

Dr. Saloni Kabra

No case, death, recovery reported in [Chhattisgarh](#)

This kept the tally and toll unchanged at 11,77,760 and 14,146, respectively. There was no rise in the recovery count either, which stood at 11,63,612, leaving the state with two active cases. So far, 1,88,51,483 coronavirus tests have been conducted in the state, including 1,746 during the day.

[Shortage](#) of healthcare workers globally may rise to 10 mn by decade-end

The shortage of healthcare workers globally could rise to 10 million by the end of the decade, affecting access to care, inequities and treatment of mental health, a new report said on Monday.

Launched in the run-up to the World Economic Forum Annual Meeting 2023 in the Swiss ski resort town of Davos, the report said the rise in healthcare spending has fast-tracked progress in telehealth, vaccines and precision medicine, but businesses and policy-makers must tackle worker burnout and boost access to health.

It also cited a case study from India, the Ayushman Bharat Digital Mission, launched by the Union Ministry of Family and Health Welfare, to enable the world's largest digital health landscape.

[Mumbai](#) sees four COVID-19 cases, no death; active tally 31 as two recover

Mumbai on Monday reported four COVID-19 cases, which took the tally here to 11,55,161, while the death toll stood unchanged at 19,746, a civic official said. On Sunday, the addition to the tally was four, the Brihanmumbai Municipal Corporation official pointed out. Only one out of the four cases recorded during the day was symptomatic, he added.

New Omicron variants not causing [spike](#) of cases in India: Health officials

All the omicron variants are present in India but none of them has caused a rise in mortality.

[Covid Tracker](#)

ACTIVE CASES	2,319	52-
TOTAL CASES	4,46,80,215	121+
TOTAL DISCHARGED	4,41,47,174	172+
DEATHS	5,30,722	1+

As on : 10 Jan 2023, 08:00 IST (GMT+5:30)

[Maharashtra](#) updates

So far, 8,60,30,630 coronavirus tests have been conducted in Maharashtra, including 4,956 in the last 24 hours. The recovery count increased by seven to touch 79,88,275, leaving Maharashtra with 127 active cases.

[Telangana](#) Updates

Telangana on Monday recorded 15 new cases of Covid-19, taking the total number of cases so far in the state to 8,41,426. The death toll so far is 4,111. No deaths were recorded.

[Uttarakhand](#) updates

New case of XBB 1.5 strain, India's 4th, reported from Uttarakhand.

[Moderna](#) updates

A flurry of announcements relating to COVID vaccines dominated headlines on the pandemic on Monday, with Moderna telling investors it expects to generate some \$5 billion in sales in 2023. That's down from \$18.4 billion in sales in 2022. The company plans to boost spending on research and development to \$4.5 billion this year, up from \$3.3 billion in 2022.

[Pfizer](#) updates

FDA published study surveillance data finds Pfizer Covid vaccine increases risk of lung blood clots by 50 per cent.

[mRNA](#) updates

A US-based researcher has claimed that messenger RNA Covid-19 vaccine can increase serious adverse events in people, including sudden cardiac deaths. He found the vaccine increases serious adverse events at a rate of one in 800.

Importance of [Nutmeg](#) in boosting the immunity

We all know staying at home, getting vaccinated and working on our immunity are our best bets to boost our immunity. While we all have tried all the traditional teas, kadhas and concoctions to keep our immunity strong, here is something new you can try.

Nutmeg commonly known as Jayfal is an age-old remedy to boost immunity. It's a warm spice, which is used to flavour sweets and has strong antibacterial properties. Nutmeg is high in fibre and helps you feel fuller for longer. You can add a bit of nutmeg powder to your tea to keep the extra kilos away.

A hot cup of milk, half a teaspoon of honey, crushed cardamom and 2 pinches of nutmeg powder. The concoction will not just boost your immunity but will also help you in getting a good night's sleep.

The calming effect of nutmeg is great for people suffering from insomnia when consumed regularly in small doses for a long time.

If you are suffering from insomnia, try a pinch of nutmeg with a glass of milk before going to bed.

It's great for treating joint pain. Nutmeg contains many essential volatile oils such as myristicin, elemicin, eugenol and safrole that work wonders for joint pain.

It enhances the secretion of digestive enzymes and the fibre in it enhances the bowel movement. It also helps relieve gas.

Eugenol is nutmeg is said to help in relieving toothache. Freshly prepared decoction with honey is used to treat nausea, gastritis and indigestion elements.

A study done on rats shows that high-dose of nutmeg extract can reduce blood sugar levels and enhance pancreatic function.

Covid vaccine [acceptance](#)

Covid vaccine acceptance up globally, young people hesitant about boosters. The willingness of parents to vaccinate their children also rose slightly, from 67.6 per cent in 2021 to 69.5 per cent in 2022. Hesitancy towards the COVID-19 vaccine has been a global concern since the approval of vaccines, which delays the achievement of herd immunity.

No new COVID-19 case in [Thane](#); active tally at 10

No new COVID-19 case or death has been reported in Maharashtra's Thane district, a health official said on Tuesday. There are currently 10 active COVID-19 cases in Thane, which comes under the Mumbai Metropolitan Region, he said. The district has so far recorded 7,47,410 cases of coronavirus, the official said.

[Transplant](#) after Covid

Doctors said that transplants are safe within two weeks of Covid recovery. Patients of end-stage organ disease, who may also be recovering from Covid, can safely undergo transplants within two weeks of the infection, experts have now said, moving away from an earlier norm that had recommended a four-week observation period.