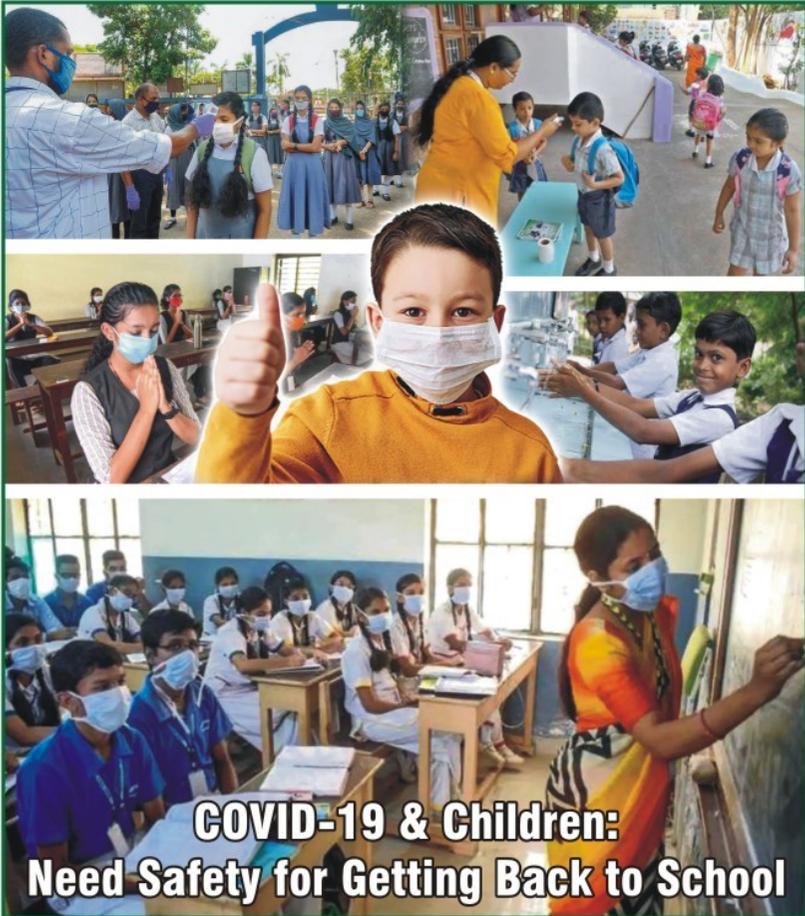


INSIDE

COVID-19 & Children	2	How to prevent lung cancer	6
Liver Hemangioma	4	Repetitive Strain Injury	8
Did you know	5	Respiratory Failure	10
		Change your habits for	12
		बर्ड फ्लू में नॉन-वेज	14



**COVID-19 & Children:
Need Safety for Getting Back to School**

COVID-19 & Children: Need Safety for Getting Back to School

Returning to school has taken on new meaning and a new set of worries for parents and other caregivers during the age of coronavirus disease (COVID-19). Schools must now balance the educational, social and emotional needs of their students along with the health and safety of students and staff, they all need to make sure they are following all the protocols.

Here are certain steps schools should do for the safety of students, teachers and the staff:

- **Mandatory campus sanitization:** Schools must thoroughly sanitize the school grounds before the students reach the class and on weekends. The sanitization of each work area, every class, laboratory, each corner to guarantee a sterile and hygienic space for all the students, educators, school staff, visitors (if any), and furthermore, to protect their families from any possible danger of the transfer of the virus.
- **Vitamins and minerals consumption:** The school authorities will take steps to educate and counsel both parents and students on the benefits of consuming vitamins and minerals such as Vitamin C, Zinc, Vitamin B, Vitamin D, and other supplements, as suggested by the World Health Organisation, every morning to boost immunity, as the students step out of their safe zones.
- **Conducting classrooms in staggered manner:** To maintain social distancing, it is mandatory for students to stand/sit at least 2-3 meter away from other students, and to provide such an environment, the schools are strategically working on

sorting and creating a more robust timetable that is inclusive of choices of students who would continue to opt for online classes.

- **Thermal scanning (at intervals):** All the students, staff, teachers, among others, will go through thermal scanning at the entry and during several intervals of the day to diagnose anyone who is not doing well or may have COVID-19 symptoms and quarantine them instantaneously.
- **Address students:** Even though many students will opt to come to school, they may still fear the repercussions of Coronavirus. To help students cope with the feeling of uncertainty, the principal of the school and staff administrator will address the concerns and fears of the students from time to time, and revisit the necessary precautionary measures to make everyone feel safe.
- **Wearing mask and gloves compulsory:** The first step to fight the Coronavirus disease is to stop the transfer of the virus from one infected person to another, and it is possible if everyone who is out in public wears masks and gloves. Wearing masks and gloves will protect the students, staff, and teachers from contracting the disease as and when they communicate in classroom gatherings or on other occasions.
- **Installation of hand sanitizer pump:** Even though the schools offer a clean and sanitized environment for students, it is imperative that the administration installs alcohol-based hand sanitizers for the students, and staff, at various intervals of distance.

Don't skip vaccinations

Owned, Edited and Published by Sarita Gupta at - Plot No. 190, Block-E, Dilshad Garden, Near L.I.C. Colony, Delhi-110095, Ph.: 011-47625719 and Printed by her at - Global Printing Services, 116, F.I.E., Patparanj, Industrial Area, Delhi-110092, Editor : Sarita Gupta, Designing : Mukesh Kumar, Production : Subrat Saraogi, Legal Advisor : Ajay Sahni. The Material of this journal is brief and simply informative, professionals should have their own assessment and are advised to refer details for making their decision etc. Publisher accepts no responsibility of any nature for anything described in this issue. Subscription : Single Copy Rs. 10/-, Annual (12 issues) Rs. 96/- **(This journal is for the use of medical profession only.)**

Whether classes are happening at school or at home, make sure your child is up to date with all recommended vaccines. All school-aged children should get a flu shot each season. Getting a flu vaccine is especially important this season because the flu and COVID-19 cause similar common signs and symptoms. Although the flu shot does not protect against COVID-19, it can reduce the risk of the flu and its complications. It's another layer of defense to help prevent missed school days.

What to do if your child is exposed to COVID-19

If your child will be attending in-person school, take steps to be prepared for possible exposure to COVID-19 and changing scenarios.

- ❖ Develop a plan to protect family and household members who are at risk of severe illness, such as those with compromised immune systems or chronic conditions.
- ❖ Make sure that your emergency

contact information and school pickup and drop-off information is current at school. If that list includes anyone who is at risk of illness, consider adding an alternate contact.

- ❖ Find out how your school will communicate with families when a positive case or exposure to someone with COVID-19 happens and how they plan to maintain student privacy.
- ❖ Plan ahead for periods of quarantine or school closures. Schools may close if COVID-19 is spreading more in your community or if multiple children or staff test positive. Your child may also need to stay home if he or she is exposed to a close contact with COVID-19.

Following these steps can help you feel assured that your child is as safe as possible in school.

For more information on what measures your local schools are taking to reduce the risk of illness, check with your local school district or health agency.

Multivitamin & Multimineral
means

MultiAmmrit®

Antioxidant Capsules with
Ginseng, Beta-Carotene & Lysine

Mg Fe Se Zn
Ca Mn Cu

MultiAmmrit®
Ginseng, Multivitamin and
Multimineral Capsules

Enhance Immunity
Improve Health

7 Vitamins, 8 Minerals with Ginseng and
Lysine processed in Good Quality Excipients

Enhances Immunity, Improves Health
TOTAL SAFETY FROM FREE RADICALS

DeeAmmrit
Vitamin-D 60,000 I.U. Chewable Tablets

~~₹. 25 नही~~
केवल 10 रु. में 1 गोली
विटामिन-डी जागरूकता
हेतु एक सामाजिक पहल

The
Sun Shine
Vitamin

sugar
free

Orange Flavour

Cholecalciferol
Chewable Tablets
60,000 IU
DeeAmmrit

Good for **Bones**
Good for **Health**

Pharma
Synth®

Liver Hemangioma

Causes, Symptoms and Treatment



Liver hemangioma, medically termed as hepatic hemangioma or cavernous hemangioma, is one of the most prevalent types of liver tumours that are non-cancerous, characterized by a lump in the hepatic tissues. These masses are composed of a cluster of blood vessels, being quite small in size of about 4 – 5 cm or less in diameter. They are generally harmless and do not give rise to liver cancer or any other grave health-related repercussions. Usually, only one liver hemangioma grows in a person, which is very tiny and does not become enlarged. Yet, in rare circumstances, it can expand in size, leading to symptoms of pain and discomfort in the abdomen. Also, at times, multiple hemangiomas may form within the body of an individual.

In most cases, liver hemangioma does not result in any additional sicknesses in adults, but it could be detrimental when it grows in babies, generally at a very young age of barely 6 months old or even earlier. Even though this condition in newborns, known as infantile hemangioendothelioma, is very rare and differs from infantile hemangioma in the skin seen in premature births, it could give rise to heart problems and hence must be treated at once.

Causes of Liver Hemangioma:

Although the exact cause of these growths is not yet conclusively determined, medical researchers, doctors, healthcare experts ascertain that gene aberrations which are hereditary and congenital defects at birth most likely lead to the development of liver hemangioma. These benign growths in

the liver tissues usually do not bulge in size throughout a person's life and hence are not any serious cause for concern.

Certain risk factors make an individual more prone to developing liver hemangiomas. People between the ages of 30 to 50 years are most likely to incur a hepatic hemangioma, with women who have gone through a pregnancy or hormonal therapy for menopausal complaints being more susceptible to acquiring this condition.

Symptoms: In the majority of situations, no prominent signs are experienced owing to the hepatic hemangioma, which is a rather small growth in the liver. Painful sensations in the stomach similar to abdominal adhesions, nausea, reduced appetite, vomiting and feeling full after consuming very small amounts of food do occur in seldom cases.

Only in very grave instances, the clump of blood vessels in the liver cracks open, resulting in haemorrhage into the abdomen, rampant formation of blood clots and even lead to loss of life from heart failure.

Complication: Usually, a hepatic hemangioma does not give rise to any serious health difficulties. However, if these growths are detected in women, it could lead to problems during pregnancy or interfere with birth control medications.

During the gestational phase, the female reproductive hormone estrogen is synthesized in higher quantities, which could trigger the liver hemangioma to swell in size. It is thus advised for women to consult with a medical practitioner immediately upon diagnosis of liver hemangioma.

Diagnosis: Liver hemangiomas are quite common in adults, but since they present with no obvious symptoms in most cases, are mostly identified by doctors when scanning the internal organs to probe for other health anomalies.

However, when the size of the blood vessel aggregation in the hepatic tissues is considerable and prompts certain

discomforting signs, then the physician carries out certain analyses to examine the liver for any irregularities. These comprise non-invasive imaging tests such as ultrasound, MRI and CT scans, which provide detailed visuals of the liver and the nearby internal tissues.

Treatment: The treatment approaches for liver hemangioma depend upon the symptoms, location, size and number of blood vessel bunches within the hepatic tissues. If the growth is very tiny and singular, without inducing any painful indications, then no advanced medical

treatment is necessary. This is the most common form of liver hemangioma in adults.

Nevertheless, persistent pain owing to hepatic hemangioma or continuous blood supply to the abnormal growths which make them larger requires surgeries to rectify the conditions. These invasive procedures may involve removal of only the liver hemangioma, excising a segment of the liver that is damaged due to big masses in the hepatic cells or even a liver transplant due to several liver hemangiomas.

Pharma Synth®

TeaAmmrit™

Tulsi + Dalchini + Sunthi + Maricha + Mulethi + Bhui Amla

अपनी चाय में रोजाना 1 चम्मच TeaAmmrit डालिए,
जो आपकी चाय को अमृत बना दे

रोग प्रतिरोधक शक्ति बढ़ाए,
ताकत और आत्मविश्वास जगाए,
स्वास्थ्य और स्फूर्ति लाए,

तमाम बीमारियों से छुटकारा दिलाए

खाली Tea नहीं ज़नाब...
TeaAmmrit भी डालिए

Pharma Synth®

Redpro®

For Iron Deficiency Anemia...

CAPSULES

Ferrous Fumarate + Lysine + Biotin + Niacinamide +
Vitamin B6 + Folic Acid + Vitamin B12 + Copper Sulphate +
Manganese Sulphate + Zinc Sulphate Capsule

*Specially developed for Pregnant Women,
Anaemic & TB Patients*

Redpro provides Redness

DID YOU KNOW ?

Tea can lower risks of heart attack, certain cancers, type2 Diabetes and Parkinson's disease. Just make sure your tea isn't too sweet.



How to Prevent Lung Cancer



Lung cancer is a disease in which cancer cells form in the tissues of the lung. It's the leading cause of cancer death in both men and women.

We can't prevent all lung cancers. But there are some pointers that help to lower your risk like avoiding a few risk factors such as:

- **Don't smoke** - Don't start if you've never smoked before. Talk to your children about not smoking so that they understand the risk & how to avoid it.
- **Stop smoking now** - Reduce your risk of lung cancer by quitting, even if you've smoked for years.
- Talk to your doctor about strategies and quitting aids for smoking that can help you stop. Options include nicotine replacement products, medications and support groups.
- **Avoid second-hand smoke** - If a smoker is in your family or works with you, urge them to quit. If you can't persuade them to quit, request them to smoke outside. Avoid areas where people smoke, such as bars, restaurants & designated smoking areas.
- **Test your home for radon** - If you live in an area where radon is known to be a problem - high radon levels can be fixed making your home safer. For information on radon testing, contact your local department of public health.
- **Protect yourself from exposure to toxic chemicals at work** - If you're given a face mask for protection, always wear it. Ask your doctor for more advice to protect yourself at work. Smokers increase their risk of lung damage from workplace

carcinogens.

- **Eat rich diet of fruits and vegetables** - Food sources of vitamins and nutrients are better than taking large doses of vitamins in pill form, as they may be negative. Scientists hoping to reduce the risk of lung cancer in heavy smokers gave them beta carotene supplements. Results showed the supplements enhance cancer risk in smokers.
- **Try to exercise most days of the week** - If you don't exercise regularly, start out slowly.

For comprehensive treatment of Various Ear Problems

MYCOTIC
EAR DROPS

**A BROAD
SPECTRUM
MULTIPURPOSE
EAR DROP**



Attention Doctors!!!

PLANNING TO INVEST IN
MUTUAL FUNDS OR STOCKS

Then Green Portfolio brings to you customized & professional investment management solutions.

OUR EXPERT AREAS

- Portfolio Management Services (PMS)
- Mutual Fund Investments
- Advisory Services
- Financial Planning

OUR ADVANTAGES

- SEBI Registered (INP000006022).
- 40% returns delivered in our PMS in last 28 months.
- Team of Chartered Accountant & MBA Professionals.
- Professionals with research experience of over 20 years.
- Access to your investment dashboard.
- Access to our research documents.

CONTACT US

invest@greenportfolio.co
9971 133005/9968937100/011-40342640
7/7, GF, Ansari Road, Darya Ganj,
New Delhi, 110002
www.greenportfolio.co



Speedex[®]

Pain Relieving Gel

Diclofenac 1% + Methyl Salicylate 10% + Linseed Oil 3% + Menthol 5%

बोले तो...
दर्द की छुट्टी



जोड़ों के दर्द का
स्पेशलिस्ट



Lycomalt[™]

Lycopene with Malt, Protein, Multivitamin & Mineral

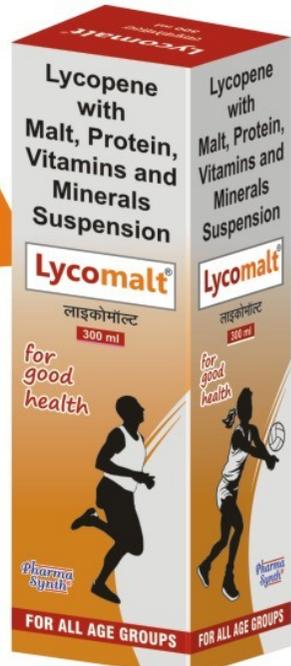
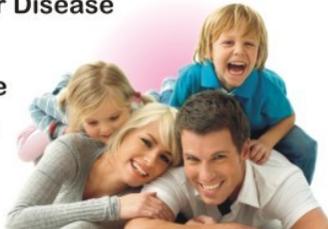


**New
Metallic Pack**

**A Hi-Tech Tonic
for Good health
Fortified with MALT**

Malt contains about 6% protein, as well as abundance of free amino acids, vitamins, and minerals.

- ✓ Cardiovascular Disease
- ✓ Hypertension
- ✓ Convalescence
- ✓ Chronic stress



Repetitive Strain Injury

Causes, Symptoms And Treatment

Repetitive Strain Injury, abbreviated as RSI, is defined as an increasing decline in flexibility, progressive impairment in the functioning of the mobile parts of the human body, namely the muscles, tendons, joints, nerves. This common condition among men and women of all ages is also known as repetitive motion injury, overuse syndrome, cumulative trauma disorder (CTD), regional musculoskeletal disorder and repetitive motion disorder (RMD). Numerous ailments that prompt strain in the muscles and other connective tissues, such as carpal tunnel syndrome, tendonitis, bursitis, shin splints, are all considered as typical examples of repetitive strain injuries.

Repetitive strain injury is characterised by persistent soreness, aching in the afflicted limbs, weak and frail muscles, besides thumping and tingling sensations in the damaged nerves. The trigger factors behind RSIs can range from the exertion of pressure directly on the limbs, such as lifting heavy objects, engaging in rigorous sports, to occupational constraints like working in extreme freezing conditions continuously for a long time. While in some cases, the pain, swelling in the movable body parts is only mild and temporary and gradually diminishes with simple remedies involving hot packs, cold compress and anti-inflammatory medicines, at times, RSI can be chronic, requiring long-term physical therapy and even surgery. It is hence necessary to understand the causes and symptoms of repetitive strain injury, to accurately diagnose the areas of pain in the body, provide appropriate remedial measures and ensure better functioning of muscles in the affected person.

Types of Repetitive Strain Injury

RSIs are categorised into two kinds, as Type 1 RSI and Type 2 RSI.

Type 1 RSI: Type 1 RSI refers to promi-

nent distension with redness and pain in the afflicted connective tissues, mostly being contained within the muscles and tendons.

Type 2 RSI: This form of severe strain can be induced by several different factors, with injury being inflicted upon the nerves, owing to constant overuse of mobile body parts during work-related tasks.

Causes: Repetitive strain injuries, as the name suggests, are primarily triggered in muscles, tendons, joints and nerves, from repeated usage, forceful expansion and compression, constant vibrating motions and staying in a fixed position for extended periods. Many activities, including playing tennis, long-term use of a computer keyboard and mouse for typing, designing, clutching tools while working with wood to make furniture prompt instances of RSI.

Certain roles and movements, when performed daily or on a regular basis, make an individual more prone to acquiring a repetitive strain injury. These consist of overusing a specific muscle or straining a group of muscles every day and quite often, being in jobs that involve handling highly vibrating devices, remaining in cold surroundings, carrying hefty cargoes. Apart from these mobile activities, a lack of body-stretching motions at work, inadequate ergonomics in the office space, suffering from intense fatigue and being seated in an improper posture all day long also contribute towards developing RSIs.

Symptoms: The most common portions of the system affected by RSI comprise the shoulders like in shoulder bursitis, forearms, elbows, wrists, neck, with some instances causing penetrating discomfort in the hips, knees, legs, ankles and heels.

The distinguishing indications of repetitive strain injury consist of:

- Concentrated pain, reddening, swelling in the affected muscles, joints and tendons

- Limited range of motion in the hands, legs, with muscle cramps, rigidity, decreased power in muscles
- Numb feeling in the afflicted nerves, accompanied by stinging and pounding sensations
- Extreme frailty in the muscles, tendons and nerves, with exhaustion and lethargy
- Heightened sensitivity to mild as well as drastic temperatures of hot and cold

Diagnosis

The doctor initially conducts a thorough physical examination of all external body parts, to look for any noticeable swelling in the muscles. A complete medical history of the patient, besides the kind of activities performed by them daily, is also recorded by the healthcare provider.

The physician tests the range of motion of the affected person by making them move their limbs and body in different directions and angles. This helps to gauge the level of pain, tenderness, inflammation, as well as the amount of strength and ease of flexing movements in the muscles, tendons, joints, nerves in a particular area of the body.

Additional investigations are also carried out, such as MRI and ultrasound scans, to determine if there is any internal tissue damage, aside from electromyography, to

ascertain whether any significant injury has been caused to the nerves.

Treatment: The modes of treatment followed for RSI once the diagnosis is confirmed in the patient, depending on the area of muscles, nerves, joints, tendons affected and intensity of pain, whether it is minor, moderate or excruciating.

In subtle instances of RSI, RICE which stands for rest, ice, compression and elevation is recommended by the medical expert. Furthermore, certain anti-inflammatory medicines may be prescribed to be taken orally or applied topically, to pacify the pain and swelling in the muscles. If the pain is unbearable and occurs through the day, then steroid injections may be administered in the spot in the body troubled by RSI.

The doctor also advises the patient to schedule physical therapy sessions, which involve gentle movement exercises to eventually regain range of motion, flexibility in muscles, besides relaxation techniques and wearing tight bandages, to shield the muscles from further damage and provide ample rest. This guarantees recovery from RSI, relief from pain, soothes swelling and restores optimal functioning and strength of muscles in the patient.

The best choice for Ear Cleaning

In Ear Examination Prior to Ear Surgery

OTOCLEAN

CERUMINOLYTIC EAR DROPS

Parachlorobenzene 2%, Benzocaine 2%, Chlorbutol 5%, Terpineol Oil 1.5%

Parachlorobenzene
Useful solvent to help disperse and clear ear wax

Chlorbutol
Performs a dual role of a preventive and antimicrobial

Benzocaine
Widely used topical anaesthetic. Prevents sodium influx into free nerve endings, thus blocking pain.

Terpineol Oil
Strong solvent and helps remove wax effectively. Effective even against dry and putrefied wax.

Rx **OTOCLEAN** *The highly effective ear cleaner*

Respiratory Failure

Causes, Symptoms and Treatment

Respiratory failure is a condition where the respiratory system is unable to get rid of carbon dioxide from the blood or have difficulty to take in adequate oxygen, leading to extremely low levels of oxygen in the blood. This condition may be acute or chronic. Acute respiratory failure is a short-term condition, that develops suddenly and it is treated as a medical emergency. While chronic respiratory failure is an ongoing problem that develops over a period of time and needs long-term treatment.

Chronic respiratory failure typically develops when the airways carrying air to the lungs become narrow and damaged, which limits air movement in the body, where less oxygen is taken in and less carbon dioxide gets out. It is also classified as hypoxemic or hypercapnic respiratory failure. Low blood oxygen levels cause hypoxemic respiratory failure, while high carbon dioxide levels lead to hypercapnic respiratory failure.

Causes of Respiratory Failure

Generally, certain lung diseases can cause chronic respiratory failure, aside from this, health problems that hinder the way in which the brain tissue, muscles, bones or other surrounding tissues assist breathing can also lead to chronic respiratory failure.

Some of the disease conditions that commonly lead to chronic respiratory failure include:

Chronic obstructive pulmonary disease (COPD)

Severe pneumonia, Cystic fibrosis, Spinal cord injuries, Stroke, Muscular dystrophy, Injury to the chest, Drug or alcohol abuse, Smoking

Symptoms: Symptoms of chronic respiratory failure may not be prominent initially, they progress slowly over an extended duration of time. When the symptoms develop, they may include:

- Breathing difficulty or shortness of breath while exertion
- Coughing with mucous



- Wheezing
- Bluish tint to the skin, lips, or fingernails
- Rapid breathing
- Fatigue
- Anxiety Confusion
- Headache

Respiratory failure is a serious illness that gets aggravated over time. As the condition becomes more severe, a patient may develop an abnormal heart rhythm, stop breathing or slide into a coma.

Diagnosis: The doctor conducts a complete physical examination, enquires about the symptoms and medical history. Furthermore, certain blood works are also done to confirm the diagnosis.

Medical History: The doctor will ask about any prevailing lung diseases or conditions that patient presently has or had in the past to know more about the medical history.

Physical Examination: The doctor will examine the patient using a stethoscope to listen for any abnormal sounds in the lungs and heart.

Pulse Oximetry Test: Pulse Oximetry is a simple and pain-free test that examines how adequate oxygen is being supplied to vital organs in the body. A small sensor device is placed on the tip of a finger or ear lobe to determine whether a patient is getting enough oxygen. Normal oxygen saturation range in healthy adults will be 96-100, while any level below 90 indicates an abnormally low oxygen level.

Arterial Blood Gas Test: This test measures the amount of oxygen and carbon dioxide in the blood. It also

measures the blood pH content. Imaging tests such as chest X-ray or CT scan are also done to obtain a better view of the lungs. In addition, bronchoscopy is also done to get a closer look at the lung passage and also collect samples of airway and lung tissue.

Treatment: Acute respiratory failure is a medical emergency that needs prompt medical attention in a hospital, chronic respiratory failure can be managed at home, depending on the nature of its cause. Some of the treatment options include:

- Managing the underlying cause of respiratory failure
- Eliminating excess carbon dioxide from the blood
- Increasing oxygen levels in the blood

Oxygen Therapy: Oxygen therapy improves oxygen levels by increasing the amount of oxygen a patient inhale. It is distributed from a tank via a tube, the

oxygen enters the lungs through a facemask, nasal tubes or a larger tube inserted into the windpipe. Small portable oxygen machines are also available that can be carried in a shoulder bag.

Tracheostomy: In more severe cases of respiratory failure, a tracheostomy may be needed which may be temporary or permanent. It is a procedure where a doctor places a tube in the windpipe that helps the patient to breathe well.

Mechanical Ventilation: If the patient condition doesn't improve with other treatments then the doctor may put the patient on a ventilator or breathing machine. This machine pumps oxygen via a tube that is placed into mouth or nose and down into windpipe. As the ventilator blows air directly into the lungs, the patient don't have to work hard to breathe oxygen on his own. Other forms of breathing aid known as non-invasive ventilation (NIV) include BIPAP and CPAP.

To meet the Challenges of day-to-day infections

CIFIGOLD®

Ceftriaxone with Sulbactam for Injection

375 mg **750 mg** **1050 mg**



For Z Category Protection from Stubborn Infections

Rx **ONOVA-OZ**

Ofloxacin 200 mg & Ornidazole 500 mg Tablets

The most acceptable prescription for Unacceptable Conditions



THREOCLAV®-625

- Pneumonia • Otitis Media
- Skin Infections • Throat Infections
- Urinary Tract Infections

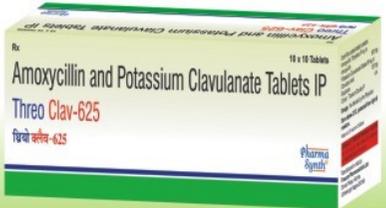
For Dual Management of ZIDDI Bacteria

Amoxicillin 500 mg + Clavulanic Acid 125 mg Tablets

Amoxicillin and Potassium Clavulanate Tablets IP

Threo Clav-625

त्रिथ्रे क्लॉव-625



Change Your Habits For Better Health



Healthy habit is actually a practice that engages people on a regular basis. It is a daily process, not a few days event. Most of the individuals opine that maintaining a healthy habit on a daily basis of life style is a challenge and staying fit and fine all the year round is something impossible. However, the fact is that, habits play an important role as a guide and coach in your life. One may not be able to control the injuries or short term illnesses that he or she gets but good habits may have the ability to manage the long-term illnesses and maintain the factors (such as – Weight Control, Improvement of Mood, Energy Boosters, Improvement of Longevity) required for acquiring a sound health.

Individuals do not need to make great changes in their habits to stay healthy. It is better to set small goals and change your habits little at a time. Over time, small changes can bring about big differences to your overall state of health.

Slow Eating: Slow Eating is a healthy eating technique that has an important consideration in ways, both nutritional and social. It is a good practice in mindfulness and can help in digestion.

The process of Slow Eating along with proper Chewing method is linked with brain signalling that tells about the feeling of fullness and the time to stop eating.

Big Portions: Human body can only handle a certain amount of food at a time. Large portions simply add more calories than the necessary requirement of individuals. This will contribute to undesired weight gain. If large portions of high calorie foods like- fried foods, desserts, refined grains etc. is consumed in frequent times, individuals are susceptible to deposit at their waistlines as the metabolism is bound to be slow.

Add Low Energy Density Foods in Daily Diet: People should consume a proper balanced diet rich in all essential nutrients especially, Complex Carbohydrates along with dietary fibres which are lower in calories. The energy density of meals can be reduced by adding extra vegetables and fruits or by reducing the amount of added fat. At least, about two-thirds (2/3) of a plate should be filled with vegetables which can save about 400 kcals per day.

Inclination to Eat or Drink Induced by Sight: People are stimulated to eat or

drink by sight. Eye hunger is generally activated by food items that an individual sees and wishes to have. It can be generated from the sight of other people eating, foods kept on a table or a counter, watching advertisements, recipes or pictures of foods.

Snacking with Healthy Foods: Snacking can fuel human body between meals. But the habit of snacking with Junk foods just adds too many calories and too few nutritious nutrients to daily diets. Eating snacks with Fresh Fruits, Vegetables, Sprouts, Plain Popcorn and Homemade Clear Soup etc. in right portions will help to keep the body energized as well as keep you fit and fine.

Extra Varieties of Foods: Cravings for foods or drinks by individuals are not only generated by hunger or by seeing extra varieties of food choices. It is easy to have too much, too many foods and drinks at a time if that is placed in front of individuals, and many people tend to add on extra calories this way by consuming more than the normal requirement level.

Long Term Changes in Diet: Several lifestyle behaviours like long-term changes in diet pattern can influence the maintenance of energy balance as well as body weight over a particular period. It is not a Start-and-End process. Focus and

dedication is necessary for the long-term changes. Permanent maintenance of body weight can take time, effort and a lifetime commitment.

Readymade Foods: Nowadays, ready to eat foods have made people's life easier as they are fast and convenient choices for meals and snacks. But processed foods usually remove some vital nutrients which are really required for important body functions. Frequent intake of processed foods is not a healthy option as most of these contain high amounts of salt, sugar or syrup and edible oil.

Swap Junks with Healthy Options: Junk foods are a constant temptation for all. Actually, they have a kind of snowball effect as they usually contain artificial preservatives, colours and chemicals. But it can be regulated by healthy food choices. And even in parties too, junk foods can be swapped with Soups, Vegetable Salads, Fruit Custards and Puddings etc.

Excessive Restrictions: Excess or over restriction of foods from daily diet is a misconception. This type of restriction can activate the hunger pangs of individuals and increase weight from time to time.

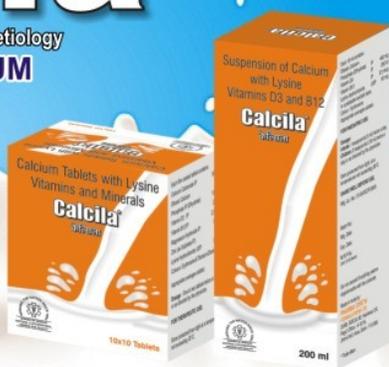
Rx

Calcila*

For management of Calcium Deficiency of varied etiology
HIGH ELEMENTAL CALCIUM

Pharma Synth®

- Pregnancy
- Lactation
- Post Menopause
- Adolescence
- Osteomalacia
- Osteopenia



Calcium Tablets with Lysine Vitamins and Minerals
Calcila Miband
10x10 Tablets

Suspension of Calcium with Lysine Vitamins D3 and B12
Calcila Suspension
200 ml

www.pharmasynth.in



बर्ड फ्लू में नॉन-वेज खाकर न लें रिस्क, चिकन और अण्डे से कहीं ज्यादा प्रोटीन है इन चीजों में

जो लोग नॉन-वेज का सेवन करते हैं उन्होंने भी बर्ड-फ्लू के चलते इसे खाना बंद कर दिया है। मगर क्या आप जानते हैं कि चिकन और अंडे से कहीं ज्यादा प्रोटीन, दाल, सब्जियों और पनीर में पाया जाता है। आप चाहें तो अपनी डाइट में इन चीजों को शामिल कर प्रोटीन की कमी को पूरा कर सकते हैं।

पूरे भारत में 11 राज्यों में बर्ड फ्लू का प्रकोप बहुत तेजी से बढ़ रहा है। स्थिति की निगरानी करने और इसे फैलने से रोकने के लिए राज्य टीमें गठित कर रहे हैं। हालांकि डब्ल्यूएचओ ने कहा है कि सही तरीके से पकाया हुआ चिकन खाना सुरक्षित है। बीमारी के इस दौर में बहुत से लोग चिकन और अंडे का सेवन करने से परहेज कर रहे हैं।

अंडा— अंडा प्रोटीन का सबसे अच्छा स्रोत माना जाता है। प्रोटीन शरीर के लिए जरूरी पोषक तत्वों में से एक है। लेकिन बर्ड फ्लू के कारण अंडे की बिक्री बंद है। प्रोटीन की भरपाई शाकाहारी खाद्य पदार्थों से भी की जा सकती है। यहां हम प्रोटीन से भरपूर कुछ शाकाहारी स्रोत बता रहे हैं, जो इस पोषक तत्व के दैनिक आवश्यकता को पूरा करने में मदद करेंगे।

दूध— दूध में लगभग हर पोषक तत्व होता है जिसकी आपके शरीर को जरूरत होती है। यह उच्च गुणवत्ता वाले प्रोटीन का एक अच्छा स्रोत है, और यह कैल्शियम, फास्फोरस और राइबोफ्लेविन (विटामिन-बी-2) में उच्च पाया जाता है। यदि आपको लगता है दूध के सेवन से फैट बढ़ेगा तो आप जीरो फैट वाला या टोन्ड मिल्क का सेवन कर

सकते हैं। दूध के एक कप में 8 ग्राम प्रोटीन और 149 कैलोरी होती है।

नट्स— नट और सीड में भरपूर मात्रा में प्रोटीन पाया जाता है। बादाम, अखरोट, मूंगफली और यहां तक कि चिया सीड्स प्रोटीन के भंडार हैं और आसानी से दैनिक पोषण संबंधी आवश्यकता को पूरा करने में आपकी मदद कर सकते हैं।

सोयाबीन— यूएसडीए के अनुसार 100 ग्राम कच्चे सोयाबीन में 36 ग्राम तक प्रोटीन होता है। इस प्रकार यह फली प्रोटीन की दैनिक आवश्यकता का 72% तक पूरा कर सकती है। सोयाबीन का उपयोग कई तरीकों से किया जा सकता है। आप चाहें तो स्वादिष्ट सोया चाट या फिर सोयाबीन की सब्जी के रूप में इसका इस्तेमाल कर सकते हैं।

पनीर— पनीर सबसे अधिक पसंद किए जाने वाले शाकाहारी खाद्य पदार्थों में से एक है। यूएसडीए के अनुसार 100 ग्राम पनीर में 14 ग्राम तक प्रोटीन पाया जाता है। पनीर सेहत के लिए कई मायनों में फायदेमंद है। इस कई तरह से भोजन में शामिल किया जा सकता है।

दालें— दाल प्रोटीन का समृद्ध स्रोत है। इसे पौष्टिक आहार माना जाता है। प्रोटीन की दैनिक आवश्यकता को पूरा करने के लिए नियमित एक कटोरी दाल का सेवन करना चाहिए। एक कप दाल में 18 ग्राम प्रोटीन पाया जाता है। काबुली चना भी प्रोटीन का बढ़िया स्रोत है। एक कप काबुली चना में 39 ग्राम प्रोटीन होता है।

यदि आप जिम जाते हैं और मासपेशियों को ताकत देना चाहते हैं, तो वे प्रोटीन का सेवन कर सकते हैं। यह एक प्रोटीन सप्लीमेंट के रूप में काम आता है। इसमें उच्च गुणवत्ता वाला प्रोटीन होता है, जो मांसपेशियों को बनाने में मदद कर सकता है। यह वजन घटाने में भी सहायता करता है। इसके एक स्कूप में लगभग 20-50 ग्राम प्रोटीन हो सकता है।

ब्रोकोली— एक कप कच्ची ब्रोकोली में लगभग 2.6 ग्राम प्रोटीन होता है और इसमें विभिन्न प्रकार के पोषक तत्व भी शामिल होते हैं। फूलगोभी में बहुत कम कैलोरी के साथ प्रोटीन होता है। एक कप कटी हुई फूलगोभी में 27 कैलोरी और 2 ग्राम प्रोटीन होता है। इन दोनों सब्जियों को प्रोटीन का पावरहाउस कहा जाता है।

तो, इन स्वादिष्ट शाकाहारी स्रोतों को अपने आहार में शामिल करें। इन चीजों से आपको सुरक्षित रूप से भरपूर मात्रा में प्रोटीन मिलेगा। इससे आप स्वस्थ और फिट रहेंगे।

**Single Dose Unit
Unique Design**



SULABH ENEMA®

Glycerine 15%, Sodium Chloride 15% in an aqueous base

Hygienic, Effective, Convenient and Disposable

Constipation :

- | | |
|---|---|
| a) Pre Delivery | a) Emptying of bowel prior to : |
| b) Bedridden Patients. | a) Delivery b) Surgery and post-operative care |
| c) In habitual and drug induced constipation. | c) Per Rectum (PR) and colonoscopic examination |
| | d) Radiological examination. |

To avoid excessive strain during Defecation in cardiac patients and patients with hernia.

When eating, drinking and talking become uncomfortable ...



ORA-G®

Tannic Acid 5%, Choline Salicylate 8%, Cetrimide 0.02%, Menthol 0.05% in a Glycerine base.

Gum Paint

Effective analgesic, anti-inflammatory, anti-septic and deodorant

Mouth Ulcer

Food Burns

Tooth Bites

Sores caused by Pan Masala

Teething Pain

Crack Nipple



STOP
Hyper Acid
Secretion
Rx
PD-SR

CAPSULES

Pantoprazole 40 mg. & Domperidone 30 mg.



**Pharma
Synth®**

PRESENTING

PharmaCyp*

(Cyproheptadine 2 mg + Tricholine Citrate 275 mg / 5 ml SYRUP)

*Improves Health &
Stimulates Appetite*

भूख बढ़ाए, Naturally!



**Pharma
Synth®**

Change of season has every reason for Cough & Congestion

Rx **SEDORIL**[®]

A wide range of Cough Remedies

SEDORIL EXPECTORANT

Diphenhydramine HCL 14 mg, Ammonium Chloride 100 mg,
Sodium Citrate 50 mg / 5ml

SEDORIL PLUS

Diphenhydramine HCL 14 mg, Phenyephrine HCL 2.5 mg,
Ammonium Chloride 100 mg, Sodium Citrate 50 mg / 5ml

SEDORIL-XL

Ambroxol HCL 15 mg, Terbutaline Sulphate 1.25 mg,
Guaiphenesin 50 mg / 5ml

SEDORIL-DCP

Dextromethorphan Hydrobromide 5 mg, Chlorpheniramine Maleate 2 mg,
Phenylephrine HCL 5 mg / 5ml

SEDORIL-kid

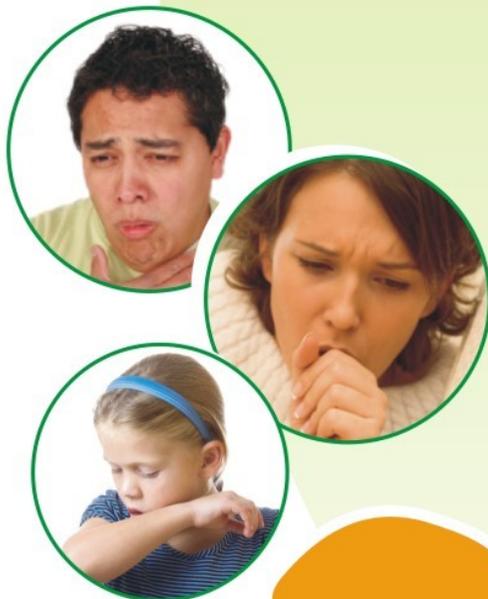
Phenylephrine HCL 2.5 mg, Chlorpheniramine Maleate 2 mg,
Paracetamol 125 mg / 5ml

SEDORIL-LS ORAL SOLUTION

Ambroxol Hydrochloride 30 mg,
Guaiphenesin 50 mg, Levosalbutamol 1 mg / 5 ml

SEDORIL-P ORAL DROPS

Phenylephrine HCL 2.5 mg, Chlorpheniramine Maleate 2 mg,
Paracetamol 125 mg / ml



Choose the **RIGHT** Cough Syrup for **RIGHT** Treatment



PHARMASYNTH
FORMULATIONS LTD.

A-10/15, Jhilmil Industrial Area, Delhi - 110095
Ph. : 011-476 25 786 Fax : 011-476 25 725
e-mail : delhi@pharmasynth.in • web : www.pharmasynth.in