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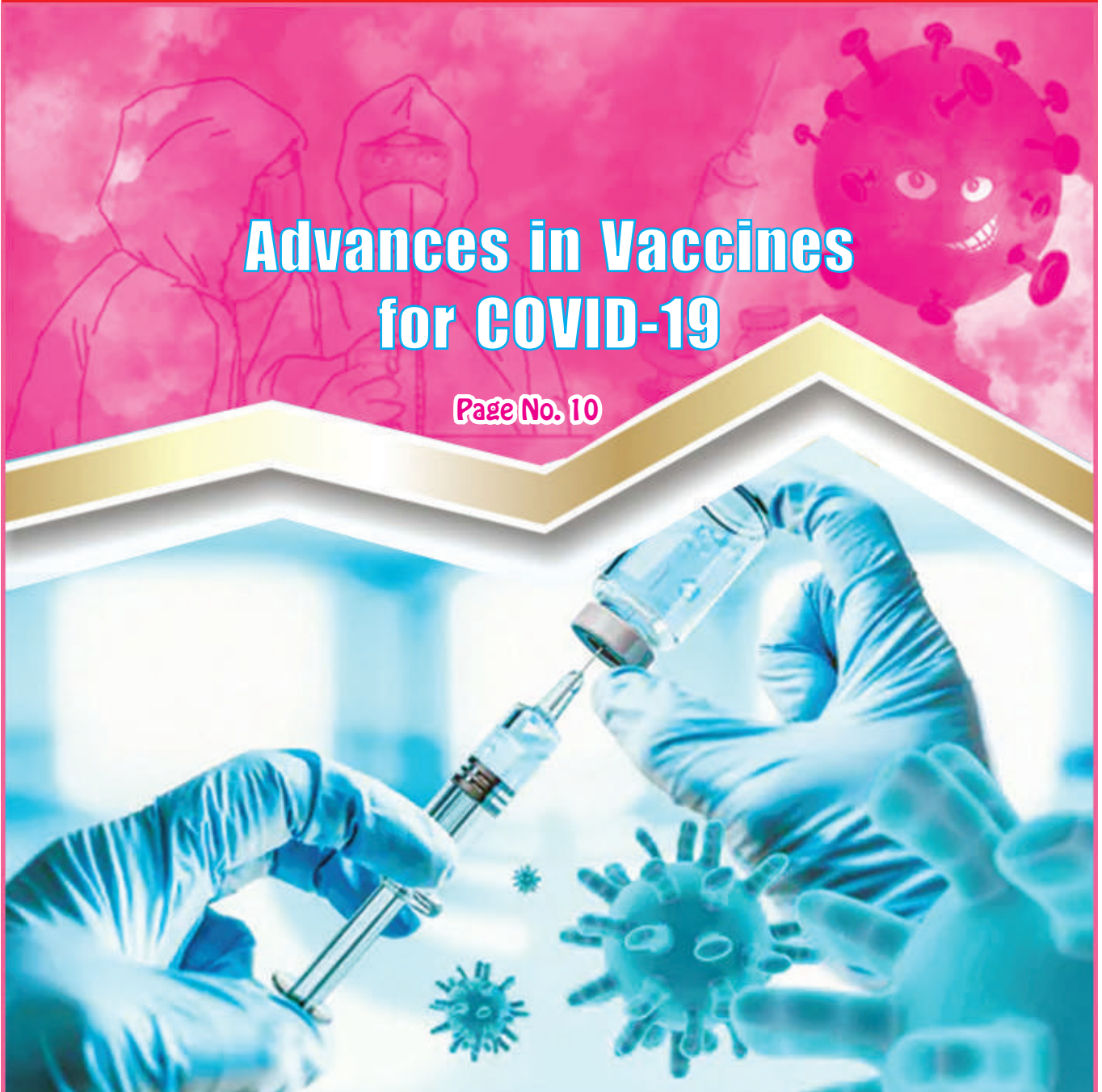
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Super foods - the most overlooked

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In the world today everyone is looking for the next hot “superfood” which is a nutrition “magic bullet” approach to health. Superfoods are foods — mostly plant-based but also some fish and dairy. However, there are no specific criteria for determining what is and what is not a superfood, Consuming foods which are fully packed with nutrients (so-called superfoods) is certainly a good idea.

Superfoods

“Superfoods are having an extra-large dose of vitamins and minerals that would help us ward off diseases and live longer and healthier. Nutrients that certain superfoods contain include antioxidants, which is thought to ward off cancer; healthy fats, found to prevent heart disease; fiber, among them thought to prevent diabetes and digestive problems; phytochemicals are the chemicals in plants responsible for deep color and smell, which can have numerous health benefits.

No single food is a superfood — which can offer all the nutrition. From the past, research has shown that healthy diet pattern can reduce risk of high blood pressure, heart disease, diabetes, and certain cancers. However, there are specific foods that stand out for special recognition. These “superfoods” offer very important nutrients that can power-pack our meals.

Popular Super foods

Blue berries are often on the top list of superfoods since they are rich in vitamins, soluble fiber and phytochemicals. The same nutrients found in blueberries are also found in other kinds of berries, including strawberries and cranberries. High in fiber and their rich colors are high in antioxidants and disease-fighting nutrients.

Kiwi fruit also on tops of list of popular superfoods, which are high in vitamin C and rich in antioxidants. Kiwifruit is a labeled superfood because it contains a wider range of nutrients compared to some other fruit. Consumption of kiwi fruit (which contains serotonin, a hormone which helps induce and maintain sleep) promotes a better night’s rest in people with sleep disorders.

Beans and whole grains are standard to the superfood list. Beans being a source of low-fat protein contain insoluble fiber, which lower cholesterol; soluble fiber, provides a longer feeling of fullness; loads of vitamins and trace minerals such as Whole grains — unlike refined grains, are not stripped of their bran and germ during processing hence the name — have similar benefits to beans, though they don’t contain as much protein. is a remarkable source of protein, vitamin, mineral, fiber and antioxidants.

Nuts and seeds contain very high levels of minerals as well as healthy fats. Shelled nuts and seeds, are ideal since they take time to crack open. A handful of shelled nuts could contain more than 100 calories. They contain monounsaturated fats, which may

be a factor in reducing the risk of heart disease.

Mustards (radish greens), spinach, and **cabbages**, it’s in the cabbage-mustard family. These dark vegetables are highly loaded with vitamins A, C and K, and also fiber, and other minerals.

Usually make the superfood, generally excellent sources of fiber, vitamin A and much more. They are naturally sweet and don’t require the butter, cream or salt typically added.

Salmon, sardines, mackerel and certain fatty fish are rich in, which are to lower the risk of heart disease.

Pomegranate

This “exotic fruit of the year” will surely on superfood list, too. This might **dragon fruit** or **pomegranate**. Pomegranate, for example, contains ellagitannins (ellagic acid), which is having known anti-cancer properties.

Green tea, coffee, dark chocolate, yogurt, and olives also contribute to the list.

Olive oil

A good source of vitamin E, polyphenols, and monounsaturated fatty acids, all which help reduce the risk of heart disease.

Yogurt is a good source of calcium and protein, also contains live cultures called probiotics. These “good bacteria” protect the body from more harmful bacteria.

Legumes

This includes kidney, black, red, and garbanzo beans, soybeans and peas are an excellent source of fiber, folate, and protein.

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Tomatoes

High in vitamin C and lycopene, proven to reduce the risk of prostate cancer.

Spirulina

Is one of the oldest life forms on Earth. Blue-green microalgae are responsible for producing the oxygen billions of years ago. Spirulina is the world's first superfood, one of the most nutrient-rich foods on Earth.

Spirulina has 55 and 70% protein, 9 essential and 10 non-essential amino acids, high levels of gamma-linolenic acid (GLA), beta-carotene, linoleic acid and arachidonic acid, vitamin like B12, iron, calcium, phosphorus also nucleic acids RNA & DNA, chlorophyll, and phycocyanin which is a pigment-protein complex.

Blue-green algae are used as a source of, B-complex, and iron.

They are used for weight loss, attention deficit-hyperactivity disorder, hay fever, stress, and (PMS) and other women's health issues.

Therefore superfood area lot to come to the list but people tends to neglect them and their nutritional values since ages. These foods are always overlooked for their nutritional values.

**RADIOLOGICAL IMAGING IN AMEBIASIS**

On ultrasonography, an ALA is visualized as a focal hepatic lesion, which is single in 60% of cases and is most commonly located in the posterior superior part of the right lobe of the liver, classically involving segment VIII of the liver. The abscess is usually hypoechoic as compared with the normal liver parenchyma with fuzzy margins. In the center of the ALA, hyperechoic content may be seen. After completion of treatment with metronidazole or related compounds, the lesion tends to become more hypoechoic, and the margins become clearer due to walling off of the inflammation. Computed tomographic (CT) findings of caecal amoeboma with and other colonic presentations has also been described as a mimicker of colonic malignancy. The ileocaecal valve is classically indurated with involvement of the mesentery and enlarged loco regional lymph nodes in the pericolonic area. The differential diagnoses for this clinical scenario include tuberculosis, lymphoma, actinomycosis, inflammatory bowel disease or even colonic cancer. Therefore a diagnosis of ameboma can only be one of exclusion, after eliminating more sinister diseases on histological examination of multiple biopsies obtained during colonoscopy. In a recent series, Misra et al reported that 55% of patients with ALA had colonic ulcers, including 90% of cases with and 41% in cases without diarrhoea at presentation. Although in the present series, we encountered a bleeding rectal amoeboma, the more common site for this lesion is the caecum. The frequency of colonic ulcers is clearly higher in patients with active diarrhea at presentation, as this would imply concurrent infection in the liver and intestine with shedding of amoebae (trophozoite or cyst forms) in the stools. Dysentery is rare in such cases, and the patients may well be asymptomatic cyst passers. In a metaanalysis of 310 patients with ALA, needle aspiration + metronidazole versus drug therapy alone produced similar benefit. Therefore there is little evidence to support or refute the practice of aspiration in order to hasten clinical recovery. This has to be done in cases with severe progressive or high risk disease, such as a subcapsular location with possibility of pericardial or peritoneal rupture, large left lobe abscess secondary sepsis or in the case of non response to drugs alone. Risk factors for mortality include volume of abscess >500ml, and signs of liver cell failure like encephalopathy, deepening jaundice (serum bilirubin . 3.5 mg/dl) or hypoalbuminemia (serum albumin <2 gm/dl).

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