

Risk of Heart Attack in winter

INSIDE

Risk of Heart Attack	2
Healthy Lifestyle Can	3
Gastroesophageal Reflux	5
Allergic Rhinitis	6
Diarrhea	8
चित्र पहचानो	9
Did you know	9
Some Risk Factors	10
छोक रोकी तो	11
Night Shifts May Hit	13
सफेद दाग	14
लापटर थैरपी	15

Risk of Heart Attack in winter

Every season brings some health risk or the other with it and winter is no exception. While people tend to focus more on common ailments such as cold, fever and allergies as temperatures fall, doctors warn heart patients to be more careful as the cold weather increases the danger of heart attack than in other seasons.

Seasonal variation contributing to heart attacks has been noted both in India and western countries, with higher incidence rates during the winter months than in summer.

A heart attack happens when blood flow to the heart suddenly becomes blocked. Without the blood coming in, the heart can't get oxygen. If not treated quickly, the heart muscle begins to die. But if you do get quick treatment, you may be able prevent or limit damage to the heart muscle. That's why it's important to know the symptoms of a heart attack and call 9-1-1 if you or someone else is having them. You should call, even if you are not sure that it is a heart attack.

The most common symptoms in men and women are

- **Chest discomfort:** It is often in center or left side of the chest. It usually lasts more than a few minutes. It may go away and come back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heartburn or indigestion.
- **Shortness of breath:** Sometimes this is your only symptom. You may get it before or during the chest

discomfort. It can happen when you are resting or doing a little bit of physical activity.

- **Discomfort in the upper body:** You may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach.

You may also have other symptoms, such as nausea, vomiting, dizziness, and lightheadedness. You may break out in a cold sweat. Sometimes women will have different symptoms than men. For example, they are more likely to feel tired for no reason.

The most common cause of heart attacks is coronary artery disease (CAD). With CAD, there is a buildup of cholesterol and other material, called plaque, on their inner walls or the arteries. This is atherosclerosis. It can build up for years. Eventually an area of plaque can rupture (break open). A blood clot can form around the plaque and block the artery.

A less common cause of heart attack is a severe spasm (tightening) of a coronary artery. The spasm cuts off blood flow through the artery.

At the hospital, health care providers make a diagnosis based on your symptoms, blood tests, and different heart health tests. Treatments may include medicines and medical procedures such as coronary angioplasty. After a heart attack, cardiac rehabilitation and lifestyle changes can help you recover.

— Sarita Gupta

औषधि निर्माण केवल व्यापार ही नहीं, मानव सेवा भी है।

Owned, Edited and Published by Sarita Gupta at - E-190, Dilshad Garden, Delhi - 110095, Ph.: 47625719 and Printed by her at - Paras Printers, 4684 / 21, Sedhumal Building, Ansari Road, Delhi - 2, Editor : Sarita Gupta, Designing : Mukesh Kumar, Production : Subrat Saraogi, Legal Advisor : Ajay Sahnii. The Material of this journal is brief and simply informative, Professionals should have their own assessment and are advised to refer details for making their decision etc. Publisher accepts no responsibility of any nature for anything described in this issue. Subscription : Single Copy Rs. 10/-, Annual (12 issues) Rs. 96/-

(This journal is for the use of medical profession only.)

Healthy Lifestyle Can Reduce Even Genetic Heart Attack Risk

It is well known that following a healthy lifestyle can reduce the probability of a heart attack.

Cutting on fried and oily food, following a regular work out schedule and a proper sleep schedule can effectively improve not only heart but our overall health condition. But what about those with high genetic risk of heart attack? Can genetic heart attack risk be reduced?

Yes, claim the scientists. According to a Harvard Medical School research, it is possible to control and powerfully reduce even the genetically inherited cardiac risks. While quitting smoking and limiting alcohol consumption can always help, here are a few healthy lifestyle tips that can keep even genetically inherited heart diseases at bay.

Maintain the Sleep Cycle

Time is a vital factor in keeping your



heart healthy. Sleeping too late at night or severe sleep deprivation can cause serious stress build up which in turn increase the coronary heart disease risk.

Eat Healthy

Metabolism and cell growth is vital in keeping your heart strong. Proteins from pulses and lean meat can be very healthy for your cardiovascular health. Fat free or low fat and pasteurised dairy products are also good. Food rich in Omega-3 such as cod liver oil walnut and salmon are way too healthy for the heart.

Work Out Regularly

Working out is important as it boosts up blood flow in the heart keeping it healthy. Hence workouts like jogging or walking on the treadmill and other such cardio exercises are helpful. Swimming too is very good as it raises your heart rate.

Lycomalt™

Lycopene, Malt, Protein, Multivitamin & Mineral

A Hi-Tech Tonic for Good health
Fortified with MALT
Malt contains about 6% protein, as well as abundance of free amino acids, vitamins, and minerals.

- ✓ Cardiovascular Disease
- ✓ Hypertension
- ✓ Convalescence
- ✓ Chronic stress



Lycopene with Malt, Protein, Vitamins and Minerals Suspension
Lycomalt™
means good health

FOR ALL AGE GROUPS

Piles, Fissures

leads to Rest-less-ness
& Frustration ?????

The
Comprehensive
Care of
Haemorrhoid

ANOCREAM[®]

Beclomethasone Dipropionate 0.025%, Lidocaine 3.0%,
Phenylephrine Hydrochloride 0.1%, Zinc Oxide 5.0%

Relieves discomfort...



Rx

THREOCLAV

Amoxicillin + Clavulanic Acid

TABLETS 625 mg Amoxicillin 500mg + Clavulanic Acid 125 mg

DRY SYRUP 228.5 mg Amoxicillin 200mg + Clavulanic Acid 28.5 mg

Freedom from
Infection ...



Natural Relief

SpeedeX[®]-Balm

Methyl Salicylate 10 % w/w + Menthol 10 % w/w +
Camphor 2% w/w + Turpentine oil 5% w/w + Eucalyptus Oil 2% w/w

‘बाम एक काम अनेक’



Triple Action
Formula

Effective in
Headache, Backache,
Cough and Cold

Quality and Efficacy assured
*Mfrd. under Allopathic License & GMP

STOP

Hyper Acid
Secretion

Rx

PD-SR

CAPSULES

Pantoprazole 40 mg. & Domperidone 30 mg.



Gastroesophageal Reflux Disease



Gastroesophageal reflux disease or GERD is a disorder of the digestive system which has an effect on the lower esophageal sphincter (LES) which is the ring of muscles located between the esophagus and stomach.

People experience burning sensation in the heart or acid indigestion due to GERD. The health care providers believe that the disease is caused due to a condition called hiatal hernia.

Factors Contributing to GERD

The diet which you eat everyday and your lifestyle techniques have a major role to play in triggering GERD. Some foods and beverages like chocolates, peppermint, fried or fatty foods can contribute to a very large extent in triggering the condition. Many studies have also shown that smoking can relax the LES.

Symptoms of Heartburn

Heartburn which is also known as acid indigestion is one of the most common symptoms of GERD. The patients experience a burning sensation in the chest accompanied with a pain. It begins behind the breastbone and keeps moving in upward direction towards neck and throat. The pain or burning sensation can last for 2 hours and can occur while eating. A person can also experience pain while lying down or while bending over.

How Long Does GERD Last?

When GERD is not treated for a long

time it can cause serious troubles. The symptoms of the disorder can be cured within days of their occurrence. However, in some cases it can take weeks to lessen the effect of symptoms. The treatment for GERD continues for a long time.

Long-Term Outlook of Acid Reflux

Living with acid reflux is inconvenient. Fortunately, symptoms can generally be controlled through:

- stopping smoking
- reducing alcohol consumption
- eating less fat
- avoiding foods that set off attacks
- losing weight
- sleeping in different positions
- antacids
- anti-reflux medication
- surgery

Most people with reflux will not have long-term health problems. However, GERD can increase the risk of Barrett's esophagus. This is a permanent change in the lining of the esophagus.

Barrett's esophagus increases the risk of esophageal cancer. However this type cancer is very rare, even in people with Barrett's esophagus. According to the National Center for Biotechnology Information (NCBI), over a period of 10 years, only 10 out of 1,000 people with Barrett's will develop cancer. Nevertheless, patients with chronic, unremitting GERD despite medical treatment are often referred for endoscopy. In this procedure, a specialist doctor will examine the lining of your esophagus using a specialized instrument (endoscope), looking for changes of Barrett's esophagus or cancer in order to try and find the problems early enough to be able to offer you effective treatment.

Allergic Rhinitis

Allergic rhinitis is also known as hay fever. It's a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air. One's immune system attacks the allergens in one's body, causing symptoms such as sneezing and a runny nose. People with allergies usually have these symptoms for many years. One may also get other problems such as sinusitis and ear infections as a result of allergies.

SYMPTOMS

Allergic rhinitis signs and symptoms include:

- Watery, red, itchy eyes
- Nasal congestion and runny nose
- Itchy nose, roof of mouth or throat
- Sneezing and Cough
- Postnasal drip
- Swollen, blue-colored skin under the eyes
- Fatigue

CAUSES

When one suffers from hay fever, one's immune system identifies a harmless airborne substance as harmful. The immune system, then produces antibodies to this harmless substance. The next time when one comes in contact with the substance, these antibodies signal one's immune system, to release chemicals such as histamine into one's bloodstream, which causes a reaction that leads to the signs and symptoms of hay fever.

DIAGNOSIS

Doctors usually, diagnose allergic rhinitis by examining and asking questions about symptoms and activities at home. They possibly recommend one or both of the following tests:

Allergy blood test. One's blood sample is sent to a lab to measure the immune system's response to a specific allergen. It's also called the radioallergosorbent test (RAST). This test measures the amount of allergy-causing antibodies in one's

bloodstream, known as immunoglobulin E (IgE) antibodies.

Skin prick test: One is watched for an allergic reaction after small amounts of material that can trigger allergies are pricked into the skin of one's arm or upper back. If one is allergic, one develops a raised bump or hive at the site of that allergen. Allergy specialists usually are best equipped to perform allergy skin tests.

In most cases, one doesn't need testing. But the doctor may suggest some tests to make sure that another condition is not causing the symptoms. These tests include: Imaging test, Mucociliary clearance testing, Nasal Endoscopy etc.

TREATMENT

Medicines are a key part of the treatment for allergic rhinitis. If hay fever isn't too severe, over-the-counter medications may be enough to relieve the symptoms. For worse symptoms, one may need prescribed medications.

Medications for hay fever include:

Antihistamines- These are usually given as pills. However, there are antihistamine nasal sprays and eye drops as well. Antihistamines help with itching, a runny nose and sneezing but have less effect on congestion. Over-the-counter examples include loratadine, fexofenadine, and cetirizine. The prescribed antihistamine nasal sprays like olopatadine and azelastine can relieve nasal symptoms.

Nasal corticosteroids- These prescribed nasal sprays prevent and treat nasal itching, runny nose and nasal inflammation caused by hay fever. Nasal corticosteroids are safe and a long-term treatment for many people. Examples includes: fluticasone propionate, mometasone, triamcinolone, and budesonide.

Decongestants- These medications like liquids, tablets and nasal sprays are available over-the-counter and with prescription.

In Various Ear Problems...

Rx MYCOTIC[®]

A Broad Spectrum Multipurpose Ear Drops

For comprehensive treatment of various ear problems.



When eating, drinking, and talking become uncomfortable...

ORA-G[®]

Tannic Acid 5%, Choline Salicylate 8%, Cetrime 0.02%, Menthol 0.05% in a Glycerine base.

Gum Paint

Effective analgesic, anti-inflammatory, anti-septic and deodorant

Mouth Ulcer

Food Burns

Tooth Bites

Sores caused by Pan Masala

Teething Pain

Crack Nipple



Pharma Synth

LIVOBION[®]

लिवोबिऑन

Methionine, Choline and Lysine with Vitamins Syrup

Protects the Liver,
Makes the life worth living...

www.pharmasynth.in



SULABH ENEMA[®]

Glycerine 15%, Sodium Chloride 15% in an aqueous base

Hygienic, Effective, Convenient and Disposable

Single Dose Unit
Unique Design



Constipation :

- a) Pre Delivery
- b) Bedridden Patients.
- c) In habitual and drug induced constipation.

Emptying of bowel prior to :

- a) Delivery b) surgery and post-operative care
- c) Per Rectum (PR) and colonoscopic examination
- d) In habitual and drug induced constipation.

To avoid excessive strain during Defecation in cardiac patients and patients with hernia.

DIARRHEA

Diarrhea is a very common condition. Any body, irrespective of age, can have diarrhea. But children are more vulnerable. It usually occurs when fluid can not be absorbed from the contents of bowl or when extra fluid is secreted into the bowl. This results in loose or watery stools. Frequency of passing stools also increases. Its consequences include dehydration and loss of salt. If not treated, it could result in serious condition.

CAUSES

There are several causes of diarrhea. These include:

- Indigestion
- Hypersensitivity to food
- Certain drugs (e.g. antibiotics, antacids containing magnesium, statins, laxatives etc.)
- Viral infection (viruses such as norovirus or rotavirus)
- Bacterial infection (e.g. Campylobacter, Clostridium difficile, E. coli, Salmonella)
- Protozoal infection (e.g. Giardia intestinalis, E. histolytica)
- Psychosomatic factors like anxiety

SYMPTOMS

The main symptom is frequently passing of watery or loose stool (poo).

There may be associated symptoms depending on the cause. Associated symptoms may include:

- Stomach cramps
- Nausea and vomiting
- Headache
- Loss of appetite
- Dehydration when excessive fluid loss

PREVENTION

Some good hygiene practices will help in prevention of incidence of diarrhea. These may include the following:

- Wash your hands thoroughly after going to toilet and before eating or preparing food.
- Clean toilet, including handle and seat regularly and particularly at the time of incidence of diarrhea using disinfectant.
- Avoid sharing towels, cutlery or utensils with others.
- To avoid spreading of infection do not return to work or school until at least 48 hours after the last episode of diarrhea.
- Avoid swimming pool for two weeks after the last episode of diarrhea.
- Never store raw and cooked food together.

VITALYTE[®]
ORS Powder

With Vitamin C*
(as Anti-oxidant)

- Low Osmolarity ORS Formula
- Based on Latest Recommendations of WHO & UNICEF

VITALYTE
.... is something unique

Pharma Synth[®]

REDUCED OSMOLARITY ORS POWDER IP
VITALYTE[®]
बिटासलाइट[®]
Physiologically Important Vital Electrolytes
WHO & UNICEF's first choice
11x21g

- Always cook food thoroughly.
- Never eat food past its use by date.

TREATMENT

Diarrhea caused by indigestion, hypersensitivity to food, virus or anxiety may not need medication and can be managed by drinking plenty of fluids to avoid dehydration. Apart from water, oral rehydration solution containing water, salt and sugar will be helpful. Oral Rehydration Salt formulations (e.g. WHO ORS formula) are available in market. Fruit juices of fizzy drinks should be avoided, as they can make diarrhea worse in children. It will usually clear up in a few days. If it persists or there are signs of

dehydration, medical practitioner should be consulted.

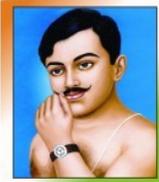
If frequency of passing stool is high, antimotility drugs like loperamide, diphenoxylate may be used.

If diarrhea has been caused by bacteria or protozoa which can be detected by stool examination in a pathological laboratory, medication will be necessary apart from the management suggested above. Depending on the causative microorganism, medical practitioner will prescribe medicines.

Courtesy : <http://pharmacyinfo.in>
(A blog by Mr. P.P. Sharma)

चित्र पहचानो

Identify and write the name of following National Heroes of the Month. They have contributed to the freedom of India. We have their inspiration in our heart & soul.



A. _____



B. _____

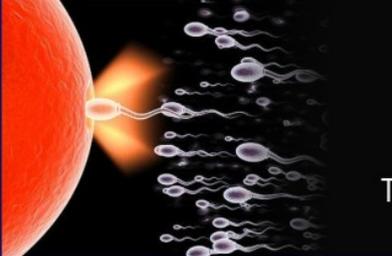


C. _____



D. _____

(Find answers, printed somewhere in this issue)



DID YOU KNOW ?

An average man produce 10 million new sperm cells per day.
That's enough new sperm to repopulate the entire planet in only 6 months.

Double Protection to beat the infection

Mangogyi-OZ

Ornidazole IP 125 mg & Ofloxacin IP 50 mg Suspension

Anti-Diarrhoeal Combination




With Tangling Taste of Mango



Some Risk Factors for Heart Disease

There are many risk factors for heart disease, some are preventable and others are not. Some of these include:

- high blood pressure (hypertension)
- high cholesterol (and low HDL levels)
- smoking
- obesity
- physical inactivity

Smoking, for example, is a preventable risk factor. People who smoke double their risk of developing heart disease, according to the National Diabetes Information Clearinghouse.

Those with diabetes may also be at higher risk for heart disease because high blood glucose levels increase the risk of:

- chest pain (angina)
- heart attack
- stroke
- coronary artery disease

If you have diabetes, it's essential to control your glucose to limit your risk for developing heart disease. The American Heart Association reports heart disease is the most common cause of disability in people with type 2 diabetes.

Family history, ethnicity, sex, and age are other risk factors. These risk factors are not preventable. Family history, according to the Mayo Clinic, is defined as a family member that developed heart disease:

- under 55 years of age for men (especially a father or brother)
- under 65 for women (mother and sister)

Ethnicity is also a factor. Asian and African ancestry groups are at increased risk for heart disease than other groups. Also, men are at greater risk for heart disease than woman.

Finally, your age can increase your risk for stroke. According to the World Heart Federation, after age 55 your risk for stroke doubles each decade.



Some Preventions:

As mentioned previously, some risk factors for heart disease can't be prevented—your family history, for example. But it's still important to lower your chance of developing heart disease by decreasing the risk factors that you can control.

Having healthy blood pressure and cholesterol ranges are some of the first steps you should take for a healthy heart. A healthy blood pressure is considered less than 120 systolic and 80 diastolic (often expressed as “120 over 80” or “120/80 mm Hg”). Systolic is the measurement of pressure while the heart is contracting. Diastolic is the measurement when the heart is resting. Higher numbers indicate that the heart is working too hard to pump blood.

Your goal for cholesterol readings will depend on your risk factors and heart health history. If you're at a high risk of heart disease, have diabetes, or have already had a heart attack, your target levels will be below those recommended for people with low or average risk.

As simple as it sounds, managing stress can also lower your risk. Don't underestimate chronic stress as a contributor to heart disease. Speak with doctor if you're frequently overwhelmed, anxious, or are coping with stressful life events, such as moving, changing jobs, or going through a divorce.

Eating healthy and exercising regularly are also important. Make sure to avoid foods high in saturated fat and salt. The Mayo Clinic recommends 30 to 60 minutes of exercise on most days. Check with your doctor to make sure you can safely meet these guidelines — especially if you already have a heart condition.

छींक रोकी तो पहुँचेंगे अस्पताल

आपने अक्सर सुना होगा कि छींक रोकना नुकसानदायक होता है। डॉक्टर भी चेतावनी देते हैं, कि छींक रोकने की कोशिश नहीं करनी चाहिए। इसके बावजूद कई बार लोग सार्वजनिक स्थानों पर छींकने से कतराते हैं। यह खबर पढ़कर आप कभी भी ऐसा नहीं करेंगे। ब्रिटेन के लीसेस्टर शहर के रहने वाले 34 वर्षीय व्यक्ति ने छींक रोकी तो उनका गला अंदर से फट गया और वे अस्पताल जा पहुँचे। छींक के बाहर न आने पर हवा के बुलबुले पूरे जोर से उनके गले से होते उनकी छाती की गहरी मांसपेशियों तक जा पहुँचे। उनका गला जाम हो गया जिससे न तो वे कुछ खा सके और न बोल पाए। डॉक्टरों ने उन्हें सात दिन अस्पताल में रखा जहाँ उन्हें ट्यूब के जरिए खाना खिलाया गया। अस्पताल से डिस्चार्ज होने के बाद उस शख्स ने दोबारा ये गलती न दोहराने की कसम खा ली है।

To meet the Challenges of
day-to-day infections

CIFIGOLD®

100-DT & 200-DT

(Cefixime 100/200 mg Dispersible Tablets)



ALSO AVAILABLE IN

CIFIGOLD® DRY SYRUP

Cefixime 50 mg + Lactic Acid Bacillus 60 Million Spores

CIFIGOLD® Injection

Ceftriaxone with Sulbactam for Injection

375 mg ₹ 32/- 750 mg ₹ 47/- 1.5 g ₹ 75/-

PRESENTING

Rx **PharmaCyp***

(Cyproheptadine 2 mg + Tricholine Citrate 275 mg / 5 ml SYRUP)

Improves Health &
Stimulates Appetite

Pharma
Synth®

भूख बढ़ाए, Naturally!



Rx **Redpro®**
PLUS

Capsules Syrup & Drops

Specially developed for Pregnant Women, Anaemic & TB Patients

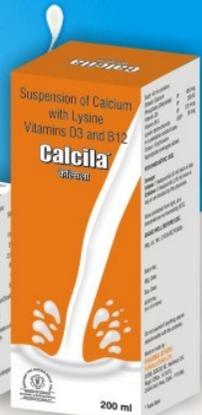
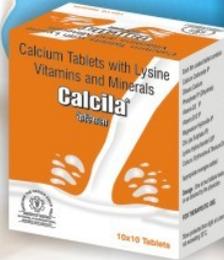
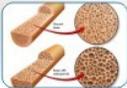
Rx

Calcila*

Pharma
Synth®

For management of Calcium Deficiency of varied etiology
HIGH ELEMENTAL CALCIUM

- Pregnancy
- Lactation
- Post Menopause
- Adolescence
- Osteomalacia
- Osteopenia



www.pharmasynth.in

Gynocream®

Chlorhexidine Gluconate and Cetrimide Cream

PROTECTIVE | SOOTHING | MOISTURISING



With **ACTIValoe™**
From **ALOE CORP USA**

*A Complete Multipurpose
Antiseptic Cream*



Natural Relief from Stuffed Nose...

Speedex[®]-Inhaler

Methyl Salicylate 12 % w/w + Menthol 40 % w/w + Camphor 40% w/w
+ Turpentine oil 3% w/w + Eucalyptus Oil 2% w/w

USE AS FREQUENTLY AS REQUIRED



④

**Personal
Identity
Number**

बन्द नाक...खोले तुरन्त...

When skin is under various attacks

Quinoderm[®]

A broad spectrum multipurpose skin cream

Clobetasol 0.05%, Miconazole 2.0%, Neomycin 0.5%,
Cetrimide 0.6%, Glycin 3.0% with Aloe Vera



Pharma
Synth

**New
Improved
Formula**



Night Shifts May Hit A Woman's Heart Hard

In the era of 21st century men and women are placed on equal foots, so women working at night is taken into a positive consideration. But then the body system of men and women work on different tunes and women need special attention as the night shifts can be pretty hard on their heart health.

Survey says women who work in rotating shifts doing frequent nights may face a slightly increased risk of heart disease. According to a survey women who work late at night have increased rate of about 15 to 20 percent than those who do not work.

Affected Areas :

As women work their biological clock cycle changes and affects women's health, especially:

- The metabolism
- Digestion
- Cardiovascular system
- Hormonal balance
- Immune system

Impact of graveyard shifts on your body

- Regular night shifts cause a mismatch between the normal sleep-wake patterns of the body's clock which plays a vital role.
- A disruption in this clock occurs due to a shift in work schedules, which in turn affects and causes hormonal imbalances propelling sleep difficulties.
- Quality of sleep gets hampered and as a result makes you drowsy trough out the time you are awake.
- Women could face cardiac problems due to the time shifts as their body clock is affected

Take Control of the situation: While it's always better to find out a regular shift job, but it might not be readily available or your field of expertise might not provide you with enough scope. So it is always better to try and modify the present situation to



yourself.

A 3 course meal: Being off schedule can cause problems in your diet too, hence keep the diet placed and sorted by taking three good meals during the day.

Work outs: Even though you are working at night make sure that you adapt your workout schedules according to the shift timings. This would ward off the storing of fat and restrict the cholesterol build up thus saving you from heart diseases.

Breaks: Take about 10 to 15 minutes break between every two hours of work and do some cardio exercises. If it is not possible due to do the cardios, then just take the stairs and go up and down for 5 times at least.

A healthy heart is a happy life, so strive to make your lives healthy and beautiful

For Immobility Conditions...[®]

Speedex[®] Gel

Diclofenac 1% + Methyl Salicylate 10% + Linseed Oil 3% + Menthol 5%

JOINT PAIN	LOW BACK PAIN
MUSCULAR PAIN	SPRAINS & STRAINS

Non-Staining Non-Greasy

बोले तो... दर्द की छुट्टी

सफेद दाग की भारतीय दवा

चेहरे पर सफेद दाग होना एक बहुत बड़ी समस्या है। जो लोग इस परेशानी का सामना करते हैं उन्हें ही पता है कि ये अप्रत्यक्ष तौर पर उनके जीवन में किस कदर विराम लगाता है। हमारे देश में इस बीमारी से बचने के लिए वैसे तो कई दवा मिलती है, लेकिन एक दवा ऐसी है जिसका विदेशों में भी डंका बज रहा है। रक्षा अनुसंधान एवं विकास संगठन (डीआरडीओ) द्वारा सफेद दाग मिटाने के लिए बनाई गई दवा ल्यूकोसिकन का असर विदेशों में भी दिख रहा है। पिछले दिनों आयुष मंत्रालय ने अंतर्राष्ट्रीय आयुष मेले में इस दवा को प्रदर्शित किया था। जिसके बाद, दवा में कई विदेशी संस्थानों ने इसमें रुचि दिखाते हुए इस्तेमाल का इच्छुक बताया है।

जानकारी के मुताबिक शीघ्र ही विदेशी कंपनियों के साथ इस संबंध में करार किया जाएगा। विशेषज्ञों के मुताबिक सफेद दाग की अभी तक कोई प्रभावी और हानिरहित दवा नहीं बनाई गई है। नतीजतन डीआरडीओ की दवा देश-विदेश में लोकप्रिय साबित हो रही है।

आयुर्वेद पर आधारित है ल्यूकोसिकन, डीआरडीओ ने कुछ वर्ष पहले ही इस दवा को आयुर्वेदिक फॉर्मूले के आधार पर तैयार किया था। दवा को बाजार में उतारने की जिम्मेदारी एमिल फार्मास्युटिकल को दी गई थी। दवा को रोगी इस्तेमाल कर रहे हैं और इसके नतीजे अच्छे पाए गए हैं। डीआरडीओ इस दवा को लेकर लगातार शोध में जुटा हुआ है। संगठन इस दवा का नया संस्करण लाने की तैयारियों में भी है।

शरीर पर सफेद दाग होना वास्तव में त्वचा का एक विकार है। ऐसी स्थिति में सफेद दाग को कुष्ठ रोग भी कहते हैं। और डॉक्टरी भाषा में ल्यूकोडर्मा कहते हैं। यह कोई छूत का रोग नहीं है त्वचा में मौजूद मेलनिन तत्व नष्ट होने पर उस स्थान की



त्वचा सफेद पड़ जाती है। सिर्फ 1 प्रतिशत लोगों को यह समस्या होती है। यह ज्यादातर काली त्वचा वाले लोगों को होता है जिससे उनकी त्वचा पर यह साफ दिखता है। अधिकतम 10 से 30 की आयु में ही लोगों को इस समस्या का सामना करना पड़ता है। यह सफेद दाग महिलाओं के लिये अभिशाप बन जाते हैं। इस दाग का संबंध शरीर की त्वचा के रंग पर निर्भर होता है।

गहरे रंग की त्वचा पर दाग व धब्बे अधिक होते हैं। क्योंकि सांवली त्वचा में मेलनिन तत्व अधिक होते हैं।

इससे त्वचा, हाथ, उंगलियां, कलाई, चोट लगी सतह, जोड़ों और बालों में सबसे ज्यादा प्रभाव पड़ता है। यह एक लम्बी बीमारी है जिसका इलाज प्रत्येक के लिए अलग होता है। 30 प्रतिशत मामलों में यह धूप के संपर्क में आने से ठीक हो जाता है। ऐसा इसलिए क्योंकि धूप में त्वचा मेलानोसाइट्स बनाती है जिससे इस समस्या का समाधान होता है। अगर यह ठीक हो जाती है तो भी त्वचा पर बारीक दाने रह जाते हैं। यह बात हम आपको अच्छी तरह से बता दें कि सफेद दाग होना कोई वंशानुगत या कुष्ठ रोग नहीं है। सफेद दाग को फैलने से रोकने के लिये दाग वाली त्वचा का रूप ले लेती है। और श्रृंगार द्वारा भी यह दाग अस्थायी रूप से छिपाये जा सकते हैं।

Sunshine Vitamin

Good for Bones
Good for Health

Cholecalciferol Granules

Novadee-3

नोवाडी-3
(Vitamin D3)

Pharma Synth®

लापटर थैरेपी

हंसना क्यों हमारे लिए बहुत बढ़िया होता है? हंसी के बिना एक दिन भी बर्बाद है। एक ठहाके की हंसी लहर वाला प्रभाव पैदा करती है और लोगों को एक साथ लाने का अद्भुत कनेक्शन स्थापित करती है। यह अपरिचय की बाधाओं को तोड़ने के साथ-साथ लोगों के बीच नजदीकियां लाती है। जीवन, वास्तव में बेहतर हो जाता है जब आप हँसते हैं, और इसी वजह से यह कहा जाता है कि हंसी बेहतरीन दवा है। और अब शोध से साबित हो गया है कि हंसने से दिमाग और शरीर दोनों पर आश्चर्यजनक फायदे होते हैं। तो खुश रहिये और अपनी हंसी को बनाये रखिये।

लंबी उम्र के लिए हंसिये : हाल ही के अध्ययन से साबित हुआ है कि जो लोग अधिक हंसते हैं वह जीवन में अधिक सकारात्मक होते हैं और कम हंसने वालों की तुलना में अधिक लंबे समय तक जीते हैं।

हंसने से सांस लेने में सुधार होता है : जब आप हसते हैं, तो आपके फेफड़ों से हवा ज्यादा निकलती हैं। यह सफाई प्रभाव गहरी सांस लेने के समान है। यह अस्थमा जैसी सांस की समस्याओं से पीड़ित लोगों के लिए उपयोगी है।

हंसने से वजन घटता है : ज्यादा हंसने से आपके दिल और मेटाबॉलिक रेट बढ़ता है। अपने आहार के साथ-साथ, अपने व्यायाम थैरेपी के साथ हंसी चिकित्सा को भी जोड़ें और कैलोरीज़ को खुशी से कम करें।

हंसी और रिश्ते : हंसी आपको और अधिक आकर्षक बना देती है और अगर, आप अपने रिश्तों में हास्य के इस तत्व को जोड़ते रहते हैं, तो वे खुशी से और सुचारू रूप से चलते रहते हैं।

हंसने से प्रतिरोधक क्षमता बढ़ती है : हंसी आपके शरीर में मौजूद टी-कोशिकाओं (विशेष प्रतिरक्षा कोशिकाएँ) को सक्रिय करती हैं। जब

आप हंसते हैं, तो यह कोशिकाएँ सक्रिय हो जाती हैं और रोगों से लड़ना शुरू कर देती हैं। अगली बार जब आपको ठंड जैसा लगे तो आप हंसी चिकित्सा द्वारा इसे रोकने कि कोशिश करें।

हंसने से दिल की सेहत में सुधार होता है : हंसी दिल की समस्याओं से पीड़ित लोगों के लिए सबसे अच्छी कॉर्डियो कसरत है। यह आपके हृदय में रक्त को पम्प करती है और एक मध्यम गति से चलने के समान बराबर मात्रा में कैलोरी बर्न करती है। तो हंसते रहिये और खुश रहिये।

हंसने से रक्तचाप कम होता है : जो लोग बहुत हंसते हैं, उनका रक्तचाप का स्तर कम होता है और स्ट्रोक और दिल की बीमारियां दूर रहती हैं। रोज़ाना लापटर थैरेपी करें या टी.वी. पर अपने पसंदीदा कॉमेडी-शो को देखकर अपनी खुशी की दैनिक खुराक पाएँ।

लापटर आपके पेट को टोन करता है : जब आप हंसते हैं तो आपके पेट की मांसपेशियों का विस्तार और अनुबंध होता जो ऐब्स व्यायाम के समान है। तो, अपने ऐब्स वर्कआउट में लापटर थैरेपी जोड़ें और एक टॉड पेट पाएँ।

हंसने से दर्द से राहत मिलती है : जोर से हंसने से दर्द से राहत मिलती है और शरीर में दर्द को कम करने के लिए एंडोर्फिन (प्राकृतिक दर्द निवारक) पैदा होता है जो दर्द को कम करता है।

हंसने से तनाव और डिप्रेशन कम होता है : रोज़ाना हंसी की एक खुराक आपको हर दिन के तनाव, चिंता और जलन से दूर रखती है। तो, जितना हंस सकते हैं उतना हंसिये।

हंसना आपको सकारात्मक बनाता है : हंसने से आप बुरी स्थितियों में भी अच्छा देख सकते हैं और सकारात्मकता लाता है जो आपको बीमारियों और नकारात्मक स्थितियों से लड़ने में मदद करता है।

Change of season has every reason for Cough & Congestion

Rx

SEDORIL[®]

A wide range of Cough Remedies

SEDORIL EXPECTORANT

Diphenhydramine HCL 14 mg, Ammonium Chloride 100 mg,
Sodium Citrate 50 mg / 5ml

SEDORIL PLUS

Diphenhydramine HCL 14 mg, Phenylephrine HCL 2.5 mg,
Ammonium Chloride 100 mg, Sodium Citrate 50 mg / 5ml

SEDORIL-XL

Ambroxol HCL 15 mg, Terbutaline Sulphate 1.25 mg,
Guaiphenesin 50 mg / 5ml

SEDORIL-DCP

Dextromethorphan Hydrobromide 5 mg, Chlorpheniramine Maleate 2 mg,
Phenylephrine HCL 5 mg / 5ml

SEDORIL-kid

Phenylephrine HCL 2.5 mg, Chlorpheniramine Maleate 2 mg,
Paracetamol 125 mg / 5ml

SEDORIL-P ORAL DROPS

Phenylephrine HCL 2.5 mg, Chlorpheniramine Maleate 2 mg,
Paracetamol 125 mg / ml



Choose the **RIGHT** Cough Syrup for **RIGHT** Treatment



PHARMASYNTH
FORMULATIONS LTD.

A-10/15, Jhilimil Industrial Area, Delhi - 110095
Ph. : 011-476 25 786 Fax : 011-476 25 725
e-mail : delhi@pharmasynth.in • web : www.pharmasynth.in

