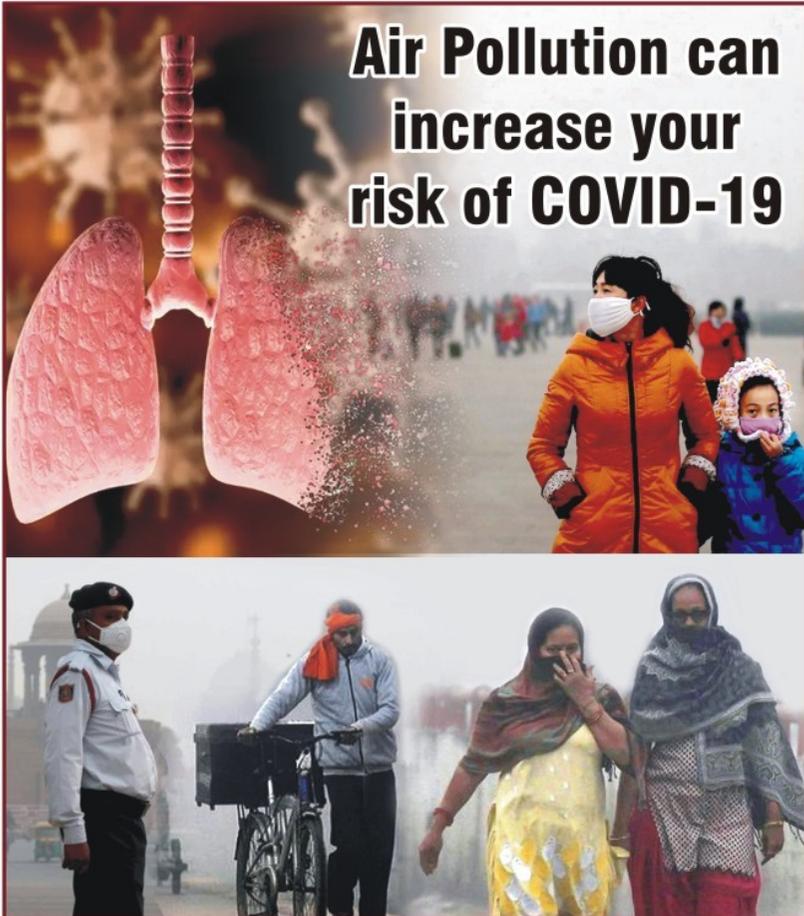


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## Air Pollution can increase your risk of COVID-19

Cities like Delhi-NCR are choking under a double health crisis-rising COVID cases and deadly air pollution. The onset of the winter season has also made matters worse. As the city battles a deadly surge, authorities have said that the severe pollution levels have a role to play.

A Lancet report said that air pollution levels accounted for a 13% rise in COVID cases. Indian Medical Authority (IMA) recently said that 1 in every 8 cases in Delhi is because of pollution.

Not only are rising pollution levels leaving people suffocated with symptoms similar to that of SARS-COV-2, but it also increases the risk for COVID. Globally, pollution has also been associated with a heightened risk of COVID-19 severity.

If you thought the polluted air was only stifling the air you breath, think again. We tell you 5 ways the rising air pollution is making our COVID battle worse:

Air pollution does not only cause considerable deterioration of the vital organs but also damage on the cellular level. Breathing in high polluted air on a regular basis, or long term exposure can compromise cellular composition, which in turn lead to DNA mutations. Any level of cellular damage can cause organ damage and compromise the body's immune response to root away pathogens and viral multiplication. Those with organ damage and compromised response are at a higher risk for COVID severity.

Cellular damage, radiation from cancer treatments can also delay the production of infection-fighting white blood cells in the body.

Studies over the years have suggested that air pollution can lead to endothelial damage, inflammation, which in turn can lead to clogged arteries and heightened cardiovascular risk. Hypertension, which is one factor which poses risk to cardio health is bad for COVID.

Hypertensive patients tend to be low on some form of receptors in the body, known as ACE2, which corona virus spike proteins interact with and attack the body.

Chronic inflammation also brings on another health problem- obesity, which can further slow down the body's metabolic response, bring on breathing difficulties and respiratory problems and prolong recovery time line.

Pre-existing medical conditions, from diabetes, obesity to kidney damage are some of the biggest risk factors for COVID-19 infection and severity, with un managed blood sugar levels being the most harmful one. Co-morbidities can make people have frail immunity and harder to fight off viral load in the body.

Heightened asthma risk, development of other respiratory conditions like emphysema and chronic bronchitis, toxic pollution levels do a load of damage to our respiratory system. Particulate matter (PM2.5), soot and other germs can settle in chest and lung cavities and clog linings. This can increase the risk of respiratory and pulmonary complications. Pre-existing respiratory disorders and complications can put you at an increased risk for developing COVID related illnesses. Those with COPD like illnesses can also have a high hospital and mortality rate.

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# Air pollution causes 40% deaths in patients with chronic illnesses

New Delhi, Noting that air pollution is a silent killer, Randeep Guleria, Director at the All India Institute of Medical Sciences (AIIMS), said that it contributes to up to 40 per cent deaths in patients with chronic illnesses and neonatal fatalities. "The global burden disease published in Lancet shows that in 2019, air pollution was the fourth leading cause of mortality and third for disability-adjusted life years. Air pollution is a silent killer which makes it difficult for the policymakers to understand," he said.

"We must focus more on the chronic effects of pollution such as diabetes, lower respiratory tract disease, lung cancer, stroke or neonatal deaths - there is enough data to say that around 20 to 40 per cent of deaths in these diseases are caused by air pollution," Guleria said.

He was speaking at the second Good Air Summit organised by the Integrated Health & Wellbeing (IHW) Council. Guleria also said that more than smoking tobacco, pollution contributes to developing diseases such as lung cancer, COPD and heart disease. "These are acute effects," he added.

The AIIMS chief also shared that within a few days of spike in air pollution levels, the influx of patients increased in the hospital's OPDs.

"Experience in AIIMS shows that whenever there is a spike in air pollution, the number of patients in OPDs increases in the next 5-6 days," Guleria said. Union Minister for Environment, Forest and Climate Change, Prakash Javadekar, also attended the summit. Accepting that pollution is a sensitive issue and a serious challenge, he expressed hope that the newly-constituted Commission for Air Quality will reduce pollution in the national capital.

"We introduced the idea of measuring air quality and brought the concept of AQI. The Sameer app of the Central Pollution Control Board provides hourly update of



the national Air Quality Index (AQI). I am hopeful that the Commission for Air Quality Management will reduce pollution further," Javadekar stated.

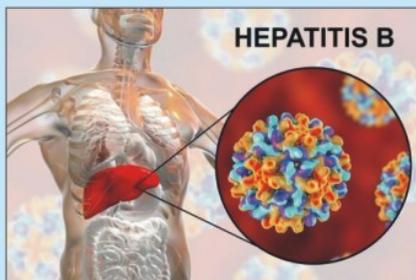
Meanwhile, Kamal Narayan, CEO, IHW, complained that air pollution did not receive the kind of response it required either from the government or the citizens, despite being an evident health emergency.

"The data from 'State of Global Air 2020' shows that 1.67 million or 17 lakh people die annually due to air pollution that comes to around 4,700 deaths per day. Which means around half a million more people fell prey to air pollution last year than the number of lives claimed by Covid-19 virus till date, globally. However, despite being a super-killer and an evident health emergency, air pollution did not get the emergency response either from the system, or from the people," he said.

Commenting on the issue, Swatanter Kumar, retired Supreme Court judge and former chairperson of the National Green Tribunal (NGT), said that protection of the environment is a constitutional obligation of both the government and the citizens.

"Protecting the environment is a constitutional obligation for the citizens and a constitutional duty of the governments. We don't need more laws but better implementation of the existing frameworks. We need holistic, pragmatic and practical solutions for inter-generational equity and examine the sources of cleaner energy as well," he said.

# Chronic hepatitis B Virus (HBV) Infection



The liver is the largest organ inside your body. It helps your body digest food, store energy, and remove poisons. Hepatitis is an inflammation of the liver. One type, hepatitis B, is caused by the hepatitis B virus (HBV).

## Causes and Risk Factors

- ❖ Hepatitis B spreads by contact with an infected person's blood, semen, or other body fluid.
- ❖ An infected woman can give hepatitis B to her baby at birth.

## Signs and Symptoms

Common symptoms include:

- ❖ Flu-like symptoms
- ❖ Yellowing of skin and eyes

- ❖ Dark-colored urine
- ❖ Pale stools

Some people have no symptoms at all. A blood test can tell if you have it.

HBV usually gets better on its own after a few months. If it does not get better, it is called chronic HBV, which lasts a lifetime. Chronic HBV can lead to cirrhosis (scarring of the liver), liver failure, or liver cancer.

## Treatment

- ❖ Adequate rest, nutrition and fluid intake is all that may be needed for management of acute hepatitis B.
- ❖ Antiviral medications and Interferon is used in the treatment of Chronic Hepatitis B
- ❖ Liver transplant may be needed in severe cases.

## Prevention

There is a vaccine for HBV. It requires three shots. All babies should get the vaccine, but older children and adults can get it too. If you travel to countries where hepatitis B is common, you should get the vaccine.

## Attention Doctors!!!

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## दर्द की छुट्टी

# Five Easy Home Remedies to Stop Coughing

Contrary to general belief, coughing is not bad for health. It is a perfectly normal and natural reflex action that helps to clear the airways of irritants. It is generally temporary and goes away on its own once the foreign particle is removed and your throat is clear. But persistent coughing can be irritating and can keep you up all night. It can be caused due to allergens, pollen, dust, smoke or pollution, which gets worse during the winters. If you too are struggling with itchy throat then try natural remedies for relief. Some home remedies are quite effective in clearing the passage, making it easier for you to breathe. However, if the problem persists for a long time then it is best to consult a doctor. Here are 5 natural remedies that you can try for coughing.

**Honey:** Honey is a tried and tested home remedy for cold and cough. Its antioxidants, antimicrobial and anti-inflammatory properties can help soothe a sore throat. A recent study revealed that honey is better than over-the-counter (OTC) drugs for treating cold and cough. Mix 2 teaspoons of honey in herbal tea or warm water and lemon and drink it twice daily for an effective result.

**Saltwater Gargle:** Saltwater gargle can soothe the itchy throat and reduce the mucus build-up in the lungs and nasal passage. All you need to do is mix 1/4 teaspoon of salt in a 1 cup warm water and gargle with it multiple times a day for quick relief. This remedy is not for younger children as they may not be able to gargle properly and will end swallowing the saltwater.

**Ginger:** The anti-inflammatory properties of ginger can relax membranes in the airways and reduce the problem of coughing. Sipping ginger tea or having ginger juice with honey and black pepper is one of the most effective remedies to treat coughing. But do not drink too much ginger tea as it can cause stomach upset or heartburn.

**Peppermint:** Peppermint contains a compound called menthol, which can numb the nerve endings in the throat that become irritated by coughing. It can provide relief from pain and irritation in the throat. Besides, peppermint can also help to reduce congestion. Having peppermint

tea 2-3 times a day is the most effective way to reduce the problem of coughing. You can also use peppermint oil as aromatherapy.

**Eucalyptus Oil:** Eucalyptus essential oil can also help to soothe and heal your air passage. For a quick result mix, a few drops of eucalyptus oil in some carrier oil like coconut or olive oil and rub the mixture onto the chest and throat. You can also try taking eucalyptus steam. Add a few drops of eucalyptus oil in a bowl of hot water and inhale the steam.



An advertisement for DeeAmmrit Vitamin-D 60,000 I.U. Chewable Tablets. The ad features a yellow and orange color scheme. At the top, the brand name 'DeeAmmrit' is written in large, bold, orange letters. Below it, the text 'Vitamin-D 60,000 I.U. Chewable Tablets' is displayed. A central graphic shows a box of the product, which is yellow with a sun-like character on it. The box is labeled 'DeeAmmrit' and 'Vitamin-D Cholecalciferol Chewable Tablets 60,000 IU'. To the left of the box, there are several orange slices. Text on the ad includes 'The Sun Shine Vitamin', 'Sugar Free', and 'Orange Flavour'. A banner at the top right says '₹ 25 नहीं केवल 10 रु. में 1 गोली' (Not ₹ 25, only ₹ 10 for 1 tablet) and 'विटामिन डी जागसकता हेतु एक सप्ताहिक पत्र' (A weekly letter for Vitamin D). At the bottom, it says 'Good for Bones Good for Health' and 'Pharma Synth®'.

# India heading for more than 15 lakh cancer cases by 2025



Based on the current trend, the National Cancer Registry Program report released by the Indian Council of Medical Research, Bengaluru has estimated that cancer cases in the country will increase to 13.9 lakh by the end of 2020 and are likely to increase to 18.7 lakh by 2025.

"This week, we will sharing key facts about cancer across India from the NCRp 2020 report, in collaboration with NCDIR, tweeted ICMR on October 9, 2020.

Cancer is a non-communicable disease. The exact cause of cancer is still unknown but several studies and doctors have said that consumption of tobacco products, excessive intake of alcohol, having poor lifestyle and obesity are contributing factors for different types of cancer.

Therefore, they stress a balanced diet which includes fresh vegetables, fruits and fiber-rich eatables. They also advise quitting tobacco.

According to World Health Organization date, smoking kills over one million peoples in India annually and is the fourth leading cause of non-communicable diseases including cancer and heart diseases, which account for 53 per cent of all deaths in India.

Overall, the most common cancers in men include lung, mouth, oesophagus, stomach and nasopharynx cancers. And in women, cancer of the breast and cervix uteri were the commonest.

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# Kidney Stones - Self Care



## What is a Kidney Stone?

A kidney stone is a solid piece of material that forms in a kidney. A stone can get stuck as it leaves the kidney. It can lodge in one of your two ureters (the tubes that carry urine from your kidneys to your bladder), the bladder, or the urethra (the tube that carries urine from your bladder to outside your body).

Kidney stones may be the size of sand or gravel, as large as a pearl, or even larger. A stone can block the flow of your urine and cause great pain. A stone may also break loose and travel through your urinary tract all the way out of your body without causing too much pain.

There are four major types of kidney stones.

- Calcium is the most common type of stone. Calcium can combine with other substances, such as oxalate (the most common substance), to form the stone.
- A uric acid stone may form when your urine contains too much acid.
- A struvite stone may form after an infection in your urinary system.
- Cystine stones are rare. The disease that causes cystine stones runs in families.

Your health care provider may ask you to take self-care steps to treat kidney stones or prevent them from returning.

Which steps you take depend on the type of stone you have, but they may include:

- Drinking extra water and other liquids
- Eating more of some foods and cutting back on other foods
- Taking medicines to help prevent stones
- Taking medicines to help you pass a stone (anti-inflammatory drugs, alpha-blockers)

You may be asked to try to catch your kidney stone. You can do this by collecting all of your urine and straining it. Your provider will tell you how to do this.

**Fluids:** Drinking a lot of fluid is important for treating and preventing all types of kidney stones. Staying hydrated (having enough fluid in your body) will keep your urine diluted. This makes it harder for stones to form.

- Water is best.
- You can also drink ginger ale, lemon-lime sodas, and fruit juices.
- Drink enough liquids throughout the day to make at least 2 quarts (2 liters) of urine every 24 hours.
- Drink enough to have light-colored urine. Dark yellow urine is a sign you are not drinking enough.
- Limit your coffee, tea, and cola to 1 or 2 cups (250 or 500 milliliters) a day. Caffeine may cause you to lose fluid too quickly, which can make you dehydrated.

## Diet and Calcium Stones:

Follow these guidelines if you have calcium kidney stones:

Drink plenty of fluids, particularly water.

Eat less salt. Chinese and Mexican food, tomato juice, regular canned foods, and processed foods are often high in salt. Look for low-salt or unsalted products.

Have only 2 or 3 servings a day of foods with a lot of calcium, such as milk, cheese, yogurt, oysters, and tofu.

Eat lemons or oranges, or drink fresh lemonade. Citrate in these foods prevents stones from forming.

Limit how much protein you eat. Choose lean meats.

Eat a low-fat diet.

DO NOT take extra calcium or vitamin D, unless the provider who is treating your kidney stones recommends it.

Watch out for antacids that contain extra calcium. Ask your provider which antacids are safe for you to take.

Your body still needs the normal amount of calcium you get from your daily diet. Limiting calcium may actually increase the chance that stones will form.

Ask your provider before taking vitamin C or fish oil. They may be harmful to you.

If your provider says you have calcium oxalate stones, you may also need to limit foods that are high in oxalate. These foods include:

**Fruits:** rhubarb, currants, canned fruit salad, strawberries, and Concord grapes

**Vegetables:** beets, leeks, summer squash, sweet potatoes, spinach, and tomato soup

**Drinks:** tea and instant coffee

**Other foods:** grits, tofu, nuts, and chocolate

### Diet and Uric Acid Stones

Avoid these foods if you have uric acid

stones:

Alcohol, Anchovies, Asparagus, Baking or brewer's yeast, Cauliflower, Consommé, Gravy, Herring,

Legumes (dried beans and peas), Mushrooms, Oils, Organ meats (liver, kidney, and sweetbreads), Sardines, Spinach

### Other suggestions for your diet include:

- DO NOT eat more than 3 ounces (85 grams) of meat at each meal.
- Avoid fatty foods such as salad dressings, ice cream, and fried foods.
- Eat enough carbohydrates.
- Eat more lemons and oranges, and drink lemonade because the citrate in these foods stops stones from forming.
- Drink plenty of fluids, particularly water.
- If you are losing weight, lose it slowly. Quick weight loss may cause uric acid stones to form.

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# VERTIGO

Vertigo is a sensation of feeling off balance. If you have these dizzy spells, you might feel like you are spinning or that the world around you is spinning.

## Causes of Vertigo

Vertigo is often caused by an inner ear problem. Some of the most common causes include:

**BPPV.** These initials stand for benign paroxysmal positional vertigo. BPPV occurs when tiny calcium particles (canaliths) are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance.

BPPV can occur for no known reason and may be associated with age.

**Meniere's disease.** This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

**Vestibular neuritis or labyrinthitis.** This is an inner ear problem usually related to infection (usually viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance

## Less often vertigo may be associated with:

- Head or neck injury
- Brain problems such as stroke or tumor
- Certain medications that cause ear damage
- Migraine headaches

## Symptoms of Vertigo

Vertigo is often triggered by a change in the position of your head.

People with vertigo typically describe it as feeling like they are:

- Spinning • Tilting • Swaying
- Unbalanced • Pulled to one direction

## Other symptoms that may accompany vertigo include:

- Feeling nauseated
- Vomiting

- Abnormal or jerking eye movements (nystagmus)
- Headache
- Sweating
- Ringing in the ears or hearing loss

Symptoms can last a few minutes to a few hours or more and may come and go.

## Treatment for Vertigo

Treatment for vertigo depends on what's causing it. In many cases, vertigo goes away without any treatment. This is because your brain is able to adapt, at least in part, to the inner ear changes, relying on other mechanisms to maintain balance.

For some, treatment is needed and may include:

**Vestibular rehabilitation.** This is a type of physical therapy aimed at helping strengthen the vestibular system. The function of the vestibular system is to send signals to the brain about head and body movements relative to gravity.

Vestibular rehab may be recommended if you have recurrent bouts of vertigo. It helps train your other senses to compensate for vertigo.

## Canalith repositioning maneuvers.

Guidelines from the American Academy of Neurology recommend a series of specific head and body movements for BPPV. The movements are done to move the calcium deposits out of the canal into an inner ear chamber so they can be absorbed by the body. You will likely have vertigo symptoms during the procedure as the canaliths move.

A doctor or physical therapist can guide you through the movements. The movements are safe and often effective.

**Medicine:** In some cases, medication may be given to relieve symptoms such as nausea or motion sickness associated with vertigo.

If vertigo is caused by an infection or inflammation, antibiotics or steroids may reduce swelling and cure infection.

For Meniere's disease, diuretics (water pills) may be prescribed to reduce pressure from fluid buildup.

# एनजाइना

सीने में होने वाला दर्द या दबाव, जो हृदय में रक्त के प्रवाह में कमी के कारण उत्पन्न होता है, उसे एनजाइना कहा जाता है। एनजाइना में सीने में दबाव, भारीपन, जकड़न या दर्द महसूस हो सकता है। यह हृदय रोग का एक लक्षण है और धमनियों (आर्टीरीज) को हृदय तक ऑक्सीजन युक्त रक्त लाने में रुकावट होने के कारण होता है।

**एनजाइना से जुड़े लक्षण हैं—**

• छाती में दर्द और बैचेनी • हाथ, जबड़े, गर्दन, कंधे और पीठ में दर्द • सांस फूलना • मतली और थकान • चक्कर आना या पसीना आना  
एनजाइना बहुत दर्दनाक हो सकता है, लेकिन कई रोगी वास्तविक दर्द की जगह सीने में दर्द की शिकायत करते हैं। इसमें एक दबाव, जकड़न, भारीपन और जलन या सनसनी जैसी बैचेनी होती है। इनके अलावा, पीछे की तरफ भी दर्द, छाती में नीचे, गर्दन, जबड़े और कंधों में दर्द का अनुभव किया जा सकता है।

**कारण:—** हृदय में कम रक्त होने के कारण सीने में दर्द होता है। यह प्लाक के जमा होने के कारण हृदय की धमनियों के संकुचित हो जाने से होता है। कम रक्त का प्रवाह आपूर्ति की समस्या है, परिणामस्वरूप दिल को पर्याप्त ऑक्सीजन युक्त रक्त नहीं मिलता है। एनजाइना ऑक्सीजन की वृद्धि प्रवाह (जैसे व्यायाम के समय) के कारण भी हो सकता है।

**एनजाइना के कुछ सामान्य कारणों में शामिल हैं—**

• फेफड़ों की प्रमुख धमनी में रुकावट (पल्मोनरी एम्बोलिस्म) • मोटा या बढ़ा हुआ हृदय (हाइपर्ट्रोफिक कार्डियोमायोपैथी) • हृदय के मुख भाग के वाल्व में संकुचन (एओर्टिक स्टैनोसिस) हृदय (पेरिकार्डिटिस) के आसपास की थैली में सूजन • शरीर में सबसे बड़ी धमनी की दीवार का फटना (महाधमनी विच्छेदन या एओर्टिक डिसेक्शन)

**निदान या पहचान:** एनजाइना के निदान का पता लगाने के लिए डॉक्टरों द्वारा इस्तेमाल किये जाने वाले कई टेस्ट हैं, जिसमें इलेक्ट्रो-कार्डियोग्राम, इकोकार्डियोग्राम, कोरोनरी एंजियोग्राफी, न्यूक्लियर स्ट्रेस टेस्ट, स्ट्रेस टेस्ट, चेस्ट एक्स-रे, रक्त परीक्षण और सी.टी.स्कैन शामिल हैं।

**इलाज:** एनजाइना के इलाज के लिए कई विकल्प हैं, जिसमें जीवन शैली में परिवर्तन, दवाएं, एंजियोप्लास्टी और स्टेंटिंग कोरोनरी या बाईपास

सर्जरी शामिल है। लक्षणों की गंभीरता को करना और दिल का दौरा और मौत के खतरे का कम करना इलाज का लक्ष्य होता है। जीवन शैली में परिवर्तन करने से हल्के और गंभीर एनजाइना के लक्षणों को कम करने में मदद मिलती है।

• धूम्रपान बंद करें— धूम्रपान के जोखिम से बचें। वजन घटाने के विकल्पों के लाभ उठाएँ। • सही आहार, व्यायाम की योजना का पालन करके मधुमेह को अच्छी तरह से नियंत्रित करें। • ज्यादा भोजन करने से बचें। • तनाव से बचें, तनाव कम करने की तकनीक के बारे में डॉक्टर से परामर्श लें। • स्वस्थ आहार खाएं जिसमें बहुत सारे साबुत अनाज, फल और सब्जियां, और संतृप्त वसा की सीमित मात्रा शामिल हो।

**दवाएं—** एनजाइना के उपचार में अक्सर नाईट्रेट का प्रयोग किया जाता है। नाईट्रेट रक्त वाहिकाओं को चौड़ा करने के कारण हृदय की मांसपेशियों में अधिक खून को प्रवाह करने में मदद करता है। एस्पिरिन रक्त के थक्के बनने की क्षमता को कम कर देता है जिससे संकुचित हृदय धमनियों के माध्यम से रक्त आसानी से प्रवाह कर पाता है। रक्त के थक्के की रोकथाम के लिए दिला का दौरा पड़ने का खतरा कम हो जाता है।

क्लोपिडोग्रेल, प्रसुग्रेल और टिकाग्रेल ब्लड प्लेटलेट्स का कम चिपकाकर रक्त के थक्के को रोकने में मदद करती हैं।

बीट ब्लॉकर्स (एड्रेनालाईन) एपिनेफ्रिन हार्मोन के प्रभाव को रोकने के रूप में जाना जाता है। यह हृदय को धीरे-धीरे और कम बल के साथ काम करने में, रक्त दबाव को कम करने में मदद करता है। बीटा ब्लॉकर्स रक्त वाहिकाओं को शिथिल करके रक्त प्रवाह में सुधार करने में एनजाइना को रोकने में मदद करता है।

स्टैटिंस ऐसी दवाएं हैं जो रक्त में कोलेस्ट्रॉल कम करती हैं। यह शरीर में कोलेस्ट्रॉल बनाने वाले पदार्थ को ब्लॉक करती हैं। यह शरीर को धमनी की दीवारों में जमा कोलेस्ट्रॉल (प्लाक) को सोख लेने में मदद करती हैं, रक्त वाहिकाओं में और रुकावट को रोकने में मदद करती हैं।

कैल्शियम चैनल ब्लॉकर्स (कैल्शियम विराधी के रूप में भी जाना जाता है) धमनियों की दीवारों की मांसपेशियों की कोशिकाओं को प्रभावित करता है जिससे हृदय में रक्त का प्रवाह बढ़ता है और एनजाइना को रोकने में मदद करता है। विभिन्न प्रक्रियाएं जैसे स्टेंटिंग, एंजियोप्लास्टी और कोरोनरी धमनी बाईपास सर्जरी आदि एनजाइना के लिए उपयोग किया जाता है।

# Prostatitis (Infection of the Prostate)

What are Prostatitis and Related Chronic Pelvic Pain Conditions?

Prostatitis is a common, often painful condition that can happen to men of all ages.

Pelvic pain in and around the prostate may be from:

- An infection caused by bacteria
- Inflammation (painful, red, swollen tissue) from an injury or infection
- Some other problem

If you think you have prostatitis or have long-term or sharp pelvic pain, talk to a doctor so you can get help.

The prostate is a small, walnut-shaped gland that is part of the male reproductive system. It sits under the bladder and in front of the rectum. The prostate is surrounded by muscles and nerves. The urethra (the tube that carries urine and semen out of the body) passes through the prostate.

The prostate's main job is to help make fluid for semen. Semen protects and energizes sperm as they travel to the female egg.

## Symptoms:

How you feel (your symptoms) will help your doctor diagnose you.

There are 4 types of prostatitis:

- Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CP/CPPS)
- Chronic Bacterial Prostatitis
- Acute (Sudden) Bacterial Prostatitis
- Asymptomatic Inflammatory Prostatitis

**Causes:** It isn't clear what causes most cases of prostatitis. Most often, the nerves and muscles in the pelvis cause pain because of a local inflammation that affects the nerves in the area, or less commonly, bacterial infection. It may take a few tests to figure out exactly why you feel pain. It's important to try to find the cause.

Bacterial prostatitis is caused by a bacterial infection in the prostate. Bacteria can get into the prostate when infected urine flows backwards from the urethra. A sex partner can't "catch" this type of infection. Bacteria can be found in urine, prostate fluid or blood tests.



Nonbacterial prostatitis may be linked to stress, nerve inflammation or irritation, injuries or prior urinary tract infections. Or it may occur if your body reacts to an infection or injury that happened in the past. This form of prostatitis has no signs of bacteria in the urine or seminal fluid.

**Other possible causes for pelvic pain may also be from:**

- Pelvic floor muscle tension
- Prostate stones
- A urethral stricture (narrowing of the urethra) or scar tissue
- Prostate cancer
- Benign prostatic hyperplasia (BPH, non-cancerous growth of the prostate)

**Diagnosis:** If your health care provider suspects a problem with your prostate or nearby tissues, he / she may send you to a urologist. A urologist is a doctor who treats problems of the urinary tract and male reproductive systems.

Each type of prostatitis calls for a different treatment. Your doctor will want to know exactly what is causing your symptoms. To find the answers, more than one type of test may be used.

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EAR DROPS

**A BROAD SPECTRUM MULTIPURPOSE EAR DROP**



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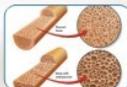
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# The Effects of Stress on Your Body

Stress is any change in the environment that requires your body to react and adjust in response. The body reacts to these changes with physical, mental, and emotional responses.

Stress is a normal part of life. Many events that happen to you and around you and many things that you do yourself put stress on your body. You can experience good or bad forms of stress from your environment, your body, and your thoughts.

## How Does Stress Affect Health?

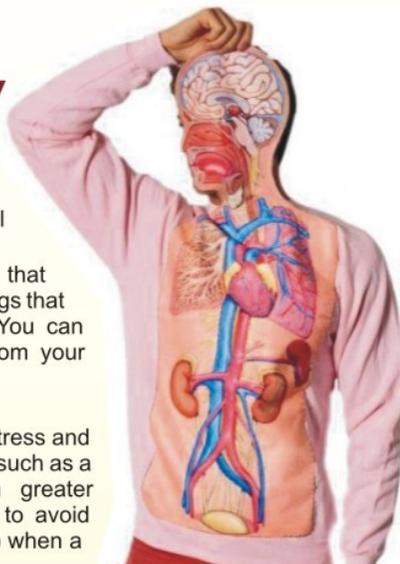
The human body is designed to experience stress and react to it. Stress can be positive ("eustress") such as a getting a job promotion or being given greater responsibilities keeping us alert and ready to avoid danger. Stress becomes negative ("distress") when a

person faces continuous challenges without relief or relaxation between challenges.

As a result, the person becomes overworked and stress-related tension builds.

Distress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can bring on or worsen certain symptoms or diseases.

Stress also becomes harmful when people use alcohol, tobacco, or drugs to try to relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems.



## Consider the following:

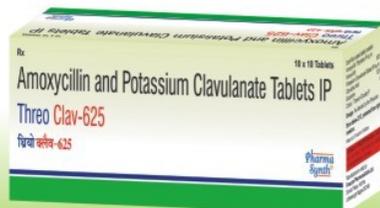
- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

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**SEDORIL-kid**

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Paracetamol 125 mg / 5ml

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Ambroxol Hydrochloride 30 mg,  
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