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Home Remedies and Treatments for Stye

Eyes have often been called the windows to the soul – whether or not that is the case, it is always important to look after one's eyes. They might be the most sensitive parts of humans, and sometimes one gets eye problems like stye. This article is going to discuss this particular problem of eyes in detail. It is essential first to know one's enemy well. A stye is a little red bump, sort of like a pimple, which sometimes forms on the outside edge of the eyelid. The reason is that human eyelids have tiny oil glands, particularly around the eyelashes. These glands have little holes, but dead skin cells, dirt, or oil might clog them. Bacteria grow inside these clogged holes leading to the development of a stye.

6 Easy Home Remedies & Treatments to get rid of a Stye

In most cases, a stye will go away within seven to ten days. The following are some of the ways to speed up this healing process.

1. Using a warm compress

The first and one of the most effective ways of getting rid of a stye is doing warm compresses using a clean washcloth with some warm water. The water should not be too hot, and the cloth should not be dripping, only damp. The compresses should be done gently (don't squeeze too hard) for a few minutes. One can do this up to four times a day. The warmth will bring the pus to the surface and dissolve it so that stye can drain naturally.

2. Cleaning eyelids

The substances used for cleaning the eyes are of critical importance, and they should not have any complex, synthetic chemicals. Some tear-free baby shampoos may be ideal for the purpose.

One can use a cotton swab or washcloth to clean the eyes every day gently. Using a saline solution for this can help promote drainage and thus break down the bacterial membranes. It is also a good habit even if one doesn't have stye.

3. Use a warm tea bag

A warm tea bag is another thing that can be used as a compressor. Black tea is best for this purpose; it can reduce swelling and has some antibacterial properties. The method is simple enough. First, one must drop a tea bag in a boiled mug and let it steep for about a minute. Let the bag cool down, and then use it as a compressor for a few minutes. One can do it twice a day – different tea bags each time.

4. Massage the area

Gently massaging the area with clean hands is another effective method. Avoid this if the massaging hurts.

5. See a doctor

In some instances, it is best to see a doctor about a stye. The doctor can sometimes give you some meds or perform surgery to drain the stye. They can also provide some antibiotic cream or prescribe some ointments.

6. Leave it alone

In most cases, the stye will be gone in a couple of weeks if left untouched. It might be the best option, particularly if it is not hurting or not hurting much. The above methods should help get rid of a stye in most cases. Moreover, you can also check out our article on Indian Foods for glowing skin in detail here!

Frequently Asked Questions (FAQs)

There are several

stye?

Answer: The following are some of the simple measures that one can take to prevent a stye. • Always wash off any makeup before bedtime. • Eye hygiene is crucial. One should wash eyelids every couple of days with watered-down baby shampoo on a washcloth. One can also use an over-the-counter lid scrub for the purpose.

• One should always wash and dry one's hands before handling contact lenses. The lenses should be kept clean all the time. • One should avoid touching one's eyes, especially if the hands are not clean. • One should replace the eye makeup every couple of months. • One should not rub one's eyes if one has allergies.

Question: Are Styes Contagious?

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Answer: No. Though an infected stye does have bacteria in the pus, it isn't contagious. It can, though, infect other parts of the eye.

Question: When to see a doctor about stye?

Answer: One should also see a doctor about stye if: • It doesn't get better after a few days. • If it keeps getting worse. • If it is on the inside of the eyelid. • If the whole eye and not just your eyelid hurts. • If one has a problem seeing. • If there is swelling in the eyelid or

style if some use the abovementioned methods. However, prevention is always better than cure, and stye is no exception. Some simple eye care and hygiene can help prevent it.

One Lakh Menstrual Cups Distributed In 24 Hours

KOCHI:- Ernakulam district administration along with Indian Medical Association (IMA), Kochi, Hibi Eden, MP, and Muthoot Finance entered the Guinness World Records on Wednesday by donating maximum number of menstrual cups in 24 hours. The first-of-its-kind initiative, Cup of Life was launched on Tuesday evening. Accordingly, one lakh menstrual cups were distributed free of cost at 100 venues - colleges, schools, clubs and panchayats - within the Ernakulam parliamentary constituency by Wednesday evening. An initiative by Eden, the project is funded by Muthoot Finance under its corporate social responsibility initiative and supported by the Ernakulam district administration and IMA. It is aimed at creating awareness about menstrual hygiene and the availability of consumer-friendly, sustainable, eco-friendly and cost-effective menstrual cups. On Wednesday, volunteers trained by IMA, Kochi, explained how to use the menstrual cup and clarified doubts at the venues. The pilot project was first implemented in Kumbalangi grama panchayat in January this year. Awareness programmes were conducted in all the 17

wards of the panchayat, and 4,000 cups were distributed. The success of the initiative prompted a scaled-up campaign. Apart from being cost-effective, as one cup can be used for up to 10 years, it serves the environment too considering that India alone accounts for disposal of around 12 billion used sanitary pads a year.

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questions people ask that relate to stye. The following are some of the most frequently asked questions (FAQs) on this subject:

Question: What are the common symptoms of a stye?

Answer: The following are the symptoms of a stye: • pain and swelling in the affected area • Increased production of tears • a crust might form around the eyelid • Soreness and itchiness

Question: What are some things to be careful about when you have stye?

Answer: The following are some of the do's and don'ts when you have a stye: • Don't pop, squeeze, or touch a stye. A stye looks like a pimple, but it is not. Squeezing can spread the infection. • Don't wear contact lenses if you have stye.

• Avoid wearing eye makeup if you have stye. • Don't rub your eyes, especially with unclean hands. • You can use Over-The-Counter (OTC) painkillers if you feel much pain.

Question: What are some things one can do to prevent

it turns red.

• If there is a problem with opening eyes. The healthcare provider will give an antibiotic cream for it. In some cases, they may have surgery to drain the stye. It is also essential to

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see a doctor if you are getting styles a lot. If the reader has any other questions, they should feel free to ask them in the comments below.

The Bottom Line

One can quickly wrap up the above discussion by concluding that one can eliminate

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Good Health Benefits of Drinking Coffee

No other food item has the kind of personality and charm of coffee. There is something symbolic about it – a manifestation of modernism, and it is not just something you eat, but instead, you enjoy blissfully. That's why coffee can't be drunk in any way one likes but needs unique mugs. Coffee mugs are a sort of particular item for many, and collecting them is a sort of hobby itself; much like any other modern habit, drinking coffee has gotten a lot of criticism as unhealthy or toxic. The truth is a coffee can be both good and bad – it is not the beverage itself but how and with what it is drunk which decides whether it is boom or bane. This article will discuss all about the incredible benefits of drinking coffee.

10 Health Benefits of Drinking Coffee:

Wasting no more of your time, let us go into the benefits of this beverage:

1. Increased energy levels

The first and one of the most well-known health benefits of drinking coffee is that it

can help tremendously increase energy levels. The thing about coffee, as any coffee enthusiast will tell you, is caffeine. Now caffeine has a way of pushing one's body more active in several ways – the metabolism rises, the dopamine and adrenaline levels rise, etc. In short, it makes your body act like a teenager's body with hormones playing a soccer match. Caffeine is known to keep sleepiness or other indicators that you may be getting tired down as well. However, these are precisely why too much coffee is bad for your health – it makes your body act at levels the human body can't keep up with for long.

As mentioned above, coffee has a way of increasing the human body's metabolism – at least temporarily. Metabolism is the rate at which the cells convert fats and carbohydrates into energy for use, thus making one feel much more active. That also means that people can digest the calories they are eating and thus keeping their obesity in control. However, one must note here that even this advantage is with a caveat – the metabolic benefit of the coffee may be undone or even overshadowed by its sugar content. One should avoid adding sugar to coffee or add as little of it as possible.

3. A good way of avoiding diseases

The fact that coffee increases metabolism and thus acts as a check against obesity itself means that it will reduce one's chance of getting several diseases, the risk of which increases with obesity – including heart diseases, particularly stroke, kidney diseases, diabetes, particularly type-2 diabetes. Coffee drinkers are far less likely to die of these lethal diseases. These are not the only diseases coffee protects one against – the others include colon cancer, Alzheimer's disease, Parkinson's disease, several types of cancers, liver problems, etc.

4. The happiness drink

As mentioned above, coffee has a way of increasing dopamine hormones, which means you will generally feel in a much better mood after drinking it.

5. Your sexual health

Coffee's increased energy levels may also be responsible for heightened libido among both genders and better sperm health among men associated with this beverage.

age.

The above list of benefits truly makes an excellent case for coffee.

Frequently Asked Questions (FAQs)

There are several questions people ask that relate to coffee and its health benefits. The following are some of the most frequently asked questions (FAQs) on this subject:

Question: What, if any, are some of the side effects of drinking too much coffee?

Answer: Coffee, while good for health in reasonable doses and when consumed in good ways, is not so good when consumed excessively:

- It might make one feel jittery
- It might cause an increase in heart rate
- Increases blood pressure
- Anxiety issues
- Sleeping problems

The reader can generally avoid most of these side effects if one ensures that one healthily consumes coffee.

Question: What is the right kind of coffee to drink?

Answer: While there is no single answer to this question, most people can drink up to three or even five cups of coffee. However, it is essential to understand that the limit is different for everyone – it generally boils down to caffeine intolerance. There may also be some people who may need to avoid coffee. A general rule is that if one feels jittery,

one drinks too much coffee and should keep reducing the quantity until one stops feeling jittery.

Question: What are some essential precautions one should take about coffee?

Answer: The following are some of the precautions that one must take in this regard:

- Pregnant and breastfeeding women should not consume coffee unless their healthcare experts okay it.
- The same applies to people suffering from some health condition or under medication. It is particularly true for people with blood pressure and heart problems.
- It is also essential to understand that the information mentioned above is generalized, and the same health benefits may not apply to the individual case of the reader.

Question: What are some ways to make coffee drinking habits more healthy?

Answer: The following guidelines will help develop good coffee drinking habits: • Drink only justified amounts of coffee (as discussed above). • Avoid adding too much cream or sugar to the coffee. • Natural herbs, flavorings, etc., can be added to coffee for flavor.

• Try to savor your coffee break and make it last a few minutes rather than drinking the whole thing in a single sip. Cradle that lovely mug for a while. • One should not drink coffee if one intends to go to bed within the next few hours (say two to four) – unless it is decaf. Coffee is best drunk before late evening hours. • What one eats along with coffee may also be necessary. Try to be sure that it is not too unhealthy.

If the reader has any other questions, they should feel free to ask them in the comments below.

The Bottom Line

One can quickly wrap up the above discussion by concluding that if one is not consuming coffee in the right quantities, one can reap several excellent benefits.

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A Stark Rise In The Demand For Female Hygiene Products: Assiduous Report

New Delhi:- A recent report released by Assiduous noted a considerable growth in the demand for female hygiene products at Amazon. This has invariably helped in cultivating awareness regarding female hygiene in the country. The report revealed that with the rise in demand, the menstrual cup category had climbed to 30% from 28% in the last two years. In that connection, Assiduous has helped eco-friendly D2C brands in the female hygiene space like StoneScoup (18%) and Amtrue (12%) register significant increases in sales. The company is dedicated to enabling its partners, launch, scale, and assert visible growth across E-commerce marketplaces. It is a staunch supporter of innovative brands that strive to provide sanitary protection products as reusable cloth pads, menstrual cups in a sustainable format. The report cited considerable growth in awareness around female hygiene but indicated there is a significant scope for improving the status of women's intimate health. Of the 170 women surveyed from metro cities, 60% of respondents said they were not willing to use a menstrual cup stating discomfort as the top reason followed by lack of information. Also, 44% of the users said they buy sanitary protection products online while 11% of users said they use menstrual cups. Moreover, of the 150 women surveyed from tier-2 and tier-3 cities, 50% said they were willing to use menstrual cups. Majority women in non-metropolitan cities prefer using menstrual cups as they are cheaper as compared to sanitary pads. Speaking on this occasion, Dr. Somdutta Singh, CEO & Founder, Assiduous, said, "As a responsible and conscious corporate entity, our company has always been at the forefront of women empowerment. In that same spirit, we consciously chose to support brands that are offering eco-friendly and sustainable solutions in the female hygiene space to stir some much-needed awareness regarding women's intimate health. This is the main objective behind onboarding brands that offer sustainable and affordable menstrual cups for women. The fact that we previously had a brand that produced customized period-time panties is testament to our commitment towards providing every woman with meaningful solutions that she truly deserves." There are numerous challenges that deter the marketing of sustainable and eco-friendly female hygiene products due to the absence of mainstream advertising. It is important that e-commerce accelerators like Assiduous empower D2C brands to spark further innovation in this essential segment. The government should also provide incentives to brands manufacturing sustainable menstrual cups and sanitary pads and should also extend these at subsidized rates to women living in remote regions.

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