

STATE TIMES

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Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Dengue: 5 myths you need to avoid

Dengue cases are rising in the country with more than 2,000 cases reported in the national capital Delhi. "The 1,238 cases, recorded till October 26, is more than half of the total number of cases of dengue logged this year," news agency PTI reported. It is also the highest number of dengue cases logged during the January 1-October 26 period since 2017, when the corresponding figure was 3,829, PTI reported quoting a report released by the Municipal Corporation of Delhi (MCD).

The need of the hour is to prevent dengue by adopting safety practices like not letting the mosquitoes breed in vicinity, sleeping under mosquito nets, applying mosquito repellent sprays and creams, etc.

As much as it is important to prevent the disease from happening, it is crucial to debunk the myths associated with it. Diseases and myths go hand in hand and are one of the reasons for delayed medical assistance and remedy.

Here are 5 prevalent myths related to dengue which needs to be addressed:

Dengue is milder than COVID?

It is pointless comparing two different diseases caused by two different pathogens. The severity of both the diseases, one of which caused a global scare in the form of pandemic and the other which is an annual occurrence and puts immense burden on healthcare facilities and risk of human lives, can never be compared, overestimated or even underestimated.

Dengue and COVID can never happen simultaneously?

There are several examples where dengue and COVID have been seen occurring at the same time in people. In Singapore, few cases have been reported where patients were initially tested negative for dengue but were hospitalized later due to persistent fever. The final diagnosis revealed co-infection with dengue and COVID.

Such co-infections have also been seen in India, Bangladesh, Thailand and several other places.



Dengue is not fatal?

People should know that dengue is also known as break bone fever. The pain associated with dengue is difficult to bear.

Dengue is very dangerous and can lead to severe complications which can have long lasting damaging effects on the body if not treated at the right time.

Dengue happens only once in a lifetime?

No! It is possible to be infected four times and it is possible the second time can be severe than the first time.

There are four serotypes of the virus that causes dengue and the common belief that infection provides lifelong immunity from dengue is partially true. Infection provides immunity against only that particular virus of dengue, not from others. "Cross-immunity to the other serotypes after recovery is only partial, and temporary. Subsequent infections (secondary infection) by other serotypes increase the risk of developing severe dengue," explains the WHO.

Papaya leaf extract can cure dengue

Though it is widely believed that papaya leaf juice is good for improving the platelet count during dengue, scientific evidence supporting this is minimal.

Dengue is a serious infection. Do not rely on oldwives' tales to cure it. Shift the patient to a hospital immediately and take medical help.

Only timely medical intervention can save a person's life in such critical times.

Dengue: Symptoms to watch out for?

Dengue begins with a severe headache, pain behind the eyes, pain in the muscle and joints, nausea, vomiting, swollen glands and rash.

In certain cases the infection gets serious due to plasma leaking, fluid accumulation, respiratory distress, severe bleeding, or organ impairment. Patients show symptoms like severe abdominal pain, persistent vomiting, rapid breathing, bleeding gums or nose, fatigue, restlessness, liver enlargement, blood in vomit or stool.

Ways to teach your kids to stand up for themselves

Kids are just like clay. You need to mold them. Sometimes they respond to adversities in a courageous manner and sometimes they succumb to it. As elders and their guardians you need to make your child understand the rules of life, why is it important to stand up for themselves and how to do that.

Life is not always a full moon bright night

Though it will be difficult for a young child to understand this harsh reality of life, let it permeate through its mind slowly. Try to make your child understand that in life not everything goes in your own way, sometimes you have to take a leap, sometimes a detour and sometimes sail through it no matter what.

The only thing that can save you from these is a healthy mind and the ability to be able to stand up for yourself.

Emotionally intelligent

Teach your child to not be emotionally easy-to-be-drained out. Emotionally intelligent people understand their emotions and also figure out what sort of impression their emotions put on others.

This is pretty difficult to teach a child. However, you can try several interactive manners to put this into a child's mind. Stories and real time examples and contexts can help your child understand this in a better manner.

Confident body language

Majority of the impression an individual creates on others is through confident body language. This will steer clear of the confusion and the negatives associated with a person; or at least can shadow it completely.

You should teach this to your kid through role models. Tell them about legends and



celebrities who are followed for their confidence. Teach them the tips and tricks about body language.

Clear communication

The biggest armor in your quiver is a good and clear communication ability. As an adult you know how important good communication is and how powerful it is.

Eloquence can make or break your personality. It is a sign of confidence and should be nurtured in kids.

Self advocacy

The foundational skill required to stand up for yourself is self advocacy. Self advocacy is an individual's ability to effectively convey and communicate his or her interest, desires, and rights in an effective manner. It also involves taking decisions and responsibility for the decision.

Understanding the negative pressure

Kids are prone to several types of pressure, and it is important for them to know about the kind of pressure. For example, the pressure from friends to do something wrong like stealing a pen or passing comments to the teacher is a negative pressure. Kids should know how to avert this and how to take a stand.

No is a complete statement

Kids are prone to abuse, many of which are silent in nature. Often kids unwillingly agree to such pressures. Teach your kid to say 'No' vehemently if there is something wrong and report it immediately to father or mother.

Tell them that the punishment for wrong doing is applicable to all both elders and young people.

Breathing exercises for patients with Asthma and breathing problems

Other than high levels of Pollution, different irritants and chemicals can be the basis for asthmatic symptoms and indications to appear. Airborne allergens, such as pollen, dust mites, mould spores, pet dander, or cockroach faeces, can be asthma triggers and vary from person to person. Himalayan Siddha Akshar, Yoga Guru, Founder, Akshar Yoga Institutions suggests a few breathing exercises to curb the impact of pollution and smog.

Brahmari Pranayama Technique (Humming Bee Breath)

Method

Sukhasan, Ardhapadmasan, or Padmasana are among the comfortable sitting positions.

Straighten your back

Close your eyes.

Position your palms facing upward on your knees (in Prapthi Mudra)

Position your thumbs on your ear's "Tragus," or outer flap.

Put your ring finger on the inside corner of your nostril, your middle finger on the Medial Canthus, and your index finger on your forehead.

Breathe in and fill your lungs.

Make a bee-like buzzing sound, such as "mmmmm," while you gently exhale.

Keep your mouth shut the entire time, feeling the sound's vibrations spread throughout your body.

Surya Nadi Shodhan

An ancient yoga technique known as the Surya Nadi Shodhan is used to activate the Surya nerve channel, which runs throughout our body. The entire solar channel that functions within our body is revitalised and reenergized by this activity. It entails breathing practices that stimulate the body's internal system and assist in purifying and energising the Surya Nadi.

Take a seat in Dandasana, maintain a straight back, and take a few deep breaths.

While in Sukhasana, fold your legs and get your mind ready for the practice.

Take any relaxed position to sit (such as Sukhasan, Vajrasana, Ardha Padmasana, Padmasana or Siddhasana) Poorna Padmasana is the ideal position.

Straighten your back

Close your eyes.

Position your palms facing upward on your knees (in Prapthi Mudra).

Use your thumb to close the left nostril

Inhale from your right nostril

Close right with index or middle finger, exhale from left

Repeat by inhaling from right and exhaling from left

Chandra Nadi Shodhan



While in Sukhasana, fold your legs and get your mind ready for the practice.

Take any relaxed position to sit (such as Sukhasan, Vajrasana, Ardha Padmasana, Padmasana or Siddhasana) Poorna Padmasana is the ideal position.

Straighten your back

Close your eyes.

Position your palms facing upward on your knees (in Prapthi Mudra).

Use your thumb to close the right nostril

Inhale from your left nostril

Close left with index or middle finger, exhale from right

Repeat by inhaling from left and exhaling from right

Bhastrika Pranayama (Bellow Breath)

Method

- Sit comfortably in any position (such as Sukhasan, Ardha Padmasana, or Padmasana);
- straighten your back;
- shut your eyes;
- place your palms on your knees in the Prapthi Mudra;
- breathe in deeply; and
- exhale fully.
- The ratio of inhalation to exhalation should be 1:1. For instance, if you inhale for six counts, you also need to exhale for six counts.

Kapal Bhati (Skull Shining Technique)

Method

Sit in any comfortable position (such as Sukhasan, Ardha Padmasana, or Padmasana)

Straighten your back

Close your eyes

Place your palms on your knees facing up (in Prapthi Mudra)

Inhale normally; concentrate on exhaling with a short, rhythmic breath

You can use your stomach to forcefully expel all the air from the diaphragm and lungs by compressing it

Tips to protect yourself

You can protect your lungs from illness and enhance your lung health by increasing your physical activity and making a few lifestyle changes. You can also start practising simple diaphragmatic breathing, deep breathing techniques, and pranayama exercises like Khand Pranayama. Pay attention to your posture and consume enough water to strengthen your lungs and boost your immunity. Some people may find that particular foods aggravate their asthma. If you consume large amounts of Sulfites, Dried veggies and fruits, Packaged potatoes, Beer and wine, Lime and lemon juice in bottles, Shrimp, and preserved foods, your asthma may get aggravated.