

## INSIDE

Birth Control After Pregnancy .....	2	Proud Moments for PharmaSynth .....	7
Amniocentesis .....	4	Free Sanitizer Distribution .....	8
5 tips to Combat Loneliness .....	6	Know about Lymphoma .....	10
Did you know .....	6	Agina .....	12
		बच्चों में नींद की कमी .....	14



## Birth Control After Pregnancy

If you've recently had a baby, it might feel a little funny to be reading about the need for birth control. It's arguable that having a baby in itself is excellent birth control.

The sleepless nights, the lack of showering, being covered in spit up and so much poop.

You might feel like you never want to have sex again - or you might be eager to get back to having sex. Both are totally normal.

Reading up on birth control can help you prepare for the day when you're ready to have sex. If you're not ready to start the whole pregnancy journey again just yet (or ever), having a birth control plan in place will help.

### **How soon can you start birth control after giving birth?**

After having a baby, it's possible to get pregnant even before your period starts again. Using birth control will help lower your risk of pregnancy.

Almost all birth control methods can be started right after giving birth.

### **There are just a few exceptions:**

Hormonal birth control pill, ring, and patch. These methods all contain estrogen, except for the "mini pill." Estrogen may affect your breast milk supply in the first weeks after birth. If you plan to breastfeed, it's best to delay the use of these birth control methods until around 4 to 6 weeks after delivering your baby.

Cervical cap, diaphragm, and birth control sponge. It's a good idea to delay using these methods until 6 weeks postpartum to give your cervix some time to return to its normal size. If you used one of these methods before pregnancy, you'll need to be refitted.

### **What birth control is best after pregnancy?**

There's no one-size-fits-all approach to birth control after pregnancy. Instead, there are many different factors that determine the best fit for you.

### **You may want to consider the following:**

If you decide to use the pill, patch, or ring, will you find it difficult to remember to take or change it on a regular basis? You'll have your hands and schedule full with a tiny new human!

How long do you think it will be until you try to get pregnant again? If you don't plan to get pregnant again for many years, you might prefer to use a long-acting method of birth control such as an implant or IUD. If you plan to get pregnant again sooner, you might prefer a method that you can use on a month-to-month or as needed basis.

If you get an IUD or implant, it will need to be removed by a doctor if you decide you want to try for pregnancy again. You can stop other methods on

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your own.

If you get the birth control shot, it can take several months after the last shot for your normal fertility to return. With all other birth control methods, it's often possible to get pregnant right after you stop using it.

**Another important point to consider:** How effective do you want

your birth control method to be?

The effectiveness of different birth control methods can vary from 71 percent to 99 percent.

That's quite a range! If you really don't want to get pregnant, choosing something closer to 100 percent will definitely matter.

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# Amniocentesis



When you're pregnant, the words "test" or "procedure" may sound alarming. Rest assured, you're not alone. But learning why certain things are recommended and how they're done can be really helpful.

Let's unpack what amniocentesis is and why you might choose to have one.

Remember that your doctor is a partner in this journey, so tell them about any concerns and ask as many questions as you need.

What is amniocentesis?

Amniocentesis is a procedure in which your doctor removes a small amount of amniotic fluid from your uterus. The amount of fluid removed is typically no more than 1 ounce.

Amniotic fluid surrounds your baby in the womb. This fluid contains some of your baby's cells and is used to find out if your baby has any genetic abnormalities. This type of amniocentesis is usually performed in the second trimester, typically after week 15.

It can also be used to determine if your baby's lungs are mature enough to survive outside the womb. This type of amniocentesis would occur later in your pregnancy.

Your doctor will use a long, thin needle to collect a small amount of amniotic fluid. This fluid surrounds and protects the baby while they're in your womb.

A laboratory technician will then test

the fluid for certain genetic disorders, including Down syndrome, spina bifida, and cystic fibrosis.

The test results can help you make decisions about your pregnancy. In the third trimester, the test can also tell you whether or not your baby is mature enough to be born.

It's also helpful for determining whether you need to deliver early to prevent complications from your pregnancy.

Why is amniocentesis recommended? Abnormal prenatal screening test results are one common reason you might consider amniocentesis. Amniocentesis can help your doctor confirm or deny any indications of abnormalities found during the screening test.

If you've already had a child with a birth defect or a serious abnormality of the brain or spinal cord called a neural tube defect, amniocentesis can check whether your unborn child also has the condition.

If you're 35 years or older, your baby is at a higher risk for chromosomal abnormalities, such as Down syndrome. Amniocentesis can identify these abnormalities.

If you or your partner is a known carrier of a genetic disorder, such as cystic fibrosis, amniocentesis can detect whether your unborn child has this disorder.

Complications during pregnancy might require you to deliver your baby earlier than the full term. A maturity amniocentesis can help determine if your baby's lungs are mature enough to allow your child to survive outside of the womb.

Your doctor may also recommend an amniocentesis if they suspect that your unborn child has an infection or anemia or they think you have a uterine infection.

If it's necessary, the procedure can also be done to decrease the amount of amniotic fluid in your womb.

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# Five 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 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.

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### 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.





## **PASSION IS ENERGY. FEEL THE POWER THAT COMES FROM FOCUSING ON WHAT EXCITES YOU.**

With the right attitude towards welfare of humanity with the determination and grit to achieve success, PharmaSynth is proud to receive the **World Business Leader Award**.

This award was conferred for possessing a strong inner drive for innovation, knowledge sharing and standardised working.

Comprehending the excitement we possess for our work, The Bizz presented us the World Business Leader Award in their Houston Convention. During the ceremony they mentioned that an Entrepreneur should always have a strong drive to succeed and overcome obstacles.

They should not only set big goals for themselves but also see that they are actually committed to achieving them regardless of the countless setbacks that occur.

Team PharmaSynth is now even more motivated and full of energy towards achieving its goal of **servng the humanity** with a personal touch. We are also committed towards our motto of “सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयः.” (May all be happy and may all be free from illness). This is how PharmaSynth Formulations Limited have achieved this award.

This is all because of the un-tired efforts of team PharmaSynth including the vendors and distributors, and the faith of respected Doctors and Chemists of our beloved country, for helping us in achieving this award. At this point of time, we reiterate that we will strive continuously for producing even better quality of medicines.

Team PharmaSynth does not expect, we don't wait for things to happen. We are doers, we overcome challenges then and there without procrastination. **Jai Hind!**



# Know about Lymphoma



Lymphoma is a cancer of the lymphatic system. It develops in lymphocytes, which are a type of white blood cell. These cells help fight disease in the body and play an essential role in the body's immune defenses.

As this type of cancer is present in the lymph system, it can quickly metastasize, or spread, to different tissues and organs throughout the body. Lymphoma most often spreads to the liver, bone marrow, or lungs.

People of any age can develop lymphoma, but it is among the most common causes of cancer in children and young adults aged 15–24 years. It is often treatable.

There are two main types of lymphoma: Hodgkin and non-Hodgkin lymphoma. Within these, there are many subtypes.

## **Non-Hodgkin lymphoma**

Non-Hodgkin lymphoma, which is the most common type, typically develops from B and T lymphocytes (cells) in the lymph nodes or tissues throughout the body. Tumor growth in non-Hodgkin lymphoma may not affect every lymph node, often skipping some and growing on others. It accounts for 95% of lymphoma cases.

According to the National Cancer Institute (NCI), non-Hodgkin lymphoma accounts for 4.2% of all cancers in the United States, and a person's lifetime risk of developing it is about 2.2%.

## **Hodgkin lymphoma**

Hodgkin lymphoma is a cancer of the immune system, and doctors can identify it by the presence of Reed-Sternberg cells, which are abnormally large B lymphocytes. In people with Hodgkin lymphoma, the cancer usually moves from one lymph node to an adjacent one.

The NCI estimate that Hodgkin lymphoma accounts for 0.5% of all cancers and approximately 0.2% of people in the U.S. will receive a diagnosis in their lifetime.

## **Symptoms**

The symptoms of lymphoma are similar to those of some viral diseases, such as the common cold. However, they typically continue for a more extended period.

Some people will not experience any symptoms. Others may notice a swelling of the lymph nodes. There are lymph nodes all around the body. Swelling often occurs in the neck, groin, abdomen, or armpits.

The swellings are often painless. They may become painful if the enlarged glands press on organs, bones, and other structures. Some people confuse lymphoma with back pain.

Lymph nodes can also swell during common infections, such as a cold. In lymphoma, the swelling does not resolve. Pain is also more likely to accompany the swelling if it has occurred due to an infection.

The overlap of symptoms can lead to misdiagnosis. Anyone who has persistently swollen glands should see their doctor for a consultation.

## **Other symptoms of both types of lymphoma may include:**

- ❖ ongoing fever without infection
- ❖ night sweats, fever, and chills
- ❖ weight loss and reduced appetite
- ❖ unusual itching
- ❖ persistent fatigue or a lack of energy
- ❖ pain in lymph nodes after drinking alcohol

## **Some additional symptoms of non-**

### Hodgkin lymphoma include:

- ❖ persistent coughing
  - ❖ shortness of breath
  - ❖ pain or swelling in the abdomen
- Pain, weakness, paralysis, or altered sensation may occur if an enlarged lymph node presses against spinal nerves or the spinal cord.

Lymphoma can spread rapidly from the lymph nodes to other parts of the body through the lymphatic system. As cancerous lymphocytes spread into other tissues, the immune system cannot defend against infections as effectively.

### Treatment

The course of treatment depends on the type of lymphoma a person has and the stage it has reached.

Indolent, or slow growing lymphoma may not need treatment.

Watchful waiting may be enough to make sure the cancer does not spread.

**If treatment is necessary, it may involve the following:**

**Biologic therapy:** This is a drug treatment that stimulates the immune system to attack the cancer. The drug achieves this by introducing living microorganisms into the body.

**Antibody therapy:** A medical professional inserts synthetic antibodies into the bloodstream. These respond to the cancer's toxins.

**Chemotherapy:** A healthcare team administers aggressive drug treatment to target and kill cancer cells.

**Radioimmunotherapy:** This delivers high powered radioactive doses directly into cancerous B cells and T-cells to destroy them.

**Radiation therapy:** A doctor may recommend this type of therapy to target and destroy small areas of cancer. Radiation therapy uses concentrated doses of radiation to kill cancerous cells.

**Stem cell transplantation:** This can help restore damaged bone marrow following high dose chemotherapy or radiation therapy.

**Steroids:** A doctor may inject steroids to treat lymphoma.

**Surgery:** A surgeon may remove the spleen or other organs after the lymphoma has spread. However, a cancer specialist, or oncologist, will more commonly request surgery to obtain a biopsy.

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# Angina

Angina is caused when chest pain occurs due to reduced blood flow to the heart muscle. This is called Angina. Angina is described as a squeezing feeling, or feeling of pressure, heaviness, tightness or pain in the chest. It is a symptom of heart disease and is caused when something blocks the arteries bringing oxygen-rich blood to the heart.

## Symptoms linked with Angina :

- ⊙ Pain and discomfort in the chest,
- ⊙ Pain in the arms, jaws, neck, shoulder and back
- ⊙ Shortness of breath
- ⊙ Nausea and Fatigue
- ⊙ Dizziness and Sweating

Angina can be very painful, but many patients complain of discomfort in the chest rather than actual pain. This discomfort is usually described as a pressure, tightness, heaviness and squeezing, burning or choking sensation. Apart from these, pain may also be experienced in the back, upper central abdomen, neck, jaws and shoulders.

**Causes :** The chest pain happens due to decreased and reduced blood flow to the heart. It is caused when the heart arteries become narrowed due to deposit of plaques. This reduced blood flow is a supply problem, as a result the heart does not get enough oxygen-rich blood. Angina can also be caused due to increased flow of oxygen, such as at the time of exercising.

Some lesser common causes of Angina includes -

- ⊙ A blockage in a major artery of the lungs (pulmonary embolism),
- ⊙ A thickened or enlarged heart (hypertrophic cardiomyopathy),
- ⊙ The narrowing of the valve in the main part of the heart (aortic stenosis),
- ⊙ The swelling of the sac around the heart (pericarditis) and
- ⊙ The tearing in the wall of the



Aorta, the largest artery in our body (aortic dissection)

**Diagnosis:** There are several tests used by the doctors for the diagnosis of Angina, which includes - Electrocardiogram, Echocardiogram, Coronary Angio-graphy, Nuclear stress test, Stress test, Chest X-Ray, Blood test, and CT scan.

**Treatment:** There are numerous options for Angina treatment, which include lifestyle changes, medications, angioplasty and coronary or stenting bypass surgery. The treatment goals are to reduce the frequency and severity of symptoms and to lower the risk of heart attack and death.

**Lifestyle changes:** Lifestyle changes can help a lot to reduce the symptoms both for mild and severe Angina.

- ⊙ Stop smoking. Avoid exposure to secondhand smoke
- ⊙ Avail weight-loss options
- ⊙ In case of diabetes, make sure that it is well-controlled and follow an optimal diet and exercise plan
- ⊙ Avoid large meals
- ⊙ Avoid stress, consult with the doctor about stress-reduction techniques
- ⊙ Eat a healthy diet with lots of whole grains, fruits and vegetables, and limited amounts of saturated fat

**Medications:** Nitrates are often used in treating Angina. Nitrates help in

relaxing and widening the blood vessels, allowing more blood to flow to the heart muscle.

Aspirin reduces the ability of the blood to clot, making it easier for blood to flow through the narrowed heart arteries. Preventing blood clots help in reducing the risk of a heart attack. Some medications, such as clopidogrel, prasugrel and ticagrelor, can help prevent the formation of blood clots by making the blood platelets less likely to stick together.

Beta blockers work by blocking the effects of the hormone epinephrine also known as adrenaline. This helps the heart to beat more slowly and with less force, thereby reducing blood pressure.

Beta blockers also help in relaxing blood vessels and in opening up, in order to improve blood flow, thus preventing Angina.

Statins are drugs which lower blood cholesterol, they block a substance of the body which needs to make cholesterol. They may also help the

body to reabsorb cholesterol accumulated in plaques in the artery walls, thus, helping in preventing further blockage in the blood vessels. Calcium channel blockers, also known as calcium antagonists, help to relax and widen blood vessels by affecting the muscle cells of the arterial walls, thus, increasing blood flow in the heart, reducing or preventing Angina.

**Medical procedure and surgery**

Various procedures, such as stenting, angioplasty, and coronary artery bypass surgery etc. are used to treat Angina.

Stenting and Angioplasty, is a good treatment option if one has unstable Angina or if lifestyle changes and medications don't effectively treat chronic, stable Angina.

Bypass surgery increases blood flow to the heart and reduces or eliminates Angina. It is a treatment option for both unstable and stable Angina that has not responded to other treatments.

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## बच्चों में नींद की कमी - स्वास्थ्य समस्याओं का कारण

आज अधिकांश बच्चों को नींद की समस्या का सामना करना पड़ रहा है। 24 घंटों में से, बच्चों को सैद्धांतिक रूप में कम से कम 10-11 घंटे सोना चाहिए। लेकिन बच्चों में खराब नींद की समस्या, कई प्रकार की मानसिक और शारीरिक स्वास्थ्य समस्याओं से पीड़ित होने का कारण बन रही है। जिस दुनिया में हम सक्रिय हैं, जहाँ हम जीवन जीने के सभी परिष्कृत तरीकों से अनुकूलित हो चुके हैं, यह लगभग सामान्य हो गया है।

लेकिन इस मुद्दे पर पीड़ित बच्चों के लिए क्या यह वास्तव में सामान्य है?

बिल्कुल नहीं! वास्तव में खराब नींद आपके स्वास्थ्य के मुद्दों के छिपे हुए संकेत हो सकती है। इन संकेतों पर शीघ्र ध्यान देने और इलाज की जरूरत होती है। जिससे बच्चे को सामान्य होने में सहायता मिल सकती है।

नींद से जुड़ी सबसे आम स्वास्थ्य समस्याओं में है बच्चों में स्लीप एपनिया। ऑब्स्ट्रक्टिव स्लीप एपनिया (ओ.एस.ए.) सबसे प्रचलित रूप है, जो मूल रूप से सोते समय वायुमार्ग को अवरुद्ध करता है। जिसके परिणामस्वरूप वायुप्रवाह अवरुद्ध होता है। यदि बच्चा मोटा है, तो ऊपरी वायुमार्ग पर दबाव पड़ता, जिससे कि उनकी नींद पर प्रभाव पड़ता है। ब्रेस्टफीडिंग ऊपरी वायुमार्ग की डिस्प्यूजन से बचाता है, जो स्लीप डिस्ऑर्डर ब्रीदिंग का कारण बनता है। निरंतर रूप से ब्रेस्टफीडिंग के साथ यह जोखिम कम हो जाता है और इसलिए यह भी एक कारण है कि

नवजात शिशुओं को कम से कम छह महीने तक ब्रेस्टफीडिंग कराने की सलाह दी जाती है।

बच्चों में स्लीप एपनिया को नजरअंदाज नहीं किया जाना चाहिए और इसका इलाज करवाना चाहिए। क्योंकि यह हृदय से संबंधित गंभीर स्वास्थ्य स्थितियों को जन्म दे सकता है।

### मोटापा :

बच्चों में नींद की कमी के लिए मोटापा एक और सामान्य कारण है। जबकि हमेशा यह समझा जाता था कि ओवरस्लीपिंग और शारीरिक गतिविधि की कमी मोटापे का कारण बनता है। जबकि, जब आप पर्याप्त नींद नहीं ले रहे होते हैं, तो यह भी आपके मोटापे को जन्म देता है। ऐसे में आपके शरीर के हार्मोन में परिवर्तन होता है और यह शरीर के विभिन्न कार्यों को प्रभावित करता है। इसमें विशेष रूप से भूख पर असर दिखता है। इसके परिणामस्वरूप मोटापा होता है और इस मोटापे के कई दुष्प्रभाव हैं, जैसे हृदय से संबंधित समस्याएं, डायबिटीज आदि। नींद की कमी से चीजें बदतर हो सकती हैं।

### व्यवहार संबंधी समस्याएँ :

नींद की कमी का असर बच्चे के व्यवहार में भी दिखता है। जैसे-हाइपर होना, साथियों के प्रति आक्रामक होना, गुस्से को न रोक पाना और मनोदशा में बदलाव। यह बुनियादी मुद्दे ऐसी समस्याएँ हैं, जिनका सामना युवा दिमाग को नहीं करना चाहिए। नींद की कमी बच्चे को चिड़चिड़ा बना सकती है, जो उन्हें विनाशकारी और नुकसानदेह गतिविधियों को करने के लिए

प्रोत्साहित करती है।

### सोचने समझने की क्षमता पर असर :

जबकि कई चीजें सीखने के लिए आपके पास कई रास्ते हैं, उसमें नींद भी एक महत्वपूर्ण भूमिका निभाती है। नींद की कमी हमेशा एक व्यक्ति को विचलित, असावधान और समस्या को सुलझाने में असमर्थ बनाती है। इसके कारण प्रगति नहीं कर सकते हैं, यह विशेष रूप से सभी के साथ कठिन होगा। जिससे वे अपने शैक्षणिक आकलन में अच्छा प्रदर्शन नहीं कर पाएंगे।

### बच्चे को नींद में मुश्किल क्यों होती है?

वयस्कों के विपरीत, बच्चों के पास सबसे सुखद चरण होता है, उनके जीवन का आनंद लेने के लिए बचपन और दुनिया को प्रभावित करने वाले तनाव और चिंताओं के साथ नहीं। लेकिन उनके जीवन में और बहुत सारी बाहरी गतिविधियाँ, जो उन्हें व्यस्त रखती हैं। जिससे कि बच्चे आसानी से सो नहीं सकते हैं।

### गैजेट का समय बढ़ा दिया :

बच्चे बाहरी गतिविधियों में खुद को उलझाकर अपनी अधिकांश ऊर्जाओं को प्रसारित करते हैं। इससे उन्हें कुछ खेल में खुशी मिलेगी और शारीरिक व्यायाम को भी बढ़ावा मिलेगा। हालाँकि, आज की पीढ़ी इस मस्ती से रहित है। यह अधिकतम समय के कारण हो सकता है कि बच्चे इलेक्ट्रॉनिक उपकरणों सहित मोबाइल फोन, टैबलेट और अन्य उपकरणों के साथ बिताते हैं या तो ऑनलाइन गेम खेल रहे होते हैं

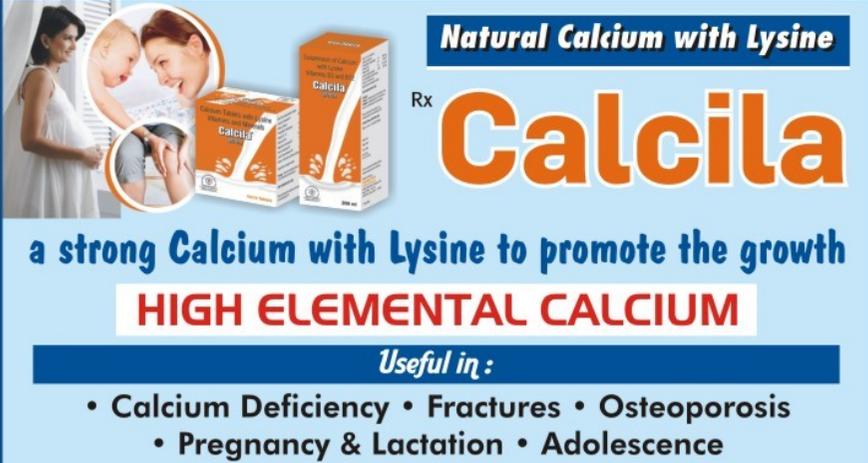
या फिर सोशल मीडिया में भाग ले रहे होते हैं। गैजेट्स के अधिक उपयोग के कारण नींद की कमी की वजह से सिरदर्द और नज़र का कम होना जैसी समस्या होती हैं। यही कारण है कि आज ज्यादातर बच्चों की आंखों में चश्मा है।

### शुगरी और जंक फूड खाना :

सोने से ठीक पहले विशेष रूप से मिठाई खाने से शरीर में शुगर की मात्रा बढ़ जाएगी और नींद के पैटर्न में बाधा उत्पन्न होगी। शुगर शरीर में ग्लूकोज को सक्रिय करता है और बच्चा हाइपरएक्टिव हो जाता है। बच्चों को रात का खाना जल्दी खिलाना और रात में मिठाई देने पर रोक लगाना एक अच्छा विचार है। खासकर सप्ताह के उन दिनों में जब उन्हें अगले दिन स्कूल जाना होता है।

### माता-पिता के लिए टिप्स :

- ◎ माता-पिता को यह निगरानी करनी चाहिए कि बच्चा रोजाना कम से कम 10 घंटे सोता है।
- ◎ बच्चों में अनुशासन की आदत बनाएं, ताकि वह समय से खाना खाए और सोए। यदि ऐसा किया जाए, तो बच्चों में नींद न आने की समस्या को हल करने में मदद मिल सकती है।
- ◎ रात में सभी इलेक्ट्रॉनिक्स गैजेट्स बंद कर दें ताकि बच्चे सोने से ठीक पहले गैजेट्स / टैब / गैम्स से बचें।



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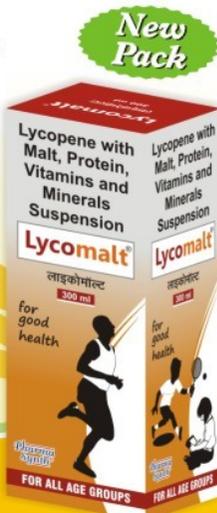
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