



Date -11 September 2023

MENIERE'S DISEASE

This article covers "Daily Current Affairs" and the topic details "Meniere's Disease". This topic has relevance in the Science and Technology section of the UPSC CSE exam.

For Prelims:

About Meniere's Disease?

For Mains:

GS 3: Science and Technology

Impact of Meniere's Disease on Individuals?

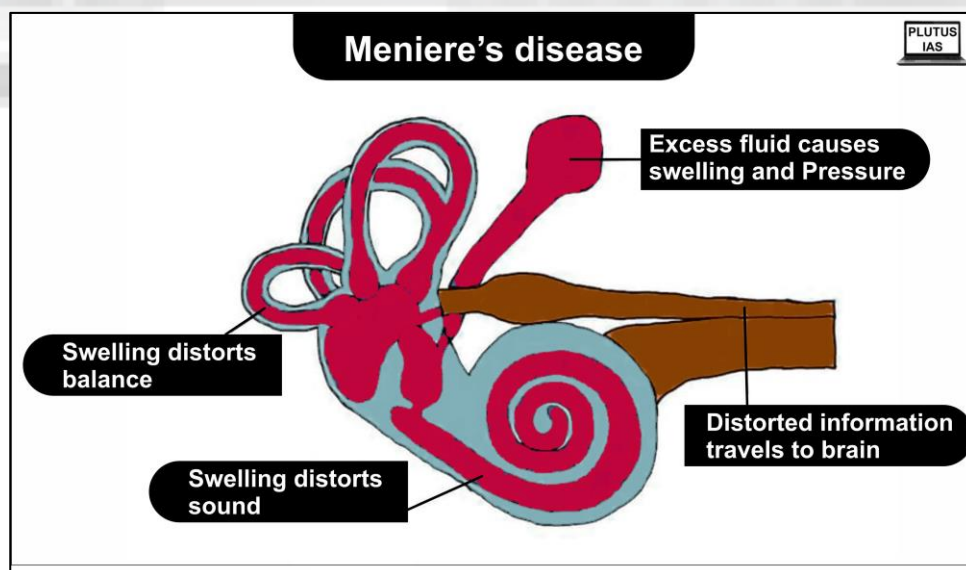
Cure and Treatment of Meniere's Disease?

Why in the news:

Recently, a celebrity fainted on stage due to Meniere's disease.

Causes of Meniere's Disease

Meniere's disease is thought to arise from an accumulation of fluid in the inner ear, referred to as the labyrinth. This buildup of fluid can disrupt the normal transmission of balance and hearing signals between the inner ear and the brain.



Symptoms of Meniere's Disease

1. Vertigo

- Vertigo stands out as the most prominent and recognizable symptom of Meniere's disease. It manifests as a sudden and intense sensation of spinning or whirling, creating the perception that either the individual or their surroundings are in motion, even when they are not.
- Vertigo episodes vary in duration and severity and are frequently accompanied by nausea and vomiting. These episodes can be debilitating and may necessitate individuals lying down until they subside.

2. Hearing Issues

- **Tinnitus:** Tinnitus presents as a persistent ringing, buzzing, or roaring sound in the ears. It is a prevalent symptom of Meniere's disease and can be both bothersome and distracting.
- **Hearing Loss:** Typically, hearing loss in Meniere's disease initially affects low-frequency sounds and may eventually extend to higher frequencies as well.

Affected Population Characteristics

• Age of Onset

Meniere's disease can manifest at any age, but it is most frequently diagnosed in individuals between the ages of 40 and 60. However, cases have been reported in younger individuals and, on occasion, in children.

• Rare Condition

Meniere's disease is classified as a relatively uncommon condition. This rarity can pose challenges in diagnosis and management, as healthcare providers may have limited exposure to the condition.

• Genetic Component

Approximately 7-10% of individuals with Meniere's disease have a family history of the disorder. This genetic connection implies that inherited factors may contribute to the development of Meniere's disease in specific individuals.

Impact of Meniere's Disease on Individuals

- **Quality of Life:** The unpredictable nature of vertigo attacks can disrupt daily activities, making it challenging to work, travel, or perform routine tasks without the constant fear of sudden dizziness.
- **Emotional and Psychological Effects:** Many individuals with Meniere's disease grapple with anxiety, stress, and depression, particularly because they are often uncertain when the next vertigo attack might occur.
- **Social Isolation:** People with Meniere's disease may experience social isolation. They may avoid social gatherings, public places, and even interactions with family and friends.
- **Hearing Loss:** Hearing loss is a prevalent symptom of Meniere's disease, and it can profoundly affect an individual's ability to communicate effectively.
- **Financial Burden:** Managing Meniere's disease often involves ongoing medical appointments, treatments, and the purchase of hearing aids. These expenses can create a financial burden for individuals and their families.

Cure and Treatment of Meniere's Disease

Lack of Cure: Meniere's disease is a chronic condition for which, currently, there is no cure. Consequently, the primary focus of management revolves around alleviating symptoms and enhancing the overall quality of life for individuals affected by the condition.

Treatment Options

- **Dietary Changes:** Dietary modifications, such as reducing salt intake, can be crucial in managing fluid retention within the inner ear and decreasing the frequency and severity of vertigo attacks.
- **Medication:** Medications such as anti-vertigo drugs and antiemetics can be prescribed to mitigate vertigo and alleviate nausea during episodes.
- **Hearing Aids:** For individuals experiencing hearing loss, hearing aids or cochlear implants can be highly beneficial.
- **Surgical Interventions:** These procedures are designed to address the buildup of fluid in the inner ear. Available choices comprise procedures such as endolymphatic sac decompression or vestibular nerve section.
- **Emotional and Psychological Support:** Seeking support from mental health professionals, such as counselors, can assist individuals in managing anxiety, depression, and stress related to the condition.
- **Support Groups:** Participation in support groups tailored to Meniere's disease can provide individuals with a valuable sense of community and shared experiences.
- **Individualized Treatment Plans:** Given the unique nature of each person's experience with Meniere's disease, treatment plans should be customized to address their specific needs and symptoms.

SOURCE:

[What Is Meniere's Disease? Why Is It In News? Explained \(ndtv.com\)](https://www.ndtv.com/health/what-is-menières-disease-why-is-it-in-news-explained-1171111)

Q.1 Which of the following statements is correct regarding Meniere's disease?

1. It is caused by a viral infection in the inner ear.
2. Hearing loss in Meniere's disease primarily affects high-frequency sounds.

Which of the statements given above is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

ANSWER: D

Q.2 Which of the following statements is correct regarding Meniere's disease?

1. Vertigo is a common symptom of Meniere's disease.
2. Meniere's disease can be cured with antibiotics.
3. Tinnitus is a symptom of Meniere's disease.

How many of the above statement/s is/are correct?

- (a) Only one
- (b) Only two
- (c) All three
- (d) None

ANSWER: A

Q.3 Rare diseases present a complex challenge to healthcare systems worldwide. Analyze the ethical considerations surrounding resource allocation in healthcare for rare diseases compared to common diseases.

Rishabh

G20 NEW DELHI LEADERS' SUMMIT DECLARATION

This article covers "Daily Current Affairs" and the topic details "G20 New Delhi Leaders' Summit Declaration". This topic has relevance in the "International Relations" section of the UPSC CSE exam.

For Prelims:

What is G20?

What is G20 New Delhi Declaration?

For Mains:

GS2: International Relations

Why in the news?

The **G20 New Delhi Leaders' Summit Declaration** marked a significant achievement as G20 members reached a unanimous consensus during the opening day of the Summit on 9th September 2023.

About G20 Leaders' Summit Declaration:

- The G20 Leaders' Summit Declaration, held in New Delhi under the theme '**Vasudhaiva Kutumbakam**,' emphasises the unity of humanity and our shared responsibility for the planet's future.
- It recognises the world's challenges, including economic headwinds, environmental threats, rising inequalities, and the disproportionate impact on vulnerable groups.
- It aims to empower countries to address global challenges in a human-centric manner, fostering prosperity and well-being for all.

Significant Highlights of the New Delhi Declaration:

- **Ukraine War:**
 - All states are urged to adhere to the principles of the UN Charter, refrain from using force for territorial acquisition, and avoid using or threatening nuclear weapons.
 - Peaceful conflict resolution, diplomacy, and dialogue are emphasised.
- **Grain/ Food / Energy Security:**
 - Russia and Ukraine are called upon to ensure the uninterrupted delivery of grain, food, and fertilisers.
 - Maintaining food and energy security is stressed, with a warning about potential market volatility.
- **Economies & Financial Markets:**

- Commitment to protect vulnerable populations through equitable economic growth and financial stability is reiterated.
- There's a mention of a previous exchange rate commitment and endorsement of recommendations for regulating crypto-assets.
- Encouragement for fair competition and discouragement of protectionism is included.
- **Climate Change:**
 - The need to phase down coal power, support low-carbon transitions in developing countries, and triple global renewable energy capacity by 2030 is highlighted.
 - There's also an emphasis on sustainable finance, carbon pricing, and achieving carbon neutrality.
 - Financial commitments for climate goals and a call to set a new collective climate finance goal in 2024 are mentioned.
- **Global Debt Vulnerabilities:**
 - Commitment to address debt vulnerabilities in developing countries
 - A call for swift debt treatment for Ethiopia.
- **Health:**
 - Commitment to strengthen global health architecture, enhance the resilience of health systems
 - Develop climate-resilient and low-carbon health systems in collaboration with multilateral banks.



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SUMMARY OF G20 NEW DELHI DECLARATION

Chapter Title	Key Topics/Elements
A Strong, Sustainable, Balanced, and Inclusive Growth	<ul style="list-style-type: none"> • Global economic situation • Advancing financial inclusion • Combating corruption • Implementation of the Action Plan against Fugitive Economic Offenders for international cooperation and anti-corruption efforts
B Accelerating Progress on Sustainable Development Goals (SDGs)	<ul style="list-style-type: none"> • Eliminating hunger and malnutrition • Healthcare collaboration • Quality education • Concerns about the economic impact of future pandemics • Gaps in pandemic response mechanisms • Enhancing teachers' capacity, curriculum improvement, digital resources for all children
C Green Development Pact for a Sustainable Future	<ul style="list-style-type: none"> • Clean, sustainable, and inclusive energy transitions • Establishing reliable and sustainable value chains for critical minerals and technologies
D Multilateral Institutions for the 21st Century	<ul style="list-style-type: none"> • Reform of international financial institutions • UN Security Council reform • Strengthening Multilateral Development Banks (MDBs) for greater effectiveness
E Technological Transformation & Digital Public Infrastructure	<ul style="list-style-type: none"> • Building digital public infrastructure • Managing crypto-assets • Responsible harnessing of Artificial Intelligence (AI) • Establishment of a Global Digital Public Infrastructure Repository (GDPIR)
F International Taxation	<ul style="list-style-type: none"> • Commitment to a Globally Fair and Modern Tax System • Implementation of Two-Pillar International Tax Package • Global Anti-Base Erosion (GloBE) Rules • Crypto-Asset Reporting Framework (CARF)
G Gender Equality and Empowering all Women and Girls	<ul style="list-style-type: none"> • Promoting equal rights for women in economic resources, property ownership, financial services, and inheritance • Support for women's organizations • Addressing gender gaps in agricultural access • Creation of a working group on women's empowerment
H Financial Sector Issues	<ul style="list-style-type: none"> • Support for Financial Stability Board (FSB) and standard-setting bodies (SSBs) • Convergence in Cyber Incident Reporting • G20 Roadmap for Enhancing Cross-border Payments • Promoting sustainable capital flows
I Countering Terrorism and Money Laundering	<ul style="list-style-type: none"> • Strong condemnation of terrorism in all forms • Commitment to international peace and security
J Creating a More Inclusive World	<ul style="list-style-type: none"> • African Union's permanent membership in the G20 • Promotion of respect for religious and cultural diversity • Condemnation of acts of religious hatred

The declaration symbolises G20 member nations' commitment to a more inclusive, sustainable, and harmonious world, reinforcing the G20's role as a vital platform for global collaboration and action. It also boosts India's leadership in the Global South by welcoming the African Union as a permanent member. In essence, it reaffirms the G20 nations' dedication to collaborative endeavours for a better and more prosperous global future.

Source:

[Microsoft Word – New Delhi Leaders’ Declaration Final Adoption \(thehindu.com\)](https://www.thehindu.com)

Q1. With reference to the New Delhi Declaration, consider the following statements:

1. The theme of the New Delhi Declaration was Vasushaiva Kutumbakam.
2. The declaration does not specifically mention the Ukraine War and its global impact.

Which of the statements given above is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) None

Answer: (a)

Q2. Consider the following:

1. The New Delhi Declaration calls upon Russia and Ukraine to ensure the uninterrupted delivery of grain, food, and fertilisers.
2. The declaration also calls for UN Security Council reforms, along with reforms in multilateral developmental banks.
3. The African Union’s permanent membership in the G20 is confirmed in the Declaration.

How many of the abovementioned statements are correct?

- (a) Only one
- (b) Only two
- (c) All three
- (d) None

Answer: (c)

Q3. Discuss the key objectives and commitments outlined in the G20 New Delhi Declaration 2023. How does this declaration address critical global challenges

Gaurav Nikumbh