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Protect yourself from Coronavirus

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

WHO's standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows, which include hand and respiratory hygiene, and safe food practices:

- ☞ When coughing and sneezing cover mouth and nose with hanky or tissue – throw tissue into closed bin immediately after use
- ☞ Avoid close contact with anyone who has fever and cough
- ☞ If you have fever, cough and difficulty breathing, seek medical care early and share previous travel history with your health care provider
- ☞ When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals
- ☞ The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

Some Safety Precautions:

- ☞ protect yourself and others from getting sick by washing your hands
- ☞ wash your hands with soap and running water, when your hands are visibly dirty
- ☞ when caring for the sick
- ☞ before and after you prepare food,
- ☞ before eating, after toilet use
- ☞ after handling animals or animal waste
- ☞ avoid spitting in public
- ☞ avoid travel if you have a fever and cough.

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What are coronaviruses?

A coronavirus was first isolated in 1937 from an infectious bronchitis virus in birds that has the ability to seriously devastate poultry stocks.

These viruses are responsible for between 15 and 30 percent of common colds.

Over the last 70 years, scientists have found that coronaviruses can infect mice, rats, dogs, cats, turkeys, horses, pigs, and cattle. Most recently, authorities identified a coronavirus outbreak in China that has now reached other countries.

Fast facts on coronaviruses

- There is no cure for the common cold
- A coronavirus causes both SARS and MERS
- Coronaviruses infect many different species
- There are six known human coronaviruses
- SARS spread from China to cause infection in 37 countries, killing 774 people
- Human coronaviruses (HCoV) were first identified in the 1960s in the noses of patients with the common cold. Two human coronaviruses are responsible for a large proportion of common colds OC43 and 229E
- Coronaviruses were given their name based on the crown-like projections on their surfaces. "Corona" in Latin means "halo" or "crown"
- Among humans, infection most often occurs during the winter months as well as early spring. It

is not uncommon for a person to become ill with a cold that is caused by a coronavirus and then catch it again about four months later

- This is because coronavirus antibodies do not last for a very long time. Also, the antibodies for one strain of coronavirus may be useless against other strains

Symptoms

Cold- or flu-like symptoms usually set in from two to four days after coronavirus infection, and they are typically mild. However, symptoms vary from person to person, and some forms of the virus can be fatal.

Symptoms include:

- sneezing
- a runny nose
- fatigue
- a cough
- in rare cases, fever
- a sore throat
- exacerbated asthma

Human coronaviruses cannot be cultivated in the laboratory easily, unlike the rhinovirus, another cause of the common cold. This makes it difficult to gauge the coronavirus' impact on national economies and public health.

There is no cure, so treatments include taking care of yourself and over-the-counter (OTC) medication:

- Rest and avoid overexertion.
- Drink enough water.
- Avoid smoking and smoky areas.
- Take acetaminophen, ibuprofen or naproxen to reduce pain and fever.
- Use a clean humidifier or cool mist vaporizer.

The virus responsible can be diagnosed by taking a sample of respiratory fluids, such as mucus from the nose, or blood.

कोरोना वायरस

(लक्षण, उपचार एवं बचाव के तरीके)

कोरोना यह एक प्रकार का वायरस है जो अधिकतर जानवरों में पाया जाता है। कुछ मामलों में कोरोना वायरस का संक्रमण जानवरों से इंसानों में भी हो सकता है इस प्रकार के वायरस को विशेषज्ञ Zoonotic संक्रमण कहते हैं। हाल ही में चीन, थाईलैंड, जापान, साउथ कोरिया और ताइवान में कोरोना वायरस के मामले सामने आए हैं। इसे Middle East Respiratory Syndrome या MERS नाम से भी जाना जाता है।

कोरोना वायरस का फैलाव चीन में तेजी से हो रहा है और वहां से यह संक्रमण भारत में फैलने का खतरा अधिक होने की वजह से भारत सरकार इस वायरस का संक्रमण रोकने की कोशिश कर रही है। कोरोना वायरस का संक्रमण होने पर रोगी को सामान्य सर्दी-जुकाम जैसे लक्षण नजर आते हैं।

कोरोना वायरस कैसे फैलता है, इसके लक्षण और बचाव के तरीके की सम्पूर्ण जानकारी नीचे दी गयी है:-

- ✪ कोरोना वायरस एक बेहद संक्रामक रोग है और यह एक व्यक्ति से दूसरे व्यक्ति तक बेहद जल्द फैलता है।
- ✪ कोरोना वायरस से संक्रमित जानवर को सेवन करने से यह वायरस मानव में पहुँच सकता है। कहा जा रहा है कि, चीन में लोग सांप खाते हैं और सांप खाने की वजह से यह इंसान में फैला है।
- ✪ जब कोई कोरोना वायरस से प्रभावित व्यक्ति खांसता है या छींकता है तो मुँह और नाक से निकलने वाली छोटी बूंदों के साथ इसके वायरस भी बाहर आ जाते हैं और हवा में और कठोर सतह पर अगले 24 घंटों तक रह जाते हैं। हवा में रहने वाली बेहद छोटी बूंदें किसी भी व्यक्ति की सांस के साथ अंदर जाकर संक्रमित कर सकती हैं।
- ✪ कठोर सतह पर 24 घंटे और कोमल सतह पर 20 घंटे तक यह वायरस जीवित रह सकता है। यदि कोई व्यक्ति इस वायरस युक्त सूक्ष्म बूंदों से संक्रमित दरवाजे का हैंडल, कम्प्यूटर की-बोर्ड, गिलास, तकिया, तौलिया या रिमोट



इत्यादि वस्तु को छूता है और संक्रमित हाथों को अपने मुँह या नाक के पास रखता है तो वह व्यक्ति भी कोरोना वायरस से संक्रमित हो सकता है।

कोरोना वायरस के लक्षण:-

कोरोना वायरस से पीड़ित रोगी में निम्न बताए हुए लक्षण नजर आते हैं:-

- ✪ नाक बहना
- ✪ गले में खराश
- ✪ सिरदर्द
- ✪ बुखार
- ✪ खांसी
- ✪ छींक लगना
- ✪ सांस लेने में तकलीफ होना इत्यादि।

कोरोना वायरस को उपचार कैसे किया जाता है?

✪ कोरोना वायरस के लक्षण पाए जाने पर रोगी की जांच की जाती है अगर रिपोर्ट पॉजिटिव आती है तो रोगी को हॉस्पिटल में सुरक्षित वार्ड में अन्य रोगियों से अलग रखा जाता है। कोरोना वायरस के लिए फिलहाल कोई खास दवा या वैक्सीन उपलब्ध नहीं है। रोगी को लाक्षणिक चिकित्सा दी जाती है जिससे कोरोना वायरस से शरीर पर होने वाले दुष्परिणाम को नियंत्रित किया जा सके। बच्चों, बूढ़े और जिनकी रोग प्रतिकार शक्ति डायबिटीज, टी.बी. या एड्स जैसे रोग के कारण कमजोर हो चुकी है ऐसे रोगियों को विशेष

देखरेख की आवश्यकता होती है।

कोरोना वायरस से बचाव ही इसका एकमात्र बेहतर बचाव का तरीका है।

कोरोना वायरस से बचाव कैसे करें?

कोरोना वायरस के संक्रमण से बचने के लिए नीचे बताये हुए तरीकों का पालन करें।

- ✪ खांसते या छींकते समय अपना चेहरा रूमाल या टिशू पेपर से ढककर रखें। उसके बाद टिशू पेपर को कूड़ेदान में फेंक दे अथवा नष्ट करें और अपने हाथों को साबुन या हैंड सैनेटाईज़र से साफ करें।
- ✪ हमेशा खांसते या छींकते वक्त दूसरों से 6 फीट से ज्यादा की दूरी बनाए रखें।
- ✪ कोरोना वायरस से प्रभावित इलाके में चेहरे पर मास्क पहने।
- ✪ अपने घर और कामकाज की जगह को साफ सुथरा रखें।
- ✪ अपने हाथों को हमेशा खाना खाने से पहले और बाद में साबुन से अच्छी तरह से धोएं।
- ✪ कोरोना वायरस से प्रभावित क्षेत्र में सर्दी-जुखाम से पीड़ित व्यक्ति के साथ मेज या ऑफिस का सामान नहीं बांटना चाहिए।
- ✪ बेवजह भीड़-भाड़ वाले इलाके और अस्पताल में जाने से बचे।
- ✪ लोगों से अनावश्यक हाथ मिलाना या संपर्क करना टालें।
- ✪ अगर आप मांसाहार करते हैं तो अच्छे से पका हुआ मांसाहार का सेवन ही करें।

- ✪ जानवरों से असुरक्षित संपर्क न करें।
- ✪ कोरोना वायरस के लक्षण दिखने पर अपने डॉक्टर से जाँच कराएँ।
- ✪ अपनी रोग प्रतिकार शक्ति को बढ़ाने के प्रयास करें।
- ✪ अपने प्रिय परिवार और जान पहचान के व्यक्तियों से कोरोना वायरस संबंधी जानकारी साझा करें।

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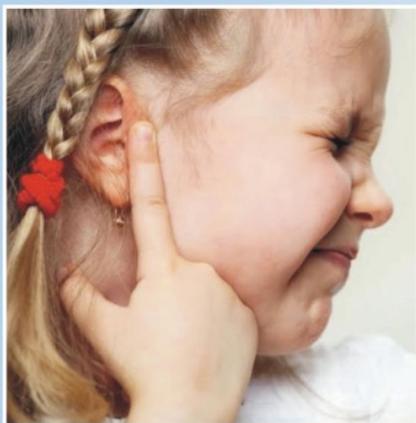
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EAR PROBLEMS IN CHILDREN



Babies and young children are prone to middle ear infections, called otitis media. Pus or fluid builds up in the ear canal behind the ear drum, which causes pain and mild deafness. Sometimes, the ear drum bursts, releasing the fluid and making the child feel better. (Burst ear drums usually heal up by themselves.)

While most ear infections improve without any treatment, doctors prefer to use antibiotics to clear up severe cases.

Symptoms of middle ear infections

Four out of five children will get a middle ear infection at least once. Some of the symptoms of middle ear infection include:

- Earache
- Headache
- Fever
- Discharge from the ear
- Mild deafness
- Difficulties in sleeping
- Loss of appetite.

Hearing loss

Sound doesn't travel well through fluid, so a child with an ear infection may have hearing difficulties. To them, normal speech will sound like a whisper. This only lasts as long as the infection, with no link to any

permanent hearing loss. However, constant middle ear infections might delay a young child's speech development, simply because they can't hear very well.

Common after a cold

Middle ear infections are caused by either bacteria or viruses and can be triggered by a cold. Babies and young children are more likely to develop middle ear infections because they are still building up their immunity.

Once a child reaches the age of around six, infections are less common because the tube connecting the nose to the ear, called the Eustachian tube, is mature.

Some precautions

You can reduce the risk by:

- Limiting day care – exposure to other children increases a baby's odds of catching a cold.
- Breast feeding – offers better immunity than bottle feeding. Propping up a bottle with the child lying down should be avoided as milk may enter the Eustachian tube and increase the risk of ear infection.
- Not smoking – passive smoking is a risk factor.

Treatment for ear infections

Mild infections clear up by themselves in a matter of hours. Over-the-counter painkillers can help the child feel more comfortable. In more severe cases, antibiotics might be needed. Ear drops may also be recommended by your doctor.

Glue ear

'Glue ear', when the ear fills up with thick fluid, can develop after a middle ear infection. If antibiotics can't clear the pus, an operation might be needed. A small hole is made and a tube called a grommet is inserted to help drain the fluid. In some cases, an injection of a strong antibiotic can be

used. Glue ear becomes less common as the child grows older.

Wax problems

Sometimes, the ear can fill up with wax, impairing a child's hearing. Your doctor can use a syringe to gently fill the ear canal with warm water and float out the wax plug.

Where to get help

- Your doctor

- Ear, nose and throat specialist

Things to remember

- Middle ear infections are common in babies and young children.
- Glue ear can develop after a middle ear infection.
- By the time a child is six years old, middle ear infections are much less common.

For comprehensive treatment of various ear problems.

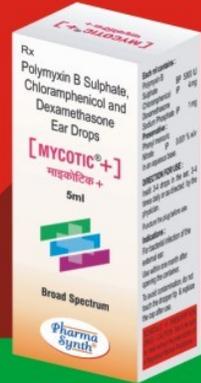
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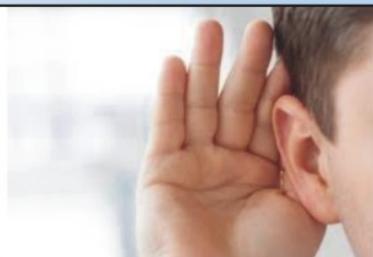
- ▶ Examination and
- ▶ Ear Surgery

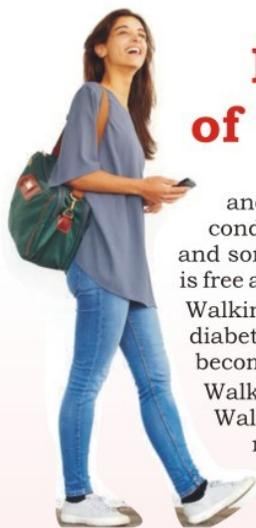
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DID YOU KNOW ?

Humans can hear sounds
at frequencies from about
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This is called the
Audible Range.





Benefits of Walking

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardio-vascular fitness, strengthen bones, reduce excess body fat, and boost muscle power

and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.

Walking 30 minutes a day cuts the rate of people becoming diabetic by more than half and it cuts the risk of people over 60 becoming diabetic by almost 70 percent.

Walking cuts the risk of stroke by more than 25 percent.

Walking reduces hypertension. The body has over 1,00,000 miles blood vessels. Those blood vessels are more supple and healthier when we walk.

Walking cuts the risk of cancer as well as diabetes and stroke.

Women who walk have a 20 percent lower likelihood of getting breast cancer and a 31 percent lower risk of getting colon cancer.

Women with breast cancer who walk regularly can reduce their recurrence rate and their mortality rate by over 50 percent.

The human body works better when we walk. The body resists diseases better when we walk, and the body heals faster when we walk.

We don't have to walk a lot. Thirty minutes a day has a huge impact on our health.

Men who walk thirty minutes a day have a significantly lower level of prostate cancer. Men who walk regularly have a 60 percent lower risk of colon cancer.

For men with prostate cancer, studies have shown that walkers have a 46 percent lower mortality rate.

Walking also helps prevent depression, and people who walk regularly are more likely to see improvements in their depression.

In one study, people who walked and took medication scored twice as well in 30 days as the women who only took the medication.

Another study showed that depressed people who walked regularly had a significantly higher level of not being depressed in a year compared to depressed people who did not walk.

The body generates endorphins when we walk. Endorphins help us feel good.

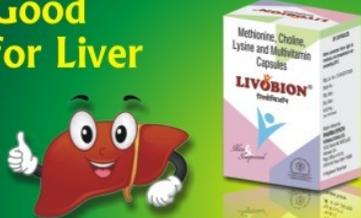
Health benefits of walking:

1. Walking strengthens the heart. Walking strengthens bones.
2. Walking improves the circulatory system.
3. Walking generates positive neurochemical. Healthy eating is important but dieting can trigger negative neurochemical and can be hard to do.
4. Walking generates positive neurochemicals. People look forward to walking and enjoy walking.
5. And research shows that fit beats fat for many people. Walking half an hour a day has health benefits that exceed the benefits of losing 20 pounds.
6. When we walk every day, our bodies are healthier and stronger.
7. A single 30 minute walk can reduce blood pressure by five points for over 20 hours.

8. Walking reduces the risk of blood clots in your legs.
9. People who walk regularly have much lower risk of deep vein thrombosis.
10. People who walk are less likely to catch colds, and when people get colds, walkers have a 46 percent shorter symptom time from their colds.
11. Walking improves the health of our blood, as well. Walking is a good boost of high density cholesterol and people with high levels of HDL are less likely to have heart attacks and stroke.
12. Walking significantly diminishes the risk of hip fracture and the need for gallstone surgery is 20 to 31 percent lower for walkers. Walking is the right thing to do. The best news is that the 30 minutes doesn't have to be done in one lump of time. Two 15 minute walks achieve the same goals. Three 10 minute walks achieve most of those goals.
13. We can walk 15 minutes in the morning and 15 minutes at night and achieve our walking goals.
14. Walking feels good. It helps the body heal. It keeps the body healthy. It improves our biological health, our physical health, our psycho-social health, and helps with our emotional health. Walking can literally add years entire years to your life.

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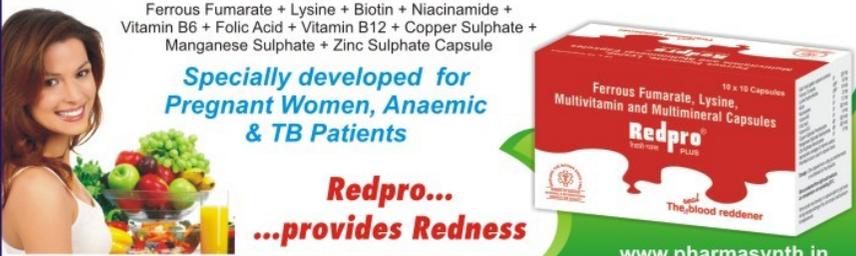
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Salivary Gland Disorders

Your salivary glands produce saliva, which keeps your mouth moist, helps protect your teeth from rapid decay, and helps you to digest your food. The salivary glands are relatively small, and they're around the inner linings of your mouth, lips, and cheeks.

A number of diseases can affect your salivary glands. These range from cancerous tumors to Sjögren's syndrome. While some conditions go away with time or antibiotics, others require more serious treatments, including surgery.

What causes salivary gland disorders?

You have three paired salivary glands called the parotid, submandibular, and sublingual glands. They are responsible for producing saliva. Blocked salivary glands are the most common source of problems. These blocked glands can cause painful symptoms.

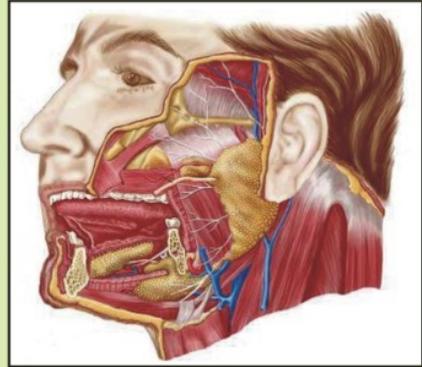
Sialolithiasis and sialadenitis

Sialolithiasis and sialadenitis can occur in the salivary glands:

- Sialolithiasis occurs when stones made of calcium form in the salivary glands. These stones can block the glands, and that can partially or completely stop the flow of saliva.
- Sialadenitis (or sialoadenitis) is an infection involving a salivary gland. It often results from stones blocking the gland. Staph or strep bacteria can cause this infection. Older adults and infants are most likely to develop this condition.

Sjögren's syndrome

Sjögren's syndrome is another common salivary gland disorder. It occurs when white blood cells target healthy cells in moisture-producing glands, such as the salivary, sweat, and oil glands. This condition most commonly affects women with autoimmune disorders, such as



lupus.

Viruses

Viruses can affect the salivary glands as well. These include:

- flu virus
- mumps
- Coxsackie virus
- echovirus
- cytomegalovirus Trusted Source

Cancerous and noncancerous tumors

Both may develop in the salivary glands as well. Cancerous tumors of the salivary glands are rare. When they do occur, it's typically in 50- to 60-year-olds, according to Cedars-Sinai.

Noncancerous tumors that can affect the parotid glands include pleomorphic adenomas and Warthin's tumors. Benign pleomorphic adenomas can also grow in the submandibular gland and the minor salivary glands, but this is rare.

What are the symptoms of a salivary gland disorder?

The symptoms of sialolithiasis include:

- painful lump under the tongue
 - pain that increases when eating
- Sialadenitis symptoms include:
- lump in your cheek or under your chin
 - pus that drains into your mouth
 - strong or foul-smelling pus

- fever

Cysts that grow in your salivary glands can cause:

- yellow mucus that drains when the cyst bursts
- difficulty eating
- difficulty speaking
- difficulty swallowing

Viral infections in the salivary glands, such as mumps, can cause:

- fever
- muscle aches
- joint pain
- swelling on both sides of the face
- headache

The symptoms of Sjögren's syndrome include:

- dry mouth
- dry eyes
- tooth decay
- sores in the mouth
- joint pain or swelling
- dry cough
- unexplained fatigue
- swollen salivary glands
- frequent salivary gland infections

If you have diabetes or alcoholism, you may also have swelling in the salivary glands.

If you notice the following symptoms, see your doctor:

- a bad taste in your mouth
- dry mouth
- mouth pain
- facial swelling
- trouble opening your mouth

How are salivary gland disorders diagnosed?

Your doctor will recommend testing based on your medical history and a physical exam.

Some cases are quite obvious from the history and physical exam alone. In such cases, diagnostic tests may not be necessary.

Your doctor may want to see the blockage to diagnose a salivary gland obstruction. Taking a dental X-ray of the affected area can help to pinpoint the obstruction. A head and neck surgeon can then use anesthesia to numb the salivary gland opening and

free any blockage.

If your doctor needs to finely target the salivary glands, an MRI or CT scan can provide more in-depth images.

Also, a biopsy to remove salivary gland tissue can aid in diagnosis, particularly if your doctor suspects you may have an autoimmune disorder that affects your salivary glands.

How are salivary gland disorders treated?

Treatment for salivary gland disorders depends on the disease type and how advanced it is.

For example, if you have a mass in your salivary gland, your doctor may recommend surgery to remove the mass or the gland itself. If the mass is cancerous, you may need radiation treatments to kill off cancerous cells.

These treatments won't typically start until your body has had time to heal. This is typically four to six weeks after surgery.

Radiation treatments to the neck can cause dry mouth, which can be uncomfortable and affect your digestion. Your doctor may recommend drinking more fluids and avoiding foods high in sodium.

If the salivary gland mass isn't cancerous, radiation may not be required. A mass that doesn't cause symptoms may be treated with conservative measures. This includes special mouthwashes to relieve dry mouth.

You can also keep your mouth moist by rinsing with a mixture of 1/2 teaspoon of salt in 1 cup of water.

Antibiotics can treat bacterial infections.

Taking good care of your teeth is vital to successful salivary gland treatment. Brushing and flossing your teeth at least twice a day can help prevent salivary gland disorders and tooth decay.

Foods to Consume and Avoid on an Empty Stomach



One of the basic necessities of life is food. Food is important for our overall well-being. We do know what's healthy but we still make the mistake of eating the right foods at the wrong time which backfires any efforts we take to stay fit. The aim is to not only consume healthy eatables and leave out the bad ones but also to improve digestion and absorption of the essential nutrients by the body. Here's a list of the 'must eat' and 'must avoid' foods for breakfast, or so to say, in an empty stomach.

Say Yes to Eggs: Eating eggs for breakfast makes you feel full for a longer time and cuts down on your daily calorie intake. It aids in fat reduction and digestion.

Say No to Yogurt: The hydrochloric acid present in the stomach destroys the lactic acid bacteria of yogurt. So, eating yogurt on an empty stomach provides little benefit to your body.

Say Yes to Porridges: Oatmeal protects the stomach lining from hydrochloric acid. It has soluble fibre which lowers cholesterol. Buckwheat contains iron, vitamins, and protein which stimulates the digestive system. Cornmeal removes toxins from your system and keeps you full for long hours.

Say No to Sweets & Sugars: Eating sweets and sugar processed foods for breakfast increases your insulin

levels which puts pressure on the pancreas. This may lead to diabetes and liver problems.

Say Yes to Honey: Honey boosts your brain activity and increases the level of serotonin which gives strength and energy to your body.

Say No to Soda: Carbonated drinks make digestion slow. Coffee causes heartburn and indigestion. Tea slows down digestion and helps in excess cholesterol secretion. Alcohol enters the bloodstream directly and results in temporary feelings of warmth, decreased pulse rate, and blood pressure.

Say Yes to Nuts: Eat nuts for breakfast. They improve digestion and normalize the pH level in your stomach.

Say No to Spices: Starting your day with spicy foods can damage and irritate gastric mucosa and raise acidity. It also causes common digestive problems.

Say Yes to Watermelons: Eating watermelon for breakfast provides a good amount of fluid to your body. Lycopene present in it is good for your eyes and heart.

Say No to Citrus Fruits: Citrus fruits have fruit acids which can cause heartburn, gastritis and gastric ulcers. Eating bananas increase the magnesium amount in the blood which may harm your heart. Pears contain crude fibre that affects the mucous membranes of an empty stomach.

Say Yes to Blueberries: Eating these improves your memory, blood pressure, and metabolism.

Say No to Tomatoes: High levels of tannic acid present in it increases acidity levels and can cause gastric ulcers if consumed on an empty stomach.

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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.

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Secretion

Rx

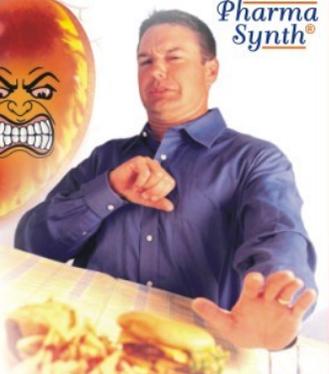
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ADHD

(Attention Deficit Hyperactivity Disorder)

The most common behavioural disorder in children (and even in adults) is called Attention Deficit Hyperactivity Disorder or ADHD characterised by several problems such as difficulty in paying attention, difficulty in controlling behaviour and excessive indulgence in activities. The symptoms may differ from person to person. The condition may affect both children and adults. ADHD may affect a person during his / her childhood and it may get carried on in adulthood. Adults with ADHD may face trouble in managing time, organising tasks and work, difficulty in setting goals and trouble in sticking to one job. Health professionals may use the following terms to describe a child or an adult who is hyperactive:

Hyperactivity ADHD is categorised into 3 types - Predominantly Inattentive Type, Predominantly Hyperactive-Impulsive Type and Combined Type. In predominantly inattentive type, a person faces difficulty in completing a task. Also, organising a task becomes difficult. If a person is affected by predominantly hyperactive-impulsive disorder, he/she cannot sit quietly. They either fidget or have a tendency to talk a lot. They continue to jump, run or even try to climb. Children become extremely restless, impulsive and continuously interrupt others. A person, who has predominantly hyperactive-impulsive ADHD type, often gets injured. Combined type of ADHD includes both, predominantly inattentive type and predominantly hyperactive-impulsive type. It is important to note that children who are hyperactive don't always have ADHD. Consulting a doctor is always recommended if you feel the symptoms of ADHD in your child.

Studies are yet to confirm the exact cause of ADHD. However, researchers have identified various

reasons which confirm that ADHD is a biological condition. This consequently supports the fact that ADHD is a medical reason responsible for a child or an adult's habit of indulging in activities like day dreaming, talking excessively, being impulsive, forgetfulness, being confused and often inattentive.

Here are some potential causes of ADHD:

Hereditary: An array of research has been done over the years on ADHD. However, a conclusion to many of them is still pending. Hereditary and genes are among them. While many studies suggest that there are possible ways that a child who has been diagnosed with ADHD may have a family member suffering from the same, any research is yet to confirm this. There has been a lot of research into which gene maybe responsible for ADHD, yet none has been named so far.

Pregnancy Factors: Bad nutrition, smoking, drinking or substance abuse during pregnancy can affect the child's brain development. According to National Institute of Mental Health, prenatal exposure to alcohol and tobacco can increase the chances of a child getting ADHD. Debate is still on for food additives and condiments and their possible effect on a child's brain.

Consumption of lead: Many recent studies have thrown light on consumption of lead and its relation with ADHD. This means consuming seafood like fish, lean meats like beef or dried foods in excess. However, this is yet to be proved and should only be taken into proper quantities.

Brain injury/disorder: Damage in the frontal lobe may lead to brain disorders including ADHD. There are many studies that have confirmed the connection between brain tumours and brain injuries and the disorder.

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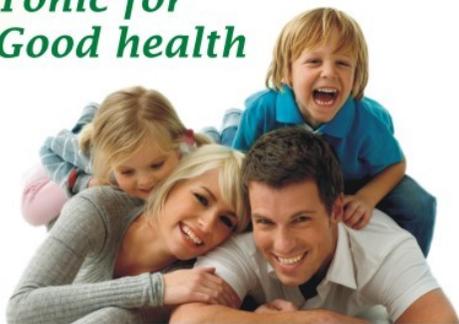
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