



### Lack of dust makes air pollution worse in China

Airborne dust is normally seen as an environmental problem, but the lack of it is making air pollution over China considerably worse.

A new study suggests less dust means more solar radiation hits the land surface, which reduces wind speed.

That lack of wind in turn leads to an accumulation of air pollution over heavily populated parts of China. (BBC Health)



### Risk of heart attack spikes after flu

Coming down with the flu, bronchitis or pneumonia can dramatically raise the risk of a heart attack -- up to 17-fold -- in the days and weeks following the infection, researchers said.

The findings confirm earlier research that pointed to an apparent link between respiratory infection and cardiac crises, scientists at the University of Sydney reported. (AFP)



# Health benefits of raw mangoes



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Considered the 'king of the fruits', mangoes are loved by people of all age groups. Apart from being tasty, mangoes also offer a number of health benefits. The sweet and aromatic taste of mangoes can refresh the mind and make you feel happy. But have you tried to eat unripe mangoes? Well, a recent study shows that an unripe mango yields as much Vitamin C as 35 apples, 18 bananas, nine lemons and three oranges.

"Raw mangoes contain an acid which helps ease digestion and control constipation. They also help the skin soften and breathe making it healthy.

#### Raw Mango

In India and Pakistan people prepare a very refreshing drink from fresh raw mangoes; it's sweet and sour in taste.. Drinking unripe mango juice prevents the excessive loss of sodium chloride and iron to excessive sweating. Unripe mangoes are a rich source of pectin, which if mixed with honey and salt, is highly beneficial in treating gastrointestinal disorders

Raw mangoes are also used to make mango pickles, which are an excellent accompaniment with any Asian food item this fruit is also used in many forms such as juices, Jams, sauces, chutneys and dried powder.

#### Following are some useful and natural benefits of Unripe Mango:

##### Tenderizing Agent:

Mango, both in its green & ripe form is a very good tenderizing agent due to these same enzymes, therefore ideal to include in any marinade.

##### Gastro-Intestinal Disorders:

Unripe green mangoes are beneficial in the treatment of gastro-intestinal disorders. Mix one chopped raw mango with honey and salt. Consuming this mixture is very much effective in curing for summer diarrhoea, dysentery, piles, morning sickness, chronic dyspepsia, indigestion and constipation.

##### Heat Stroke:

The harmful sunrays and sizzling winds are dangerous to the health of your skin. To prevent from excessive loss of water from the body, you may consume raw mango sprinkled with salt. This simple snack quenches your thirst. Heat stroke leads to extreme exhaustion & weakness, which can be treated with raw mango drink. You need to cook raw mango in hot ashes and mix the pulp with sugar. This recipe provides amazing energy. Drinking raw mango juice helps in preventing from extreme loss of sodium chloride.

##### Scurvy:

This remedy is highly popular in the scriptures of Indian traditional medicines. Dried powder of raw mango that is prepared after drying in sun is highly useful in the treatment of scurvy (Scurvy is a disease resulting from a deficiency of vitamin C).

##### Blood Disorders:

The fresh green raw mango is highly valued for its ability to cure blood disorders. It increases the elasticity of the blood vessels and helps the formation of new blood cells. It aids the absorption of food, iron and prevents bleeding tendencies. It increases body resistance against tuberculosis, anaemia, cholera and dysentery.

##### Gives One Energy:

Did you know, raw mango gives you a lot of energy? Experts state that raw mango should be consumed after a lunch meal to help revive one from afternoon drowsiness.

##### Good For The Liver:

The best health benefit of raw mango is it helps treating liver disorders. Chewing on a piece of green mango increases the secretion of bile acids and clean the intestines of bacterial infections.

##### Constipated?

If you are constipated and nothing seems to be working try binging on green mango for constipation. Chop raw mango and add it to salt and honey for a bad hard tummy.

##### Dental Care:

The most important part of your body which many choose to ignore is the teeth. Raw or green mangoes are good for the gums. It also prevents bleeding of the gums, bad odour and tooth decay.

##### Immune System:

Eating raw mangoes help in building the immune system of the body keeping one younger and healthier. This is a well know health benefit of green mango.

##### Excessive Sweating:

Drinking raw mango juice prevents the excessive loss of sodium chloride and iron during the summer season due to excessive sweating. This is another health benefit of raw mangoes.

##### Ripe mango vs unripe mango

Raw mango has 60 calories per 100 g serving whereas ripe mango has 72 calories per 100 g serving.

Fat content in both are almost the same. Both have zero cholesterol. Raw mango has more potassium than the ripe one.

##### Precaution :

We know excess of anything is bad, so avoid eating raw mangoes in-excess. Their excessive intake may cause throat irritation, indigestion, dysentery and abdominal colic. One should, therefore, not consume more than one or two green mangoes daily. Drink water immediately after eating raw mangoes as, it clots sap and makes more irritated. Do not eat raw mango without draining its sap. The intake of sap may cause gastro- intestinal, throat, and mouth infection.

## PET VET



Dr. Rajani Rajesh

### Importance of Deworming

One of the most basic pet care responsibilities is to ensure that your pets are free from internal worms. Two important reasons for controlling worms are the debilitating physical effect on the animal especially in puppies and to minimize or eliminate the risk of human infections with some of the parasites. Most pet owners are familiar with worms namely, roundworms, hookworms, tapeworms and whipworms.. Just like people, dogs receive a certain degree of immunity (known as maternal immunity) that is passed from their mothers at birth and also shortly thereafter through her milk.

Intestinal parasites are most common in puppies. Worms can pass from mother to baby before birth or soon after, through her milk. Because of this all puppies should be dewormed aggressively starting at about three to four weeks of age with treatments repeating about every 2 weeks at 4, 6, and 8 weeks of age. The first round kills the worms that are there at the time. The second kills those that hatch a few weeks later. Nursing bitches should be treated concurrently with the first treatment of their offspring as they often develop patent infections at this time. For adult dogs studies have shown that worming four times a year does not necessarily eliminate patent infections, while a monthly worm treatment can largely prevent patent infections as it takes into account the biology of the parasites.

In cases of increased risk (such as a kennels or households where there are children) monthly treatment can minimize the risk .Many of the dewormers are described as "broad-spectrum," because they're good for treating a wide range of parasites.

If your dog lives in an area where exposure to various kinds of worms is very high it is a good idea to deworm your dog or puppy every three to six months throughout its life. Periodical faecal examination also helps us to assess the worm infestation of your pet.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)