

Global Medical News

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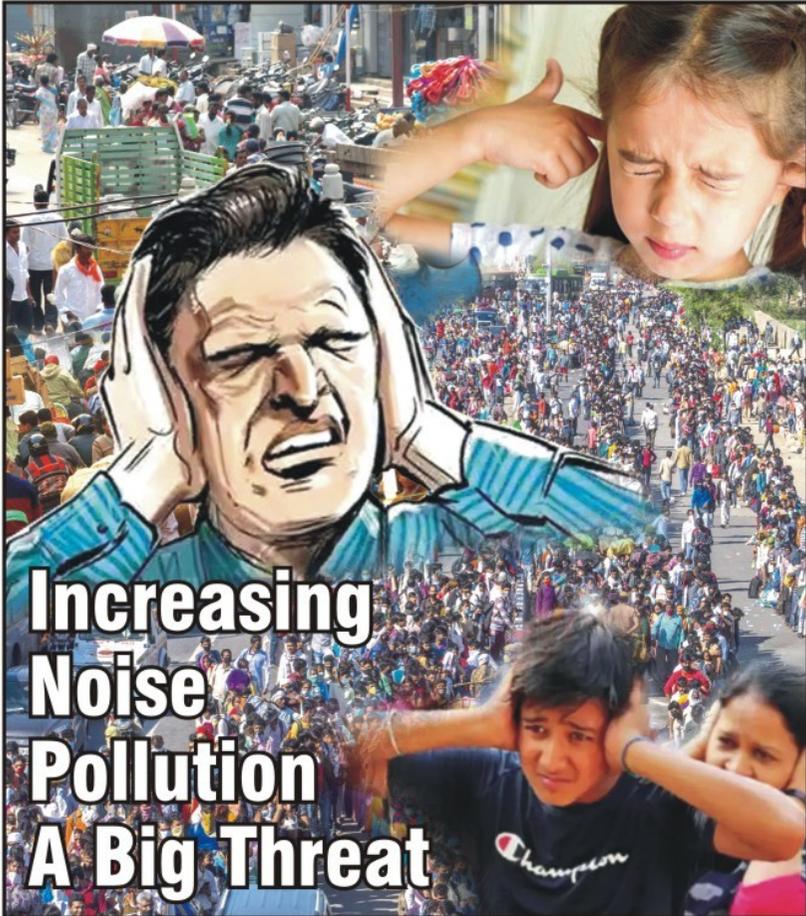
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**Increasing
Noise
Pollution
A Big Threat**

Increasing Noise Pollution Led to Many Health Problems

Rapid urbanization has led to various public health challenges, including environmental pollution. Most activities that cause pollution are essential to meet the needs of the growing population and development. Therefore, preventive measures to minimize pollutants are more practical than their elimination. Noise is regarded as a pollutant under the air (Prevention and Control of Pollution) Act, 1981. It has been defined as unwanted sound. Noise consists of unpleasant obtrusive, annoying, distracting, or persistent sounds that interfere with sleep or the ability to concentrate or enjoy life. The WHO guidelines for community noise recommend less than 30 A-weighted decibels (dB[A]) in bedrooms during the night for a sleep of good quality and less than 35 dB(A) in classrooms to allow good teaching and learning conditions. The WHO guidelines for night noise recommend less than 40 dB(A) of annual average outside of bedrooms to prevent adverse health effects from night noise. Noise is an underestimated threat that can cause a number of short and long-term health problems. It is increasingly becoming a potential hazard to health, physically and psychologically, and affects the general well-being of an individual.

It can disturb sleep, cause cardiovascular and psychophysiological effects, reduce performance and provoke annoyance responses and changes in social behavior.

It also interferes with communication, and this can even endanger life. However, it is a physical pollutant, not visible and the damage occurs silently, going undetected. This is also because sensitivity of the human ear gets automatically adjusted to ambient noise levels, even to increasing noise levels.

The response of the human ear to sound depends both on the sound frequency (Hertz) and the sound pressure (decibels). The range of hearing by a healthy young person is 20-20,000 Hz. To control the generation of noise by various sources in the environment, the Central Pollution Control Board, under the Ministry of Environment and Forests, Government of India, has set standards of sound for different categories of areas (residential, commercial, industrial and silence zones), separately for day-time and at night. Recently, the Central Pollution Control Board established phase I of the Real Time National Ambient Noise Monitoring Network. It covers 35 locations in seven metro cities (Delhi, Hyderabad, Kolkata, Mumbai, Lucknow, Bangalore, and Chennai). By phase II and phase III, 160 locations spread over 25 cities in 18 states will be established. Ongoing monitoring and appropriate implementation will be possible by this systematic network with central receiving station in Delhi. Increasing population, transportation demands, vehicular increase, and congestion of roads are factors that have intensified traffic noise pollution significantly in recent years.

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Daily exposure to such noise levels over a long period can have harmful effects. With rapid urbanization, often unmatched by proper layout of roads, highways and buildings, industrial, residential, and commercial areas lie in close proximity. This disturbs the peaceful environment of residential areas. The ambient noise levels in silence zones were found to go even up to 90 dB. It causes distractions and annoyance in not only in institutional areas, but also much discomfort and mental disturbance to patients in hospitals. Night time noise levels in residential areas also exceed the prescribed limits of 55 db(A) in day-time and 45 db(A) at night time.

The adverse health effects of noise are auditory disorders such as hearing impairment, tinnitus, ear ache, noise-induced hearing loss, and non-auditory manifestations which include headache, psychological disturbances manifested by irritability, inability to concentrate on one's work thereby reducing work efficiency, disturbance in sleep and rest, and interference with speech communication. Hearing impairment has been defined as an increase in the threshold of hearing. The affected person is unable to

understand speech in day-to-day life. Noise-induced hearing impairment mainly occurs in the frequency range of 3,000-6,000 Hz, and with increased exposure, at lower frequencies. Speech intelligibility can be reduced even at 10 dB, averaged over 2,000-4,000 Hz, over both ears. Above 30 dB hearing impairment (averaged over 2,000-4,000 Hz, over both ears), a social hearing handicap is noticeable. Significant hearing impairment occurs on exposure to prolonged exposure to noise levels of 70-85 dB. People who were persistently annoyed by traffic noise were found to be at higher risk for respiratory health problems. Lower risk of annoyance-induced illness in older persons was suggested to be due to being concealed by senility. Emotional stress triggered by noise was suggested to play a role in the respiratory problems in children.

Fortunately, hearing loss due to community noise pollution is largely preventable. Preventive and control measures have been recommended, viz., stringent implementation of legislation, efficient engineering products, proper planning of roadways, considering their proximity to human settlements.



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Asthmatic Problems

Asthma is a chronic lung-disease that inflames and narrows the airways (tubes that bring air into and out of an individual's lungs).

Asthma is thought to be caused by a combination of genetic and environmental factors. Its diagnosis is usually based on the pattern of symptoms, response to therapy over time and spirometry.

Asthma is characterized by recurrent episodes of wheezing, shortness of breath, chest tightness, and coughing. Sputum may be produced from the lung by coughing but is often hard to bring up.

A number of other health conditions occur more frequently in those with asthma, including gastro-esophageal reflux disease (GERD), rhinosinusitis, and obstructive sleep apnea. Psychological disorders are also more common.

Asthma is the most common chronic disease among children.

Treatment of acute symptoms is usually with an inhaled short-acting beta-2 agonist (such as salbutamol) and oral corticosteroids. In very severe cases, intravenous corticosteroids, magnesium sulfate, and hospitalization may be required.

The various diagnostic tests made are as follows:

Lung Function Test : Also called spirometry (spi-ROMeh-tre) to check how your lungs are working. This test measures how much air you can breathe in and out.

Allergy Testing: to find out which allergens affect you, if any.

A test to measure how sensitive your airways are: This is called a broncho-provocation, using spirometry, this test repeatedly measures your lung function during physical activity or after you receive increasing doses of cold air or a special chemical to breathe in.

A test to show: whether you have another condition with the same symptoms as asthma, such as reflux disease, vocal cord dysfunction, or sleep apnea.

A Chest X Ray or an EKG : These tests will help find out whether a foreign object or other disease may be causing your symptoms.

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

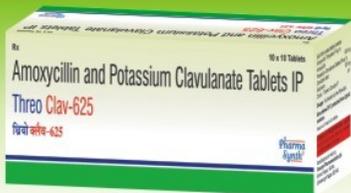
Asthma Triggers:

Exposure to various substances that trigger allergies (allergens) and irritants can trigger signs and symptoms of asthma. Asthma triggers are different from person to person and can include:

- ⊙ Airborne allergens, such as pollen, animal dander, mold, cockroaches and dust mites
- ⊙ Respiratory infections, such as the common cold
- ⊙ Physical activity (exercise-induced asthma)
- ⊙ Cold air
- ⊙ Air pollutants and irritants, such as smoke
- ⊙ Certain medications, including beta blockers, aspirin, ibuprofen (Advil, Motrin IB, others) and naproxen (Aleve)
- ⊙ Strong emotions and stress
- ⊙ Sulfites and preservatives added to some types of foods and beverages, including shrimp, dried fruit, processed potatoes, beer and wine
- ⊙ Gastroesophageal reflux disease (GERD), a condition in which stomach acids back up into your throat
- ⊙ Menstrual cycle in some women
- ⊙ Environmental and genetic (inherited) factors.

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

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Remedies for Noise Pollution

The most obvious solution to the problem of noise would be to move to a quieter neighborhood, but if that isn't an option for you, there are other solutions you can try.

Spend time in quiet places

Multiple studies have found that spending time in nature lowers blood pressure, stress levels and risk of depression. This could be because natural settings are free from noise pollution. If your kids are having trouble concentrating on school work because of noise, you might try taking them to a library with a designated quiet space.

Soundproof your home

Some home improvements can minimize noise. Efficient windows and doors, rugs and curtains can block or dampen sounds. If you live in an apartment and your neighbors are noisy, you might put a bookshelf against the wall that the noise comes through.

Use stress relief techniques

You probably won't be able to keep all noise pollution out of your home, so to prevent noise pollution from raising your stress levels, you can use various stress management techniques. You can create a more relaxing atmosphere by hanging windchimes, installing a small fountain, or using an essential oil distiller. Practicing yoga and meditation also reduces stress.

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Lifestyle Tips for Living a Healthy Life

Drink plenty of fluids

It is essential for adults to drink at least 8-10 glasses of water or more in case its hot, humid, or you are physically active in some form or the other in a day. Generally, water is considered as the best source of liquid intake but you can include fluids in other forms too like plain or flavored drinks, fruit juices, tea, milk, and other drinks, all can be okay – from time to time.

Eat fruits & Vegetables & include a variety of foods in your diet

Fresh fruits and vegetables are loaded with vitamins and minerals, therefore it is advised to take your essential vitamins and minerals through your diet. Ensure to include fruits and vegetables that help in keeping your immune system healthy in your diet. Also, do not forget your protein, eating foods rich in protein is essential for optimal health. Make it a point to eat regularly while controlling the portion sizes. Vegetables and fruits are considered to be fully loaded with prebiotic fiber, vitamins, minerals, and several other antioxidants and some of which are assumed to have potent biological effects. As per the studies, people who include the most vegetables and fruits live longer and also have a lower risk of heart diseases, type 2 diabetes, obesity, and other ailments.

Minimize your sugar intake

Sugar intake levels should be well monitored as high sugar intake leads to several ailments like diabetes, obesity, heart diseases, and many other forms of cancer.

Keep a track of your physical activity

Doing a physical activity never means that you are pushing yourself into doing something forcefully, it should be about burning calories, being healthy and having fun all at the same time in whatever form of physical activity you

choose for yourself. Your focus should be on sweating in some way it can be in the form of running, biking, dancing, doing yoga, or any other physical activity you enjoy.

Get a quality night's sleep

Ideally most adults require 7-9 hours of sleep each night. Make sure you get a good quality night's sleep. Follow these few tips before going to bed like keep your bedroom cool at night, and also avoid blue light after dark etc.

for a sound sleep.

Eat real food & avoid processed junk food

Avoid eating processed foods as they are immensely unhealthy and focus more on involving real foods in your diet. Processed foods are considered harmful for our bodies as these are engineered to promote food addiction by tricking your brain into overeating. These foods are low in fiber and protein content and also contain extremely unhealthy ingredients like added sugars and refined grains, thereby you loads of providing empty calories.

Address Emotional Eating Issues

Do you have the habit of binge eating when you feel upset, stressed, or bored? It is very crucial to address the issues of emotional eating as early as possible, because this way you are eating to fill your emotion rather than the real hunger. Get to the root cause of your emotion and address it as you are surely going to regret the emotional eating later.

Include Essential Supplements in your diet

Even when we are eating healthily, there might occur a situation wherein your body lacks certain essential vitamins and minerals. Common nutrient deficiencies nowadays include: iron, vitamin B12, vitamin D, and calcium. Though, sunlight



is a great source of Vitamin D, but most people aren't able to get enough of this vitamin by just the sun's exposure. To overcome the deficiency of Vitamin D and other essential vitamins in your body it is recommended to supplement your diet with essential multivitamins and minerals.

Do things that you enjoy

It is the most essential element of healthy living that often gets ignored. While you are making efforts to live a healthy life ensure that you, never forget to do things that make you happy or at times experimenting new stuff is also cool. The spark should always stay alive and you should feel happy about whatever you are doing with your life.

Cultivate a positive attitude

Declutter your thoughts and aim at

cultivating a positive mindset by recognizing negative thought patterns and look forward to countering them with positive thoughts always.

Good health is not just restricted to following healthy eating habits and exercising, there's definitely much more to it. One should have a positive attitude, a positive self-image, and a healthy lifestyle in order to live a healthy life. Our body is a temple and we need to take care of it in a healthy and systematic manner. Gradual changes in our lifestyles are easier to sustain than bringing about a whole lot of them all at once. Start now and stay committed to keep changing your lifestyle slowly and gradually thereby being a fitter and healthier version of yourself in the times to come.

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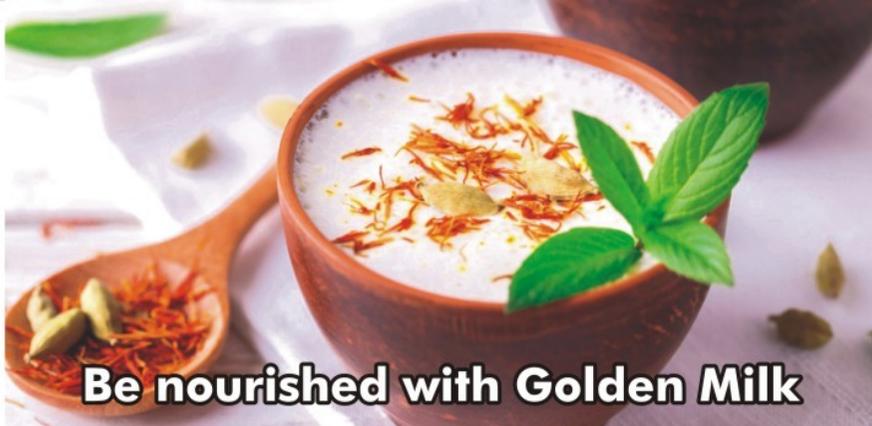
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Have you heard of golden milk? No? Well, it is a long known drink, popularly known as saffron milk. Saffron is also known as Kesar or Zafaran. It is basically a thread like part of the Zafaran flower.

Apart from enhancing the taste, texture and colour of food, it is used for many health and medicinal purposes. In fact, saffron is one of the most expensive spices in the world since the processing part is done manually. Add a pinch of saffron in a glass full of milk to get an amazing flavour and a beautiful colour.

Here are 5 benefits of drinking golden milk:

Good for skin:

Having this golden milk at least 4 days a week can give you a very glowing and radiant skin. It can help you to get rid of dark patches, blemishes or other such freckles and spots.

Aids to Bone Health:

Milk is a rich source of calcium which is way too essential for bone health. Calcium is needed to make the bone

structure strong and the nutrition value increases manifold due to saffron.

Rich with Antioxidant:

Saffron is loaded with antioxidants and mixing it with pure milk catalyses its benefits. A boost of calcium and antioxidants are highly beneficial in dealing with free radicals, thereby promoting health and prevention of diseases.

Accelerates digestion:

Saffron is good for digestion due to its multiple medicinal compounds. Saffron is also helpful to treat enlarged spleen and liver and is particularly effective in improving blood circulation.

Promotes overall health:

As saffron is rich in antioxidants it helps in improving the immune system. Its golden colour is derived from carotenoids which are very helpful for eyes and help in improving eyes. It helps to prevent the growth of cancers and also relieves symptoms of depression.

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GLAUCOMA

Glaucoma is a group of eye diseases which results in the damage of the optic nerve and vision loss. This damage is often caused by an abnormal high pressure in one's eye. The disease generally affects both eyes. Still one may have more severe signs and symptoms than the other.

There is a small space in the front portion of the eye known as the "anterior chamber." Clear liquid flows in-and-out of this chamber. This fluid nourishes and bathes nearby tissues. If, one has glaucoma, the fluid does not drain properly- it drains slowly out of the eye. This leads to fluid build-up, and pressure inside the eye rises. Unless this pressure is reduced and controlled, the optic nerve and other parts of the eye may become damaged which may lead to vision loss.

TYPES OF GLUCOMA

There are three types of glaucoma.

Open-angle glaucoma - It usually affects both eyes at the same time.

One's vision gradually gets worse. But it gets worse so slowly that one may not notice it.

Closed-angle glaucoma- It usually affects one eye at a time. It can happen suddenly and be a medical emergency.

Congenital glaucoma - It's a rare form of glaucoma that some infants have at birth. Some children and young adults can also suffer from this disease.

The symptoms of glaucoma vary depending on the type and stage of the condition, which includes:

- Patchy blind spots in one's side (peripheral) or central vision, frequently in both eyes
- Nausea and vomiting
- Tunnel vision in the advanced stages
- Blurred vision
- Eye redness and watery eyes
- Severe headache and eye pain
- Halos around lights
- Eyes that look larger than normal



because the eyeballs have become enlarged due to high pressure

- Eyes or a particular eye that looks cloudy. This is a sign that the clear front eye surface (cornea) has been damaged.

CAUSES : Glaucoma is the result of the damage caused to the optic nerve. As this nerve gradually deteriorates, blind spots develop in one's visual field. The exact cause of glaucoma isn't known. Experts believe that increased pressure inside the eye or intraocular pressure may cause nerve damage in many cases. But few people who have glaucoma have normal eye pressure.

Open-angle glaucoma- In open-angle glaucoma, fluid in the eye doesn't drain well. When this happens, the fluid builds up. This build-up increases the intraocular pressure and may damage the optic nerve.

Closed-angle glaucoma- In closed-angle glaucoma, fluid can't drain because the drainage angle is blocked. The coloured part of the eye (iris) and the lens, block the fluid movement between the eye chambers. The blockage of fluid causes pressure to build up inside the eye and makes the iris press on the eye's drainage system or trabecular meshwork. This heightened pressure can cause damage to the optic nerve, leading to vision loss and possible blindness.

Congenital glaucoma- Glaucoma that develops in the first few years of life (infantile glaucoma) or that is present at birth (congenital glaucoma) is often caused by some birth defects. A birth defect may occur because of an infection

in the mother during pregnancy, like rubella, or because of an inherited condition like neurofibromatosis.

DIAGNOSIS

Gonioscopy- This examines the area from where the fluid drains out of the eye. It helps to determine whether the angle between the cornea and the iris is open or blocked.

Eye-pressure test- The doctor uses a tonometer, a device that measures intraocular pressure. Some anaesthetics and a dye is placed in the cornea. A blue light is held against the eye to measure the pressure. This test can diagnose ocular hypertension, a risk factor for open-angle glaucoma.

Optic nerve damage- The ophthalmologist uses instruments to look at the back portion of the eye, which can reveal any slight changes which may point towards glaucoma onset.

Perimetry test- It's also known as a visual field test. This determines which area of the one's vision is missing. The patient is shown a sequence of light spots and is asked to identify them. Some of the dots are located where one's peripheral vision is, the part of vision that is initially affected by glaucoma. If one cannot see those peripheral dots, it means that some vision damage has already occurred.

TREATMENT

Most treatments for glaucoma aims at lowering the pressure inside the eyes. This helps to save one's eyesight by slowing the damage caused to the optic nerve. In adults, treatment can't reinstate eyesight that has already been lost due to glaucoma. But in some children, eye damage caused by congenital glaucoma can be reversed.

Treatment options include medicines and surgery like laser surgery. Studies prove that medicine and surgery are effective treatments, but the risks and benefits differ depending on the type of glaucoma, age, race, and other factors. Depending on the situation, treatment options may include eye drops, laser treatment or surgery.

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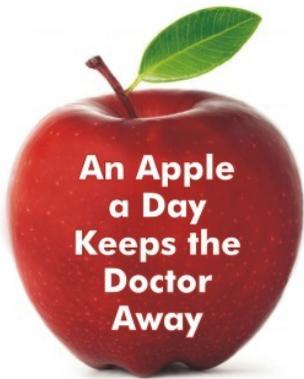
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दर्द की छुट्टी



An Apple a Day Keeps the Doctor Away

You likely know the familiar expression, "An apple a day keeps the doctor away." While the phrase was first coined in 1913, it was based on a Pembrokeshire proverb that originated in 1866.

In fact, *Notes and Queries* magazine was the first to publish the original quote: "Eat an apple on going to bed, and you'll keep the doctor from earning his bread."

Although research shows that eating more apples may not actually be associated with fewer visits to the doctor, adding apples to your diet can help improve several aspects of your health. This article takes a closer look at whether eating an apple a day can truly help keep the doctor away.

Health benefits: Apples have been associated with a number of benefits that could help promote long-term health.

Highly nutritious: Apples are loaded with important nutrients, including fiber, vitamins, minerals, and antioxidants.

One medium apple provides the following nutrients

- Calories: 95
- Carbs: 25 grams
- Fiber: 4.5 grams
- Vitamin C: 9% of the Daily Value (DV)
- Copper: 5% of the DV
- Potassium: 4% of the DV
- Vitamin K: 3% of the DV

- In particular, vitamin C acts as an antioxidant to neutralize harmful compounds known as free radicals and protects against disease
- Apples are also a great source of antioxidants like quercetin, caffeic acid, and epicatechin

Supports heart health : Studies show that eating more apples could be associated with a lower risk of several chronic conditions, including heart disease.

In fact, one study in over 20,000 adults found that consuming higher amounts of white-fleshed fruits and vegetables, including apples, was linked to a lower risk of stroke.

This may be due to the presence of flavonoids found in apples, which are compounds that have been shown to reduce inflammation and protect heart health.

Apples are also loaded with soluble fiber, which may help reduce blood pressure and cholesterol levels, both of which are risk factors for heart disease

Contains cancer-fighting compounds

Apples contain several compounds that may help prevent cancer formation, including antioxidants and flavonoids.

According to one review of 41 studies, consuming a higher amount of apples was associated with a decreased risk of developing lung cancer.

Another study observed similar findings, reporting that eating more apples was tied to a lower risk of colorectal cancer. Other research suggests that a diet rich in fruits and vegetables could protect against cancer of the stomach, colon, lungs, oral cavity, and esophagus. However, more research is needed to evaluate the potential anticancer effects of apples and determine whether other factors may be involved.

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LONG COVID

Post Covid Recovery Problems

For most people, Covid-19 is a brief and mild disease but some are left struggling with symptoms including lasting fatigue, persistent pain and breathlessness for months.

The condition known as "**Long Covid**" is having a debilitating effect on people's lives, and stories of being left exhausted after even a short walk are now common.

So far, the focus has been on saving lives during the pandemic, but there is now a growing recognition that people are facing long-term consequences of a Covid infection.

Yet even basic questions - such as why people get long Covid or whether everyone will fully recover - are riddled with uncertainty.

What is Long Covid?

There is no medical definition or list of symptoms shared by all patients - two people with long Covid can have very different experiences.

However, the most common symptom is crippling fatigue, other Long Covid Symptoms are : Fatigue, Shortness of breath, Joint Pain, Chest Pain, Cough, Loss of smell, Runny nose, Red eyes, Loss of taste, Headache, Lack of appetite, Sore throat, Vertigo, Muscle Pain, Diarrhoea.

Others symptoms include: breathlessness, a cough that won't go away, joint pain, muscle aches, hearing and eyesight problems, headaches, loss of smell and taste as well as damage to the heart, lungs, kidneys and gut.

Mental health problems have been reported including depression, anxiety and struggling to think clearly. It also can

destroy people's quality of life.

Long Covid is not just people taking time to recover from a stay in intensive care. Even people with relatively mild infections can be left with lasting and severe health problems.

"We've got no doubt long Covid exists," Prof. David Strain, from the University of Exeter, who is already seeing long-Covid patients at his Chronic Fatigue Syndrome clinic.

A study of 143 people in Rome's biggest hospital, published in the Journal of the American Medical Association, followed hospital patients after they were discharged.

It showed 87% had at least one symptom nearly two months later and more than half still had fatigue.

What should you do if you think I have long Covid?

If you are not recovering as quickly as you might expect.

A "**Three-P Plan**" recommended for Covid Recovery

1. Pace yourself so you don't push yourself too hard, and make sure you have plenty of rest
2. Plan your days so your most tiring activities are spread out across the week
3. Prioritise- think about what you need to do and what can be put off

Covid is also changing people's metabolism. Due to this, there is also a problem in controlling blood sugar levels. Especially those with signs of diabetes after Covid-19. Some people have also changed the way of processing fats.

If your symptoms are not completely gone and the symptoms continue to increase even after you are negative about the infection, you should immediately contact your doctor.



हेडफोन की तेज़ आवाज़ आपके कानों के लिए है खतरनाक

हेडफोन डालकर अपनी दुनिया में डूब जाना आजकल का एक ट्रेंड बन चुका है। अपने पसंदीदा गानों को तेज़ आवाज़ में सुनना आपको हानि पहुंचा सकता है। हालांकि, आपको अपने पसंदीदा गायक को सुनना कितना भी अच्छा लगता हो लेकिन यह आपके कानों के लिए बहुत बुरा है। उच्च ध्वनि की मात्रा के संपर्क में आने से आप बहरे हो सकते हैं। चलिए इसके बारे में और जानते हैं।

कैसे हेडफोन/इयरफोन की तेज़ आवाज़ सुनने में नुकसान पहुंचाती है?

अपने कानों में हेडफोन/इयरफोन डालने से ऑडियो संकेत कान की भीतर तक जाते हैं। 85dB तक सुनना ठीक होता है, लेकिन उससे अधिक कान को नुकसान पहुंचाता है। सुनिश्चित करें कि आपका हेडफोन/इयरफोन आपके कान में फिट है या पृष्ठभूमि शोर अंदर आएगा, जिससे आप आवाज़ के स्तर को बढ़ाएंगे और आपके नाजूक कानों को क्षति पहुंच सकती है।

तेज़ आवाज़ में सुनने से होने वाले नुकसान के लक्षण क्या है?

1. धीरे-धीरे सुनना कम होना या बहरापन
 2. आवाज़ स्पष्ट होने के बावजूद सुनने में कठिनाई होना
 3. पहले की तुलना में टी.वी. को ज्यादा आवाज़ में सुनना
 4. शोर वाले स्थानों में सुनने में कठिनाई होना
 5. कान में गर्जन या बजना
 6. तेज़ आवाज़ को पहचानने में परेशानी होना
- क्या हैं उपचार के विकल्प:-**

1. मेडिकल जांच और सुनवाई परिक्षण की मात्रा निर्धारित कर सकते हैं। अगर जोर शोर के संपर्क से पूरी तरह से सुनना कम या

बहरापन हो गया है तो यह अपरिवर्तनीय हो सकता है।

2. कान की मशीन और प्रत्यारोपण का उपयोग करने से आवाज़ को स्पष्ट बना सकते हैं लेकिन ये स्थायी समाधान नहीं है।

निम्न सुझावों को अपनाकर आप कानों की सुरक्षा बढ़ा सकते हैं:-

1. हमेशा ट्यून (आवाज़) की मात्रा कम करें।
2. बहरापन या सुनने की हानि को रोकने के लिए अपने हेडफोन के माध्यम से सुनते समय, वॉल्यूम 60 प्रतिशत से अधिक स्तर न बढ़ाएँ।
3. हमेशा पर्सनल ईयरफोन का ही इस्तेमाल करें, किसी अन्य का इस्तेमाल करने से आपके कानों में इंफेक्शन भी हो सकता है।

सुनने की अवधि:-

1. यदि आप अपने हेडफोन्स के माध्यम से सुन रहे हैं तो वॉल्यूम को 60 प्रतिशत के स्तर पर ही सुनें
2. हेडफोन्स का इस्तेमाल करते समय हर 1 घंटे के अंतराल पर 15 से 20 मिनट का अन्तराल दें।
3. याद रखें, जितनी तेज़ आवाज़ उतनी ही कम सुनने की अवधि।
4. हमेशा कानों को ढकने वाले हेडफोन्स को इस्तेमाल करें।
5. हेडफोन से दिन भर संगीत सुनने से गंभीर क्षति का कारण बन सकता है। अपने कानों को स्वस्थ रखने के लिए उन्हें ब्रेक दें।

संगीत आपके शरीर और मन को शांत करता है लेकिन उसके लिए आपको अपने कानों को स्वस्थ रखने की जरूरत है। इससे पहले की बहुत देर हो जाए अपने कानों की सुनें!

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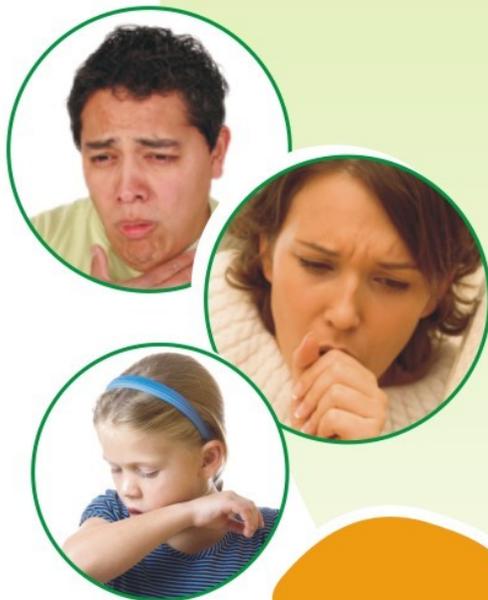
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