



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA
Thursday 20220421

Healthy Liver

Have liver-healthy food & exercise daily, says expert (The Tribune: 20220421)

<https://www.tribuneindia.com/news/amritsar/have-liver-healthy-food-exercise-daily-says-expert-388215>

Have liver-healthy food & exercise daily, says expert

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Guru Nanak Dev University organised an event to raise awareness about liver related diseases to mark World Liver Day here on Tuesday.

A session on liver health was organised in collaboration with GI Rezdevvous and GLF, Chandigarh. This event was jointly coordinated by UGC-Human Resource Development Centre and Health Centre of the University.

The event was presided over by the VC Jaspal Singh Sandhu. Dr Sandhu discussed the need of liver health awareness. He called upon the youth to have liver-healthy food and exercise routinely.

Eminent scholars attended the session and spoke about liver health. Dr Inderbir Singh Nijjar, MLA South, stressed on the need to take good care of one's liver and Dr Ajay Gupta, MLA Central, also spoke about how to keep one's liver healthy.

Key note speaker Dr Arke De, Nodal Officer, National Virus Hepatitis Control Programme, Department of Hepatology, PGIMER, Chandigarh, spoke on the importance of healthy liver for survival. —



Most Read

Ayurveda centres

37 cantonment hospitals to have Ayurveda centres

The ministry on Wednesday said it has signed two Memoranda of Understanding (MoUs) with the Ministry of Ayush (MoA) for starting the Ayurveda centres (The Tribune: 20220421)

<https://www.tribuneindia.com/news/health/37-cantonment-hospitals-to-have-ayurveda-centres-388006>

The defence ministry has decided to start Ayurveda centres at 37 cantonment hospitals and 12 military healthcare facilities.

The ministry on Wednesday said it has signed two Memoranda of Understanding (MoUs) with the Ministry of Ayush (MoA) for starting the Ayurveda centres.

It said the Ayurveda centres will be functional across the country from May 1.

“Two MoUs have been signed by the Ministry of Defence (MoD) with the Ministry of AYUSH (MoA), one for starting Ayurveda centres at 37 cantonment hospitals and another for starting Ayurveda centres at 12 military hospitals of Armed Forces Medical Services (AFMS),” the defence ministry said in a statement.

The MoUs were signed during the three-day mega event, Global Ayush Investment and Innovation Summit, organised at Mahatma Mandir in Gujarat’s Gandhinagar.

Prime Minister Narendra Modi addressed the gathering during the inaugural function, where the Director-General of World Health Organization (WHO), Tedros Ghebreyesus, was also present.

“This (Ayurveda centres) will make available well-established and time-tested therapies of Ayurveda to the residents of cantonments, including families of armed forces personnel and civilians depending on these hospitals,” the ministry said.

Covid-19 pneumonia

Covid-19 pneumonia patients at increased dementia risk The study only included new onset dementia associated with hospital admission during a short follow-up period(The Tribune: 20220421)

<https://www.tribuneindia.com/news/health/covid-19-pneumonia-patients-at-increased-dementia-risk-387980>

Patients hospitalised with COVID-19 pneumonia have a higher risk of developing dementia than those with other types of pneumonia, according to a study.

Researchers at the University of Missouri (MU) in the US pulled electronic medical records of 1.4 billion encounters prior to July 31, 2021 in Cerner Real World Data.

They selected patients hospitalised with pneumonia for more than 24 hours.

Among 10,403 patients with COVID-19 pneumonia, 312 (3 per cent) developed new onset dementia after recovering, compared to 263 (2.5 per cent) of the 10,403 patients with other types of pneumonia diagnosed with dementia.

“The risk of new onset dementia was more common in COVID-19 pneumonia patients over the age of 70 in our study,” said lead researcher Adnan I. Qureshi, a professor of clinical neurology at the MU School of Medicine.

“The type of dementia seen in survivors of COVID-19 infection mainly affects memory, ability to perform everyday tasks and self-regulation. Language and awareness of time and location remained relatively preserved,” Qureshi said in a statement.

The median time interval between infection and dementia diagnosis was 182 days for COVID-19 patients, according to the researchers.

The study, published in the journal Open Forum Infectious Diseases, only included new onset dementia associated with hospital admission during a short follow-up period.

“Approximately 3 per cent of patients with pneumonia associated with SARS-CoV-2 infection developed new-onset dementia, which was significantly higher than the rate seen with other pneumonias,” the authors of the study noted.

Qureshi said further study over longer periods of time would provide a more complete picture and may help to determine the underlying reasons why COVID-19 pneumonia might increase dementia risk.

“The findings suggest a role for screening for cognitive deficits among COVID-19 survivors. If there is evidence of impairment during screening and if the patient continues to report cognitive symptoms, a referral for comprehensive assessment may be necessary,” Qureshi added.

Fitness Device

Smartwatches, fitness bands can track individual's response to Covid vax Findings show that average resting heart rate of participants significantly increased the day following vaccination, peaking two days' post vaccination (The Tribune: 20220421)

Wearable sensors, such as smartwatches and fitness bands, can reveal a person's physiological response to the Covid-19 vaccination, according to a study.

<https://www.tribuneindia.com/news/science-technology/smartwatches-fitness-bands-can-track-individuals-response-to-covid-vax-387963>

The study, published in npj Digital Medicine, analysed sensor data on sleep, activity and heart rate from over 5,600 individuals.

The findings showed that the average resting heart rate of participants significantly increased the day following vaccination, peaking two days post-vaccination, and returning to normal four days after the first dose and six days after the second.

The effect appeared to be stronger after the second dose of the Moderna vaccine, compared to the Pfizer-BioNTech vaccine, and more pronounced in younger individuals.

This suggests that prior Covid infection was linked with a significantly higher resting heart rate increase after the first vaccine dose relative to those without prior infection.

The increase is also consistent with an expected greater immune response for these individuals, the researchers said.

"Investigating the physiological signals in the period around vaccination can help us better understand the variability of vaccine response between people, as well as the changes from an

individual norm due to vaccination," said lead author Giorgio Quer, director of Artificial Intelligence at the Scripps Research Translational Institute.

"As these individual changes are due to a person's initial immune response to the vaccine, they can potentially help guide future vaccine development to optimise their efficacy and safety, and allow for more precise, individualised vaccine regimens," Quer added.

The team drew their data from a larger project, called Digital Engagement and Tracking for Early Control and Treatment (DETECT) -- a mobile-app research platform that allows participants to share physiological and behavioural data gathered through a fitness band or smartwatch, as well as manually entered symptoms, test results and vaccination status.

The team analysed DETECT sensor data from two weeks before and after each vaccination dose. They compared post-vaccination changes to the participants' resting heart rate, sleep and activity levels, to their baselines.

Findings also show that women experienced greater changes than men in resting heart rate in the five days following vaccination after the first dose, and that individuals under the age of 40 had higher changes in resting heart rate than older individuals, but only after the second dose.

Activity and sleep patterns appeared to be minimally affected by the first dose, but a significant decrease in activity and an increase in sleep relative to baseline were observed immediately after the second vaccine dose.

"While the link between physiological response and immune response still requires further investigation, digital tracking could provide a novel way to identify individuals who may not be responding optimally to the vaccine," said Steven Steinhubl, Associate Professor at Scripps

Fresh infections

Fresh infections cross 1,000 as Capital steps up its testing (Hindustan Times: 20220421)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=214120fc31f&imageview=0>

There were more than 1,000 new Covid-19 cases recorded in Delhi, the highest since February 10 this year, data released by the state government showed on Wednesday.

Delhi added 1,104 cases on February 10, when the Omicron-fuelled fifth wave of infections was flattening out.

The number is the highest in 69 days and amounted to 5.70% of the 17,701 samples tested, coming at a time when there is some concern that the outbreak may be spreading quicker than it has lately. The spurt comes at a time when virtually all Covid-related restrictions were dropped, and has prompted some – the mandatory wearing of masks when in a public place – to be brought back.

Senior officials said the government is on alert and is closely monitoring the spike. “We have prepared our infrastructure for the worst case, but what we need to see is that hospital admissions continue to remain low and there is nothing to panic about,” said a senior health official on Wednesday. P3

AYUSH

AYUSH visas soon to treat foreigners: PM Hindustan Times: 20220421)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2143c0e61a5&imageview=0>

Prime Minister Narendra Modi on Wednesday announced that a visa category will be created soon for people who want to travel to India for AYUSH therapies, and added that to promote the traditional medicine industry, the government will launch an “AYUSH mark” for certification.

The Prime Minister inaugurated the three-day Global AYUSH Investment and Innovation Summit in Gandhinagar along with Mauritius PM Pravind Jugnauth and director general of the World Health Organization Dr Tedros Ghebreyesus.

“India will soon introduce the AYUSH mark, which will give authenticity to quality AYUSH products of the country. The mark will be given to products vetted using the latest technology. This will give confidence to people of the world that they are purchasing quality AYUSH products,” the PM said.

“Very soon, India is going to introduce a special ‘AYUSH visa’ category. This will facilitate people to travel to India for AYUSH therapy,” the PM said as he spoke about the “Heal in India” initiative. AYUSH stands for Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy. India has a central ministry dedicated to these alternative medicine systems.

Modi said he got the idea to organise the summit amid the Covid-19 pandemic battle, and recalled the efforts made by India to tackle the pandemic, especially the work done by pharmaceutical companies and vaccine manufacturers. “‘Heal in India’ can become a big brand of this decade. Wellness centres based on Ayurveda, Unani, Siddha, etc., can be very popular,” the PM said. “Before 2014, the AYUSH sector was less than \$3 billion. Today, it has also crossed \$18 billion,” he said.

The PM said India has become the best destination for other countries in the field of medical tourism. To promote this further, the PM said the government is taking another initiative for foreign nationals who want to come to India to be treated under AYUSH using traditional methods.

WHO director-general Dr Ghebreyesus stressed on the areas of development and said, “Long term strategic investments and government commitment is needed to support innovation and

innovators. The government needs to develop traditional medicine in a sustainable way, bringing traditional medicine to market must make sure communities that gave this knowledge also benefits out of it”. Mauritian PM Pravind Jugnauth said that it is a matter of pride for him to participate in the AYUSH Investment and Innovation Summit. “According to WHO, 80% of people in the world use traditional medicine. The knowledge of this medicine should not only be respected but should also be protected and promoted”, he said.

COVID IMPACT

NEED FOR ACTION ACROSS NATIONS TO RECOVER FROM COVID IMPACT: FM Hindustan Times: 20220421)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=2141db528c4&imageview=0>

: Finance minister Nirmala Sitharaman on Wednesday highlighted the urgent need for coordinated action across countries for swift post pandemic economic recovery and to build resilience to future shocks. The International Solar Alliance can be effective to move towards environmentally sustainable and financially viable alternatives of energy sources, she said at the G20 Emerging Market Economies meeting organised by the IMF in Washington. She also shared insights on the risks and near-term policy challenges for emerging market economies. P17

2 drugs cleared for high-risk Covid cases

2 drugs cleared for high-risk Covid cases Hindustan Times: 20220421)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=214081d3b63&imageview=0>

The World Health Organization endorsed Pfizer’s Paxlovid and Gilead’s Remdesivir for use in people with Covid-19 who are at risk of severe disease, as per a guideline update published in The BMJ early on Thursday. The guideline adds being unvaccinated as a risk factor – in other words, these should be people who get these therapeutics early. “Their recommendation is based on new data from two randomised controlled trials involving 3,100 patients,” said a WHO statement. It also brought back Remdesivir, citing new data from five randomised controlled trials. “It replaces a previous recommendation against treatment with remdesivir in all patients with Covid-19 regardless of disease severity”. It noted antiviral drugs should be administered as early as possible Cases cross 1k after 69 days; Fewer than 1% hospitalised

New Cases

Cases cross 1k after 69 days; Fewer than 1% hospitalised Hindustan Times: 20220421)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=214c208b8ed&imageview=0>

There were more than 1,000 new Covid-19 cases recorded in Delhi, the highest since February 10 this year, data released by the state government showed on Wednesday.

Delhi added 1,104 cases on February 10, when the Omicron-fuelled fifth wave of infections was flattening out.

The number is the highest in 69 days and amounted to 5.70% of the 17,701 samples tested, coming at a time when there is some concern that the outbreak may be spreading quicker than it has lately. The spurt comes at a time when virtually all Covid-related restrictions were dropped, and has prompted some – the mandatory wearing of masks when in a public place – to be brought back.

Senior officials said that the government is on alert and is closely monitoring the spike. “We have prepared our infrastructure for the worst case, but what we need to see is that hospital admissions continue to remain low and there is nothing to panic about,” said a senior health official on Wednesday, asking not to be named.

Data showed that on Wednesday, 91 people were admitted to the city’s Covid hospitals. Out of a total of 9,737 available beds, 99.07% beds continued to remain vacant, which according to health experts was a positive sign.

“Hospital admissions are the biggest marker for the intensity of infections in the Capital and that continues to remain low. We definitely need to be cautious but there is no need to panic,” said Dr Sumit Ray, head of the department of critical care at Delhi’s Holy Family Hospital.

The number of daily COVID-19 cases in Delhi had touched the record high of 28,867 on January 13 this year during the third wave of the pandemic.

The city had recorded a positivity rate of 30.6% on January 14, the highest during Omicron induced fifth Covid wave in the Capital.in the course of the disease. Htc

Sars-CoV-2 virus

Docs allay fears, say kids below 12 at low Covid risk Hindustan Times: 20220421)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=21478963816&imageview=0>

Amid concerns that more children may be catching the Sars-CoV-2 virus, health experts in the Capital said there is no need to panic since the infection among minors was usually mild and it lasted only three to four days.

Data from Delhi's government hospitals show that of the 91 patients currently admitted in hospitals, only eight are children who have been advised institutional care because of pre-existing co-morbid conditions. Delhi saw a sharp spike in Covid cases on Wednesday, recording 1,009 new cases at a positivity rate of 5.7%, up from 632 cases a day before.

"The condition of the admitted children is stable. Nearly all the children have some co-morbidities and it was safer for them to be under the watch of doctors," said a doctor at Kalawati Saran Hospital, the largest Covid hospital in the city for children.

Private hospitals in the city have also noted a spike in the number of Covid infections among children, but the majority of the cases coming in do not result in admissions.

Dr Krishnan Chugh, director and head of the department of paediatrics at Fortis Memorial Research Institute, said that children were usually coming into the outpatient department (OPD) or consulting doctors via video calls and getting better within three to four days.

"The severity of infection is mild and the duration of the infection is also less. The decision of keeping the schools open is welcome because of the psychological impact of remaining at home for the last two years," said Dr Chugh. He, however, said that government agencies can consider providing the option of online classes for children with co-morbid conditions, "at least till the current spike in infections is controlled".

The Delhi Disaster Management Authority (DDMA) on Wednesday made wearing of masks mandatory in the Capital once again even as it said that schools will be kept open for offline classes. DDMA will also prepare standard operating procedures (SOP) for better management and prevention of Covid-19 cases in educational institutes.

Health experts, however, said the administration should continue to stress on the use of masks in schools and also encourage parents to get their children vaccinated at the earliest. Dr PK Sharma, epidemiologist and advisor (public health) with the New Delhi Municipal Council, said, "Parents must be counselled to get their children vaccinated and the administration should consider doing that through PTA meetings."

Heal in India (The Asian Age:20220421)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16310951>

■ PM says that special visas will be given to those who will seek treatment via AYUSH in India

India to boost Ayush to push 'Heal in India'

Gandhinagar, April 20: Prime Minister Narendra Modi on Wednesday said that to promote the traditional medicine industry, India will soon launch "Ayush mark" which will give authenticity to quality Ayush products made in the country. Speaking of "Heal in India", he also announced that a special visa category will be created soon for those who want to travel to the country to avail of Ayush therapies.

Mr Modi was speaking after the inauguration of the three-day Global Ayush Investment and Innovation Summit at Mahatma Mandir here in the presence of Mauritius Prime Minister Pravind Jugnauth and director general of the World Health Organisation Dr Tedros Ghebreyesus.

Ayush denotes Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy. India has a central ministry dedicated to these



Prime Minister Narendra Modi with director general of World Health Organisation Tedros Adhanom Ghebreyesus during the Global Ayush Investment and Innovation Summit at Mahatma Mandir in Gandhinagar on Wednesday. — PTI

alternative medicine systems.

"India will soon introduce the Ayush mark, which will give authenticity to quality Ayush products of the country. The mark will be given to products vetted using the latest technology. This will give confidence to people of the world that they are purchasing quality Ayush

products," Mr Modi said. "Traditional medicine helped increase tourism in Kerala. This power is in the whole of India, in every corner of India. 'Heal in India' can become a big brand of this decade. Wellness centers based on Ayurveda, Unani, Siddha, etc., can be very popular." The special "Ayush visa"

will help those who wish to seek traditional treatments in India, he said.

The possibilities of investment and innovation in the field of Ayush are limitless with the country having witnessed unprecedented growth in the production of Ayush medicines, supplements and cosmetics, the prime minister said.

"Before 2014, the Ayush sector was less than \$3 billion. Today it has also crossed \$18 billion," he said.

There are also possibilities of investment and innovation in supply chain management, Ayush-based diagnostic tools and tele-medicine, Mr Modi said.

The Union ministry of Ayush has also taken steps to encourage start-up culture in the field of traditional medicine, and an incubation center developed by the All India Institute of Ayurveda was inaugurated recently, he noted. — PTI

'Tulsi bhai': Modi gives Gujarati name to Tedros

Gandhinagar, April 20: Prime Minister Narendra Modi on Wednesday gave a new name — "Tulsi-bhai" — to director general of the World Health Organisation Dr Tedros Ghebreyesus at his request. The Tulsi plant ("holy basil" or *Ocimum tenuiflorum*) has been an integral part of India's spiritual heritage, the prime minister said, speaking at the inaugural ceremony of the three-day Global Ayush Investment and Innovation Summit here.

Dr Ghebreyesus, who shared the dais with Modi, tried to start his speech in Gujarati.

Mr Modi said Dr Ghebreyesus wanted a Gujarati name. "When he met me today morning, he said he has become a 'pucca'

Gujarati. He asked me to give him a Gujarati name. He reminded me on the stage, whether I had decided on a name for him. In this pious land of Mahatma Gandhi, as a Gujarati, I would call my best friend "Tulsibhai," the Prime Minister said.

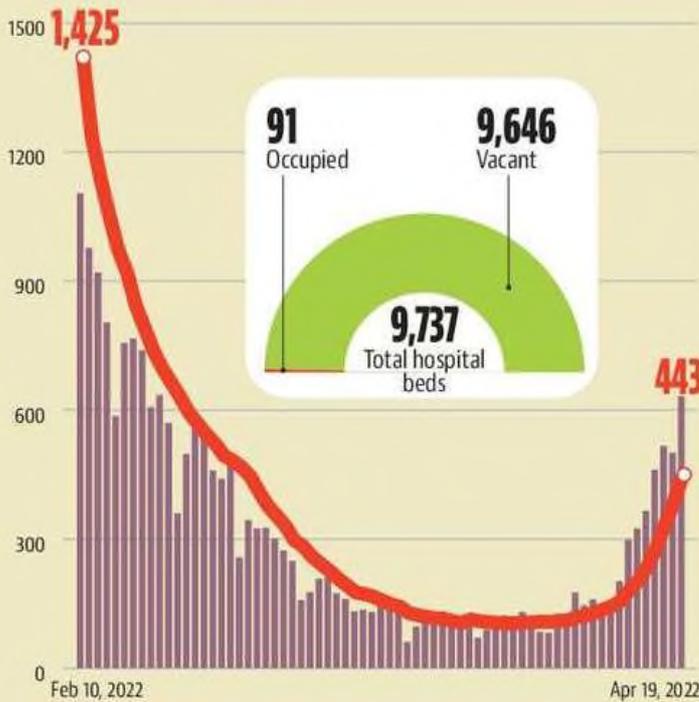
The holy basil is traditionally planted in every household in India and prayers are offered to it generation after generation, Mr Modi said.

"Tulsi is a plant which is an integral part of India's spiritual heritage," the prime minister said, noting that there is also Tulsi Vivah festival around the time of Diwali.

The "bhai" suffix, he said, is a must for a Gujarati, Mr Modi added. — PTI

Delhi masks up once again

■ Daily cases — 7-day average



Can I go to a restaurant and dine out?

YES. Restaurants and bars in the city will continue to operate as usual.

Can I eat at a food stall on the roadside?

YES, they are not prohibited.

Can I go to a shopping mall/cinema hall/theatre?

YES. Cinemas, theatres are allowed to function. Shops in malls, markets can also open as usual.

Are gyms/spas open?

YES.

Is there a night curfew in place?

NO. There are no restrictions on travel.

Will there be a weekend curfew?

NO.

Am I allowed to head to office?

YES, but you will have to stay masked.

Can I visit monuments, parks?

YES, public spaces such as parks and tourist spots are open. But masks rules apply.

Do I need to wear a mask in all public places?

Yes. If authorities spot you not wearing a mask while in public, you may be fined ₹500.

Why were mask fines reintroduced in Delhi?

Delhi has seen a slow, but steady rise in infections for the past couple of weeks. Experts have said one of the causes of the spike may be the removal of the mask mandate in early April. Masks have been made mandatory in Noida, Gurugram and Ghaziabad.

What has DDMA decided about schools in Delhi?

Officials said schools will not to be closed as of now. However, a set of standard operating procedure will be prepared for schools for better management and prevention of Covid-19 cases in educational institutions.

World Head and Neck Cancer Awareness Month:

World Head and Neck Cancer Awareness Month: Know about the symptoms, risk factors

"If detected early, head and neck cancer is curable. But, if the cancer spreads to other organs, the likelihood of survival diminishes considerably," a doctor says (The Indian Express:20220421)

<https://indianexpress.com/article/lifestyle/health/world-head-and-neck-cancer-awareness-month-symptoms-risk-factors-treatment-health-7879209/>

head and neck cancer, head and neck cancer awareness, what causes head and neck cancer, cancer in the head and neck, treatment options, symptoms, indian express news Maximum cases of this cancer are traced among people who are above 40. (Photo: Getty/Thinkstock)

April is observed as the Head and Neck Cancer Awareness Month, with the aim is to sensitise people about malignant head and neck cancers, which spread to organs like the voice box, throat, mouth and other connected parts.

According to Dr Minish Jain, director, Medical Oncology at Ruby Hall Clinic, Pune, head and neck cancers are among the most prevalent forms of cancer accounting for more than one-sixth of the cancer patients around the world.

“As per a National Centre for Disease Informatics and Research (NCDIR) report released in 2021, in India the share is even higher, with more than 1/3rd cancer cases among men belonging to head and neck cancer,” he says.

ALSO READ |‘It is definitely a physical struggle, the body goes through a lot’: Chhavi Mittal says ahead of surgery for breast cancer

“Spread of head and neck cancer is dependent on a range of factors including age, geography, and lifestyle. Historically, it has been found more commonly in men than women, not only because of anatomical factors but also owing to disproportionately high tobacco consumption,” he explains.

Dr Jain adds that maximum cases of this cancer are traced among people who are above 40.

Risk factors

1. Tobacco consumption: Tobacco consumption in various forms including chewing, smoking, snuffing is the leading cause for head and neck cancer. India has the world’s largest tobacco-consuming population. Oncologists have testified that more than 70 per cent of patients have a previous history of consuming tobacco.

2. Alcohol: The prevalence of disease in people who consume only alcohol is relatively less. But, those who consume both alcohol as well as tobacco have an extremely high risk of head and neck cancer.

3. Other factors: Poor oral hygiene, impaired immunity, insufficient nutrition, extreme exposure to sunlight, occurrence of Human Papilloma Virus (HPV) are other such causes.

head and neck cancer, head and neck cancer awareness, what causes head and neck cancer, cancer in the head and neck, treatment options, symptoms, indian express news Malignant head and neck cancer can spread to organs like the voice box, throat, mouth and other connected parts. (Photo: Getty/Thinkstock)

Symptoms

According to the doctor, it is essential to watch out for common symptoms, especially in people who consume tobacco, alcohol. Some of them are:

- Discomfort in ear, nasal cavity
- Swelling in jaw, gums
- Recurring blood in spit
- White/red patches in tongue and gums
- Intermittent bleeding in mouth
- Difficulties in swallowing or breathing

ALSO READ |International Caesarean Awareness month: What does C-section recovery timeline look like?

Treatment

“If detected early, head and neck cancer is curable. But, if the cancer spreads to other organs, the likelihood of survival diminishes considerably. Several treatment options are available but selection depends on age, spread of cancer, and location of the tumour. Chemotherapy, surgery, targeted therapy and immunotherapy are some of the most preferred options,” the doctor says.

According to him, immunotherapy “activates the body’s natural immunity to fight malignant cells”. “It prompts the body’s immunity to put up a natural defence against the infectious cells by either strengthening the body’s immunity or signalling to the immune system to get activated.”

AYUSH

At AYUSH summit, PM Modi tells how Ayurveda helped ex-Kenyan PM’s daughter regain eyesight (The Indian Express:20220421)

<https://indianexpress.com/article/lifestyle/health/ayush-summit-raila-odinga-daughter-rosemary-vision-7878786/>

"It has been a struggle since I lost my vision in 2017. I have been to China and other countries and undergone various treatment modalities like acupuncture. Nothing seemed to have helped," says Rosemary Odinga, daughter of former Kenyan Prime Minister Raila Odinga.

Rosemary Odinga with her treating physician N Narayanan Namboothiri. (Express Photo)

“I just heard PM Modi call out my name and ask, ‘Rosemary, are you here?’ I said yes and stood up,” said Rosemary Odinga, the 44-year-old daughter of former Kenya Prime Minister Raila Odinga.

Prime Minister Narendra Modi on Wednesday narrated how, at a recent meeting, the former Kenyan PM told him about the trauma his daughter suffered when she lost her vision a few years ago. Underlining the growing global acceptance of traditional Indian medical systems, the prime minister added that Ayurvedic treatment in India helped restore Rosemary’s eyesight.

“You can imagine the shock and suffering that a person faces on losing his or her eyesight,” Modi told the audience after inaugurating the three-day Global AYUSH Innovations and Investment Summit in Gandhinagar.

He added, “As a father, Odinga searched high and low, went to various places, but the attempts were unsuccessful. Finally, he found some promise here in India. Recently, he met me. It was a Sunday and Odinga is my dear friend. He had become so emotional and spoke about their struggles after his daughter, post-surgery, lost her vision. After receiving treatment in India, she has regained her vision and her father told me that those were the golden moments when she could see.”

Also Read |Huge demand for Ayush products, services; market size has crossed \$18 billion: Ayush Secretary

Bemused by all the attention on her at the event, Rosemary, who met Modi after his speech, told The Indian Express, “I did not understand what he was saying but am extremely excited to be here. This is my testimony of how a traditional system of medicine has helped people from other countries, and yes helped me regain my vision.”

Rosemary, accompanied by Kenya Medical Research Institute’s Chief Research Officer Dr FM Tolo, also ran into her doctor N Narayanan Namboothiri, the chief physician at the Sreedhareeyam Ayurvedic Eye Hospital and Research Centre in the town of Koothattukulam in Kerala’s Ernakulam district.

The 44-year-old, who works for a Cabinet secretary in Kenya but prefers to be identified as a snail farmer, lost her vision in 2017 after suffering a brain aneurysm that placed stress on her optic nerve. After trying treatments that did not work, she visited the hospital in Kerala two-and-a-half years ago.

“I am so happy. Before I regained my vision, I followed his voice and heard his instructions,” Rosemary said, referring to Dr Namboothiri. “I have now met him after a while. It had been a struggle since I lost my vision in 2017. I went to China and other countries and underwent various treatment modalities like acupuncture. Nothing seemed to help.”

Dr Narayanan told The Indian Express that Rosemary’s eyesight weakened considerably after the aneurysm because of optic nerve atrophy. “There was no clear visibility. To strengthen and rejuvenate her optic nerve, we took up pure Ayurvedic treatment. This included giving her

traditional oral Ayurvedic medication and massages around the eyes. There were other procedures like taila dhara and others. She underwent two sessions that lasted three weeks — the first session was two-and-a-half years ago,” he added.

Rosemary continued with the medication during the pandemic and followed it up with more treatment sessions upon her return. Slowly, her vision returned. She said her treatment was still going on and there was room for improvement.

“My father met the PM and was full of praise for the traditional Ayurvedic system that has helped me. He also discussed bringing traditional medicines to Africa,” added Rosemary, who will speak at the summit about her experience.

Vegan diet:

Vegan diet: Healthy plant-based protein sources you can try

"Nuts are a well-known source of plant-based protein which can be added to a high protein vegan diet," said nutritionist Lovneet Batra(The Indian Express:20220421)

<https://indianexpress.com/article/lifestyle/health/plant-based-protein-diet-vegan-7868889/>

Vegan sources of protein, plant-based sources of protein, indianexpress.com, indianexpress, rashi chowdhury, chia seeds, pista, vegan protein, Ensure your diet is full of the required amount of protein. (Source: Getty Images/Thinkstock)

It is widely believed that there are not enough protein sources for those on a vegetarian and vegan diet. But that may not be the case. To help you with some healthy sources of plant-based proteins, nutritionist Lovneet Batra took to Instagram to list out a few foods that can easily be incorporated in one's daily diet.

Also Read |Vegan diet for athletes: Expert shares healthy sources of protein

“A common concern about vegetarian and vegan diets is that they may lack sufficient protein. If so, these options can be used as a guide for anyone interested in incorporating more plant-based proteins into their diet,” Batra captioned her post.

Here are some sources:

Amaranth: Amaranth is a pseudocereal that's a complete source of protein. It is also an excellent source of manganese, magnesium phosphorus, and iron.

– Five grams of protein per serving

quinoa Quinoa is a rich source of protein (Source: Pixabay)

Quinoa: Quinoa is a gluten-free grain that is mostly considered as pseudocereals. These seeds are known to be rich in fibre and one of the few foods known to have complete 22 amino acids. Thus, quinoa is also considered a complete source of protein.

– Five grams of protein per serving

Also Read |Vegetarians, you must have these top five sources of protein in your diet

Soybeans: Soybeans or soya beans are the highest consumed food, and for a good reason. They contain a significant amount of protein and provide all nine essential amino acids. Tofu, tempeh, and edamame all originate from soybeans.

– 6.48 grams of protein per serving

Hempseeds: Hempseeds aren't as well-known as other seeds that are protein powerhouses. Hempseeds contain high levels of magnesium, iron, calcium, zinc, and selenium. They're also a good source of omega-3 and omega-6 fatty acids in the ratio considered optimal for human health.

– Five grams of protein per 2 tbsp serving

Also Read |Are your meals well-balanced? Here's what you need to know

Buckwheat (kuttu ka atta): Buckwheat is another pseudocereal that's a plant-based source of complete protein. It is also a good source of many essential minerals, including phosphorus, manganese, copper, magnesium, and iron.

– Six grams of protein per serving

health, immunity-boosting foods, nutritional diet, indianexpress.com, indianexpress, amla, honey benefits, amla benefits, turmeric benefits, green tea benefits, spirulina benefits, Spirulina, a blue-green algae that is available in the form of powder, capsule and tonic, can help regulate blood sugar, blood pressure and cholesterol. (Source: Getty Images/Thinkstock) Spirulina with nuts: This blue-green algae is one of the best vegan protein sources. In addition to being a source of complete protein, spirulina is rich in antioxidants and a good source of several B vitamins, copper, and iron.

– Eight grams of protein per two tablespoons

“Nuts are a well-known source of plant-based protein which can be added to a high protein vegan diet,” she said.

Healthy eating:

From regular grooming to healthy eating: 10 best hygiene tips for men Poor intimate hygiene symptoms are foul odour, itching, excessive sweat, rashes, pimples, etc. (The Indian Express:20220421)

men, men's hygiene, hygiene tips for men, intimate hygiene for men, grooming for men, male hygiene, personal and intimate hygiene, men sexual and reproductive health, indian express news Consider getting a routine physical exam done at least once a year to maintain good sexual health. (Photo: Getty/Thinkstock)

Many men do not worry as much about their personal hygiene as they should, experts say. But, it should be noted that proper overall hygiene, and especially intimate hygiene, is linked to good health.

Men must take out time every day to learn about their bodies and to groom it and keep it clean. According to Manmatters, a digital health clinic for men, they need to prioritise intimate hygiene as much as personal hygiene as it directly impacts sexual health, well-being and fitness.

ALSO READ |International Men's Health Week: Four things millennial men can do for their reproductive health

Poor intimate hygiene symptoms are foul odour, itching, excessive sweat, rashes, pimples, etc. As such, here are 10 hygiene tips that men ought to follow; read on.

1. **Grooming regularly:** Having a regular grooming routine is an essential part of men's hygiene. Manscaping intimate areas is necessary because sweating can cause bacteria to accumulate. Develop a trimming routine. Begin by taking a hot shower and exfoliating your skin. This will open up the pores and make a close trim easier. Never use a razor to shave pubic area, as it will cause irritation and itching. Shower again to cleanse properly.

2. **Moisturising products:** You can either shave or use a gentle body lotion to minimise the after-effects. Before you begin shaving, apply a little foam or cream. Once finished, moisturise using a gentle body lotion. It is essential to moisturise the area to prevent bumpy skin, dryness, and irritation.

ALSO READ |Men's grooming: Four must-have beard care products

3. **Gentle intimate washes:** Soaps that are normally alkaline tend to change the skin's pH. The intimate region is very delicate and prone to catching infections. Consider using gentle men's intimate wash developed with the natural pH of the skin. They do not affect the area adversely, and by removing dirt and sweat, they maintain a healthy balance. Mild ones can be used every day.

4. **Good underwear:** Wearing clean underwear is important. You should also opt for the right fabric. Choose cotton over synthetic. A lightweight fabric will keep your private region dry

and cool. Micromodal fabrics are exceptionally breathable and moisture well. They are super silky and feel light against the skin.

5. Wash up after: Not just before physical intimacy, but also clean up afterwards. This intimate hygiene tip is applicable for both you and your partner. Neglecting after-intimacy clean up can lead to serious health problems.

men, men's hygiene, hygiene tips for men, intimate hygiene for men, grooming for men, male hygiene, personal and intimate hygiene, men sexual and reproductive health, indian express news Manscaping intimate areas is necessary because sweating can cause bacteria to accumulate. Develop a trimming routine. (Photo: Getty/Thinkstock)

6. Regular checks: Develop a habit of regularly inspecting your penis and testicles for any abnormalities. Bumps, redness, sores, blisters, and warts are things to watch out for. A change may indicate STDs, cancer, and other health problems. Although many lumps are not harmful, it is advisable to discuss them with a medical professional.

7. Fancy products: One must not test fancy products in the intimate region. Avoid soaps, shampoos, and scented products. These disrupt the pH balance. During summers, when you sweat a lot, you should also avoid products that contain chemicals and alcohol because they may burn the sensitive skin.

ALSO READ |Time to address male infertility, say doctors

8. Communicate with your doctor: Consider getting a routine physical exam done at least once a year to maintain good sexual health. Sexually-active men should also request STD tests, regardless of whether they use protection.

9. Right clothes: Use loose cotton clothes that allow airflow. Wearing tight-fit clothes generates a moist and warm environment that promotes fungal growth. You might sweat a lot after playing sports, so make sure you change your clothes and underwear.

10. Eat healthy: You may be able to reduce sweat and foul smells by eating the right things. Citrus fruits like oranges and lemons, spinach, and kale help you smell better on the inside. Drinking water and green tea is also helpful.

Azole antifungal tablets

Dr. Reddy's introduces azole antifungal tablets in U.S. (The Hindu:20220421)

<https://www.thehindu.com/business/Industry/dr-reddys-introduces-azole-antifungal-tablets-in-us/article65339525.ece>

Drugmaker Dr. Reddy's Laboratories has introduced Posaconazole Delayed-Release Tablets, 100 mg in the U.S.

An azole antifungal, the product is a therapeutic generic equivalent to Noxafil (posaconazole) Delayed-Release Tablets, 100 mg and has been introduced following U.S. Food and Drug Administration's approval, the company said. It is

AYUSH products

Heal in India' can become a big brand: PM (The Hindu:20220421)

<https://www.thehindu.com/news/national/other-states/heal-in-india-could-become-a-big-brand-of-this-decade-pm/article65339019.ece>

Modi says a special visa category soon for those visiting India for AYUSH therapies
Prime Minister Narendra Modi on Wednesday said that to promote the traditional medicine industry, India would soon launch 'AYUSH mark' which would give authenticity to quality made in the country. Speaking of "Heal in India", he announced that a special visa category would be created soon for those who want to travel to the country to avail themselves of AYUSH therapies.

Mr. Modi inaugurated a Global AYUSH Investment and Innovation Summit in Gandhinagar in the presence of Director-General of the World Health

Traditional medicine

India leader in traditional medicine, says WHO chief (The Hindu:20220421)

<https://www.thehindu.com/news/national/other-states/foundation-stone-for-who-traditional-medicine-centre-laid-in-jamnagar/article65336264.ece>

PM Modi lays foundation stone for new centre

Prime Minister Narendra Modi on Tuesday laid the foundation stone of WHO Global Centre for Traditional Medicine (GCTM) in Jamnagar in Gujarat in the presence of Mauritius Prime Minister Pravind Kumar Jugnauth and World Health Organisation Director-General Tedros Adhanom Ghebreyesus.

The first of its kind, the GCTM will be a global outpost centre for traditional medicine across the world.

Coronacases Infection (Dainik Bhasker:20220421)

<https://epaper.bhaskar.com/detail/1255109/2060301948/mpcg/21042022/194/image/>

भास्कर Research • कुछ राज्यों में कोरोना के केस बढ़ने पर पूर्व वरिष्ठ वैज्ञानिक डॉ. गंगाखेड़कर ने कहा- देश में खतरा जैसी कोई बात नहीं

टेस्ट: हरियाणा-दिल्ली ने रोजाना होने वाले टेस्ट सबसे ज्यादा घटाए

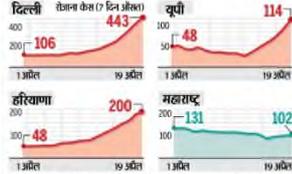
टेस्ट बढ़ाकर संक्रमण शुरुआत में ही रोक सकते हैं



• आईएमएआर के पूर्व वैज्ञानिक डॉ. रमन गंगाखेड़कर बोले, केस बढ़ने को चौबीस घंटे में न जोड़ा जाए। सभी लोग मास्क पहनना जारी रखें।

केस: दिल्ली, यूपी, हरियाणा में ही मरीज बढ़े, महाराष्ट्र में घट रहे

दिल्ली में सुरक्षा के लिहाज से मास्क फिर अनिवार्य किया



• 3 महीने में पहली बार कोरोना के फैलाव की रफ्तार बचाने वाली और कैल्यु कड़कर 1 से अधिक। 22 जनवरी को खत्म रहने में यह 1.28 थी।

भर्ती: मरीजों में सामान्य लक्षण ही, अस्पताल नहीं, घर पर ठीक हो रहे

राज्यों में आईसीयू और ऑक्सीजन बेंच खाली पड़े



टीका: वयस्कों को दूसरी डोज लगाने में झारखंड-बिहार पीछे

हिमाचल के बाद गुजरात और मध्य में भी स्थिति अच्छी

