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Five Surprising Trends in India's Population Growth

Five Surprising Trends in India's Population Growth in the Coming Decades

The United Nations released the 2017 Revision to its World Population Prospects this week, and the data has some surprising insights about the way India's population is set to grow in the next few decades.

- 1. India will be number one in seven years :** Within the next seven years, India will overtake China to become the world's most populous country. In just a year or two after that, once China's population has hit around 1441.5 million people, its population will start to decline for the first time ever. India, meanwhile, will continue to grow until 2061 or so and only start to decline when its population has gone well past 1678.7 million people, when it will be the most populous country the world has ever seen.
- 2. Young, but not for long :** By that point, we will be a significantly greyer country; India's median age will have crossed 40 by the time its population finally starts declining. The median age today is under 27 years.
- 3. The beginning of the end of the demographic dividend :** By 2040 or so, India's demographic dividend will be conclusively over. Being a relatively young country, India has a low dependency ratio, the ratio of children and the elderly to the working age population. Once fertility began to slow down, the dependency ratio began to fall from the 1970s and

the share of the working population in the total population grew, becoming a huge potential strength for India. But as the population greys, India's dependency ratio will rise again, and that change becomes evident by 2040 or so. So if India wants to use its global competitive advantage in having a large working age population, it has around 20 years to do this.

- 4. Moms are younger, not older :** Perhaps the most significant demographic change is the falling number of children every family in India is having - the total fertility rate is already down to 2.3 children for every woman, and is expected to reach the replacement fertility rate (the number of children required to simply replace the existing population without it growing) of 2.1 by 2025. Most people commonly believe that having fewer children and being better educated means that women are having their children later than ever, and hence the mean age at child-bearing should be falling in India. However what's actually happening is the opposite. The age at which a woman has her first child is indeed going up. But women are having fewer children not so much by having them later, but by still having them relatively early, and then stopping having them - no more having your fifth and sixth

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(This journal is for the use of medical profession only.)

child well into your 40's for Indian women. So, counter - intuitively, the mean age at childbirth - the average age at which a woman has all of her children is actually falling in India.

That finally changes around 2025, when women start to have children later, and the mean age at childbirth starts to rise.

5. The sex ratio will finally improve: Sometime around now, India's sex ratio is projected to finally start improving. After 2020, India's sex ratio at birth the

number of male births for every female birth is projected to finally start declining. Just a handful of countries have a worse sex ratio at birth as of 2015-2020, such as China, Armenia and Azerbaijan.

Another important change that is taking place right now the inexplicably high number of baby girls dying before they reach the age of five is slowing down, and male and female child mortality is falling and is at similar rates now.

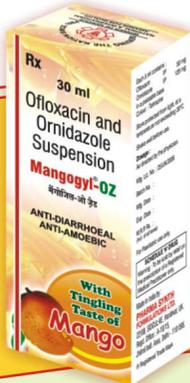
— Sarita Gupta

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आने वाले दशकों में बीमारियों का घर होगा भारत



हृदय रोग, मधुमेह और कैंसर जैसी बीमारियां आने वाले वर्षों में भारतीय अर्थव्यवस्था पर भारी पड़ने वाली हैं। यह बात संयुक्त राष्ट्र की एक रिपोर्ट में सामने आई है। सन् 2012 से 2030 के बीच इन बीमारियों के इलाज पर करीब 6.2 खरब डॉलर (41 लाख करोड़ रुपये से ज्यादा) खर्च होने का अंदेशा है। रिपोर्ट में इन बीमारियों के भारत और चीन की शहरी इलाकों में तेजी से फैलने का खतरा जताया गया है।

असंक्रामक रोग शहरों में रहने वाली मानव आबादी के स्वास्थ्य के लिए ही खतरा नहीं है बल्कि इसके चलते अर्थव्यवस्था भी प्रभावित

होने का अंदेशा है। यह बात शहरी आबादी के स्वास्थ्य से विकास पर पड़ने वाले असर पर आधारित वैश्विक रिपोर्ट में कही गई है।

रिपोर्ट में कहा गया है कि बढ़ता शहरीकरण और वहां पर काम और जीवन शैली की स्थितियां असंक्रामक बीमारियों की मुख्य वजह है। सन् 2014 से 2050 की बीच में भारत में 404 मिलियन (40 करोड़, 40 लाख) आबादी शहरों का हिस्सा बनेगी जबकि चीन में यह संख्या 292 मिलियन (29 करोड़, 20 लाख) की होगी।

इसके चलते भारत के शहरों में अनियोजित विकास की जो तस्वीर बनेगी वह सामाजिक व वातावरण के लिहाज से खतरनाक होगी। इसके चलते वहां रहने वाले लोगों में असंक्रामक रोग बढ़ेंगे और अन्य समस्याएँ पैदा होंगी।

इस माहौल में हृदय संबंधी बीमारियों, मधुमेह, कैंसर, श्वास संबंधी बीमारियों और मानसिक बीमारियों के बढ़ने का अंदेशा है। इन बीमारियों पर सन् 2030 तक भारत में 6.2 खरब डॉलर व्यय होने के आसार हैं।



DID YOU KNOW ?

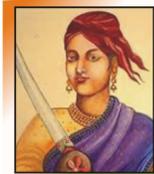
Soles of feet contain more sweat glands and sensory nerve endings per square centimeter than any other part of the body.

चित्र पहचानो

Identify and write the name of following National Heroes of the Month. They have contributed to the freedom of India. We have their inspiration in our heart & soul.



A. _____



B. _____



C. _____



D. _____

(Find answers, printed somewhere in this issue)

5 Cancer- Fighting Spices

Cancer is not a disease that can be ignored today. It's such a widespread disease and the treatments for the cancers are not the easiest ones to go through. Although the cancer treatments are able to cure cancers to some extent, they are not



safe in several ways. The easiest thing that we can do against cancer is to prevent them from occurring. How? The lesser-known fact is that our planet already has some natural agents to fight against cancer. Some of them are not only able to fight against the cancer cells, but can even kill them. At the same time, a few of these agents taste good. In this article, we are going to speak about a few spices with the cancer-fighting ability here. So, continue reading:-

Turmeric: Yes, this is not an uncommon spice in Indian kitchens. Every home will have this. So, what's special about turmeric? The specialty comes because of its constituent, which is called "Curcumin". This is nothing but a cancer-fighting polyphenol. Several clinical studies have shown that curcumin has the ability to inhibit the growth of different forms of cancers. Examples of the forms of cancers that can be inhibited by turmeric are:

Bone Cancer, Breast Cancer, Brain Tumors, Colon Cancer, Liver Cancer Pancreatic Cancer, Stomach Cancer Bladder Cancer, Kidney Cancer Prostate Cancer, Leukemia, Ovarian Cancer, Melanoma

No, don't think the list is over! Literally, curcumin has more abilities than this. The most important thing about this constituent of turmeric is that it has the ability to inhibit cancer development at any stage. So, the person who has cancer at cell mutation stage can be saved and the person who has cancer at metastasis

can also be saved. The way it works is by stimulating the programmed cell death of the cancer cells without doing any harm to the normal cells. So, if you have turmeric in your kitchens, just feel lucky and move on!

Garlic: This again is not a new spice for the Indians. Several population studies that have been conducted in various parts of the world have shown that there is a link between the increased consumption of garlic and the decreased risk of some forms of cancers. Researchers strongly say that the increased intake of this spice can prevent the risks of the following forms of cancers:

Colon cancer, Stomach cancer, Breast cancer, Pancreatic cancer, Esophageal cancer.

With the phytochemical allicin, the garlic triggers the synthesis of cancer-fighting enzymes. Thus, your garlic could block the formation, as well as halt the activation of cancer-causing substances. In addition to these important actions, garlic could also improve DNA repair and slow down cell production. Moreover, like turmeric, it could also induce apoptosis, thereby, inhibiting the cancer growth and killing the cancer cells.

Ginger: For centuries, ginger has been accommodating our Indian kitchens. But, do you know ginger has cancer-fighting properties? A research study that was conducted on tumor-bearing mice has shown that the ginger can kill some kinds of cancerous cells. As such, our ginger has the ability to fight

cancer in two ways.

Firstly, ginger has the ability to make the cancer cells to commit suicide by the process called apoptosis. This way, the cancer-causing cells will destroy themselves when at the same time leaving the surrounding normal cells untouched. In addition, the anti-inflammatory properties of ginger would help prevent precancerous cells from multiplying. It also would prevent ideal climates for cancer growth. Secondly, the ginger will fight cancer through the process called “autophagy”. In this, it would actually trick the cancerous cells to eat each other. No matter whether you are using it in fresh or dried forms, it will be useful. Nowadays, ginger is often found to be used in chemotherapy too.

Cinnamon: Cinnamon, which is occupying Chinese medicine for centuries, is known to treat several health issues. Yes, this is not uncommon in Indian cuisine too. Besides forming a valuable addition to coffee, cinnamon has the ability to protect against Type-2 diabetes and heart diseases. Not only this, this wonderful spice that is got from tree bark has shown abilities to inhibit the growth, as well as the spread of various forms cancers. The tests that were performed in laboratory cell cultures showed that cinnamon can be able to inhibit the growth and spread of the following types of cancers:

Melanoma, Lymphoma, Colorectal cancer, Cervical cancer, also in some other studies involving various mice models bearing melanoma, the extract of cinnamon that was orally administered was able to inhibit the tumor growth to significant levels. Furthermore, cinnamon extract has also shown some strong positive results in the treatment of pancreatic cancer.

In addition to all these, cinnamon has some excellent antioxidant properties and is able to provide protection against oxidative damage caused by free radicals. So, cinnamon is not only a tasty addition to your dishes and beverages, it has some strong

properties against cancer too. So, make it regular to use cinnamon in your cooking.

Cayenne Pepper: Cayenne pepper, which is yet another common spice found in our kitchens, contains “capsaicin cancer preventative agent”. Although it’s true that your cayenne pepper can cause heartburn when used in large quantities, a little sprinkled on your foods could do magic! And, we would say this small quantity that is consumed every day is good enough to cause the health benefits. There is some proven evidence to show this. In several clinical studies that were conducted in various parts of the world, the secondary metabolite compound (capsaicin) has shown to cause apoptosis of different types of cancer cells. In addition to these actions, the cayenne pepper as such is found to be protecting our body against carcinogenic chemicals.

In a recent research study, this spice has shown its ability to slow down the growth of prostate cancer cells and has the capacity to even destroy them. In specific, the cayenne pepper is being studied with regards to skin cancer, which is the second most common type of cancer today. Let’s hope for the best!

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Promethazine

Promethazine hydrochloride is used for its antihistamine activity. It has slow onset of action but duration of action is long. It has pronounced sedative effect. For this reason, it is advisable to take it at bed time.

Action And Uses :

Promethazine has antihistamine activity. It also has anti-cholinergic, anti-serotonergic and marked local anesthetic activity. It is used to treat allergic symptoms like itching, runny nose, sneezing, itchy or watery eyes, hives and skin rashes. It also prevents motion sickness. It may also be given to prevent nausea and vomiting or pain after surgery. For its pronounced sedative effect, it may be used as sedative or sleep aid.

For allergic conditions, usual adult dose is 25 mg at bed time. If required, dose can be increased to 50 mg. It can also be given in divided doses of 10 mg thrice daily and can be increased to 20 mg, if required.

Doses for children are given below:

Children aged 3-5 years – 5 to 15 mg daily

Children older than 5 years – 10 to 25 mg daily

In severe allergic conditions, it can also be given by injection. It can be administered by deep intramuscular injection in doses of 25-50 mg. However, total dose should not exceed 100 mg. In extreme emergency conditions, it may be diluted with water for injection to a concentration of 0.25% and may be given by slow intravenous injection.

For motion sickness, it can be given in dose of 25 mg twice daily. Initial dose should be given 30-60 minutes before travel and may be repeated after 8-12 hours, if required. Children may be given the following doses for travel sickness:

Children aged 3-5 years – 10-15 mg

Children aged 6-12 years = 15 – 25 mg

If journey is long, the dose may be given in two divided doses 12 hourly

Common Side Effects :

Common side effects include sedation (drowsiness/dizziness), GI disturbance, headache, blurred vision, ringing in ears, elation or depression, difficulty in micturition, dry mouth, heaviness and weakness of hands.

It is phenothiazine derivative, jaundice and extra-pyramidal reactions may occur.

In some persons photo-sensitivity reactions may occur.

Important Precautions :

Promethazine should not be used in patients allergic to it or other phenothiazine (e.g. chlorpromazine, fluphenazine, prochlorperazine)

It should be used with caution in patients with impaired liver function.

It should be used in pregnant women only when benefits outweigh risks.

When used in nursing mothers, bottle feeding of baby may be considered.

It may enhance sedative action of CNS depressants like hypnotics, barbiturates, narcotic analgesics, alcohol and tranquilizers.

It can also enhance the effects of anti-cholinergic drugs like atropine.

It should be used with caution in patients, particularly children who have acute or chronic respiratory impairment.

It should not be used in children less than 2 years of age.

Photo-sensitization may occur, therefore, patients on promethazine should be advised to protect themselves from ultra-violet or sunlight.

Intravenous injection of promethazine should be given slowly and extreme care should be taken to avoid perivascular extravasation or inadvertent intra-arterial injection as severe chemical irritation may occur. Its subcutaneous injection is contraindicated, as it may cause tissue necrosis.

Some Preparations :

Promethazine is available in tablet, elixir and injection dosage forms. Some preparations available in market in India under trade names are given below.

Avomine tablets (NPIL) – Promethazine hydrochloride 25 mg

Emin tablets (Cipla) – Promethazine hydrochloride 25 mg

Emin elixir (Cipla) – Promethazine hydrochloride 5 mg/5 ml

Phenargan tablets (NPIL) – Promethazine hydrochloride 25 mg

Phenargan syrup (NPIL) – Promethazine hydrochloride 5 mg/5 ml

Phenargan injection (NPIL) – Promethazine hydrochloride 25 mg/2ml

Storage : Promethazine preparations can be stored at room temperature in a cool and dry place. Container should be closed tightly after every use and should also be protected from sunlight.

Courtesy: <http://pharmacyinfo.in/>
(A blog by Mr. P.P. Sharma)

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- d) Radiological examination.

**To avoid excessive strain during Defecation in
cardiac patients and patients with hernia.**

Can Vitamin-D deficiency Cause Hair Loss?



Vitamin D is an essential nutrient that plays a role in many of the body's functions. A vitamin D deficiency may cause numerous problems, including hair loss.

There is some evidence that having a vitamin D deficiency does cause hair loss and other hair problems. Vitamin D stimulates hair follicles to grow, and so when the body does not have enough, the hair may be affected.

A vitamin D deficiency may also be linked to alopecia areata, an autoimmune condition that causes patchy hair loss.

Research shows that people with alopecia areata have much lower levels of vitamin D than people who do not have alopecia.

Vitamin D deficiency can also play a role in hair loss in people without alopecia. Other research shows that women who have other forms of hair loss also had lower levels of vitamin D.

How does vitamin D affect hair?

Vitamin D affects the health of many parts of the body, including the skin and hair.

Vitamin D plays a role in the creation of new hair follicles. Hair follicles are the tiny pores from which new hairs grow. New follicles may help hair maintain thickness and prevent existing hair from falling out prematurely.

Because of this link, getting adequate amounts of vitamin D can support hair growth and regrowth.

People with a vitamin D deficiency may have no symptoms, or their symptoms may be nonspecific and change over time.

Symptoms of a vitamin D deficiency include:

- ❖ changes in mood, including depression or anxiety
- ❖ frequent fractures
- ❖ slow wound-healing
- ❖ loss of bone density
- ❖ muscle weakness
- ❖ new or worsening high blood pressure
- ❖ constant fatigue
- ❖ chronic pain
- ❖ infertility
- ❖ decreased endurance

A lack of sunlight or not eating enough foods rich in vitamin D are the most common causes of a vitamin D deficiency.

However, some people may have vitamin D deficiencies because of another underlying condition, including Crohn's disease or celiac disease, which prevent the body from fully absorbing nutrients.

People with an underlying medical condition will experience symptoms of the primary cause and symptoms of a vitamin D deficiency, as well.

Certain medications may also cause the body to break down vitamin D before it can be used. Medications that may cause a vitamin D deficiency include:

- ❖ antifungals
- ❖ glucocorticoids
- ❖ medications for HIV
- ❖ anticonvulsants

If a medication is causing a vitamin D deficiency or hair loss, a person should speak to their doctor about

alternatives.

Treatment

- ❖ Research suggests that when a person lacks Vitamin D, the most effective treatment is for them to take vitamin D supplements
- ❖ Vitamin D supplements should be taken with meals, particularly ones with plenty of healthful fats. Fat helps the vitamin D to be absorbed into the body.

Good sources of dietary fat include:

avocado, eggs, chia seeds, some fish, include salmon, trout, and sardines, nuts, cheese

Supplements come in a variety of forms. Some may be taken daily, once a week, or once a month. When treating low vitamin D levels, a doctor will do a blood test every few months to see if a person's levels are increasing.

The Endocrine Society recommend that adults between the ages of 19 and 55 receive 600 IU of vitamin D daily. The unit "IU" stands for international unit, which describes how potent a vitamin or supplement is, rather than its mass.

The Endocrine Society recommend that adults over 55 years old receive between 600 and 800 IU per day of vitamin D. Finally, they recommended between 400 and 600 IU per day of vitamin D for children.

In cases where an underlying condition is causing the deficiency, the condition will need to be treated.

Both Crohn's and celiac disease can cause a vitamin D deficiency. These diseases partially or fully block the absorption of vitamin D from food.

If medications are the cause, a person may need to discuss alternatives with their doctor.

For mild deficiencies, increasing the amount of time spent in the sun can also help. However, it is important to wear sunscreen and avoid prolonged exposure to reduce the risk of skin damage.

Prevention

A person's first defense against hair loss caused by a vitamin D deficiency is spending 15 to 20 minutes outside per day and eating foods that are rich in vitamin D.

A person may also want to add a vitamin D supplement to their routine to support their vitamin D intake goals.

Brittle or sparse hair requires gentle treatment, so anyone experiencing hair loss can prevent further breakage by:

- ❖ not pulling the hair when brushing
- ❖ avoiding ponytails and other tight hairstyles
- ❖ using a gentle and natural conditioner
- ❖ putting long hair in a loose braid before bed to prevent tangling

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टायफाइड बुखार को मियादी बुखार भी कहते हैं। यह सेलमोनेला टायफी नाम के बैक्टीरिया के कारण होने वाला संक्रामक रोग है। हर वर्ष में टायफाइड बुखार के कारण लगभग 2 लाख से ज्यादा लोगों की मृत्यु होती है।

टायफाइड बुखार का क्या कारण है और यह कैसे फैलता है:-

टायफाइड बुखार का फैलाव संक्रमित पानी और खाद्य-पदार्थ से होता है।

टायफाइड बुखार से पीड़ित व्यक्ति के मल, मूत्र और रक्त में यह बैक्टीरिया रहता है। पीड़ित व्यक्ति के मल-मूत्र से दूषित पानी के कारण टायफाइड बुखार फैलने की अधिक संभावना रहती है।

टायफाइड बुखार दूषित पानी से नहाने से और ऐसे दूषित पानी से खाद्य-पदार्थ धोकर खाने से भी फैलता है।

यह बैक्टीरिया पानी में कई हफ्तों तक जीवित रह सकता है। लगभग 3% से 5% टाइफाइड बुखार से पीड़ित व्यक्ति कोई लक्षण न होने के बावजूद भी टायफाइड बुखार फैला सकते हैं।

टायफाइड बुखार से पीड़ित व्यक्ति के झूठे खाने-पीने से भी टायफाइड हो सकता है।

टायफाइड बैक्टीरिया से संक्रमित रक्त लगाने से भी हो सकता है।

टायफाइड बुखार के लक्षण :-

नियमित बढ़ने वाला तेज बुखार, बदनदर्द, कमजोरी, सिरदर्द, पेट दर्द, कम भूख लगना, बच्चों में दस्त की शिकायत, बड़ों में कब्ज की शिकायत, बीमारी अधिक बढ़ जाने पर आंतों में अल्सर हो सकते हैं और इनके फट जाने पर ऑपरेशन की जरूरत पड़ सकती है।

टायफाइड बुखार का निदान :-

टायफाइड टेस्ट:- रोगी के रक्त का नमूना एक किट पर डालकर जांच की जाती है। इसका परिणाम पॉजिटिव आने पर टायफाइड बुखार का निदान किया जाता है। इसमें IgG

और IgM antibiotics देखे जाते हैं। IgM का positive आने का मतलब रोगी को अभी-अभी टायफाइड हुआ है और IgG का positive आने का मतलब टाइफाइड पुराना है।

ब्लड कल्चर:- यह बीमारी के पहले हफते में रक्त में टाइफाइड बुखार का बैक्टीरिया की मौजूदगी की जांच करने के लिए किया जाता है।

स्टूल कल्चर:- यह रोगी व्यक्ति के मल में टाइफाइड बुखार का बैक्टीरिया की मौजूदगी की जांच करने के लिए किया जाता है।

वाइडल टेस्ट:- इस जांच में रोगी व्यक्ति के रक्त की जांच की जाती है। इसमें O और H antigen में 180 से ज्यादा अनुपात आने पर टाइफाइड बुखार का निदान किया जाता है। टाइफाइड का निदान करने के लिए Typhidot जांच कराना बेहतर होता है।

सोनोग्राफी या एक्स-रे:- पीड़ित व्यक्ति के पेट को अधिक दर्द और उल्टी होने पर आंतों में अल्सर का निदान करने हेतु यह जांच की जाती है। इनके अलावा भी रोगी के समस्या के अनुसार अन्य जांच की जा सकती हैं।

टायफाइड बुखार का ईलाज करने के लिए Antibiotics का इस्तेमाल किया जाता है। टायफाइड के इलाज के लिए Cefixime, Ofloxacin, Azithromycin, Ceftriazone, Tazobactam जैसे antibiotics का उपयोग किया जाता है।

पहले के जमाने में लगभग 20% टायफाइड बुखार के रोगियों की मृत्यु हो जाती थी परंतु अब ज्यादा असरदार Antibiotics का उपयोग करने के कारण सिर्फ 1 से 2% रोगियों की ही मृत्यु होती है।

अगर पीड़ित व्यक्ति को ज्यादा कमजोरी नही

है और आहार अच्छे से ले रहा है तो घर पर भी **Antibiotics** दवा लेकर टायफायड बुखार का ईलाज किया जा सकता है। कम से कम 2 हफ्तों तक टायफायड बुखार की दवा लेना होता है।

अधिक कमजोरी और उल्टी, दस्त इत्यादि समस्या होने पर हॉस्पिटल में दाखिल होकर ईलाज कराना जरूरी होता है।

टायफायड बुखार के कारण आंतों में अल्सर होने पर जरूरत पड़ने पर ऑपरेशन किया जाता है।

टायफायड बुखार से बचने के लिए एहतियात:-

टायफायड वैक्सीन:- टायफायड बुखार से बचने के लिए दो तरह की वैक्सीन उलब्ध है। पहले तरह की टायफायड वैक्सीन में इंजेक्शन दिया जाता है। यह वैक्सीन 2 वर्ष से ऊपर के आयु के व्यक्तियों में ही दी जाती है। दूसरी तरह की वैक्सीन में 4 गोलियां दी जाती है जिसमें से एक गोली एक दिन छोड़कर (1,3,5,7) खाना होता है यह वैक्सीन 6 वर्ष से ऊपर के व्यक्तियों में ही दी जाती है। इन दोनों वैक्सीन का असर 2 हफते बाद होता है और टायफायड बुखार के खिलाफ कुछ प्रमाण में प्रतिरोध शक्ति का निर्माण होता है। याद रहे की यह दोनों वैक्सीन से 100% सुरक्षा की गारंटी नहीं मिलती है।

पानी:- पीने के लिए हमेशा स्वच्छ पानी का उपयोग करें। अगर घर में RO नहीं है तो पानी को कम से कम 1 मिनट उबाले और बाद में ठंडा होने के बाद में ही उपयोग करें। अगर कहीं बाहर सफर कर रहे हैं तो बोतलबंद पानी का उपयोग करें। घर में सब्जी/फल को साफ करने के लिए भी स्वच्छ पानी का ही इस्तेमाल करें। बाहर मिलने वाली बर्फ का इस्तेमाल न करें।

हाथ धोना:- हमेशा खाना बनाने या खाने से पहले और बाथरूम के बाद अच्छे साबुन से हाथ धोना चाहिए। हाथ धोते समय साबुन से अच्छा झाग बनाकर हाथों का अच्छी तरह धोकर साफ तौलिये से पोंछें।

आहार:- घर में बना स्वच्छ, गर्म और पौष्टिक

आहार लेना चाहिए। बाजार में और रास्ते पर बिकने वाले आहार पादार्थों से परहेज करें।

रोगी:- अगर आपको टायफाइड बुखार है तो अपने हाथों को हमेशा साफ और स्वच्छ रखें। आपके कपड़े, चादर, तौलिया आदि गर्म पानी और साबुन से धोना चाहिए।

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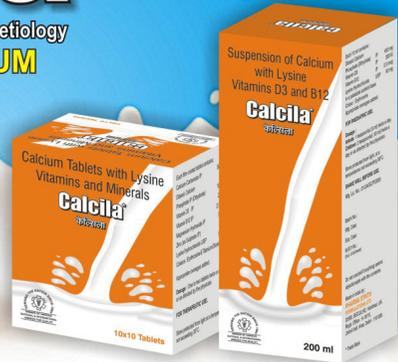
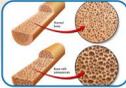
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Tailbone Pain

Tailbone pain - pain that occurs in or around the bony structure at the bottom of the spine (coccyx) - can be caused by trauma to the coccyx during a fall, prolonged sitting on a hard or narrow surface, degenerative joint changes, or vaginal childbirth.

Tailbone pain can feel dull and achy but typically becomes sharp during certain activities, such as sitting, rising from a seated to a standing position or prolonged standing. Defecation and sex also might become painful. For women, tailbone pain can make menstruation uncomfortable as well.

Tailbone pain, also called coccydynia or coccygodynia, usually goes away on its own within a few weeks or months. To lessen tailbone pain in the meantime, it might help to:

- Lean forward while sitting down
- Sit on a doughnut-shaped pillow or wedge (V-shaped) cushion
- Apply heat or ice to the affected area
- Take over-the-counter pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin.

If your tailbone pain doesn't improve (chronic coccydynia), consult your doctor. He or she might do a rectal exam to rule out any other conditions. Your doctor might recommend using magnetic resonance imaging (MRI) to find out if you have a fracture, degenerative changes or, in rare cases, a tumor.

Possible treatments for chronic tailbone pain might include:

- Physical therapy. A physical therapist might show you how to do pelvic floor relaxation techniques, such as breathing deeply and completely relaxing your pelvic floor - as you would



while urinating or defecating.

- Manipulation. Massaging the muscles attached to the tailbone might help ease pain. Manipulation is typically done through the rectum.
- Medication. An injection of a local anesthetic into the tailbone can relieve pain for a few weeks. Certain antidepressants or anti-epileptic medications might relieve tailbone pain as well.
- Surgery. During a procedure known as a coccygectomy, the coccyx is surgically removed. This option is typically only recommended when all other treatments fail.

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A photograph of a woman lying in bed, holding a red pill bottle. The image is part of the Tranxi advertisement.

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