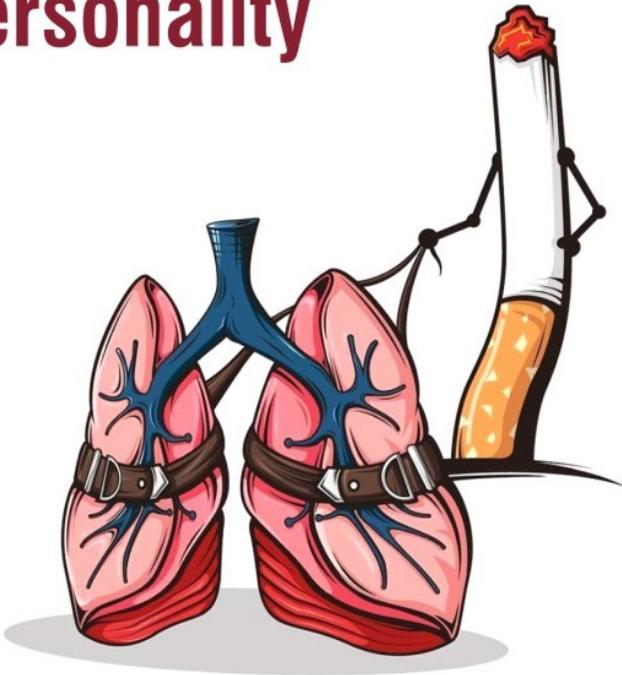


INSIDE

Long-Term Smoking	2	High Blood Pressure and	9
5 Essential Tips	5	Bedtime routines for children	10
Treated Gut Bacteria Help Slim Down	6	How and why to quit smoking	11
Did you know	7	दायफाइड बुखार कारण, लक्षण और उपचार	12
This sleep disorder puts	8	Stroke Symptoms and.....	15

Long-Term Smoking Might Change Your Personality





Editorial...

Long-Term Smoking Might Change Your Personality

We all know smoking is bad for your health. But it seems smoking might be bad for your personality, too.

A recent paper published in the Journal of Research In Personality reports that, compared to people who didn't smoke, cigarette smokers were more likely to report not-so-great changes in certain aspects of their personalities. What's more, giving up smoking didn't help reverse those changes.

The paper outlines a series of five different long-term studies — four in the U.S. and one in Japan — that collectively surveyed about 15,500 people. Experts at a handful of different universities started the projects to track a whole host of things over time, like physical and mental health, relationships, behavior, etc. But for the purposes of this paper, the authors were only interested in the link between personality and smoking.

In each of the different studies, participants, who ranged in age from 20 to 92 years old, filled out a questionnaire that asked them about their smoking habits. The surveys included questions meant to assess where the participants fell on a spectrum of five personality traits, often called the Big Five: openness, extraversion, agreeableness, conscientiousness and neuroticism. Then, anywhere from four to 18 years later (depending on the studies), the same participants filled out the same

survey again. Researchers flagged those who had quit smoking since their first survey and put them into their own “smoking cessation” group.

The results showed that, overall, people who smoked were more likely to report becoming less extraverted, open, agreeable and conscientious over the years, while also becoming more neurotic. (Though the changes in neuroticism and extraversion were the most pronounced.)

And those folks in the smoking cessation group? Giving up their nicotine vice didn't seem to have helped their personalities in any way. In fact, their scores on agreeableness actually tended to drop. The authors speculate that may be because when the quitters gave up smoking, they also gave up their smoke breaks — which often double as chances to socialize.

Health problems, too, could be at least partially to blame. For instance, according to a 2016 study, people who quit smoking often gain weight, which can put them at a higher risk of developing type 2 diabetes. Such health issues can take their toll and gradually alter someone's personality.

As for why this association between smoking and personality changes exists, the authors suggest a number of potential answers. It could be that people who smoke are also more likely to experience depression and a decline in physical health over time,

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which, in turn, can lead to traits similar to the ones highlighted in this study. It could also be because smokers have a track record of not sleeping all that well, either. Not catching enough quality z's is linked with these same personality changes. It could even come down to genes. Another 2016 study found a genetic link between neuroticism and smoking.

The keyword here is "could." Though it looked at an impressive amount of people over time, this was just an observational study. It didn't actually

manipulate any variables or control who was in which group. To try and suss out if smoking truly does cause any personality changes, scientists would need to run an actual experiment. And to do that, you'd need to make some people take up smoking — not terribly ethical considering how unhealthy that would be.

Until researchers finally figure out this relationship, maybe just keep those 90s PSAs in mind:

Don't smoke, it'll drag you down.

— Sarita Gupta

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5 Essential Tips to Combat Loneliness

From time to time, we all feel lonely. It appears when we feel physically or emotionally distanced from other people or when we're forced to be by ourselves. It is possible to feel lonely despite being with friends and relatives if one is no longer able to relate with them. For some, it's a fleeting feeling which has long-term consequences. Prolonged sense of loneliness can have serious physical and emotional implications like disturbed sleep and depression.

Study shows that most people suffer from chronic loneliness but are unaware of it. They might be highly social, but their interactions are limited. They may be popular but underneath a constant feeling of loneliness engulfs them. Other studies show a link between loneliness and depression which is associated with health problems. It is, therefore, important to take simple steps to connect and banish isolation. Consider the following strategies.

Be in touch

Meet with your friends and relatives on a regular basis. If it is not possible due to geographical constraints, at least stay connected through phone or video calls. Virtual connections are still connections. A quick text or a video chat can improve your well-being.

Also socialise a lot so that you can meet new people. Try and develop new friendships while nurturing the old ones.

Join a group or start a new activity

Do you like to read, or watch a movie during your free time? Join a group of your interest, be it a book club, a jazz club, a collectors club or a spiritual community. You can start with new activities like travelling, gardening, art and craft or volunteer for an organisation. More focus and engagement makes you feel more connected.

Get a pet

Pets make wonderful companions. They provide many emotional and physical benefits. Get a pet and care for the soul. You are bound to feel happy and cheerful with your pet.

Exercise every day Working out every day releases endorphin hormone naturally in your body, which addresses depressive symptoms that are connected to the feeling of loneliness. Go for morning walks, be a part of a laughter group and practice laughing louder to ward off feeling of isolation.

Love yourself

If you suffer from chronic loneliness, the fear of letting people come closer might creep in.

First, learn to love yourself! This takes a lot of gentle self-care and self-nurturing. Even if someone criticizes you, treat yourself well. Being happy with yourself makes reaching out to others easier.

If none of these work, visit a therapist for proper guidance. Keeping your feelings buried doesn't help in any way.

Treated Gut Bacteria Help Slim Down Cardiovascular Risks in Obese People

Nearly a third of all deaths in the world are due to heart diseases. Now, a new study suggests that an infusion of gut bacteria might hold promise for treating cardiovascular conditions.

The proof-of-concept study looked at obese people given a daily supplement of helpful bacteria that had been killed with heat, or pasteurized. The study paves the way for a larger human trial aimed at turning the discovery into a commercially-available food supplement that could hit the market as early as 2021.

The results were published Monday in the journal *Nature Medicine*.

Small, But Promising

Thirty-two volunteers, ages 18-70, participated in the study. All the participants had been diagnosed with metabolic syndrome, which includes high blood pressure, high levels of glycemia and high cholesterol, among others.

Scientists randomly divided the participants into 3 groups, who got either a placebo, live bacteria or heat-killed bacteria, and asked them not to change their dietary habits or physical activity levels. Those in the bacteria groups received *Akkermansia muciniphila*, a gut microbe common in our guts but missing in most of the participants.

The scientists report that three months of treatment with the heat-killed form of *A. muciniphila* were enough to observe significant changes in participants' health. Their bodies were also better at regulating insulin levels and they had lower cholesterol levels. They even saw some weight loss, though that effect did not reach statistical significance.

"These are really important metabolic measures that they saw improved in



obese patients," says Jonathan Schertzer, an assistant professor at McMaster University in Ontario, Canada who studies the relationship between gut bacteria and metabolic diseases, and who was not involved in this study.

He was also pleased the study included both live and heat-killed bacteria. "That was a really important comparison because pasteurization of bacterial products tends to make things safer." And, the researchers found, the dead bacteria seem to have an even greater positive effect on participants' health than live ones.

Let the Gut Times Roll!

In the past few years, gut microbes have taken center stage in biomedical research. This year alone, we've learned that bacteria living in our bodies might be associated with high athletic performance and even schizophrenia. This new clinical study adds to our understanding of how microbes might be used to treat diseases.

"The results are highly interesting," says Patrice Cani, head researcher at the Louvain Drug Research Institute of the Université Catholique de Louvain in Brussels. Cani, who led the study, has been working with *A. muciniphila* for over a decade. He says his work proves that playing with the helpful gut microbes missing from obese people can be

advantageous.

Cani is planning to start a large clinical trial with *A. muciniphila* next year. Should the trials prove successful, he and colleagues already have a biotech company ready to commercialize the discovery. He thinks anyone wishing to protect against cardiovascular diseases could potentially take advantage of the supplement, especially if combined with a restricted diet.

But Schertzer cautions about that more study is needed to see if the bacteria actually provide long-term benefits. "They need to do longer trials because it could be a transient effect," Schertzer says. Whether the

effects of the supplement would hold over time, or improve if combined with a specific diet, remains to be tested.

Despite the uncertainties, what is clear is that the idea of using gut bacteria for medical treatment is no longer a tale of science fiction. Just like Cani did with the heat-killed *A. muciniphila*, scientists are now focusing on using components of dead bacteria as treatment — which they're calling postbiotics — rather than the actual living microbes. "We think this is a gold mine," says Schertzer. "[Postbiotics are] the next wave of medicines that can be discovered."

DID YOU KNOW ?

Taste Buds

There are about 9,000 taste buds on the surface of the tongue, in the throat, and on the roof of the mouth. By the age of 60 most people will have lost about half their taste buds.



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This sleep disorder puts people at 'very high risk' of Parkinson's

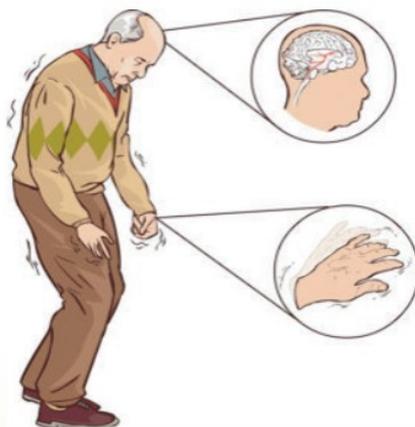
Data from the National Institutes of Health (NIH) indicate that every year, approximately 50,000 people in the United States learn that they have Parkinson's disease, a neurological condition that affects a person's motor function and exposes them to other neurodegenerative problems, such as Alzheimer's disease.

Researchers still do not fully understand exactly what causes Parkinson's disease, but they have identified a few risk factors that can predispose a person to develop this condition.

These include a person's age and sex as well as some genetic factors. Still, it remains a challenge to establish early on who is likely to develop Parkinson's disease at some point in their life.

However, a team of researchers from McGill University in Montreal, Canada decided to see if one particular factor — a sleep disorder called REM sleep behavior disorder (RBD) — could be a good predictor of risk.

This sleep problem is called RBD because it occurs during the REM phase of sleep, in which a person's body becomes effectively paralyzed. This inability to move prevents the person from physically acting out any dream that they may be experiencing and thus stops them from potentially harming themselves or others.



People with RBD do not have this paralysis, which means that they end up acting out their dreams without any notion that they are doing so.

Research has shown that many people with RBD go on to develop Parkinson's disease, so the McGill University team decided to find out whether an RBD diagnosis could accurately predict Parkinson's risk.

As lead author Dr. Ron Postuma and colleagues explain, establishing that this sleep disorder is a good predictor of Parkinson's could, in the future, allow specialists to identify at-risk people and offer them experimental therapies that could delay or prevent the onset of this neurological condition

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High Blood Pressure and High Cholesterol May Pose Special Risks in Young Adults



High blood pressure (hypertension) is a common condition in which the force of your blood against your artery walls is too high, too often. Ongoing high blood pressure puts stress on the heart and can lead to health problems, such as heart disease and stroke.

Men and women under 40 may be at risk for heart failure or heart disease if they have hypertension or high levels of “bad” cholesterol.

High blood pressure and high cholesterol in young adults may be particularly dangerous, new research suggests. It increases the risk for cardiovascular disease in later life, whatever risk factors develop in later years.

Scientists pooled the results of six studies with data on blood pressure and cholesterol in 36,030 people ages 18 to 84, followed for an average of 17 years.

They found that a person under 40 with a systolic blood pressure (the top number) above 130 had a 37 percent greater risk for heart failure later in life compared with someone with a reading under 120. Compared with a diastolic (the bottom number) reading under 80, a level over 80 was associated with a 21 percent increased risk for heart failure.

A person under 40 with an LDL level above 100 was at a 64 percent higher risk for later coronary heart disease than a young adult with a lower reading.

The study, in the *Journal of the American College of Cardiology*, found that these associations were independent of risk factors later in life.

“This study shows that the young adult stage is a window of opportunity for early prevention, rather than treating people in older ages when they already have clinical disease,” said the lead author, Yiyi Zhang, a research scientist at Columbia University.

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Bedtime routines for children



If you're a parent, sleep – and more importantly how to get your child to sleep – is often a challenge. For many, bedtimes can feel like a battle!

It's hard when your child won't go to sleep, especially if you're tired or if you've got jobs to do once your little one is in bed. But bedtimes don't have to be hard work. Here are our top tips for creating a stress-free bedtime:

1. Set up a routine

Work on developing a bedtime routine from when your child is young. Babies and children feel safe and secure when they know what's expected of them. A bedtime routine may include a bath, brushing teeth, a story and a cuddle before lights out. Try to stick with a regular bedtime as this will help your child feel sleepy when it is time for bed.

2. Make bedtime fun

Make bedtime feel like a special time of day; a chance to have some quiet time with mum or dad before going to sleep. Get kids involved – let them choose the

story to read or song to sing.

3. Wind down before bed

Even before you start the bedtime routine children should be starting to wind down. Limit the amount of screen time your child has before bed and choose quieter activities such as board games.

4. Exercise can help

Being active during the day can help promote good sleep. Younger kids often don't need structured exercise – just being outside playing in nature or at the park keeps them active.

5. Be consistent

Even if it's challenging, do your best to stick to the routine. If someone else is putting your children to bed, ask them to follow the same routine as you.

Sleep is important for your child's growth and development. Not enough good-quality sleep can impact on your child's behaviour, learning and health, so make a consistent bedtime routine priority.

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How and why to quit smoking

For smokers, kicking the habit is number one thing you can do to improve your health. Quitting might make sense, but it isn't easy. Here you'll find information on the benefits of quitting smoking, ways to help you quit and stay quit, and the physical and mental effects that quitting can have both for you and those around you.

Quitting smoking has many great benefits, in fact it is the one thing shown to make the biggest positive impact on your health. It is also great for your family's health and for your wallet too.

Every day, New Zealanders are quitting smoking to enjoy these benefits. Nobody will pretend quitting cigarettes is easy. But, if you are thinking about quitting, and you feel the time is right for you to make the change from being a smoker to a non-smoker, then there is a lot of support available to help you.

Ask yourself why you are smoking

Try to answer these questions about your smoking:

- What do you like about smoking?
- What triggers cause you to want to smoke?
- What stops you from quitting smoking?
- What could you do instead when you want to smoke?
- Who could help you to stop smoking?
- Many New Zealanders who quit smoking do it for their health, their families' health and to save a chunk of money. It is beneficial to stop smoking at any age.

Understand the health impacts of smoking

Smoking harms your body in many ways. Smokers who do not quit have a 1 in 2 chance of dying of a smoking-related illness – most commonly lung cancer and other lung disease such as emphysema, heart disease and stroke.

- Smoking causes the premature



(early) death of about 4,700 New Zealanders each year.

- Nearly half of those deaths occur in middle age (35-69 years).
- About one-third of all Maori deaths are linked to tobacco use.
- On average, smokers die 14 years earlier than non-smokers.

Smoking also damages the health of those around you, your fertility and your unborn child if you are pregnant. If you are pregnant, it is vital for your baby's health that you stop smoking.

Top tips on how to quit

Decide that you want to quit and know why. Write down your reasons for quitting. Put your list of reasons for quitting in a prominent place.

Talk to your doctor, nurse or support person about help with quitting including quit treatments and support programmes. Using quit treatments together with support programmes increases your chances of successfully quitting considerably.

Set a date, tell people you're quitting, and ask them to be supportive, and not offer you cigarettes. Get rid of all tobacco products.

Don't put it off.

Decide now what you will do instead of smoking if you get the urge for a cigarette.

Avoid people who may encourage you to smoke – who can you be with instead?

Reward yourself with something using the money you save each week on cigarettes.

टायफाइड बुखार कारण, लक्षण और उपचार



टायफाइड बुखार को मियादी बुखार भी कहते हैं। यह सेलमोनेला टायफी नाम के बैक्टीरिया के कारण होने वाला संक्रामक रोग है। हर वर्ष में टायफाइड बुखार के कारण लगभग 2 लाख से ज्यादा लोगों की मृत्यु होती है।

टायफाइड बुखार का क्या कारण है और यह कैसे फैलता है:-

टायफाइड बुखार का फैलाव संक्रमित पानी और खाद्य-पदार्थ से होता है।

टायफाइड बुखार से पीड़ित व्यक्ति के मल, मूत्र और रक्त में यह बैक्टीरिया रहता है। पीड़ित व्यक्ति के मल-मूत्र से दूषित पानी के कारण टायफाइड बुखार फैलने की अधिक संभावना रहती है।

टायफाइड बुखार दूषित पानी से नहाने से और ऐसे दूषित पानी से खाद्य-पदार्थ धोकर खाने से भी फैलता है।

यह बैक्टीरिया पानी में कई हफ्तों तक जीवित रह सकता है। लगभग 3% से 5% टाइफाइड बुखार से पीड़ित व्यक्ति कोई लक्षण न होने के बावजूद भी टायफाइड बुखार फैला सकते हैं।

टायफाइड बुखार से पीड़ित व्यक्ति के झूठे खाने-पीने से भी टायफाइड हो सकता है।

टायफाइड बैक्टीरिया से संक्रमित रक्त लगाने से भी हो सकता है।

टायफाइड बुखार के लक्षण :-

नियमित बढ़ने वाला तेज बुखार, बदनदर्द, कमजोरी, सिरदर्द, पेट दर्द, कम भूख लगना, बच्चों में दस्त की शिकायत, बड़ों में कब्ज की शिकायत, बीमारी अधिक बढ़ जाने पर आंतों में अल्सर हो सकते हैं और इनके फट जाने पर ऑपरेशन की जरूरत पड़ सकती है।

टायफाइड बुखार का निदान :-

टायफाइड टेस्ट:- रोगी के रक्त का नमूना एक किट पर डालकर जांच की जाती है। इसका परिणाम पॉजिटिव आने पर टायफाइड बुखार का निदान किया जाता है। इसमें IgG

और IgM antibiotics देखे जाते हैं। IgM का positive आने का मतलब रोगी को अभी-अभी टायफाइड हुआ है और IgG का positive आने का मतलब टाइफाइड पुराना है।

ब्लड कल्चर:- यह बीमारी के पहले हफ्ते में रक्त में टाइफाइड बुखार का बैक्टीरिया की मौजूदगी की जांच करने के लिए किया जाता है।

स्टूल कल्चर:- यह रोगी व्यक्ति के मल में टाइफाइड बुखार का बैक्टीरिया की मौजूदगी की जांच करने के लिए किया जाता है।

वाइडल टेस्ट:- इस जांच में रोगी व्यक्ति के रक्त की जांच की जाती है। इसमें O और H antigen में 180 से ज्यादा अनुपात आने पर टाइफाइड बुखार का निदान किया जाता है। टाइफाइड का निदान करने के लिए Typhidot जांच कराना बेहतर होता है।

सोनोग्राफी या एक्स-रे:- पीड़ित व्यक्ति के पेट को अधिक दर्द और उल्टी होने पर आंतों में अल्सर का निदान करने हेतु यह जांच की जाती है। इनके अलावा भी रोगी के समस्या के अनुसार अन्य जांच की जा सकती हैं।

टायफाइड बुखार का ईलाज करने के लिए Antibiotics का इस्तेमाल किया जाता है। टायफाइड के इलाज के लिए Cefixime, Ofloxacin, Azithromycin, Ceftriazone, Tazobactam जैसे antibiotics का उपयोग किया जाता है।

पहले के जमाने में लगभग 20% टायफाइड बुखार के रोगियों की मृत्यु हो जाती थी परंतु अब ज्यादा असरदार Antibiotics का उपयोग करने के कारण सिर्फ 1 से 2% रोगियों की ही मृत्यु होती है।

अगर पीड़ित व्यक्ति को ज्यादा कमजोरी नही

है और आहार अच्छे से ले रहा है तो घर पर भी Antibiotics दवा लेकर टायफायड बुखार का ईलाज किया जा सकता है। कम से कम 2 हफ्तों तक टायफायड बुखार की दवा लेना होता है।

अधिक कमजोरी और उल्टी, दस्त इत्यादि समस्या होने पर हॉस्पिटल में दाखिल होकर ईलाज कराना जरूरी होता है।

टायफायड बुखार के कारण आंतों में अल्सर होने पर जरूरत पड़ने पर ऑपरेशन किया जाता है।

टायफायड बुखार से बचने के लिए एहतियात:-

टायफायड वैक्सीन:- टायफायड बुखार से बचने के लिए दो तरह की वैक्सीन उपलब्ध है। पहले तरह की टायफायड वैक्सीन में इंजेक्शन दिया जाता है। यह वैक्सीन 2 वर्ष से ऊपर के आयु के रोगियों में ही दी जाती है। दूसरी तरह की वैक्सीन में 4 गोलियां दी जाती हैं जिसमें से एक गोली एक दिन छोड़कर (1,3,5,7) खाना होता है यह वैक्सीन 6 वर्ष से ऊपर के रोगियों में ही दी जाती है। इन दोनों वैक्सीन का असर 2 हफते बाद होता है और टायफायड बुखार के खिलाफ कुछ प्रमाण में प्रतिरोध शक्ति का निर्माण होता है। याद रहे की यह दोनों वैक्सीन से 100% सुरक्षा की गारंटी नहीं मिलती है।

पानी:- पीने के लिए हमेशा स्वच्छ पानी का उपयोग करें। अगर घर में RO नहीं है तो पानी को कम से कम 1 मिनट उबाले और बाद में ठंडा होने के बाद में ही उपयोग करें। अगर कहीं बाहर सफर कर रहे हैं तो बोतलबंद पानी का उपयोग करें। घर में सब्जी / फल को साफ करने के लिए भी स्वच्छ पानी का ही इस्तेमाल करें। बाहर मिलने वाली बर्फ का इस्तेमाल न करें।

हाथ धोना:- हमेशा खाना बनाने या खाने से पहले और बाथरूम के बाद अच्छे साबुन से हाथ धोना चाहिए। हाथ धोते समय साबुन से अच्छा झाग बनाकर हाथों का अच्छी तरह धोकर साफ तौलिये से पोंछें।

आहार:- घर में बना स्वच्छ, गर्म और पौष्टिक आहार लेना चाहिए। बाजार में और रास्ते पर

बिकने वाले आहार पादार्थों से परहेज करें।

रोगी:- अगर आपको टायफाइड बुखार है तो अपने हाथों को हमेशा साफ और स्वच्छ रखें। आपके कपड़े, चादर, तौलिया आदि गर्म पानी और साबुन से धोना चाहिए।

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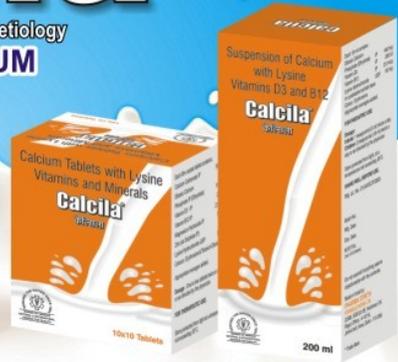
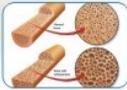
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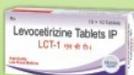
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STROKE



A stroke occurs when blood supply to a part of brain is reduced or interrupted. Reduced or interrupted supply of blood to the part of brain deprives brain tissue of oxygen and nutrients resulting in death of cells in minutes. There are two main types of strokes. One, ischemic i.e. due to lack of blood flow. Two, hemorrhagic i.e. due to bleeding. Thus, stroke is medical emergency and prompt treatment is crucial. An early action can minimize brain damage which can result in complications. Therefore, it is necessary to know the symptoms.

SYMPTOMS

The symptoms include the following:

- ⊙ The victim of stroke may experience confusion may have trouble with speaking, may slur words and have difficulty in understanding speech.
- ⊙ The victim may develop sudden numbness, weakness or paralysis in face, arm or leg. Often, it happens just on one side of the body.
- ⊙ The victim may suddenly have blurred or blackened vision in one or both eyes or he/she may see double.
- ⊙ The victim may have sudden and severe headache which may be accompanied by vomiting, dizziness or altered consciousness.

- ⊙ The victim may stumble or experience sudden dizziness, loss of balance or loss of coordination.

HOW TO CONFIRM STROKE

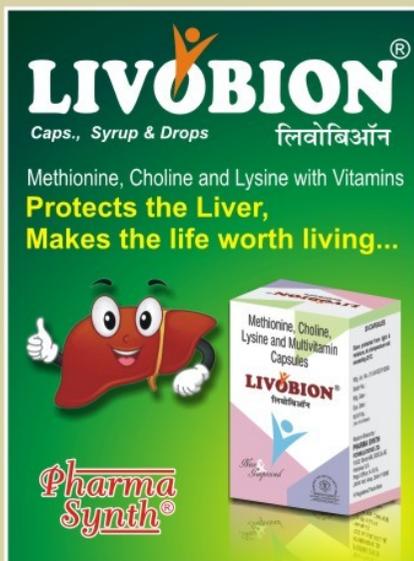
The person may be asked to do the following activities and his/her response should be observed:

- ⊙ Ask the person to smile.
- ⊙ Ask the person to raise both arms.
- ⊙ Ask the person to speak a simple phrase.

If you observe the following:

- ⊙ When asked to smile, whether one side of the face droop?
- ⊙ When asked to raise both arms, whether one arm drift downward or one arm unable to rise up?
- ⊙ When asked to speak simple phrase, whether speech is strange or slurred?

When the answer to above questions is yes, it is a case of stroke. Immediately, ambulance should be called and the victim should be hospitalized. Every minute will count, therefore, nearest hospital should be contacted.



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