Right To Health (The Asian Age: 20230331)

Right to health in India: Raj law to be test case?

Is the new law going to extract ‘free’ services from private doctors in case of an emergency in the public interest? The answer is ‘no’. Read the text of the new law.

One’s savings to pay for treatment and heart-breaking choices.

The new law brought in by the Ashok Gehlot government in Rajasthan is an attempt to deal with such fears.

In brief, under the new law, every resident in the state has the right to avail free of cost treatment without prepayment at any health institution in the state. This includes emergency treatment. No government or private hospital or doctor can refuse a person seeking emergency treatment. There are penalties if they do.

Rajasthan’s health officials, many of whom have stopped work, say the new law is unconstitutional, unacceptable and that the state government is trying to shift its own responsibility for providing health care to the citizens. They say they will not be reimbursed adequately, or in time, and will be punished for circumstances beyond their control.

The text of the new law was introduced in the state assembly in February. The doctors have already protested against the law and have said they will not comply with it.

The new law also makes it mandatory for all hospitals in the state to have a ‘no refusal’ policy, which means that no patient will be denied treatment based on their ability to pay.

In the last few years, Rajasthan has been ranked as one of the best states in India in terms of health care infrastructure and access to medical services. However, the new law has raised concerns among health care professionals and political leaders.

The government has also introduced a new health insurance scheme to help patients with their medical expenses. Under the scheme, patients will be able to choose their own doctors and hospitals and will not have to pay for treatment upfront.

The new law is expected to come into force after it is passed by the state assembly and signed by the governor.

The government has also announced that it will provide financial assistance to hospitals that comply with the new law and are able to provide free treatment to patients.

The government claims that the new law is necessary to ensure that every resident in Rajasthan has access to quality health care, regardless of their ability to pay. The government has also stated that the new law will help reduce the burden on the state’s health care system.

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Right to Health

Rajasthan’s landmark Bill faces challenges (The Tribune: 20230331)


THE stiff resistance put up by the Indian Medical Association and various doctors’ groups gives an indication of the challenges that lie ahead for Rajasthan’s landmark Right to Health legislation. The Bill introduced by the Ashok Gehlot government may have been passed with an eye on the ensuing Assembly elections, but it does mark a big step forward in the quest for equitable and improved healthcare services. By seeking to become the first state to make access to healthcare a legal entitlement for every resident, Rajasthan has set the bar high for itself as well as others. Free services and quality healthcare are guaranteed at all public and select private facilities, especially those allotted land at concessionary costs.

A contentious point in the Bill is that no medical facility, whether government or private, can deny emergency care. There is, however, ambiguity on what constitutes an emergency condition and how the cost of treatment is to be reimbursed to private hospitals. A patient also has the right to choose where to procure medicines from or get a test done. There is a provision for an independent authority to address logistical grievances and ensure the implementation of the treatment protocol. The private sector contends that the Bill encourages bureaucratic control, renders doctors vulnerable to harassment and puts extra burden, saying free services are already being provided under government schemes.

The private sector, according to the official data, caters to 48 per cent of the state’s population. An overhaul of the public health sector is envisioned, but the patient-centric proposals would require more than new rules and regulations to effect change. Even a drastic hike in budgetary provisions and upgradation of rural services will fall short in the absence of a spirit of convergence with healthcare providers, both private and public. Any step that strengthens the rights of patients is welcome. Rajasthan has been pushing the envelope in its public health obligations. The state’s cause would be better served by actively engaging with the medical fraternity to end the unrest and dispel the perception that it is at the receiving end.

drug regulators
Clean-up of pharma firms

Regular checks, scrupulous regulators needed(The Tribune: 20230331)


THAT of the 76 pharmaceutical companies inspected by the drug regulators under a special drive against firms red-flagged for producing substandard drugs, a whopping 47 (nearly 62 per cent) have been found criminally erring speaks volumes of the manufacturing practices of this industry. While the stringent action, including the cancellation of the licences of 18 manufacturers and issuance of show-cause notices to 26, should act as a deterrent, a clean-up of the tainted sector would require regular inspections by the authorities and zero tolerance for any compromise with the quality of pills and potions produced.

Notably, in view of a number of cases of tragic deaths of patients or botched treatments due to the consumption of spurious medicines in the past couple of years, The Tribune has been exposing, in a series of reports, the malpractices allegedly indulged in by various firms in the pharma hub of Himachal Pradesh and Haryana. However, reflecting a sad state of affairs is the fact that it is only the global blow dealt to the Indian pharma industry that has shaken up the authorities to launch this nationwide crackdown. It was triggered by three cases that put a question mark on the quality of exported drugs — the deaths of around 70 children in the Gambia (linked to a Sonepat-based unit), the deaths of children in Uzbekistan (involving a Noida company) and blindness caused by bad-quality eye drops (from a Tamil Nadu firm). But if it also prevents recurrence of domestic tragedies, such as the deaths of infants in Udhampur due to contaminated medicine in 2022, it would be a worthwhile case of being better late than never.

Equally under the scanner should be the drug control and regulatory authorities as the crisis wreaked by spurious drugs that play havoc with the lives and health of patients is compounded by their laxity. Rather than scrupulously adhering to the exacting standards, the system smacks of inefficiency and corruption in the processes involving clearances to manufacturers and checks on quality. Timely hauling up of all involved is the key to preventing avoidable loss of life and limb.
Rare diseases

Customs duty lifted on drugs for rare diseases (Hindustan Times: 20230331)

https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=3131f39e8e2&imageview=0

The government on Thursday announced a full exemption from basic customs duty for drugs and food imported for personal use for the treatment of rare diseases, saying that this will result in substantial cost savings and provide much-needed relief to patients.

In a notification, the Union finance ministry said the annual cost of treatment for some rare diseases may vary from ₹10 lakh to over ₹1 crore annually.

It added that individual importers need to produce certificates from central or state officials to avail of the exemption for the diseases listed under the National Policy for Rare Diseases, 2021.

Basic customs duty of 10% is generally charged on medicines. In some categories of lifesaving drugs and vaccines, it is either a concessional 5% or zero. Exemptions were earlier provided to specified drugs for the treatment of spinal muscular atrophy.

Treatment for Lysosomal Storage Disorders (LSDs) — a set of at least six known diseases — could cost between ₹40 lakh and ₹60 lakh a year for a child with 10kg body weight. With the exemption applicable now, the cost is likely to come down to ₹36 lakh-₹54 lakh.

Alglucosidase alfa, which is prescribed to treat one of the LSDs, Pompe Disease, costs around ₹40 lakh a year.

There is no universally accepted definition of rare disease; however, the World Health Organization (WHO) defines a rare disease as often debilitating lifelong disease or disorder condition with a prevalence of 1 or less, per 1,000 population.

Different countries have their own definitions to suit their specific requirements, and as per the Indian Council of Medical Research (ICMR) it is one in 2,500 people or less.

Since India doesn’t know the exact disease burden in these cases, it is estimated by applying international standards that about 6-8% of country’s population (72-96 million) is affected by a rare disease. ICMR, however, has begun a hospital-based registry to know the prevalence of rare diseases.

The centre, in its notification, has provided a list of 51 odd rare diseases for reference, for which drugs are imported.

It has also included anti-cancer drug Pembrolizumab among those eligible for zero duty.

The list price for each dose of the injection Pembrolizumab is close to ₹8,50,000, with the prescribed annual treatment costing up to ₹1.5 crore.
The government has been looking to help patients suffering from rare diseases for a while, and came out with a National Policy for Rare Diseases in 2021 that has the provision for financial support of up to Rs 50 lakhs to the patients suffering from any category of rare diseases, although BJP MP Varun Gandhi claimed in January that no patient has thus far benefited from this.

In most cases the illness is serious, chronic, debilitating and life threatening, often requiring long-term and specialised treatment.

While an estimated 6,000 to 8,000 rare diseases exist globally, about 80% of all rare disease patients are affected by around 350 rare diseases.

Rare diseases include genetic diseases, rare cancers, infectious tropical diseases and degenerative diseases. About 80% of rare diseases are genetic in origin, and tend to largely impact children.

Experts welcomed the move.

Prasanna Kumar Shirol, the co-founder of the Organisation for Rare Diseases India, lauded the initiative, but pointed out that it will largely benefit well-to-do people who can afford to import expensive drugs costing crores of rupees. "Not all affected patients can afford to import drugs worth that much money."

Shirol, who has been working for the rights of patients suffering from rare diseases since 2008, said it was a cumbersome task to seek exemptions from customs duty that were earlier provided on a case-to-case basis. “Now approval can be sought from local authorities... that is a big relief.”

He said the move will also aid the free drugs charitable programmes of pharma companies as customs duty is 10% and for a drug costing ₹1-1.5 crore annually, it is a lot. “There are other benefits the government is extending under the National Police For Rare Diseases, including one-time allocation of ₹50 lakh... there is a lot to still achieve.”

Dr IC Verma, senior genetic medicine specialist, said, “There seems to be a disadvantage and that is if a company licenced to import and distribute these drugs in the country imports, it is unlikely to get an exemption.

This seems to be more for an individual who wants to import these drugs and then the benefit may not be passed on to consumers if its bulk procured by a company. The government needs to clarify this point, and if required make modifications.”

The exemption on Thursday was announced days after Congress lawmaker Shashi Tharoor’s tweet about Union finance minister Nirmala Sitharaman’s intervention in getting ₹7 lakh GST exemption for the cancer medication worth ₹65 lakh of a girl went viral on Tuesday.

Tharoor said the girl’s parents approached him saying she was suffering from rare cancer and needed an injection costing ₹65 lakh. The parents told Tharoor that they needed an additional ₹7 lakh for GST and that they could not afford that.

Tharoor said the girl needed the medicine immediately as the drug was perishable and would expire in the custody of customs.
‘’The family will get their injection, the baby will live, and our exchequer will sacrifice 7 lakhs in GST income to bring life and joy to a small child. Whenever I am assailed by doubts about spending so much of my life in politics, something like this happens and makes it all worthwhile,’’ said Tharoor.

Dental Health

Why should you get a dental X-ray done? (The Tribune: 20230331)


Dental or oral health is an important component of overall health, and current technology has elevated dental care to a whole new level.

In India, 80-90 per cent of adults suffer dental cavities, which are often accompanied by misaligned teeth and other issues. Inadequate oral hygiene, which can lead to dental cavities and gum disease, has been related to heart disease, cancer, and diabetes. Maintaining healthy teeth and gums is therefore of primary importance.
Dr Sunita Kapoor, Director, and Consultant Pathologist at City X-ray & Scan Clinic speaks about the significance of regular dental visits and how dental X-rays can help dentists discover potential decay or problems that are not visible to the naked eye.

What are dental X-rays?

Internal images of your teeth and jaws can be seen in dental X-rays. They give a dentist a clear image of your hard tissues, i.e., teeth and bones, and the soft tissues that surround your teeth and jawbones. Typically, dentists use X-rays to evaluate structures like your nerves, jawbone, teeth roots, sinuses, etc. that they can't see during a regular checkup.

What can they show?

Dental X-rays can reveal cysts and other types of tumours, small areas of decay in between teeth, and the position of teeth, which can help decide whether braces, dentures, or tooth implants are necessary. Besides, dental X-rays can also show decay beneath fillings and bone loss in the jaw due to periodontal diseases.

What are the different types of dental X-rays?

There are two main types of dental X-rays - intraoral and extraoral. Intraoral, the film or sensor is inside your mouth and in extraoral, the film or sensor is outside your mouth. Intraoral X-rays include Bitewing X-rays, Periapical X-rays, and Occlusal X-rays. Extraoral X-rays include Panoramic X-rays, Cephalometric X-rays, and Cone Beam CT scans (CBCT).

Bitewing, periapical, and panoramic radiographs are the most frequent ones. While Periapical X-rays are useful for focusing on just one or two teeth, Bitewing X-rays are done to locate early signs of decay between back teeth or bicuspids (teeth in front of the molars). Using a panoramic X-ray, the entire mouth is visible in one picture. It's taken from outside of your mouth and can help identify issues like cysts, jaw disorders, or bone irregularities.

Are dental X-rays safe?

These X-rays are safe if used judiciously. While low radiation levels are there, there are no harmful effects associated with them. In fact, that amount of radiation is comparable to the amount of radiation you get or absorb from things like TV, smartphones, and computers.

Most dentists usually avoid taking X-rays during pregnancy unless it is absolutely necessary.

How often you should get dental X-rays?
Most people with healthy teeth and gums should have dental X-rays only after the advice of a dentist. However, you may need more frequent X-rays if you have gum disease, recurring decay, or other time-sensitive oral health issues.

X-rays are an integral component of an effective dental care plan. It is a diagnostic procedure that helps detect potential dental care problems at an early stage before they cause major health implications. Based on your dental and oral health, you can ask your dentist how frequently you should have a dental X-ray.

**Protein**

**Protein target found to repair heart injuries through cell programming following attack: Study (The Tribune: 20230331)**

The findings are published in the journal Nature Communications


Scientists have identified a group of proteins to leverage for cellular programming, enabling them to reprogram damaged heart cells to repair heart injuries in mice following a heart attack.

The findings from Sanford Burnham Prebys, US, could help transform treatments for a range of diseases, including cardiovascular, Parkinson’s and neuromuscular diseases, they said.

The findings are published in the journal Nature Communications.

The ability of body cells to “turn on” and “turn off” selected genes, changing what they look like and what they do, forms the basis of cellular programming, an emerging approach in regenerative medicine in which scientists transform cells to repair damaged or injured body tissues.

“Even if a person survives a heart attack, there could still be long-term damage to the heart that increases the risk of heart problems down the line,” said lead author Alexandre Colas, assistant professor, Sanford Burnham Prebys.

“Cellular reprogramming could, in theory, allow us to control the activity and appearance of any cell,” said Colas.

“This concept has huge implications in terms of helping the body regenerate itself, but barriers to reprogramming mechanisms have prevented the science from moving from the lab to the clinic,” said Colas.

The researchers identified a group of four proteins, named AJSZ, that help solve this problem.

“By blocking the activity of these proteins, we were able to reduce scarring on the heart and induce a 50 per cent improvement in overall heart function in mice that have undergone a heart attack,” said Colas.
While being primarily focused on heart cells, the scientists determined that AJSZ could be found in all cell types, suggesting it to be a promising treatment target for a variety of diseases. “This breakthrough is a significant step forward on our way to turning these promising biological concepts into real treatments,” said Colas.

The next steps in the research involve exploring multiple options to block AJSZ proteins from functioning. “We need to find a way to inhibit these proteins in a way we can control to make sure we are only reprogramming the cells that need it,” said Colas.

“We will be screening for drugs that can help us inhibit these proteins in a controlled and selective manner in the coming months,” said Colas.

About the study, Colas said, “Helping the heart heal after injury is an important medical need in its own right, but these findings also pave the way for wider applications of cell reprogramming in medicine.”

Cardiovascular fitness

Understanding benefits of Shilajit for cardiovascular fitness (The Tribune: 20230331)


Over the years, there has been a rise in the frequency of heart disease among young adults. This can be attributed to people's changing lifestyles and exposure to too much stress. It is crucial to take note of every item that supports a healthy heart in order to promote one.

Shilajit, a naturally occurring substance found in the Himalayan mountain ranges, has been used for thousands of years in traditional Ayurvedic medicine to treat a variety of illnesses. It is renowned for its exceptional healing properties, which include antioxidant, anti-inflammatory, anxiolytic.

One of the most significant benefits of Shilajit is its positive impact on heart health. Heart conditions are common and can have serious health repercussions. Taking precautionary measures through the use of Ayurvedic ingredients can be one of the most effective ways to ensure a healthy heart.

Here are some of the ways how Shilajit aids in the process: Improves Heart Health

Studies suggest that Shilajit is one of the core ayurvedic ingredients in improving health of the heart. It does so by providing strength and energy to the heart to maintain proper blood flow in all parts of the body. Ayurvedic doctors suggest Shilajit as an essential supplement to treat heart diseases as it has health-enduring properties. Since Shilajit contains fulvic acid, iron, and
antioxidants like glutathione, the level of glutathione in the body is increased, which creates a line of defence against heart disease.

Lowers Blood Pressure

High blood pressure is a significant risk factor for heart disease. Normal blood pressure is imperative for a healthy life, and Shilajit has been found to lower blood pressure in many cases. The Ayurvedic ingredient can be used as a medium to keep blood pressure under control. This piece of Himalayan rock has worked miracles for mankind, restoring bodily cells that have been impoverished and deprived for a long time so they can operate normally once again. Shilajit blood pressure medication is also beneficial for people with heart and blood pressure issues. Shilajit provides the trace minerals that the body requires for healthy blood pressure regulation and regular bodily functions. Each of these factors makes taking the blood pressure medicine Shilajit particularly useful.

Lowers Cholesterol

A small study done in 2003 suggested significant improvements in cholesterol levels when around thirty people who were aged 16 to 30 years were given Shilajit. The participants were divided into two groups; the first group took 2 grams of shilajit every day for about 45 days. The cholesterol levels and triglycerides were found to be low in the Shilajit group as compared to those who did not consume Shilajit.

Lowers blood fat

Another critical compound in Shilajit is a prominent quantity of humic acid, which can significantly lower blood fats. If the concentration of fats in the body is low, there will be no fat deposits in the blood vessels, which eliminates the blockage of heart vessels. This reduces the risk of hemorrhage and stroke, which are leading causes of death in many patients.

Shilajit is a natural ingredient with many health benefits for the body, especially the heart, as stated in all the aforementioned points. It is a crucial medication for the treatment of heart diseases due to its beneficial effects on arrhythmia, cardiac injury, blood pressure, cholesterol levels, and heart health.

Suger

You don’t have to quit sugar to lose weight (The Tribune: 20230331)

https://www.tribuneindia.com/news/health/you-dont-have-to-quit-sugar-to-lose-weight-492627

Sugar was a happy factor in our grandparents’ extended lives and active lifestyles. The lifestyles they lived did, in fact, affect how stress-free their lives were as they aged. The journey to lose
weight does not stop with cutting out sugar. It is unpleasant to eat too many sweets. To maintain a healthy BMI, you don't have to give up consuming your favourite desserts.

Giving up sugar probably won't improve your health more than eating fewer ultra-processed foods, more vegetables, preparing your own meals, and cutting back on added sugar. The sugar-free diet enforces an arbitrary set of recommendations that aren't backed up by research and is, at best, unclear. A diet this strict could, at worst, result in anxiety related to food or a bad connection with food. You don't have to stop consuming sweets, though, in order to alter your eating patterns. The health advantages of consuming the recommended quantity of sugar will probably outweigh those of sugar abstinence.

Keep in mind that health is about more than just the figure on the scale, our waistline, or the foods we avoid. Our mental and emotional well-being, as well as how we connect to food, are equally as important as our physical health.

How to avoid excess sugar?

Hence, if your objective is to reduce weight, it is good to limit your sugar intake. You do not, however, have to abstain entirely from sugar. These are some strategies to reduce excessive consumption: Keep sweets concealed from fresh fruits and vegetables in plain sight.

Try to take plain water, unsweetened drinks, and diet beverages rather than sugar ones.

Consume low-carb marinades

The most essential thing is to keep some sweets in your diet. Later, when binges are more probable, there are more calories from sugar. Keep in mind that the total amount of calories is what matters. However, consuming fewer calories generally by cutting back on sugar and substituting more fiber or non-caloric sweeteners will help you lose weight.

Cutting off sweet food is harmful

Numerous sugar-free diets advocate eliminating or restricting wholesome foods and food categories like fruit and dairy without any supporting data. This perpetuates the pattern of food anxiety and dietary limitations and could lead to vitamin deficiencies. consumption of lactose that comes naturally from dairy products.

How to stop craving sugary foods?

Many people think that all sugar should be avoided, even the natural sugar found in foods like fruits and cereals. You don't need to restrict or prevent consuming these sugars. These sugars differ from table sugar in the manner they are presented.

Table sugar is produced by extracting and processing natural sugar. Your body can process this sugar the easiest. On the other side, the sugar found in fruits or starches has a longer chain length. Your body will feel fuller for longer thanks to these complex carbohydrates. So, the next time you want something sweet, reach for a berry.

How do diet changes help in weight loss?
Making these changes gradually is one of the best ways to have a long-lasting change, though. Do not make a sudden diet change. Instead of simple carbs like refined flour, which is used to manufacture the majority of desserts like sandwiches, ice cream among others, include more whole grains in your diet. When you are desiring sugar, have nuts, dark chocolate, berries, banana, coconut, raw honey, dates, apple sauce, and jaggery along with a few pieces of almonds. You can make some healthy recipes with natural sugar like: Sugar-free granola: Filled with the goodness of high-fiber oats, yogurt, protein-rich flax seeds, and almonds, sugar-free granola is the ideal, healthy dessert for diets. Combine flax, sesame, pumpkin, sunflower, and sunflower seeds with the oats, and bake the mixture with a hint of orange juice tang. After that, top it with yogurt, almonds, and fresh fruit. You can modify the recipe by including any nuts or grains you choose. Add a dash of cinnamon, ginger, or nutmeg powder for a unique touch.

Ragi Mulpua: A sweet treat made from ragi and oat flour, milk, coconut, honey, and fruit. An Indian pancake with a healthy twist is called ragi Mulpua. Oats have a lot of nutritional value and are high in antioxidants, while ragi is one of the healthiest flours and are packed with calcium, fiber, iron, and other elements. You can enjoy the meal guilt-free and in good health. To avoid using too much oil during the preparation, use a non-stick pan.

Halwa made from sweet potatoes is the ideal solution for your sweet needs. It is not only delicious but also loaded with health advantages. Sweet potatoes, low-fat milk, natural sweetener, and a dash of ghee make this dessert calorie-free so you can indulge without feeling guilty. While ghee is beneficial for lowering joint inflammation, sweet potatoes are a great source of vitamin A. After boiling the sweet potato, roast it for 4-5 minutes with the natural sweetener and one teaspoon of butter. You may top the halwa with nuts like cashews and almonds and serve it hot to make it more satisfying.

It is preferable to use the deadline style repeatedly rather than just once. Make a timeline to experience a time across the boundary. The sudden flow you've had since childhood in one sitting is too much for your body to manage. Your health would suffer if you abruptly stopped eating sweets.

Milk adulteration

**IIT-Madras-led innovation can detect adulteration in milk in 30 seconds (The Tribune: 20230331)**


Researchers have developed a three-dimensional (3D) paper-based portable device that can detect adulteration in milk within 30 seconds.

The test, which could be performed at home, can detect multiple commonly-used adulterating agents including urea, detergents, soap, starch, hydrogen peroxide, sodium-hydrogen-carbonate and salt, among others, they said.
Requiring only a millilitre of a liquid as a sample for the test, the researchers said that the test can be used to detect adulteration in other liquids as well such as water, fresh juices and milkshakes.

The research, led by Indian Institute of Technology (IIT) Madras, is published in the journal Nature.

"The 3D paper-based microfluidic device is made up of a top and bottom cover and a sandwich structure middle layer and works well for transporting denser liquids at a consistent speed.

"The paper is treated with reagents and is let to dry.”

"Both paper layers are adhered to both sides of the support after drying, and the covers adhere with double-sided tape.

"Whatman filter paper grade 4 is used in this design, which aids liquid flow and allows for the storage of more reagents," said Pallab Sinha Mahapatra, associate professor, Department of Mechanical Engineering, and lead researcher of the study.

This new technology, say the researchers, is affordable, unlike conventional lab-based tests, which are expensive and time-consuming.

The adulteration of milk is a growing menace, especially in developing countries like India, Pakistan, China, and Brazil.

Consumption of adulterated milk could cause medical complications such as kidney problems, infant death, gastrointestinal complications, diarrhoea, and even cancer.

### Major anti-breast cancer drug

**Major anti-breast cancer drug off patent: Government in Parliament; room for cheaper generics(The Tribune: 20230331)**

While the branded Palbociclib drug version cost over Rs 80,000 a month, the generic formulations now available have cut the drug cost by over 90 pc to around Rs 3800 a month


The government on Tuesday informed Parliament that a major anti-breast cancer drug, Palbociclib, had gone off patent, creating opportunities for production of generic versions.

While the branded Palbociclib drug version cost over Rs 80,000 a month, the generic formulations now available have cut the drug cost by over 90 pc to around Rs 3800 a month.

The generic versions are currently either being produced or are in the process of being manufactured by around 15 pharmaceutical companies in India, health ministry sources said.

This was made possible after Pfizer’s Indian patent on Palbociclib expired on January 10 this year.
The Minister of State for Health in her answer on breast cancer drug availability, informed the Rajya Sabha today that as per the ICMR-National Cancer Registry Programme data, the estimated number of incidence of breast cancer in the country for the year 2022 is 216108.

“As per Central Drugs Standard Control Organisation (CDSCO, palbociclib has gone off patent on January 10, 2023. As informed by Department of Pharmaceuticals, National Pharmaceutical Pricing Authority vide dated February 27, 2019, has put a cap on Trade Margin of 42 selected anti-cancer medicines on pilot basis under ‘Trade Margin Rationalization’ approach. Anti-breast cancer drug Ribociclib was also included in this,” Pawar said.

Importantly nearly half the breast cancer patients detected annually out of around 14 lakh overall cancer patients, half (nearly 1.2 lakh) require Palbociclib, which is prescribed in combination with hormonal treatments.

Palbociclib is normally prescribed for 18 months with the generic drug version costing around Rs 3800 a month instead of Rs 80,000 previously.

Sun Pharmaceuticals was the first to launch a generic version of Pfizer’s palbociclib in India on January 11.

**COVID-19 cases**

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<th>Should India worry about rising COVID-19 cases? (The Hindu: 20230331)</th>
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Why did the Prime Minister convene a meeting of the COVID-19 taskforce? What is the directive from the Centre?

Health workers prepare a COVID-19 isolation ward amid rise in COVID-19 and H3N2 cases at the Government Civil Hospital in Ahmedabad on March 18, 2023.

Health workers prepare a COVID-19 isolation ward amid rise in COVID-19 and H3N2 cases at the Government Civil Hospital in Ahmedabad on March 18, 2023. | Photo Credit: PTI

The story so far: Prime Minister Narendra Modi this week convened a high-level meeting of the COVID-19 task force. This is the first time this year that such a meeting has been convened, with the last such meet held on December 22, 2022.

By all metrics, there has been a rise in COVID-19 cases over several weeks. As of March 23, India officially reported 1,300 new coronavirus cases over a 24-hour period bringing the overall tally of active cases to 7,605. In the previous weeks too, an average of 800 cases have been reported weekly. The death toll climbed to 5,30,813 with five deaths, one each reported in Chhattisgarh, Delhi, Gujarat, Maharashtra, and Kerala, as of March 22. The number of daily deaths has been in the single digit in the past few weeks. Globally, about 1 lakh cases are being reported every day.
Drugs

Drugs for rare diseases get customs duty relief(The Hindu: 20230331)

https://www.thehindu.com/sci-tech/health/customs-duty-fully-exempted-for-all-imported-drugs-and-food-for-special-medical-purposes-for-personal-use/article66678531.ece

Centre issues waiver to offer substantial cost savings for those in need of such treatments; pembrolizumab (Keytruda) used in treatment of various cancers also gets the same concession

The Central Government has given full exemption from basic customs duty on all drugs and food for special medical purposes imported for personal use for treatment of all Rare Diseases listed under the National Policy for Rare Diseases 2021 through a general exemption notification.

In order to avail this exemption, the individual importer has to produce a certificate from Central or State Director Health Services or District Medical Officer/Civil Surgeon of the district. Drugs/Medicines generally attract basic customs duty of 10%, while some categories of lifesaving drugs/vaccines attract concessional rate of 5% or Nil.

NCPCR

NCPCR writes to States to introduce concessions for children with Type 1 diabetes in schools(The Hindu: 20230331)


It is the duty of schools to ensure that children with T1D are provided with proper care and facilities, the letter says

The NCPCR has urged States and Union Territories to ensure that children with Type 1 diabetes are properly provided for. Photo: Twitter/@NCPCR_

The NCPCR has urged States and Union Territories to ensure that children with Type 1 diabetes are properly provided for. Photo: Twitter/@NCPCR_

The National Commission for Protection of Child Rights (NCPCR) has written to the Chairman/Secretary Education Boards of all States and Union Territories, stating it is the duty
of schools to ensure that children with Type 1 diabetes (T1D) are provided with proper care and required facilities.

In its letter, the NCPCR said it had taken cognisance of the petitions it received from parents of the children diagnosed with juvenile diabetes or T1D in the country.

**TB**

**Now, India to estimate TB burden using own system (The Hindu: 20230331)**


Health Ministry says global TB reduction numbers stand at 11% while the reduction in cases in India is 18%

Representational file photo of a tuberculosis patient receiving medicines

Representational file photo of a tuberculosis patient receiving medicines | Photo Credit: AP

India has become the first country in the world to estimate the tuberculosis (TB) burden in-country and launch its own mathematical system to estimate the disease burden.

It has opted to step away from the global estimates drawn up each year by the World Health Organization (WHO).

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**Medicines**

**Prices of essential medicines set to see a hike from April 1** *(The Hindu: 20230331)*


Painkillers, anti-infection drugs, cardiac drugs, antibiotics to get dearer; surge brought on by a sharp rise in Wholesale Price Index; pharma body cites annual change of 12.12% in WPI in 2022

A senior Health Ministry official said that the price hike was to ensure that there would be no shortage of medicines in the market, and that manufacturers and consumers mutually benefit. File

A senior Health Ministry official said that the price hike was to ensure that there would be no shortage of medicines in the market, and that manufacturers and consumers mutually benefit. File | Photo Credit: The Hindu

Prices of 384 essential drugs and over 1,000 formulations are set to see a hike of over 11%, due to a sharp rise in the Wholesale Price Index (WPI). The price surge to set in from April 1 will mean that consumers have to pay more for routine and essential drugs, including painkillers, anti-infection drugs, cardiac drugs, and antibiotics.

**COVID-19 taskforce**

**Should India worry about rising COVID-19 cases?** *(The Hindu: 20230331)*

https://www.thehindu.com/sci-tech/health/explained-should-india-worry-about-rising-covid-19-cases/article66662205.ece

Why did the Prime Minister convene a meeting of the COVID-19 taskforce? What is the directive from the Centre?

Health workers prepare a COVID-19 isolation ward amid rise in COVID-19 and H3N2 cases at the Government Civil Hospital in Ahmedabad on March 18, 2023.

Health workers prepare a COVID-19 isolation ward amid rise in COVID-19 and H3N2 cases at the Government Civil Hospital in Ahmedabad on March 18, 2023. | Photo Credit: PTI
The story so far: Prime Minister Narendra Modi this week convened a high-level meeting of the COVID-19 task force. This is the first time this year that such a meeting has been convened, with the last such meet held on December 22, 2022.

By all metrics, there has been a rise in COVID-19 cases over several weeks. As of March 23, India officially reported 1,300 new coronavirus cases over a 24-hour period bringing the overall tally of active cases to 7,605. In the previous weeks too, an average of 800 cases have been reported weekly. The death toll climbed to 5,30,813 with five deaths, one each reported in Chhattisgarh, Delhi, Gujarat, Maharashtra, and Kerala, as of March 22. The number of daily deaths has been in the single digit in the past few weeks. Globally, about 1 lakh cases are being reported every day.

**Congenital Heart Disease**

**Congenital Heart Disease: Symptoms you shouldn't miss (The Times of India: 20230331)**


Congenital heart disease (CHD) is a type of birth defect that affects the structure and function of the heart. It is a common condition that affects around 1% of live births worldwide. The severity of the condition can vary widely, from mild defects that do not cause symptoms to life-threatening conditions that require immediate treatment.

02/6 Diagnosis of CHD

Diagnosis of CHD

Dr. Tapan Kumar Dash, Clinical Director and Head of Department - Paediatric Cardiothoracic Surgery, CARE Hospitals Banjara Hills, Hyderabad says, “The diagnosis of CHD is often made in infancy or even before birth. In some cases, the condition may be detected during routine prenatal ultrasound screening. This allows doctors to monitor the baby's heart development and plan for appropriate management and treatment after birth. Newborns with CHD may exhibit a range of symptoms, depending on the type and severity of the defect.”

03/6 Signs and symptoms of CHD

Signs and symptoms of CHD

Common signs and symptoms may include irritability, inconsolable crying, rapid breathing, excessive sweating, and difficulties in feeding and gaining weight. Some babies may also have bluish discoloration of the skin (cyanosis), water accumulation in the chest, leg swelling, and an absent or rapid pulse. In older children and adolescents, CHD may affect growth and development and produce weakness, fatigue, and shortness of breath during normal activities and exercise. Some children may also experience chest pain, dizziness, or fainting spells.
What’s a heart murmur?

According to Dr. Dash, during a physical examination, a doctor may detect a heart murmur, which is an abnormal sound caused by turbulent blood flow through the heart. This may indicate the presence of a heart defect and prompt further diagnostic testing for Congenital heart disease.

Diagnosis of Congenital heart disease

To confirm a diagnosis of CHD, several basic investigations may be recommended, including echocardiography, chest X-ray, and electrocardiography (ECG). These tests help to evaluate the structure and function of the heart and identify any abnormalities. In some cases, additional tests such as CT scan, MRI scan, and cardiac catheterization may be necessary to supplement the diagnosis and plan for treatment.

How can CHD be detected in infants

Dr. Dash says, “In recent years, advances in medical technology have made it possible to diagnose some heart defects even before a baby is born. Fetal echocardiography, a specialized ultrasound test, can be performed between 16-24 weeks of pregnancy to evaluate the developing baby's heart structure and function. This early detection allows doctors to plan for appropriate management and treatment after birth, which can significantly improve outcomes for affected infants.”

World Bipolar Day

World Bipolar Day: How to tell if someone is bipolar(The Times of India: 20230331)

https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/world-bipolar-day-how-to-tell-if-someone-is-bipolar/articleshow/99110545.cms

World Bipolar Day: How to tell if someone is bipolar

World Bipolar Day is observed every year on March 30 to raise awareness and understanding as well as eliminate the stigma and promote acceptance for patients with bipolar disorder.

To promote acceptance, it is important to be aware of what exactly happens to a person with bipolar disorder. Dr. Shambhavi Jaiman, Consultant Psychiatrist, Fortis Memorial Research Institute, Gurugram, explains that bipolar disorder is a psychiatric health issue, characterized by somebody having two poles in their moods -- episodes of depressive lows and manic highs.

Symptoms of bipolar disorder

Dr. Jaiman elaborates on the symptoms which one can experience in the depressive episode of bipolar.
"One would have low mood, decreased interest in doing activities, decreased energy levels, feeling more fatigued, less interaction happens when one is feeling depressed, not wanting to initiate conversations or activities, having a lot of dysfunction in their life in terms of their professional as well as personal life, negative thoughts about oneself and others," she explains.

Further, she talks about the signs associated with the manic episode.

"The other pole of bipolar would be a manic episode where it would be slightly more or less opposite of depression, where they would have an inflated sense of self, they would think highly of them, they would have increased energy levels, they would have decreased need for sleep and the mood will be either very happy, cheerful, euphoric or it would be irritable and angry and aggressive," Dr. Jaiman adds.

Diagnosing bipolar disorder
Explaining how a patient is diagnosed, the psychiatrist explains, "So when somebody has an episode of depression followed by an episode of mania or vice versa, we can say that this person is having bipolar disorder. Usually we also need to ask about the family history because that gives an idea about if they are prone to developing bipolar disorder because it is something which is genetic."

"Also, by the way they are talking, by the way they are dressed, by the way they are expressing their thoughts and their feelings, that is an indication to where do we need to focus, what could be the possible diagnosis and then we can identify them and take them to a mental health professional and help them like that," she adds.

This rare cancer-like condition most commonly occurs in children under 10
How to help someone with bipolar disorder?
Dr. Jaiman explains, "Now, when one is having bipolar disorder, the treatment which can be given to them or how one can be helped when they are struggling with bipolar disorder is by taking them to a mental health professional, which is very, very important. You should never diagnose somebody with bipolar disorder until and unless you have proper history from them and the diagnosis can be made only by a mental health professional -- a psychiatrist or a clinical psychologist."

Treatment for bipolar disorder
When it comes to treatment, doctors first figure out the patient's phase of bipolar to determine whether they need pharmacotherapy and/or psychotherapy.
Dr. Jaiman explains, "The treatment would involve extensive history taking, understanding what phase of bipolar they are in. Are they in a manic episode? Are they in a depressive episode? Depending on that, starting medications, that is pharmacotherapy, what sort of medication do we need? Need mood stabilizers? Do we need antidepressant medication or antipsychotic medication or do we need more psychotherapy and at what stage do we need to start the psychotherapy?"

"If somebody is having a significant amount of dysfunction diagnosed with bipolar disorder, in the initial stages, therapy or psychotherapy might not be the way to go about the treatment. They would require medications and pharmacotherapy followed by psychotherapy when they are slightly more stable and in a state to understand that this is what we are experiencing, this is how we can take care of ourselves and this is how we need to go on, here on forward to not have these kinds of problems in the future," she signs off.

**Kidney stones**

**Kidney stones vs gallbladder stones: How their symptoms can be confusing(The Times of India: 20230331)**


Kidney stones vs gallbladder stones: How their symptoms can be confusing

45-year-old Sushant Shukla experienced severe pain in the abdomen. He was told it might be due to kidney stones and on investigation it was found that it was actually gallbladder stones. The symptoms of the two can be quite confusing for people, unless they have a proper diagnosis.

Dr. Anant Kumar, Chairman - Urology, Renal Transplant and Robotics, Max Super Speciality Hospital, Saket shares, “Kidney stone pain can be easily mistaken for gallbladder stone as both can cause stomach discomfort and share other symptoms like nausea, vomiting and fever. Both stones can be as small as a grain of sand, or much larger impairing some important bodily functions. Gallbladder pain usually occurs in the right upper abdomen, whereas kidney stone pain can occur on both sides of the flank.” Both kidney stones and gallbladder stones can stop the flow of fluids in your body. They can cause immense pain and discomfort which alters your day to day life. It may also require hospitalization or even surgery to remove them.

While gallbladder stones are made up of cholesterol, kidney stones are made up of calcium salts. When the body excretes more cholesterol in bile, it gets deposited in the gallbladder and forms crystals and stones. When excess calcium gets deposited in the kidney, it forms stones, explains Dr Sachin Mittal, Senior Consultant, Dept. Of General Surgery, Amrita Hospital, Faridabad. Kidney stones and gallbladder stones are commonly prevalent. Kidney stones are more common in incidence than gallbladder stones. In fact, gall bladder stones are more common in females and in north India, he further adds.
Dr. Soumyan Dey, Consultant, Urology and Urooncology, MS General surgery, M. Ch Urology, Kokilaben Dhirubhai Ambani Hospital, Navi Mumbai further adds, “Despite their differences, kidney and gallbladder stones share some similarities. Both are formed due to an accumulation of substances that the body needs to eliminate. Both the conditions can cause severe abdominal pain, nausea, and vomiting, and may require medical intervention for treatment. Both kidney and gallbladder stones can also lead to complications, such as infection, inflammation, or blockage of the urinary or biliary tract.”

Symptoms of gallbladder stones

- Pain in the upper right portion of the abdomen.
- Back pain between your shoulder blades.
- Nausea or vomiting.
- Dyspepsia.
- Indigestion.

Symptoms of kidney stones

- Flank or back pain usually radiates to the groin.
- Pain that is associated with nausea or Vomiting.
- Blood in urine.
- Fever and chills.
- Foul smelling or cloudy urine.
- Burning micturition
- Kidney dysfunction.

**Cancer symptoms**


Cancer symptoms may not appear at all or can be vague, which can result in late diagnosis. However, the delay can severely impact possible treatment, which is why it is best to detect the disease as soon as possible. Here are some common signs of anal cancer which can appear when you empty your bowels in the toilet. Though it may seem gross, being vigilant and noticing any changes can help you stop the condition as soon as possible.

02/6 What happens in anal cancer?
What happens in anal cancer?

Anal cancer occurs when cells in the anus begin to grow out of control. Most anal cancers start from the cells in mucosa – the inner lining of the anal canal that connects the rectum to the anus. Due to the position of anal cancer tumors, some of the warning signs can appear in the toilet.

03/6 Most common symptom of anal cancer

According to Cancer Research UK, the most common symptom of anal cancer is bleeding from the back passage. This type of bleeding may be noticeable in the form of blood in your poo, in the toilet bowl, or on the toilet paper.

04/6 Changes in stool and bowel movements

If you have anal cancer, you may be excreting looser and runnier poos. You might also have difficulty controlling your bowel movements. This means you may experience sudden urges to poo that you can’t control or may even soil your pants without realizing you needed to go to the toilet. You may also notice discharge of mucus from the bottom.

05/6 Risk factors for anal cancer

One of the key risk factors for anal cancer is human papillomavirus (HPV), a common sexually-transmitted infection. 90 percent of anal cancer cases are linked to HPV infection. However, the HPV virus may not always lead to anal cancer. Other risk factors include having cervical, vulvar, or vaginal cancer. Quitting smoking could help reduce your risk of developing anal cancer.

Read more: Unusual symptoms of diabetes that can help you identify the condition early

06/6 When to see a doctor

If you experience any of the above mentioned symptoms, you must get them checked by your doctor. Catching cancer early can help improve the outcomes. It is also important to note that some of the symptoms associated with anal cancer may not be from cancer, rather caused by other benign conditions such as hemorrhoids.

Bariatric surgery

Weighing 120 kg or more? How bariatric surgery can help weight loss journey in obese women as they battle PCOD and thyroid issues (The Indian Express: 20230331)

https://indianexpress.com/article/health-wellness/weighing-120-kg-or-more-bariatric-surgery-obese-women-8525342/

Weight loss or bariatric surgery can be a safe and effective option for women struggling with obesity and related health issues. It can help patients lose weight and reverse PCOD and
infertility within months, says Dr G Moinuddin, Consultant, Bariatric & Advanced Laparoscopic Surgery, Manipal Hospital, Bengaluru

Obesity is becoming a growing concern, particularly among young girls and women who have PCOD and hypothyroidism (Source: Getty Images/Thinkstock)

**Vitamin B12,**

**Vitamin B12, probiotics and calcium: Why yogurt can be better than home-made curd?** *(The Indian Express: 20230331)*

[https://indianexpress.com/article/health-wellness/which-is-better-yogurt-or-curd-8527376/](https://indianexpress.com/article/health-wellness/which-is-better-yogurt-or-curd-8527376/)

Home-made curd does not have good bacteria in required concentration. A probiotic curd or yoghurt comes packed with good bacteria that improve digestion, eliminate waste from the body faster and indirectly aid weight loss, say nutritionists

**Yoga For Heart**

**Yoga For Heart: हार्ट अटैक से पहले 3 लक्षण से जानें कि थक गया है दिल, आराम देने के लिए करें 1 योगासन** *(Navbharat Times: 20230331)*


How To Relax Heart: दिल को आराम देना बहुत जरूरी है, बसना ये हार्ट अटैक का कारण बन सकता है। 3 लक्षणों के दिखने के बाद विरहित करनी योगासन शुरू कर देना चाहिए, जो इस प्रकार का दूर करता है।

heart fatigue symptoms before heart attack know important yoga asana to relax your heart in just weeks

Yoga For Heart: हार्ट अटैक से पहले 3 लक्षण से जानें कि थक गया है दिल, आराम देने के लिए करें 1 योगासन

जिम जाने वालों के लिए असली खजाना है क्योंकि |

दिल 24 घंटे और 7 दिन लगातार कम करता रहता है। जब इस पर प्रेशर और तनाव काफी ज्यादा बढ़ जाता है तो हार्ट अटैक आता है। लेकिन इससे पहले दिल अपनी ध्वस्त के संकेत भी देता है। जिस पर लोग ध्यान नहीं देते हैं।
दिल की थकान के लक्षणों के बारे में फिटनेस ट्रेनर निमित्त यादव ने जानकारी दी है। अगर आपको हाई ब्लड प्रेशर, जल्दी गुस्सा आना और सांस फूलने की दिक्कत हो रही है तो यह दिल की थकान का लक्षण हो सकता है।

कैसे दूर करें दिल की थकान?

दिल की थकान दूर करता है विपरीत करनी
दिल की थकान दूर करता है विपरीत करनी

बिन लोगों को ये लक्षण प्रेग्जेड कर रहे हैं, उन्हें तुरंत विपरीत करनी आवश्यक बन देना चाहिए। इसमें ख़ुन आसानी से दिल तक पहुंच पाता है और दिल को ज्यादा मेहनत नहीं करनी पड़ती है। यह योगासन दिल की मसल्स को रिलेक्स करने में मदद करता है।

विपरीत करनी आसन करने की विधि
विपरीत करनी आसन करने की विधि

इस हार्ट योगासन के लिए दीवार के बाहर में मैट बिंचाएं
अब मैट पर कमर के बल लें जाएं
पैर-पैर मैट के खाली से परि रखें

हावे को जमीन पर रिलेक्स करे और कमर व फिर जमीन पर रखे रखें।
इस मुद्रा में कुछ देर गहरी और आरामदायक सांस लें।

विपरीत करनी आसन के पावर
विपरीत करनी आसन के पावर
गहरी गहरी आती है
एंजाम्पर्टी, आर्थराइटस, सिस्टम और तनाव से राहत मिलती है

मूंड स्क्रिंच बंद होते हैं
नारस सिस्टम रिलेक्स होता है
कमर दे से राहत मिलती है
इतनी देर करें ये योगासन
इतनी देर करें ये योगासन

फिटनेस एक्सपर्ट के मुताबिक दिल को आराम देने के लिए इस योगासन को 5-10 मिनट ज़रूर करें। इसका रिजल्ट कुछ ही हफ्तों में दिखने लगेगा। आप सुबह के समय खाली पेट या सोने से पहले इसे कर सकते हैं।
Kidney Health

Kidney Health: किडनी में भरे दवषाक्त पथों को सोख लेती हैं ये 5 आयुर्वेदिक जड़ी बूटी, खून तेजी से होगा फिल्टर (Navbharat Times : 20230331)

How To Make Kidney Strong And Healthy: किडनीयों का काम शरीर की गंगी को बाहर निकालना है, इसकी सेहत बिगादने से आपकी सेहत को खतरा हो सकता है, टाइटेमेंट ने चीजों के बारे में बताया है जो किडनीयों को बीमार होने से बचा सकती है।

5 ayurvedic herbs that can make your kidneys health and strong naturally

Kidney Health: किडनीयों में भरे दवषाक्त पथों को सोख लेती हैं ये 5 आयुर्वेदिक जड़ी बूटी, खून तेजी से होगा फिल्टर

जिम जाने वालों के लिए अतिक खजाना है कपिवा |

इंसान के शरीर में दो किडनी होती हैं। किडनीयों का काम आपके खून से गंदे पदार्थों को छानकर बाहर निकालना, शरीर से अस्वस्थ पानी निकालना और शरीर में जमा अन्य अपशिष्ट पदार्थों को बाहर निकालना है। किडनीयां इन गंदे पदार्थों के ब्लैडर में जमा कर रही है जिससे जो पेशाब के रास्ते बाहर निकल जाते हैं।

शरीर की गंगी निकालने के अलावा किडनीयों का काम ब्लड प्रेशर को मैनेज करना, रेड ब्लड सेल्स बनाना और हड्द़डयों को मजबूत बनाना भी है। किडनी के कामकाज में किसी भी तरह की स्क्रूट या इसके खराब होने से आपको हाई ब्लड प्रेशर, हार्ट डिस्जेंस, हड्द़डयों से जुड़े रोग और खून की कमी जैसी अंदरकी बीमारियों हो सकती है।

किडनीयों का स्वस्थ रखने के उपाय क्या हैं? किडनीयों की सेहत का ध्यान रखना जरूरी है। इसके ठीक रहने से आपका शरीर चुरंग से छानना और बाहर निकालना। न्यूट्रिशनल्स एंड डायटरियन लक्ष्यता बना आपको पाँच ऐसी जडी बूटियों के बारे में बता रहे हैं, जो किडनीयों को बीमार होने से बचा सकती है।

किडनी को कैसे मजबूत बनाएं?

गिलोय

गिलोय एक ऐसी जडी बूटी है, जो किडनीयों को विषाक पदार्थों से बचा सकती है। वास्तव में गिलोय में एल्कलॉइड नामक तत्व होता है, जो किडनीयों की रक्षा करता है। इसके अलावा गिलोय में एंटीऑक्सीडेंट शून्य होते हैं, जो प्री रेडिकल्स को खत्म करने के लिए किडनी को देम्येज से होने बचाते हैं।

हल्डी

हल्डी से ध्यान क्रोनिय में सुधार होता है और टाप 2 डायबिटीज़ के मरीजों में तीर्थ यूरिया और क्रीएंटिन लेवल में कमी आती है। हल्डी का सेवन किडनी के कामकाज में सुधार कर सकता है।
अरक

अरक

अरक एक ऐसा कर्मभाग मसाला है, जो निर्वक खाने का स्वाद बदामता है बल्कि कई स्वास्थ्य समस्याओं से भी राहत दिलाता है। कर्मभागों को स्वस्थ रखने के लिए आपको अरक का सेवन करना चाहिए। इसके अंतर-इंस्ट्रेंटरी गुणों की बजह से यह कर्मभाग की सूजन और दर्द को कम करने में मदद करता है।

प्रकरण

प्रकरण

तीन आयुर्विज्ञानिक जड़ी-बूटियों आमलकी, हरीतकी और विभीतकी से बना प्रकरण कर्मभागों के लिए एक समस्तकरिक उपचार है। यह कर्मभागों को मजबूत बनाता है, साथ ही प्लाज्मा प्रोटीन, एल्ब्यूमिन और विपरैक्टिन में सुधार करता है।

सिंहण्ड की जड़ें

सिंहण्ड की जड़ें

इस आयुर्विज्ञानिक जड़ी बूटी में विभिन्न गुण पाए जाते हैं। जहां तक कर्मभागों के स्वस्थ्य की बात है, तो इस जड़ी बूटी के मूल्यवर्धक गुण कर्मभागी को साफ़ बनाने में मदद करते हैं। सबसे अच्छी बात यह है कि यह मूल ग्राहाती की मजबूत बनाने में सहायक है।

Cancer Treatment

Cancer Treatment: लक्षण से पहले ही खुद मर जाएगी गंडी सेल्स, खाने की 26 चीजों के अंदर है कैंसर का इलाज (Navbharat Times: 20230331)


Foods For Cancer Treatment: कैंसर के लक्षण काफी बाद में जाकर दिखते हैं। तब तक नीचे पात्र का वस्तु सहज है। सटीकता कहती है कि 26 चीजों को खाने वालों में कैंसर का खतरा कम रहता है।

26 anti cancer foods which remove cancer cells before showing cancer symptoms know cancer natural treatment

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जिम जाने वालों के लिए असली खजाना है कठिना |
कैंसर एक ऐसी बीमारी है, जो मौत के कारण करती है। इसके इलाज काफी मुश्किल होता है, क्योंकि काफी समय लगता है। इसका पता चलता है। यह एक साइटेंट फूड है और कैंसर के लक्षण (Cancer Symptoms) काफी गंभीर स्टेज में बाहर दिखते हैं।

कैंसर का सबसे अच्छा इलाज? खाने की कुछ चीजों में कैंसर से लड़ने बाले गुण होते हैं। जो बीमारी को शुरूआत में ही खत्म कर देते हैं और यह फेफड़ा बाहर नहीं निकल पाती है। एनसीबीआई पर पत्ते पर अनुसरण करें (ref.) में 26 एंटी कैंसर पुड़ के नाम लिखा गया है, जिन्हें खाने से कैंसर बनते ही शरीर उसका दूर कर देता है। ये कैंसर कैंसर से बचने का सबसे अच्छा तरीका भी है।

कैंसर की जड़ मिटाने वाले पूड़
कैंसर की जड़ मिटाने वाले पूड़
एनसीबीआई पर मौजूद शोध इरानी डॉक्टर, आर्मीर और वेबसिट स्टूडेंट ने किया था। जिसमें बताया गया कि लाइकोपीन बाले कैंसर कैंसर बनाने वाली सेल्स को हो मर देते हैं और आगे फैलते हैं। ये टमाटर, तरबूज, आड़, सुबांती और लाल-गुलामी पुड़ में होता है।

ल्यूटिन से भरी हरी पटेदार सब्जी
ल्यूटिन से भरी हरी पटेदार सब्जी
सेल्स की हेस्टी प्रोथे के लिए, ल्यूटिन अच्छी होता है, जो सेल्स को कैंसर नहीं बनने देती। ये तत्व हरी पटेदार सब्जियों में मिलता है। इसके लिए पत्ते, चुंबक की पति, मूली की पति, पत्ता गोभी, शलजम की पति आदि खा सकते हैं।

7 कैंसर का खतरा कम करने वाली चीज़े
7-
एंटी कहती है कि प्रोटोकल, फूल गोभी, केल में मौजूद Isothiocyanates कैंसर के मरीजों के लिए अच्छा होता है। जो कि एक एंटी-बैक्टीरियल गुण है। यह फेफड़ों का कैंसर, प्रेस्ट कैंसर, लिवर कैंसर, इसोफेगस कैंसर, टेंट का कैंसर, कोलन कैंसर और छोटी आंत के कैंसर का खतरा कम कर देता है।

इन फूड्स से कैंसर के लक्षणों में कमी
इन फूड्स से कैंसर के लक्षणों में कमी
आग आग थोड़े, ठंडी, फेफड़ी, अगर आदि का सेवन करते हैं तो कैंसर के लक्षणों से लड़ सकते हैं। क्योंकि शोध के मुताबिक, इन चीजों में प्रोटोकॉटिक्स होते हैं, जो कैंसर के लक्षणों में कमी लाते हैं।

कोलेस्ट्रॉल और कैंसर का उपयोग
कोलेस्ट्रॉल और कैंसर का उपयोग
फलक एक ऐसा तत्व है, जो कॉलेस्ट्रॉल के साथ कॉलेस्ट्रॉल और प्रोटेइट कैंसर का खतरा कम कर देता है। ये पीढ़ी समय एंटी कैंसर देखने को मिलती है। संतरा, मटर, गाजर जैसी सब्जियों व फलों से एंटी कैंसर मिलता है।

अन्य एंटी-कैंसर पुड़
PCOS

टीनएज़ लड़कियों में ही दिखनेलगती है PCOS की समस्या, इन लक्षणों को ना करेंअनेका(Hindustan : 20230331)

PCOS In Teenage Girl: टीनएज़ की लड़कियों में पीररयड्स शुक्र लगने साथ ही अगर येल्क्षण दिखने उन्हें अनेका ना करें तो येल्क्षण पीररयड्स के हो सकते हैं।
इसलिए डॉक्टर सेसंपंक करें।


सेहत पर लाइफस्टाइल का बहुत गहरा असर होता है। खाना खानेसेलेकर सोनेके रूर्ीन तक, सबकुछ गर्म पर और इसके अंगों के फंक्शन पर असर डालती है। सबसे खास बात ये भली में ही बढ़ती है। PCO की गार्ल उम्र में अलग हो जाती है।

ई- पेपर डाउनलोड ऐप शाह चुने

होम IPL, बोर्ड रिजल्ट्स राज्य फोटो वीडियो ड्रीफ देश मनोरंजन विदेश बिजनेस करियर धर्म लाइफस्टाइल

आगाता
लेख
ऐप पर पढ़ें

3/31/23, 11:21 AM 6 warning signs show in teenage girl should pcos never ignore these symptoms of pcos - टीनएज़ लड़कियों में ही दिखनेलगती है PCO…

अगर इस दौरान खानपान और लाइफस्टाइल का ठीक सेध्यान नहीं रखा तो पीसीओएस की समस्या होनेका खतरा रहता है। पीसीओएस यानी पॉलीसिस्ट्रिक औसत्री सिंड्रोम महिलाओं की काफी कोमन हेलथ प्रॉब्लम है। जो कभी भी चूँक तरह सेठीक नहीं होती हैलेकिन इस्सेटी लाइफस्टाइल और खानपान सेकंद्रोप और मैनेज जा सकता है।

जब चूँक इस की लाइफस्टाइल जिनके पीररयड्स अभी शुरू हुए हैलेकिनपीसीओएस के इन लक्षणों के दिखते ही गांठनेकोलाजिस्ट सेस्ट्रोप के अलावा हामोंस प्रोजेस्ट्रॉन और एस्ट्रोजन का प्रोडक्शन निकायी होनेलगता है। वहीं जनन अंगों में ज्यांसे सेमदहलाओं में सेम्बर से प्रोजेस्ट्रॉन का प्रोडक्शन एस्ट्रोजन सेज्यािा होनेलगता है। ऐसे दौरान अंगों में क्रोजन दिखनेलगता है। जो कभी कभी पीसीओएस के कारण हो सकता है। इसलिए अपने पीररयड के सेभ को जरूर ट्रैक करें।

एक्सेब्रेक दौरान खानपान के नियम की दस्कन ज्यांसे ऑयली होनेलगता है। जो कभी कभी पीसीओएस या पीररयड्स के लक्षण होनेलगता है।

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अगर इस दौरान खानपान और लाइफस्टाइल का ठीक सेध्यान नहीं रखा तो पीसीओएस की समस्या होनेका खतरा रहता है। पीसी�एस का वजह सेमदहलाओं में में ही होता है। पीसीओएस का वजह सेमदहलाओं में ही होता है।
Thyroid

थायरॉइड कंट्रोल करने में सकते हैं 3 योगासन, जानें क्या है करने का सही तरीका

Yoga For Thyroid: अगर आप भी थायरॉइड की समस्या सेपरेशान हैं और इस समस्या की वजह से आपकी रूटिन लाइफ में फंसकर पड़ना शुरू हो गया है तो ये 3 आसान योगासन आपकी मदद कर सकते हैं।


Yoga For Thyroid: खराब जीवनशैली और खानपान की गलत आितों की वजह से आज ज्यादातर लोग थायरॉइड की समस्या सेपरेशान करने हैं। थायरॉइड्ज जब शरीर के दलए पैसा देने वाली एक बात है, जो शरीर में हामोन बनाने के लिए जरूरी होती है। थायरॉइड प्रश्न के लिए लेखन के लिए पप्पु के लिए निर्देश उनकी दविंद्रे दिखाए जाने वाली एक बात है।

योग जरूरी है, तो इसे 'हाइपो-थायरॉइड्जम' के नाम से मरीजता करता है, तो इस समस्या को 'हाइपर-थायरॉइड्जम' कहा जाता है। अगर आप भी इस समस्या सेपरेशान हैं तो थायरॉइड को कंट्रोल रखने के लिए रोजाना इन 3 योगासन को अपनेंटिमं में शामिल करें।

विज्ञापन
मत्स्यासनमत्स्यासन को फिजा पोज के नाम सेभी जाना जाता है। रोजाना मत्स्यासन का अभ्यास करनेसेकई तरह के रोग दूर करनेमेंदद मिलती है।

इस आसन को करने से धार्मिकरूप में और माइग्रेन रोग मेंभी फायदा मिलता है। योग एक्सपर्ट्स के अनुसार मत्स्यासन करनेसे थायरॉइड ग्रंथि में संचार अच्छी तरह होने से तनाव भी कम होता है।

मत्स्यासन करनेका सही तरीका-

मत्स्यासन करनेके लिए सबसे पहले इमीन पर बैठकर हाथ का सहारा लेकर धर-धरपीछे की तरफ जातें। कमर के सहारे से आंखें थोड़ा फूलकर।

को उठाकर अपने पैरों को हाथों से रखकर पकड़ लें। अब गहरी सांस भीतर और बाहर छोड़ें। इस प्रक्रिया को करीब 1 मिनट तक करनेके बाद वापस पहलेकी तरह बैठकर विश्राम करें।