

12th March 2024

by saurabh pandey





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The curious case of a man who received 217 COVID shots

On March 4, a study published in *The Lancet* reported the case of a 62-year-old German man who had received more than 200 COVID-19 shots over 29 months for "private reasons". Researchers' investigations with him revealed much about immune function and the effects of over-vaccination

<u>Puneet Kumar</u> Vipin M. Vashishtha

he COVID-19 pandemic has been a roller-coaster for vaccinology – from a rare show of truly global collaboration between governments, multilateral agencies, the scientific community, and industry to huge public demand for rapid vaccine development against the new virus that had brought the world to its knees to sudden concerns of "too rapid" development when many vaccines could be developed in record time. Some wanted "booster doses", and others worried about "too many doses".

So when the U.S. Food and Drug

So when the U.S. Food and Drug Administration announced in September 2021 that the third doses of the Pfizer and the Moderna COVID-19 vaccines would soon be available to Americans who were first in line to receive their initial two-shot vaccines, some experts questioned the need for it for most people – except the elderly or immunocompromised – and called it "over-vaccination" owing to a lack of data.

Later, the third dose became the norm worldwide, although India still called it a "precaution dose" and continues to do so, while many Western countries recommend repeated boosters, some with updated vaccines against the current Omicron variant. The debate over the best vaccination strategy continues.

The man who received 217 shots In January 2022, an octogenarian from Madhepura district in Bihar claimed to have received more than 11 doses of the COVID-19 vaccine because it helped him

with joint and back pain that had eluded other forms of treatment. At the time, some scientists worried about "over-vaccination". Since the subsequent doses beyond the first two may not have been reported, it faded from the headlines.

But on March 4, a study published in The Lancet reported a shocking case of "over-vaccination" by a 62-year-old German man who received over 217 COVID-19 shots over 29 months for "private reasons".

Private reasons: Researchers found out about his case from media reports and conducted a detailed study to investigate the immunological and other effects of over-vaccination on his body. Their investigation revealed much about immune function and the effects of over-vaccination. They compared their findings to a reference cohort of 29 healthy persons who received 'only' three COVID-19 vaccine doses.

Between November 2019 and October 2023, the man underwent routine examinations for various reasons, which indicated no vaccination-related anomalies on 62 parameters. No vaccine dose caused issues for the German individual. He never got a minor SARS-CoV2 infection either, according to rapid antigen/RT-PCR and nucleocapsid serology assays.

The antibody titres were much greater

The antibody titres were much greater than the control group vaccinees, with serum neutralisation capability 5.4-fold and 11.5-fold higher for wild-type and Omicron B.1.1.529 spike proteins, respectively.

respectively.

They also reported that he exhibited



The vaccines briefly expose the immune system to antigens. Each shot injects a small quantity of antigen, triggering a momentary immunological response

antibodies that were not found in the control group and that some antibodies were also detected in his saliva. Advanced "quality" tests of antibodies showed no significant difference from the control group. Strong "over-vaccination" did not increase or impair antibode usality either

increase or impair antibody quality either. Finally, the researchers evaluated individual immune cells to discern the "exhaustion" of immune cells from repeated vaccination — and found none. Throughout the study, more antibody titres showed the individual's immune system's ability to respond to the antigen despite hyper-stimulation.

In sum, even after over-vaccination, the

In sum, even after over-vaccination, the COVID-19 vaccinations were well-tolerated and effective.

Are too many doses bad for you? The investigations did not harm the

The investigations did not harm the person, and raised many questions: Are too many random vaccine doses at random intervals safe for anyone? Can a single case study generalise safety? Do two to three years suffice to assess vaccine safety? How might such high vaccine doses affect an individual's immune system?

Many experts have discussed 'immune tolerance' and 'immune exhaustion' – especially of the T cells. Long COVID pathogenesis, when the SARS-CoV-2 virus persists in the body for a long time, has been carefully investigated in relation to this issue. Scientists have found no evidence that COVID-19 vaccinations do this. The vaccines merely briefly expose the immune system to antigens. Each shot injects a small quantity of antigen, triggering a momentary immunological response.

However, naturally sick people produce viruses and antibodies throughout the body for days or weeks. The human common-cold coronavirus and rhinoviruses infect people multiple times every year, often at short intervals, without harming their immune systems. Our immune system responds to



An octogenarian from Madhepura district in Bihar claimed to have received more than II doses of the COVID-19 vaccine because it helped him with joint and back pain that had eluded other forms of treatment

environmental exposure on an hourly basis without getting tired. The recent vaccines are more sophisticated. They use only a portion of an organism or a few antigens, unlike smallpox and whole-cell pertussis vaccines, which include thousands.

In the new study, immunological profiling indicated repeated vaccinations or infections stimulated the immune system, making it more responsive. Interestingly, the immune system also developed faster, stronger, and broader, protecting against more new variants.

A probable downside Cancer and HIV can cause

Cancer and HIV can cause immune-fatigue due to chronic foreign-object exposure. So the immune system might become 'exhausted' and stop responding after repeated encounters. Thankfully, COVID-19 has not shown this yet. Recent research has revealed that repeated vaccines and spontaneous infections in fact boost COVID-19 immunity.

Despite these promising results, over-vaccination should be avoided. The COVID-19 vaccines have been associated with autoimmune diseases like immune thrombotic thrombocytopaenia, autoimmune liver disorders, Guillain-Barré syndrome, IgA nephropathy, rheumatoid arthritis, and systemic lupus erythematosus. Molecular minicry, autoantibody synthesis, and vaccine adjuvants appear

Molecular minicry, autoantibody synthesis, and vaccine adjuvants appear to contribute significantly to these disorders. The relationship between a COVID-19 shot and these conditions' symptoms is unclear. This said, overloading the immune system rarely causes harm. Hypervaccination may rarely cause an 'Arthus reaction', a condition characterised by localised acute small-vessel inflammation and possibly entire limb edema. Repeated tetanus and diphtheria vaccination injections have been shown to have this reaction.

As we know, there are two broad types of immunity: innate and adaptive. When innate immunity is permanently stimulated, and the intensity of the reactions is stronger, these mechanisms may be directed against the host and subsequently stimulate acquired immunity. The cytokines, oxidative stress, and high nitric oxide production.

Other issues pertain to the principles

Other issues pertain to the principles of immunisation. In this instance, an interval between doses ranged from two days to two months. Most vaccines, including the mRNA vaccines, work best when there is a defined minimum interval between the two doses against one particular disease. A shorter interval usually elicits a suboptimal immune response than adequately spaced doses.

response than adequately spaced doses.
One must stick to the laws of science and, in this case, the principles of vaccination. We must endorse the caution the authors advised to avoid attempting such over-vaccination without evidence on a sufficient number of subjects. In addition, the study is a good illustration of how we can seize on the opportunities advance science for the benefit of all Conversely, the results will also rea the vaccine-hesitant community al the safety of vaccines.

the safety of vaccines.

(Dr. Puneet Kumar is a clinicia
Child Clinic, New Delhi, with a sinterest in infectious diseases o vaccination. Dr. Vipin M. Vasi past convener, IAP Committe Immunisation, and director pediatrician, Mangla Hospi Research Center, Bijnor.)





Types of vaccines

Live-attenuated vaccines

- Live-attenuated vaccines contain live pathogens from either a bacteria or a virus that have been "attenuated," or weakened.
- According to Dr. Scully, live-attenuated vaccines are produced by selecting strains of a bacteria or virus that still produce a robust enough immune response but that does not cause disease.

Inactivated vaccines

- Inactivated vaccines take a live pathogen and inactivate or kill it.
- When the vaccine is then introduced to a human through a shot, for example, the inactivated pathogen is strong enough to create an immune response, however, is incapable of causing disease.
- Multiple doses are often needed in order to build up immunity and offer full protection.

Examples: Polio vaccine, influenza vaccine





Subunit vaccines

Subunit vaccines are made from a piece of a pathogen, not the whole organism, so they do not contain any live pathogens. Some important subunit vaccines are polysaccharide vaccines, conjugate vaccines, and protein-based vaccines.

- Polysaccharide vaccines target an immune response to pathogenic bacteria that are encased in a layer of sugar, Dr. Scully explains This means they help you make protective responses against the surface of the bacteria, allowing your body to kill the bacteria. a subheading
- Conjugate vaccines are the same in that they
 have a polysaccharide component, but that
 sugar is stuck to a protein so your immune
 system will respond to the sugar on the bacteria
 better





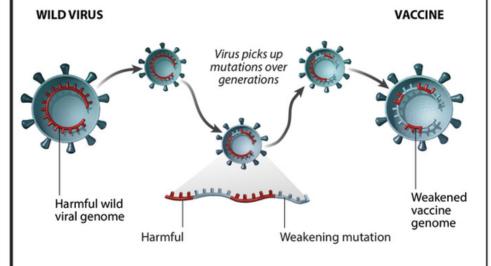
- Protein-based vaccines allow you to make a protective response against a protein on the surface of a virus, against a protein on the surface of a bacteria, or against a secreted toxin.
- Conjugate vaccines are the same in that they
 have a polysaccharide component, but that
 sugar is stuck to a protein so your immune
 system will respond to the sugar on the bacteria
 better
- Subunit vaccines can be made one of two ways: from the original pathogen or recombinantly.
 Recombinant vaccines use another organism to make the vaccine antigen.

•



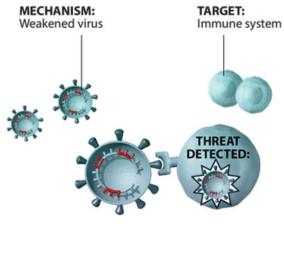
What are Live, Attenuated Vaccines?

Live vaccines are "wild" viruses or bacteria that have been weakened.* In the lab, generally the virus is passed through many generations of cells to pick up genetic mutations which weaken it - so much it won't cause disease in your body.



Vaccine Target

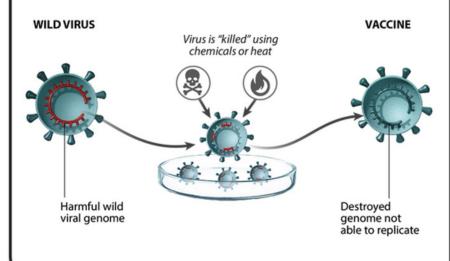
Live, attenuated vaccines target your body's immune system directly. They are strong enough to trigger the immune response, but too weak to cause disease.



What are Inactivated Vaccines?

*Did You Know?: "Attenuated" means weakened.

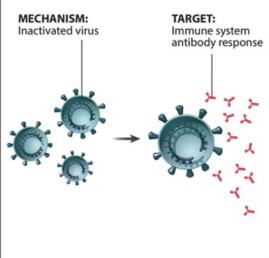
Live vaccines are "wild" viruses or bacteria that have been inactivated.* In the lab, a wild virus is "killed" with heat or chemicals so it cannot replicate or cause disease in your body, and is safe for immunodeficient people.



*Did You Know?: "Inactivated" means the virus cannot replicate or cause harm.

Vaccine Target

Inactivated vaccines target your body's antibody production. This is weaker than natural infection or live vaccines, so inactivated vaccines often require multiple doses.

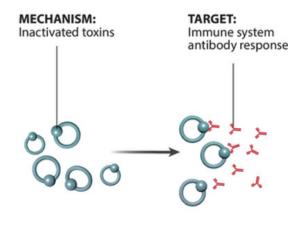


What are Subunit (recombinant, polysaccharide, and conjugate) vaccines? Subunit vaccines use a portion of a bacteria or virus to cause an immune response independent of its virus or bacteria of origin. Elements of subunit vaccines can be proteins, polysaccharide chains, or a combination of these. PROTEIN VACCINES 2. Protein taken up by 3. Immune helper antigen presenting cells identify antigen Viral proteins are cell and displayed on and trigger an isolated in a lab, 1. Vaccine released surface as antigen immune response mixed with an into the body adjuvant immune-system stimulator, and Antigen injected into the presented body to cause an immune response without the virus THREAT that makes you sick. Antigen presenting cell Adjuvant Target enhancer protein

What are Toxoid Vaccines? Toxoid* vaccines neutralize the toxic activity created by bacteria, instead of the harmful bacteria itself, neutralizing activity which normally makes you sick. WILD BACTERIA PRODUCING TOXINS Toxins are "killed" using chemicals or heat Harmful toxins Adjuvant enhancer

Vaccine Target

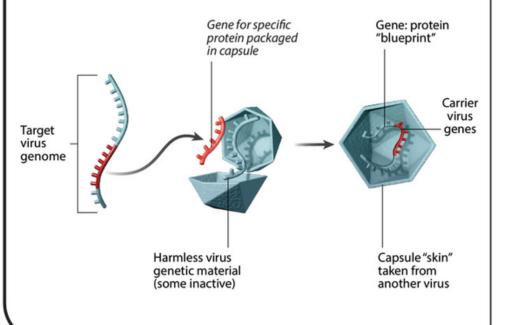
The vaccine targets toxic activity, creating an antibody response to that toxin.



What is a Viral Vector Vaccine?

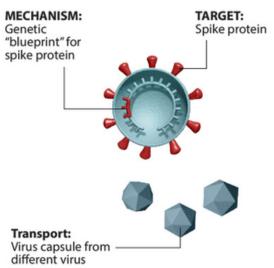
*Did You Know?: A toxoid is an inactivated, harmless form of a toxin.

Made of a small section of a virus' genetic material - the instructions or 'blueprint' for a specific protein. The viral capsule or shell from another virus carries the gene safely to your cells.



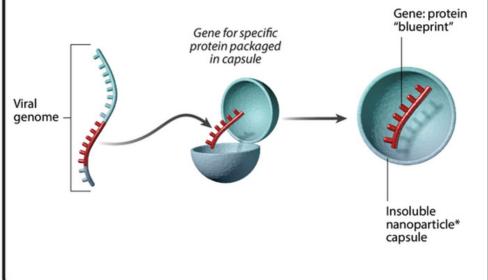
Vaccine Target

The AstraZeneca and Johnson & Johnson COVID viral vector vaccines carry genetic code for the spike protein, and build immunity against invaders carrying it on their surface.





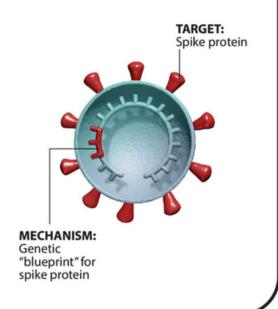
Made of a small section of a virus' genetic material - the instructions or 'blueprint' for a specific protein. A insoluble nanoparticle* capsule carries the gene safely to your cells.



*Did You Know?: "Nano" means small.

Vaccine Target

Pfizer's mRNA COVID vaccine carries the genetic blueprint for the spike protein. Your body will make this protein and build immunity against any invaders carrying it on their surface.





Latest research on covid Vaccine

- Despite these promising results, overvaccination should be avoided.
- The COVID-19 vaccines have been associated with autoimmune diseases like immune thrombotic thrombocytopaenia, autoimmune liver disorders, Guillain-Barré syndrome, IgA nephropathy, rheumatoid arthritis, and systemic lupus erythematosus.
- Molecular mimicry, autoantibody synthesis, and vaccine adjuvants appear to contribute significantly to these disorders.
- overloading the immune system rarely causes harm.
- Hypervaccination may rarely cause an 'Arthus reaction', a condition characterised by localised acute small-vessel in □ ammation and possibly entire limb edema.



spotted by James Webb Telescope

Reuters

The James Webb Space Telescope since becoming operational in 2022 has uncovered numerous surprises about what things were like in the universe's early stages. We now can add one more: observations of a galaxy that was already 'dead; when the universe was only 5% of its current age.

Scientists said on March 6 Webb had spotted a galaxy where star formation had already ceased by roughly 13.1 billion years ago, 700 million years after the Big Bang event that gave rise to the universe. Many dead galaxies have been detected over the years, but this is the earliest by about 500 million years.

"The galaxy seemed to have lived fast and intensely, and then stopped forming stars very rapidly," said astrophysicist Tobias Looser of the Kavli Institute for Cosmology at the University of Cambridge, lead author of the study published in the journal *Nature*.

"In the first few hundred million years of its history, the universe was violent and

Once star formation ends, existing stars die and are not replaced. This happens in a hierarchical fashion, by order of stellar weight, because the most massive stars are the hottest and shine the brightest, and as a result have the shortest lives'

active, with plenty of gas around to fuel star formation in galaxies. That makes this discovery particularly puzzling and interesting," Dr. Looser added.

This galaxy is relatively small, with perhaps 100 million to one billion stars.

After a galaxy stops forming new stars, it becomes a bit like a stellar graveyard.

"Once star formation ends, existing





James Webb telescope on Galaxy

- After a galaxy stops forming new stars, it becomes a bit like a stellar graveyard. "Once star formation ends, existing stars die and are not replaced.
- This happens in a hierarchical fashion, by order of stellar weight, because the most massive stars are the hottest and shine the brightest, and as a result have the shortest lives,"
- As the hottest stars die, the galaxy colour changes from blue – the colour of hot stars – to yellow to red – the colour of the least massive stars,".
- "Stars about the mass of the sun live about 10 billion years. If this galaxy stopped forming stars at the time we observed it, there would be no sun-like stars left in it today."
- The researchers determined this galaxy experienced a burst of star formation spanning 30 to 90 million years, then it suddenly stopped.







JAMES WEBB SPACE TELESCOPE

ENGLISH

Will be the premier space observatory for astronomers worldwide, extending the tantalizing discoveries of the Hubble Space Telescope.

An international collaboration among NASA, the European Space Agency, and the Canadian Space Agency.

The largest telescope ever placed in space; 100 times more powerful than Hubble.

So big it has to fold origami-style to fit in the rocket and will unfold like a "Transformer" in space.

Has a 5-layer sunshield that protects the telescope from the infrared radiation of the Sun, Earth, and Moon; like having sun protection of SPF 1 million.

With unprecedented infrared sensitivity, it will peer back in time over 13.5 billion years to see the first galaxies born after the Big Bang.

Will orbit the Sun 1.5 million kilometers or 1 million miles from the Earth. (Hubble orbits 560 kilometers above the Earth.)

www.nasa.gov

IODAY

Proposed Launch Date:

Webb will be launched in 2021

Launch Vehicle:

Ariane 5 ECA

Mission

Duration:

5 - 10 years

Diameter of primary Mirror:

6.5 m (21.3 ft) approximately

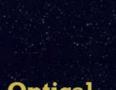
Primary mirror material:

beryllium coated with gold

Photo & info: NASA



A window into cosmos



131.4 meters

Focal

length:

Optical resolution:

~0.1 arc-seconds

Orbit:

1.5 million km from Earth

India Today Group Digital

Polity - Judges in politics

Time to prohibit judges from joining politics

ustice Abhijit
Gangopadhyay recently
resigned as a judge of the
Calcutta High Court and
joined the Bharatiya Janata Party
(BJP). He said that he was
approached by the BJP, and he
also approached the BJP, during
his tenure as judge. He declared
that henceforth, he will be a
"party soldier".

While he was judge, Mr. Gangopadhyay was often in the news for the wrong reasons. He allegedly gave an interview to a TV channel criticising the West Bengal government and speaking about the school job-for-bribe case. He created controversy by defying an order of a division bench. Sometimes he had run-ins with lawyers and even fellow judges. While dealing with one of the cases pertaining to Mr. Gangopadhyay's conduct, a bench of Chief Justice of India D.Y. Chandrachud and Justice P.S. Narasimha rightly said that judges have no business giving TV interviews on pending matters. The Chief Minister criticised Mr. Gangopadhyay after his resignation saying his judgments will always remain questionable.

Former Union Minister Arun Jaitley had once advocated a cooling off period for judges saying "pre-retirement judgments are influenced by a desire for a post-retirement job". When confronted with this suggestion, Mr. Gangopadhyay retorted that there is no rule to this effect. He added that he "never gave any political judgment which was politically biased".

No legal bar

A member of the Constituent
Assembly, K.T. Shah, had
suggested that judges of
constitutional courts should be
legally barred from occupying
executive posts. But the
Constituent Assembly did not find
favour with this. Implementing
external rules to control the
judicial behaviour of judges would
be antithetical to the idea of
judicial independence. This is why



Kaleeswaram Ra

is a lawyer at the Supreme Court of as it involves loss of freedom.
Restraint becomes the norm,
which also reduces the space for
personal aspirations. Yet, a judge
of the constitutional court gets
powers and privileges which
others do not enjoy. According to
Article 217 read with Article 124(4)
of the Constitution, the only way
to remove a judge is the almost
unworkable method of
impreschment by Parliament

India has not legislated over the

Acceptance of judgeship is

often an act of sacrifice for lawyers

judicial conduct of judges of

constitutional courts.

unworkable method of impeachment by Parliament. Article 215 declares the High Court to be a court of record with contempt power which the judges could invoke. The jurist Alan Dershowitz was right when he said that "judges are the weakest link in our system of justice, and they

are also the most protected".

Judicial conduct

Paragraph VIII of the Third Schedule of the Constitution demands a judge-designate to swear inter alia that he will perform his duties without fear or favour, affection or ill-will. The Bangalore Principles of Judicial Conduct (2002) gained international acceptance as indicated by the Judicial Integrity Group. The declaration enlists certain judicial values including independence, impartiality, integrity, propriety, equality, competence and diligence. It emphasises the need to eradicate bias or prejudice in the decision-making process. It asks judges to ensure that their conduct "both in and out of (the) court maintains and enhances the confidence of the public, the legal profession, and litigants in the impartiality of the judge and of the judiciary". Clause 2.4 of the declaration is against the judge making comments "that might reasonably be expected to affect the outcome of (a case)." It says that the "judge shall disqualify himself or herself from participating in any proceedings in which the judge is unable to

decide the matter impartially". The Code also says, "A judge shall conduct himself or herself in a way that is consistent with the dignity of the judicial office".

The U.S judge, Simon Rifkind, remarked that the courtroom, sooner or later, becomes the image of the judge and that it will rise or fall to the level of the presiding judge. The Supreme Court in C. Ravichandran Iyer v. Justice A.M. Bhattacharjee (1995) said, "To keep the stream of justice clean and pure, the Judge must be endowed with sterling character, impeccable integrity and upright behaviour". In All India Judges' Association v. Union of India (1991), the court spoke of "society's expectation from judicial officers".

There have been similar instances in the past. In 1967, Chief Justice Koka Subba Rao resigned to contest the presidential elections, and in 1983, the Supreme Court judge Baharul Islam resigned to get elected as a member of the Rajya Sabha. But past aberrations do not justify present wrongs. They are no longer good precedents or practices given the globally accepted principles of the Bangalore Declaration, which were made later.

An opportunity

The present episode, therefore, gives an opportunity to the Chief Justice of India and the Supreme Court to investigate the matter more seriously and evolve methods to avert such judicial aberrations. It could lead to one of the most awaited steps towards reforming the judiciary. The top court must expressly prohibit judges of constitutional courts from taking the political plunge even after they resign. Such acts should be interpreted as a breach of the oath read in the light of Indian precedents and the accepted norms on judicial conduct. There is a need for a judge-made law on the topic since Parliament will hardly act on this issue.



The act of judges of constitutional courts taking the political plunge even after they resign should be interpreted as a breach of the oath



SHOULD JUDGE JOIN POLITICS

**

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WHY IN NEWS







A member of the Constituent
Assembly, K.T. Shah, had
suggested that judges of
constitutional courts should be
legally barred from occupying
executive posts

Acceptance of judgeship is often an act of sacrifice for lawyers as it involves loss of freedom.

Restraint becomes the norm, which also reduces the space for personal aspirations.

a judge of the constitutional court gets powers and privileges which others do not enjoy.

According to Article 217 read with Article 124(4) of the Constitution, the only way to remove a judge is the almost unworkable method of impeachment by Parliament

Article 215 declares the High Court to be a court of record with contempt power which the judges could invoke



SHOULD JUDGE JOIN POLITICS-P2



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Conduct (2002) gained
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The declaration enlists certain judicial values including independence, impartiality, integrity, propriety, equality, competence and diligence

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The Code also says, "A judge shall conduct himself or herself in a way that is consistent with the dignity of the judicial office"

The top court must expressly prohibit judges of constitutional courts from taking the political plunge even after they resign. Such acts should be interpreted as a breach of the oath read in the light of Indian precedents and the accepted norms on judicial conduct.

CULTURE - PERANG Api

Playing with fire'



Hindu worshippers take part in 'Perang Api', a war of fire tradition believed to cleanse the evil elements and keep away misfortune, ahead of Nyepi Day, which marks the Balinese Hindu New Year, at Mataram in Indonesia on Sunday. REUTERS









Perang api is one tradition few Balinese celebrate, and fewer outsiders know about. While the practices associated with the Hindu New Year's Eve are well documented – a day of enforced silence, fasting and meditation – this little-known ritual takes place at 6pm in a handful of neighborhoods in central Bali on pengrupukan, the day preceding Nyepi



oscar awards 2024

Best picture

<u>Oppenheimer</u>

Best actor in a leading role

Cillian Murphy, Oppenheimer

Best actress in a leading

role

Emma Stone, Poor Things

Best director

Christopher Nolan, Oppenheimer



Best supporting actor Robert Downey Jr, Oppenheimer

Best supporting actress Da'Vine Joy Randolph, The Holdovers Best adapted screenplay American Fiction Best original screenplay Anatomy of a Fall Best animated featured film

The Boy and the Heron

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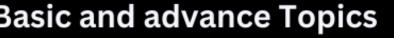
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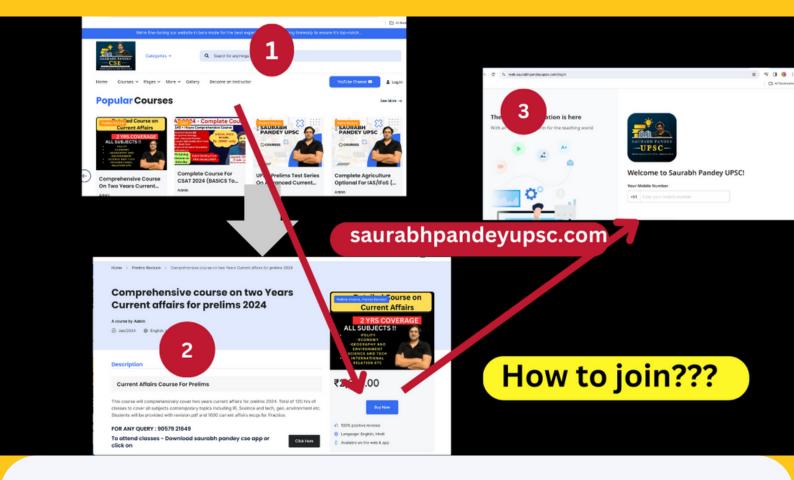
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