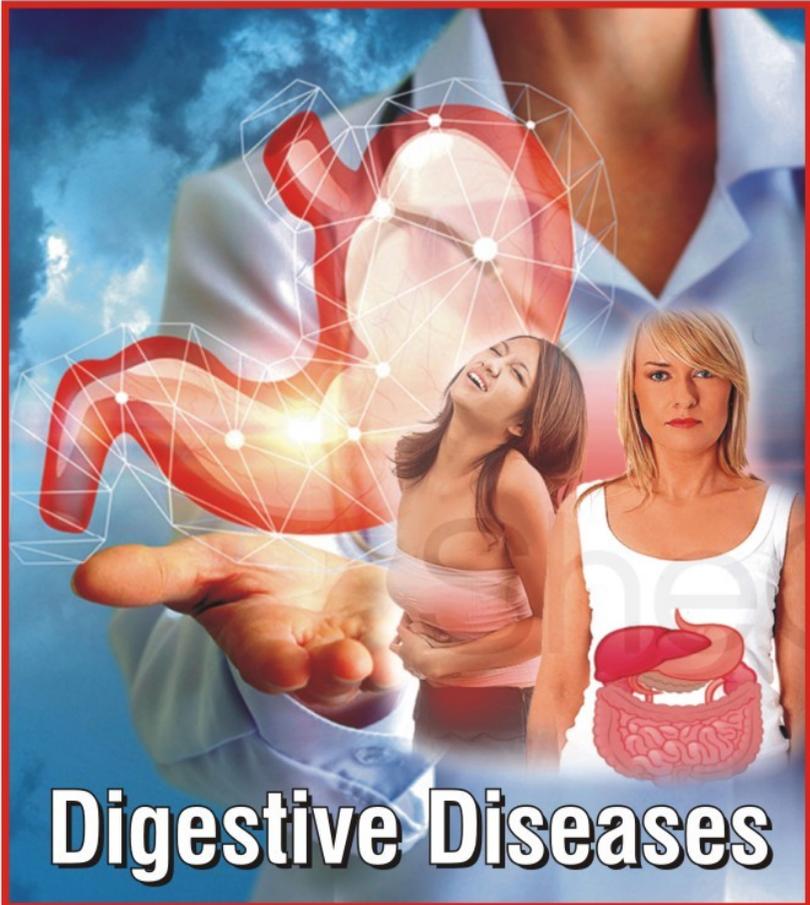


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Digestive Diseases



Editorial...

Digestive Diseases

Digestive diseases are disorders of the digestive tract, which is sometimes called the gastrointestinal (GI) tract.

In digestion, food and drink are broken down into small parts (called nutrients) that the body can absorb and use as energy and building blocks for cells.

The digestive tract is made up of the oesophagus (food tube), stomach, large and small intestines, liver, pancreas, and the gallbladder.

The first sign of problems in the digestive tract often includes one or more of the following symptoms:

- ⇒ Bleeding
- ⇒ Bloating
- ⇒ Constipation
- ⇒ Diarrhoea
- ⇒ Heartburn
- ⇒ Incontinence
- ⇒ Nausea and vomiting
- ⇒ Pain in the belly
- ⇒ Swallowing problems
- ⇒ Weight gain or loss

A digestive disease is any health problem that occurs in the digestive tract. Conditions may range from mild to serious. Some common problems include cancer, irritable bowel syndrome, and lactose intolerance.

Other digestive diseases include

- ⇒ Gallstones, cholecystitis, and cholangitis
- ⇒ Rectal problems, such as anal fissure, hemorrhoids, proctitis, and rectal prolapse
- ⇒ Esophagus problems, such as stricture (narrowing) and achalasia and esophagitis
- ⇒ Stomach problems, including

gastritis, gastric ulcers usually caused by *Helicobacter pylori* infection and cancer

- ⇒ Liver problems, such as hepatitis B or hepatitis C, cirrhosis, liver failure, and autoimmune and alcoholic hepatitis
- ⇒ Pancreatitis and pancreatic pseudocyst
- ⇒ Intestinal problems, such as polyps and cancer, infections, celiac disease, Crohn disease, ulcerative colitis, diverticulitis, malabsorption, short bowel syndrome, and intestinal ischemia
- ⇒ Gastroesophageal reflux disease (GERD), peptic ulcer disease, and hiatal hernia

Tests for digestive problems can include colonoscopy, upper GI endoscopy, capsule endoscopy, endoscopic retrograde cholangiopancreatography (ERCP), and endoscopic ultrasound.

Many surgical procedures are performed on the digestive tract. These include procedures done using endoscopy, laparoscopy, and open surgery. Organ transplants can be performed on the liver, pancreas, and small intestine.

Many health care providers can help diagnose and treat digestive problems. A gastroenterologist is a physician specialist who has received extra training in the diagnosis and treatment of the digestive disorders.

Eat more fruits and vegetables every

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Eat whole-grain breads, pastas, and cereals. Whole grains contain more fiber and nutrients than white "enriched" grain products and help your good colon bacteria flourish.

Avoid processed meats, such as sausages and hot dogs, as they can cause problems with the digestive system. You should also limit your consumption of beef, pork, and lamb. These meats are most likely to carry

bacteria that can harm the digestive system.

Exercise regularly, Staying physically active can help maintain a healthy digestive system. Aim for 30 minutes of moderate to vigorous activity at least three days per week.

People who are overweight or underweight may be prone to more digestive problems. Exercising and eating a healthy diet can help lower your risk. If you're struggling to lose or gain weight, talk to your doctor about what you can do.

— **Sarita Gupta**

Your Daily Routine to Improve Digestion



Our digestive system is hard at work while we eat, work and sleep. However, we often only notice our digestion when something is wrong. Common issues include:

- Acid reflux
- Peptic ulcers
- Lactose intolerance
- Inflammatory bowel disease
- Constipation

Luckily, many of these digestive problems can be prevented or relieved with the right lifestyle and food choices. Follow these simple steps on a daily basis to improve digestion.

Wake up early: Rising early provides plenty of time for a bowel movement in the morning. If needed, try some simple stretches to get the digestive system moving.

Eat to a regular schedule: Try to eat breakfast, lunch and dinner at similar times. Many people who suffer from digestive problems find it easier to eat five smaller meals throughout the day, rather than three large meals.

Exercise daily: This speeds up the movement of food through the digestive system, promotes regular bowel movements, and strengthens the muscles around the abdomen. Exercise doesn't need to be strenuous; a simple after-dinner walk can help to get the digestive system moving.

Visit the toilet often: It's important to go to the toilet when you feel the urge. Holding back can cause blockages and firmer stools that are harder to pass. Pay attention to your stools. If you notice any changes consult with your GP.

Avoid late night meals: The digestive system slows down in the evening as it readies for sleep. If you eat late in the evening, your digestive system may still be digesting food when you go to bed, which can disrupt sleep. Try to avoid eating 2 to 4 hours before bed.

Add fibre: Fibre helps to keep food moving through the digestive tract, adds bulk to stools, and reduces constipation. Soluble fibres (such as oats, pasta and psyllium) are particularly beneficial for relieving IBS flare-ups.

Eat foods rich in Vitamin C: Broccoli, tomatoes, strawberries, and citrus fruits, are all great sources of the antioxidant vitamin C. The digestive process causes bi-products called free-radicals, which are harmful to the body. Antioxidants help to destroy these free radicals and protect the body against damage.

Opt for lean meats: Meat is a rich source of protein and can play a valuable role in the diet. However, try to stay away from fatty meats and instead choose lean cuts of pork and skinless poultry.

Consume probiotics: These are 'good' bacteria that live in the small and large intestines where they help to digest food and keep the immune system strong. Probiotics are commonly used to relieve digestive complaints such as IBS. Probiotic supplements and yoghurts are the best sources of these friendly bacteria.

Limit high-fat foods: Fatty foods are harder to digest and slow down the digestive system; increasing its workload. They also increase the risk of constipation. Don't avoid fatty foods completely as they are essential parts of the diet, just eat them in moderation.

Reduce caffeine intake: Caffeine dehydrates the body, which increases the digestive workload. The chemicals in caffeine can also trigger acid reflux. After the initial energy-boost, caffeine zaps energy levels leaving the body feeling sluggish and tired.

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Diabetes Diet: Myths and Facts

Diabetes has become a common disease nowadays. In most cases, it's preventable and in some it's reversible. To control and prevent diabetes, it is necessary to eat a tasty and balanced diet that boosts up your energy and mood and keeps the nagging hunger at bay. However, most people in their zeal to control diabetes overlook this aspect and they tend to deprive themselves which often results in malnourishment. With so many information available on the internet, it is very easy to confuse between what to eat and what not to eat. So we thought it is time to sort out the myth from reality.

Myth: Give up on favourite dishes and follow restricted diet

Truth: You don't need to stop eating your favourite food. Instead, change the preparing method or the food items you eat along with them or reduce the portion sizes. Diabetes diet helps to plan your meals. It includes food that works along with your medicines and activities and keeps your blood sugar in control.

Myth: Carbs are problem and proteins are solution!

Truth: Carbohydrate food items are good for diabetes and contain minerals, vitamins and fibre. Include whole-grain bread, baked goods and high-fibre fruits and vegetables in your diet. On the other hand, when you eat fewer carbs, you substitute it with more protein. Protein rich food like meat contains saturated fat. Excess intake increases heart disease risk.

Myth: Sugar-free products are healthy and artificial sweeteners aren't

Truth: All products which claim to be sugar-free aren't healthy. They may still contain fats and carbs. Do check the nutrition label before buying. Artificial sweeteners taste like sugar but provide fewer calories than that of sugar. They contain Saccharin,



Aspartame, Acesulfame potassium and Sucralose. Know how much and which sweeteners are best for use.

Myth: You need to eat special diabetic meals or diet foods

Truth: There's no special meal for the diabetes. The normal meal focuses on the total amount of calories and the amounts and types of fats, carbs and protein you consume.

'Diet food' labelled items aren't the best for diabetes. Read the labels to find out the ingredients and amount of calories it contains. If any doubts ask your dietician.

Myth: Sugar causes diabetes and when on medicines, consume as much as you like

Truth: Consuming sugar doesn't cause diabetes. Type 1 diabetes is caused by genetics or an auto-immune response to a trigger. Type 2 happens due to genetics and factors like increased weight, high blood pressure, age and sedentary lifestyle.

When on medications, plan your meal and keep a tab on the calories that you're consuming, in order to control your blood sugar level.

No fruits are excluded from the diabetic diet. Some fruits are high in natural sugars but eating proportionate amounts isn't harmful.

If your blood sugar level is under control, drinking alcohol in moderation is acceptable.

Never say no to desserts. Satisfy your sweet tooth by indulging in a small portion of your favourite sweet.

Now, that you know the facts, take your doctor's advice and make wise food choices, exercise and take medicines on time to keep your blood sugar level in control.

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परमपिता से उनकी आत्मा की शान्ति और मोक्ष के लिए।

सभी से अनुरोध है कि अपने पूर्वजों के साथ-साथ
शहीदों का भी तर्पण कर, देशप्रेम की मिसाल स्थापित करें।

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STRESS

Signs, Treatment and Diet



Life can be full of demands and deadlines which can lead to feelings of anxiety and stress. While stress is not always a bad thing – in small doses can help us perform better and focus more – prolonged stress can lead to health issues. Stress can be seen as a cumulative force with early signs including irritability, headaches and disturbed sleep.

Left to fester and build, stress can eventually overwhelm us, making it difficult to function and can eventually impact our relationships, work and home life. Early warning signs of stress can be your body's way of telling you to slow down and unwind before your health is compromised, so it is important to be able to recognise these symptoms before things escalate.

Physical Signs of Stress: Stress can affect every part of our lives, from our physical well being to our emotional state and the way we interact with people. Physical signs of stress can include muscle tension, headaches, fatigue and a change in sex drive. These are all warning signs that you're taking on too much and not having enough down time for yourself.

Problems sleeping and not being able to 'switch off' at night are also common symptoms and early warning signs of stress. If you are frequently feeling unwell and are always catching the latest cold or other illness going about, this is another key sign that your body is not having enough time to wind down.

Emotional Signs of Stress: Stress can result in a lack of motivation or drive as we can sometimes feel there is simply too much to do; this can lead to us losing focus on current tasks we are supposed to be completing. Lack of sleep can leave us feeling irritable, becoming forgetful, restless, and perpetually anxious. General feelings

of being overwhelmed and insecure are all telltale signs of stress and your body and brain's way of letting you know it needs time to recover.

Behavioural Signs of Stress: As well as affecting our psychological and physical well being, stress can have an effect on the way we communicate with our friends, peers and colleagues. Angry outbursts and snapping at people are common signs of stress, as are social withdrawal, avoidance and over/under-eating. For some, stress can lead to alcohol or drug dependence as a way of coping or forgetting about the reason they are stressed, and people can also face difficulties holding down a relationship.

Treatment: As we have established, stress can be an issue that affects not only our psychological well-being but also our physical and emotional well being too. If ignored, stress can overrun our lives, affecting every aspect of it from our work life to home life and the relationships we have formed. Recognising the early signs and symptoms of stress is crucial to management and prevention and there are ways to decrease your stress levels, the first of which being to recognise you are stressed in the first place.

Sleep: Getting enough sleep can be difficult when we are stressed but is crucial to feeling better and putting things in perspective. How often do things seem a lot worse than that actually are mainly due to the fact that we are overtired and emotional? Getting a good night's sleep can reset your brain and give it time to process the problem so the next day you wake

up feeling refreshed and motivated to tackle the problem.

If you have trouble sleeping there are a number of things which can be done including ensuring you turn off electrical equipment such as the TV or iPad at least half an hour before bed, opting for reading a book instead. Taking a bath before bed with a lavender scent can help you unwind and make it easier to drift off, as can some deep breathing such as meditation directly before you go to sleep.

Diet: Diet can also play a huge role in stress management and affect our day to day lives. Processed foods full of sugar and fat can lead to weight gain and a lack of energy, making day to day tasks harder and therefore increasing stress levels. A diet rich in fruits, vegetables and natural fats can lead to sustained energy as well as a better night's sleep and ability to deal with day to day tasks which may cause stress. Dietary supplements are also available to combat stress and reduce the effects of fatigue, exhaustion and mild anxiety when combined with a healthy lifestyle.

Exercise: Finally, regular exercise can be a great stress reliever as part of a healthy lifestyle. Exercise releases endorphins, the 'feel-good' hormones, leading to a mood boost after a period of exercise. If stress is getting you down, exercise can also be a great way of releasing frustration through hitting a punching bag or lifting weights to get rid of tension. When combined with a healthy diet, exercise can also lead to a better night's sleep as it makes the body work and so sleep is necessary for repair. This night of quality sleep can sometimes be all that is needed to reduce stress levels and get you ready for the day ahead.

As stress can have the potential to affect every aspect of our lives from our relationships to our physical health. Recognising the symptoms of stress early is crucial to beating it and there are a number of ways to reduce stress including getting enough sleep, eating a healthy diet and exercising regularly. When combined, these lead to a healthy lifestyle which can go a long way in alleviating the symptoms of stress or making stress more manageable and able to deal with.

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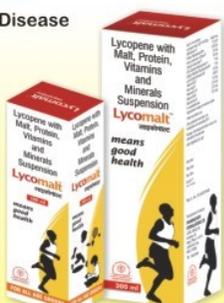
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Underactive Thyroid (Hypothyroidism)

The thyroid gland may be tiny, but it plays an important role in health. An underactive thyroid (hypothyroidism) causes weight gain and sluggishness and requires a combination of medications and lifestyle and dietary changes to ease symptoms.

What Is an Underactive Thyroid?

The thyroid gland is a small butterfly-shaped gland in the neck which produces the hormones that regulate metabolism; triiodothyronine (T3) and thyroxine (T4). Approximately 90% of the thyroid hormones produced by the body is T4, which need to be converted into T3 before they can be used by cells. Hypothyroidism occurs when the thyroid gland doesn't produce enough hormones, causing many of the body's functions to slow. In particular, weight gain and fatigue are commonly reported.

Underactive thyroid disorders can affect both men and women, although it's more common in women. In the UK, it is estimated that 15 in every 1000 women and 1 in every 1000 men are affected. It can also affect children, although this is fairly rare. 1 in 4000 babies are born in the UK each year with an underactive thyroid, medically referred to as congenital hypothyroidism. All babies born in the UK are tested for this when they are 5 days old.

Underactive Thyroid Symptoms

Underactive thyroid hypothyroidism symptoms can be similar to those of other conditions and often develop slowly over a period of years, which means they can easily be mistaken for something else. Common underactive thyroid symptoms include:

- Tiredness
- Weight gain
- Low mood and depression
- Memory loss
- Increased sensitivity to the cold
- Dry skin and brittle hair
- Muscular aches and pains
- Pins and needles in the hands and feet



- Loss of libido
- Irregular or heavy periods

It's important to be diagnosed as quickly as possible so if you are concerned that your thyroid is struggling, visit your doctor. They will take a blood test (thyroid function test) to measure the levels of hormones in your blood.

Causes of Hypothyroidism: There are two common causes of hypothyroidism; the immune system and previous thyroid treatments. However, in recent years evidence has come to light that suggests hypothyroidism may, in certain cases, be due to a build-up of toxins in the body or nutritional deficiencies.

Immune System: Autoimmune disorders are one of the most common causes of hypothyroidism. In these cases, the immune system attacks the thyroid gland causing irreversible damage. It is thought that around 90% of people with hypothyroidism have Hashimoto's disease, an autoimmune reaction that causes this type of damage to thyroid tissue. The exact cause isn't clear, but there appears to be a genetic link, and Hashimoto's disease is common in people with other autoimmune disorders such as type I diabetes.

Previous Treatments: The thyroid can be damaged by complications from previous treatments for thyroid cancer or an overactive thyroid, such as surgery or radioactive therapy.

Toxins: There is a growing school of

thought that thyroid function can be impaired by exposure to environmental toxins such as pesticides. These disrupt thyroid metabolism and function, which slows the body's metabolism and reduces potential weight loss.

Nutritional Deficiencies: The body needs certain vitamins and minerals to maintain healthy thyroid function. Iodine in particular, is required to produce thyroxine, while vitamin D, omega 3, selenium, zinc and vitamins A, B and D are important.

Pituitary Gland: The pituitary gland regulates the thyroid and a problem with this gland can have a knock on effect.

Complications of an Underactive Thyroid: When treated, many people can successfully manage an underactive thyroid. However, if left untreated, the condition can lead to serious complications, including:

Increased Risk of Heart Disease: Low levels of the thyroid hormone change the way the body processes fat, which results in high cholesterol. This increases the risk of atherosclerosis and angina.

Goitre: Goitre occurs when the thyroid gland swells forming a visible lump in the throat. If the lump remains small it may result in a hoarse voice and cough. If the lump becomes large, it may affect swallowing and breathing.

Pregnancy: If an underactive thyroid is under control prior to pregnancy, then there is little danger to the foetus. However, if left untreated during pregnancy, it increases the risk of pre-eclampsia, anaemia and birth defects.

Myxoedema Coma: This severe form of hypothyroidism is extremely rare and occurs mainly in patients with long-standing, undiagnosed hypothyroidism. This life threatening condition causes confusion, hypothermia and drowsiness, and requires emergency treatment.

Sleep Apnoea: Hypothyroidism can be a contributing factor to obstructive

sleep apnoea. In certain cases, hypothyroidism causes changes to the upper airways, such as an enlargement of the tongue (macroglossia), which results in blockages to breathing at night. If you constantly feel tired and lethargic during the day despite having a full night's sleep, then try a portable home monitor to test for sleep apnoea.

Treatment: If a doctor has confirmed that your symptoms are caused by an underactive thyroid, there are many steps you can take to correct the problem. A comprehensive approach is needed that includes medication, diet, and lifestyle changes.

Medications: If your symptoms are severe, your doctor will likely prescribe daily hormone tablets to replace those the thyroid should be producing. Once started, this treatment will need to be maintained for the rest of your life, and may require regular blood tests until the right dose is found. For this reason, medication isn't always the best first step for a borderline underactive thyroid, but you should still be monitored by a medical professional.

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राष्ट्र रक्षा पर्व मनाया गया

इस वर्ष फार्मासिंथ कम्पनी ने स्वतंत्रता दिवस और रक्षा बन्धन को राष्ट्र रक्षा पर्व की तरह मनाया और कम्पनी के प्रबन्ध निदेशक डॉ. अरविन्द कुमार गुप्त जी ने कहा कि, राष्ट्र रक्षा और सुरक्षा केवल सैनिकों की ही जिम्मेदारी नहीं है, “We all should re-dedicate our professional integrity towards our beloved country”.

स्वतंत्रता आंदोलन के समय आवश्यकता थी, देश के लिए बलिदान देने की, आज हमें संकल्प लेना होगा, अपने प्रिय देश के सभी नियमों और कानूनों का हृदय से पालन करने का।

कम्पनी ने इस राष्ट्र रक्षा पर्व पर विभिन्न क्षेत्र में कार्यरत लगभग 12,500 जाने माने सामाजिक और देशभक्त महानुभावों को भारत माता का संकल्प सूत्र (माला) पहनाकर सम्मानित किया। कम्पनी की इस मुहिम को चौतरफा, खूब सराहना मिली और देशप्रेम प्रसार के ऐसे कार्यक्रम भविष्य में भी करते रहें, सभी ने ऐसी इच्छा जाहिर की।

कम्पनी के प्रतिनिधियों ने अपने क्षेत्र के डॉक्टरों को कम्पनी द्वारा चलाये जा रहे सामाजिक कार्यों, जैसे भारत माता मंदिर नाम से दिल्ली में स्थापित स्वतंत्रता सेनानी संग्रहालय, संस्कार भारती, अत्यधिक कम कीमत की दवाओं का वितरण, आदि की जानकारी दी। सभी देशवासियों को “भारत माता की जय” के उद्घोष के साथ स्वतंत्रता दिवस एवं रक्षाबन्धन की शुभकामनायें प्रेषित की गईं।

गुणों से भरपूर पालक

इस तथ्य के बारे में तो आपको पता होगा कि, हरी सब्जियां स्वास्थ्य के लिए बहुत लाभदायक होती हैं। हरी सब्जियां खनिज और विटामिन से भरपूर हैं जो हमें अच्छा रखती हैं। पत्तेदार साग मतलब पत्तागोभी, ब्रोकली, गोभी, पालक और भी कई सब्जियां।



पालक के बारे में बात करें तो, यह आपके शरीर के लिए अत्यन्त अच्छी हैं और आपको पोषक तत्वों की एक किस्म प्रदान करती हैं। पालक अमीनो एसिड, कैरोटेनॉयड्स, खनिज, विटामिन और प्रोटीन से भरपूर है जो हमारे शरीर में पी एच स्तर को बनाए रखती है और कई अन्य लाभ भी प्रदान करती है। पालक को पकाने से बहुत से पोषक तत्व खो जाते हैं। इसलिए, इसका उपभोग करने के लिए सबसे अच्छा तरीका रस के रूप में है। कच्चे पालक के रस का स्वाद अच्छा नहीं होता है लेकिन इसके स्वास्थ्य लाभ प्रभावी और लंबे समय तक रहते हैं।

गठिया से छुटकारा दिलाता है और दृष्टि ठीक करता है—

1. पालक के रस में पोषक तत्वों की प्रकृति क्षारीय (एल्कलाइन) है जो रूमेटी गठिया के दर्द से राहत दिलाते हैं।
2. यह आपके शरीर के विभिन्न ऊतकों (टिशू) को साफ करने में मदद करता है और रक्त का क्षारीय (एल्कलाइन) स्तर को बनाए रखता है।
3. विटामिन-ए, लुटेइन, जेक्सनथिन और बीटा कैराटिन से समृद्ध है, जो रतौंधी और मोतियाबिंद जैसी दृष्टि समस्याओं से लड़ता है।

हड्डियों और गर्भवती महिलाओं के लिए लाभकारी —

- पालक के रस में विटामिन-के होता है जो ऑस्टियोपोरोसिस से लड़ता है और आपकी हड्डियों में कैल्शियम को बनाये रखता है जिससे हड्डियां स्वस्थ और मजबूत हो जाती हैं।

- पालक में पोषक तत्व गर्भवती महिलाओं में भ्रूण के विकास में सुधार करते हैं और नर्सिंग माताओं के दूध की गुणवत्ता और मात्रा को बढ़ाते हैं।
- बालों और त्वचा के लिए बहुत अच्छा है**

- पालक में विटामिन-बी कॉम्प्लेक्स ओर आयरन होता है जो बाल विकास को बढ़ाता है और सिर के मध्य में बालों को घना करके और सिर की खुजली से राहत दिलाता है।
- पालक में मौजूद एंटी-ऑक्सीडेंट्स आपकी त्वचा को हाइड्रेटेड रखते हैं और उम्र बढ़ने के संकेत से लड़ते हैं। विटामिन-ए और सी त्वचा की कोशिकाओं के विकास को बढ़ावा देते हैं और कोलेजन पैदा करता है।

पोषक तत्व और फाइबर

- एक गिलास ताजा पालक का रस कैलोरी में कम होने के कारण वजन घटाने में मदद करता है और मांसपेशियों के विकास और रखरखाव को बढ़ाता है।
- पालक में डाइटरी फाइबर आपको एक लंबे समय के लिए स्वस्थ रखता है। यह पाचन समस्याओं जैसे कब्ज और गैस की समस्याओं का भी समाधान करता है।

अन्य लाभ

- पालक के रस में विटामिन-सी मौखिक समस्याओं (जैसे मसूढ़ों से खून बहना) का इलाज भी करता है।
- इसमें बीटा कैरोटीन फेफड़ों के ऊतकों (टिशू) को स्वस्थ रखता है और अस्थमा की समस्याओं को कम कर देता है।
- पालक एक चमत्कारी सब्जी है और आप इसे ओर अधिक रोचक बना सकते हैं। इसे अदरक के साथ मसालेदार या फल के साथ मीठा बनाये और लाभ पाने के लिए पीएं।

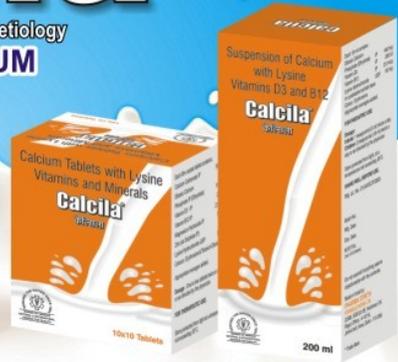
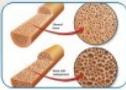
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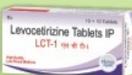
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Why Do We Feel Sleepy After Eating Lunch?



Imagine this. You are at work, all charged up and have slotted the 3 P.M. to 4 P.M. window for an important assignment. You have your lunch around 2 P.M, and thereafter find yourself struggling to keep your eyes open! You are lazy and lethargic, suddenly. What could be the reason of the post lunch slump? Is there a reason why you feel this way? Certainly.

The phenomena is common with everybody who has a slightly heavier lunch or one that is rich in carbohydrates. Sneaking an afternoon siesta is actually a very common practice in India. In parts of Bengal shop owners shut their shops from 3 P.M. to 5 P.M. to catch up on their afternoon nap, after a meal packed with carb-rich rice, fish, dal and vegetables.

Here's the real reason why we feel sleeping after having lunch. After a heavy meal, our insulin levels spike. This is because, for everything that we eat, our pancreas produces insulin to regulate our blood sugar levels. The heavier the meal, the greater will be the production of insulin. With the increased secretion of insulin, our body produces the sleep hormone which where it gets metabolized into serotonin and melatonin in our brain and they induce drowsiness. This nervous response tells our body to slow down, stop doing what we're doing and let our body and mind focus on

digestion.

Bangalore-based nutritionist Dr. Anju Sood explains the physiology behind this, "There are a couple of factors working here. The most important function after eating is digestion which requires energy. So, all your blood streams get diverted towards the task of digestion, hence you feel the energy deficit and also drowsy. Other than that it also depends on the food that you are eating. If your meal is loaded with fat, it will take more time to digest. If you have a carb-rich meal, the sugar goes to the liver and an increased amount of insulin is generated. In this process, the neurotransmitter serotonin also gets stimulated which induces sleep."

Dr. Sood adds, "The process is the same after dinner too. It's just because we do go to sleep eventually at night, we don't realize while in the afternoon we still have the rest of the day. Hence, the 'feeling of sleepiness' is more evident."

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