India improves rank from 7th to 3rd in index on scholarly output (Hindustan Times: 20221220)

India’s scholarly output in scientific publications has climbed to third position in the world in 2020 from seventh in 2010, the US-based National Science Foundation said in its latest ranking report.

India’s scholarly output increased to 149,213 scientific papers in 2020 from 60,555 in 2010, the foundation’s Science and Engineering Indicators 2022 report highlighted, placing the country in the third position in the global league table.

“India’s research performance in science and technology has improved significantly...in terms of research publications, development of technologies and innovations contributing to overall development,” science and technology minister Jitendra Singh said on Monday.

The number of patents granted by the India Patent Office in the past three years has increased from 2,511 in 2018-19 to 4,003 in 2019-20 and 5,629 in 2020-21, the minister said. P6
Pollution

Smog shrouds Delhi-NCR as low mercury, bad air mingles (Hindustan Times: 20221220)

https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=201262fb905a&imageview=0

A thick smog wrapped Delhi and the National Capital Region (NCR) late on Sunday and early on Monday, bucking contrary predictions by the Met department and severely impairing visibility for commuters across large swathes of the city.

The haze fused with particulate pollutants suspended in the city’s air on Monday — when the air quality index (AQI) worsened into the “severe” zone, bathing much of the region in a dense, dark smog that made trips difficult for commuters.

The Capital recorded an AQI of 410 on Monday, showed the Central Pollution Control Board’s (CPCB) 4pm bulletin, worse than 353 (“very poor”) on Sunday and the first time pollution levels were in the “severe” category since December 4.

An AQI between 301 and 400 is classified as “very poor” and one above 400 as “severe”. CPCB’s pollution monitors max out at 500.
The city on Monday also recorded a minimum temperature of 7.2 degrees – a degree below normal for this time of the year, but higher than 6.2°C on Sunday. The maximum was 23.2°C — one degree above normal and 0.5 degrees lower than Sunday.

Experts at the India Meteorological Department (IMD) said the visibility dropped sharply overnight as fog enveloped Punjab and pushed its way to Delhi-NCR, catching commuters as well as weather experts off guard.

Two cars had a head-on collision on the Eastern Peripheral Expressway in Dadri on Monday morning, said the police said, adding that both drivers sustained minor injuries.

IMD on Sunday predicted that Delhi was unlikely to record an episode of dense fog or smog this year, citing the relative lack of moisture in the city’s air.

A fog is like a low-lying cloud and is formed of suspended water droplets, which have condensed in the presence of low temperatures and calm winds. A smog is just fog that has combined with smoke and other pollutants to turn a thick grey. So far, Delhi only saw isolated spells of shallow fog this season, owing to the relatively dry air and strong winds.

Experts said that while the overall phenomenon across the Indo-Gangetic plains where the visibility dipped below 200 metres can be classified as a “dense fog formation”, in Delhi-NCR, pollution levels were already fairly high on Sunday evening.

Generally, when a fog is accompanied by an AQI above 300, it is categorised as a smog, they added.

Even as the flog blanketed Punjab, Haryana, Delhi and Uttar Prades, there were pockets within these regions as well where the visibility was over 1,000 metres. Experts said this was because the extent of fog could vary wildly between one area and the next.

“Fog is thicker closer to water bodies and canals,” said RK Jenamani, scientist at IMD.

Jenamani added that factors such as wind speed, humidity levels, low temperature and pollutants, all play a role in the fog forming near the surface.

Mahesh Palawat, vice-president at Skymet meteorology, said that while forecasts showed that Delhi was unlikely to experience a dense fog till next year, conditions changed within a matter of hours.

“Local winds in Delhi also turned calm late at night and with sufficient moisture and low temperatures, the moisture began to condense and form fog,” he said.

The Indira Gandhi International (IGI) airport, where the IMDs Palam observatory is located, saw visibility oscillate between 150 to 200 metres between 3.30 am and 6am. The visibility gradually improved to 700 metres after 7am, officials said. The airport initiated low visibility procedures from midnight and kept it in place till 4am, which led to some flights getting delayed.

“No flights were diverted or cancelled due to the fog. Only slight delays occurred,” said an airport official. IMD also issued a yellow alert until December 23, forecasting a moderate to dense fog/smog in the city.
COVID symptom

COVID symptom you get depends on the type of vaccine you've received: Study (The Times of India:20221220)


Researchers have discovered that as COVID's grip on humanity has grown deeper, its symptoms are starting to resemble those of the flu, colds, and even allergies.

That pattern has grown more prominent among the immunised. However, even when unvaccinated people are infected, they frequently report a variety of broad symptoms that may be mistaken for any number of other widespread illnesses that are currently on the rise in the US.
A COVID-19 symptom tracker developed by researchers at Harvard, Stanford, and King's College in London, the Zoe Health Study, provided the most recent update. The findings are in line with symptoms that users of the Zoe COVID Study app in the UK, where new COVID cases have been alarmingly rising, have been reporting over the past few weeks. For instance, those who have received the vaccine are reporting sneezing more frequently as a symptom of COVID-19.

“Curiously, we noticed that people who had been vaccinated and then tested positive for COVID-19 were more likely to report sneezing as a symptom compared with those without a jab,” the researchers said.

**Symptoms based on vaccination status**

Those who have received their complete vaccination reported the following symptoms as being the most typical, in order of prevalence:

- Sore throat
- Persistent cough
- Runny nose
- Headache
- Blocked nose

Researchers found that "traditional" symptoms from the pandemic's early months, such as loss of smell, fever, and shortness of breath, were significantly down the list in people who had received two doses of a vaccine, being labelled the sixth, eighth, and 29th most common COVID symptoms.

**Symptoms among people with single dose of the vaccine**

The most typical current symptoms were marginally different in those who had only received one dose of the vaccine:

- Headache
- Sore throat
- Runny nose
- Persistent cough

**Symptoms among individuals without any vaccine dose**
According to the Zoe study, the symptoms of the virus that you're most likely to contract if you haven't received any dose of a COVID vaccine include:

Fever
Headache

The Omicron variation and its new variant, including BA.5, the virus strain that presently dominates in America, are expected to cause milder sickness than their forerunners, even in those who have not received vaccinations. As we enter the winter season, researchers anticipate an increase in mortality due to COVID infections.

**Mineral deficiency**

**The mineral deficiency that could make you prone to high blood pressure (The Times of India:20221220)**


High blood pressure is a chronic condition that not only strains your heart, but also increases your risk of cardiovascular diseases (CVDs).

Usually, your blood pressure fluctuates throughout the day, depending on the activities. However, having a blood pressure that is higher than normal could signal hypertension.

According to the Mayo Clinic, elevated blood pressure is defined as a systolic pressure 120 to 129, and a diastolic pressure less than 80. A normal blood pressure is 120/80 mm Hg or lower. Blood pressure higher than 180/120 mm Hg is considered a hypertensive emergency or crisis, says the health body.

One thing we often miss to do is to check for the nutrient levels in our body, which are said to be linked with several health conditions. For instance, low levels of potassium levels can be linked to increased risk of high blood pressure.

READMORE

02/6Role of potassium and how the mineral deficiency affects your body

Potassium is an essential mineral that helps maintain normal levels of fluid inside our cells.

According to Health Harvard, it regulates the heartbeat, ensures proper function of the muscles and nerves, and is vital for synthesizing protein and metabolizing carbohydrates. Furthermore, the mineral helps excess sodium from the body, which is one of the key reasons behind high blood pressure.
The health body explains, “Potassium relaxes the walls of the blood vessels, lowering blood pressure and protecting against muscle cramping.

A number of studies have shown an association between low potassium intake and increased blood pressure and higher risk of stroke.

“On the flip side, people who already have high blood pressure can significantly lower their systolic blood pressure by increasing their potassium intake when they choose to eat healthy foods,” it adds.

READMORE

03/6 Signs of potassium deficiency

Signs of potassium deficiency

Low potassium levels in the body can cause several symptoms. These include:

- Constipation
- Feeling of skipped heart beats or palpitations
- Fatigue
- Muscle damage
- Muscle weakness or spasms
- Tingling or numbness

04/6 How to check if you have low levels of potassium in the body

How to check if you have low levels of potassium in the body

Besides identifying the symptoms, you can visit your healthcare provider who may advise you to get a blood test. As per Cleveland Clinic, the normal potassium level for an adult ranges from 3.5 to 5.2 mEq/L, whereas potassium levels between 3 and 3.5 mEq/L are considered mild hypokalemia.

05/6 What should be your daily potassium intake

According to the Mayo Clinic, lack of potassium is rare, which is why there is no recommended dietary allowances (RDA) for this mineral. However, it is believed tha

Epidemiologist

60 pc of China, 10 pc of earth's population to be infected by covid in next 90 days; deaths likely to be in millions: Epidemiologist (The Tribune:20221220)

Roughly 200 bodies are arriving each day at crematorium in China, that it was conducting cremations in the middle of the night

60 pc of China, 10 pc of earth's population to be infected by covid in next 90 days; deaths likely to be in millions: Epidemiologist

'Thermonuclear bad': Top epidemiologist sounds alarm bells on Covid spike in China. Reuters

After the easing of Covid-19 restrictions, China is experiencing a massive surge in coronavirus cases. Hospitals are completely overwhelmed in China, reported Eric Feigl-Ding, an epidemiologist and health economist.

The epidemiologist estimates that more than 60 per cent of China and 10 per cent of Earth's population are likely to be infected over the next 90 days with deaths likely in the millions.

One of Beijing's designated crematoria for Covid-19 patients has been flooded with dead bodies in recent days as the virus sweeps through the Chinese capital, offering an early hint at the human cost of the country's abrupt loosening of pandemic restrictions, reported Wall Street Journal (WSJ).

According to Feigl-Ding, the Chinese Communist Party's (CCP) goal is "let whoever needs to be infected, infected, let whoever needs to die, die. Early infections, early deaths, early peak, early resumption of production." China has reported no Covid deaths in Beijing since the authorities announced four deaths between November 19 and 23. The information office for China's cabinet, the State Council, didn't immediately respond to a request for comment sent late on Friday.

Beijing Dongjiao Crematory, on the eastern edge of the Chinese capital, has experienced a jump in requests for cremation and other funerary services, according to people who work at the compound, reported WSJ.

"Since the Covid reopening, we've been overloaded with work," said a woman who answered the phone at the crematorium on Friday, adding, "Right now, it's 24 hours a day. We can't keep up."

The woman said Dongjiao Crematory, which is operated by Beijing municipality and which the National Health Commission has designated to handle Covid-positive cases, was receiving so many bodies that it was conducting cremations in the predawn hours and in the middle of the night. "There's no other way," she said.

She estimated that there were roughly 200 bodies arriving each day at the crematorium, from 30 or 40 bodies on a typical day. The increased workload has taxed the crematorium staff, many of whom have become infected with the fast-spreading virus in recent days, she said.

Men who work at the compound, which in addition to a funeral hall includes a small complex of shops selling burial attire, flowers, caskets, urns and other funerary items, said the number
of corpses had risen markedly in recent days, though none would offer an estimate of the magnitude of the increase, reported WSJ.

Doubling time in China may not be days anymore. Doubling time now possibly "hours" says some experts -- let that sink in. R is hard to calculate if doubling is less than 1 day because it's hard to PCR test that fast. The point is China & the world is in deep trouble, said Feigl-Ding.

Moreover, the deaths in mainland China is being hugely underreported. Through a survey of hospitals, funeral parlors and related funeral industry chains in Beijing--there is a recent explosion in funeral services caused by the sharp increase in deaths.

According to the epidemiologist, the cremation in Beijing is nonstop. Morgues are overloaded. Refrigerated containers needed. 24/7 funerals. 2000 bodies backlogged for cremations. Sound familiar? It is spring 2020 all over again-- but this time for China, emulating more Western-mass infection approach.

People rushed to a pharmaceutical factory to buy ibuprofen because it is completely sold out elsewhere.

One sad that, typically, all the day's corpses would be cremated by midday. But the recent increase in the number of bodies has meant that cremations are now taking place long after nightfall.

In a series of abrupt moves this month, China dismantled much of the lockdown, testing and quarantine regimes that underpinned its 'Zero Covid' approach for the past three years to suppress even small outbreaks of the virus.

Because of the lifting of testing requirements, the scale of China's coronavirus surge has been hard to measure. Daily national case counts have steadily fallen as fewer people test themselves at public facilities, and health authorities earlier this week stopped releasing daily tallies of asymptomatic cases for the first time since the pandemic began.

Earlier this month, the Beijing Emergency Medical Centre urged only critically ill patients to call for ambulances, saying that emergency requests had jumped to 30,000 a day from an average of about 5,000, straining the capacity of paramedics to respond, reported WSJ.

According to National Health Commission regulations, corpses diagnosed as Covid-positive or suspected of being Covid-positive must be cremated immediately in specially designated furnaces, with no dressing of bodies or memorial services.

But many of China's 1.4 billion people remain vulnerable to the virus because of limited exposure, low vaccination rates and poor investment in emergency care. (ANI)

**Neurodevelopmental disorder**

**Obesity is neurodevelopmental disorder, propose scientists(The Tribune:20221220)**
Obesity has increased rapidly in recent decades to affect more than 2 billion people, making it one of the largest contributors to poor health worldwide. Despite decades of research on diet and exercise treatments, many people continue to struggle to lose weight. Researchers at Baylor College of Medicine and collaborating institutions now think they know why, and say we must shift the focus from obesity treatment to prevention.

The team reports in the journal Science Advances that molecular mechanisms of brain development during early life are likely a major determinant of obesity risk. Previous large studies in humans have hinted that genes that are most strongly associated with obesity are expressed in the developing brain. This current study in mice focused on epigenetic development. Epigenetics is a system of molecular bookmarking that determines which genes will, or will not, be used in different cell types.

"Decades of research in humans and animal models have shown that environmental influences during critical periods of development have a major long-term impact on health and disease," said corresponding author Dr. Robert Waterland, professor of pediatrics-nutrition and a member of the USDA Children's Nutrition Research Center at Baylor. "Body weight regulation is very sensitive to such 'developmental programming,' but exactly how this works remains unknown." "In this study we focused on a brain region called the arcuate nucleus of the hypothalamus, which is a master regulator of food intake, physical activity and metabolism," said first author Dr. Harry MacKay, who was a postdoctoral associate in the Waterland lab while working on the project. "We discovered that the arcuate nucleus undergoes extensive epigenetic maturation during early postnatal life. This period is also exquisitely sensitive to developmental programming of body weight regulation, suggesting that these effects could be a consequence of dysregulated epigenetic maturation." The team conducted genome-wide analyses of both DNA methylation -- an important epigenetic tag -- and gene expression, both before and after closure of the postnatal critical window for developmental programming of body weight.

"One of our study's biggest strengths is that we studied the two major classes of brain cells, neurons and glia," MacKays said. "It turns out that epigenetic maturation is very different between these two cell types." "Our study is the first to compare this epigenetic development in males and females," Waterland said. "We were surprised to find extensive sex differences. In fact, in terms of these postnatal epigenetic changes, males and females are more different than they are similar. And, many of the changes occurred earlier in females than in males, indicating that females are precocious in this regard."

**Gender affirmation surgeries**

**Fighting societal norms, more people coming forward to undergo gender affirmation surgeries**
These enable individuals to get the body they could identify with (The Tribune:20221220)


Fighting societal norms, more people coming forward to undergo gender affirmation surgeries

How does it feel to know that your body does not belong to you? Trapped, suffocating, frustrating! This is how 25-year-old Nnyra, a trans woman, felt for almost 24 years till she underwent a gender affirmation surgery that helped her get a body she could identify with.

Born as a male, Nnyra was identified with gender incongruence, in which a person is in constant conflict with the sex he or she is born in.

In gender incongruence, one fails to identify with the gender assigned to them during birth. These individuals are at conflict with their parents, siblings, peers and the society at large, resulting in minority stress and discrimination, which lead to severe distress.

“The condition has a definite neurologic, genetic and hormonal basis,” Dr Richie Gupta, director and HoD, Plastic, Aesthetic, Reconstructive Surgery and Gender Affirmation Clinic at the Fortis Hospital in Shalimar Bagh here, told PTI.

Despite not getting support from the family members and facing societal stigma, Nnyra underwent the gender affirmation surgery to become a female both in mind and body.

She was put on feminising hormone therapy in 2020 and underwent vaginoplasty, a procedure by which her vagina was constructed, in June.

She then underwent a breast augmentation surgery in August.

“I felt suffocated in a male body. Some mornings, I would wake up and feel like scratching my skin off and just get rid of the man's body. My parents never understood what I was going through,” she recalled.

With time, Nnyra said as she became vocal about her identity, her relatives and others were unable to accept it.

“They took me to religious institutions and psychiatrists as they felt I needed to be cured of what they considered a disease. Finally, I decided to undergo the procedure, which was when I was asked to leave the house. My journey so far has been very difficult,” Nnyra said.

She said though her struggle is not over after the surgery as her body is still balancing out the interventions, she is at peace with herself and comfortable in her body.

As for 24-year-old Amrit, he underwent the tedious and almost a nine-year-long procedure that involved psychological counselling followed by hormone therapy and mastectomy to remove the breasts and finally, a flap surgery in November to give him the male organ.
A flap was taken from his forearm for making the male organ and Amrit is still recovering and is back in his home town in Maharashtra.

Amrit said he was put on masculinising hormone therapy in 2020, after which his voice became deeper and he could start growing a beard.

"I felt trapped in a female body. I could never look at myself nude in the mirror. I also had a liking for women. I thought no one in my family would understand me, that is why I could not talk to them," he said.

"I came to know about the procedure through which I could get the body of a male and approached Dr Richie Gupta," he said.

In 2020, when Amrit finally told his family, they accepted his decision.

"After the mastectomy, on a trip to goa this year, I rode a bike without my shirt on and that felt liberating," he said.

According to doctors, fighting odds such as family opposition and societal norms, more people having gender incongruence are coming forward to undergo gender affirmation surgeries to get the body in sync with the mind.

Dr Richie Gupta said when he had started performing these procedures around 20 years ago, he would only get five-six patients a year, a figure that has now gone up to around 250.

Dr Rajat Gupta, senior consultant, Department of Plastic, Aesthetic, Reconstructive Surgery and Gender Affirmation Clinic at the Fortis Hospital in Shalimar Bagh, said generally, male-to-female transitioning individuals undergo two core procedures, which include breast augmentation by silicone implants or fat grafting and feminising genital GAS (FGGAS -- vaginoplasty as well as formation of organs such as clitoris, labia majora and minora, mons and vestibule, and feminine urethral meatus).

In addition, some ancillary surgeries may be performed as needed. These include facial feminisation surgery, rhinoplasty, hair transplants and forehead shortening, Adam's apple removal, feminising voice surgery, body contouring, laser hair removal etc., Dr Rajat Gupta explained.

Female-to-male transitioning individuals generally undergo three core surgeries -- bilateral breast reduction, removal of female internal organs and phalloplasty (penile reconstruction). Phalloplasty is commonly done by using tissues from the forearm, thigh, back or abdomen. The ancillary surgeries include insertion of erectile and testicular prosthesis, facial masculinisation, voice surgery, body contouring etc.

"Gender affirmation surgeries help in the assimilation of these individuals in their new gender role, as well as the society, thus relieving their distress and helping them achieve congruence," Dr Rajat Gupta said.

According to Dr Richie Gupta, gender affirmation surgeries enable an individual to get the desired body and also experience orgasms and penetrative sexual intercourse with the opposite sex, but they cannot produce children.
However, current advanced reproductive technologies allow preservation of patients’ sperms and ova prior to the start of hormone therapy and surgery, so that later, they can have biological children.

Another story of courage is that of Amy Chauhan, who works as a corporate human resource manager at a private firm. She completed the procedure of transitioning from male to female in September 2019.

After an accident at the age of seven, she had both her legs amputated.

"I started crawling and used a tricycle for everyday travel. I was compelled to study from home," Chauhan said.

Coming from a disadvantaged background, Chauhan had to face a lot of struggle to complete her education and says her challenges did not end there.

"I was uncertain about my identity for years. I liked to dress up like a girl. When I came across the LGBTQ+ community, I learnt about the hormone therapy and started the process of transitioning to the opposite sex," she said.

Hurdles and opposition from the society that stood in her way could not deter her from undergoing the gender reassignment procedure.

**HPV vaccine**

**Government plans global tender for HPV vaccine (The Tribune:20221220)**


With cancer of the cervix caused by Human Papilloma Virus (HPV) overtaking maternal mortality as the single largest preventable cause of death among Indian women, hectic efforts are underway to speed up the introduction of the HPV vaccine in the national immunisation programme.

The government is learnt to be planning to float a global tender for more than 16 crore doses in January 2023, with the stakeholder meetings underway.

One such meeting was held this week with the participation of Pune-based Serum Institute of India (SII), which has developed an indigenous shot, and pharmaceutical company Merck, which has its own HPV vaccine

The government has to study the feasibility of the introduction of the vaccine in the national vaccination drive.

National Technical Advisory Group on Immunisation chairman NK Arora has said the vaccine would be rolled out in the national programme by the middle of next year.
Meanwhile, SII’s and Biotechnology Department’s collaborative indigenous HPV vaccine — Cervevac — has passed safety tests after a large multi-centric trial.

“The vaccine is affordable, highly effective and safe. Early screening of cervical cancer is a major strategy for prevention of the disease, but screening alone is not enough. Widespread immunisation with the HPV vaccine is highly effective in reducing the impact of cervical cancer and other cancers caused by HPV. The newly developed Cervevac can prevent most cases of cervical cancer if given before the girls or women are exposed to the virus,” says Neerja Bhatla, head of gynaecology at AIIMS, New Delhi

The WHO strategy to eliminate cervical cancer sets certain targets for 2030, including vaccination of 90% of the girls by 15 years of age, screening 70% of women by an effective test such as the HPV and ensuring treatment of 90% of precancerous and cancerous lesions.

Protection against cervical cancer

At present, 453 million Indian women aged 15 and above are at the risk of developing cervical cancer. They can be protected with the administration of HPV vaccine before they develop the infection.

Plasma

Plasma exchange at Rs 30,000 saves patient with acute liver failure who needed a transplant (Indian Express:20221220)


While liver transplant costs Rs 30 lakh, doctors at Sir Ganga Ram Hospital, Delhi, used plasma infusion and continued Hepatitis B medication. ‘This has worked in 10 patients with severe alcoholic hepatitis, flare-up of hepatitis B and autoimmune hepatitis,’ says Dr Dr Piyush Ranjan, Vice-Chairman and Senior Consultant, Department of Gastroenterology, Sir Ganga Ram Hospital, New Delhi

Doctors at Sir Ganga Ram Hospital, New Delhi, have saved a 52-year-old man, who had no hope without a liver transplant, with plasma exchange therapies. (Representational image/Getty)

This is a piece of good news like no other. Doctors at Sir Ganga Ram Hospital, New Delhi, have saved a 52-year-old man, who had no hope without a liver transplant, with plasma exchange therapies. This procedure is not only cheaper, costing just Rs 30,000 per session compared to Rs 30 lakh for a transplant, it is safe and holds out hope for many who have to wait for a donor to live.
Diabetic

Why Indians, being mostly diabetic, need to watch out for silent heart attacks (Indian Express:20221220)


Whenever you experience unusual symptoms in the upper part of your abdomen or the central part of your chest that you haven’t had before, and they continue for more than 20 to 25 minutes, rush to the doctor and get tested, advises Dr T S Kler, Chairman, Fortis Heart and Vascular Institute, Fortis Memorial Research Institute, Gurugram

With Indians more prone to cardiac risks, they need to be wary about silent heart attacks. During such episodes, the patients do not realise that they have had a heart attack, simply because it does not manifest through known symptoms — a stabbing pain in the arm, neck, jaw and chest, dizziness, anxiety and sweating — but seems like a regular gastric discomfort. Also, such episodes appear to be brief and, therefore, seem to be just another manageable body condition.

Pregnancy

Why aren’t you getting pregnant when things seem normal? (Indian Express:20221220)


The first step after 12 months of trying to conceive (six months if you’re 35 or older) is to schedule an infertility evaluation. Worry not as treatment and intra-uterine insemination may help you conceive, says Dr Anuradha Kapur, Senior Director and Head of Unit (Institute of Obstetrics and Gynaecology) Max Smart Super Speciality Hospital

Cancer

ImPaCCT Foundation: Tata Memorial Hospital helps 307 childhood cancer survivors to complete their studies (Indian Express:20221220)

Annually, the hospital gets around 4,000 new paediatric patients. Following the advancement in the field of paediatric cancer and timely treatment, the survival rate of patients has increased to 80 per cent who can live a normal life like any other child.

**Sulfur Rich Foods**

**Sulfur Rich Foods:** शरीर को खोखला करके कैंसर बना सकती है सल्फर की कमी, तुरंत खाना शुरू करें ये 18 चीजें (Navbharat Times :20221220)


Sulfur deficiency symptoms in body: प्रोटीन और कैल्शियम की तरह शरीर के बेहतर कामकाज के लिए सल्फर की भी जरूरत होती है, इसकी कमी से कैंसर की खतरा बढ़ती है। सल्फर की कमी पूरी करने के लिए आपको नीचे लिखा खाने चाहिए।

what is sulfur deficiency and symptoms in human body and sulfur rich foods

Sulfur Rich Foods: शरीर को खोखला करके कैंसर बना सकती है सल्फर की कमी, तुरंत खाना शुरू करें ये 18 चीजें

शरीर के लिए किस तरह प्रोटीन, विटामिन, कैल्शियम और अन्य पोषक तत्व जरूरी हैं, उसी तरह सल्फर (Sulfur) की भी जरूरत होती है।

सल्फर आपके शरीर के लिए जरूरी खानिज या मिनरल है। यह भौतिकमीन और सिस्टीम में मौजूद है, जो डो अमीनो एसिड हैं जिनका इस्तेमाल आप प्रोटीन बनाने के लिए करते हैं। ये दोनों अमीनो एसिड आपकी लच्छा, बालों और नस्लों में मौजूद होते हैं, जहां ये इन ऊतकों को मजबूत और लचीला बनाने में मदद करते हैं।

**बेस्टसेल्सिंग इलेक्ट्रॉनिक्स-** लैपटॉप, स्मार्टफोन, हेडफोन आदि पर 70% तक की छूट छोड़ी गई।

शरीर को सल्फर आपके द्वारा खाए जाने वाले प्रोटीन से भरपूर खाद्य पदार्थों के साथ कई तरह के वीगिकों जैसे कि सल्फानेट्रस, एलिसिंन और सल्फाइड से मिलता है। सल्फर वीटामिन (विटामिन बी-1) और वायोटिन (विटामिन एच) में भी मौजूद होता है।

आपके शरीर को सल्फर की जरूरत क्यों है? NCBI की एक रिपोर्ट के अनुसार, डीएएक बनाने और शरीर के बेहतर कामकाज के लिए सल्फर की जरूरत होती है। यह आपकी कोशिकाओं को नुकसान से बचाता है जिससे कैंसर जैसी गंभीर बीमारी हो सकती है। सल्फर आपके शरीर को भोजन के चयापचय में सहायता करता है और आपकी लच्छा को नवनिर्मित रखता है।

सल्फर से शरीर को होने वाले लाभ
ल्जन और अमीनो एल्सड में सतन्त्र शामिल है वे मेथियोनीन और सिस्टिन हैं। मेथियोनीन एक जरूरी अमीनो एल्सड है, जो आपके शरीर में नहीं बनता है, इसे प्रोटीन वाले खाने पदार्थों से लेना पड़ता है। दूसरा है सिस्टिन जोकि आपके शरीर द्वारा बनता है। सतन्त्र ग्ल्यूकोसामाइन सल्फेट, बॉड्रोइटिन सल्फेट और मिच्हाइल्सूल्फोनील्सॅमुंड (MSM) में भी पाया जाता है। जोड़ों के दर्द और सूजन को दूर करने के लिए इन तीन सतन्त्रेम्स का अक्सर उपयोग किया जाता है। ऐसा माना जाता है कि सतन्त्र लच्छा, तमाशों और अन्य उत्तरों की गुणवत्ता में सुधार कर सकता है।

शरीर को रोजनाम खिलने सतन्त्र की जरूरत

webmd की रिपोर्ट के अनुसार, मेथियोनीन के रूप में आपको प्रति किलोग्राम बजन के लिए 14 मिलीग्राम या लगभग 1000 मिलीग्राम की जरूरत होती है। जाहिर है एनिमल बेस्ड प्रोटीन और प्लॉट बेस्ड प्रोटीन से आपको मिल सकता है। लकिए जानते हैं कि सतन्त्र की कमी पूरी करने के लिए आपको धि-किन चीजों को खाना चाहिए।

टकियों, मांस, अंडे, मछली और चिकन

टकियों, मांस अंडे, मछली और चिकन मेथियोनीन के एनिमल बेस्ड स्रोत हैं। यह जो जरूरी अमीनो एल्सड है जिसे आपको इन चीजों से लेना चाहिए, क्योंकि यह आपके शरीर द्वारा संश्लेषित नहीं किया जा सकता है।

नट, सोइस, अनाज और फलियां

आर आप नॉन-वेज नहीं खाते हैं, तो आप मेथियोनाइन लेने के लिए प्लॉट बेस्ड प्रोटीन को अपनी डाइट में शामिल कर सकते हैं। नट्स, सोइस, अनाज और फलियां इस अमीनो एल्सड के लक्षण बहुत हैं।

छोले, अंडे, दाल, ओट्स और अखरोट

शरीर में सतन्त्र की कमी पूरी करने के लिए आपको चना, अंडे, दाल, ओट्स और अखरोट आदि का खूब सेवन करना चाहिए यह सभी चीजें सिस्टिन प्राप्त करने के लिए बेहतर हैं।

लहसुन, प्याज और हरा प्याज

प्रोटीन के अलावा, एल्ट्रिम सफ्फिया आहर सतन्त्र के मुख्य स्रोतों में से एक हैं। कुछ सफ्फिया में सतन्त्र के विभाजन रूप पाए जाते हैं जिनमें सतन्त्रहेज, फायस्लेस्ट, सल्फोक्साइड्स, बिनाइल्द्स और एजोनेस शामिल हैं। इन सफ्फिया में लहसुन, प्याज और हरा प्याज अदि शामिल हैं।
साबुत अनाज थायमिन (विटामिन बी-1) के रूप में सप्तक का अच्छा योगदान है। आवश्यक अमीनो एसिड मेथिओनाइन की तरह, थायमिन आपके शरीर द्वारा नहीं बनता है और इसे आपके आहार से प्राप्त किया जाना चाहिए।

डिस्कर्स: 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।

Infection

Infection In Winter: सर्दियों के मामूली इंफेक्शन से लेकर Covid-19 से बचाव में कारगर हैं ये 5 आयुर्वेदिक उपाय(Navbharat Times :20221220)


Remedy For Common Winter Infection: सल्तनों में बॉडी की इम्यूल्नटी कमजोर होती है। ऐसे में कोल्ड जैसे जानिेिा इलाज इसके इलाज जैसे में कोल्ड जैसे जानिेिा इलाज के लिए आयुर्वेदिक उपायों का इस्तेमाल फायदेमंद साबित हो सकता है।

these 5 ayurvedic remedies are best immunity booster it also help to prevent covid 19

Infection In Winter: सर्दियों के मामूली इंफेक्शन से लेकर Covid-19 से बचाव में कारगर हैं ये 5 आयुर्वेदिक उपाय

इसमें सबसे पुरानी मिश्रित आयुर्वेद के उपाय बहुत काम आ सकते हैं। आयुर्वेद में कई ऐसी जड़ी-बूटियों और मसालों का उपयोग होता है, जिनके अंधविश्वास गुण इम्यूनिटी को बुरूज करने और संपूर्ण सेहत को बनाए रखने में प्रभावित होते हैं।

काढ़ा या हबटि टी

कृष्णा हबटि और आयुर्वेद के रूप में एड प्लेफोर द्वारा कैपूटी इंफेक्शन में उपयोग किए जाने वाले, फ्राइडों का बॉल वाले और मुक्का और मुक्का यूं पौधे का सेम हबल चावा या काढ़े के मामूली इंफेक्शन में प्रभावित होता है। इसे आपके दिन में दो बार पीयूं सकते हैं।
फायद
एंटीऑक्ट्सीडेंट और एंटी-इंफेक्शन के लिए गुण मेटाबॉलिक्स का तेज जानकारी है, और बलगम के निर्माण को कम करने, डाइजेस्टिव फायद को बढ़ाता है।

हल्दी बाता दूध
रोजना एक बार हल्दी बाता दूध इन्जुमिनिटी के लिए बलगाम का काम करता है। मजबूत इन्जुमिनिटी के लिए 150 मिली गर्म दूध में आधा चम्मच हल्दी पाउडर मिलाकर रोजना एक या दो बार लिया जा सकता है।

फायदें
हल्दी के एंटीऑक्ट्सीडेंट गुण कोशिकाओं की सूजन को रोकते हैं। करक्ट्यूल्मन नामक वैश्विक मस्तिष्क की कोशिकाओं के विकास में मदद करता है।

नास्य
नास्य, नाक में तेल लगाने की एक सरल और प्रारंभिक प्रथा है। इसे नहाने से एक घंटा पहले खाली पेट करना चाहिए। इसे करने के लिए आपको लेटकर और दोनों नजुके में थंडी, तिल का तेल या नारियल के तेल की 4-5 बूंदें डालनी होती हैं।

फायदें
डॉ. श्रीवस्तव सलाह देते हैं, नास्य से संक्रमण के प्रवेश को रोका जा सकता है। क्योंकि यह नाक के मार्ग को सफ करके संक्रमण को दूर करने में मदद करता है।

च्यिनप्रार्थणा
च्यिनप्रार्थणा आंखों और गुड़ के साथ अन्य तीस बड़ी बूटियों का मिश्रण है, इसे आयुर्वेदिक प्रयोग में लिए गए निर्देशों के अनुसार तैयार किया जाता है और हर दिन कभी से कभी दो बार सर्दियों के मौसम में इसका सेवन किया जा सकता है।

फायदें
च्यिनप्रार्थणा, संक्रमण से बचाता है और कोशिकाओं में सूजन को रोकता है। साथ ही बलड को गुड़ करने में मदद करता है और धार्मिक तंत्र को मजबूत बनाता है।

ऑयल पुलिंग थेरेपी
यह खाने के तेल से कुल्टा करने की एक आयुर्वेदिक थेरेपी है। इसके लिए याददातर लोग नारियल या तिल के तेल का इस्तेमाल करते हैं। ऑयल पुलिंग के लिए आपको एक बड़ा चम्मच तेल मुंह में 2-3 मिनट तक धुमा कर खाना होता है। इसके अंत में गर्म पानी से कुल्टा करने है।

फायदें
Herbal Tea For PCOS: आपने आज तक हर्वल टी पीने के कई फायदे सुने होंगे। लेकिन क्या आप जानते हैं कि एक कप हर्वल टी पीने से ब्यूटी की न सिर्फ इंडियनी बुटी होने में बेहद ध्यानदायक है। दूध, चाय और फलों के लिए इन्हें पसंद किया जाता है। यदि आप PCOS से प्रभावित हैं तो आप यह टेस्टोस्टेरोन का स्तर बढ़ाने के लिए कप बरामद कर सकते हैं।

स्पेमिंट टी (Spearmint Tea)-
स्पेमिंट टी या कहेपहाड़ी पुष्पीची की चाय के रूप में प्रयोग किया जा सकता है। यह हिस्टेटियम, मूंड सिब्नस और सेहत के लिए बहुत फायदेमंद है। यह पीने से बीमारी दूर किया जा सकता है।

पीसीओएस (PCOS) की लक्षणों को घटाने के लिए इन चायों का प्रयोग किया जा सकता है।