

**80% of Indians  
suffer from Vitamin-D  
deficiency...**

**You may  
be one  
of them**



**If these are  
the symptoms,  
it can be  
Vitamin-D  
Deficiency...**

## 80% of Indians suffer from Vitamin-D deficiency

80% of Indians suffer from Vitamin-D deficiency, The truth is, most people don't know the real story on Vitamin-D and health.

1. Vitamin-D is produced by your skin in response to exposure to ultraviolet radiation from natural sunlight.
2. The healing rays of natural sunlight (that generate Vitamin-D in your skin) cannot penetrate glass. So you don't generate Vitamin-D when sitting in your car or home.
3. It is nearly impossible to get adequate amounts of Vitamin-D from your diet. Sunlight exposure is the only reliable way to generate Vitamin-D in your own body.
4. A person would have to drink ten tall glasses of Vitamin-D fortified milk each day just to get minimum levels of Vitamin-D into their diet.
6. People with dark skin pigmentation may need 20 - 30 times as much exposure to sunlight as fair-skinned people to generate the same amount of Vitamin-D.
7. That's why prostate cancer is epidemic among black men - it's a simple, but widespread, sunlight deficiency.
8. Sufficient levels of Vitamin-D are crucial for calcium absorption in your intestines. Without sufficient Vitamin -D, your body cannot absorb calcium, rendering calcium supplements useless.
9. Chronic Vitamin-D \*deficiency cannot be reversed overnight\*: it takes months of Vitamin-D supplementation and sunlight exposure to rebuild the body's bones and nervous system.
10. Even weak sunscreens (SPF=8) block your body's ability to generate Vitamin-D by 95%. This is how sunscreen products actually cause disease -by creating a critical vitamin deficiency in the body.
11. It is impossible to generate too much Vitamin-D in your body from sunlight exposure: your body will self-regulate and only generate what it needs.
12. If it hurts to press firmly on your sternum(chest/breast bone), you may be suffering from chronic Vitamin-D deficiency right now.
13. Vitamin-D is "activated" in your body by your kidneys and liver before it can be used.
14. Having kidney disease or liver damage can greatly impair your body's ability to activate circulating Vitamin-D.
15. The sunscreen industry doesn't want you to know that your body actually needs sunlight exposure because that realization would mean lower sales of sunscreen products.
16. Even though Vitamin-D is one of the most powerful healing chemicals in your body, your body makes it absolutely free. No prescription required.
17. Other powerful antioxidants with this ability include the super

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

fruits like Pomegranates (POM Wonderful juice), Acai, Blueberries, etc.

### **Diseases and conditions caused by Vitamin-D deficiency:**

- Osteoporosis is commonly caused by a lack of Vitamin-D, which greatly impairs calcium absorption.
- Sufficient Vitamin-D prevents prostate cancer, breast cancer, ovarian cancer, depression, colon cancer and schizophrenia.
- Rickets" is the name of a bone-wasting disease caused by Vitamin-D deficiency.
- Vitamin-D deficiency may exacerbate type 2 diabetes and impair insulin production in the pancreas.
- Obesity impairs Vitamin-D utilization in the body, meaning obese people need twice as much Vitamin-D.
- Vitamin-D is used around the world to treat Psoriasis (a chronic skin disease).
- Vitamin-D deficiency can cause schizophrenia.
- Seasonal Affective Disorder is caused by a melatonin imbalance initiated by lack of exposure to sunlight.
- Chronic Vitamin-D deficiency is often mis-diagnosed as fibromyalgia because its symptoms are so similar: *muscle weakness, aches and pains.*

- Your risk of developing serious diseases like diabetes and cancer is reduced 50% - 80% through simple, sensible exposure to natural sunlight 2-3 times each week.
- Infants who receive Vitamin-D supplementation (2000 units daily) have an 80% reduced risk of developing type 1 diabetes over the next twenty years.

### **Shocking Vitamin-D deficiency statistics:**

- 32% of doctors and medical school students are Vitamin-D deficient.
- 40% of the U.S. population is Vitamin-D deficient.
- 42% of African American women of childbearing age are deficient in Vitamin-D.
- 48% of young girls (9-11 years old) are Vitamin-D deficient.
- Up to 60% of all hospital patients are Vitamin-D deficient.
- 76% of pregnant mothers are severely Vitamin-D deficient, causing widespread Vitamin-D deficiencies in their unborn children, which predisposes them to type 1 diabetes, arthritis, multiple sclerosis and schizophrenia later in life. 81% of the children born to these mothers were deficient.
- Up to 80% of nursing home patients are Vitamin-D deficient.

— Sarita Gupta

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# Tips To Stop Snoring in Your Sleep



Snoring is a common condition that can affect anyone, although it occurs more frequently in men and people who are overweight.

**Change Your Sleep Position:** Lying on your back makes the base of your tongue and soft palate collapse to the back wall of your throat, causing a vibrating sound during sleep. Sleeping on one side may help you to prevent this.

A body pillow (a full-length pillow that supports your entire body) provides an easy fix. It enables you to maintain sleeping on your side and can make a dramatic difference.

**Weight:** Weight loss helps some people but not to everyone. Thin people may snore, too. If you have gained more weight then also you might start snoring. If you gain more weight around the neck, then it squeezes the internal diameter of the throat, making it more likely to collapse during the sleep, triggering snoring.

**Avoid Alcohol:** Alcohol and sedatives can reduce the resting tone of the muscles in the back of the throat it might get snoring. Drinking alcohol four to five hours before the sleep makes snoring very worse. People who don't snore normally will snore after drinking alcohol.

**Practice Good Sleep Hygiene:** Poor sleep hygiene can have an effect similar to that of drinking alcohol. Working long hours without enough sleep can also lead to snoring. If you sleep hard and deep, then the the muscles become floppier, which creates snoring.

**Open Nasal Passages:** If snoring starts in the nose, need to keep nasal passages open it may help you to stop the snoring. It allows air to move

slower. Imagine a narrow garden hose with water running through, and it will narrower the hose, faster the water rushes through.

Nasal passages work similarly, if the nose is clogged or narrowed due to cold or other blockage, the fast-moving air is more likely it gets snoring.

A hot shower before going to the bed can help open nasal passages. Also, keep a bottle of saltwater rinse in the shower. Nasal strips may also work to lift nasal passages and open them up, if the problem exists in your nose and not within the soft palate.

**Change Your Pillows:** Allergens in the bedroom and in the pillow may contribute in getting snoring. When did you last dust the overhead ceiling fan? Replace the pillows? Dust mites accumulate in pillows and can cause allergic reactions that can lead to snoring. Allowing pets to sleep on the bed can cause you to breathe in animal dander, another common irritant.

Put the pillows in the air fluff cycle once every couple weeks and replace them every six months to keep dust mites and allergens to a minimum. And keep pets out of the bedroom.

## **Stay Well Hydrated.**

Drink plenty of fluids. Secretions in the nose and soft palate will become stickier when you are dehydrated can create more snoring. Healthy women will have about 11 cups of total water (from all drinks and food) a day, for men will require about 16 cups.

Overall, get enough sleep, sleep on a side, need to avoid alcohol before the bedtime and take a hot shower if the nasal passages are clogged.

# BRAIN TUMOR

## (Symptoms, Types and Treatment)

### What Is a Tumor?

Tumor is a mass of tissue that is formed by accumulation of abnormal cells. Normally, the cells grow old or get damaged, they die, and new cells take their place. Tumor cells will grow even though the body does not need them, and unlike normal old cells, they don't die. As this process goes on, the tumor continues to grow as more and more cells are added to the mass.

Primary brain tumors may emerge from various cells that make up the brain and the central nervous system, are named for the kind of cell in which they form in the first. The common types of adult brain tumors are gliomas as in astrocytic tumors. These tumors might form from astrocytes and also the other types of glial cells, which helps the cells to keep nerves healthy.

### There are two main types of tumors:

- Benign tumors
- Malignant or cancerous tumors.

**Benign tumors:-** A benign tumor is not a cancerous tumor. Unlike the cancer tumors, a non cancerous tumor is unable to spread throughout the body. A non malignant tumor gets serious, they are to be pressed on the primary nerve, a main artery, or compresses brain matter. Benign tumors will respond well for the treatment and the prognosis is usually favorable.

### Most Common Types of Benign Tumors

- Adenomas (epithelial tissue that covers the organs and glands)
- Meningiomas (brain and spinal cord)
- Fibromas or fibroids (connective tissue of any organ – most commonly found in the uterus)
- Papillomas (skin, breast, cervix, and mucus membranes)
- Lipomas (fat cells) • Nevi (moles)
- Myomas (muscle tissue)

- Hemangiomas (blood vessels and skin)
- Neuromas (nerves)
- Osteochondromas (bones)

It Depends on the location and size of a benign tumor, treatment might not be necessary. Then the doctors will monitor it, and track the patient symptoms and do tests at specific intervals.

Benign tumors are surrounded by a protective “sac” mechanism that performed by the immune system that segregates it from the rest of the body and enables it to be easily removed.

**Malignant Tumor:-** Malignant tumors are formed in abnormal cells are highly unstable and also they travel through the blood stream, circulatory system and lymphatic system. Malignant cells don't have the chemical adhesion molecules to anchor them to the original growth site that benign tumors possess.

Many of the suspected causes of cancer are widely accepted by the medical community while others are not. Obesity, smoking, alcohol consumption, poor diet, environmental pollution, heavy metal exposure and household toxins are some of the culprits that might leads to the cancer in the body.

### Most Common Types of Malignant Tumors:-

- Sarcomas (connective tissues such as muscle, tendon, fat, and cartilage)
- Carcinomas (organs and gland tissue such as the breast, cervix, prostate, lung, and thyroid)

Malignant tumors might not have the symptoms initially but at the first indication it has something that not be right or it may be the detection of a painless lump. These types of tumors are “elastic,” which will enables them to grow fairly large before they detected.

# सूरज की रोशनी और विटामिन-डी पर जागरुकता अभियान की शुरुआत

शनिवार, दिनांक 07.04.2018, भारत माता मंदिर, दिल्ली में विश्व स्वास्थ्य दिवस मनाया गया। आज का दिन इसलिए भी महत्वपूर्ण है, क्योंकि आज ही के दिन सन् 1948 में विश्व स्वास्थ्य संगठन की स्थापना हुई थी। जो विश्व भर में स्वास्थ्य के क्षेत्र में एक अग्रणी संस्था के रूप में तरह-तरह के काम कर रही है। इससे प्रेरित होकर **भारत माता फाउंडेशन** और **फार्मासिंह कम्पनी** ने सूरज की रोशनी (धूप) के महत्व व विटामिन-डी की कमी से होने वाली बीमारियों से बचाव हेतु एक "विटामिन-डी जागरुकता अभियान" नाम से सामाजिक / धर्मार्थ कार्यक्रम की शुरुआत की है।

फाउंडेशन के संस्थापक डॉ. ए. के. गुप्ता जी का कहना है कि सूरज की किरणें निःशुल्क उपलब्ध होने के बावजूद 80% भारतीय विटामिन-डी की कमी से पीड़ित हैं। इस 80% में संभवतः आप भी एक हो सकते हैं। इसकी कमी ऑस्टियोपोरोसिस, रिकैट्स, डायबिटीज, अस्थमा, बी.पी. और डिप्रेसन जैसी गम्भीर बीमारियों को जन्म देती है। गर्भवती महिलाओं

से यह कमी उनके अजन्मे बच्चों में स्थानांतरित हो जाती है।

विटामिन-डी की कमी से होने वाली तमाम बीमारियों से बचने का एक अत्यंत सरल उपाय है कि, "प्रतिदिन 15-20 मिनट खुले बदन धूप सेकना" परन्तु आज की वातानुकूलित जीवन शैली में हमारा, मानो सूर्य से नाता ही टूट गया हो। जिसका खामियाजा हमें इन गम्भीर बीमारियों से पीड़ित होकर चुकाना पड़ रहा है।

सूरज के आकार का केक काट कर "विटामिन-डी जागरुकता अभियान" की शुरुआत की गई। इसके प्रथम चरण में अप्रैल माह में, उ.प्र., म.प्र., बिहार और दिल्ली के लगभग 80 जिलों के 1500 गांवों तक दो लाख लोगों को जागरुकता हेतु एक पत्रक तथा विटामिन-डी की एक खुराक मुफ्त खिलाने की व्यवस्था की गई है। डब्ल्यू. एच. ओ. के विश्व स्वास्थ्य महायज्ञ में एक छोटी-सी आहुति हम सबकी ओर से भी।

—टीम फार्मासिंह

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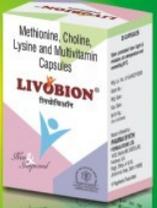
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# CHRONIC SINUSITIS

## (Symptoms and Complications)

Chronic sinusitis is a common condition in which the cavities around nasal passages (sinuses) become inflamed and swollen for at least 12 weeks, despite treatment attempts. Chronic sinusitis can be brought on by an infection, by growths in the sinuses (nasal polyps) or by a deviated nasal septum. The condition most commonly affects young and middle-aged adults, but it also can affect children.

### Symptoms:

Signs and symptoms of chronic sinusitis must be present with the confirmation of nasal inflammation for a diagnosis. These are:

- Thick, discolored discharge from the nose or drainage down the back of the throat (postnasal drainage)
- Nasal obstruction or congestion, causing difficulty breathing through your nose
- Pain, tenderness and swelling around the eyes, cheeks, nose or forehead
- Reduced sense of smell and taste in adults or cough in children

### Other signs and symptoms can include:

- Ear pain
- Aching in your upper jaw and teeth
- Cough that might worsen at night
- Sore throat
- Bad breath (halitosis)
- Fatigue or irritability
- Nausea

Chronic sinusitis and acute sinusitis have similar signs and symptoms, but the acute sinusitis is a temporary infection of the sinuses that is often associated with a cold.

### Common causes of chronic sinusitis include:

Nasal polyps: Abnormal tissue growths can block the nasal passages or sinuses.

Deviated nasal septum: A crooked septum of the wall between the nostrils may restrict or block the sinus



passages.

Other medical conditions: Complications of cystic fibrosis, gastroesophageal reflux or HIV and other immune system related diseases that can result in nasal blockage.

Respiratory tract infections: Infections in the respiratory tract are mostly common colds that can inflame and thicken the sinus membranes and thereby block mucus drainage. These infections can be viral, bacterial or fungal.

Allergies : Allergies such as hay fever. The Inflammation which occurs with the allergies can block the sinuses.

**Risk factors**: A nasal passage abnormality, such as a deviated nasal septum or nasal polyps.

Asthma, which is highly connected to chronic sinusitis.

Aspirin sensitivity that causes respiratory symptoms.

An immune system disorder, such as HIV/AIDS or cystic fibrosis.

Hay fever or another allergic condition that also affects sinuses.

### Chronic sinusitis complications include:

Meningitis : This infection causes inflammation of the membranes and fluid surrounding your brain and spinal cord.

Other infections : Uncommonly, infection can spread to the bones (osteomyelitis) or skin (cellulitis).

Partial or the complete loss of sense of smell : Nasal obstruction and inflammation of the nerve for smell (olfactory nerve) can cause temporary or permanent loss of smell.

Vision Problems : If the infection spreads to the eye socket, it can cause reduced vision or even blindness, which may be permanent.

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बोले तो...

# दर्द की छुट्टी

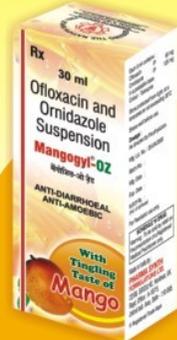
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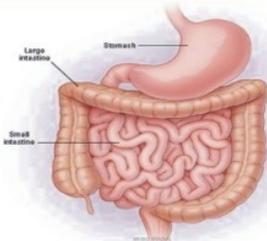
**Constipation :**

- 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) Radiological examination.

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



## DID YOU KNOW ?

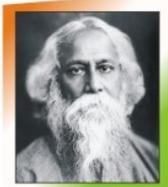
The small intestine has an average length of 20-23 feet

## चित्र पहचानो

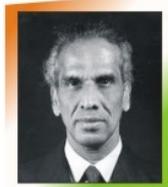
Identify and write the name of following National Heroes of the Month. They have contributed to the freedom of India. We have their inspiration in our heart & soul.



A. \_\_\_\_\_



B. \_\_\_\_\_



C. \_\_\_\_\_



D. \_\_\_\_\_

(Find answers, printed somewhere in this issue)

# Symptoms, Causes & Diagnosis of Chronic Gastritis

Chronic gastritis is one of the most common life-long, serious and insidious illnesses in human beings. One may estimate that more than half of the world population have this disease in some degree and extent, indicating that even many hundreds of millions of people worldwide may have chronic gastritis in one form or the other.

The significance of chronic gastritis as a serious disease is largely underrated in clinical practice, even though the role of gastritis in the pathogenesis of ordinary peptic ulcers and gastric cancers is obvious. One may estimate that millions of premature deaths may occur annually worldwide due to cancer and ulcer as sequelae of the chronic gastritis.

## **Symptoms of Chronic Gastritis:**

Chronic Gastritis doesn't always result in symptoms. But people who do have symptoms often experience:

Upper abdominal pain

- Indigestion
- Bloating
- Nausea
- Vomiting
- Belching
- Loss of appetite
- Weight loss

## **Causes:**

- The following can cause the lining of the stomach and it can lead to the chronic gastritis:
- Long-term use of certain medications, such as aspirin and ibuprofen
- Excessive alcohol consumption  
The presence of *H. pylori* bacteria  
Illnesses, like diabetes or kidney failure
- A weakened immune system
- Persistent, intense stress can also affect the immune system



- Bile flowing into the stomach, or bile reflux

## **Risks:**

- Risk for chronic gastritis will increase if the lifestyle and dietary habits which change the stomach lining. It may be useful to avoid the following:
  - High-fat diet
  - High-salt diet
  - Smoking
- Consumption of alcohol can also lead to the chronic gastritis. A stressful lifestyle or a traumatic experience can also decrease the stomach's ability to protect itself. In addition, the risk may increase if you have auto-immune diseases or certain illnesses like Crohn's disease.

## **Diagnosis:**

- Doctor will ask about the medical history and the symptoms. A series of tests can be necessary, that includes the following:
  - A test for the bacteria that cause stomach ulcers
  - A stool test to look for stomach bleeding
  - A blood count and an anemia test
  - An endoscopy, in which a camera attached to a long tube is inserted into the mouth and down into the digestive tract

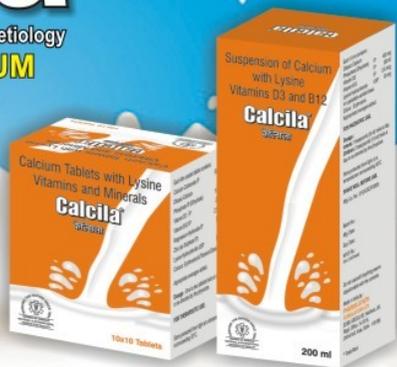
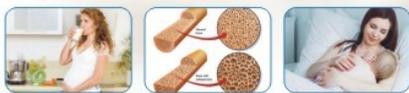
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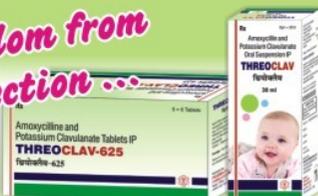
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# Terbutaline Sulphate

Terbutaline Sulphate is used as sympathomimetic agent having pronounced action on bronchial muscles than on heart. Therefore, it is used in conditions of bronchial congestion. It is partially absorbed from gastrointestinal tract (GIT). Its effect lasts for about four hours.

## ACTION AND USES

It is bronchodilator. It is used to treat wheezing and shortness of breath from lung problems (e.g. asthma, chronic obstructive pulmonary disease, bronchitis). It is beta-2 receptor agonist which acts by opening breathing passages to make breathing easier.

**Adult and children doses are as under:** Adult-5 mg thrice daily orally or 1-2 inhalations of 500 mcg every four hours as required. However not more than 8 inhalations should be taken in 24 hours. If two inhalations are taken at a time, there must be a gap of 1 minute in between.

For the treatment of severe form of bronchospasm, it may be administered by subcutaneous injection in doses of 0.25 mg up to 4 times daily, if required the dose may be doubled. However total dose of 0.5 mg in four hours should not be exceeded.

Children- 3 to 7 years of age: 0.75-1.5 mg thrice daily 7 to 12 years of age: 2.5 mg thrice daily. It has also been used to arrest premature labor in pregnant women. However, it should not be used in women who are not in hospital. It has caused serious side effects including death in pregnant women. There are instances of serious side effects in newborns whose mothers took the medication for preventing labor.

## COMMON SIDE EFFECTS

Common side effects of terbutaline include tremors, headache, drowsiness, palpitation, tachycardia

and nausea/vomiting.

## IMPORTANT PRECAUTIONS

- Terbutaline should not be used by patients who are allergic to it.
- It should be used with caution in patients of hypertension, hyperthyroidism, diabetes and cardiac disorders.
- It should be used with caution in elderly patients as they have increased sensitivity to sympathomimetic agents especially cardiac patients. Lower doses may be required by them.
- It should be used in pregnant women only when benefits outweigh risks.
- It should be used in nursing mother when it essential and baby should be fed by bottle as it is secreted in breast milk.
- Concomitant use of sympathomimetic agents is not required.
- Parenteral use of terbutaline is not recommended in children less than 12 years of age.
- Children are more susceptible to toxicity. It should not be used in children less than three years of age.

Courtesy: <http://pharmacyinfo.in/>

(A blog by Mr. P.P. Sharma)

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