

## Prelim Bits 11-06-2022 | UPSC Daily Current Affairs

### Ramsay Hunt Syndrome

*A famous Canadian pop singer is suffering from 'Ramsay Hunt Syndrome'.*

- Ramsay Hunt Syndrome (herpes zoster oticus) is a rare **neurological disorder** which usually leads to paralysis of the facial nerve and a rash that generally affects the ear or mouth or face.
- **Causes** - The condition is caused when the **varicella zoster virus** infects a nerve in the head. It is the same virus that causes chickenpox in children and shingles in adults.
- Generally with chickenpox, the virus continues to live in your nerves.
- Years later, it may reactivate and affect your facial nerves, resulting in Ramsay Hunt Syndrome.
- The illness can occur in anyone who has had chickenpox, and is most common in older adults, particularly people over 60.
- **Symptoms** - Two main symptoms of Ramsay Hunt syndrome are,
  1. A painful red shingles rash with fluid-filled blisters on, in and around one ear, and
  2. Facial weakness or paralysis on the same side as the affected ear.
- Ear pain, hearing loss, tinnitus (ringing in the ears), dry mouth and eyes, difficulty closing one eye, and vertigo (sensation of things spinning) are the common symptoms.
- In more serious cases, the syndrome can also cause facial paralysis and hearing loss.
- Ramsay Hunt Syndrome is **not contagious**, but reactivation of the virus can cause a bout of chickenpox in people who haven't previously had the illness or been vaccinated for it.
- **Treatment** - The illness almost always goes away, except in rare instances.
- People suffering from Ramsay Hunt are generally prescribed anti-viral medication (such as acyclovir or valacyclovir) and in more serious cases, steroids (such as prednisone).
- **Connection** - Some studies have suggested that there may be links between the Covid-19 vaccine and the Ramsay Hunt Syndrome.

Only about 5 to 10 out of every 100,000 people will develop Ramsay Hunt Syndrome each year.

### Reference

1. <https://indianexpress.com/article/explained/explained-justin-bieber-ramsay-hunt-syndrome-7964008/>
2. <https://www.mountsinai.org/health-library/diseases-conditions/ramsay-hunt-syndrome#:~:text=Ramsay%20Hunt%20syndrome%20is%20a,a%20nerve%20in%20the%20head.>
3. <https://www.mayoclinic.org/diseases-conditions/ramsay-hunt-syndrome/symptoms-causes/syc-20351783>

### Amyloidosis

*Former Pakistan President General is suffering from Amyloidosis.*

Amyloid is an abnormal protein, which is not normally found in the body. But it can be formed from several different types of proteins.

- Amyloidosis is a rare disease that occurs when **amyloid builds up in one's organs**, affecting their shape and functioning.
- Amyloid deposits can build up throughout one's body, or in just one area like in the heart, brain, kidneys, spleen and other parts of the body.
- **Nature** - Some types of Amyloidosis can develop as secondary to a different health condition.
- Some types of Amyloidosis can also develop as a primary condition, which may lead to life-threatening organ failure.
- **Causes** - Some types are hereditary or caused due to a gene mutation.
- But, others are caused by outside factors, such as inflammatory diseases or long-term dialysis.
- **Diagnosis** - Imaging procedures that look at the body's internal organs, such as an echocardiogram, nuclear heart test or liver ultrasound, are the normal tests to diagnose the condition.
- **Treatment** - Currently, there is no cure for amyloidosis. The amyloid deposits cannot be directly removed.
- The goals of amyloidosis treatment are to **slow the progression**, reduce the impact of symptoms, and prolong life.
- Actual therapy depends on the type of amyloidosis one has, like Chemotherapy, bone marrow transplant, stem cell transplant, etc.,
- Secondary amyloidosis is treated by controlling the underlying disorder and with powerful anti-inflammatory medicines.

## Types of Amyloidosis

The type of protein and where it collects tell the type of amyloidosis one has. Bottom of Form

- **Light-chain (AL) amyloidosis** is the most common type in developed countries which can affect the kidneys, spleen, heart, and other organs.
- People with conditions such as multiple myeloma or a bone marrow illness are more likely to have AL amyloidosis.
- This starts in plasma cells within the bone marrow. Plasma cells create antibodies with both heavy chain and light chain proteins.
- If the plasma cells undergo abnormal changes, they produce excess light chain proteins that can end up in the bloodstream.
- These damaged protein bits can accumulate in the body's tissues and damage vital organs such as the heart.
- **AA amyloidosis or secondary amyloidosis** is a condition that is the result of another chronic infectious or inflammatory disease, such as rheumatoid arthritis, Crohn's disease, or ulcerative colitis.
- It mostly affects one's kidneys, digestive tract, liver, and heart.
- AA refers to the amyloid type A protein that causes it.
- **Dialysis-related amyloidosis** is more common in older adults and people who have been on dialysis for more than 5 years.
- This form of amyloidosis is caused by deposits of beta-2 microglobulin that build up in the blood.
- Deposits can build up in many different tissues, but it most commonly affects bones, joints, and

tendons.

- **Transthyretin amyloidosis** can be inherited from a family member and is hence commonly referred to as familial amyloidosis.
- Transthyretin is a protein that is also known as prealbumin made in the liver.
- As such, this often affects the liver, nerves, heart, and kidneys and many genetic defects are linked to a higher chance of amyloid disease.

## Reference

1. <https://indianexpress.com/article/explained/explained-what-is-amyloidosis-7963439/>
2. <https://www.nhs.uk/conditions/amyloidosis/#:~:text=Amyloidosis%20is%20the%20name%20for,and%20tissues%20to%20work%20properly.>

## Sant Tukaram Shila Temple

*Prime Minister will inaugurate the Sant Tukaram Shila Mandir in the temple town of Dehu in Pune district.*

- The Shila Mandir is a temple dedicated to a slab of stone (shila) on which Bhakti saint Tukaram had meditated for 13 days, when the **authenticity of the Abhyangs** he had written was challenged.
- Prior to this, he had immersed his entire work in the Indrayani River; the work miraculously reappeared after 13 days, proving their authenticity.
- The very rock where Sant Tukaram Maharaj sat for 13 days is pious and a **place of pilgrimage for the Warkari sect**.
- The Shila is currently on the Dehu Sansthan temple premises, and that for centuries has been the starting point of **Wari**, the annual pilgrimage to Pandharpur.
- The Sansthan decided to replace the silver cast covering with an image of Sant Tukaram Maharaj on the Shila, with a temple housing both.

## Warkari Sect

- Sant Tukaram and his work are central to the Warkari sect spread across Maharashtra.
- His message about a casteless society and his denial of rituals had led to a social movement.
- Sant Tukaram is credited with starting the Wari pilgrimage.
- During the Wari, devotees congregate in the temple towns of Dehu and Alandi to accompany the padukas of Sant Tukaram and Sant Dyaneshwar respectively as they start for Pandharpur.
- Participants finish their sowing before they set off.
- The pilgrims reach Pandharpur on the day of Ekadashi.

## Reference

1. <https://indianexpress.com/article/explained/the-sant-tukaram-temple-and-its-significance-7963601/>
2. <https://theprint.in/india/pm-to-inaugurate-sant-tukaram-temple-in-dehu-on-june-14/985615/>

## Vale do Javari

*British journalist went missing from Vale do Javari in Brazil.*

- Vale do Javari is the western section of the **Brazilian Amazon** rainforest.
- It is named after the **Javari River**, which forms the country's border with Peru.

- The region is home to the **greatest concentration of isolated tribal groups** in the Amazon and the world.
- The area is home to 14 indigenous tribes with nearly 6,000 inhabitants, who are known to reject contact with the outside world.
- The communities living in the Vale do Javari have been granted exclusive territorial rights in Brazil's 1988 constitution and then in 2001 under the demarcation of indigenous territory.
- **Threats** - Among the main threats to the well-being of these groups are illegal fishing, hunting, logging, mining, cattle ranching, missionary actions and drug trafficking.
- The area has been witnessing increasing illegal gold prospecting and poaching.

Vale do Javari forms part of an international **cocaine trafficking route**, with **gold** being exchanged for drugs and arms, consequently making it a hotspot for **violent crimes**.

## Reference

1. <https://indianexpress.com/article/explained/explained-vale-do-javari-amazons-remote-uncontacted-frontier-british-journalist-missing-7961204/>
2. <https://factrepublic.com/facts/17654/>

## Hypogonadism

*A new study found that the testosterone treatment increases the risk of cardiovascular events such as arrhythmia, heart attack, and stroke, in the short to medium terms.*

Hypogonadism occurs when your sex glands or gonads produce little or no sex hormones - both male and female. It may also be known as gonad deficiency.

- Hypogonadism in male is a condition caused by the **deficiency of testosterone**, the male sex hormone.
- It may be called low serum testosterone or andropause.
- **Types** - There are two types of hypogonadism: primary and central.
- Primary hypogonadism means that you don't have enough sex hormones in your body due to a problem in your gonads.
- Your gonads are still receiving the message to produce hormones from your brain, but they aren't able to produce them.
- In central (secondary) hypogonadism, the problem lies in your brain.
- Your hypothalamus and pituitary gland, which control your gonads, aren't working properly.
- **Symptoms** - Sexual dysfunction, weakening of bones and muscles, and reduced quality of life.
- **Risk factors** include ageing (as testosterone levels decline with age), obesity and diabetes.
- Worldwide, 2% of men aged over 40 are affected, and this is growing as the population gets older.

## Testosterone Replacement Therapy

- It is the standard treatment for hypogonadism. It can help reverse the effects of hypogonadism.
- Prescribing of testosterone for hypogonadism is increasing globally, but conflicting messages about its safety may have led to many patients not receiving the treatment.

- **Impacts** - Testosterone treatment significantly reduced serum total cholesterol, HDL, and triglycerides.
- However, there were no significant differences in LDL, blood pressure, glycaemic parameters, diabetes incidence, and prostate adverse outcomes.

## Reference

1. <https://indianexpress.com/article/explained/explained-testosterone-deficiency-safety-replacement-therapy-7961353/>
2. <https://www.healthline.com/health/hypogonadism>
3. <https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728>

