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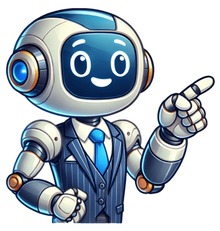

Bálsamo de copaíba

Remedios naturalesPlantas medicinalesEl aceite de copaiba se ha empleado en la medicina tradicional debido a sus propiedades analgésicas, antiinflamatorias y antimicrobianas. ¿Quieres saber más sobre sus beneficios? La copaiba, también llamada «palo de aceite» en países como Puerto Rico, Colombia y Venezuela, es un árbol originario de la cuenca del Amazonas que puede alcanzar los 20 metros de altura.Pertenece a la especie Copaifera officinalis, popular por producir de forma natural un aceite o resina que se extrae tras perforar un agujero en el tronco, insertar una tubería y dejar fluir el contenido.Desde la antigüedad, dicha resina ha sido empleada con fines medicinales, ya que los habitantes de los lugares donde crece el árbol le atribuyen varias propiedades. Se cree que ayuda a aliviar el dolor, prevenir infecciones y mejorar el proceso de cicatrización. ¿Quieres saber más al respecto?¿Qué es el aceite de copaiba?El aceite de copaiba se obtiene a partir de la resina de los árboles que comparten el mismo nombre. Dado que esta se produce de forma natural, el proceso consiste en realizar una incisión en el tronco, filtrar el contenido y tratarlo hasta conseguir el aceite de aroma dulce y amaderado.Según datos históricos, los primeros en aprovechar las bondades de este bálsamo fueron los aborígenes distribuidos alrededor de la cuenca del Amazonas que incluye países como Brasil, Colombia, Perú y Venezuela. Debido a su utilidad en el tratamiento de diversas dolencias, fue llevado a Europa en el siglo XVII.En la actualidad, este aceite se encuentra en las listas de ingredientes de numerosos productos para el aseo personal y el cuidado de la piel. Del mismo modo, tanto la resina como el aceite se utilizan para preparaciones farmacéuticas naturales como los diuréticos y los remedios para la tos.Componentes importantesLos principales componentes del aceite de copaiba son los siguientes: Copaeno o α-Copaeno. Cadineno o δ-Cadineno. Γ-Cadineno. Cedrol. El aceite de copaiba se ha empleado desde la antigüedad con fines cosméticos y medicinales. Lee también: Aceite de coco para tratar la dermatitis atópica: beneficios y cómo usarloPrincipales usos y beneficios del aceite de copaibaLa medicina popular también ha empleado este aceite como afrodisíaco. A continuación, analizaremos en detalle cuáles son sus beneficios según la ciencia.1. Tiene actividad antiinflamatoriaLa inflamación crónica es la causante de un número importante de enfermedades. Por fortuna, el aceite de copaiba ha exhibido efectos antiinflamatorios relevantes. En un estudio hecho en roedores con esclerosis múltiple (EM), este ingrediente ayudó a disminuir la producción de moléculas vinculadas a la inflamación. Además, fue útil para inhibir la actividad de los radicales libres, asociados al estrés oxidativo.De forma similar, una investigación en ratas que presentaban una lesión en la lengua arrojó que el aceite de resina favoreció la disminución de la cantidad de células inmunes que provocan la inflamación.Finalmente, un estudio en roedores con colitis encontró que este producto es capaz de disminuir la inflamación, a pesar de no tener ningún efecto sobre el daño causado al colon. Por ahora, son necesarios más estudios para corroborar estos efectos en humanos.2. Tiene actividad antimicrobianaUna investigación publicada en International Journal of Pharmaceutical Compounding determinó que, incluso en concentraciones bajas, el aceite de copaiba puede inhibir el crecimiento bacteriano. El estudio se llevó a cabo con la bacteria conocida como estafilococo dorado que causa infecciones y heridas en la piel.Por su parte, un estudio publicado en The Open Dentistry Journal encontró que un gel de este aceite fue capaz de combatir todas las especies de bacterias estreptococos presentes en los dientes. Sin embargo, aún se necesitan más estudios que certifiquen estas propiedades.3. Tiene efecto analgésicoUn estudio publicado en Complementary Therapies in Clinical Practice arrojó que un masaje de aceite de copaiba combinado con Deep Blue puede ser más efectivo para disminuir el dolor causado por la artritis que uno con aceite de coco. Del mismo modo, puede aumentar la fuerza y destreza de los dedos.4. Es coadyuvante contra la leishmaniasisLa leishmaniasis es una infección causada por el parásito Leishmania que se transmite a través de la picadura de un flebotomo infectado. Por lo general, cuando la infección es cutánea, suelen aparecer lesiones y úlceras.Ahora bien, una investigación en roedores con leishmaniasis cutánea determinó que un tratamiento oral y tópico de aceite de copaiba sirvió como coadyuvante a la hora de reducir las lesiones en la piel. Los expertos creen que esto se debe a que puede atacar las membranas celulares del parásito Leishmania.5. Contribuye a mejorar la piel con acnéDebido a sus propiedades antiinflamatorias y antimicrobianas, este aceite parece ser un aliado contra el acné. En un estudio publicado en la revista Alternative Medicine Review, los participantes evidenciaron una mejora significativa en las áreas con acné tratadas con una preparación de aceite esencial de copaiba al 1 %.Por otro lado, datos anecdóticos sugieren que también ayuda a aclarar la piel. Para ello, basta con agregar una gota del aceite esencial a la crema facial o al tónico. 6. Ayuda a cuidar la salud hepáticaDe acuerdo a un estudio publicado en Acta Cirúrgica Brasileira, el aceite de copaiba es capaz de reducir el daño hepático causado por los analgésicos de uso común como el acetaminofén. Los investigadores encontraron que estos efectos se presentan siempre que el aceite se utilice de forma preventiva; es decir, antes de administrar el analgésico.Si se administra después del fármaco, sus efectos no son tan favorables. Por el contrario, aumentan los niveles de bilirrubina en el hígado. Son necesarios más estudios para corroborar estos efectos.7. Funciona como un calmanteUno de los usos tradicionales de este producto natural tiene que ver con el alivio de las tensiones. En particular, se le atribuyen propiedades calmantes, sobre todo cuando se aplica a través de masajes. Es ideal para relajarse después de un día tedioso o antes de ir a la cama. Aplicado a través de masajes, este aceite ayudaría a disminuir la tensión muscular. Riesgos y precauciones del aceite de copaibaEl aceite de copaiba se considera seguro siempre que se use en dosis bajas. Un estudio publicado en International Journal of Molecular Sciences arrojó que ingerir grandes cantidades puede causar problemas digestivos como náuseas, vómitos y diarrea.Por otro lado, el aceite no se debe ingerir de forma directa y hay que tener cuidado antes de aplicarlo sobre la piel. Los aceites esenciales, en general, están muy concentrados, por lo que es necesario diluirlos.Asimismo, es recomendable hacer una prueba para detectar posibles reacciones. Para ello, se aplica un poco de aceite diluido y se deja actuar por al menos 24 horas. En caso de no existir ninguna reacción, se puede considerar seguro.,Ahora bien, si se emplea este aceite en sesiones de aromaterapia, es necesario evitar hacerlo cerca de niños, mascotas o mujeres embarazadas, ya que algunos aceites esenciales pueden afectarlos.Por último, se cree que el litio puede interactuar de forma desfavorable con la copaiba. Por lo tanto, se recomienda la consulta con un especialista si se consumio litio u otro medicamento que lo contenga.¿Cómo puedo usar el aceite de copaiba?El aceite de copaiba suele utilizarse como aditivo alimentario, por lo que se agrega en pequeñas cantidades a los alimentos y las bebidas con el fin de cambiar su aroma. A su vez, suele emplearse de forma tópica con el fin de disminuir la inflamación, el dolor y las cicatrices.En estos últimos casos, se debe mezclar con un aceite portador, como el aceite de aguacate, de almendras o de coco. Eso sí, basta con agregar de 3 a 5 gotas de aceite esencial de copaiba en cada onza de aceite portador. Lo puedes aplicar en forma de compresa, masajes, crema o loción.Descubre: Beneficios y usos del aceite esencial de semilla de uvaAceite de copaiba, un antiinflamatorio y calmante naturalLa copaiba, cuyo nombre científico es Copaifera officinalis, es una especie de árbol oriundo de la cuenca del Amazonas. También se conoce como palo de aceite, ya que produce una resina o bálsamo que puede extraerse al hacer una incisión en el tronco.Esta resina es procesada y, a partir de allí, se obtiene este aceite. Datos anecdóticos y algunas investigaciones exponen que tiene actividad antiinflamatoria, analgésica y antimicrobiana. Sin embargo, se requieren más investigaciones para comprobar sus efectos. Por ahora, se debe usar solo de manera puntual, como aliado para calmar algunos síntomas. No reemplaza los tratamientos médicos y debe emplearse con cuidado, sobre todo en casos especiales como el embarazo, la lactancia o alguna enfermedad preexistente. Todas las fuentes citadas fueron revisadas a profundidad por nuestro equipo, para asegurar su calidad, confiabilidad, vigencia y validez. La bibliografía de este artículo fue considerada confiable y de precisión académica o científica. da Silva AG, Puziol Pde F, Leitao RN, Gomes TR, Scherer R, Martins ML, Cavalcanti AS, Cavalcanti LC. Application of the essential oil from copaiba (Copaifera langsdori Desf.) for acne vulgaris: a double-blind, placebo-controlled clinical trial. Altern Med Rev. 2012 Mar;17(1):69-75. PMID: 22502624. Dias, D. S., Fontes, L. B., Crotti, A. E., Aarestrup, B. J., Aarestrup, F. M., da Silva Filho, A. A., & Corrêa, J. O. (2014). Copaiba oil suppresses inflammatory cytokines in splenocytes of C57Bl/6 mice induced with experimental autoimmune encephalomyelitis (EAE). 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Todos los derechos reservados. Esta publicación es solo con fines informativos y educativos. No sustituye en ningún momento la opinión de un experto. Ante cualquier duda, acude con tu profesional de confianza. Más información. , the free encyclopedia that anyone can edit. 118,328 active editors 6,995,577 articles in English Malcolm X (May 19, 1925 – February 21, 1965) was an African-American Muslim minister, public speaker, and human rights activist. To his admirers, he advocated for the rights of African Americans and indicted white America for their actions against black Americans. His detractors accused him of preaching racism and violence. After living in foster homes, Malcolm X was involved in criminal activity in Boston and New York. In 1945, he was sentenced to prison, where he became a member of the Nation of Islam. After parole, he became one of the Nation's leaders, its chief spokesman, and its public face. Tension between Malcolm X and Elijah Muhammad, head of the Nation of Islam, led to Malcolm X's departure from the organization in March 1964. Afterwards, he became a Sunni Muslim and made a pilgrimage to Mecca. He founded Muslim Mosque, Inc., a religious organization, and the secular, black nationalist Organization of Afro-American Unity. He was assassinated while giving a speech in New York. (Full article...) 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During the ceremony, Emmy Awards were handed out in 25 different categories. The ceremony was produced by Jesse Collins Entertainment, directed by Alex Rudzinski, and broadcast in the United States by ABC. Eugene Levy and Dan Levy co-hosted the event. At the main ceremony, Baby Reindeer, The Bear, and Shōgun tied for the most wins at four apiece, including Outstanding Limited or Anthology Series for Baby Reindeer and Outstanding Drama Series for Shōgun. Other winning programs were Hacks with three wins, including Outstanding Comedy Series, and Alex Edelman: Just for Us, The Crown, The Daily Show, Fargo, Last Week Tonight with John Oliver, The Morning Show, Ripley, Slow Horses, The Traitors, and True Detective: Night Country with one each. Including Creative Arts Emmys, Shōgun led all programs with 18 wins, a record for a show in one year; FX led all networks and platforms with 36 total wins. Jeremy Allen White, Outstanding Lead Actor in a Comedy Series winner Jean Smart, Outstanding Lead Actress in a Comedy Series winner Hiroyuki Sanada, Outstanding Lead Actor in a Drama Series winner Anna Sawai, Outstanding Lead Actress in a Drama Series winner Jodie Foster, Outstanding Lead Actress in a Limited or Anthology Series or Movie winner Ebon Moss-Bachrach, Outstanding Supporting Actor in a Comedy Series winner Billy Crudup, Outstanding Supporting Actor in a Drama Series winner Elizabeth Debicki, Outstanding Supporting Actress in a Drama Series winner Lamorne Morris, Outstanding Supporting Actor in a Limited or Anthology Series or Movie winner Jessica Gunning, Outstanding Supporting Actress in a Limited or Anthology Series or Movie winner The nominations for the 76th Primetime Emmy Awards were announced on July 17, 2024, in a virtual broadcast originating from the El Capitan Theatre in Hollywood, Los Angeles, hosted by actor Tony Hale, actress Sheryl Lee Ralph and Television Academy chair Cris Abrego.[3] Including nominations at the 76th Primetime Creative Arts Emmy Awards, Shōgun led all programs with 25 nominations.[4] It was also the second non-English language series to be nominated for Outstanding Drama Series after Squid Game, which was nominated two years earlier.[5] The Bear became the most-nominated comedy series for a single season in the awards' history with 23 nominations; the program surpassed the record held by the NBC comedy 30 Rock, which received 22 nominations in 2009.[6][7] Lily Gladstone of the series Under the Bridge and Kali Reis of the series True Detective: Night Country became the first indigenous American women to receiving acting nominations; along with D'Pharaoh Woon-A-Tai of the series Reservation Dogs, they were the first indigenous American actors to earn an acting nomination since August Schellenberg for his role in the television film Bury My Heart at Wounded Knee in 2007.[8] Netflix led all networks and platforms with 107 nominations. FX came in second place with 93 nominations, surpassing its own record of 56 nominations in 2016.[9] The winners were announced on September 15, following the Creative Arts Emmys on September 7 and 8. With 36 total wins, FX led all networks and platforms for the first time.[10] Shōgun became the first non-English-language series to win Outstanding Drama Series and won a total of 18 awards, breaking the record of 13 set by John Adams in 2008 to become the most awarded program for a single year in Emmy history.[11] It also passed Game of Thrones's 12 wins in 2015, 2016, and 2019 for most wins by a drama series in a single season.[12] With its 11 wins, The Bear surpassed its own record for most wins for a comedy series in a single year. For their work on Shōgun, Hiroyuki Sanada and Anna Sawai were the first Japanese performers to win Outstanding Lead Actor in a Drama Series and Outstanding Lead Actress in a Drama Series, respectively.[13][14] Sawai also became the first Asian to win her category, while Sanada became the second Asian to do so in his category after Lee Jung-jae for his role in Squid Game in 2022.[15] Liza Colón-Zayas was the first Latina winner for Outstanding Supporting Actress in a Comedy Series for her performance on The Bear.[16] Winners are listed first, highlighted in boldface, and indicated with a double dagger (‡).[17][18][a] For simplicity, producers who received nominations for program awards have been omitted. Programs Outstanding Comedy Series Hacks (Max)‡ Abbott Elementary (ABC) The Bear (FX) Curb Your Enthusiasm (HBO) Only Murders in the Building (Hulu) Palm Royale (Apple TV+) Reservation Dogs (FX) What We Do in the Shadows (FX) Outstanding Drama Series Shōgun (FX)‡ The Crown (Netflix) Fallout (Prime Video) The Gilded Age (HBO) The Morning Show (Apple TV+) Mr. & Mrs. Smith (Prime Video) Slow Horses (Apple TV+) 3 Body Problem (Netflix) Outstanding Limited or Anthology Series Baby Reindeer (Netflix)‡ Fargo (FX) Lessons in Chemistry (Apple TV+) Ripley (Netflix) True Detective: Night Country (HBO) Outstanding Reality Competition Program The Traitors (Peacock)‡ The Amazing Race (CBS) RuPaul's Drag Race (MTV) Top Chef (Bravo) The Voice (NBC) Outstanding Talk Series The Daily Show (Comedy Central)‡ Jimmy Kimmel Live! (ABC) Late Night with Seth Meyers (NBC) The Late Show with Stephen Colbert (CBS) Outstanding Scripted Variety Series Last Week Tonight with John Oliver (HBO)‡ Saturday Night Live (NBC) Lead performances Outstanding Lead Actor in a Comedy Series Jeremy Allen White – The Bear as Carmen "Carmy" Berzatto (FX)‡ Matt Berry – What We Do in the Shadows as Leslie "Laszlo" Cravensworth (FX) Larry David – Curb Your Enthusiasm as Larry David (HBO) Steve Martin – Only Murders in the Building as Charles-Haden Savage (Hulu) Martin Short – Only Murders in the Building as Oliver Putnam (Hulu) D'Pharaoh Woon-A-Tai – Reservation Dogs as Bear Smallhill (FX) Outstanding Lead Actress in a Comedy Series Jean Smart – Hacks as Deborah Vance (Max)‡ Quinta Brunson – Abbott Elementary as Janine Teagues (ABC) Ayo Edebiri – The Bear as Sydney Adamu (FX) Selena Gomez – Only Murders in the Building as Mabel Mora (Hulu) Maya Rudolph – Loot as Molly Novak (Apple TV+) Kristen Wiig – Palm Royale as Maxine Simmons (Apple TV+) Outstanding Lead Actor in a Drama Series Hiroyuki Sanada – Shōgun as Lord Yoshii Toranaga (FX)‡ Idris Elba – Hijack as Sam Nelson (Apple TV+) Donald Glover – Mr. & Mrs. Smith as John Smith / Michael (Prime Video) Walton Goggins – Fallout as the Ghoul / Cooper Howard (Prime Video) Gary Oldman – Slow Horses as Jackson Lamb (Apple TV+) Dominic West – The Crown as Charles, Prince of Wales (Netflix) Outstanding Lead Actress in a Drama Series Anna Sawai – Shōgun as Toda Mariko (FX)‡ Jennifer Aniston – The Morning Show as Alex Levy (Apple TV+) Carrie Coon – The Gilded Age as Bertha Russell (HBO) Maya Erskine – Mr. & Mrs. Smith as Jane Smith / Alana (Prime Video) Imelda Staunton – The Crown as Queen Elizabeth II (Netflix) Reese Witherspoon – The Morning Show as Bradley Jackson (Apple TV+) Outstanding Lead Actor in a Limited or Anthology Series or Movie Richard Gadd – Baby Reindeer as Donny Dunn (Netflix)‡ Matt Bomer – Fellow Travelers as Hawkins "Hawk" Fuller (Showtime) Jon Hamm – Fargo as Sheriff Roy Tillman (FX) Tom Hollander – Feud: Capote vs. The Swans as Truman Capote (FX) Andrew Scott – Ripley as Tom Ripley (Netflix) Outstanding Lead Actress in a Limited or Anthology Series or Movie Jodie Foster – True Detective: Night Country as Detective Elizabeth Danvers (HBO)‡ Brie Larson – Lessons in Chemistry as Elizabeth Zott (Apple TV+) Juno Temple – Fargo as Dorothy "Dot" Lyon (FX) Sofía Vergara – Griselda as Griselda Blanco (Netflix) Naomi Watts – Feud: Capote vs. The Swans as Babe Paley (FX) Supporting performances Outstanding Supporting Actor in a Comedy Series Ebon Moss-Bachrach – The Bear as Richard "Richie" Jerimovich (FX)‡ Lionel Boyce – The Bear as Marcus Brooks (FX) Paul W. Downs – Hacks as Jimmy LuSaque Jr. (Max) Paul Rudd – Only Murders in the Building as Ben Glenroy (Hulu) Tyler James Williams – Abbott Elementary as Gregory Eddie (ABC) Bowen Yang – Saturday Night Live as various characters (NBC) Outstanding Supporting Actress in a Comedy Series Liza Colón-Zayas – The Bear as Tina Marrero (FX)‡ Carol Burnett – Palm Royale as Norma Dellacorte (Apple TV+) Hannah Einbinder – Hacks as Ava Daniels (Max) Janelle James – Abbott Elementary as Ava Coleman (ABC) Sheryl Lee Ralph – Abbott Elementary as Barbara Howard (ABC) Meryl Streep – Only Murders in the Building as Loretta Durkin (Hulu) Outstanding Supporting Actor in a Drama Series Billy Crudup – The Morning Show as Cory Ellison (Apple TV+)‡ Tadanobu Asano – Shōgun as Kashigi Yabushige (FX) Mark Duplass – The Morning Show as Charles "Chip" Black (Apple TV+) Jon Hamm – The Morning Show as Paul Marks (Apple TV+) Takehiro Hira – Shōgun as Ishido Kazunari (FX) Jack Lowden – Slow Horses as River Cartwright (Apple TV+) Jonathan Pryce – The Crown as Prince Philip, Duke of Edinburgh (Netflix) Outstanding Supporting Actress in a Drama Series Elizabeth Debicki – The Crown as Diana, Princess of Wales (Netflix)‡ Christine Baranski – The Gilded Age as Agnes van Rhijn (HBO) Nicole Beharie – The Morning Show as Christina Hunter (Apple TV+) Greta Lee – The Morning Show as Stella Bak (Apple TV+) Lesley Manville – The Crown as Princess Margaret (Netflix) Karen Pittman – The Morning Show as Mia Jordan (Apple TV+) Holland Taylor – The Morning Show as Cybil Richards (Apple TV+) Outstanding Supporting Actor in a Limited or Anthology Series or Movie Lamorne Morris – Fargo as State Trooper Whitley "Witt" Farr (FX)‡ Jonathan Bailey – Fellow Travelers as Tim Laughlin (Showtime) Robert Downey Jr. – The Sympathizer as Claude / Professor Robert Hammer / Ned Godwin / Niko Damianos / The Priest (HBO) Tom Goodman-Hill – Baby Reindeer as Darrien O'Connor (Netflix) John Hawkes – True Detective: Night Country as Hank Prior (HBO) Lewis Pullman – Lessons in Chemistry as Calvin Evans (Apple TV+) Treat Williams – Feud: Capote vs. The Swans as Bill Paley (FX) (posthumous)[19] Outstanding Supporting Actress in a Limited or Anthology Series or Movie Jessica Gunning – Baby Reindeer as Martha Scott (Netflix)‡ Dakota Fanning – Ripley as Marge Sherwood (Netflix) Lily Gladstone – Under the Bridge as Cam Bentland (Hulu) Aja Naomi King – Lessons in Chemistry as Harriet Sloane (Apple TV+) Diane Lane – Feud: Capote vs. The Swans as Nancy "Slim" Keith (FX) Nava Mau – Baby Reindeer as Teri (Netflix) Kali Reis – True Detective: Night Country as Detective Evangeline Navarro (HBO) Directing Outstanding Directing for a Comedy Series The Bear: "Fishes" – Christopher Storer (FX)‡ Abbott Elementary: "Party" – Randall Einhorn (ABC) The Bear: "Honeydew" – Ramy Youssef (FX) The Gentlemen: "Refined Aggression" – Guy Ritchie (Netflix) Hacks: "Bulletproof" – Lucia Aniello (Max) The Ms. Pat Show: "I'm the Pappy" – Mary Lou Belli (BET+) Outstanding Directing for a Drama Series Shōgun: "Crimson Sky" – Frederick E. O. Toye (FX)‡ The Crown: "Sleep, Dearie Sleep" – Stephen Daldry (Netflix) The Morning Show: "The Overview Effect" – Mimi Leder (Apple TV+) Mr. & Mrs. Smith: "First Date" – Hiro Murai (Prime Video) Slow Horses: "Strange Games" – Saul Metzstein (Apple TV+) Winning Time: The Rise of the Lakers Dynasty: "Beat L.A." – Salli Richardson-Whitfield (HBO) Outstanding Directing for a Limited or Anthology Series or Movie Ripley – Steven Zaillian (Netflix)‡ Baby Reindeer: "Episode 4" – Weronika Tofilska (Netflix) Fargo: "The Tragedy of the Commons" – Noah Hawley (FX) Feud: Capote vs. The Swans: "Pilot" – Gus Van Sant (FX) Lessons in Chemistry: "Poirot" – Millicent Shelton (Apple TV+) True Detective: Night Country – Issa López (HBO) Writing Outstanding Writing for a Comedy Series Hacks: "Bulletproof" – Lucia Aniello, Paul W. Downs, and Jen Statsky (Max)‡ Abbott Elementary: "Career Day" – Quinta Brunson (ABC) The Bear: "Fishes" – Christopher Storer and Joanna Calo (FX) Girls5eva: "Orlando" – Meredith Scardino and Sam Means (Netflix) The Other Two: "Brooke Hosts a Night of Undeniable Good" – Chris Kelly and Sarah Schneider (Max) What We Do in the Shadows: "Pride Parade" – Jake Bender and Zach Dunn (FX) Outstanding Writing for a Drama Series Slow Horses: "Negotiating with Tigers" – Will Smith (Apple TV+)‡ The Crown: "Ritz" – Peter Morgan and Meriel Sheibani-Clare (Netflix) Fallout: "The End" – Geneva Robertson-Dworet and Graham Wagner (Prime Video) Mr. & Mrs. Smith: "First Date" – Francesca Sloane and Donald Glover (Prime Video) Shōgun: "Anjin" – Rachel Kondo and Justin Marks (FX) Shōgun: "Crimson Sky" – Rachel Kondo and Caillin Puente (FX) Outstanding Writing for a Limited or Anthology Series or Movie Baby Reindeer – Richard Gadd (Netflix)‡ Black Mirror: "Joan Is Awful" – Charlie Brooker (Netflix) Fargo: "The Tragedy of the Commons" – Noah Hawley (FX) Fellow Travelers: "You're Wonderful" – Ron Nyswaner (Showtime) Ripley – Steven Zaillian (Netflix) True Detective: Night Country: "Part 6" – Issa López (HBO) Outstanding Writing for a Variety Special Alex Edelman: Just for Us – Alex Edelman (HBO)‡ Jacqueline Novak: Get on Your Knees – Jacqueline Novak (Netflix) John Early: Now More Than Ever – John Early (HBO) Mike Birbiglia: The Old Man and the Pool – Mike Birbiglia (Netflix) The Oscars – Jamie Abrahams, Rory Albanese, Amberia Allen, Tony Barbieri, Jonathan Bines, Joelle Boucai, Bryan Cook, Blaire Erskine, Devin Field, Gary Greenberg, Josh Halloway, Eric Immerman, Jesse Joyce, Jimmy Kimmel, Carol Leifer, Jon Macks, Mitch Marchand, Gregory Martin, Jesse McLaren, Molly McNearney, Keaton Patti, Danny Ricker, Louis Virtel, and Troy Walker (ABC) The Governors Award was presented to screenwriter, producer and director of film and television Greg Berlanti in recognition of his significant impact on television and culture by depicting the underrepresented in film.[20] For the purposes of the lists below, "major" constitutes the categories listed above (program, acting, directing, and writing), while "total" includes the categories presented at the Creative Arts Emmy Awards. Programs and networks must have multiple wins or major nominations or at least five total nominations to be included. Programs with multiple nominations[21] Nominations Program Network Total Major 25 8 Shōgun FX 23 9 The Bear FX 21 6 Only Murders in the Building Hulu 19 6 True Detective: Night Country HBO 18 8 The Crown Netflix 17 2 Saturday Night Live NBC 16 11 The Morning Show Apple TV+ 6 Hacks Max 5 Mr. & Mrs. Smith Prime Video 3 Fallout Prime Video 15 6 Fargo FX 13 5 Ripley Netflix 11 7 Baby Reindeer Netflix 3 Palm Royale Apple TV+ 10 5 Feud: Capote vs. The Swans FX Lessons in Chemistry Apple TV+ 9 7 Abbott Elementary ABC 5 Slow Horses Apple TV+ 8 3 What We Do in the Shadows FX 1 RuPaul's Drag Race MTV 0 Jim Henson Idea Man Disney+ 7 1 The Oscars ABC 6 3 The Gilded Age HBO 1 Last Week Tonight with John Oliver HBO 3 Body Problem Netflix 0 Welcome to Wrexham FX 5 1 The Amazing Race CBS The Late Show with Stephen Colbert CBS Winning Time: The Rise of the Lakers Dynasty HBO 0 Ahsoka Disney+ Beckham Netflix Dancing with the Stars ABC 66th Grammy Awards CBS Planet Earth III BBC America Steve! (Martin) A Documentary in 2 Pieces Apple TV+ 76th Annual Tony Awards CBS The Voice NBC