COVID cases linked to Arcturus on rise (The Times of India: 20230502)

https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/covid-cases-linked-to-arcturus-on-rise-these-are-the-two-symptoms-everyone-needs-to-be-careful-about/photostory/99905396.cms

COVID CASES LINKED TO ARCTURUS ON RISE; THESE ARE THE TWO SYMPTOMS EVERYONE NEEDS TO BE CAREFUL ABOUT

01/6 Arcturus is one of the 600 sub variants of Omicron circulating worldwide

The sub variant of the recombinant variant of the Omicron is currently one of the 600 sub variants of the Omicron which is in circulation since early 2022.

Infection cases linked to Arcturus are rising. The virus is prevalent in India and cases are increasing in the US as well.

XBB.1.16 is nicknamed as Arcturus.

02/6 In the US, Arcturus accounts for 11.7% of COVID cases currently

As per the information available in the US CDC, Arcturus accounts for 11.7% of all the COVID cases and is second to XBB.1.5, which is behind 68.8% of COVID cases.
Among the top variants of COVID circulating in the US are XBB.1.9.1, XBB.1.9.2, XBB, XBB.1.5.1 and FD.2.

On April 17, the World Health Organisation (WHO) added XBB.1.16 as a variant of interest. Until then it was a variant under monitoring. "As of 17 April 2023, 3648 sequences of the Omicron XBB.1.16 variant have been reported from 33 countries," the WHO said.

**What are the symptoms?**

High fever and pink eye are being reported in many COVID patients this time. These symptoms are particularly seen in kids.

"Experts are warning that pink eye and high fever, two symptoms of the new variant, are particularly present among children," a FORBES report has said.

Few weeks before, pediatrician Vipin M. Vashishtha had tweeted about this symptom seen in kids. Conjunctivitis is being seen in 42.8% of kids having COVID infection and is more prevalent among infants.

The other symptoms are cough, runny nose, fever, loose stools and vomiting.
"The youngest infant was a 13 day old neonate!"

As per Dr Vashishtha, the youngest infant to catch the virus was a 13 day old neonate.

"Unlike the previous BA.2 Omicron wave, respiratory symptoms are predominating in young infants," he had tweeted.

"One surprising finding, not seen in the previous waves, was the presence of itchy, non-purulent, conjunctivitis that was solely seen in infants. Conjunctival involvement is seen in 42.8% of affected infants," he has mentioned in another tweet.

**What are the symptoms seen in adults?**

Adults, the majority of whom have been vaccinated against COVID at least once, are showing the classic signs of COVID which were seen in the last waves of infection.

Body ache, fever, extreme muscle pain, abdominal discomfort, diarrhea like motion are commonly seen in people these days.
"Current outbreak is causing a mild febrile illness, total duration of illness is only 1-3 days, young infants are disproportionately more affected than older children," Dr Vashishtha had tweeted.

High fever is a characteristic of the infection caused by Arcturus. “XBB.1.16 may also be associated with a higher-grade fever than other variants,” as per a report in GAVI quoting Matthew Binnicker, director of clinical virology at the Mayo Clinic in Rochester, US.

XBB.1.16 is behind the current surge of COVID infections in India currently. Few weeks ago the number of cases due to this variant went over 10,000 in a single day. As on May 1, a total of 4,282 new cases were recorded in the last 24 hours.

Arcturus is growing at a faster rate than other variants and is “rapidly outcompeting” others in India, The Independent quoted Virologist Dr Stephen Griffin from the University of Leeds.

The virologist expressed concern over the spread of the variant which is more concerning due to lack of genome sequencing and tracking.

XBB.1.16 was first detected in India in January, 2023.

FATTY LIVER DISEASE (The Times of India: 20230502)

4 REASONS WHY SLIM PEOPLE ARE AT RISK OF FATTY LIVER DISEASE

01. What causes fatty liver disease?
   The most common cause of fatty liver disease is extra deposition of fat in the liver due to obesity or abnormal amount of visceral fat, that is, fat deposition in and around the belly. Usually, this fatty deposition is asymptomatic. Some people may feel discomfort or pain in the right upper half of the abdomen, especially after exercising or exertion. The blood tests may be absolutely normal.

02. Slim people are susceptible of fatty liver disease
   Dr. Akash Shukla, Director & Consultant, Department of Hepatology, Sir HN Reliance Foundation Hospital says, “Even slim people sometimes have a report of fatty liver on ultrasound, and you often wonder why this person has got a fatty liver. There can be four causes as to why a person who otherwise looks slim may have a fatty liver on ultrasound.”
   4 reasons that can cause fatty liver disease in slim people:

03. Consumption of alcohol

   [Image of a person holding their stomach]
“First, it could be because of the consumption of alcohol. So these are all empty calories. And alcohol is basically empty calories. And with these empty calories, they get converted to fat very quickly in the liver and they do not add to the well-being of the person and this can be the first cause,” Dr. Shukla.

**Lack of muscle mass**

The second cause could be a lack of large muscle mass. So if a person has bulky muscles, large muscles, especially on the trunk, what are called core muscles, then those people are usually protected from developing fatty liver because these muscles will burn the fat as fuel for their maintenance. However, those people who are very lean and thin have very low muscle mass, they tend to get fat deposition very quickly in the liver, and this liver fat is unutilized because there are not enough muscles to burn this fat.

**Genetic reasons**
The Third reason could be a genetic predisposition. Dr. Shukla says, “Those people who are genetically predisposed to fatty liver can have fatty liver even with a normal BMI. Very often these people will have more severe liver disease and they do not get the other manifestations of fatty liver, like diabetes, hypertension, ischemic heart disease or other cancers, but they are more likely to progress to liver cirrhosis and other liver-related complications.”

The fourth reason for fatty liver is just such people could be that this is not non-alcoholic fatty liver disease. But this is another cause like hepatitis C. Or it could be a metabolic disorder, like Wilson’s disease, or a storage disorder like glycogen storage disorder, which can mimic fatty liver on ultrasound, and therefore one has to be alert and investigated. If a person who otherwise looks slim has got fatty liver on ultrasound.

Covid cases (Hindustan Times: 20230502)


Maharashtra sees 177 new Covid cases, one death; active tally now 3,932

A COVID PATIENT DIED IN SOLAPUR DISTRICT, TAKING THE STATE DEATH TOLL SO FAR TO 1,48,515.

Maharashtra recorded 177 new Covid cases on Monday, a significant drop from the 425 new cases recorded a day earlier, taking the state’s tally to 81,66,068.

Maharashtra covid-19 cases today.
The active tally in the state is 3,932 cases as of Monday, a health department statement said. A Covid patient died in Solapur district, taking the state death toll so far to 1,48,515. Mumbai recorded 61 new cases on Monday. The state on Sunday recorded 425 COVID-19 cases, including 105 in Mumbai. The case fatality rate in Maharashtra is 1.81 per cent, the statement said.

“Since 1st Jan 2023, 97 COVID-19 deaths have been recorded. 73.2% of these deaths have occurred in individuals above 60 years of age, 88% of the deceased had comorbidities, 12% did not have any comorbidity,” the statement said.

**World Asthma Day 2023 (Hindustan Times: 20230502)**

[https://www.hindustantimes.com/lifestyle/health/world-asthma-day-2023-history-significance-and-all-that-you-need-to-know-101682997366952.html](https://www.hindustantimes.com/lifestyle/health/world-asthma-day-2023-history-significance-and-all-that-you-need-to-know-101682997366952.html)

**World Asthma Day 2023: History, significance and all that you need to know**

1.1 **WORLD ASTHMA DAY 2023: FROM HISTORY TO THEME, HERE’S ALL THAT YOU NEED TO KNOW ABOUT THIS DAY.**

**World Asthma Day 2023**: Asthma is a chronic respiratory condition which is usually caused by the airways becoming inflamed, narrow or swollen. This makes the airways produce extra mucus, making it difficult for breathing. The most common symptoms of asthma are difficulty breathing, chest pain, cough and wheezing. In some cases, asthma can have minor difficulties in daily activities, while in other cases, it can be a life-threatening disease. This chronic condition is extremely common in people and requires constant treatment for relief. World Asthma Day is observed to raise awareness about the disease and to ensure that the treatment is accessible to all.
World Asthma Day 2023: History, significance and all that you need to know(Freepik)

Every year, World Asthma Day is celebrated on the first Tuesday of the month of May. This year, World Asthma Day will be celebrated on May 2. As we gear up to observe the day, here are a few things that you need to know.

1.2 HISTORY:
Global Initiative for Asthma (GINA) observed the first World Asthma Day in 1998 to raise awareness about the disease. May is chosen as the month to celebrate this day as it coincides with the spring and the fall season – the time of the year when asthma symptoms worsen. Through events, seminars, workshops, social media campaigns and educational programs, this day is observed by many organisations to raise awareness about the disease and explore the treatment options available.

1.3 SIGNIFICANCE:
On this day, organisations raise awareness about the disease and promote efforts done in researching on the disease. This day is observed by debunking myths related to asthma and encouraging policymakers to improve care, management and treatment facilities available to treat the disease. The symptoms, treatment and the causes are also taught to people to become more aware.

1.4 THEME:
This year’s theme for World Asthma Day is Asthma care for all. Global Initiative for Asthma aims to raise awareness on asthma care being accessible to all throughout the world, irrespective of any factor.

Dengue (The Hindu: 20230502)


Virus causing dengue has evolved dramatically in India, finds multi-institutional study

'We were trying to understand how different the Indian variants are, and we found that they are very different from the original strains used to develop the vaccines'

Dengue is a mosquito-borne viral disease that has steadily increased in the last 50 years, predominantly in the South-East Asian countries.

A multi-institutional study on dengue, led by the Indian Institute of Science (IISc.), shows how the virus causing the disease has evolved dramatically over the last few decades in the Indian sub-continent.
Dengue is a mosquito-borne viral disease that has steadily increased in the last 50 years, predominantly in the South-East Asian countries and there are four broad categories or serotypes of the dengue virus (Dengue 1, 2, 3 and 4).

**Very different from original strains**

“We were trying to understand how different the Indian variants are, and we found that they are very different from the original strains used to develop the vaccines,” said Rahul Roy, Associate Professor, Department of Chemical Engineering (CE), IISc., and corresponding author of the study published in *PLoS Pathogens*.

He and his collaborators examined all available (408) genetic sequences of Indian dengue strains from infected patients collected between 1956 and 2018.

Using computational analysis, the team examined how much each of these dengue virus serotypes deviated from their ancestral sequence, from each other, and from other global sequences. The team found that the sequences were changing in a very complex fashion.

Until 2012, the dominant strains in India were Dengue 1 and 3. But in recent years, Dengue 2 has become more dominant, while Dengue 4 – once considered the least infectious – is now making a niche for itself in South India, the researchers found.

**Factors that decide**

“The team sought to investigate what factors decide which strain is the dominant one at any given time. One possible factor could be Antibody Dependent Enhancement (ADE),” said Suraj Jagtap, PhD student at CE and first author of the study.

Mr. Jagtap said that sometimes, people might be infected first with one serotype and then develop a secondary infection with a different serotype, leading to more severe symptoms.
Scientists believe that if the second serotype is similar to the first, the antibodies in the host’s blood generated after the first infection bind to the new serotype and bind to immune cells called macrophages. This proximity allows the newcomer to infect macrophages, making the infection more severe.

**Several types co-exist**

At any given time, several strains of each serotype exist in the viral population. The antibodies generated in the human body after a primary infection provide complete protection from all serotypes for about 2-3 years. Over time, the antibody levels begin to drop, and cross-serotype protection is lost.

The researchers propose that if the body is infected around this time by a similar – not identical – viral strain, then ADE kicks in, giving a huge advantage to this new strain, causing it to become the dominant strain in the population. Such an advantage lasts for a few more years, after which the antibody levels become too low to make a difference.

**Mosquito-borne disease (The Tribuneindia: 20230502)**


**EXPERT WARNS OF HEIGHTENED MOSQUITO-BORNE DISEASE RISK DUE TO CLIMATE CHANGE**

Photo for representation only.
As the planet heats up and climate change causes the mosquito-breeding season to extend, the deadly insect will expand its range and emerge in areas where mosquito numbers had previously decreased, says an expert.

Mosquito-borne diseases are already endemic in sub-Saharan Africa, Southeast Asia, and Latin America, but they are re-establishing populations in areas such as Europe, warns Avijit Das, R&D Director, Global Pest Control Innovation at Reckitt Benckiser.

"As temperatures rise and environmental conditions change, mosquito-borne diseases will travel to more locations. The time of mosquito breeding in a specific location is predicted to increase, leading to longer mosquito seasons. If mosquito season in India previously lasted for five months, in ten years, it may increase to six months or even seven months," Das told PTI.

Das believes that this trend will continue to expand, based on current evidence, and notes that there is a lot of research out there that predicts this.

In a research paper published last year in the journal Exploration in Laboratory Animal Sciences, it was noted that climatic factors, such as an increase in temperature, precipitation levels, sea level elevation, rainfall, wind, and duration of sunlight, are important for both the vector and host.

Dr Katie Anders, an epidemiologist and director of impact assessment at the World Mosquito Program (WMP), explains that climate change also increases the risk of mosquito-borne diseases in less obvious ways.

“For instance, when households store water in response to drought, it can increase the number of local mosquito breeding sites and disease risk. Land use changes can also drive migration to cities, increasing the population at risk of explosive outbreaks of dengue and other mosquito-borne diseases,” Anders said.

According to the Early Warning System for Mosquito Borne Diseases (EYWA), malaria cases have increased by 62 per cent, and dengue, Zika, and chikungunya by 700 per cent in Europe.
EYWA is a prototype system that addresses the critical public health need for prevention and protection against mosquito-borne diseases.

Experts from the World Health Organization (WHO) emphasize the urgent need to re-evaluate the tools available and how they can be used across diseases to ensure efficient response, evidence-based practice, equipped and trained personnel, and community engagement.

Das believes that it is necessary to continuously monitor the changing trends in mosquito-borne diseases to ensure an efficient response.

"The diseases keep changing and go from one place to another. Now there is evidence that mosquitoes which were not there in Europe earlier are making their presence there. So we constantly keep an eye on what is happening and give ourselves opportunities to make solutions," Das noted.

Das said his lab in Gurugram, which consists of a research team of PHDs, entomologists and other scientists, is continuously tracking what is happening to mosquitoes, diseases caused by them and their evolution.

"We have satellite labs at other places. Through all this we keep a tab on what is happening in the mosquito world and which way the menace is growing," he added.

**World Asthma Day (The Navbharat Times: 20230502)**

[https://navbharattimes.indiatimes.com/lifestyle/health/on-world-asthma-day-dietician-told-6-lungs-cleaning-food-that-can-detox-your-lungs-naturally/articleshow/99921646.cms](https://navbharattimes.indiatimes.com/lifestyle/health/on-world-asthma-day-dietician-told-6-lungs-cleaning-food-that-can-detox-your-lungs-naturally/articleshow/99921646.cms)
WORLD ASTHMA DAY: फेफड़ों में जमा विषाक्त पदार्थ और बलगम को बाहर निकालें 6 चीजें, अस्थमा मरीजों की बढ़ेंगी सांस

NATURAL WAYS TO CLEANSE YOUR LUNGS: अस्थमा जानलेवा बीमारी है। दमा के मरीजों को फेफड़ों को साफ और मजबूत बनाने की सलाह दी जाती है। इस साइलाज बीमारी और इसके लक्षणों को कम करने के लिए नीचे बताए खाद्य पदार्थों का सेवन करना चाहिए।

How To Remove Mucus From Lungs Naturally: हर साल मई के पहले मंगलवार को वर्ल्ड अस्थमा दे (World Asthma Day) मनाया जाता है। इस दिवस को मनाने का उद्देश्य अस्थमा नामक पुरानी श्वसन बीमारी के बारे में जागरूकता बढाना है। अस्थमा का कोई स्थायी इलाज नहीं है और यह बड़े-बुजुर्गों और बच्चों किसी को भी प्रभावित कर सकता है। इसमें फेफड़ों के छोटे वायुमागग सिकुड़ जाते हैं और उनमें सूजन आ जाती है। इससे मरीज को खांसी, घरघराहट, सांस की तकलीफ और सीने में जकड़न जैसे लक्षण महसूस हो सकते हैं।

डॉक्टर और एक्सपर्ट्स अस्थमा के मरीजों को फेफड़ों की देखभाल की सलाह देते हैं ताकि उनका कामकाज बेहतर बना रहे और सांस लेने की क्षमता बढ़ सके। बढ़ता प्रदूषण और अस्थमा जैसे सांस की बीमारियों से फेफड़ों को गंभीर नुकसान पहुंचता है। फेफड़ों को साफ और मजबूत बनाने के लिए एंटीऑक्सिडेंट से भरपूर और एंटी-इंफ्लेमेटरी गुणों वाले खाद्य पदार्थों को खाने की सलाह दी जाती है।

फैट टू स्लिम की डायरेक्ट्री और न्यूट्रिशनिस्ट एंड डाइटिशियन शिखा अग्रवाल शर्मा आपको कुछ खाद्य पदार्थों के बारे में बता रही हैं, जो फेफड़ों में जमा गंदगी को छानकर अलग कर सकती हैं और सांस को बढ़ा सकती हैं।
1.5 फेफड़ों को कैसे साफ करें-अदरक खाएं

खांसी और जुकाम को ठीक करने के लिए सबसे अधिक इस्तेमाल किए जाने वाले घरेलू उपचारों में से एक अदरक है। अदरक को एंटी-इंफ्लेमेटरी गुणों के लिए जाना जाता है। यह श्वसन पथ से विषाक्त पदाथरों को निकालने में मदद करती है। अदरक मैग्नीशियम, पोटेशियम, बीटा-कैरोटीन और जिस जैसे विटामिन और खनिजों से भरपूर है, ये सभी फेफड़ों के स्वास्थ्य को बनाए रखने में मदद करते हैं। आप अपनी चाय, सलाद, करी और काढ़े में अदरक मिला सकते हैं।

1.6 अस्थमा की मरीजों की सांस बढ़ाने के उपाय

सांस के और अस्थमा के मरीज़ों को हो रही ये दिक्कत तो अपनाएं ये टिप्स

1.7 फेफड़ों को मजबूत कैसे करें- हल्दी
हल्दी सांस की बीमारियों के कारण होने वाली सूजन और फेफड़ों में जमने वाले बलगम को कम करने में मदद करती है। हल्दी में सक्रिय यौगिक फेफड़ों को नैचुरली साफ करता है। यह शरीर में जमा विषाक्त पदार्थों को हटाने के लिए सबसे बेस्ट मसाला है। आप अपने दूध, करी, सलाद और स्मूटी में कच्ची या पाउडर हल्दी का उपयोग कर सकते हैं।

1.8 फेफड़ों को स्वस्थ कैसे रखें- शहद खाएं

शहद एक नैचुरल स्वीटनर है और अपने एंटीबैक्टीरियल गुणों की वजह से यह श्वसन समस्याओं को कम करने में मदद करता है। यह वायु मार्ग को साफ करने और आपके फेफड़ों के स्वास्थ्य को बनाए रखने में मदद करता है। गरम पानी में एक चम्मच शहद डालकर पीने से आपको उष्णदा फायदा मिल सकता है।

1.9 लहसुन है फेफड़ों को मजबूत बनाने का बेहतर उपाय

लहसुन में एलिसिन नामक एक शक्तिशाली यौगिक होता है, जो एक एंटीबायोटिक एजेंट के रूप में कार्य करता है। यह श्वसन संक्रमण को ठीक
करने में मदद करता है। यह कंजेशन और सांस की तकलीफ को दूर करने में भी सहायक है। यह सूजन और फेफड़ों के कैंसर के खतरे को कम करने में मदद करता है। अस्थमा के मरीजों के लिए लहसुन चमत्कारी काम करता है।

1.10 फेफड़ों को स्ट्रॉग कैसे बनाएं- ग्रीन टी पिएं

वजन घटाने से लेकर सूजन कम करने तक, ग्रीन टी के कई स्वास्थ्य लाभ हैं। दिन में दो बार ग्रीन टी का सेवन फेफड़ों की किसी भी स्थिति को सुधारने में बहुत मददगार हो सकता है।

1.11 फेफड़ों को कैसे ठीक करें- हेल्दी फैट वाले फूड्स खाएं

अपने फेफड़ों को साफ करने के लिए ऐसे खाद्य पदार्थों को अपनी डाइट में शामिल करें, जिनमें कार्बोहाइड्रेट की मात्रा कम होती है हेल्दी फैट की ज्यादा। ऐसे खाद्य पदार्थ खाने से आपको फेफड़ों को स्वस्थ और मजबूत बनाने में मदद मिल सकती है।
World Asthma Day 2023: अस्थमा के सारे लक्षणों को गायब कर देंगे ये टिप्स, लगातार 30 मिनट तक एक्सरसाइज करेगा मरीज

Asthma Day 2023: हर साल मई के पहले मंगलवार को विश्व अस्थमा दिवस (World Asthma Day 2023) मनाया जाता है। इसका उद्देश्य सांस की लाइलाज बीमारी को हराना है। माना जाता है कि अस्थमा का ट्रीटमेंट नहीं हो सकता है और इसके मरीज को एक्सरसाइज से अटैक आ सकता है। लेकिन इस आर्टिकल में डॉक्टर ने ऐसे टिप्स बताए हैं, जिसे अपनाने के बाद अस्थमा का मरीज लगातार 30 मिनट तक एक्सरसाइज कर सकता है। आइए वर्ल्ड अस्थमा डे पर इन फायदेमंद टिप्स (Health Tips For Asthma Patient) के बारे में जानते हैं।
1.13 अस्थमा क्या है और उसके लक्षण

हैदराबाद के यशोदा हॉस्पिटल के सीनियर कंसल्टेंट और इंटरवेंशनल प्लमोनोलॉजिल्ट Dr. Mallu Gangadhar Reddy ने बताया कि अस्थमा सांस की एक लंबी बीमारी है, जो मुख्य रूप से सांस की नली को नुकसान पहुंचाती है। इसे ब्रॉन्किअल अस्थमा (Bronchial Asthma) कहा जाता है, जिसमें मरीज की सांस की नली में सूजन, सिकुड़न, इंफ्लामेशन आ जाती है और बहुत बलगम बनने लगता है। इसके कारण सांस लेने में कठिनाई, खांसी, छाती में जकड़न, सांस फूलना, सांस लेने के दौरान सीटी जैसी आवाज आना आदि लक्षण (Asthma Symptoms in Hindi) दिखते हैं।

1.14 ASTHMA DIET: जानें क्या खाएं और क्या नहीं?

Asthma Diet ; अस्थमा के मरीज डाइट के साथ-साथ रखें इन बातों का ध्यान

1.15 एक्सरसाइज से आएगा अस्थमा का अटैक!

Dr. Reddy के मुताबिक, कुछ अस्थमा पेशेंट्स के लिए एक्सरसाइज (Exercise for Asthma Patient) एक ट्रिगर हो सकती है, जिससे इसके लक्षण गंभीर हो सकते हैं। लेकिन डॉक्टर एक्सरसाइज से पहले और बाद में कुछ काम करने की सलाह देते हैं, जिससे बिना किसी दिक्कत के व्यायाम किया जा सकता है।
1.16 मगर एक्सरसाइज ही फेफड़ों को बनाएगी मजबूत

डॉक्टर कहते हैं कि कई सारे एथलीट ऐसे हैं, जो अस्थमा के बावजूद बेहतर प्रदर्शन करते हैं। क्योंकि, सही तरीके और मार्गदर्शन में एक्सरसाइज करके अस्थमा पेशेट फेफड़ों को मजबूत बना सकते हैं और उनकी क्षमता बढाई जा सकती है।

1.17 एक्सरसाइज करने पर फॉलो करें ये टिप्स - EXERCISE TIPS IN ASTHMA

1. एक्सरसाइज करने से पहले अपने डॉक्टर से सलाह लें।
2. डॉक्टर आपके लिए सही एक्सरसाइज और अस्थमा की दवाओं के बारे में जानकारी देगा।
3. एक्सरसाइज शुरू करने से 15 मिनट पहले इनहेलर का अतिरिक्त पफ लें।
4. ज्यादा ठंडे या गर्म तापमान में घर से बाहर एक्सरसाइज ना करें।
5. वायु प्रदूषण और ज्यादा पराग कण होने पर घर के अंदर एक्सरसाइज करें।

6. बीमार होने पर एक्सरसाइज ना करें।

7. जस्तरत से ज्यादा एक्सरसाइज ना करें।

8. ठंडे मौसम में नाक और मुंह पर कोई मास्क या स्काफ बांधें।

9. सबसे पहले बढ़ा वार्म अप करें।

10. एक्सरसाइज के बाद बढ़ा वेल-डाउन रूटीन शामिल करें।

11. आपात स्थिति से निपटने के लिए डॉक्टर द्वारा द्वारा बताया इनहेलर साथ रखें।

1.18 लगातार 30 मिनट तक करेंगे एक्सरसाइज

अस्थमा के रोगियों के लिए भी एक्सरसाइज करना फायदेमंद होता है। अगर आप इन टिप्स को नियमित फॉलो करेंगे तो किसी दिक्कत के बिना हफ्ते में 4-5 दिन और हर दिन 30 मिनट तक एक्सरसाइज कर पाएंगे। ऐसे मरीजों (Best & Worst Exercise in Asthma) के लिए योगा, वॉल्किंग, बाइकिंग, हाइकिंग, गोल्फ और जिमनास्टिक अच्छा विकल्प हो सकती हैं। लेकिन क्रॉस-कंट्री स्किकिंग, आइस हॉकी, फुटबॉल, लंबी दूर तक दौड़ जैसी एक्सरसाइज नहीं करनी चाहिए।
डॉक्टर रेड्डी के अनुसार, इनहेलर के अंदर अस्थमा से राहत देने वाली दवा होती है। जो लंबे समय तक इस बीमारी को कंट्रोल रखने में भी मदद करती है। इस बीमारी का इलाज नहीं है, लेकिन इसे इनहेलर का नियमित इस्तेमाल करके हमेशा के लिए कंट्रोल किया जा सकता है और गंभीर होने से रोका जा सकता है।