Gender gap

Explaining the gender gap in employment in India (Hindustan Times: 20230208)

https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=8201a91fa0&imageview=0

On February 6, Ashoka University’s Centre for Economic Data and Analysis published an analysis of data from the Annual Survey of Industry (ASI) which captures the gender gap in Indian manufacturing. The article shows that the share of women workers in Indian factories has been stagnant around 20% for a long time. HT has analysed the latest annual Periodic Labour Force Survey (PLFS) to look at the gender gap in India’s labour markets as a whole. Here are five charts which summarise the situation.
1 A gender gap in employment in India should not surprise us

This is because India has a large gender gap in its labour force itself. Labour force is defined as the share of people who are either working or actively looking for a job. The Labour Force Participation Rate (LFPR) — it is defined as the share of population either working or actively looking for a job — for women in the 2020-21 PLFS was 25%, which is a massive 32 percentage points lower than what it is for men. Let one think that the gender gap in LFPR is a reflection of women not seeking work voluntarily, it is important to underline that women shoulder a disproportionate burden of unpaid domestic household duties which makes it more difficult for them to seek paid work. This fact was discussed in detail in an HT analysis of the Time Use Survey. Ironical as it may sound, a disproportionately lower LFPR for women means that the gender gap in ranks of the unemployed is in favour of women. For every unemployed women, there are three unemployed men in India. To be sure, this does not mean that women face a much lower unemployment rate — the share of unemployed among the labour force and not total population — than men.

2 The sector-wise variation in gender gap in employment

To be sure, not all sectors show the same degree of gender inequality when it comes to employment in India. First the downside. Manufacturing, despite its massive gender gap in employment, is not the worst offender, as sectors such as construction, mining and electricity show a much higher gender gap. The sector which is the closest to gender equality in India is Public administration, defence and other services — this includes private jobs in schools and health sector — where there are 0.73 women workers for every male worker. The overall gender gap among workers would be much bigger if one were to factor out agriculture, which employs 40% and 62% of the men and women workers.

3 Gender gap worsens in bigger factories, but it falls with bigger non-manufacturing firms

While the CEDA article highlights the difference in gender gap at the level of different industries and states, the PLFS can offer additional insights into this problem. Unlike ASI data, which only includes registered factories which employ ten or more workers with power and twenty without power, PLFS can tell us about gender gap in all firms across sectors. The PLFS also offers an additional advantage in terms of including contract workers or those involved in managerial and clerical roles, which are not included in the ASI's gender segregated data on workers. A basic analysis of the PLFS data shows an interesting pattern. While the gender gap in employment in manufacturing firms worsens as the number of total workers increases, it improves in non-agricultural firms excluding manufacturing.
Deadly Deospray (Asian Age: 20230208)

http://onlineepaper.asianage.com/articledetailpage.aspx?id=16973676
Deadly Deosprays

Deodorants contain harmful chemicals that have the potential to even kill when used or inhaled in excess

SULOGNA MEHTA

A British teenager who loved the smell of deodorants used to apply deo-spray on her blanket before sleeping. One morning she did not wake up. In another case, a 12-year-old girl died after inhaling fumes from deodorants which she had sprayed on herself while holidaying with her family in a caravan.

As per forensic reports, chemical compounds butane and isobutene were found in the brains of the two children, and aerosol poisoning leading to cardiac arrest was cited as the cause of death. These are not just freak incidents. There have been quite a few such shocking cases, mostly abroad. Deosprays are known to contain several toxic chemicals, say medical experts.

ENDOCRINE DISRUPTERS

While many popular perfumes, colognes and body sprays contain trace amounts of natural essences, they also typically contain a dozen or more potentially hazardous synthetic chemicals, some derived from petroleum. “Deodorant sprays, colognes and other fragrances contain harmful endocrine disrupting chemicals and synthetic fragrances, which can be hazardous,” says Smriti Kochhar, a leading health coach and functional medicine practitioner. “The presence of phthalates in various products, used to make the fragrance last longer, can down-regulate not only hormone health but even trigger asthma, allergic symptoms, cancers, human reproductive and developmental toxicity, endocrine disruption, birth defects, respiratory problems and much more. Toxic chemicals in fragrances can permeate the skin and enter the blood, and cause toxicity at the cellular level,” adds Smriti. Her views are corroborated by multiple research studies.

ALLERGIC REACTIONS

Dr Visvesvaran Balasubramanikyan, senior interventional pulmonologist and sleep medicine specialist, Yashoda Hospitals, says, “Fragrance sprays consist of a mixture of essential oils and volatile aromatic compounds. Synthetic solvents and ‘fixatives’ are used to improve stability and reduce evaporation. Solvents most comprise ethanol or a mixture of ethanol and water. A few of these chemical substances may cause cosmetic allergies. Usually, they manifest as localized contact dermatitis. Upon repeated exposure, fragrance components may also cause eczema (allergic contact dermatitis). Less frequently, other skin problems like contact irritation, contact urticarial, and photo contact dermatitis may also develop.”

THE MAJORITY OF CONVENTIONAL ANTIPERSPIRANTS USE ALUMINIUM COMPOUNDS TO PLUG THE SWEAT DUCTS, AND STOP SWEAT COMING TO THE SKIN’S SURFACE. THERE IS EVIDENCE TO SUGGEST THAT MANY OF THESE COMPOUNDS ARE NEUROTOXIC, CAUSE SKIN IRRITATION, AND INTERFERE WITH OESTROGEN, WHICH MAY INCREASE THE INCIDENCE OF BREAST CANCER. AEROSOL SPRAYS CREATE EXTREMELY SMALL PARTICLES, WHICH WHEN INHALED DEEPLY MAY HAVE HARMFUL EFFECTS’

Dr VISVESVARAN BALASUBRAMANIKYAN, senior interventional pulmonologist and sleep medicine specialist, Yashoda Hospitals
Blood sugar

Being married may help people maintain lower blood sugar levels: Research
(The Tribune:20230208)


However, the quality of the relationship does not make a significant difference to the average levels of blood glucose

Being married may help people maintain lower blood sugar levels: Research

Photo used for representational purpose only. ANI Photo

According to a study published online in the journal BMJ Open Diabetes Research & Care, people who live with a partner have a higher possibility of being healthy in terms of keeping lower blood sugar levels, regardless of how amicable or combative their relationship is.

According to researchers, having a spouse or cohabiting partner may be a significant relationship and source of social support and/or strain for persons in their mid to late-life health.

Previous studies have suggested there are health benefits from marriage and/or cohabiting, particularly for older adults. There are also various studies that have concluded that type 2 diabetes risk is associated with a number of social health dimensions including social isolation, loneliness, living arrangements, social support, and social network size.

However, the effects of each specific social health dimension are complex, so a team of researchers from Luxembourg and Canada set out to investigate if there was an association between marital status and marital quality with average glycemic levels in older adults.

They used biomarker data from the Englis

Intermittent fasting -2 diabetes

Intermittent fasting might reverse type 2 diabetes, reveals study(The Tribune:20230208)


Fasting for a certain number of hours each day or eating just one meal a couple of days a week can help your body burn fat

Intermittent fasting might reverse type 2 diabetes, reveals study
According to a recent study published in the Journal of Clinical Endocrinology & Metabolism of the Endocrine Society, patients who underwent an intermittent fasting diet intervention achieved complete diabetes remission, which is defined as a HbA1c (average blood sugar) level of less than 6.5% at least one year after stopping diabetes medication.

Intermittent fasting diets have become popular in recent years as an effective weight loss method. With intermittent fasting, you only eat during a specific window of time. Fasting for a certain number of hours each day or eating just one meal a couple of days a week can help your body burn fat. Research shows intermittent fasting can lower your risk of diabetes and heart disease.

"Type 2 diabetes is not necessarily a permanent, lifelong disease. Diabetes remission is possible if patients lose weight by changing their diet and exercise habits," said Dongbo Liu, Ph.D., of Hunan Agricultural University in Changsha, China. "Our research shows an intermittent fasting, Chinese Medical Nutrition Therapy (CMNT), can lead to diabetes remission in people with type 2 diabetes, and these findings could have a major impact on the over 537 million adults worldwide who suffer from the disease."

The researchers conducted a 3-month intermittent fasting diet intervention among 36 people with diabetes and found almost 90% of participants, including those who took blood sugar-lowering agents and insulin, reduced their diabetes medication intake after intermittent fasting. Fifty-five percent of these people experienced diabetes remission, discontinued their diabetes medication and maintained it for at least one year.

The study challenges the conventional view that diabetes remission can only be achieved in those with a shorter diabetes duration (0-6 years). Sixty-five percent of the study participants who achieved diabetes remission had a diabetes duration of more than 6 years (6-11 years).

"Diabetes medications are costly and a barrier for many patients who are trying to effectively manage their diabetes. Our study saw medication costs decrease by 77% in people with diabetes after intermittent fasting," Liu said.

Brain health

Brain health can decline due to poor oral health: Study (The Tribune:20230208)


Gum disease, missing teeth, lack of plaque removal and other signs of poor oral health increase stroke risk

Taking care of your teeth and gums may have benefits beyond oral health, such as increasing brain function, according to preliminary research to be presented at the American Stroke Association's International Stroke Conference 2023.
The meeting, which will be held in person and electronically in Dallas from February 8 to 10, 2023, is the world's leading forum for stroke and brain health researchers and physicians.

Studies have shown that gum disease, missing teeth and other signs of poor oral health, as well as poor brushing habits and lack of plaque removal, increase stroke risk. According to the American Stroke Association, stroke is the number 5 cause of death and a leading cause of disability in the United States. Previous research has also found that gum disease and other oral health concerns are linked to heart disease risk factors and other conditions like high blood pressure.

"What hasn't been clear is whether poor oral health affected brain health, meaning the functional status of a person's brain, which we are now able to understand better using neuroimaging tools such as magnetic resonance imaging or MRI," said study author Cyprien Rivier, M.D., M.S., a postdoctoral fellow in neurology at the Yale School of Medicine in New Haven, Connecticut.

"Studying oral health is especially important because poor oral health happens frequently and is an easily modifiable risk factor - everyone can effectively improve their oral health with minimal time and financial investment."

Just as healthy lifestyle choices impact the risk of heart disease and stroke, they also affect brain health, which includes one's ability to remember things, think clearly and function in life. Three in five people in the U.S. will develop brain disease in their lifetime, according to latest estimates from the American Stroke Association, a division of the American Heart Association.

Between 2014 and 2021, researchers in this study analyzed the potential link between oral health and brain health among about 40,000 adults (46 per cent men, average age 57 years) without a history of stroke enrolled in the U.K. Biobank. Participants were screened for 105 genetic variants known to predispose persons to have cavities, dentures and missing teeth later in life, and the relationship between the burden of these genetic risk factors for poor oral health and brain health was evaluated.

Signs of poor brain health were screened via MRI images of the participants' brains: white matter hyperintensities, defined as accumulated damage in the brain's white matter, which may impair memory, balance and mobility; and microstructural damage, which is the degree to which the fine architecture of the brain has changed in comparison to images for a normal brain scan of a healthy adult of similar age.

The analysis found:

People genetically prone to cavities, missing teeth or needing dentures had a higher burden of silent cerebrovascular disease, as represented by a 24 per cent increase in the number of white matter hyperintensities visible on the MRI images.

Those with overall genetically poor oral health had increased damage to the fine architecture of the brain, as represented by a 43 per cent change in microstructural damage scores visible on the MRI scans. Microstructural damage scores are whole-brain summaries of the damage sustained by the fine architecture of each brain region.

"Poor oral health may cause declines in brain health, so we need to be extra careful with our oral hygiene because it has implications far beyond the mouth," Rivier said. "However, this
study is preliminary, and more evidence needs to be gathered - ideally through clinical trials - to confirm improving oral health in the population will lead to brain health benefits.” The analysis was limited by the fact that the UK Biobank includes only people who reside in the U.K., and they are predominantly of European ancestry (94 per cent of the U.K. Biobank participants reported their race as white vs. 6 per cent reported as mixed, Black British, Asian British or other). In addition, more research among people from diverse racial and ethnic backgrounds is needed.

American Stroke Association, a division of the American Heart Association, Stroke Council member and volunteer expert Joseph P. Broderick, M.D., FAHA, a professor at the University of Cincinnati Department of Neurology and Rehabilitation Medicine and director of the University of Cincinnati Gardner Neuroscience Institute in Cincinnati, Ohio, said while the study results don’t demonstrate that dental hygiene improves brain health, the findings are "intriguing" and should prompt more research.

"Environmental factors such as smoking and health conditions such as diabetes are much stronger risk factors for poor oral health than any genetic marker - except for rare genetic conditions associated with poor oral health, such as defective or missing enamel," Broderick said. "It is still good advice to pay attention to oral hygiene and health. However, since people with poor brain health are likely to be less attentive to good oral health compared to those with normal brain health, it is impossible to prove cause and effect. Also, genetic profiles for increased risk of oral health may overlap with genetic risk factors for other chronic health conditions like diabetes, hypertension, stroke, infections, etc. that are known to be related to brain imaging markers." Broderick was not involved in this study.

Mini-stroke

Stroke symptoms: Mini-stroke signs like sudden delirium can appear a week before a major stroke (The Times of India:20230208)


A stroke is also called a brain attack and can cause lasting brain damage, long-term disability, or even death. A stroke happens when blood supply to part of the brain gets blocked or when a blood vessel in the brain bursts.

Strokes are often silent before the attack. However, there are certain symptoms that can indicate a mini-stroke, which can lead to a major, life-threatening stroke in the coming hours or days.

02/6Mini stroke symptoms are common

Around 43 percent of stroke patients experience mini-stroke symptoms “up to a week before” a major stroke, according to the health portal Cardiac Screen. Mini strokes refer to a transient
ischaemic attack (TIA), which is triggered by a temporary disruption in the blood supply to a part of the brain. Sudden delirium is one of the tell-tale signs of TIA.

03/6 What happens in sudden delirium?

A study, published in the journal of the American Academy of Neurology, found that one of the common signs of TIA is sudden delirium or confusion. This symptom could leave you unable to think or speak clearly.

Read more: GERD: Early signs of acid reflux that should NOT be taken lightly

04/6 About the study

The research team examined 2,416 participants who suffered from an ischaemic stroke. They found that in 549 patients, TIAs appeared before the actual emergency and happened within the week leading to a stroke in most cases.

05/6 How to identify someone with delirium

A patient experiencing delirium could feel disorientated and struggle to pay attention or remember things. According to the NHS UK, if you suspect someone is experiencing this sign, “Try asking the person their name, their age and today's date. If they seem unsure or cannot answer you, they probably need medical help.” It is important to not ignore the early warning signs and “get help right away as a more serious stroke could be hours or days away,” Cardiac Screen warns.

Read more: Cardiac arrest: Woman shares the sign she missed when she had cardiac arrest at 24

06/6 How to prevent a stroke

Eating a healthy diet and exercising regularly can help in reducing your risk of a stroke. Eat a low-fat, high-fiber diet that is rich in fruits, vegetables and whole grains. Limit your salt intake and ensure you do not have more than six grams a day. Excessive salt intake can lead to high blood pressure, which can increase your risk of stroke. It is important to quit smoking and cut back on alcohol.

**Cardiac arrest**

**Cardiac arrest: Woman shares the sign she missed when she had cardiac arrest at 24** *(The Times of India: 20230208)*


At the age of 24, Brittany Williams almost lost her life due to a cardiac arrest. She lost consciousness and was admitted to hospital. She woke up two days later. Nine years later, Brittany has shared information pertaining to the health condition she had during cardiac arrest,
and the symptoms which she ignored which nearly claimed her life. In the TODAY show, Brittany has opened up on the life threatening condition she faced back then.

02/6 "All of a sudden the left side of my body went numb and tingly"

"All of a sudden the left side of my body went numb and tingly"

Talking about how the cardiac arrest started to develop in her, Brittany said she experienced numbness and tingling sensation in the left side of the body while she was at work. Cardiac arrest is the sudden loss of the heart function as the heart stops beating abruptly. This leads to breathing issues and the person loses consciousness. Without prompt medical intervention or formal CPR the person may die due to cardiac arrest. One of the primary signs of cardiac arrest is unresponsiveness. "I was at work, and all of a sudden the left side of my body went numb and tingly. I sat back and thought, 'Oh no, this doesn't feel right. This is not what I feel like on a day-to-day basis," she said in the show.

03/6 She searched the internet for her symptoms and spoke to her boss

She searched the internet for her symptoms and spoke to her boss

When the symptoms got worse she immediately searched the internet and zeroed in on three conditions: stroke, heart attack and cardiac arrest. She immediately went to her boss, who dismissed her concerns. "You're 24 years old. You run five miles a day. You eat extremely healthy, that would never happen to you," Brittany remembers her boss saying. "I trusted her." And three days later I collapsed in a restaurant in Times Square," she said. During the seizure her parents were there with her who noticed that her eyes rolled to the back of her head and she just collapsed and became unresponsive.

04/6 She suffered from long QT syndrome

She suffered from long QT syndrome

When Brittany was admitted to the hospital it was found that she suffers from long QT syndrome, a condition that causes a fast and irregular heartbeat. Many people suffer from congenital long QT syndrome. Sometimes it is also caused due to medication. It often goes unnoticed and sometimes misdiagnosed as seizure or epilepsy. Long QT syndrome is treated medically through medications like beta blockers and also by making changes to lifestyle.

05/6 What are the common signs of cardiac arrest?

What are the common signs of cardiac arrest?

The immediate symptoms of cardiac arrest are collapsing suddenly, no pulse, no breathing and loss of consciousness. Symptoms like chest discomfort, shortness of breath, weakness and fluttering of the heart occur before sudden cardiac arrest. People should pay attention to minor signals of cardiac arrest, which often get missed, just like in Brittany's case. She experienced a tingling sensation in the body which she had ignored entirely based on the opinion of her boss.

06/6 CPR is crucial

CPR is crucial
It is very important to make sure that medical help reaches the person when he or she has cardiac arrest. CPR or cardiopulmonary resuscitation gives compression to the heart which might help in creating an electrical impulse that makes the heart pump. Heart health: Myths cardiologists wish people stop believing CPR is done only when the person is not breathing. One should check whether the person is breathing or not before giving CPR. It is because the CPR compression might interfere with the normal heart beat. In CPR, one has to push hard and fast on the person's chest — about 100 to 120 pushes a minute. Then rescue breaths are given after every 30 compressions.

**Gastroesophageal reflux disease (GERD)**

**GERD: Early signs of acid reflux that should NOT be taken lightly (The Times of India:20230208)**


Gastroesophageal reflux disease (GERD) is one of the most common digestive problems worldwide. In India, 20-30% of the population is said to suffer from the condition. GERD or acid reflux occurs when stomach acids constantly flow back into the esophagus, which is the tube that connects your mouth to the stomach. The repeated backwash irritates the lining of your esophagus, also called the lower esophageal sphincter (LES). This in turn causes several symptoms, which either can be eased down with natural remedies or need more intervention.

Also read: Prostate cancer: Watch out for THESE 3 symptoms other than urinary problems

Heart is the most common symptom of acid reflux. It is characterized by a burning sensation in the chest, right behind your breastbone. The painful sensation can travel from the lower part of the breastbone to the throat. It occurs when the acid from the stomach moves back up to the lining of the esophagus. This can last from several minutes to hours.

Also read: What causes stress urinary incontinence and how to treat it?

03/6 Regurgitation

If you have acid reflux, you're likely to experience regurgitation. Regurgitation is when undigested food accompanied by stomach acid travels back up from the stomach to the esophagus. This could make you burp and can leave a sour taste in your mouth. Overeating, exercising right after a meal or bending over after eating can cause this symptom.

04/6 Dysphagia

Dysphagia is a medical term for when you find it difficult to swallow. It feels as though your food is stuck in your throat or chest. This occurs because of the damage caused by the reflux to the esophageal tissues. The scar and inflammation caused to the tissues can narrow it down making it difficult to swallow any food.
Sore throat and hoarse voice

As discussed, acid reflux occurs when stomach acid moves back up into the esophagus. This can irritate the lining of the tube and the vocal cords, leading to a sore throat, a dry cough, and wheezing. This may also result in a hoarse voice.

Chronic cough

Chronic cough is a cough that lasts for weeks. While it is not a typical symptom of GERD, links between the two have been drawn by several studies. Although it is unclear as to what causes cough in GERD, Medical News Today shares two possible theories. The first mechanism suggests cough is said to occur as a "reflexive action set off by the rising of stomach acid into the food pipe." The second theory claims, "reflux moves above the food pipe and causes tiny droplets of stomach acid to land in the voice box or throat. This type of reflux is known as laryngeal pharyngeal reflux (LPR). LPR may lead to the development of a cough as a protective mechanism against the reflux."

Novel biomarker

Tata Memorial develops novel biomarker for tongue cancer spread to spare 70% patients from neck surgery (The Indian Express:20230208)


Tongue cancer is relatively common, accounting for about 47 per cent of all oral cancer cases in young people. Tata Memorial team finds protein that can help detect metastasis early and save patients from excision surgery and death.

Low accuracy in detecting its spread in the early stages is one of the factors that contributes to the high incidence of tongue cancer in India. About 30 per cent of tongue cancer patients develop occult (hidden) metastases or a subclinical disease spread to surrounding lymph nodes. This reduces their chances of survival.

LDL cholesterol

Which cooking oil is best for the heart, checks LDL cholesterol? Why should Indians give up deep-frying? (The Indian Express:20230208)

https://indianexpress.com/article/health-wellness/cooking-oil-heart-deep-frying-8428161/
‘Avoid deep frying as the oil loses all its good properties at high heat. It changes into trans fats and releases free radicals, which cause oxidative stress, inflammation and build plaque,’ says Dr Udgeath Dhir, Director and Head of Cardiovascular Surgery, Fortis Gurgaon oil

Oils are a form of fat and the body needs some amount of it to keep going, use it for generating energy, easing digestion and vitamin absorption. “We need 10 to 15 per cent fats in our daily diet to balance out our carbohydrates and proteins but we must moderate them within that limit. Also, we must make sure that these oils are heart-healthy and do not end up damaging arterial walls or clog them up,” says Dr Udgeath Dhir, Director and Head of Cardiovascular Surgery, Fortis Gurgaon.

**Thyroid disease**

**To eat or not to eat: Why you can have milk, cauliflower and wheat in thyroid disease (The Indian Express:20230208)**

https://indianexpress.com/article/health-wellness/milk-cauliflower-wheat-thyroid-disease-8430603/

Despite common belief, cabbages, broccoli, brussels sprouts and cauliflowers (cruciferous vegetables), do not cause hypothyroidism or aggravate it. They do have goitrogens (substances that can produce thyroid enlargement) but these are generally lost during cooking, and in any case have hardly any impact if iodine supplies are adequate, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare

**Epilepsy**

**9-year-old has a seizure after applying mehndi: Doctor detects smell as the trigger of her rare epilepsy (The Indian Express:20230208)**


The fragrance of the henna acted as the stimulus, causing malfunction in anatomic networks. The patient was prescribed sodium valproate and her parents were advised to avoid exposure to henna in the future, says Dr (Col) P.K. Sethi, Senior Consultant, Department of Neurology, Sir Ganga Ram Hospital, New Delhi

HennaThe seizures in the girl were not triggered by the mere application of mehndi on her hands. It was the fragrance which acted as the stimulus, leading to the stimulation of functional anatomic networks. (Source: Freepik)

A nine-year-old girl was applying mehndi or henna on her hand like any other of her kind when she had a seizure, collapsed in a heap and convulsed, all in the space of 20 seconds. Her family
got worried because three years ago, in 2019, the girl had a similar attack. Little did her family know then that she was suffering from Reflex Epilepsy, where an abnormal electrical activity in the brain is precipitated by external stimuli, with something as mundane as light flashes, certain sounds and visuals, basically any auditory or tactile stimuli. Having dismissed it as a rare aberration earlier, the girl’s family rushed her to hospital after she suffered two seizures while applying henna again recently.

Hormones

Did you know dates are good for your happy hormones? Vegetables cleanse, fruits heal, nuts, seeds and dry fruits fortify you(The Indian Express:20230208)


We must eat sensibly, intelligently and ethically. If these three pillars of eating are understood well, then your food becomes healing in itself, says holistic health expert Dr Mickey Mehta

dates

Have healthy foods (Source: Getty Images/Thinkstock)

Famous author Bruce Lipton had once said, “Belief can change your biology.” Your prayers, affirmation, intention and meditation can change your psychology and even your physiology. So much so that you can stall, reverse and cure any body condition you might have.

Anxiety, stress and depression

Big tech layoffs: A doctor answers on how to cope with anxiety, stress and depression (The Indian Express:20230208)


Acknowledge that this is a difficult situation and accept the emotions you are going through. Share these experiences with your support system, refocus and redirect yourself to a problem-solving approach, says Dr Kamna Chhiber, Clinical Psychologist, Head, Mental Health, Dept of Mental Health and Behavioural Sciences, Fortis Healthcare

layoffs

Remember that this is not about your individual self or ability. It is a reflection of what is going on in the larger organisational framework and the overall global economic scenario. (Photo: Getty Images/Thinkstock)

A was recently laid off and was experiencing significant restlessness and worry. There was a rise in the experience of anxiety as well as low moods and irritability. Sleep was getting disturbed and there was a reduced desire to want to meet people, engage in activities he
previously enjoyed or even consider his next move. Concurrently, it was seemingly difficult to
direct efforts towards determining the next steps needed to overcome the situation.
Simultaneously, B was finding herself in a situation where a large proportion of her team was
laid off and there was grave uncertainty around the continuity of her employment. B would feel
anxious and apprehensive, unsure of how to maintain a positive approach and attitude while
also ensuring that motivation was at a significant level so that there was no drop in productivity.
Both were seeking help and support to find a way forward and take care of their mental health
and well-being.

**Acidity**

खट्टी डकार-सीने में जलन 6 संकेत से जानें पेट में बन गया भयंकर तेजाव, Acidity खाते करें Ayurveda
dों के 3 उपाय (Navbharat Times :20230208)

https://navbharattimes.indiatimes.com/lifestyle/health/ayurvedic-home-remedies-for-acid-

**How to Cure GERD Permanently:**

यह एक ऐसी समस्या है जिसमें आपके पेट में बन गया भयंकर तेजाव आपसे खाने की नली में आने
लगता है और इससे आपको उल्टी, सीने में जलन अथवा कई समस्याएं हो सकती हैं। जानिए, इसका आयुर्वेदिक इलाज क्या है।

ayurvedic home remedies for acid reflux, gerd, acidity, heartburn, bloating and gas

खट्टी डकार-सीने में जलन 6 संकेत से जानें पेट में बन गया भयंकर तेजाव, Acidity खाते करें Ayurveda दों के 3 उपाय

मेट्रोएसोफेगल रिफ्लक्स डिज़ार्ज (Gastroesophageal Reflux Disease) पाचन से जुड़ा एक गंभीर रोग है जिसे गर्ड (GERD) या एसिड रिफ्लक्स (Acid Reflux) के नाम से भी जाना जाता है। यह रोग तब होता है, जब पेट का एसिड लगातार एसोफेगस (Esophagus) में वापस जाता है। एसोफेगस यह टूट्स है जो आपके मुंह को पेट से जोड़ती है। आम भाषा में इसे पेट में जवाब बनना भी कहते हैं।

बैलेंटैन स्पेशल- 14 फरवरी तक लाइव- इसे खास बनाने के लिए एक स्टीम गर्ड |

यह एक आम समस्या है और बहुत से लोग इसका बार-बार सामना करते हैं। जब पेट का एसिड वापस एसोफेगस की तरफ बढ़ता है, तो आपको खट्टी डकार, सीने में जलन, भांतित, उल्टी, मुंह में गवा पानी उतारने के लिए लक्ज हो सकते हैं। आयुर्वेद में भोजन को प्रभाव के लिए एसिड की जमनटों की नली होती है लेकिन जब इसकी मात्रा बढ़ जाती है, तो यह खाने के साथ अंदाजों में जाने की जबाब ओपर की तरफ बढ़ने लगता है।

एसिड रिफ्लक्स का इलाज क्या है? इसका इलाज जरूरी है, ताकि आपको पाचन से जुड़े कई नकारात्मक सामनों को तकनीक पहराने हो सकता है। एड़ीट्स सेक्टर डीलर ने एसिड रिफ्लक्स के कुछ उपाय भी वाला है।

हॉटबर्न या पेट में जलन

हॉटबर्न या पेट में जलन

पेट में जलन एसिड रिफ्लक्स का सबसे आम लक्ज है। इसमें आपकी छानी की हड़कडी के ठीक पीछे जलन होती है। यह जलन निचले हिस्से से गले तक जा सकती है। यह तब होता है जब पेट का एसिड वापस अन्नामालाली की पत्त तक वापस चलता जाता है। यह कई मिनटों से लेकर घंटों तक रह सकता है।
Regurgitation की समस्या

How To Reduce Cholesterol in 5 Days: जड़ से साफ होगा गंदा कोलेस्ट्रॉल, Ayurveda Dr. ने बताए 10 सस्ते नुस्खे (Navbharat Times :20230208)


How To Reduce Cholesterol in 5 Days: जड़ से साफ होगा गंदा कोलेस्ट्रॉल, Ayurveda Dr. ने बताए 10 सस्ते नुस्खे

How To Lower Bad Cholesterol: कोलेस्ट्रॉल एक ऐसा गंदा पदार्थ है, जो ब्लॉक वेसेल्स को ब्लॉक करके आपके हार्ट अटैक और स्ट्रॉक की तरह घरेलू ठीक स्थान है। इसे कम करने के लिए, आयुवेजिक डॉक्टर ने कुछ बड़े सस्ते तथा शानदार उपाय बताए हैं।

ayurveda doctor told 10 ayurvedic remedies for high cholesterol and triglycerides in hindi

How To Reduce Cholesterol in 5 Days: जड़ से साफ होगा गंदा कोलेस्ट्रॉल, Ayurveda Dr. ने बताए 10 सस्ते नुस्खे

How To Lower Bad Cholesterol: कोलेस्ट्रॉल एक ऐसा गंदा पदार्थ है, जो ब्लॉक वेसेल्स को ब्लॉक करके आपके हार्ट अटैक और स्ट्रॉक की तरह घरेलू ठीक स्थान है। इसे कम करने के लिए, आयुवेजिक डॉक्टर ने कुछ बड़े सस्ते तथा शानदार उपाय बताए हैं।
लहसुन में समर्पित पावा जाता है। यह ऐसा पोषक तत्व है, जो जो हाई कोलेस्ट्रॉल लेवल को कंट्रोल करने में मदद करता है। इसके लिए खाने-पीने यह है कि आप लहसुन की 6-8 कपियाँ को पीसकर 50 मिलीलीटर और 200 मिलीलीटर पानी में उबालकर लें।

कोलेस्ट्रॉल कम करने के उपाय-हल्दी लें
कोलेस्ट्रॉल कम करने के उपाय-हल्दी लें
हल्दी एक ऐसा मसाला है जो धार्मिकों की दीवारों पर जमने वाले पोषक को कम करती है और नशीं में जमा कोलेस्ट्रॉल को तोड़कर बाहर निकालती है। इसके लिए आप हल्दी गर्म पानी में हल्दी डालकर पी सकते हैं।

मेवी के बीज
मेवी के बीज
मेवी के बीज और लालबालीयम, आलूपत्ता, तंत्र, कैलिशाम और अन्य पोषक तत्वों से भरे होते हैं, जो शरीर को कोलेस्ट्रॉल के अवशोषण को कम करते हैं।

इसके लिए एक चमच्च मेवी पाउडर को गर्म पानी के साथ दिन में दो-बार सेवन करें।

धनिया के बीज
धनिया के बीज
धनिया अपने हाइपरलाइकेजमिक प्रभाव के कारण हाई कोलेस्ट्रॉल को कम कर सकता है। धनिया के बीज आयुवेजिक और वायुवेजिक के लिए भी प्रभावी हैं और वजन गंभीर कम करने का काम करते हैं।

इसके लिए 1 कप पानी में 2 चमच्च हल्दी डालकर उबालो। दूध, चीनी और इलाच्ची पाउडर मिलाकर दिन में 2 बार पीएं।

कोलेस्ट्रॉल कम करने का रामबाण इलाज - सेब
कोलेस्ट्रॉल कम करने का रामबाण इलाज - सेब
सेब ईक्शन से भरपूर होते हैं और इसमें फल्मोनोड्स नामक नैचुरल एंटीऑक्सिडेंट होते हैं, जो हाई कोलेस्ट्रॉल लेवल को कम करते हैं और यहां तक कि आपके पैंस्टर्ड और छोटे हो भी हल्दी रखते हैं।

इसके लिए रोजाना एक सेब खाएं।

कोलेस्ट्रॉल कम करने का यूटरेंटिक उपाय- चुकंदर
कोलेस्ट्रॉल कम करने के आयुवेजिक उपाय- चुकंदर
चुकंदर में कैस्टेनोड्स और फ्रॉटोनोड्स होते हैं जो एलडीएल वाणी गंदे कोलेस्ट्रॉल को कम करने में महत्वपूर्ण हैं। यह एक ऐसी सब्जियाँ हैं, जो वजन गंभीर और ब्लड दर्जा और ब्लड ड्रेसर को भी कंट्रोल कर सकती हैं।

इसके लिए आप इसे सलाद में शामिल कर सकते हैं या इसका जूस भी सकते हैं।

सेब का लिस्ट
सेब का लिस्ट
सेब का लिस्ट हाई कोलेस्ट्रॉल लेवल को कंट्रोल रखने में मदद करता है और कम से कम एक चमच्च की दिन में 2-3 बार इसका सेवन किया जा सकता है।

इसके हस्ताक्षर के तीसरा यह है कि एक फिलाफ पानी में 1 चमच्च सेब का सिरका मिलाकर निरंगित रूप से खाएं।

इसके लिए आप अपने खाने में पाक शामिल कर सकते हैं और दातिमी शहर के इलाज में चेतावनी डाल सकते हैं।

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।