WHO

WHO says contaminated cough syrup sold in Cameroon (TheTribune: 20230720)


The new WHO alert is the latest in a series of warnings about contaminated children's cough and paracetamol syrups.

The World Health Organization on Wednesday said a batch of cough and cold syrup sold in Cameroon under the brand name Naturcold contained extremely high levels of a toxic contaminant.

The packaging label on the syrup showed it was manufactured by a company called Fraken International (England), but the UK health regulator said no such company exists in the country, the WHO said.

"Enquiries are still underway to determine the origin of the product," WHO said, adding that the syrup may have authorizations in other countries as well.

The acceptable limit for diethylene glycol, the contaminant found in the syrup, is no more than 0.1%, according to the WHO, but the batch had syrups that contained as much as 28.6% of diethylene glycol.

The new WHO alert is the latest in a series of warnings about contaminated children's cough and paracetamol syrups.

The alert in Cameroon follows the country's health regulator saying in April that it was investigating the deaths of six children linked to Naturcold. The WHO had told Reuters it was supporting the authorities there.
Unscrupulous actors sometimes substitute propylene glycol, an ingredient used in the syrups, with cheaper but toxic alternatives like ethylene glycol and diethylene glycol, several pharmaceutical manufacturing experts told Reuters.

The contaminants can cause abdominal pain, vomiting, diarrhoea, an altered mental state and acute kidney injury, among other symptoms, which may eventually lead to death, they said.

In 2022, more than 300 children - mainly aged under five - in Gambia, Indonesia and Uzbekistan died of acute kidney injury, in deaths associated with similar products made by other manufacturers. Reuters

**Parkinson’s**

**Parkinson’s may quietly progress undetected for years: Study** *(TheTribune: 20230720)*


Researchers note it is likely that in the early stages of Parkinson’s disease, basal dopamine levels in the brain remain sufficiently high for many years, despite the gradual loss of dopamine-producing neurons.

Parkinson’s may quietly progress undetected for years: Study

In Parkinson’s disease, dopamine levels in the brain drop inexorably, say researchers.

Parkinson’s may progress quietly but insidiously for many years before the neurodegenerative disease is diagnosed, according to a study conducted in mice.

The research, published recently in the journal Nature Communications, sheds new light on the surprising resilience of the brain during the asymptomatic period of Parkinson’s.

The researchers from the University of Montreal in Canada demonstrated that movement circuits in the brains of mice are insensitive to an almost total loss of active secretion of dopamine, a chemical messenger recognised for its importance in movement.

In Parkinson’s disease, dopamine levels in the brain drop inexorably, they said.
“This observation went against our initial hypothesis, but that’s often the way it is in science, and it forced us to re-evaluate our certainties about what dopamine really does in the brain,” said Louis-Eric Trudeau, a professor at the University of Montreal.

Using genetic manipulations, the team eliminated the ability of dopamine-producing neurons to release this chemical messenger in response to the normal electrical activity of these cells.

The researchers, including Benoit Delignat-Lavaud, a doctoral student in Trudeau’s laboratory, expected to see a loss of motor function in these mice similar to what is seen in individuals with Parkinson’s.

Surprisingly, the mice showed a completely normal capacity for movement, they said. Measurements of overall dopamine levels in the brain revealed that extracellular levels of dopamine in the brain of these mice were normal, the researchers said.

These results suggest that the activity of movement circuits in the brain requires only low basal levels of dopamine, they said.

The researchers noted that it is likely that in the early stages of Parkinson’s disease, basal dopamine levels in the brain remain sufficiently high for many years, despite the gradual loss of dopamine-producing neurons.

It is only when a minimum threshold is exceeded that motor perturbations appear, they said.

By identifying the mechanisms involved in the secretion of dopamine in the brain, the research could help to identify new approaches to reduce the symptoms of this incurable neurodegenerative disease, the researchers added.

**Anti-ageing function**

**Anti-ageing function of human cell protein discovered (TheTribune: 20230720)**


'Finding could have exciting implications for healthy ageing and for people with inherited mitochondrial diseases'

Anti-ageing function of human cell protein discovered

Researchers have found an anti-ageing function in a protein deep within human cells.
The protein, ATSF-1, controlled the fine balance between creation of new and repair of damaged mitochondria, the part of cell responsible for producing energy, the researchers at the Queensland Brain Institute (QBI), The University of Queensland, Australia, discovered.

“Mitochondrial dysfunction lies at the core of many human diseases, including common age-related diseases such as dementias and Parkinson’s,” said associate professor at QBI, Steven Zuryn.

While the energy produced by the mitochondria powers biological functions, the toxic by-products of this process contribute to the ageing process of the cell.

“Our finding could have exciting implications for healthy ageing and for people with inherited mitochondrial diseases.

“In conditions of stress, when mitochondrial DNA has been damaged, the ATSF-1 protein prioritises repair which promotes cellular health and longevity,” said Zuryn.

As an analogy, Zuryn likened the relationship to a race car needing a pitstop.

“ATSF-1 makes the call that a pitstop is needed for the cell when mitochondria need repairs.

“We studied ATFS-1 in C. elegans, or round worms, and saw that enhancing its function promoted cellular health, meaning the worms became more agile for longer.

“They didn’t live longer, but they were healthier as they aged,” said Zuryn.

Understanding how cells promote repair is an important step towards identifying possible interventions to prevent mitochondrial damage, the authors said in the study published in the journal Nature Cell Biology said.

“Our goal is to prolong the tissue and organ functions that typically decline during ageing by understanding how deteriorating mitochondria contribute to this process,” said Michael Dai, QBI.

“We may ultimately design interventions that keep mitochondrial DNA healthier for longer, improving our quality of life,” said Dai.

**Tumor symptoms**

**Tumor symptoms: Man diagnosed with brain tumor after battling constant thirst that made him drink 10 litres of water a day (TheTimes of India: 20230720)**

Jonathan Plummer, 41, from Falmouth in Cornwall, England, started to battle a “constant” thirst that he couldn't quench. When he consulted doctors, they put this symptom down to diabetes at first, reported Express UK. However, his diabetes test results came back negative. While excessive thirst is a common symptom of diabetes, this wasn't the case for Plummer.

It was only after a routine eye test that he was diagnosed with a brain tumor later. The thirst was triggered by a brain tumor located in his pituitary gland.

02/6 Where your thirst signal comes from

Pituitary gland is the pea-sized part of the brain that helps to regulate the sense of thirst. It tells you to drink when it detects the body is getting dehydrated.

Due to the tumour, Jonathan’s system went haywire and was prompting him to drink about 10 litres of water each day.

03/6 ‘It was an awful time’

“I felt a constant thirst that I couldn't quench and got to the point where I was passing as much water as I was drinking," Plummer shared.

“It was an awful time which caused me to miss days of work at a time and I experienced extreme fatigue,” he added.

After diagnosis at a routine eye scan, Plummer was referred to Derriford Hospital for an MRI scan. The scan revealed that he had a germ cell tumour. These types of tumours develop in the body's germ cells, which are usually located in the ovaries or testicles. However, they can sometimes be found in other parts of the body, such as the brain, as happened in Plummer's case.

The good news is that Plummer is now tumour-free. The treatment, though, has left him unable to play rugby and cricket, sports he enjoyed playing before.

Jonathan has now taken up running and swimming to regain control of his weight. The case study acts as a reminder to pay attention to any weird symptoms and immediately consult your doctors for treatment. Early diagnosis is essential for better treatment outcomes.

**SARS-CoV-2 and influenza**

**IISc study reveals that picolinic acid can block viruses causing SARS-CoV-2 and influenza A** *(TheTimes of India: 20230720)*

The study describes the compound’s remarkable ability to disrupt the entry of enveloped viruses into the host’s cell and prevent infection.

A representational photo of a strain of SARS-CoV-2 virus.

A new study by researchers at the Indian Institute of Science (IISc.) and collaborators has revealed that picolinic acid, a natural compound produced by mammalian cells, can block several viruses, including those responsible for SARS-CoV-2 and influenza A.

Published in Cell Reports Medicine, the study describes the compound’s remarkable ability to disrupt the entry of enveloped viruses into the host’s cell and prevent infection. Picolinic acid is known to help in the absorption of zinc and other trace elements from our gut, but, in its natural form, it stays inside the body only for a short duration, and is usually excreted out quickly. In recent years, scientists have begun noticing that it may also exhibit anti-viral activity.

Physical activity

**Parents with multiple children face challenges in engaging in vigorous physical activity: Research (Hindustan Times: 20230720)**


Adults with multiple young children engage in significantly less vigorous physical activity compared to those with fewer or no children, according to a study.

Physical activity is an essential component of a healthy lifestyle, but just one in every three adults in the United States reaches the weekly exercise recommendation. The effort to stay fit becomes more difficult for parents, who frequently prioritise their children's demands over their own. A new study, titled “The Association between Adult Sport, Fitness, and Recreational Physical Activity and Number and Age of Children Present in the Household,” reveals that adults with multiple young children engage in significantly less vigorous physical activity compared to those with fewer or no children. The findings have important implications for adults who aspire to be more physically active but struggle to find the time due to their caregiving responsibilities.

The effort to stay fit becomes more difficult for parents, who frequently prioritise their children's demands over their own. (Unsplash)
Published in the International Journal of Environmental Research and Public Health, the study is based on an analysis of data from the National Health and Nutrition Examination Survey (NHANES) spanning from 2007-2016, and included 2,034 adults aged 22 to 65.

The researchers examined the association between moderate and vigorous physical activities and the number and age of children in their household. Among the findings, adults with two or more children aged 0-5 reported 80 fewer minutes of weekly vigorous physical activity compared to those with no children or just one child in this age group. Similarly, adults with three or more children aged 6-17 reported 50 fewer minutes of weekly vigorous physical activity compared to those with no children, one or just two kids in the household. However, there were no significant differences in weekly moderate physical activity regardless of the number of children in the household.

“Parents often face numerous challenges in finding the time and energy to engage in regular physical activity while caring for their children. By understanding these barriers, we can develop targeted interventions to help parents lead healthier and more active lives,” said study co-author Bettina Beech, Chief Population Health Officer at the University of Houston, and clinical professor of population health at the Tilman J. Fertitta Family College of Medicine.

The lead author of the study is Jerraco Johnson, an assistant professor of kinesiology, health promotion and recreation at the University of North Texas. “Parents typically serve as the primary role models of health behaviors for their children. Finding ways to increase parents’ physical activity could potentially influence the health trajectories these young children begin on, especially for those parents with multiple kids,” he said.

Other researchers include Ailton Coleman, James Madison University; Jamila Kwarteng, Medical College of Wisconsin; Ahondju Holmes, University of Oklahoma; Dulcie Kermah, Charles R. Drew University of Medicine and Science; and Marino Bruce, University of Houston.

The implications of these findings are significant for interventions and policies aimed at promoting physical activity among parents with multiple children. The study highlights the need for family based physical activity interventions to expand their focus beyond parent-child dyads or triads. Including multiple children in these interventions may have a more significant impact on overall physical activity levels, according to the researchers.

“Workplace wellness programs have been shown as effective avenues for intervention,” said study co-author Marino Bruce, director of UH Population Health Collaboratories and associate dean of research at the Fertitta Family College of Medicine. “Parents often spend a majority of their time outside of parenting in the workplace, making it an ideal setting to promote physical activity. By offering incentives, feedback mechanisms and short bouts of physical activity throughout the workday, employers can support parents in achieving their activity goals and overcoming time-related barriers.”

Interestingly, the study also found that the impact of children on physical activity did not significantly differ between mothers and fathers, despite previous studies which suggested that mothers might be more affected by parental responsibilities. This discrepancy could be attributed to the differing measurements of physical activity used in the studies, with the current research relying on self-reported sport, fitness and recreational activities.
The researchers note that further research is needed to explore this relationship among parents with children of various ages. The study's findings underscore the importance of addressing the specific needs of parents with multiple children to promote a healthier and more active population.

Mental health

International Chess Day 2023: How playing chess can boost your memory and mental health (Hindustan Times: 20230720)


International Chess Day: Playing chess works wonders for your brain and makes you a happy person. An expert on how the game can boost memory and mental health.

A game of chess can turn any dull day into an invigorating and fun-filled one. The game not only engages but also makes sure you put your thinking cap on and provide the much-needed workout to your brain. Especially if age is not on your side, and you have reached a phase where your brain needs constant stimulation, chess is the perfect game to play to avoid age-related brain disorders like Alzheimer's disease. In fact, the Game of Kings, is much recommended for children and teenagers as it can help improve memory function, creativity, problem solving abilities all of which are important skills in today's time and age. The much-popular board game made its debut in India around 6th century CE and soon reached other parts of Asia, Middle East and Europe.

Chess helps in reducing stress and playing the game also releases happy hormones.(Pexels)

1. Improves memory

Playing chess can help you remember things better as while playing the game a player has to remember openings, strategies, and past moves, all the while anticipating future moves and
planning. This mental exercise serves as a fantastic workout for the brain, enhancing both short-term and long-term memory. Regular chess practice can improve your ability to recall information, which prove to be beneficial in many aspects of life, such as academic pursuits and professional endeavours.

Sponsored

2. Critical thinking and problem-solving skills

Chess is renowned for its ability to enhance critical thinking and problem-solving skills. When playing chess, individuals must analyse the game’s current state, anticipate their opponent's moves, and devise effective strategies to outmanoeuvre them. This constant mental engagement strengthens one's ability to think critically, assess situations, and make informed decisions. These skills are transferable to real-life scenarios, helping individuals become better problem solvers in various domains.

3. Concentration and focus

Chess demands unwavering concentration and focus throughout the entire game. With numerous pieces on a board and countless possibilities at each turn, players must maintain their attention and avoid distractions. Regular chess practice can significantly improve concentration levels, making it easier to stay focused on tasks and goals in other areas of life. Enhanced concentration can also contribute to improved productivity and performance, whether at work, school, or personal projects.

4. Emotional intelligence

Chess is a game that teaches emotional intelligence and resilience. During a game, players experience a range of emotions, including excitement, frustration, and disappointment. Learning to manage these emotions and remaining composed under pressure is a valuable life skill that chess can help develop. By honing emotional intelligence, players can better cope with challenges and setbacks, both on and off the chessboard.

5. Stress relief and mental well-being

Engaging in chess can provide a welcome escape from the stresses of daily life. The intense focus required during a game diverts attention away from worries and anxieties, allowing players to experience a state of flow and relaxation. Chess has also been found to reduce stress levels and promote mental well-being by stimulating the production of dopamine and endorphins, the brain's 'feel-good' chemicals. Additionally, chess can serve as a social activity, fostering connections and providing a sense of community among players.
6. Brain health and longevity

Research suggests that chess can have positive effects on brain health and contribute to cognitive longevity. Regular chess players have been found to exhibit higher brain activity and improved brain function compared to non-players. Chess engages multiple cognitive domains simultaneously, exercising memory, reasoning, problem-solving, and visualization skills. This mental workout may help reduce the risk of cognitive decline and age-related neurodegenerative diseases.

Post traumatic stress disorder

Post traumatic stress disorder: How Yoga and physiotherapy can help in PTSD (Hindustan Times: 20230720)


Health experts reveal how Yoga and physiotherapy can help in recovering from post traumatic stress disorder or PTSD

A traumatic event can cause a person to experience post-traumatic stress disorder (PTSD), a mental health condition that is characterised by signs like anxiety, intrusive thoughts, nightmares and flashbacks. While therapy and medication are frequently used as traditional PTSD treatments, health experts insist that complementary modalities like Yoga and physiotherapy have shown promise in helping people manage their symptoms.

Post traumatic stress disorder: How Yoga and physiotherapy can help in PTSD (Shutterstock)

In an interview with HT Lifestyle, Dr Amit Deshpande, Founder and Director of Activist, shared, “Post-traumatic stress disorder (PTSD) is a debilitating mental health condition that can occur after experiencing or witnessing a traumatic event. Fortunately, Yoga and physiotherapy offer promising avenues for healing and managing PTSD symptoms. Yoga provides a holistic approach by combining physical postures, breathing exercises and meditation, helping to regulate the nervous system and reduce anxiety and stress.”

He gushed, “The mindful movements and deep breathing foster a sense of calmness and self-awareness, enhancing emotional resilience. Physiotherapy, on the other hand, focuses on restoring physical function and mobility through targeted exercises and manual therapy. It can address physical symptoms associated with trauma, such as muscle tension and pain. Additionally, both yoga and physiotherapy offer a safe and supportive environment, fostering a sense of community and connection, which can aid in the recovery process.”
Dr Rajeev Rajesh, Chief Yoga Officer at Jindal Naturecure Institute in Bangalore, explained, “Yoga is a mind-body discipline with its roots in the ancient Indian subcontinent. It combines physical postures, breathing techniques and meditation. It has been discovered to be successful in lowering anxiety, enhancing sleep, and fostering general wellbeing. Yoga can give people with PTSD a safe place to re-connect with their body and process their trauma in a nurturing setting. Yoga's physical asanas and deliberate breathing techniques work to control the autonomic nervous system, lowering hyperarousal and enhancing relaxation. Additionally, yoga's emphasis on mindfulness encourages people to be in the present moment, which helps to lessen intrusive thoughts and improve self-awareness.”

He added, “On the other hand, physiotherapy focuses on enhancing functional movement and physical rehabilitation. Physiotherapy can help people with PTSD deal with the somatic symptoms, chronic pain, and other physical effects of trauma. Physiotherapy can assist people in releasing tension, restoring proper movement patterns, and improving body awareness through a variety of techniques like manual therapy, exercise, and body awareness training. Physiotherapy can indirectly reduce psychological distress and improve general wellbeing by addressing physical symptoms. Yoga and physiotherapy both provide holistic approaches to healing and can support existing PTSD treatments. It is crucial to remember that these methods might not be appropriate for everyone and should only be used under the supervision of trained experts. However, incorporating yoga and physical therapy into PTSD treatment plans can give patients more coping skills and tools to manage their symptoms and enhance their quality of life.”

Bringing his expertise to the same, Dr Sumit Gupta PT, HOD- Department of Physiotherapy and Rehabilitation at Regency Health, highlighted that PTSD can also increase stress and anxiety leading to tension in the body but revealed how Yoga and physiotherapy is very helpful to prevent this condition:


2. Breathing exercise - Physiotherapist can give their patient different breathing exercise (deep breathing, chest mobilisation, diaphragmatic breathing) which help to reduce stress or anxiety.

3. Anxiety-regular exercise is an effective method in management anxiety and stress follow a prescribe exercise plan will allow the body to release chemical that can help in reducing stress and anxiety.

He listed the benefits of regular exercise on PTSD symptoms as:
A few positive results physiotherapy can have on your physical health including generate mobility and flexibility increase strength weight loss and improvement in cardiovascular health.

Regular exercise can also have a positive effect on your mental health through the reduce the of depression and anxiety feelings.

Arthritis

Your guide to manage arthritis in monsoon; 5 tips and tricks for pain relief (Hindustan Times: 20230720)


It is common for arthritis symptoms to exacerbate during monsoon. Here's a list of home remedies that you can try apart from medication to get relief from pain.

Monsoon can worsen joint pain and stiffness in people with arthritis. If you too have arthritis and have been waking up with debilitating pain and stiffness every morning, it is probably to do with the high humidity levels and atmospheric pressure that could be causing inflammation in your joints and exacerbating all the symptoms of arthritis. Low pressure in this climate can cause the tissues in and around the joints to expand, and this could make your joints stiff and painful. One can experience swelling, inflammation, intense pain and reduce mobility. (Also read: Rheumatoid arthritis, osteoarthritis, psoriatic arthritis; how their symptoms differ)

The monsoon season, characterized by heavy rainfall and increased humidity, can have a significant impact on individuals living with arthritis(Freepik)

The monsoon season, characterized by heavy rainfall and increased humidity, can have a significant impact on individuals living with arthritis(Freepik)

Arthritis refers to disease of the joints that causes inflammation and swelling in the joints. There are over 100 types of arthritis, and it is the leading cause of disability across the world. With age, arthritis usually advances and people find it difficult to move around or perform daily activities.

Why my arthritis pain worsens in monsoon?

"The monsoon season, characterized by heavy rainfall and increased humidity, can have a significant impact on individuals living with arthritis. Many people with arthritis report a change in symptoms during this time, experiencing increased joint pain, stiffness, and discomfort. Changes in atmospheric pressure associated with monsoon weather can affect joint pressure and lead to increased pain and stiffness. Low pressure can cause tissues in and around the joints to expand, leading to discomfort. Also, the high humidity levels during the monsoon
season can affect arthritis symptoms and may increase swelling and inflammation in the joints, intensifying pain and reducing mobility. Monsoon weather often brings about sudden temperature changes which can impact joint fluid viscosity and may result in increased joint pain and stiffness,” says Dr Rahul Salunkhe, HOD of Orthopedic department at DPU, Private Superspecialty Hospital, Pimpri, Pune.

While you will feel like lying around and not walking during this season, and exercise will seem counter-intuitive it’s exactly what you need. Moving your body in the rainy season can help relief joint stiffness. Regular physical activity is crucial for managing arthritis. Engage in low-impact exercises, such as swimming or walking indoors, to maintain joint flexibility and reduce stiffness during the monsoon season.

2. Maintain a healthy weight

Walking, cycling, swimming are among the recommended exercises for arthritis as they put minimum pressure on joints. Losing weight can help management of arthritis easier and can also keep your energy levels up. Excess weight puts added stress on the joints, exacerbating arthritis symptoms. Eating a healthy diet, physical activity, Yoga, are among the measures than can help shed weight and thus help reduce burden on the joints.

3. Warm compresses

There are some home remedies that people trust when arthritis symptoms flare up. Applying warm compresses or taking warm baths is one such home remedy that is always effective and can help alleviate joint pain and stiffness caused by the cold and damp monsoon weather.

4. Stay hydrated

You may not particularly feel thirsty in monsoon season, but hydrating yourself is crucial in the season considering one loses a lot of water through sweat around this time. Drinking adequate amount of water helps keep joints lubricated and may alleviate arthritis symptoms. Hydration is particularly important during the monsoon season, as increased humidity can lead to dehydration.

5. Dress appropriately

Wear loose, comfortable clothing that protects against the cold and dampness. If the pain persists or gets severe, talk to your doctor. The treatment includes medications, physical therapy and joint protection.
Nursing colleges

No nursing colleges in 40% of districts: Health Ministry (The Hindu: 20230720)


Centre directs States to correct regional disparity; 42% of nursing colleges in five southern States, 17% in three western States; India has about 35 lakh nurses but only 2.06 nurses for every 1,000 residents.

The growth of nursing colleges also lags far behind the 81% growth rate of medical colleges.

Covid-19 guidelines for international travellers

India eases COVID-19 guidelines for international travellers

The guidelines have been eased after taking note of the prevalent Coronavirus situation(The Hindu: 20230720)


The new guidelines come into effect from July 20, 2023 midnight. File
The new guidelines come into effect from July 20, 2023 midnight. File | Photo Credit: The Hindu

The Union Health Ministry has further eased COVID-19 guidelines for international visitors, dropping the earlier requirement for RT-PCR-based testing of a random two percent subset of international travellers.

The guidelines have been eased after taking note of the prevalent Coronavirus situation and the significant achievements made in the vaccination coverage across the globe. The new guidelines shall come into effect from midnight of July 20.

**Medical device**

**Medical device industry asks Health Ministry to reconsider new regulatory Bill**

The Bill, to regulate drugs and medical devices, was formulated without input from major stakeholders, device manufacturers claim; they also want a separate law for regulation of their industry (The Hindu: 20230720)


The Association of Indian Medical Device Industry is opposing the new Bill to regulate drugs and medical devices. Image for representational purpose only.

The move to introduce and pass the legislation, which aims to regulate drugs and medical devices, has been done without holding even a single meeting with major stakeholders, the Association of Indian Medical Device Industry said.
TB drug

MSF calls again on J&J to withdraw or abandon extended patents on lifesaving TB drug as main patent expires in India

Johnson & Johnson’s 20-year primary patent on the critical, lifesaving drug-resistant tuberculosis (DR-TB) drug bedaquiline expired on July 18 in most countries, including India (The Hindu: 20230720)


MSF called on Johnson & Johnson to publicly announce that it will not enforce any ‘secondary’ patents for bedaquiline in any country with a high burden of TB. Image for representational purpose only. File

MSF called on Johnson & Johnson to publicly announce that it will not enforce any ‘secondary’ patents for bedaquiline in any country with a high burden of TB. Image for representational purpose only. File | Photo Credit: Reuters

As Johnson & Johnson’s (J&J) 20-year primary patent on the critical, lifesaving drug-resistant tuberculosis (DR-TB) drug bedaquiline expired in the majority of countries including India on July 18, Médecins Sans Frontières/Doctors Without Borders (MSF) reiterated its call for the U.S. pharmaceutical corporation to publicly announce that it will not enforce any ‘secondary’ patents for the drug in any country with a high burden of TB. Moreover, it should withdraw and abandon all pending secondary patent applications for this critical drug everywhere.

MSF also called for a commitment from J&J to not take any legal action against any generic manufacturer that exports generic versions of bedaquiline to or from TB high-burden countries where secondary patents on the drug exist.

'Mustard seeds anti-bacterial, anti-fungal, anti-inflammatory and anti-cancer,'

Mustard seeds in rasam: Why they are better than chicken soup for disease control (Indian Express: 20230720)
'Mustard seeds are known to be anti-bacterial, anti-fungal, anti-inflammatory and anti-cancer,’ says Dr Neeti Sharma, Senior Consultant, Nutrition and Dietetics at Marengo Asia Hospitals, Gurugram.

When it comes to respiratory health, mustard seeds are known to relieve congestion-related problems. (Source: Unsplash)

Chicken soup has always been associated with relief from common cold during the monsoon. But while it may feel emotionally comforting, it does not really cure your cold. “Of course, it is rich in minerals as they leach into the water from the vegetables and meats you toss into it. But then any warm liquid such as rasam, green tea and herbal teas like those of cinnamon, turmeric and ginger or what we commonly call kadha, relieve you from nasal congestion and sore throat. Even hot lemon water works,” says Dr Neeti Sharma, Senior Consultant, Nutrition and Dietetics at Marengo Asia Hospitals, Gurugram.

In fact, she feels that a lot of foods that we temper with mustard seeds may have a greater nutritional value. “That’s because mustard seeds are packed with antioxidants like isorhamnetin, kaempferol and carotenoids. All of these help protect our body against oxidative damage, chronic diseases and infection. Mustard seeds are known to be anti-bacterial, anti-fungal, anti-inflammatory and anti-cancer,” she adds.

When it comes to respiratory health, mustard seeds are known to relieve congestion-related problems. “Mustard seeds contain compounds like allyl isothiocyanate, which has antibacterial qualities and can help ward off bacteria and viruses that may cause congestion. Though no scientific data is extensive enough to prove this among humans, the seeds definitely have these properties,” says Dr Sharma.

**Is moringa the nutrition powerhouse to control blood sugar**

**Is moringa the nutrition powerhouse to control blood sugar? What’s the best way to have it? (Indian Express: 20230720)**

The leaves have insulin-like properties in lowering blood sugar but are best had as a green leafy vegetable in your daily curries and soups as a nutritional boost rather than as a cure. Don’t go for the shop shelf variety of powders and concentrates that lose fibres and food value in commercial processes, says Dr V Mohan, Chairman, Dr Mohan’s Diabetes Specialities Centre,
Moringa is believed to increase insulin production, sensitivity and glucose uptake by the muscle and liver and reduce the amount of glucose the small intestines absorb. (Source: Freepik)

Let me state at the very outset that several dietary interventions with plant foods may just be one of the many corrective steps for people living with diabetes. This can in no way mean you can take short cuts with your prescribed routine of exercises, medication and lifestyle adjustments for weight loss. Of course, several plant foods contain natural compounds and nutrients that promote blood sugar control. Among them moringa leaves, also called drumstick leaves, have, in animal experiments, been effective in lowering blood sugar in prediabetes and Type 2 diabetes. While human trials are needed, let’s look at why this works for both diabetes and other health conditions.

MORINGA AND BLOOD SUGAR

Moringa is believed to increase insulin production, sensitivity and glucose uptake by the muscle and liver and reduce the amount of glucose the small intestines absorb.

Foods For Stamina And Energy

Foods For Stamina And Energy: बेजान-कमजोर शरीर में ताकत भरेंगी 10 चीजें, स्टेमिना बढ़ाने के लिए पुरुष जरूर खाएं (Navbharat Times: 20230720)


Foods That Beat Fatigue: हमेशा थकान और कमजोरी से परेशान रहने वाले लोगों को ताकत पाने के लिए डायटीशियन द्वारा बताई इन चीजों का सेवन करना चाहिए।

10 best foods to increase stamina and energy in hindi

Amazon Prime Day Sale पर लैपटॉप, स्मार्टवॉच, हेडफोन पर 75% की छूट मिल रही है।

क्या आप हमेशा थकान और कमजोरी महसूस करते हैं, क्या आपको रोजाना के कामकाज करने में परेशानी होती है, क्या आपका मन हमेशा लेटे रहने या बैठे रहने को करता है? अगर हाँ, तो इसका मतलब हुआ कि आपका शरीर अंदर से कमजोर हो गया है यानी आपका स्टेमिना खत्म हो गया है।
स्टैलमिना कैसे बढ़ाएं: धकन-कमजोरी का सबसे बढ़ाए इलाज खाने-पीने पर ध्यान देना है। आप अपनी डायट में बदलाव करके अपने शरीर में ऊर्जा और जाने भर सकते हैं। फूट टू स्लिम की डायरेक्टर और न्युजिल्यानिस्ट एंड डाइटीशियन शिखा अप्रवाल शर्मा के अनुसार, हेल्दी डाइट के साथ-साथ एक्श्व लाइफस्टाइल जीना, रोजरा एक्सराइज करना, तनाव से बचना और शरीर को हाइट्रेड रखना आदि उपाय स्टैलमिना बढ़ाने में मदद मिल सकती है। चलिए जानते हैं कि आपको स्टैलमिना बढ़ाने के लिए किन-किन चीजों को अपनी डाइट में शामिल कर सकते हैं।

अंडे
अंडे
अंडे में भरपूर मात्रा में प्रोटीन और अन्य पोषक तत्व होते हैं। प्रोटीन मांसपेशियों और शरीर के ऊतकों का विकास और मरम्मत करता है। इसके अलावा इसके सेवन से तुरंत ऊर्जा मिलती है और स्टैलमिना बढ़ती है। अंडे में सभी नौ अवश्यक अमीनो एसिड भी होते हैं और यह वजह है कि यह धकन से लड़ने वाला सबसे बल्द था।

इसके अलावा ई Indians के आपसे बचने और शरीर को हाइडेटेड रखना आलद उपाय स्टैलमिना बढ़ाने में मदद लमल सकती है। चलिए जानते हैं कि आपको स्टैलमिना बढ़ाने के लिए किन-किन चीजों को अपनी डाइट में शामिल कर सकते हैं।

धकन दूर करने के लिए क्या खाएं
Instant Energy Food: दही में मिक्स करके खाएं 4 चीजें, जिन्दों में धकन होगी दूर
साबुत गेहूं
साबुत गेहूं
कार्बोहाइड्रेट शरीर के लिए ऊर्जा का सबसे जरूरी स्रोत है लेकिन कार्बी अधिक और बुरे दोनों तरह के होते हैं। स्टैलमिना बढ़ाने के लिए अधिक कार्बोहाइड्रेट्स (कॉम्प्लेक्स कार्बोहाइड्रेट्स) पर ध्यान दें। ये कार्बोहाइड्रेट्स खून में धीरे-धीरे ऊर्जा छोड़ते हैं, जिससे पूरे दिन स्फूर्ति बनी रहती है। ब्राउन राइस और आटे की रोटी इसके बल्द था।

मछली
मछली
मछली ओमेगा-3 फैटी एसिड के सबसे अच्छे स्रोतों में से एक है, जो शरीर और दिमाग के कामकाज को बेहतर बनाती है। अपने खाने में फैट वाली मछली जैसे सैल्मन और ट्यूना शामिल करें। यह ओमेगा-3 फैटी एसिड, प्रोटीन और विटामिन डी से भरपूर होती है, जो स्टैलमिना बढ़ाने के लिए जरूरी हैं।

खट्टे फल
खट्टे फल
इम्यूनिटी सिस्टम और एनर्जी लेवल बढ़ाने के लिए आपको विटामिन सी से भरपूर खट्टे फलों का अधिक सेवन करना चाहिए। ये फल शरीर से विषाक्त पदार्थों को साफ करते हैं और इम्यून पावर बढ़ाते हैं।

दिनभर के थकान को मिटाने के लिए आपको एक गिलास ताजा संतरे या नीबू का रस पिये।

हरी पत्तेदार सब्जियां

हरी पत्तेदार सब्जियां

स्टैमिना कम होने का मतलब शरीर में आयरन की कमी हो सकती है। आयरन हीमोग्लोबिन के उत्पादन के लिए आवश्यक है, जो शरीर में ऑक्सीजन पहुंचाता है। आयरन की मात्रा बढ़ाने के लिए अपने खाने में हरी पत्तेदार सब्जियां शामिल करें क्योंकि इनमें आयरन के अलावा फाइबर भी होता है। पालक जैसी सब्जियां रेड ब्लड सेल्स बढ़ाती हैं। इनके अलावा केला, बादाम, बीन्स, दाल और डेयरी उत्पाद भी स्टैलमना बढ़ाने का काम करते हैं।

**Monsoon Health Tips**

**Monsoon Health Tips: शरीर को गला सकता है ये काम, बरसात में तुरंत छोड़ देनी चाहिए 5 आदतें (Navbharat Times: 20230720)**


What Not To Do in Monsoon: अगर आप कुछ आदतों को नहीं बदलते हैं तो मानसून शरीर के लिए नुकसानदायक हो सकता है। इस मौसम में कुछ काम नहीं करने चाहिए।

from foods to things that you should avoid in rainy season know what to do or not in monsoon

Monsoon Health Tips: शरीर को गला सकता है ये काम, बरसात में तुरंत छोड़ देनी चाहिए 5 आदतें

Amazon Prime Day Sale पर लैपटॉप, स्मार्टवॉच, हेडफोन पर 75% की छूट मिल रही है।

आपकी हर आदत का शरीर पर असर पड़ता है। आप क्या खाते हैं, क्या पहनते हैं, कहां रहते हैं और क्या करते हैं। ये चीजें आपका स्वास्थ्य तय करती हैं। अगर आप अनजाने में गलत आदतों को अपना लेंगे तो जीना मुश्किल हो जाएगा।
स्वस्थ रहने के लिए हेल्दी लाइफस्टाइल बहुत जरूरी है। अगर आप कुछ बातों का ध्यान नहीं रखने तो तबीयत खराब कर बैठेंगे। यही नहीं, आपको कैंसर जैसी खतरनाक बीमारी भी हो सकती है। इस आर्टिकल में बताए गए 5 काम को मानसून में गलती से भी नहीं करना चाहिए।

सड़क पर मिलने वाली चाट खाना

चटपटी चाट का मजा लेने वालों को आदत बदल देनी चाहिए। खुले में मिलने वाला खाना कई सारे वैकटीरियां व खतरनाक तत्वों से भरा हो सकता है। फॉर्टिस होस्पिटल के एक्सपेट व जूड पॉल को शरीर के लिए नुकसानदायक मानते हैं।

चमड़े के जूते पहनना

पहनने चाहिए जिनमें हवा आसानी से पास हो जाती है। चमड़े के जूतों से पानी नहीं निकल पाता है और नमी बढ़ जाती है। इसकी वजह से पैरों में फॉंगस हो सकता है और चमड़े के जूतों से पानी नहीं निकल पाता है। इसकी वजह से त्वचा गलने लगती है। स्वस्थ रहने के लिए हेल्दी लाइफस्टाइल बहुत जरूरी है। अगर आप कुछ बातों का ध्यान नहीं रखने तो तबीयत खराब कर बैठेंगे। यही नहीं, आपको कैंसर जैसी खतरनाक बीमारी भी हो सकती है। इस आर्टिकल में बताए गए 5 काम को मानसून में गलती से भी नहीं करना चाहिए।

मानसून में जरूर खाएं 3 फूड

Improve Kidney and Liver Health; ये 3 फूड्स जो मानसून में करते हैं, किडनी और लिवर का बचाव

कच्चा या अधपका अंडा खाना
कच्चा या अधपका अंडा खाना
अंडा एक सुपरफूड है, जो प्रोटीन की कमी क्षय करता है। इससे शरीर को कई सारे विटामिन व दिननरल भी मिलते हैं। मगर कच्चा या अधपका अंडे में बीमार करने वाले कीटानु भी हो सकते हैं। यह अपच, पेट दर्द, फूड पोइजनिंग कर सकता है। इसलिए इसे अच्छी तरह पकाकर ही खाएं।

ढंडे पानी से नहाना
ढंडे पानी से नहाना
उमस और चिंताचिंतादर करने के लिए ढंडे पानी से नहाने का खतरा बढ़ जाता है। यह शरीर में ताजगी और ऊर्जा भी पैदा करता है। लेकिन बरसात में ढंडे पानी से नहाने पर फ्लू होने का खतरा बढ़ जाता है। अप थोड़े गुनगुने पानी से नहाना शुरू करें।
अदरक-लहसुन ना खाना

अदरक-लहसुन ना खाना

अगर आप अदरक, लहसुन और हल्दी नहीं खाते हैं तो इनका सेवन शुरू करने का ये सही वक्त है। इनमें एंटी इंफ्लामेटरी गुण होते हैं, जो बैक्टीरिया, वायरस और फंगस से होने वाले रोगों को जड़ से मिटाते हैं।