, toothpastes (The Tribune:20221103)


Triclosan is a chemical often included in household items to fight off bacteria

Study links antibiotic resistance to 'triclosan' used in hand soaps, toothpastes

Triclosan, a chemical often included in household items like hand soaps, toothpastes and cleaning products to fight off bacteria, has now been linked to antibiotic resistance.

According to the study by assistant professor Hui Peng's research group at University of Toronto, among thousands of co-occurring chemicals in the sludge, triclosan was found to be the predominant antibacterial compound impacting E coli.

Antibiotic-resistant bacteria -- also commonly known as "superbugs" -- are strains of bacteria that are not killed by antibiotics.

They are produced when continuous exposure to antibiotics causes bacteria to evolve over several generations to survive antibiotic effects.
These bacteria can be very dangerous to humans, especially those with impaired immune systems. Between 2014 and 2016, there were seven lakh deaths around the world attributed to antibiotic resistance.

"Since there are so many different antibiotics in the sewage sludge, we were surprised to find that the majority of antibacterial activity of the sludge could be directly linked to triclosan alone," said Holly Barrett, a PhD candidate in the Peng group and lead author on the study.

The findings were published in the journal Environmental Science and Technology.

In 2016, the US Food and Drug Administration banned triclosan from being used in antibacterial liquid soaps, and then a year later from being used in topical antiseptics found in health care settings.

Currently, there are limited regulations on triclosan in Canada, and Health Canada deems triclosan as safe for use in a variety of consumer products at specified levels.

"I think our results demonstrate that there is an urgent need for regulatory agencies in Canada to re-evaluate the use of triclosan," says Barrett.

"It's still used in thousands of different household and cosmetic products as well as in health care settings. While there are a few regulations in place to restrict the maximum amount of triclosan allowed in consumer products, even very low levels of this chemical may cause antibiotic resistant bacteria to form over time," the researcher noted. IANS

Heart health in diabetes?

What’s the link between kidneys and heart health in diabetes? (Indian Express:20221103)

https://indianexpress.com/article/lifestyle/health-specials/kidney-diabetes-heart-health-tips-8244264/

Kidneys in patients with diabetes need special care. Once injured, repair is possible. Early warning for serious kidney dysfunction is given by the urine test microalbuminuria, which should be done yearly in every patient with diabetes, advises Dr Anoop Misra, Chairman, Fortis CDOC Hospital for Diabetes and Allied Sciences

Bihar visited our hospital and said that his physician had told him that all his reports were okay. His creatinine was 1.52 mg/d (upper limit 1.4 mg/dl), considered by him to be slightly off ("almost normal"). I calculated the accurate state of kidney function (eGFR, analysed from a formula) and told him to be careful since his kidney function had already declined by 25 per cent. Underestimation or ignorance of kidney damage is common in patients and even by some physicians.
The second common misconception is that kidney damage is due to anti-diabetes drugs. A 62-year-old woman complained to me, “The drug Metformin, which you had given, has damaged my kidneys.” Another patient from Agra told me, “You are giving me Dapagliflozin, it excretes sugar in urine, and I will have kidney damage and cancer soon.” Both are wrong. Both these drugs, especially the latter, protect kidneys. Only when kidneys are moderately damaged does Metformin need to be stopped due to occurrence of other side effects.

Kidney dysfunction is not an isolated fallout of diabetes. It is closely linked to heart disease. Even a slight increase of albumin in urine (“microalbuminuria”) increases your heart attack risk several times. Therefore, even a slight damage to the kidney must be dealt with immediately. There are several ways to do it.

Also Read |Can we reverse diabetes with diet?

First, blood sugar control must be good, not only for a short while but persistently for a long period of time. High blood sugar does not damage kidneys overnight but surreptitiously and slowly. Patients need to focus on lifestyle, exercise and regular drug intake to achieve it. Some anti-diabetes drugs are better than others in protecting kidneys. Long-term studies have shown that drugs called SGLT2 inhibitors (Canagliflozin, Dapagliflozin and Empagliflozin) repair kidney damage and reduce the need for dialysis. These drugs become absolutely essential for those who have definite kidney disease.

Second, blood pressure should be under good control. Among many anti-hypertensive drugs available nowadays, ACE inhibitors/ARBs (Ramipril, Losartan etc) are the best if kidneys are damaged and are secreting protein. Over a long period of time, these drugs decrease protein in the urine and decrease kidney dysfunction.

Third, blood cholesterol and triglycerides (another form of fat in the blood) should be brought down drastically. These blood fats cause clotting, which may involve heart and kidneys, thus decreasing blood flow in these vital organs. Drugs which could do this job are called statins (e.g., atorvastatin), which are anyway essential in any patient with diabetes.

Diet and exercise matter a lot. Excess protein will harm the kidneys. At no point of time, patients should have very low protein diets since this will lower already low blood protein levels in the body and increase the weakness of muscles and bones. Hence protein intake must be formulated carefully and differently for each patient in conjunction with a nutritionist.

There are many other factors which injure kidneys and some of these are particularly prevalent in India. Use of alternative medicines (some contain heavy metals which severely harm kidneys), infections, gastroenteritis, extreme heat, abuse of painkillers, excessive alcohol intake and high uric acid, all should be avoided/treated at all costs. All obese patients must lose weight to improve kidney functions.

Kidneys in patients with diabetes need special care. Once injured, repair is possible. Early warning for serious kidney dysfunction is given by the urine test “microalbuminuria,” which should be done yearly in every patient with diabetes. The presence of this small amount of
protein in urine should initiate individualised diet, exercise, loss of weight, strict control of blood sugar, blood pressure and lipids and use of kidney-benefitting drugs.

**Backache**

**How to deal with backache on an eight-hour shift at work (Indian Express:20221103)**

[https://indianexpress.com/article/lifestyle/health-specials/back-ache-eight-hour-shift-work-8244122/](https://indianexpress.com/article/lifestyle/health-specials/back-ache-eight-hour-shift-work-8244122/)

From creating ergonomic workspaces to choosing the right office chair, maintaining the right posture to taking frequent walks, simple tweaks can ease your pain, says Dr Bipin Walia, Principal Director & Head, Department of Neurosurgery, Head Neurospine Programme, Max Saket

Unfortunately, many occupations — such as long-distance driving, nursing, construction and factory work — can place significant demands on your back. Even routine office work can cause or worsen back pain.

Nearly 80 per cent of people will experience back pain at least once in their life. In a year, about 20 per cent of adults complain of it. Irrespective of the type of back pain, it will negatively impact your working and performance at work. Unfortunately, many occupations — such as long-distance driving, nursing, construction and factory work — can place significant demands on your back. Even routine office work can cause or worsen back pain.

Common causes of back pain at work

A number of factors can contribute to back pain at work. For example:

**Force:** Exerting too much force on your back — such as by lifting or moving heavy objects — can cause injury.

**Repetition:** Repeating certain movements, especially those that involve twisting or rotating your spine, can injure your back.

**Inactivity:** An inactive job or a desk job can contribute to back pain, especially if you have poor posture or sit all day in a chair with inadequate back support.

Also Read |Suffering from back pain? Here are a few tips to relieve you
1. Maintain a healthy weight. Ensure a healthy balanced diet with adequate calcium and vitamin D.

2. Combine aerobic exercise, such as swimming or walking, with exercises that strengthen and stretch your back muscles and abdomen. The type and intensity of exercise would depend on your age, fitness levels and other medical problems if any.

3. Smoking accelerates spinal disc degeneration and must be stopped.

How to reduce back pain at work

If you want to prevent or manage back pain at work, consider these tips for reducing office back pain.

1. Create an ergonomic workspace by:
   - Positioning everything within an arm’s reach to avoid leaning or stretching.
   - Adjust your monitor height so the top of your monitor is at eye level.
   - Adjust monitor brightness and font size
   - Adjust your desk or chair height so that your elbows form a 75 to 90-degree angle when your hands are on the surface of your desk, and you are sitting up straight.

2. The right office chair should have
   - Adjustable height
   - Adjustable backrest
   - Adjustable armrests
   - Lumbar support
   - Comfortable material
   - Able to swivel

3. Practise good posture taking care not to slouch or lean unknowingly.

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4. Lift properly. When lifting and carrying a heavy object, get close to the object, bend your knees and tighten your stomach muscles. Use your leg muscles to support your body as you stand up. Don’t twist when lifting. If an object is too heavy to lift safely, ask for help or use a lifting device.

5. Walk with good posture: Keep your shoulders back and chin up while walking around the office. Stand tall to stretch out your back after sitting at your desk.

6. Use a hands-free phone: Instead of tilting your head to hold your telephone on your shoulder, consider switching to a hands-free device, such as a headset or speaker phone.

7. Take frequent short breaks. If you must sit for a prolonged period, change your position often. Periodically walk around and gently stretch your muscles to relieve tension. It is a good idea to take a short walking break (even for a couple of minutes) every hour or so.

8. Wear supportive shoes: If you walk around your office frequently, choose comfortable shoes instead of high heels. High-heeled shoes can negatively affect the alignment of your spine and body, which harms your posture.

9. Remove your wallet or cellphone from your back pocket when sitting to prevent putting extra pressure on your buttocks or lower back.

Treatments

Below are a few tips for treating lower back pain:

- Use hot or cold packs: When experiencing back pain at work, using a cold or hot pack on your back may offer temporary relief.
- Strengthen your core
- Stay active
- Stretch: Keep your muscles loose by stretching your back and shoulders regularly. Neck and shoulder rolls can also help relieve back tension at work.
- Sleep well: Lie down on a firm surface and on your side or back, rather than on your stomach.
Coronary Artery Disease

HomeLifestyleHealth Specials‘Indians suffer from Coronary Artery Disease because of smaller Body Surface Area, not smaller diameter of arteries’ (Indian Express: 20221103)


‘Indians suffer from Coronary Artery Disease because of smaller Body Surface Area, not smaller diameter of arteries’

A study by Sir Ganga Ram Hospital challenges the general perception about Indians being more prone to atherosclerosis because of constricted arteries.

Written by Ankita Upadhyay

New Delhi | Updated: November 2, 2022 7:42:59 am

The study found that the mean vessel diameter for males was significantly larger than those for females but when indexed to the Body Surface Area, these values were not significant. (Representational image)

A study conducted by Sir Ganga Ram Hospital has said that Indians have an increased risk of Coronary Artery Disease (CAD) because of their smaller body surface area and not just a smaller diameter of arteries.

The study, conducted by researchers from the Department of Cardiology and Radiology of the hospital, is contrary to the general perception that Indians suffer more from CAD due to the smaller diameter of arteries. It was based on observational impact on 250 patients. The study has been published in the Journal of Indian College of Cardiology and published on September 14, 2022.

Dr JPS Sawhney, author and chairman, Department of Cardiology, said 51 per cent respondents were hypertensive, 18 per cent were diabetic, four per cent were smokers, 28 per cent were dyslipidemic and 26 per cent had a family history of heart disease.

Dr Ashwani Mehta, author and senior consultant, Department of Cardiology, said that the study found that the mean vessel diameter for males was significantly larger than those for females but when indexed to the Body Surface Area, these values were not significant. “There has been
an assumption that Asians, and particularly Indians, have increased risk of atherosclerosis (fatty deposits in arteries) because of their small coronary artery diameter. However, from our observational study, it is proved that the coronary artery dimensions in the Indian population are not small, the risk is due to their small Body Surface Area. Thus, the rationale for small dimensions of arteries being a risk factor for CAD is not valid in the Indian population,” he added.

One of the participants of the study, Dr Bhuvnesh Kandpal, author and senior consultan, Department of Cardiology, said that the study might also provide some insight into the use of diameters indexed to BSA as a cutoff for deciding the need for re-vascularisation (a procedure that can restore blood flow in blocked arteries or veins). “This study was done to estimate the size of normal coronary arteries in the Indian population, index it to BSA, and see if there is any significant difference when compared to the Caucasian population,” he added.

Dimensions of coronary arteries in Indians as found in the study*

*Artery Mean Diameter*
1. LM proximal 4.22±0.78
2. LM distal 4.24±0.69
3. POC 4.8±0.55
4. LAD 3.46±0.58
5. LCX 2.97±0.62
6. RCA 3.32±0.73

Mild disease

COVID-19 | Mild disease, no severity among Indian patients: INSACOG on Omicron's XBB variant (The Hindu:20221103)


Expert panel says XBB variant of COVID-19 has been detected in multiple States in the country
Indian patients infected with Omicron sub-lineage XBB of COVID-19 have mild disease and no increase in severity is noted, the INSACOG said.

**Consume food**

COVID-19 reshaped the way we buy, prepare and consume food (The Hindu:20221103)


The study showed that people reduced their frequency of shopping for food in store at the beginning of the pandemic.

In early 2020, as province after province in Canada declared public health emergencies, and pandemic restrictions came into force, routine grocery runs changed dramatically.

Faced with the uncertainty caused by COVID-19, many people across Canada and around the world began to stockpile food and other product.

کورونا وائرس

شوه میں چموکلنے والان داوا، مسیک میں سوہون پیڈا کر رہا کورونا وائرس (Hindustan :20221103)


ویزیکئیکائے نے کورنڈ کو لئکر اوک انیMaps میں چموکلنے والان داوا کیا ہے یہ کوآ ج کے انعصار کورونا وائرس مسیک میں ہمیں سوہون پراکیکیا کو سکبیک کرنا ہے یہ سی پارکیکس راگ میں ہوئی ہے یہ شوہ میں چموکلنے والان داوا، مسیک میں سوہون پیڈا کر رہا کورونا وائرس

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کورنداکا اکھارس سے سانکریمہ کرنا :
Malaria

Malaria case 6 have been reported in three colonies in the Altiplano region, reported in Hindustan Times on 202211103.

As a result of the research, 6 people were found to have malaria, which is confirmed by the laboratory. The research was conducted in three colonies, and 24 people were found to have malaria. The research was conducted in a colony, and 6 people were confirmed to have malaria, which is confirmed by the laboratory. The research was conducted in a colony, and 24 people were found to have malaria, which is confirmed by the laboratory.
गैर सरकारी संगठन 'मलेररया नो मोर' की एक रिपोर्ट के अनुसार, भारत में मलेररया के मामलों में 2015 के बाद से 86 फीसदी की कमी आई है। 2015 और 2021 के बीच इससे होने वाली मौलों की संख्या में भी 79 फीसदी की कमी आई है।

Winter Home Remedy

Winter Home Remedy: ठंड की 8 बीमारियों को जड़ से मिटाती है मुलेठी, इन 4 तरीकों से करें उपयोग (Navbharat Times :20221103)

https://navbharattimes.indiatimes.com/lifestyle/health/mulethi-powder-or-licorice-root-is-a-great-home-remedy-for-8-winter-health-problems-know-4-ways-to-use-in-hindi/articleshow/95258169.cms

Mulethi Benefits in Winter: सदी में गले का इंफेक्शन, खांसी-जुकाम, फ्लू होना आम बात है। लेकिन ये आम-सी दिखने वाली बीमारियों शरीर को तोड़कर रख देती है। मगर सदी में मुलेठी (licorice root or liquorice root) का सेवन करके इन स्वास्थ्य समस्याओं से दूर रहा जा सकता है। आए मुलेठी के फायदों के साथ जानते हैं कि मुलेठी का सेवन कैसे करें किया जा सकता है?

Mulethi powder or licorice root is a great home remedy for 8 winter health problems know 4 ways to use in hindi

Winter Home Remedy: ठंड की 8 बीमारियों को जड़ से मिटाती है मुलेठी, इन 4 तरीकों से करें उपयोग

How to eat mulethi: सदी में होने वाली बीमारियों (health problems in winter season) से बचने के लिए आपको घरेलू उपाय अपनाने चाहिए। वर्सेंटेन में मुलेठी को 8 बीमारियों के इलाज के लिए जोड़ा गया है। मुलेठी में ब्रूट एंटीऑक्सीडेंट्स, एंटी-इंफ्लामेटरी और एंटी-माइक्रोबियल गुण इन बीमारियों को जड़ से बचाने में मदद करते हैं।

मुलेठी के फायदे - Mulethi Benefits

-mulethi-benefits

सदी में मुलेठी की जड़ या पाउडर का सेवन करने से निम्नलिखित 8 बीमारियां दूर हो जाती हैं।

गले में सूजन व दर्द
खांसी-जुकाम
फेफड़ों के रोग
हाई कोलेस्ट्रॉल
कमजोर इम्युनिटी
लिङ्बर रोग
स्काइन डिसऑंडर
मोटापा
मुलेठी का इस्तेमाल कैसे करें- मुलेठी का पानी

gले नलवर रोग
नटकि नडसऑडटर
मोटापा मुलेठी का इतिेमाल कैसे करें- मुलेठी का पानी

gले के रूप में मुलेठी को इस्तेमाल करने का सबसे आसान तरीका इसका पानी बनाना है। गले का इंफेक्शन, गले में दर्द या सुजन से बचने के लिए रोज मुलेठी का पानी पिए। इसे बनाने के लिए आप 1 मिलीमीटर जूस नलवर पानी में 1 चम्मच मुलेठी पाउडर मिला लें और सेवन करें।

मुलेठी की चाय

Vedas Cure के फाउंडर और डायरेक्टर आयुवेद के एक्सप्टट नवकास चावला मुलेठी की चाय को गले के दर्द का कारण घरेलू उपाय बताते हैं। इसे बनाने के लिए, 1 कप उबली पानी में एक छोटी मुलेठी की जड़ डालें और कड़कस किया हुआ अदरक डालकर धीमी आंच पर कुछ मिनट रखने दें। इसे बिािें के लिए आप 1 कप उबली पानी में एक छोटी मुलेठी उबलें।

मुलेठी की जड़ चबाना

मुलेठी का काढा बनाने की विधि

सदी में खांसी मिटाने के लिए मुलेठी की जड़ जबरदस्त घरेलू उपाय है। इसके लिए आप मुलेठी की जड़ कच्ची चबा सकते हैं। मुलेठी की जड़ चबाने से खांसी व गले के दर्द से तुरंत आराम मिलता है।

मुलेठी का काढा बनाने की विधि

सदी में खांसी मिटाने के लिए आप मुलेठी का काढा भी पी सकते हैं। यह एक बेहतरीन आयुवेदिक उपाय है, जिसका सेवन करने से फेफड़ों के रोग, खांसी, गले का इंफेक्शन, कोलेस्ट्रॉल समस्याएं खत्म हो जाती हैं। काढा बनाने के लिए आप एक चीथाई चम्मच मुलेठी पाउडर, एक चुटकी दालचीनी पाउडर, एक चुटकी काली मिर्च पाउडर और तुलसी की कुछ पत्तियां लेंकर 1 मिलीमीटर जूस नलवर में उमालें। मिस्सिस्चर आधा होने पर छान लें और एक चम्मच शहद मिलाकर दिन में दो बार पिएं।

अंग्रेजी में इस हेल्थ सूटी को पढ़ने के लिए यहां क्लिक करें।
डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।

**Omicron XBB Variant**

भारत में कोरोना की चौथी लहर? तेजी से बढ़ा Omicron XBB Variant, ये चीज बचा सकती है आपको (Navbharat Times :20221103)

How to prevent Omicron New Variant: ओमिक्रॉन का नया वैरिएंट XBB के मामले भारत में तेजी से बढ़ रहे हैं। एसपर्ट्स के मुताबिक, यह वैरिएंट कोविड-19 की नई लहर लाने का कारण है। इससे बचने के लिए आपको इम्यूनिटी बूस्ट (boost immunity) कर लें और कुछ खास खास खाना शुरू करें।


omicron xbb variant is spreading fast in india know foods to increase immunity power to prevent fourth wave

भारत में कोरोना की चौथी लहर? तेजी से बढ़ा Omicron XBB Variant, ये चीज बचा सकती है आपको

Coronavirus Omicron in India: ओमिक्रॉन कहीं नहीं गया है और Coronavirus की चौथी लहर का खतरा अभी तक बना हुआ है। चीन में एसपर्ट्स की नींद उड़ाने के बाद अब भारत में कोरोना के मामले तेजी से बढ़ रहे हैं। भारत में कोविड-19 के केसों में ओमिक्रॉन का नया XBB Variant सबसे ज्यादा मिला रहा है और मिडिया रिपोर्ट्स के मुताबिक करीब 9 भारतीय राज्यों में इसके मामले दिख चुके हैं।

बेहतरीन अन्तर्यात्मक पर जोरदार ऑफर, 1-4 नवंबर सैलरी डे में उठाएं फायदा |

भारत में Omicron XBB Variant के केस कहां मिले?

ओमिक्रॉन अपना रूप लगातार बदल रहा है और इसका नया वैरिएंट एसबीआई तेजी से फैल रहा है। TOI की एक रिपोर्ट के मुताबिक, यह एक वैरिएंट के मूल रूप से हमलों में XBB वैरिएंट के 36 मामले थे। आपको बता दें कि डब्ल्यूएचओ के मुताबिक, 3 से 9 अक्टूबर 2022 तक ओमिक्रॉन का यह वैरिएंट करीब 35 देशों में फैल चुका है।

क्या है Omicron XBB Variant?

-omicron-xbb-variant

डब्ल्यूएचओ के अनुसार, Omicron XBB एक हाइड्रेट वैरिएंट है, जो ओमिक्रॉन वीए.2.75 (Omicron BA.2.75) और ओमिक्रॉन वीए.2.10.1 सब वैरिएंट (Omicron BA.2.10.1) से मिलकर बना है। वर्तमान में इसकी वैश्विक फैलाव दर 1.3 प्रतिवर्ष पहुंच चुकी है।
ओमिक्रोन के लए बैरिएंट से कैसे बचें?

इस सवाल का बहुत आवश्यक जवाब इम्युनिटी बढ़ाने में मिलता है। कोरोना के शुरुआत से ही एक्सपर्ट शरीर की रोग प्रतिरोधक क्षमता को बढ़ाने का मार्ग (How to boost immunity power) की सलाह दे रहे हैं। इम्युनिटी बढ़ाने के लिए आप एक्सससाइज करें और डाइट में हेल्दी फूड्स को शामिल करें।

ग्रीन टी

ग्रीन टी पीने से एंटीऑक्सीडेंट्स मिलते हैं। एक्सपर्ट इन तथ्यों को इम्युन सिस्टम के लिए फायदेमंद बताते हैं। डाइट में ग्रीन टी को समावेश करने से रोग प्रतिरोधक क्षमता बढ़ जाती है। इसमें epigallocatechin gallate होता है, जो एंटीएंजैंकनिक और एंटी-ट्यूमर एजेंट की तरह काम करता है। इससे आप कम कॉंसेप्ड पड़ते हैं।

फ्यूड

फ्यूड क्या हैं? फ्यूड जो खाद्य पदार्थ होते हैं, जो कि खामीरी प्रक्रिया से बनते हैं। दही इसका सबसे बड़ा उदाहरण है, जिसमें संयुक्त रूप से लड़ने वाले अंकित पैदलें होते हैं। Omicron XBB Variant से बचने के लिए, आप क्रेप्सफ्यूड, लंबी और डिम में दही का सेवन कर सकते हैं। इस फ्यूड से आपका डायजेनिक भी सुधरता है।

मौसमी फल और सब्जियां

सब्जियां शुरू हो गई हैं और टॉप दे मौसम में मिलने वाली सब्जियां और फलों (Winter Fruits and vegetables) का सेवन शुरू कर दें। मौसमी फल और सब्जियां में उसे खाने मौसम में होने वाले हाफकार और कीटाणुओं से बचने वाले गुण होते हैं। जो कि इम्युनिटी को बढ़ाता है। अब आपका सवाल हो सकता है कि संहिताओं में कैन-से फल और सब्जियां आते हैं? तो आप संहिताओं में सससों का साग, गाजर, बाजरा, गुड़, अदरक, अमरूद, कीवी, पॉकली, संसार, पालक, मछली, शिमला मिर्च आदि खा सकते हैं।

न्यूड और सीइस्स

न्यूड और सीइस्स न्यूदिस्ट रोजर्स के लेखन में भरपूर होते हैं। इसमें इम्युनिटी बढ़ाने वाले एंटीऑक्सीडेंट्स भी होते हैं। रोजा न्यूदिस्ट ड्राई फ्रूट्स (immunity booster dry fruits) और बीज खाकर आप ओमिक्रोन के लए बैरिएंट से बचने कर सकते हैं। इसके लिए आप बादाम, मूंगफली, सूरतगुड़ी के बीज, खजूर, अखरोट आदि का सेवन करें।

कोरोना के नए बैरिएंट के लए कैसे बचें?
कोविड प्रोटोकॉल को लगातार अपनाएं, ताकि भारत में कोरोनावायरस की नई लहर (How to prevent corona's new wave) को रोका जा सके। जिसमें कोविड वैक्सीन लगवाना, मास्क पहनना, हाथों को साफ रखना, खासत-छींक के वक स्मार्ट का इस्तेमाल, सोशल डिस्टेंसिंग और आइसोलेशन शामिल है।

अंग्रेज़ी में इस हेल्थ स्टोरी को पढ़ने के लिए यहां क्लिक करें।

डिस्क्लेमर: यह लेख केवल सामान्य जानकारी के लिए है। यह किसी भी तरह से किसी दवा या इलाज का विकल्प नहीं हो सकता। ज्यादा जानकारी के लिए हमेशा अपने डॉक्टर से संपर्क करें।