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Eating High-Salt Diet May Lead to Dementia

Love to eat crispy roasted nuts and potato wafers that are high in salt? Beware, besides harming your heart, it may also harm your brain and lead to dementia, researchers have warned. In mice, the high-salt diet reduced the resting cerebral blood flow by 28 percent in the cortex and 25 percent in the hippocampus -- brain regions involved in learning and memory. This impairment in the blood flow to the brain was caused by a decrease in the production of nitric oxide -- a gas generated by endothelial cells --, the findings showed. "We discovered that mice fed a high-salt diet developed dementia even when blood pressure did not rise," said Costantino Iadecola, Professor at the Weill Cornell Medicine in New York. "This was surprising since, in humans, the deleterious effects of salt on cognition were attributed to hypertension," Iadecola added. In the study, published in Nature Neuroscience, the mice were given food containing four per cent or eight per cent salt, representing an 8-to-16-fold increase -- comparable to the high end of human salt consumption. Rodents that only ate the high-salt diet developed dementia, and performed significantly worse on an object recognition test, a maze test and nest. Further, as a result of the high salt intake, the mice's white blood cells produced more interleukin 17 (IL-17) -- a protein known to regulates immune and inflammatory responses, and reduce nitric oxide in endothelial cells. However, when the researchers treated the mice with a drug called ROCK inhibitor Y27632, it reduced the levels of IL-17 and reduced the production of nitric oxide. The drug also improved the behavioural and cognitive functions in mice, Iadecola said. "The IL-17-ROCK pathway is an exciting target for future research in the causes of cognitive impairment. It appears to counteract the cerebrovascular and cognitive effects of a high-salt diet," explained Giuseppe Faraco, Assistant Professor at the university. The results illuminate a potential future target for counteracting harmful effects to the brain caused by excess salt consumption.

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Eat these Healthy High-Calorie Foods for Easy and Quick Weight Gain

A healthy high-calorie diet could be the best possible means to gain a couple of pounds while remaining fit with balanced weight. The diet should have an assortment of ingredients with high carbohydrate, protein and healthy fat content. When you want to gain weight, it is important to eat the right kind of food so that you build lean muscle and not mere fat. Here are some high-calorie foods that you can try in order to gain weight. **Proteins:-** Protein is a major component of every high-calorie diet as it helps in building muscles and healthy fat. Consume easily digestible sources of protein such as chicken breasts, fish and lots of milk. When you choose fish, pick up those with a darker and oilier flesh as it has greater number of calories. Salmon, nuts and beans are also important sources of protein that could be added to a breakfast menu. **Carbs:-** Carbohydrate is another important nutrient for high-calorie diets. Include an assortment of fruits such as apples and oranges in your everyday breakfast menu. Smoothies, blended with fruits and milk could be consumed as dessert for dinner. Whole grains and yams are also calorie dense carbs that are very helpful in gaining weight. Pasta, beans and potatoes are foodstuffs that you can add to your lunch or dinner menus to add the extra calories. When you choose fruit juices, pick those with minimal sugar content. **Fats:-** ● Almonds. ● Olive oil, sunflower oil, safflower oil, sesame oil etc. ● Walnuts, cashew nuts, almonds, hazelnuts etc. ● Peanuts. ● Butter, low-fat milk. **Snacking:-** Having snacks in between meals could be great for those looking to gain weight. Ensure that you take these healthy snacks at regular intervals and not close to meal times as that would result in a reduced appetite. Nuts, fruits, yoghurt and granola bars are snacks that you could pack for office. Make sure that you do not slip away into unhealthy junk food. Fast food can only add unnecessary weight which will prove to be detrimental later in life. **Break the fast:-** Breakfast is the most important meal of the day and should not be avoided at any cost. This is where you must load the maximum amount of calories in order to stay fit and refreshed the entire day. Some good options for breakfast menu are omelettes made with 3 or 4 eggs, a cup of low-fat yoghurt, a glass of whole milk and some fruits. Dinner is another essential meal where people normally eat a lot especially when they go out to restaurants. Choose meals with high protein content such as lean red meat, fish and chicken. Supplement it with a basic simple green salad made from fresh vegetables. Sandwiches could also be had with layers of mayonnaise, lettuce and tomatoes.

How to Prevent Addiction to Substance Abuse Depressants or Sedative Hypnotic Drugs?

What is Substance Abuse:- Sedative-hypnotic drugs which are commonly referred as depressants are responsible for slowing down the activity of the brain or make it depressed. The most commonly known depressants include (Amytal, Nembutal, Seconal, phenobarbital) and benzodiazepines (Ativan, Halcion, Librium, Valium, Xanax, Rohypnol). Other drugs in this group include chloral hydrate (which when mixed with alcohol was once known as "knockout drops" or a "Mickey Finn"), glutethimide (Doriden), methaqualone (Quaalude, Sopor, "ludes") and meprobamate (Equanil, Miltown and other brand names). Alcohol is also a known depressant but, as its use is very common the experts like to address alcohol-related problems separately. When these drugs are used regularly it leads to drug tolerance. This means that the body adjusts to the use of these drugs and it starts needing more dosage to reach the desired effect. Regular usage of drugs can also cause dependence which means withdrawal symptoms start showing up if the drug usage is suddenly stopped. The usage of many of these sedative-hypnotic drugs is legitimate. There is not much of difference between the desired dose and overdose. A little miscalculation can lead to coma, respiratory distress and death. Stopping the use of barbiturates is sometimes similar and in some cases more severe than stopping the use of alcohol. The addiction may also lead to seizures and consequently to death. There are many people who mix these drugs with alcohol to enhance the effect. Doing so may cause dangerous effects. **What are the Symptoms of Dependence on Depressant Drugs:-** The signs and symptoms which indicate that a person is addicted to drugs include: ● An urge to consume drugs which often leads to unsuccessful attempts to reduce its usage. ● Physical dependence. ● Continued usage of these drugs despite the psychological, interpersonal or physical troubles. There has not been an amount of medicine set to determine whether the person is dependent on depressants. People who are dependent on these drugs eventually develop physical tolerance. When a person stops the usage of drugs, the internal environment of the body undergoes some drastic changes. This leads to withdrawal symptoms like anxiety, tremors, nightmares, insomnia, lost appetite, rapid pulse and breathing, blood pressure abnormalities, dangerously high fever and seizures. **How to Prevent the Addiction:-** To prevent the addiction, you must strictly follow the prescription. You must also avoid taking more of the medication than prescribed by the doctor. The biological, social and psychological factors that lead to the addiction are not preventable though. If you feel that there is a need for you to continue with the medication longer than the prescribed duration, the doctor must be consulted before doing so. Taking medication prescribed to someone else should also be avoided completely.

Cruise Vacations May Boost Your Well-Being: Study

When considering emotional experience, relaxing and simply "doing nothing" is of great importance for many vacationers, according to researchers. Beijing: Cruise vacations may not only provide a fun-filled experience but also be beneficial for an individual's happiness and well-being, according to a study. The study, published in the International Journal of Tourism Research, identified three dimensions of cruise experience: emotional experience, relational experience, and thinking experience. In the short term, happiness from cruise travel is created mainly through emotional and relational experiences, said researchers, including those from Zhejiang University in China. Conversely, the long-term perceived happiness of cruising is largely derived from thinking experience, they said. When considering emotional experience, relaxing and simply "doing nothing" is of great importance for many vacationers, according to researchers. "The relational experience dimension refers to the social interactions with family, friends, staff, and other vacationers on a cruise," said Jiaying Lyu, an associate professor at Zhejiang University. "Thinking experience consists of the opportunities that people can experience different places and cultures and broaden horizons, as well as contemplative activities that involve introspection and meditation," said Lyu.

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Puremed Skin Health

का नया उत्पाद



Luleetop Cream Puremed Skin Health ने एक नया उत्पाद प्रस्तुत किया है. **Luleetop Cream (Luliconazole Cream 1% Cream)** Fungal Infections एक आम समस्या है Luleetop Cream सभी प्रकार के फंगल इंफेक्शन में Luleetop Cream का प्रयोग किया जा सकता है. बाजार में Luleetop Cream 10gm के पैक में उपलब्ध है. इसका अधिकतम मूल्य 149/- है. कम्पनी ससम्पूर्ण देश में अपने फ्रेंचाइजी बनाना चाहती है. **मार्केटिंग मैनेजर प्रशांत मोहन मो० 09882011313, 09736701313.**

खाली निकल रही हैं स्ट्रिप



रिटेलर परेशान हैं शहर की लक्ष्य फार्मा प्रा-लि० द्वारा बनी दवाओं से कम्पनी की दवाइयों की स्ट्रिप में दवाई नहीं है. अन्दर डिब्बों में स्ट्रिप बिना गोली के खाली निकल रही हैं. यह जानकारी हैदराबाद के **गोयल फार्मा के श्री राम प्रकाश अग्रवाल मो० 09391014283** ने दी है.



नया उत्पाद



Dr. Raddy's Mob:- 09305730890 ने अपना एक प्रोडक्ट **Senquel-F (Potassium nitrate 5% + Sodium monofluorophosphate 0.7% + Triclosan 0.3%)** बाजार में प्रस्तुत किया है



यह **Foaming 50g** में है. कम्पनी ने अपने इस प्रोडक्ट पर एक गिफ्ट भी दिया है.

Monitor your Body Fat to Curb Risk of Breast Cancer, Study Warns Postmenopausal Women

A normal body mass index (BMI) isn't a good sign when your body fat levels are making the scales dip. While many people may feel otherwise, research has shown that it isn't healthy. In a warning to postmenopausal women, a new study has said that a normal BMI but higher body fat levels at the same time may be at an increased risk of breast cancer. BMI refers to the ratio of weight to height, but it is not an exact way to determine whole body fat levels, as muscle mass and bone density cannot be distinguished from fat mass. The researchers found that the risk of breast cancer increased by 35 percent for each five-kilogram increase in whole-body fat, despite having a normal BMI. "Our findings show that the risk of invasive breast cancer is increased in postmenopausal women with normal BMI and higher levels of body fat, meaning that a large proportion of the population has an unrecognized risk of developing cancer," said Neil Iyengar, an oncologist at the Memorial Sloan Kettering Cancer Center in New York. The findings of the research are scheduled to be presented at a conference of the American Association for Cancer Research to be held in Texas from January 27-30. The study noted that the level of physical activity was lower in women with higher amounts of body fat, which further suggested the necessity of physical activity not only for the overweight people but also in those who are not obese. For the study, the researchers analysed data from the Women's Health Initiative (WHI), an observational study that follows the health of postmenopausal women aged 50-79. During the median 16 years of follow-up, study participants were assessed for the development of invasive breast cancer, and cancer cases were evaluated for estrogen receptor (ER) positivity. Of the 3,460 participants in the study, 182 developed invasive breast cancer during follow-up and 146 of these cases were ER-positive. About 80 percent of all breast cancers are believed to be ER-positive. Analysing the data, the researchers found a link between the risk of breast cancer and higher whole body fat even in women with normal BMI.



पिछले दिनों मुम्बई एसोसियेशन (ठाणे) मुम्बई के अध्यक्ष श्री शमी शेख की भतीजी के सगाई समारोह में मीडिया हाऊस के प्रतिनिधी श्री अभय सिंघल

GST-1 जमा करने में दिक्कत

गत 10 जनवरी को त्रैमासिक रिटर्न जुलाई से सितम्बर 2017 के लिए GSTR-1 दाखिल करने की अंतिम तिथि 10 जनवरी 2018 थी, लेकिन अधिवक्ता GSTR-1 दाखिल करने के लिए बहुत परेशान रहे. सभी को शिकायत रही कि GSTN Portal काम नहीं कर रहा था, जिसके कारण बहुत से अधिवक्ता निर्धारित समय सीमा के अन्तर्गत GSTR-1 दाखिल नहीं कर सके. अब उनके सामने एक ही प्रश्न घूम रहा है कि अब क्या होगा और कैसे होगा? GST परिषद् को च्वतर्जस की स्पीड को लेकर गंभीर रहना चाहिए क्योंकि बार-बार ऐसी दिक्कतें आती रहती हैं. परेशान व्यापारी और अधिवक्ताओं का कहना है कि सरकार व्यापारियों से समय पर काम करने की आशा तो करती है लेकिन GSTN Portal की हालत को देखने की फुर्सत उसको नहीं है. इसी बीच आपको बता दें कि सरकार जारी 29 दिसम्बर 2017 को जारी प्रेस विज्ञप्ति को देखने से एक बिन्दु साफ दिख रहा था. जारी विज्ञप्ति के कॉलम में कहा गया था कि 'पंजीकृत व्यक्ति, जिनका टर्नओवर 1.5 करोड़ तक का है उनको त्रैमासिक रिटर्न GSTR-1 दाखिल करने की अंतिम तिथि यानि Previous Last Date 31 दिसम्बर 2017 को है.' दोनों के ही कॉलम के अंतिम कॉलम में स्पष्ट रूप से लिखा गया कि 'Revised last date 10 जनवरी 2018 है. जारी विज्ञप्ति से स्पष्ट हो रहा है कि त्रैमासिक एवं मासिक GSTR-1 को दाखिल करने की अंतिम तिथि 10 जनवरी 2018 है. जारी विज्ञप्ति को लेकर जीएसटी परिषद् को स्पष्ट करना चाहिए कि उपरोक्त विज्ञप्ति की स्पष्ट मंशा क्या रही? अंतिम तिथि 31 दिसम्बर 2017 अथवा 10 जनवरी 2018? यह शिकायत स्पष्ट रूप से उचित है कि परिषद् व्यापारियों से सभी रिटर्न समय पर दाखिल करने की अपेक्षा तो करती है लेकिन पोर्टल सही तौर पर कार्य नहीं कर रहा है. **पराग सिंहल मो० 09410664214.**

सुविचार

जरूरी नहीं कि इन्सान प्यार को मृत हो, सुन्दर और बेहद खूबसूरत हो। अच्छा तो वही इन्सान होता है। जो तब आपके साथ हो, जब आपको उसकी जरूरत हो।

हम मैडीकल वाले हैं.....

हम मैडीकल वाले हैं.....
ना घूमने जाते हैं, ना फिरने जाते हैं.
हम मैडीकल वाले हैं, दुकान के सिवाए कहीं ना जाते हैं.
ना गाने सुना करते हैं, ना गजले सुना करते हैं.
हम मैडीकल वाले हैं, लोगों की परेशानी सुना करते हैं.
अनजान लोगों को दुःख-दर्द कुछ ऐसे पहचान लेते हैं.
हम मैडीकल वाले हैं, कागज देखकर सब हाल जान लेते हैं.
ना गीता, ना बाइबिल, ना ही कुरान पढ़ते हैं.
हम मैडीकल वाले हैं, सर्कुलर और वित्त संहिता पढ़ते हैं.
ना डिस्को में जाते हैं हम, ना डेट पे जाते हैं.
हम मैडीकल वाले हैं, अकसर घर देर से जाते हैं.
खुद ही कहानी लिखते हैं और खुद ही डायरेक्टर होते हैं.
हम मैडीकल वाले हैं, हमारे अपने परदे, अपने थिएटर होते हैं.
हसरतें हूबहू हैं, खुदा नहीं, हम भी बनना इंसान भला चाहते हैं.
हम मैडीकल वाले हैं, चाहे कुछ भी हो अपने ग्राहक का भला चाहते हैं.
ना खाकी पे एतबार है, ना खदर पे इतना भरोसा करते हैं.
हम मैडीकल वाले हैं, लोग हम पे बेहिसाब भरोसा करते हैं.
हिन्दू भी खड़ा रहता है, मुस्लिम भी खड़ा रहता है.
ये मैडीकल वालों का दिल है
जहाँ इंसानियत भीतर रहती है, मजहब बाहर खड़ा रहता है.

Bhayandar Chemist Welfare Association (Regd.) Mumbai की कार्यकारिणी

Shop No.2, Kapoor Tower No.4, Jesal Park, Bhayandar (East), Dist. Thane-401105.



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बाल मन चाहिए

बच्चों का मन बेहद सरल होता है. उनके मन में किसी प्रकार का कोई पेंच नहीं होता है. यदि हर बड़े का मन बच्चों जैसा हो जाए तो यह संसार सुन्दर और स्वर्ग समान बन जाएगा. इस दिशा में प्रयास करना चाहिए. समस्याओं का अन्त सम्भवतः इससे हो.

डॉ० नरेन्द्र नाथ लाहा ग्वालियर (म०प्र०) मो० 09753698240.

IIIrd Party Manufacturing
For Us Quality Means Doing It Right When No One Is Looking

Liquid Preparations

- Levocetirizine + Montelukast Syp. (Anti-Allergic, Cough, Cold syrup for Allergic Rhinitis)
- Cefixime + Ofloxacin Dry Syp.
- Cough syrup > Pediatric Drops > Antacid
- Multivitamin syrup with Lycopene > Iron tonic
- L-Lysine with Enzyme syrup > Liver tonic
- Calcium tonic > Cyproheptadine syp./drops
- B-complex syrup > Alkaliser > Protein tonic
- Laxative > Anticold > Mouthwash etc.
- Ear Drops > All the liquid formulations

Tablet/Capsule/New Drugs

- L-Arginine + Combinations Sachet
- Bio active Collagen + Rosehip aqueous extract Sachet
- Cefpodoxime + Ofloxacin Tab
- Cefpodoxime + Dicloxacillin (ER) Tab
- Mifepristone + Misoprostol Tab
- Levosulpiride + Rabeprazole Cap
- Fluconazole + Azithromycin + Secnidazole Combitab Tab
- Thyroxine Tab
- Cefixime + Ofloxacin Tab/Dry Syrup
- Cefixime + Dicloxacillin (ER) Tab
- Citicoline + Combination Tab
- Artemether + Lumefantrine Tab
- Glucosamine + Chondroitin Tab
- Lycopene + DHA + Folic Acid Tab
- L-Methylfolate + Combinations Tab
- L-S-Methyltetrahydrofolate calcium 800 mcg Tab
- Cranberry + Vitamin C + Vitamin B5 + L-Methionine Tab
- Cranberry + D-Mannose Tab/Sachet
- Green Tea + Multivitamin Tab/Cap
- L-Carnitine L-Tartrate + Folic Acid + Mecobalamin Tab
- Collagen + Sodium Hyaluronate Chondroitin Sulfate + Vitamin C Tab
- Amino Acid + Multivitamin Cap
- Vitamin K2 - 7 + Combinations Tab
- Vitamin B Complex + Minerals Cap
- Pre-Pro Biotic Cap./Sachet
- Ferrous Ascorbate + Folic Acid Cap
- Natural extract, Amino acids with Vitamin & Minerals Tab
- Collagen peptide + Combinations Sachet
- Hair Growth Formula Tab
- Ginseng + Multivitamin Cap
- Ipriflavone + Alfacalcidol + Calcium Tab
- Silymarine + Combinations Tab
- L-Glutathione + Combinations Sachet
- SAME (S Adenosyl L-Methionine) Tab
- Collagen Peptide + Combinations Sachet
- Coenzyme Q10 + Omega Fatty Acids + Selenium + Lycopene Tab
- Co-Enzyme Q10 + Zinc Sulphate + L-Carnitine + Lycopene Powder Tab
- Lycopene + Multivitamin Cap
- Cholecalciferol Tab/Sachet

External Preparations

- Ointment
- Cream
- Roll On
- Glycerine
- Shampoo
- Gel
- Gum Paint
- Foot Care Cream
- Lotions
- Nasal drops

ALAINA PHARMA

Parties working in govt. Supplies/Institutes/Tenders are also welcome.

Corporate Office:- SCO - 166, 1st F, Sec - 38C, Chandigarh
Email: mktl@alaina.co.in , www.alainapharma.com
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Product List

Helogen Biotech

ACCU-COOL EYE DROP Naphazoline 0.05% + Phenylephrine 0.0125 + Cellulose 0.5% + Menthol 0.005% + Camphor 0.01% + Stabilized o.005% ● **ACCUTEARS EYE DROP** Sodium Carboxymethyl Cellulose I.P. 0.5%/w/v ● **ACCUTEARS-PP EYE DROP** Polyethylene glycol 400 0.4% Propylene glycol 0.3% Sodium perborate 0.005% ● **ACCUTEARS FORT EYE DROP** Sodium Carboxymethyl Cellulose I.P. 1% w/v ● **ALLERCON EYE DROP** Fluconazole 0.3% usp ● **ALLERDINE EYE DROP** Olopatadine 0.1% w/v ● **ALLERDINE-KT DROP** Olopatadine 0.1% Ketorolac Tromethamine 0.4% Benzalkonium 0.005% ● **ALLERSTOP EYE DROP** Sodium Chromoglycolate ● **DIFLUACT EYE DROPS** Difluprednate 0.05% W/V Sorbic Acid 0.1% W/V ● **DIFLUACT-M EYE DROPS** Moxifloxacin Hcl 0.5% W/V Difluprednate 0.05% W/V Sorbic Acid 0.1% W/V ● **DORMED-T EYE DROP** Dorzolamide 2% Timolol 0.5% ● **EYECURE EYE DROP** Naphazoline 0.1% W/V Chlorpheniramine Maleate 0.01% Methyl Cellulose 0.25% W/V Phenyl Mercuric Nitrate 0.001% ● **EYENEP EYE DROP** Nepafenac 0.1% ● **FLUBEE EYE DROP** Flubiprofen 0.03% ● **FLUTOP EYE DROP** Fluorometholone 0.1% Benzalkonium sodium 0.004% ● **HELOFLOX EYE/EAR DROP** Ofloxacin I.P. 0.3%/w/v Benzalkonium Chloride Solution I.P. 0.02%/v ● **HELOFLOX-D EYE/EAR DROP** Ofloxacin I.P. 0.3%/w/v Dexamethasone sod. 0.01%/w/v Chloride Solution I.P. 0.02%/v ● **HELOFLOX-DH EYE/EAR DROP** Ofloxacin 0.3% Dexta 0.01% + Hmpc 0.25 ● **HELOFLOX-KT EYE DROP** Ofloxacin I.P. 0.3%/w/v Ketorolac I.P. 0.5%/w/v Benzalkonium I.P. 0.04%/v ● **HELOMOX EYE DROP** Moxifloxacin HCL BP 0.5%/w/v ● **HELOMOX-D DROP** Moxifloxacin 0.5% Dexamethasone 0.1% ● **HELOMOX-KT EYE DROP** Moxifloxacin HCL BP 0.5% Ketorolac I.P. 0.5%/w/v ● **HELOMOX-P EYE DROP** Moxifloxacin 0.5% Prednisolone 1% ● **HELOMOX-LP EYE DROP** Moxifloxacin 0.5% + Iteprencol 0.5% ● **HELOGAT EYE DROPS** gatifloxacin 0.3%/w/v Benzalkonium chloride 0.01% ● **HELOGAT-FP EYE DROPS** Gatifloxacin 0.3% FLUBEPROFEN 0.03% ● **LUBRIACTIVE EYE DROP** Polyvinyl Alcohol 1.4% W/V Povidone Iodine 0.6% W/V ● **OCCULAC EYE DROP** Ketrolac Tromethamine 0.5% Chloride Solution 0.2% ● **OCCUSOL EYE DROP** Potassium 33% Iodine IP Sodium chlo IP 0.83% Calcium chloride IP 1.325% ● **OPHTHOSOL EYE DROPS** Sodium Chloride 5%W/V Benzalkonium Chloride Solution 0.02% V/V ● **TIMEE EYE** Timolol Maleate 0.5% ● **TEAR DEX DROP** Hydroxypropyl Met Cellulose 0.3% + Glycerin 0.2% + Dextran 70 0.1% Polyquad 0.001% ● **TOBEE EYE DROP** Tobramycin Sulphate USP 0.3%/w/v Chloride Solution I.P. 0.004%/v ● **TOBEE-F EYE DROP** Tobramycin Sulphate 0.3%W/V Fluorometholone U.S.P. 0.1%/w/v ● **SULFAZIN-B EYE DROP** Sulphacetamide 12.5% + Boric Acid 1.5% + Zinc Sulphate 0.1% Chlorbutol 0.35% ● **ACETO-PRIME-250 TAB** Acetazolamide 250mg. ● **CLEAR VISION CAP** Antioxidant with Leutin, Multivitamin, Multimineral **Mob:- 09318628899, 09882011313.**

VALENTIS PHARMA

CAPSULES:- VALRAB-DSR CAP RABEPRAZOLE 20 MG + DOMPERIDONE 30 MG SR ● **VALRAB-IT CAP** RABEPRAZOLE 20 MG + ITO-PRIDE 150 MG ● **VELEPRA CAP** OMEPRAZOLE 20 MG ● **VELEPRA-D CAP** OMEPRAZOLE 20 MG+ DOMEPERIDONE 10 MG ● **VELTIC CAPSULE** PREBIOTIC AND PROBIOTIC CAPSULE ● **VYCOF CAP** Lycopene + Multivitamin+ Multimineral ● **VCOB-VIT CAP** Mecol+Alp Acid+Folic+B6+B1+D3 Capsule ● **V-COB PG CAP** METHYLCOBALAMIN 750 MCG + PREGABALIN 75 MG **VONON-DSR CAP** PANTOPRAZOLE 40 MG + DOMPERIDONE 30 MG SR ● **VROBON CAP** CARBONIL IRON EQ. TO ELEMENTAL IRON 50 MG + ZINC SULPHATE MONOHYDRATE 61.8 MG + FOLIC ACID 0.5 MG ● **VITRAZOLE 100** ITRACONAZOLE 100 MG ● **VITRAZOLE 200** ITRACONAZOLE 200 MG **LIQUIDS:- VELCYP-T SYP** Cyproheptadin HCL 2mg + Tricolin Citrate 0.275 MG / 5ML ● **VOLCO SYP** Lycopene Syrup ● **V-CAL SUSP.** Calcium Carbonate + Vit D3 ● **V-REX SYP** DIPHENHYDRAMINE HYDROCHLORIDE, TERPINE HYDRATE, AMMONIUM CHLORIDE, SODIUM CITRATE AND MENTHOL ● **VALFLOX OZ SUSP** each 5 ml contains: Ofloxacin 50 mg + Ornidazole 125 mg/5ml ● **VELBROX-LS SYP** LEVOS-ALBUTAMOL SULPHATE & AMBROXOL HYDROCHLORIDE 30 MG GUAIPHENESIN IP 50 MG ● **V-LACTO SYP** EACH 15 ML CONTAIN: LACTULOSE 10 MG IN PALATABLE SORBITOLBASE ● **VROBON SYP** CARBONIL IRON EQ. TO ELEMENTAL IRON 50 MG + ZINC SULPHATE MONOHYDRATE 61.8 MG + FOLIC ACID 0.5 MG ● **VYCOF SYP** Lycopene + Multivitamins + Multimineral + Antioxidants Syp ● **VELKOF SYP** Each 5 ml contains : Dextromethorphen Hbr :10MG, CPM : 2MG,, Menthol Base :2.5 MG ● **VALZYME SYP** ENZYME SYP ● **VORLAZ SYP** PHENYLEPHERINE 2.5 MG + CETRIZINE 2.5MG + PARACETAMOL 125 MG/5ML ● **VUFFGON-FORT SYP** EACH 5 ml PARACETAMOL ip 125 mg + PHENYLEPHERINE HYDRO CHORIDE ip 5 mg + CHLORPENIRAMINE MALEATE ip 2 mg + SODIU M CIRTAE ip 60 mg + MENTHOL IP 1 mg (Colour=Quineoline Yellow) ● **ZINCOVEL SYP** VIT B3 7.5 MG, LYSINE HYDROCHLORIDE 5 MG, ZINC 5 MG + VITAMIN B5- 1.25 MG, VIT. B1 0.75 MG, VIT. B2 0.75 MG, VIT B6 0.5 MG 0.5MG, IODINE 35 MCG, COPPER 25 MCG, SELENIUM 10 MGV, VIT B12 0.5MG, VIT A-- 1250IU, VIT D3 100 IU, VIT E-2.5 IU ● **VURBO-G** TERBUTALINE SULPHATE 1.25MG + BROMHEXINE HYDRO CHLORIDE 2mg+ GUAIPHENESIN ip 50mg+ MENTHOL 2.5 MG/ 5ml ● **VZIKTI-200 SUSP** each 5 ml contains azithromycin 200 mg **VELCIN 250 SUSP** Paracetamol-250 Suspension ● **VALCAIN -GEL** EACH 5ML CONTAINS: OXETACAINE BP 10MG,, ALUMINIUM

HYDROXIDE IP 0.291 GM,, MAGNESIUM HYDEOXIDE IP 98MG IN A SORBITOL BASE Q.S COLOUR : SUNSET YELLOW FCF ● **V-WORM SUSP.** each 5 ml contains Albendazole 200 mg ● **V-Orange** Ferric Fmmonium Citrate, Cyna Cobalmin + Folic Acid + Cupric Sulphate+ Magnese Sulphate Syp ● **V-LIV SYP** AN AYURVEDIC LIVER TONIC **SM -ZYME SYP** Fungal diastase pepsin syp ● **SM- LYSINE SYP** L-LYSINE, PYRODOXINE HCL, NIACINAMIDE & CRYSTALLIZATION SYP **TABLETS:- VLUZIP TAB** FLUCONAZOLE 150 MG ● **VALACE-T4 TAB** ACELOFENAC 100MG, THIOCOLCHICOSIDE 4MG ● **VALAX-MR TAB** ACECLOFENAC 100 mg+PARA 325mg+CHLORZOAZONE 250 mg ● **VALAX-SP TAB** ACECLOFENAC 100 mg, PARA 325 mg, SERRATIOPEPTIDASE 15 mg ● **VALCEF-100 TAB** CEFIXIME 100 MG ● **VALCEF-200 TAB** CEFIXIME 200 MG ● **VALCEF-O TAB** CEFIXIME TRIHYDRATE IP 200MG + OFLOXACIN IP 200MG ● **VALCEFU-250 TAB** CEFUROXIME 250 MG ● **VALCEFU-500 TAB** CEFUROXIME 500 MG ● **VALCIP-250 TAB** CIPROFLOXACIN 250 MG ● **VALCIP-500 TAB** CIPROFLOXACIN 500 MG ● **VALCLAV TAB** AMOXYCILLIN 500 MG +CLAVULANIC ACID 125MG ● **VALDAC-MR TAB** DICLOFENAC SODIUM 50 MG + PARACETAMOL 325 MG + CHLORZEXAZONE 250 MG ● **VALDAC-P TAB** DICLOFENAC POTASSIUM 50 mg + PARACETAMOL 325 mg ● **VALDAC-SP TAB** DICLOFENAC POTASSIUM 50 mg + PARACETAMOL IP 325mg, SERRATIOPEPTIDASE 10mg ● **VALDOX-200 TAB** CEFPODOXIME 200 MG ● **VALEVO-M TAB** LEVOCETIRIZINE 5 MG + MONTELUKAST 10MG ● **VALFLAZ-6 TAB** Deflazacort 6 MG ● **VALFLOX-Z TAB** OFLOXACIN 200 MG + ORNIDAZOLE 500 MG ● **VALMAC-GB TAB** METHYL-

EXTRACTS POWDER 21.25 MG, VIT B3 -10 MG, VIT B2-1.5 MG, VIT E- 1.25 MG, VIT B1-1 MG, B6-1 MG, FOLIC ACID 0.15 MG, VIT A -250 MCG, BIOTIN 30 MCG, VIT D3- 5 MCG, B12- 1 MCG, CALCIUM -250 MG, PHOSPHOROUS-125 MG, MANGNESE-100 MG, POTASSIUM- 40 MG, CHLORIDE-36.3 MG. CARBONIL IRON -21 MG, ZINC -10 MG, SILICON -1.7 MG, COPPER-0.15 MG. BORON- 150 MCG, SELENIUM-30 MCG, CHROMIUM-25 MCG, TIN-10 MCG, VANADIURA -10MCG, NICKEL -5MCG **PROTEIN POWDDER:- VANPRO PROTEIN POWDER/ DHA PROTEIN POWDER WITH DHA, CHOCOLATE FLAVOUR ● VANPRO PROTEIN POWDER PROTEIN POWDER DRY SYPS:- VALCEF 50 DRY SYP** CEFIXIME IP EQ TO. ANHYDROUS CEFIXIME 50 MG ● **VALDOX-50 DRY SYP** cefpodoxime proxetil ip eq. to cefpodoxime 50 mg ● **VALCLAV DRY SYP** AMOXYCILIN 200 MG + POTASSIUM CLAVULANATE 28.5 MG ORAL SUSPENSION IP **INJECTIONS:- VEPA-1000** CEFTRIAZONE 1000MG ● **VONON-40** STERILE PANTOPRAZOLE SODIUM I.P 40 MG ● **VEPA-S** CEFTRIAZONE 1000MG+SULBUCTUM 500 MG ● **V COB VIT INJ.** METHAILCOLAMIN 1500 MG + MULTIVITAMINS **OINTMENTS:- VALDAC PLUS GEL** DICLOFENAC DIETHYLAMINE BP 1.16 % W/W, (EQUIVALENT TO DICLOFENAC SODIUM IP 1.0% W/W,), LINSEED OIL BP 3.0 % W/W, METHYL SALICYLATE IP 10.0% W/W, MENTHOL IP 0.5 % W/W, BENZYL ALCOHOL IP 1% W/V GEL BASE Q.S. (AS PRESERVAITE) **ENERGY DRINK:- VAX ENERGY POWDER** ENERGY DRINK **Mob:- 07087110122.**

Helosen Biotech

ACCUCOLD TAB. Nimesulide 100 Mg, Levocetizine 5 Mg, Phenylephrine 5 mg ● **ALLERNORM TAB** Cetirizine 10 mg ● **ALLERNORM-L TAB** Levocetizine 5mg. ● **ATGEN-AT** Amlodepin 5, Atenolol 50 ● **CALBOOST D3 TAB** Calcium 500 mg, Vit. D3 ● **FLEXIPEN-P TAB** Aceclofenac 100 mg., Paracetamol 325 mg. ● **FLEXIPEN-MR TAB.** Aceclofenac 100 + Paracetamol 325 + Chloroxazone 250 ● **FLEXIPEN-SP TAB** Aceclofenac 100 + Para 325 + Sera 15mg. ● **GENBECT-200-LB TAB** Cefixim-200 Mg Lactic Acid Beci 60 MIL ● **GENCAM -DT TAB** Piroxicam-dt 20 mg. ● **GENKAST-L TAB.** Levocetizine 5mg, Montelukast 10 mg. ● **GENCLAV-625** Amoxicillin 500, Clav 125 ● **GENTUSS-DX TAB** Dextromethorphan 10 Mg Chlorpheniramine 2 Mg. Bromhexine 8 Mg. Guaiphenesin 100 Mg ● **HELOFLOX-200 TAB** Ofloxacin 200mg. ● **HELOFLOX-OZ TAB** Ofloxacin 200mg. Ornidazole 500mg ● **HELTHRO-500 TAB.** Azithromycin 500 mg ● **SPAS-GEN TAB** Drotaverin 80 Mg ● **Mefenemic 250 Mg ● RAPRO-D TAB** pantorazole.....40mg., Domperidone...10mg ● **RAPRO-40 TAB** pantoprazole.....40 mg. ● **VITZEN TAB.** Multivitamin Multimineral ● **VOMEEGEN-MD4 TAB** Ondansetron-md 4mg. ● **ZENRAB-20 TAB.** Rabiprazole-20 mg. ● **ZENRAB-D TAB.** Rabi. 20 mg. + Dom 10 mg. ● **HALONEURON PLUS CAP.** Methylcobalamin 1500 mc g, Alpha Lipoic Acid 100 mg, Folic Acid 1.5mg, Thaimine 10mg Pyridoxine 3mg. ● **LYCOTOM CAP.** Lycopin + Multivitamin ● **RAPRO-DSR CAP.** Pantaprazole 40 mg, Domperidone Sr 30 mg ● **ZENRAB-DSR CAP.** Rabiprazole 20mg EC, Domperidone 10mg SR, Domperidone 20mg SR ● **CLIN- FAST 4 ML** Clindamycin 600 mg ● **DICLOGEN-AQ AMP.** Diclofenac-aq 75 ● **GENCAM AMP.** Piroxicam 20mg/ml ● **GENDEC-50** Nandrolone -50 Mg. ● **HELOTRAX-1000** Ceftriaxone-1gm. ● **HELOTRAX-S 1.5** Ceftriaxone-1gm, Sulbectum 500 mg ● **HELOTRAX-S 375** Ceftriaxone -250 mg Sulbectum -125 mg ● **GENMIK-100 MG.** Amikacin 100mg ● **GENMIK-500 MG.** Amikacin 500mg ● **HELOTRAM AMP.** Tramadol 50mg/ml ● **HALONEURON** Methylxobalamin 1500mcg ● **HELONEURON-PLUS AMP.** Methylcobalamin 1000 mcg, pyridoxine 100mg, nicotinamide 10mg ● **RAPRO-40 vial** Pentaprazole-40mg ● **VOMIGEN AMP.** Onadencitron 2mg. ● **ZENRAB-20 VIAL** Rabiprazole 20 mg ● **ALKAGEN SYP.** Disodium Hydrogen Citrate ● **ALLERNORM-L SYP.** Levocetizine 2.5 mg/1 ml. ● **ALLERNORM-LA SYP.** Levocetizine 2.5 Mg., Ambroxol 30 MG ● **CALBOOST-D3** Calcium carbonate 600 mg. vitamin-D3 100 IU magnesium hydroxid 180 Zinc sulphate 14 mg ● **GENTUSS-D SYP.** Dexo 10mg CPM 2mg ● **GENKAST-L SYP.** Levocetizine 2.5 Montelukast 4 mg ● **HELOFLOX-OZ SYP.** Ofloxacin 50mg Ornidazole 125 mg ● **KIDKOLD SYP.** Para 125mg Phenylephrine 5 mg Chlorpheniramine 0.5 mg Sodium 60 mg. Menthol 1mg. ● **MEGALAX PLUS SYP** Light Liquid Parafin Milk Of Magnesia + Sodium picusulfate ● **OFCID-SF SYP** Megaldrate+Simithicone (sugar Free+Saunf Flavour) ● **TERBEXOL SYP.** Terbutine + Ambroxol + Guafencin +Menthol ● **VOMEEGEN SYP.** Ondansetron 2mg ● **VITZEN SYP.** Vitamin B-Complex, Multivitamin, Multimineral, Antioxidant & L-Lysine ● **ZINCOACT SYP.** Zinc gluconate 20 mg ● **HELOBECT EYE DROP** Ofloxacin 0.3 ● **HELOBECT-BCG EAR DROP** Gentamycin+Clotrimazol Beclomethasone + Lignocane ● **HELOBECT-DH EYE DROP** Ofloxacin 0.3+HPMC 0.25 + Dexta 0.1% ● **CALBOOST D3 DROP** Colicalceferol 8 lac ● **FEVOCIN DROP** Paracetamol 100mg. ● **KIDKOLD DROP** Phenylephrine cl .2.5mg cpm IP.1mg Paracetamol 125mg ● **ORTHONAC GEL** Linseed oil BP 3.00%/w/w Dicofenac die. BP 1.16% Methyl Sali. IP 10.00% Menthol IP 5.00%/w/w Benzyl Alcohol 1.00%/w/ ● **HELOFLOX-OTC CREAM** Ofloxacin IP 0.75%/w/w Orindazole IP 2.0%/w/w Terbinafine Hyd. 1.00% Clobetasol Pro. 0.05%w ● **SCABITOL SOAP** Permethrin 1% Glycerin ● **ALLOGEN-E SOAP** Alovera + Glycerin + Vit.E + Glycerin ● **CALBOOST-D3 SACHET** Cholecalciferol I.P. 60,000IU **Mob:- 09318628899, 09882011313.**

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POPULAR COUNTRIES TO STUDY MBBS ABROAD

COBALAMIN 500 MCG + GABAPENTIN 300 MG ● **VALMEP-O TAB** CEFPODOXIME 200 MG + OFLOXACIN IP 200MG ● **VALMIP-P TAB** NIMESULIDE 100 MG + PARACETAMOL 325 MG ● **VALNOD-S TAB** Diclofrnac Potassium 50 mg + Serratiopeptidase 10 mg **VALNUX CLAV TAB** CEFIXIME 200MG + CLAVULANATE POTASSIUM 125MG ● **VALRAB TAB** RABEPRAZOLE 20 MG **VALRAB-D TAB** RABEPRAZOLE 20 MG + DOMPERIDONE 10 MG ● **VALZIN-D TAB** cinnarizine ip 20 mg +domperodone 15 mg **VALZIN-25 TAB** CINNARZINE 25 MG ● **VANPAN TAB** PANTOPRAZOLE 40 MG **VANPAN-D TAB** PANTOPRAZOLE 40 MG + DOMPERIDONE 10 MG ● **VATOZIK-100 TAB** ACECLOFENAC 100 MG +PARACETAMOL 325 MG ● **VAXOPRED TAB** METHYLPREDINISOLONE 4 mg ● **V-CAL TAB** CALCIUM CITRATE MELATE 250 MG + VITD3 100 IU ● **V-DASE TAB** SERRATIOPEPTIDASE 10 MG ● **VELCIN-650 TAB** PARACETAMOL 650 MG ● **VEVOP TAB** LEVOCETIRIZINE DIHYDROCHLORIDE IP 5 MG ● **VIPIN-AT TAB** AMLODIPINE 5 MG +ATENOLOL 50 MG ● **VIXOTIX -500 TAB** LEV-OFLOXACIN 500 MG ● **VKUFFNORK TAB** PARACETAMOL 325MG, CAFFINE 30MG, PHENYLEPHERINE 5MG, CHLORPHENIRAMINE MALEATE 1MG ● **VORP TAB** ATORVASTATIN IP 10MG ● **VROL-P TAB** TRAMADOL 37.50 MG+ PARACETAMOL 325 MG ● **VTOXTER-90 TAB** ETORICOXIB 90 MG tab ● **V-WORM PLUS TAB** ALBENDAZOLE-400 MG + IVERMECTIN-6 MG ● **VZIKTI-250 TAB** AZITHROMYCIN 250 MG ● **VZIKTI-500 TAB** AZITHROMYCIN 500 MG ● **VERAX TAB** Ferrous Asc+f. Acid+ZINC ● **VALMET-G1 TAB** Glimpiride 1mg + Metformin 500 mg ● **VALMET-G2 TAB** Glimpiride 2mg + Metformin 500 mg ● **VALFLOX -200** OFLOXACIN 200 MG ● **VQ 10 TAB** CO-ENZYME,Q10, LYCOPENE POWDER, AMINO ACID, TAB ● **VL-TONE 5 G** Grape seed extract+ Green tea extract+ Ginseng+ Ginkgo biloba+ Garlic+ Mixed carotenoids+ Lycopene+ Circus bioflavonoids+ Amino acids+ Multivitamins+ Antioxidants Tab ● **VL VITOL** GINSENG

Product List

E-Derma Pharma India Pvt. Ltd.

Antibiotics- AZICA Tab. : Azithromycin 250/500mg, ● **AUG-FAST** Tab : Amoxicillin Trih 500mg Potassium Clav. 125mg., ● **MINOPEARL** Tab: Minocycline 50/100mg, ● **CEFITURN** Tab : Cephalixin 500 mg, ● **DALLOX** Cap : Amoxicillin 250 mg & Dicloxacin 250 mg, ● **DYNACLIN** Tab: Clindamycin 150/300mg, ● **DOXYAID-LB** Cap : Doxycycline Hyclate 100mg and 5 billion lactobacillus spores, ● **FUDICA** Cr. : Fusidic acid 2%, ● **NADIREST** Cr. : Nadifloxacin 1% , ● **Antiallergic- E-BEST** Tab. : Mizolastine 10 mg, ● **HYBEST-10/25** Tab. : Hydroxyzine 10/25 mg , ● **LORAID** Tab. : Loratadine 10 mg , ● **LEVOCA** Tab/Syp : Levocetirizine 5 mg, ● **LEVOCA-M** Tab. : Levocetirizine 5 mg & Montelukast 10mg, ● **POLBEST** Tab. : Dexchlorpheniramine SR 2mg, ● **FEX-UP** Tab. : Fexofenadine 180 mg, ● **CALOMYNE** Lot. : Calamine 8%, Glycerin 5%, Aloe Vera 10%, Liq. Paraffin , Zinc Oxide 3%, ● **Steroids- DYNACORT** Tab. : Deflazacort 6/12/30mg , ● **SAFECORT** Cr/Lot. : Mometasone Furoate 0.1%, ● **FUDICA-B** Cr. : Fusidic acid 2% & Mometasone Furoate 0.1% , ● **ECZIVATE 30** Cr. : Clobetasol Prop. 0.05%, ● **HALOTURN** Cr. : Halobetasol Prop. 0.05%, ● **FLUTURN-H** Cr. : Flucinolone Acetonide 0.1%, ● **NADIREST-M** Cr. : Nadifloxacin 1% & Mometasone 0.1% , ● **DESOCARE** Lot. : Micronised Desonide 0.05%, ● **ECZIVATE-S** Lot. : Clobetasol 0.05% & Salicylic Acid 3/6%, ● **ISORVATE-AL** Gel : Clobetasol prop. 0.05%, Ammonium Lactate 12%, ● **Antifungal- ITRASTAT** Cap : Itraconazole 100/200mg, ● **TERBAZ** Tab. : Terbinafine 250 mg, ● **TERBAZ** Cr/Dust. Powder : Terbinafine 1% , ● **KTZ** Tab : Ketoconazole 200 mg, ● **KTZ** Cr/Dust. Powder : Ketoconazole 2%, ● **KTZ Lotion** : Ketoconazole 2% Stay on Lotion, ● **CANBEE** Cr. : Clotrimazole 1% , ● **CANBEE-B** Cr. : Clotrimazole 1% & Beclomethasone 0.025%, ● **FLUPACK** Tab. : Fluconazole 150mg, ● **SERTAFIX** Cr. : Sertaconazole 2.0% & Benzyl alcohol 1.0%, ● **K-WASH** Shamp. : Ketoconazole 2%, ● **K-WASH PLUS** Shamp. : Ketoconazole 2% & ZPTO 1%, ● **LUNICOL** Cr. : Luliconazole 1%, ● **AMLOTURN** Cr. : Amorolfine 0.025% , ● **Immunosuppressants- AZONY** Tab. : Azathioprine 50 mg, ● **TACROGARD 0.1/0.03** Oint. : Tacrolimus 0.1/0.03%, ● **SORAPRIN** Softgel Cap. : Cyclosporine 100mg, ● **NEOTURN 2.5/5/7.5** Tab. : Methotrexate 2.5/5/7.5 mg, ● **Acne Care- ISOPEARL-M20** Softgel Cap : Micronised Isotretinoin 20mg, ● **ISOPEARL-10/20** Softgel Cap : Isotretinoin 10/20mg, ● **ISOTY** Softgel Cap. : Isotretinoin 20 mg, ● **DYNACLIN-N** Gel : Clindamycin 1% & Nicotinamide 4%, ● **DYNACLIN** Gel : Clindamycin 1%, ● **O-GYL** Gel : Ornidazole 10 mg, ● **ADAQUEEN** Gel : Adapalene 0.01%, ● **ADAQUEEN-C** Gel : Adapalene 0.01% & Clindamycin 1%, ● **TRET-A** Cr : Tretinoin 0.025/0.05%, ● **BENZITURN-AD** Gel : Adapalene 0.1% & Benzoyl peroxide 2.5%, ● **Benziturn - 2.5/5/10** Gel : Benzoyl peroxide 2.5/5/10%, ● **AZICA** Gel : Azithromycin 2%, ● **Hypopigmenting Agents- AZESPT** Cr : Azelaic acid 15% , ● **FACELITE** Gel : Kojic Acid 2%, Arbutin 1.5%, Octinoxate 7.5%, Mulberry Extract & Glycolic Acid, ● **M-LITE PLUS** Cr. : Hydroquinone 2%, Tretinoin 0.025%, ● **M-LITE FORTE** Cr. : Hydroquinone 2%, Tretinoin 0.025% & Mometasone 0.1%, ● **M-LITE GLOW** Cr. : Hydroquinone 2%, Tretinoin 0.025% & Fluocinolone Acetonide 0.01%, ● **M-LITE AT** Cr. : Hydroquinone 2%, Tretinoin and Allantoin, ● **MELOSPOT** Cr. : Hydroquinone 4%, ● **LITEFACE** Cr. : Depigmenting Cream, ● **GLOW DAY** Cr. : Glycolic acid, Alpha Arbutin, Tocopheryl acetate, Resorcinol, Titanium Dioxide, ● **GLOW NIGHT** Cr. : Alpha Arbutin, Retinol, Liguorice, Vit. E, Glycerine, Squalene, D- alpha Tocopherol, Lendin, ● **GLUTAGLOW** Tab. : Glutathione 500mg and Lipoic acid 200mg, ● **GLUTAGLOW-C** Tab. : Glutathione 500mg, Lipoic acid & Vitamin-C 1gm , ● **GLUTAGLOW** Peel : Glutathione 1%, Glycolic acid 45%, Lactic Acid 10%, Salicylic acid 0.5%, Kojic Acid Dipalmitate 7%, Lemon Peel Ext. 2%, ButyrospermumParkii 5%, ● **GLUTAGLOW-C** Serum : Ethyl Ascorbic Acid Stable Vit. C 20%, Glutathione 2%, Niacinamide 2%, Beta-Arbutin 2%, Orange Peel Extract 2%, Lemon Peel Ext. 2%, Dimethicone 2%, Chamomila Ext. 2%, ● **Antioxidants/ Vitamins- LYCOXID** Tab. : Betacarotene (10%) 30 mg, Lycopene (10%) 7500 mcg, Vit. C 150 mg., Vit. E 25 mg, Minerals&Zeaxanthine (10%) 25 mg, ● **PROCDINA** Tab. : Proanthocyanidin 75 mg, ● **PROCDINA-TX** Tab. : Tranexamic acid 250 mg , ● **IRONI UP** Cap. : Carbonyl Iron 100 mg, Vit. C 150 mg, Vit. B12 15 mcg., Folic Acid 5 mg, Zinc Sulphate 61.8 mg & Vit B6 3 mg, ● **Hair Care- FINTURN** Tab. : Finasteride 1 mg, ● **BIOTURN FORTE** Tab. : Biotin 10 mg, Calcium Pantothenate 100 mg, N-Acetyl Cysteine 50 mg, ● **MINTURN-XL** Lot/Spray : Minoxidil 5% & Aminexil 1.5%, ● **MINTURN-2/5/10** Lot/Spray : Minoxidil 2/5/10%, ● **Misc- D2 PLUS** Tab. : Diclophenac 50mg, Paracetamol 325 mg & Serratiopeptidase 15mg, ● **PAPSODOM** Tab. : Pantoprazole 40 mg. & Domperidone 10 mg, ● **FOUR STROKE** Cr. : Ofloxacin 0.75%, Ornidazole 2%, Terbinafine 1% & Clobetasole Prop. 0.05%, ● **HAIR LONG** Oil : Sun flower Oil, Castor Oil, & Grapeseed Oil, ● **HAIR LONG** Tab. : Saw palmetto powder 160mg, Green tea 50mg, Ginkgo biloba 10mg, Nettle leaf extract 50mg, Amino acid, Vitamin B6 3mg, Collagen peptide 50mg & minerals, ● **HAIR LONG** Serum : Procipil (Oleanolic acid, Apigenin, Biotinoyl Tripeptide-1) Poliquart -7, ● **Hair Long B + Oil** : Biotin, saw palmetto, D- panthenol, Sugandha Kokila, Sesame oil, roots of karonday, olive oil, ● **SOFTUM** Shamp. : Shea Butter, Ceramides, Soya protein, ● **Psoriasis Care- TARSOFT-CS** Oint. : Clobetasol 0.05%, Salicylic Acid 3% & Coal Tar 5%, ● **ECZIVATE-MF** Oint. : Clobetasol 0.05%, Salicylic Acid 3%, Urea 10% & Lactic Acid 3%, ● **TARSOFT** Lot. : Coal Tar 4.25% & Salicylic Acid 2%, ● **TARSOFT** Oint. : Salicylic Acid 3% & Coal Tar 6%, ● **Antiscabies- IVITURN** Tab. : Ivermectin 6/12 mg, ●

PERISH Cr./Lot. : Permethrin 5%, ● **Antiviral- F-VEER** Tab. : Famciclovir 250mg, ● **Soap/ Facewash- E-BACTY** Soap : Triclosan, Allantoin & Alum, ● **ACNEDAY** Soap : Triclosan, Triclocarben, Glycerin, Vit. E, Aloe Vera & Tree Tea Oil, ● **KTZ** Soap : Ketoconazole 2%, ● **SCABICA** Soap : Permethrin, Aloe Vera & Tree Tea Oil, ● **BEAUTY Bar** : Aloe vera, Milk protein, Shea butter, Cocoa butter, Titanium dioxide, Almond oil, ● **GLOBELLA SOAP Skin Whitening**: Kojicacid, Arbutin, C, VIT A,C,E & F, Liguorice ,Bearberry and Mushroom, ● **SOFTUM BABY/Moisturizer Bar pH 5.5** : Syndet Base baby bar, ● **VISIA** Soap : Aloe Vera, Vit. E & Moisturising, ● **VISIA** Facewash : Lemon, Honey, Menthol, Mulberry Extracts, ● **ACNEDAY** Facewash : D-panthenol, Aloe vera, Vit E & Triclosan, ● **SOFTUM Cleansing Lot.** : Cetyl Alcohol and stearyl alcohol, ● **GLOWBELLA Skin Whitening Facewash**: Salicylic, Kojic, Lactic and Glycolic acid, ● **Emollients- VISIA Cr/Lot.** : Glycerine 6.0%, Tocophenyl Acetate 0.5%, Liquid Paraffin 10.0%, Cetyl Alcohol 3.0%, Squalene & Aloe Vera, ● **VISIA Soft Cr.** : Propylene Glycol, Emulsifying wax, Glycerin, Cyclomethicon, ZnO CREAM, ● **VISIA Lip Balm** : Lip Care Lip Balm, ● **GLOW BELLA moisturizing LOT** : Aloe Vera, Barbados Leaf Juice, Stearic Acid, Cetearyl Alcohol, ButyrospermumParkii (Shea Butter), Allantoin For sensitive skin, ● **SOFTUM** Baby Lotion, ● **Sunscren- O' BAY SPF 30** : Octylmethoxycinnamate 5.0%, Avobenzene 2.0%, Methoxy Cinnamidopropyl Hydroxy Sultaine 2.0%, Zinc Oxide 2.0%, Allantoin 0.2%, Vitamin E 0.1%, Aloe Vera Gel 0.2% , ● **VISIA SPF 50** : Octinoxate 7.5% , Avobenzene 2%, Oxybenzone 3%, Octocrylene 3%, ZnO 2%, Titanium dioxide, ● **Email id : queryderma@gmail.com, Ph No. :- 9034435000, 9034635000.**

Farma Hub

Akon xt (Ferrous Ascorbate Eq. to Iron 100mg + Folic Acid 1.5mg) ● **Azixime** (Azithromycin 250 mg + Cefixime 200 mg) ● **Cefafar 250** (Cefuroxime Axetil 250mg) ● **Cefafar 500** (Cefuroxime Axetil 500mg) ● **Cefafar CV 250** (Cefuroxime Axetil 250mg + Potassium Clavulanic 25mg) ● **Cefafar CV 500** (Cefuroxime Axetil 500mg + Potassium Clavulanic 125mg) ● **Cefizan Plus** (Cefixime 200mg + Ofloxacin 200mg) ● **Chestwin** (Paracetamol 500 + Cetirizine 5 mg + Phenylephrine 10 mg) ● **Clonazan- ET** (Clonazepam 0.5mg + Escitalopam Oxalate 10mg) ● **Defahub 6** (Deflazacort 6mg) ● **Drotyfar- M** (Drotaverine Hcl 80mg + Mefenamic Acid 250mg) ● **Farclav-625** (Amoxicillin Trihydrate 500mg + Clavulanic Acid 125mg) ● **Farnac- Forte** (Trypsin 48mg + Bromelain 90mg + Rutoside 100mg + Diclofenac potassium 50mg) ● **Farnac- P** (Aceclofenac 100mg + Paracetamol 325mg) ● **Farnac- SP** (Aceclofenac 100mg + Paracetamol 325mg + Serratiopeptidase 15mg) ● **Farpod 100** (Cefpodoxime Proxetil 100mg) ● **Farpod 200** (Cefpodoxime Proxetil 200mg) ● **Farpod CV** (Cefpodoxime Proxetil 200 mg + Pot. Clavulanate 125mg) ● **Farcof Cold** (Paracetamol 325 mg + Guaiphenesin 100 mg + Ambroxol 30mg + Phenylephrine 10 mg + Cpm 10 mg) ● **Fixim 100 DT** (Cefixime Trihydrate 100mg) ● **Fixim 200 DT** (Cefixime Trihydrate 200mg) ● **Fixim- LB 50 DT** (Cefixime with Lactic Bacillus 50mg) ● **Fixim Plus** (Cefixime Trihydrate 200mg + Ofloxacin 200 mg) ● **Folytin** (Biotin 10mg + Folic Acid 5mg) ● **Joycin 500** (Levofloxacin 500mg) ● **Joyclav 625** (Amoxicillin Trihydrate 500mg + Clavulanic Acid 125mg) ● **Kalen** (Calcium Citrate 100mg + Calcitrol 0.25mg) ● **Linez 600** (Linezolid 600 mg) ● **Necfine- P** (Diclofenac Sodium 50 mg + Serratiopeptidase 10mg + Paracetamol 325mg) ● **Nipafar** (Nimesulide 100mg + Paracetamol 325mg) ● **Panfar 40** (Pantoprazole 40 mg) ● **Panfar D** (Pantoprazole 40 mg + Domeperidone 10 mg) ● **Parahub D** (Paracetamol 500 mg + Domeperidone 10 mg) ● **Udifine 300** (Ursodeoxycholic Acid 300mg) ● **Veebaz 250** (Azithromycin Dihydrate 250mg) ● **Veebaz 500** (Azithromycin Dihydrate 500mg) ● **Windfar- L** (Levocetirizine HCL 5mg + Montelukast Sodium 10mg) ● **Wisoflox 200** (Ofloxacin 200mg) ● **Wisoflox- OZ** (Ofloxacin 200mg + Ornidazole 500mg) ● **Zan-M-Spas** (Mefenamic Acid 250 mg + Dicyclomine Hydrochloride 10 mg) ● **Dirhram** (Omeprazole 20mg) ● **Dirhram- D** (Omeprazole 20mg + Domeperidone 10mg) ● **Farclax** (Amoxicillin Trihydrate 250mg + Dicloxacinil Sodium 250mg) ● **Lycobar** (Lycopene 10% 5000mcg + Beta Carotene (7.5% dispersion) 20mg + Mecobalamin 250mcg + Vitamin B6 3mg + Folic Acid 1.5mg + Chromium Picolinate 75mcg + Green Tea Extract 50% 200mg + Sodium Selenate 100mcg + Zinc Sulfate Monohydrate 27.453mg) ● **Necessity** (Methylcobalamin 1000mcg + Benfotiamine 100mg + Pyridoxine Hcl 1.5mg + Alpha Lipoic Acid 100mg + Folic Acid 0.75mg) ● **Panfar DSR** (Pantoprazole Sodium Sesquihydrate 40mg + Domeperidone 30mg) ● **Rabyfar- DSR** (Rabeprazole Sodium 20mg + Domeperidone 10mg) ● **Rabyfar IT** (Rabeprazole Sodium 20mg + Itopride 30mg) ● **Rabyfar L** (Rabeprozole 20 mg + Levosulpride 75 mg) ● **Zactovit** (Lactic Acid Bacillus With Vitamin B-Complex) ● **Apyfar** (Cyproheptadine HCl IP 2mg + Tricholine Citrate 275mg) ● **Chestwin** (Paracetamol 125 + Cetirizine 2 mg + Phenylephrine 5 mg) ● **Covent-LC** (Chlorpheniramine Maleate 4mg + Codeine Phosphate 10mg) ● **Defahub** (Deflazacort Oral Suspension 6mg) ● **Farcof- AB** (Ambroxol 15mg + Terbutaline Sulphate 1.5mg + Guaiphenesin 50mg + Menthol 1mg) ● **Farcof- CD** (Codine Phosphate 10mg + Chlorpheniramine Maleate

4mg) ● **Farcof- D** (Chlorpheniramine Maleate 2 mg + Dextromethorphan Hydro bromide 10mg + Phenylephrine Hydrochloride 5mg) ● **Farcof- LS** (Levosulbutamol Hydrochloride 1 mg + Ambroxol hydrochloride 30 + Guaiphenesin 50 mg) ● **Farliv** (An ideal formulation for liver Dys Functions) ● **Farzyme** (Fungal Diastase 50 mg + Pepsin 10 mg) ● **Farnac-P** (Aceclofenac 50mg+ Paracetamol 125mg (with cartan) ● **Lycobar** (Lycopene 6 % minerals with Antioxidant Syp) ● **Necessity** (Lysine Hydrochloride 10.0mg + Lycopane 6% 1000.0mcg + Vitamin A 1250.0IU + Cholecalceferol 100.0IU + Vitamin E 5.0IU (as D-L Alpha tocopheryl Acetate) + Cyanocobalamin 0.5mcg + Sodium Selenate Eq. to Selenium 17.5mcg + Vitamin C 25.0mcg + Thiamine Hydrochloride 1.0 mg + Riboflavin Sodium Phosphate 1.5mg + Pyridoxine Hydrochloride 0.75mg + Copper Sulphate 100.0mcg + Potassium Iodide 50.0mcg + Zinc Sulphate Eq. to Elemental Zinc 1.5mg In a Flavoured Syrupy Base) ● **PARAHUB DS** (Paracetamol 250mg) ● **Parahub MF** (Mefenamic Acid 50mg + Paracetamol 325mg) ● **Pro-Wizz** (Promethazine HCL 15mg + Paracetamol 125mg) ● **Raceone** (Racecadotril IP 10 mg. Suspension) ● **Utility** (Uterine Tonic) ● **Veebaz 200** (Azithromycin Dihydrate 200mg) ● **Wiskorid** (Terbutaline Sulphate 1.25mg + Bromhexine HCL 4mg + Guaiphenesin 50mg + Menthol 2.5mg) ● **Wisoflox- OZ** (Ofloxacin 50mg + Ornidazole 125mg) ● **Wisoflox** (Ofloxacin 50mg/5ml) ● **Zanliv** (Strong Liver Tonic) ● **Farpod** (Cefpodoxime Proxetil 50mg/5ml) ● **Farclav** (Amoxicillin 200mg + Clavulanic Acid 28.5mg) ● **Fixim** (Cefixime Trihydrate 50mg / 5ml) ● **VB Pod** (Cefpodoxime Proxetil 50mg/5ml) ● **Colizan** (Simethicone 40mg + Dill Oil 0.005ml + Fennel Oil 0.0007mg) ● **Sai-Dom** (Domperidon Suspension) ● **Earfine** (Ofloxacin + clotrimazole + Beclomethasone + Lignocaine) ● **Cefafar-1gm Inj.** (Ceftriaxone 1gm) ● **Cefafar-S** (Ceftriaxone 1gm + subbactum125) ● **Farclav Inj 1.2gm** (Amoxicillin Trihydrate 1000mg + Clavulanic Acid 200mg) ● **Farmazone-SB Inj.** (Cefoperazone Sodium 500mg + Sulbactam Sodium 500mg) ● **Mecofine inj** (Mecobalmine 1500 mcg) ● **Panfar-IV** (Pantoprazole Sodium 40mg) ● **Supataz 4.5 gm Inj.** (Piperacillin Sodium 4gm + Tazobactam Sodium 500mg) ● **Clobezan Cream** (Clobetasole + Miconazole + Neomycin Cream) ● **New Shine Cream** (Hydroquinone USP 2%w/w + Tretinoin USP 0.025%w/w + Mometasone Furoate IP 0.1%w/w) ● **New Shine Cream** (Hydroquinone USP 2%w/w + Tretinoin USP 0.025%w/w + Mometasone Furoate IP 0.1%w/w SCHEME (with soap) ● **New Shine Acne Cream** (Adapalene 0.1% + Clindamycin Phosphate IP 1%) ● **Farnac Oil** (For Joints Pain & Osteoarthritis) ● **Diclozan Gel** (Diclofenac + Methyl Salicylate + Menthol Gel) ● **Farnac Gel** (Linseed Oil 3.00%w/w + Diclofenac Diethylamine 1.16%w/w + Menthol 5.00w/w% + Methyl Salicylate 10.00w/w% + Benzyl Alcohol 1.00%w/w) ● **Progud-DHA** (Protein Powder with DHA & Methylcobalamin (Chocolate Flavour) Tin Pack) ● **New Shine soap** (Alovera 4 % w/w + Glycerine IP 1% w/w , Vitamin E IP 0.25 % w/w , Urea IP 1% w/w , safflower oil 0.5% , & Skimmed milk Powder 2% & Soap Noodles q.s) ● **kalen** (Calcitriol IP 0.25 mcg + Calcium Carbonate IP 500 mg + Zinc 7.5 mg) ● **Necessity Gold** (Soft Gel Capsules of Omega-3 Fatty Acids + Green Tea Extract + Ginkgo Biloba + Grape Seed Extract + Antioxidants + Vitamins + Minerals + Trace Elements) ● **Turbo Gold Caps** (Soft Gel Capsules of Omega-3 Fatty Acids + Green Tea Extract + Ginkgo Biloba + Grape Seed Extract + Antioxidants + Vitamins + Minerals + Trace Elements) ● **Mob.:- 09837187230.**

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Forth Coming Events

February 5-8, 2018 Medlab 2018 (Dubai, U.A.E.) The world's largest laboratory exhibition and congress "MEDLAB" is scheduled to be held at Dubai International Convention and Exhibition Centre in Dubai, U.A.E. For details contact: Informa Life Sciences Exhibition, Office No 20:01, Level 20, Sheikh Rashid Tower, Dubai World Trade Centre, Dubai, U.A.E. **Tel.:+971-4-336-7334. E-mail: medlabme@informa.com. Website:www.medlabme.com**

February 7-12, 2018 PLASTINDIA (Ahmedabad, Gujarat, India.) 10th International Plastics Exhibition, conference and convention will be held at Gandhinagar, Ahmedabad, Gujarat, India. The Event will focus plastics in Medical and Healthcare (Medical Devices, Pharmaceuticals, Diagnostics, Medical Packaging etc.) For details contact: Plastindia Foundation, 401, Landmark 'B' Suren Road Off Andheri Kurla Road, Andheri (E) Mumbai-400093, India. **Tel.:+91-22-26832911/14, Fax: +91-22-26845861. E-mail: Plastindia@vsnl.com; Web.:www.plastindia.org**

February 9-11, 2018 ICHCA 2018 (Valencia, Spain.) An international Congress on hypertension in Children and adolescents is scheduled to be held in Valencia, Spain. For details contact: Paragon Group, 18 Avenue Louis-Casai, 1209 Geneva, Switzerland. **Tel:+41-22-5330-948, Fax: +41-22-5802-953. E-mail; secretariat@htpaediatrics.com Website:www.htpaediatrics.com**

February 15-17, 2018 India Medical Device 2018 (Bengaluru, India.) The 3rd edition of international exhibition and conference on medical device sector is scheduled to be held at Bangalore international Exhibition Centre in Bengaluru, India. For details contact: Federation Of Indian Chambers Of Commerce And Industry (FICCI), Karnataka State Council VITC Building, 1st Floor, Kasturba Road, Bangalore 560001, India. **Mobile:+91-9945790735 Email:bk.nayak@ficci.com; Website:www.indiamediexpo.in**

February 16-17, 2018 Annual Case Based Approach to Controversies in Cardiovascular Diseases 2018 (Dubai, U.A.E.) The 8th edition of case based approach to controversies in cardiovascular diseases is scheduled to be held at Mohammed Bin Rashid-Academical Medical Center in Dubai U.A.E. For details contact; infoPlus Events LLC, Suite 1406 Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O.Box 71108, Dubai, U.A.E. **Tel.:+971-4-4218996, Fax:+971-4-4218838. E-mail: marketing@infoplusevents.com; Website:www.cvuae.com**

February 22-23, 2018 EMEL 2018 (Dubai, U.A.E) The 4th edition of Emirates Endometriosis League (EMEL) conference on Endometriosis and Uterine Disorders is scheduled to be held at Marriott Hotel, Dubai, U.A.E. For details contact: InfoPlus Events LLC-Dubai, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community P.O. Box 71108, Dubai, UAE. **Tel.:+971-4-4218996, Fax:+971-4-4218838. E-mail Marketing@InfoPlusEvents.com; Website:www.endometriosisuae.com/4thEMEL**

February 21-23, 2018 Medical Japan 2018 (Tokyo, Japan) The 4th edition of international expo and conference, Medical Japan, dedicated to products/services/technologies for healthcare, clinical testing, diagnostics and medicine is scheduled to be held at INTEX Osaka in Japan. For details contact: Reed Exhibitions Japan Ltd., 18F Shinjuku-Nomura Bldg., 1-26-2 Nishishinjuku, Shinjuku, Tokyo 163-0570, Japan. **Tel.:+81-3-3349-8509, Fax :+81-3-3349-4922. E-mail: medical:www.medical-jpn.jp**

February 22-24, 2018 MEDITEC 2018 (Mohali, Chandigarh, India.) India's pioneer medical equipment and technologies exhibition is scheduled to be held at NIPER, SAS Nagar, Mohali in Chandigarh India. For Details contact: Orbit Exhibitions Pvt. Ltd., 103 Navyug Industrial Estate, TJ Road Sewri (W) Mumbai-400015, India. **Tel.:+22-2410-2801/03. E-mail: harikrishnan@orbitexhibitions.com; Website:www.medite.co.in**

February 23-25, 2018 MEDICALL 2018 (Hyderabad, India) The 19th edition of India's B2B Medical Equipment and Hospital needs exhibition is scheduled to be held at Hitex Exhibition Centre on Hyderabad, India. For details contact: Medexpert Business Consultants Pvt Ltd, 199, 7th floor, Lez Churh Road, Mylapore, Chennai, 600-004 Tamilnadu. **E-mail:info@medicall.in Website: http://www.medicall.in**

February 26-28, 2018 IFM 2018 (Dubai, U.A.E.) The 5th International Family Medicine Conference & Exhibition (IFM) will be held at Dubai International Convention & Exhibition Centre, Dubai, UAE. For details contact: INDEX Conferences & Exhibitions Org. Est., INDEX Holding Headquarters, P.O. Box: 13636, Road # D-62, Opp. Nad Al Hamar, Dubai, UAE. **Tel.:+971-45208888 Fax:+971-43384193. E-mail: index@emirates.net.ae Website:www.index.ae**

February 17-March 1, 2018 Duphat 2018 (Dubai, U.A.E) The 23rd edition of Dubai International Pharmaceuticals and Technologies Conference and Exhibition is scheduled to be held at Dubai International Convention and Exhibition Centre in Dubai, U.A.E. for details contact: INDEX Conferences & Exhibitions Organisation Est, Headquarters, Road# D-62

Opposite Nad Al Hamar, Dubai, United Arab Emirates **Tel.:+971-4-520-8888 Fax: +971-4-338-4193. E-mail: info@duphat.ae Website:www.duphat.ae**

March 2-4, 2018 Medicare Colombo 2018 (Colombo, Sri Lanka.) The 9th edition of Sri Lanka's only national healthcare exhibition, 'Medicare 2018' is scheduled to be held at the Sirimavo Bandaranaike Memorial Exhibition Hall in Colombo, Sri Lanka. For details contact: Global Trade Fairs, No. 70-A, R.V.L. Nagar Uppilpalayam (post), Coimbatore 641015, Tamilnadu, India, Mobile:+91-960-020-0400, **Tel.:+91-422-259-0407. E-mail:gtfcb@gmail.com and/or madhawa@aitkenspence.lk Website:www.medicare.lk**

March 3-5, 2018 MedHealth Kenya 2018 (Nairobi, Kenya) An International trade exhibition on Hospital supplies, Medical, Surgical, Laboratory equipment, Pharmaceutical etc is scheduled to be held at KICC in Nairobi, Kenya. For details contact: Gtow Exhibitions, P.O.Box 103574, Dubai, U.A.E. **Tel.:+971-4-3964906, Fax:+971-4-3964904. E-mail: Maggie.z@growexh.com Website:http://www.growexh.com/medhealth**

March 5-7, 2018 Africa Healthcare and Dental Summit 2018 (Olympia, London, U.K.) The 5th edition of Africa Healthcare Week is scheduled to be held at Olympia in London, United Kingdom, This business event shall provide high-level discussion and meetings into the investment opportunities and technology opportunities and technology procurement requirements of Africa's healthcare industry. A concurrent Dental summit shall also be held along with Africa Healthcare Summit 2018 For details contact: Oliver Kinross, 1-3 Worship Street, London, EC2A 2AB, U.K **Tel.:+44-203-058-2381. E-mail: Victoria.fields@oliverkinross.com ; Website: www.africahealthcareweek.com**

March 7-10, 2018 Tunisia Health Expo 2018 (Tunis, Tunisia.) An event for public and private medical fraternity to know the most recent technologies and development in all the branches of the health sector is scheduled to be held at Exhibition park and the International Trade Centre in Tunis, Tunisia. For details contact Society Des Foires International De Tunis, parc Des Expositions Et Centre De Commerce International B.P. N1 2015 Le Kram, Tunis, Tunisia. **Tel.:+216-71-973-111/976-111, Fax: +216-71-971-666. E-mail: itf.com@fkra.com.tn; Website:http://www.tunisia-healthexpo.com.tn**

March 13-14, 2018 Future Healthcare (London United Kingdom.) An International exhibition and conference on future healthcare is scheduled to be held at London, Olympia in United Kingdom For details contact: Pri-Med Global Plc, 14 Hanover Street, Hanover Square, London W1S 1YH, U.K. **Tel.:+44-0203-470-4666. E-mail: info@futurehealthcareuk.com**

March 13-15, 2018 Intermed 2018 (Moscow, Russia.) The 9th edition of International Exhibition dedicated to medical treatment abroad, InterMed, is scheduled to be held at Expocentre Fairgrounds in Moscow, Russia For details contact: Prime Expo, 24A Yakubovicha st. Sr Petersburg, 190000, Russia. **Tel.:+7-812-380-6000. E-mail:med@primexpo.ru Website: www.intermedexpo.ru**

March 15-19, 2018 KIMES 2018 (Seoul, Korea.) The 34th edition of Korea International Medical and Hospital Equipment Show is scheduled to be held at COEX in Seoul, Korea. For details contact: E & Ex Inc.(KIMES 2018 Secretariat), Rm.2001, WTC, 511, Yeongdong-daero, Gangnam-gu, Seoul, 06164, Republic of Korea. **Tel.:+82-2-551-0102, Fax:+82-2-551-0103, E-mail: kimes@kimes.kr; Website: www.kimea.kr**

March 16-18, 2018 Meducal Fair India 2018 (Mumbai, India.) The 24th edition of International Conference and exhibition is scheduled to be held at Bombay Convention and Exhibition Centre in Mumbai, India For details contact: Messe Dusseldorf India Pvt.Ltd., 302-302 A, 3rd Floor, Salcon Aarum, Plot No 4, Jasola District Centre, Near Delhi-110025, India. **Tel.:+91-11-4855-0057 and/or TyagiS@md-india.com ; Website:www.medicalfair-india.com**

March 22-25 2018 Expomed Eurasia 2018 (Istanbul, Turkey.) The 25th edition of the event dedicated to Medical Analysis, Diagnosis, Treatment, Rehabilitation Product, Device, System, Technology, Equipment and Hospitals Fair is scheduled to be held at Tuyap Fair and Congress Centre in Turkey, Istanbul. For details contact: Reed Tuyap Fuarcilik A.S., E-5 Roadway, Gurpinar Crossroad Reed Tuyap Fuarcilik A.S., E-5 Roadway, Gurpinar Crossroad 34500, Buyukcekmece, Istanbul, Turkey, **Tel.:+90-212-867-1100, Fax:+90-212-886-6698. E-mail:info@reedtuyap.com.tr;**

April 2-4, 2018 Medlab Asia 2018 (Suntec City, Singapore) An international event which shall bring together leading laboratory experts, scientists, researchers and clinicians to exchange and share their experiences and research results on all aspects of laboratory medicine and clinical research is scheduled to be held at suntec Singapore Convention & Exhibition Centre in Singapore. For details contact: Informa Life Sciences Exhibitions Office No. 20:01, Level

20, Sheikh Rashid Tower, Work Trade Centre. Dubai U.A.E. **Tel.:+971-4-407-2574and/or+971-4-336-5161, Fax:+971-4-336-4021. E-mail :marlon: +971-4@informa.com ; Website: http://www.medlabasia.com**

April 2-4, 2018 Rehacare & Orthopedic China 2018 (Guangzhou, China.) The biggest event on Rehabilitation, Rehacare and Orthopedic dedicated to specially challenged People is scheduled to be held at poly World Trade Centre in Guangzhou, China. For details contact: R&OC committee, f/4,406, Tower B, Poly World Trade Centre, No. 1000 Xin Gang Dong Road, Haizhu District, Guangzhou, China. **Tel.:+86-20-66224913, Fax:+86-20-66318832. E-mail: Maggie@cantonrehacare.com ; Website: http://en.cantonrehacare.com**

April 3-5, 2018 Kuwait Health 2018 (Mishref, Kuwait.) The Second edition of the largest healthcare event in Kuwait is scheduled to be held at Kuwait International Fair Grounds in Mishref, Kuwait. For details contact: ATEX International Exhibitions L.L.C., P.O Box 413520 Business Bay, Dubai, United Arab Emirates, **Tel.:+971-4-424-9988and/or Mob.:+971-55-775-1524. E-mail: love@atexinternational.com and/orinfo@atexinternational.com. Website: http://www.kuwaithealthexhibition.com**

April 3-5, 2018 ISF Kuwait 2018 (Mishref, Kuwait,) Kuwait's international trade exhibition dedicated to sports, Fitness and Health is International Fair Ground in Mishref, Kuwait. For details contact: ATEX International Exhibitions L.L.C., 301 Opal Tower, Tesla Group. Business Bay, P.O. Box 413520, Dubai, United Arab Emirates. **Tel.:+971-4-424-9988, Fax:+971-4-374-6014. E-mail: love@atexintrnational.com ; Website: www.isf-me.com/kuwait**

April 4-6, 2018 Lab Indonesia 2018 (Jakarta, Indonesia.) The 5th edition of Indonesia's Laboratory, Scientific Analytical Equipment and Services Exhibition and Conference is scheduled to be held at Jakarta Convention Centre in Jakarta, Indonesia. For details Indonesia, Jl. Maritim No . 4A3, Cilandak Barat Jakarta, 12430, Indonesia. **Tel.:+62-21-7590-2647/6812, Fax:+62-21-7590-1572. E-mail: info.ptite@ite-asia.com ; Website:www.lab-indo.com**

April 5-7, 2018 ECCC 2018 (Dubai, U.A.E.) The 14th edition of Emirates Critical Care Conference (ECCC) is scheduled to be held at event Centre in Dubai Festival City, U.A.E. For details contact: Infoplusevents LLC, Suite 1406, Lake Central Tower, Al Abraj Street, Burj Khalifa Community, P.O. Box 71108, Dubai, UAE. **Tel.:+971-4-4218996, Fax:+971-4-42188638. E-mail: marketing@infoplusevents.com Website:www.accc-dubai.com**

April 13-15, 2018 IDEM 2018 (Singapore.) The 10th edition of the leading Dental exhibition and conference in the Asia Pacific is scheduled to be held at Suntec Singapore Convention & Exhibition Centre in Suntec, Singapore For details contact: Koelnmesse Pte Ltd. 152 Beach Road. #25-05 Gateway East, Singapore 189821. **Tel.:+65-6500-6700, E-mail: idem-singapore@koelnmesse.com. sg (Andrea Berghoff). Website:www.idem-singapore.com**

April 14-16 2018 Mediconex 2018 (Cairo, Egypt.) The 11th edition of international exhibition dedicated to medical advancements and network with the industry innovators and leaders is scheduled to be held at Cairo International Convention Centre in Cairo, Egypt. For details contact: Arab-African Conferences and Exhibitions. 32 Road 7, Maadi, Cairo 11431, Egypt. **Tel.:+202-23594110. E-mail: info@arabafrianegypt.com Website:http://www.mediconex-exhibition.com**

April 17-19, 2018 Korea Lab 2018 Korea Lab 2018 Korea Pharma 2018 (Seoul, Korea.) Korea Lab 2018 -An International exhibition dedicated to Laboratory and Analytical Equipment and Korea Pharma 2018-An International Pharmaceutical & Bio-Pharma Industry Exhibition dedicated to Pharma and Bio are scheduled to be held at KINTEX in Seoul, Korea. For details contact: Kyungyon Exhibition Corp., Rm. 1101, Geumsan Bldg., 750 Gukhoe-daero, Yeongdeungpogu, Seoul, 07236, Korea. **Tel.:+82-2-785-4771, E-mail:gskim@kyungyon.co.kr Websites: www.korealab.org and www.koreapharma.org**

April 17-19, 2018 Medtec Europe 2018 (Messe Stuttgart, Germany.) The leading Medical Technology show in Europe is scheduled to be held in Messe Stuttgart, Germany. The exhibition serves not only as trading & networking event, but also a learning platform, while providing with an access to the latest market update, regulatory news and more. For details contact: UBM EMEA, Elisabethstrasse 13, 53721 Siegborg, Germany. **Tel.:+49-2241-95-9781-0, E-mail:medteceurope.marketing@ubm.com Website: www.medteceurope.com**

April 18-20, 2018 Exposanita 2018 (Bologna, Italy) The 21st edition of International Healthcare Exhibition providing an overview of product and services for hospitals, diagnostic etc is scheduled to be held in Bologna, Italy For details contact: Senaf Srl, Via di Corticelli 181/3, 40128 Bologna, Italy. **Tel.:+39-051-32551, E-mail:exposanita@senaf.it Website:www.exposanita.it**

Product List

Alaska Biotec Pvt. Ltd.

ACTIKOF D 100 ML (C.P.M. 2MG + PHENYT 5MG +DEX-TROMETH 10MG) ● SY ASBEST/ ASBEST PD (TERBUTA + BROMH + GUAIPHE + MENTHOL) ● ANP PLUS TAB (ACECLO + PARA) ● AOZ 200/AOZ T/AOZ-O TAB (OFLOXACIN 200 & OFLO + TINI & OFLO + ORNI) ● ALO-CEF 250/ ALOCEF 500 (CEFUROXIME 250/500) ● ARJUN 250/500 MG TAB (AZITHROMTYCIN 250/500) ● ALO-Q FORTE TAB (CO-ENZYME Q-10 LYCOPENE. OMEGA 3 FATTY) ● AWALK-PLUS CAP (GINSENG+ GREEN TEA + OMEGA FATTY) ● AFOL Z CAP (CARBONYL IRON +VITAMIN + FOLID) ● AFOL XT/SY AFOL XT TAB (FERRUS ASCORBATE + FOLIC ACID) ● AFEXIN /SB 1.5. INJ (CEFTRIXAONOE + SULBACPAM) ● FLANTRA INJ (PANTAPRAZOLE40 MG) ● ADOM CAP (OMEPEPA + DOMPE) ● APRO POWDER (PROTEIN + VITAMIN + MINERAL) ● AUSBEX SYP/ AUSBEX PD (TURBYTALINE + AMBRO + GUAIPHE + MENTHOL) ● ANP TAB (NIME + PARA) ● SER-ROJ D (DICLO + PARA + SERRA) ● AFEXIN 200/ SUS AFEXIN TAB (CEFEXIME / CEFEXIME 50 MG) ● ACTI-CLAV / SUS ACTICLAV TAB (AMOX 500 MG + CLAV 125 MG ORAL SUP. I.P 200/28.5 MG) ● ASPOX-AL TAB (ARTE-MEHER 80 + LUMEFANTRINE 480) ● AFEXIN -0 TAB (CEFEXIME + OFLOXACIN) ● AWALK POWDER (PRO-TEIN + WITH DHA) ● AMCAL TAB / SYT/TAB ● AMCAL PLUS (CALCIUM + VITAMIN D3 + ZINC CALCIUM CITRATE + MAGNESIUM) ● ACYTOS SYP (CYPROHEPTA +TRICHO + SORBITOL) ● AWALK CAP/ SYP (ANTIOXIDANT + MUL-TIVITAMIN + MINERAL) ● FLATRA D CAP (PCNTAPRA + DOMPER) (SUSTAINED RELEASE) ● ALFA AMCAL (CAL-CITRIOL + CALCIUM CAR+ ZINC) ● AFOL SM CAP (METHYLCOB 1500 MG + ANTOIX SPIRULINA VITA &. MIN-ERAL) MOB. 09167247783.

Virgo Healthcare Pvt.Ltd.

BIOLAX Syrup 100/200 ml (Lactitol Monohydrate) ● BIOVIR Sachets / Capsules (Prebiotic & Probiotic) ● FEROVIR Tablet/Syrup (Sodium Ferredetate + Folic Acid + Vit. B12 + Zinc) ● PROTIVIR 200mg Powder (Micronutrient-enriched Protein Chocolate / Elaichi Flavour) ● PANTOVIR Tablets (Pantoprazole 40mg) ● PANTOVIR-D Tablets (Pantoprazole 40mg + Domperidone 10mg) ● RABIVIR Tablets (Rabeprazole 20mg Enteric Coated) ● RABIVIR-DSR Capsules (Rabeprazole with Sustained Release Domperidone) ● LYCOVIR Capsules/Syrup (Lycopene, Alpha Lipoic Acid with Multivitamin & Multimineral) ● DROTIVIR-M Tablets (Drotaverine 80mg + Mefenamic Acid 250mg) ● VIZYME Syrup (Fungal Diastase, Pepsin & Vitamin B-Factors) ● TRILAX Powder (Gum Karaya 47.3gm + Lactitol 40.0gm + Senna 0.70 gm / 100gm) ● FLUCOVIR Tablets (Fluconazole 150 mg) ● V D3 Sachet / MD Tablets (Cholecalciferol Vitamin D3 60,000 I.U.) ● Vital-5 Tablets (DHA, Biotin, Methylcobalamin, Pyridoxal 5 Phosphate L-Methylfolate Calcium) ● Neurovir-OD Capsules (Methylcobalamin 1500 mcg + Alpha lipoic Acid 200 mg + Ascorbic Acid 100 mg + Vitamin A 2500 I.U. + Pyridoxine 3 mg Selenium 100 mcg + Vitamin E 25 I.U. + Folic Acid 1.5mg + Zinc Sulphate 30mg ● Neurovir-PG Capsules (Methylcobalamin 750 mcg + Pregabalin 75 mg)

Mob:- 09212189650.

Puremed Biotech

ACYHERP-400 TAB Acyclovir 400 Mg ● ALLERSKIN-25 TAB Hydroxyzine 25Mg ● DERMIPRED- 4 TAB Methylprednisolone IP 4mg ● DERMICON-150 TAB Fluconazole 150 Mg ● DERMICON-400 TAB. Fluconazole 400 Mg ● DERMIDEF-6 TAB Deflazacort 6 Mg ● FEXEE-120 TAB Fexofenadine 120 Mg ● FEXEE-180 TAB Fexofenadine 180 Mg ● NULOR-MD-10 TAB Loratidine 10 Mg-Md ● SKINCET- 5 TAB Levocetirizne 5MG. ● TER-BIPURE - 250 TAB Terbinafine 250mg ● WORMFREE TAB Albendazole 400, Ivermectin 6 ● AZISKIN 500 TAB Azithromycin 500mg ● EBAHIST-10 TAB Ebatatine-10mg ● VITAL-S.H.N . TAB Biotin 5mg., N-Acetyl cyst 50mg. Calcium pan 100mg Sodium selenite 65mg, Cupric oxide 3mg, Zinc oxide 22.5mg ● HAIR HEALTH TAB Biotin 10mg.+ vitamin c 40mg. + folic acid 150 mg. calcium panto. 5 mg. ● KETSKIN-200 TAB Ketoconazole 200mg. ● SKILOR-5 TAB Desloratidine 5 Mg ● SKINCET-M TAB Livecetrizine 5 Mg Monticlukast 10 Mg ● TERBIPURE-IT TAB Terbinafine 250mg, Itraconazole 100 Mg ● ACCUDOX-LB 100 CAP DOXYCYLINE 100MG + LB 5 ● LYSKIN SOFT-GEL CAP. Lycopine+Multivitamin+Antioxidant ● TRETSKIN-20 SOFT GEL CAP. ISOTretinoin 20 mg ● ITCON-100 CAP Itraconazole-100 ● ITCON-200 CAP Itraconazole-200 ● ACNERITE-AD CREAM Clindamycin 1% Adaplene 0.1% ● ACNERITE-N CREAM Clindamycin 1% Nicotinamide 4% ● DERMISOL -MN CREAM Clobetasole 0.05% Neomycin 0.5% Miconazole 2% ● DERMISOL-S CREAM Clobetasole 0.05% Salisalic Acid 3% ● DERMISOL CREAM CLOBETA-SOL 0.5% ● KETSKIN OINT Ketokonazole 2% ● LULETOP CREAM Luliconazole 1% ● SKIN RITE CREAM Ofloxacin IP 0.75% w/w, Orindazole IP 2.0%w/w, Terbinafine 1.00%w/w, Clobetasol Pro. 0.05%w/w ● TERBIPURE CREAM Terbinafine 1% ● KETSKIN SOAP Ketoconazole-1% ZPTO-1% + Aloevera 2% Glycerin 3% ● PERMICET SOAP Permethrin -1% Glycerin ● ACNERITE SOAP Triclosan-0.05, Tea Tree Oil, Zinc Oxide - 0.05%, Vit-E Ip-0.25, Allantoin Bp 0.25 ● SKINRITE SOAP Aloe Vera-4% Vit-E-0.5% Glycerin-2% ● CETRIBECT SOAP CETRIMIDE 0.5 % GLYCERINE ● CALSKIN LOTION Calamine 8.0% Light liquid paraffin 10.0% ● KETSKIN LOTION Ketoconazole 2.0% Zinc pyrithione 1.0% ● SALEE-CT LOTION Salisalic Acid 3%

Coltar Sol 1% ● SCABILON LOTION Gama Benzine 1% Cetrimide 0.1% ● PERMICET LOTION Permethrin 5% ● PUREKLEEN CLEANSING LOTION Cetyl Alcohol 2.65% Stery Alcohol 0.26% ● CEEZOLE POWDER Clotrimazole 1% Mob:- 09736701313, 09882011313.

Ipca Laboratories Ltd.

Revelol-XL (Metoprolol Succinate 12.5/25/50/100mg Extended Release Tablets) ● Revelol-Am (Metoprolol Succinate 25/50mg ER+Amlodipine 2.5/5mg Tablets) ● Revolol-CH (Metoprolol Succinate 25/50mg ER + Chlorthalidone 6.25/12.5mg Tablets) ● Tel-Revelol (Telmisartan 40mg + Metoprolol Succinate 25/50mg ER Tablets) ● Ace Revelol (Ramipril 2.5/5mg + Metoprolol Succinate 25/50mg ER Tablets) ● Revelol-H (Metoprolol Succinate 25/50mg ER+ Hydrochlorothiazide 12.5mg Tablets) ● CTD (Chlorthalidone 6.25/12.5mg Tablets) ● CTD-T (Chlorthalidone 6.25/12.5mg + Telmisartan 20/40/80mg Tablets) ● CTD-O (Chlorthalidone 6.25/12.5mg+Olmesartan 20/40mg Tablets) ● CTD-M (Chlorthalidone 6.25mg + Metoprolol Succinate ER 25/50 mg Tablets) ● CTD-C (Chlorthalidone 6.25/12.5 mg + Cilnidipine 10mg Tablets) ● CTD-L (Chlorthalidone 6.25/12.5 mg + Losartan 25/50 mg Tablets) CTD (Chlorthalidone) Alwiz (Azilsartan Medoxomil 40mg/80mg Tablets) ● Xtor 5/10/20 (Atorvastatin 5/10/20mg Tablets) ● Xtor 40/80 (Atorvastatin 40/80mg Tablets) ● Xtor-F (Atorvastatin 10mg + Micronized Fenofibrate 160mg Tablets) ● Xtor-Ez (Atorvastatin 10mg + Ezetimibe 10mg Tablets) Telminorm (Telmisartan 20mg/40mg/80mg Tablets) ● Telminorm-AM (Telmisartan 40mg+Amoldipine 5mg Tablets) ● Telminorm-BXL (Telmisartan 40mg + Metoprolol Succinate ER 25mg/50mg Tablets) Ph:- 011-25450374.

Allentis Pharmaceuticals Pvt. Ltd.

ATX 100/200 ml Syrup (Each 5 ml contains: Metgylcoabamin 250mcg., Vitamin A 2500 I.U., Cholecalciferol 200 I.U., Vitamin E 4.5 I.U., Vitamin B1 2.25 mg., Riboflavin 2.5mg., Pyridoxine HCl 1mg, Niacinamide 22.5mg, D Pantothenol 2.5mg, Ascorbic Acid 20mg, Zinc Gluconate 1mg Potassium Iodide 50mcg., Elemental Chromium 8 mcg., Sodium Molybdate 8 mcg., Manganese Chloride 0.8 mg. Calcium

Suspension 60 ml (Paracetamol 125 mg. /250 mg. Suspension) ● XUCEF-50 Dry Syrup 30 ml. (Cefpodoxime Proxetil 50 mg.) ● CALTRA Plus Tablets (Calcium Citrate 1000 mg. Vitamin D3 200 IU + Methylcobalamin 500 .Pyridoxine Hydrochloride 10 mg., Folic Acid 5 mg.) ● MCB PLUS Injection (Methylcobalamin 1500 mcg. + Vitamin B1 10 mg. Vitamin B6 3 mg. + Niacinamide 48 mg. D-Panthenol 50 mg. + Folic Acid 10 mg.) ● XUCEF Tablets 50 DT/ 100 DT/ 200 (Cefpodoxime Proxetil 50 mg./ 100 mg. /200 mg.) ● CIVOX Tablets (Ofloxacin 200 mg. + Cefixime 200 mg.) ● NIMOTRIN-P Tablets Suspension 60 ml. (Nimesulide 100 mg. + Paracetamol 325 mg. Mefenamic Acid 50 mg. Paracetamol 125 mg.) ● XUCEF-XP Injection (Ceftriaxime 250 mg. & Tazobactam 31.5 mg. Ceftriaxone 1000 mg. & Tazobactam 125 mg.) ● DEFOTIS-6 Tablets (Deflazacort 6 mg.) ● NIMOTRIN-P DS Suspension 60 ml. (Mefenamic Acid 100 mg. + Paracetamol 250 mg.) ● ZENOFER Syrup - 200 ml. (Ferric Ammonium Citrate 100 mg. + Vitamin B12 7.5 mcg. Folic Acid 1 mg. + Lysine Monohydrochloride 25 mg. Niacinamide 50 mg. + Coppe Sulphate 2 mg. Magnesium Sulphate 2 mg. + Zinc Sulphate 20 mg. Sorbitol Soluution 20% w/v) ● DYSER Tablets (Diclofenac Potassium 50 mg. Serratiopeptidase 10 mg.) ● PP-40 Tablets (Pantoprazole Sodium 40 mg.) ● ZENOFER Capsules (Carbonyl Iron 50 mg. + Zine 61.8 mg. Folic Acid 0.5 mg.) ● DYSER-P Tablets (Diclofenac Potassium 50 mg. Serratioptdase 10 mg. Paracetamol 325 mg.) ● P.P. DOM Capsules (Pantoprazole Sodium 40 mg. Domperidon 30 mg. SR) ● ZENOFER-XT Syrup-150 ml. Drops-15 ml. (Ferrous Ascorbate 30 mg. Folic Acid 500 mcg. /5ml. Syrup Ferrous Ascorbate 10 mg., Folic Acid 200 mcg., Vitamin B12 4 mcg., L-Lysine Mono 50 mg. /1ml. Drops) ● FALSITIS -75/150 ljections (Each 1 ml contains: a-B Arteether 75 mg. Oily Base q.s.) (Each 2 ml contains: a-B Arteether 150 mg. Oily Base q.s.) ● QUTIS-300 Tablets (Quinine Sulphate 300 mg.) ● ZYMEAL Syrup 200ml. (Pepsin 10 mg. + Distase 50 mg.) Mob:- 09827012881.

Healthkind Labs Pvt. Ltd.

Biolac-Z Sachet (Probiotic Strains & a Prediptic (FOS) with Zinc Enriched Yeast) ● Clavserch 375 (Alu-Alu)Tab. (Amoxycillin 250mg + Clavulanate 125mg) ● Deflasure Tablets (Deflazacort 6mg) ● GLDDY-DT Tablets (Ondansetron 4mg MD) ● PHAGO CEF 100,200 DIS-PERISBLE TABLETS (Cefixime Anhydrous 100mg,Cefixime Anhydrous 200mg) ● PHAGO CEF-O TABLETS (Cefixime 200mg + Ofloxacin200mg) ● PHAGO CEF-CV TABLETS DRY SYRUP (Cefixime + Clavulanic Acid) ● PHAGO CEF-AZ TABLETS (Cefixime 200mg + Azithromycin 250mg) ● PHAGO CEF-50 TABLETS (Cefixime 50mg) ● Rablanth 20 TABLETS (Rabeprazole 20mg) ● HEAL POD 50/100 CV Dry Syrup (Cefpodoxime proxetil 50mg, 10mg (with water) (Cefpodoxima Proxetil + Clavulanic Acid) ● HEAL POD 100DT/200 (Cefpodoxime 100mg DT, 200mg (Alu-Alu) Tablets) ● HEAL POD-CV Tablets (Cefpodoxime Proxetil 200mg + Clavulanic Acid 125mg (Alu-Alu) tablets) ● DEC NANIS 25/50 INJECTION (Nandrolone Decanoate 25/50) ● Marrow Cal-D3 Sachet (Cholecalciferol 60000 IU) ● Lycoserch SYRUP (Lycopene + Multivitamin) ● Lycoserch SOFTGEL CAPSULES (Lycopene 5000mcg +Vitamin A 5000IU+ Vitamin C 50mg+Selenium Dioxide 70mcg + Vitamin E Acetate 10IU + Zinc Sulphate Momohydrate 27.45mg) ● Lycoserch Syrup (Lycopene + Multivitamin) ● Aika day SYRUP (Disodium Hydrogen Citrate 1.37mg) ● Ventriol-P SYRUP (Terbutaline 1.25mg+Guaiphenesin 50mg + Bromhexine 2mg + Menthol 2.5mg) ● Are cross Injection (Artesunate 60mg) ● Are cross-B Injection (a-B Arteether 150mg) Mob:- 08586969759.

Human Bio-Organics Pvt. Ltd.

Mymero (Meropenem 1gm IV) ● Execute (Aztreonam 1gm IV) ● Mymero+ (Meropenem 1gm & Sulbactam 500mg IV) ● HB-Built (Iron Sucrose 100mg IV) ● Mymero-T (Meropenem 1gm & Tazobactam 125 mg IV) ● Colyme (Colistimethate Sodium 1 million I.U. IV, Colistimethate Sodium 2 million I.U. IV) ● Mymero-XP (Meopenem 1gm & Sulbactam 1gm IV) ● HBTaz (Piperacillin 4gm & Tazobactam 500 mg IV) ● HBCila (Imipenem 500 mg & Cilastatin 500 mg IV) Tigifast (Tigecycline 50 mg. IV) HBmol (Infusion Paracetamol 1%w/v) ● Van wonder (Vancomycin Hydrochloride 500 mg IV) ● HBMycin (Netilmicin 300/50/25/10 mg USP Amp) Llzotreat (Linezolid 600 mg Infusion & Tablet) ● CT 1125 (Cefepime 1gm & Tazobactam 125 mg IV) ● Conflict (Teicoplanin 400mg/200mg IV) Seeroxie (Cefuroxime Axetil 500mg/250mg Tablet, Cefuroxime Sodium 1.5gm. & 750mg. IV) ● HBNEM (Meropenem 1gm/500mg/250mg IV) HBMETH (Methylprednisolone Sodium Succinate 40mg, 125mg, 500mg, 1gm IV) ● HBNEM-XP (Meropenem 1gm & Sulbactam 500mg IV) ● Frozen-40 (Pantoprazole 40mg IV) ● Biorazon (Cefoperazone 1gm & Sulbactam 500mg IV) Rabijust (Rabeprazole Sodium 20mg IV) ● HBCLIN (Clindamycin 2/4 ml Amp IM/IV Use & 300mg Capsule) ● Inhibit (Piperacillin & Tazobactam 4.5gm/1.125gm IV) ● HBLI-VO (Levofloxacin 500mg Infusion & Tablet) ● HB Hep 25000/5000 (Heparin 25000 IU & 5000 IU IV) ● T-Zone (Ceftriaxone Sodium 1000 mg IV) ● Safetreat (Ceftazidime 1gm & Tazobactam 125 mg IV) Efsul-1.5 (Ceftriaxone 1gm & Sulbactam 500 mg IV) ● HBDOL (Tramadol 50mg Amp.) HB-Set (Ondansetron 2ml/4ml Amp.) M-Klabe (Amoxycillin 1000mg & Clavulanic Acid 200mg IV) HBSUNATE (Artesunate 60mg. IV) Mob:- 07314024442.

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Lactate 1.25 mg, Sodium Selenate 10 mcg. ● FALSITIS-AR ljections (Artesunate 60/120mmg) ● QUTIS-150 Suspensioin 60 ml. (Quinine Sulphate 150 mg. /5 ml.) ● ATX Capsules (Vitamin A 5000 I.U. + Vitamin E 25 I.U. + Vitamin C 100 mg. Thiamine CHL 10 mg. +Pyridoxine HCl 5 mg. + Zinc 20 mg. Cynocobalamin 15 mcg. + Manganese 1.5 mg. Selenium 100mcg. + Folic Acid 500 mcg.) ● FALSITIS-L Tablets/Dry Syrup/30ml (Each Tablets Contains: Artemether 80 mg. Lumefantrine 480 mg.)(Each 5 ml contains Artemetrine 20 mg. Lumefantrine 120 mg.) ● ROBOXIM Tablets 250/500 (Cefuroxime Axetil 250/500 mg.) ● ATX-LYCO Softgel (Vitamin A Palmitate 2500 I.U. + Vitamin C 10 mg. Elemental Selenium 40 mcg. + Vitamin E 15 I.U. Lycopene 10% 5000 mcg. & Zinc Sulphate Monohydrate 12 mg.) ● FLUTIS-150 Tablets (FLUCONAZOLE 150 MG.) ● TISCOLD Tablets/ Syrup 60ml (Each Tablets contains : Phenylepherine HCl 5 mg. Paracetamol 325 mg.) (Each 5 ml. Contains Phenylepherine HCl 2.5 mg. Paracetamol 125 mg.) ● ATX-LYCO Syrup (Lycopene 2000 mcg. + Vitamin A 2500 I.U. Vitamin E (Acetate) 10 I. U. + Ascorbic Acid 20 mg. Selenium 35 mcg. + Manganese 2 mg. + Iodine 100 mcg. Pyridoxin HCl 1.5 mcg.) ● HAPILEE Tablets (Diclofenac Sodium 50 mg. Paracetamol 500 mg.) ● VOX 200/400 Tablets (Ofloxacin 200/400/Suspension) ● ALLZIN Tablets (Cetirizine HClm10 mg.) ● LEVOTIS Tablets (Diclofenac Sodium 50 mg. Paracetirizine 500 mg.) ● VOX-O Tablets /Syrup (Tab. -Ofloxacin 200 mg. + Ornidazole 500 mg. Syrup -Ofloxacin 50 mg. + Orniazole 125 mg.) ● APITORYL Syrup 200 ml (Cyproheptadine HCl 2 mg. Tricholine Citrate 275 mg. Sorbitol Solution (70%) q.s.) ● LEVOTIS-M Tab./Syp (Montelukast 10 mg. Levocetirizine 5 mg. Montelukast 5 mg. Levocetirizine 2.5 mg.) ● VOX-M Susp. 30 /60 ml. (Ofloxacin 50 mg. Metronidezole 100 mg.) ● VOX-MDS Suspension 60 ml. (Ofloxacin 100 mg. Metronidazole 200 mg.) ● ALTORYL Syrup 100 ml. (Diphenhydramine HCl 14.08 mg. Ammouium Chloride 0.138 mg. Sodium Citrate 57.03 mg. & Menthol 1.14 mg.) ● LEVKHUSH Syrup 100 ml/300 ml. (The Herbal Hepatoprotective) ● XENOLYTE-Z Powder 35 gm./105 gm. (Dextrose 17.5 gm. + Ascorbic Acid 50 gm. Zinc Sulphate 32.5 gm + Sucrose 14 gn.) ● ALTO-E Syrup 60/ 100 ml (Ambroxal HCl 15 mg. Terbutaline Sulphate 1.25 mg. Guaiphenesin 50 mg. & menthol 2.5 mg.) ● LOGAN Tablets (Levofloxacin 250.& 500mg.) ● XENOLYTE-Z LEMON Powder 35 MG X 3 (Dextrose 17.5 gm. + Ascorbic Acid 50 mg. Zinc Sulphate 32.5 gm. + Sucrose 14 gm.) ● AZOTRA Tablets 250/500 (Azithromycin 250/500 mg.) ● MANGOMOL

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11 Things That Can Raise Your Risk of Blood Clots

Your circulatory system, which propels blood throughout your body, is a work of art. But sometimes it can go awry and cause blood clots, which can be life-threatening. One specific type of blood clot that you've probably heard of-and maybe even worried about-is deep vein thrombosis (DVT). DVT happens when blood clumps up in one of the veins deep inside your body, typically in your legs, according to the National Heart, Lung, and Blood Institute (NHLBI). Sometimes this kind of clot can dissolve without causing damage, but other times it can break off, travel to your lungs, and block blood flow. This is what's known as a pulmonary embolism, and it can lead to organ damage or, in the most severe cases, even death. Blood clots don't always cause symptoms, but when they do, they're likely to affect your legs. This is where clots tend to originate because gravity can cause blood to pool there, Sean Fischer, M.D., medical oncologist and hematologist at Providence Saint John's Health Center in Santa Monica, California, tells SELF. You might experience swelling, cramping or soreness, red or discolored skin, or a feeling of warmth, according to the Centers for Disease Control and Prevention. If a blood clot travels to your lungs, it can cause shortness of breath, chest pain, dizziness or fainting, a rapid pulse, or even coughing up blood. If you experience any signs of deep vein thrombosis or a pulmonary embolism, you need to seek medical attention immediately. With that said, it's always good to brush up on knowledge of various health issues before one becomes a medical emergency. That's especially true for blood clots, since there may actually be some steps you can take to prevent them. There are only a few true causes of blood clots, but there are many risk factors that raise your odds of getting one-

including some that you can change. A model known as Virchow's triad breaks down the three main causes behind blood clots. One is slower than usual blood flow, another is injury to a blood vessel, and the last is a genetic predisposition for clotting. Various risk factors can contribute to these blood-clot causes. Some are non-modifiable risk factors, meaning you unfortunately can't control them. But others are modifiable, as in, you can take steps to reduce your risk in these areas. Below, you'll find the most common risk factors for developing a blood clot. Identifying with one or even many of these doesn't automatically mean you'll wind up with blood clots, but it can be a sign that you should discuss your risk with your doctor.

1. Being pregnant or recently postpartum:- Your estrogen levels rise when you get pregnant, and they stay elevated, increasing the odds that you'll form a clot, Dr. Fischer says. While blood clots can happen any time during pregnancy, the third trimester can be especially risky, Dr. Ross says, because most women move less during this period. And the risk doesn't go away as soon as a person gives birth. A 2014 study in the New England Journal of Medicine followed over 1.6 million women and found that in the first six postpartum weeks of every 100,000 deliveries, there were 22 clot-related health incidents. Seven to 12 weeks postpartum, that number was down to three cases out of every 100,000 deliveries. After that, the risk of a blood clot went back to what it was pre-pregnancy. "Millions of women get pregnant and don't have blood clots," Natalie Evans, M.D., a vascular specialist at the Cleveland Clinic, tells SELF. However, having other risk factors on this list can increase your odds, so it's important to discuss your full medical situation with your doctor, Dr. Evans says.

2. Being on combined hormonal birth control:- Combined hormonal birth control uses estrogen and progestin to help prevent an unintended pregnancy. That's typically a great thing, but estrogen in particular raises a person's risk of DVT. The mechanism behind this isn't entirely understood, but it's thought that estrogen increases the levels of certain clotting factors in your blood, according to the Mayo Clinic. This is mainly a concern if you have certain risk factors like having a personal or family history of blood clots. Otherwise, your overall risk of developing a blood clot on birth control pills is low. According to a 2015 study in BMJ that looked at over 50,000 women, the chances of getting a blood clot while not on hormonal birth control are about 0.04 percent, then rise to 0.06 to 0.18 percent when on the pill, depending on the specific type. (The risk is higher on the contraceptive patch, which exposes people to 60 percent more estrogen than combined hormonal pills.) The study also touched on the question of whether, when combined with estrogen, certain types of progestin can raise a person's clot risk. While different types of progestin came with slightly different risks in this study, the definitive answer is still unclear. "The literature on this historically has shown that the estrogen component seem to be the driving factor with respect to thrombosis risk," Dr. Fischer say, adding that "the mechanism behind this is not entirely understood" and more research needs to be done to determine how progestin affects blood clot risk with and without estrogen. If you're concerned about the hormones in your birth control raising your risk of blood clots, talk to your doctor about which method of contraception makes the most sense for you.

3. Sitting in a car, bus, or plane for long periods of time:- When you travel for a long time, you might sit still for most of the journey, which can raise your risk of blood clots, according to the CDC. The longer you're still, the greater your risk of developing a clot, Dr. Fischer says. The CDC notes that moving your legs frequently and walking around every two to three hours can help lower your risk of developing DVT while traveling. You can even add on certain exercises, like extending your legs out and flexing your ankles, or ask your doctor if they have specific recommendations for how to lower your risk. If you know you have other DVT risk factors, you may want to talk with your doctor before embarking on a long trip. They may suggest you use anticoagulants, wear compression stockings to keep blood from pooling in your legs, or take other steps to avoid blood clots.

4. Being overweight or obese:- Having excess weight can put extra pressure on the lower half of your body, which can in turn increase the pressure in the veins there, according to the Mayo Clinic. Weight issues are incredibly complex, though, and this absolutely doesn't mean that being overweight or obese guarantees that you'll get DVT, Dr. Fischer says. Just like everything else on this list, your risk is intertwined with or how many other risk factors you have.

5. Smoking:- Lighting up damages a whole host of your body's processes, and your circulatory system is no exception. Smoking can harm the lining of your blood vessels and also make it more likely that platelets in your blood will stick together, both of which can contribute to excessive blood clotting, according to the American Heart Association. But quitting smoking is usually easier said than done. Here are seven tips to get you started, and you can always ask your doctor for more specific advice. "It's definitely worth quitting smoking for your overall health," Dr. Evans says.

6. Being older:- While people of any age can get a blood clot, the Mayo Clinic lists being older than 60 as one of the major risk factors for developing DVT. The reasons for this aren't well understood, Dr. Evans says. However, it may simply be that, as you get older, you're more likely to develop other health conditions illnesses that increase your risk of developing DVT, like cancer, Dr. Fisher says. It also may simply be that your blood has more potential to coagulate as you get older, he says. Still, there's a lot of uncertainty around this one. "Even healthy elderly patients are at higher risk of clots than their younger counterparts," Dr. Evans says. "There is something about the biology of aging that increases clotting potential."

7. Having surgery or getting injured:- Surgery causes injury to your blood vessels, and in the process of your body trying to repair that vessel, a clot can form and travel, Dr. Fischer says. Lying in bed after an operation also increases your risk since you're not moving as much. (This is why doctors generally recommend that you try to get up and be active as soon as medically advised after your operation.) Given that most clots form in your lower extremities, having surgery on your hips or legs tends to put you at the greatest risk because your blood can easily slow or get stagnant down there post-op, Dr. Evans says. Around four in 10 people who don't receive medication to prevent blood clots will get DVT within one or two weeks of getting major knee or hip surgery, according to the U.S. National Library of Health. When you're having surgery, be sure to ask your doctor what you can do to lower your risk of DVT, especially if you have other risk factors.

8. Having a clotting disorder:- Some bleeding disorders, like hemophilia and idiopathic thrombocytopenic purpura (ITP), cause your blood to not clot enough. Others, like Factor V Leiden, fall on the opposite side of the spectrum. These can make your blood hypercoagulable, meaning it clots way too easily. While the symptoms vary by condition, if they do in fact lead to a blood clot or pulmonary embolism, you can expect typical symptoms like warmth, tenderness, redness, shortness of pain, a rapid heartbeat, and chest pain, according to the Mayo Clinic.

9. Having had DVT or pulmonary embolism in the past, or having a family member who has:- If you've experienced either of these conditions in the past, your doctor has likely advised you of your ongoing risk and how to keep it as low as possible. But having family members with DVT or pulmonary embolism is also a risk factor, according to the Mayo Clinic, so be sure to bring that up with your doctor if necessary.

10. Having inflammatory bowel disease:- It sounds strange, but inflammatory bowel diseases like Crohn's disease or ulcerative colitis raise your risk of getting a blood clot. A 2015 research paper in Thrombosis Journal says experts haven't pinpointed a single cause behind why IBD can cause clotting issues but notes that people with these conditions may have genetic or immune abnormalities that can lead to difficulty with the coagulation process.

11. Having cancer or undergoing cancer treatment:- Cancer also increases a person's risk of having blood clots. "In general, the body's clotting system gets exaggerated in people who have cancer," Dr. Evans says. Specifically, various types of cancer may increase proteins that cause clotting, according to the American Heart Association.

So, you have one or more risk factors. What's next? Having a detailed conversation with your doctor about your concerns is a great step. They can help you figure out how to reduce your modifiable risk factors, like smoking and being inactive, Dr. Fischer says. And if you suspect you have DVT or a pulmonary embolism, go to your local emergency room immediately. Doctors will examine you and run any tests necessary, then treat you with medications or procedures to break up the clot. These issues can be deadly when left untreated, so don't hesitate to seek treatment-time is of the essence here. Slideshow: 19 health checkups all women need (Provided by Mom.me)

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Acidity

Acidity is a term used for a set of symptoms caused by excess production of acid by the gastric glands of the stomach. The stomach normally secretes hydrochloric acid which is required for the breakdown and digestion of food we eat. Acidity causes symptoms like dyspepsia, heartburn, gastric inflammation and ulcers in the stomach. Acidity is generally a consequence of several external factors like eating habits, fad diets, stress, smoking and alcohol consumption, lack of physical activity, irregularity in eating pattern. The incidence of acidity is higher in countries where individuals eat more of non-vegetarian, oily and spicy foods. Certain medications like non steroidal anti-inflammatory drugs (NSAID's) also predisposes individuals to gastric acidity. People suffering from acidity feel a burning sensation after eating a meal. Sour belching is also commonly seen. Sometimes, constipation and indigestion is also seen in people having acidity. Acidity can be treated with antacids and mainly by making changes in eating and lifestyle habits. A new technique called endostism can also provide relief from acid reflux. This section offers some really good home remedies for acidity which you can try. You can also read the importance of having an alkaline diet to reduce the symptoms of acidity. Our stomach produces gastric acids to aid digestion. But, their corrosive effects are neutralised by the production of natural bicarbonate and prostaglandins secreted in the mucous lining. When the production of these chemicals is interrupted then it leads to damaged stomach lining which causes acidity. ● Stress ● Consumption of spicy and non-vegetarian foods ● Smoking and alcohol ● Stomach ailments like peptic ulcers, gastroesophageal reflux disease, stomach tumors, etc. ● Medications like non-steroidal anti-inflammatory drugs. **SYMPTOMS:-** The common signs and symptoms that you might experience are - ● Burning in the stomach ● Burning in the throat ● Restlessness ● Belching ● Nausea ● Sour taste ● Indigestion ● Constipation Usually, acidity is treated with the help of antacids which contain either magnesium or calcium or aluminium containing compounds. These antacids neutralise the excess acid in the stomach thus providing relief from the symptoms. Read about food dos and don'ts for acidity. Sometimes, histamine blocking agents (H2 receptor blockers) such as cimetidine, ranitidine, famotidine or nizatidine or proton pump inhibitors such as omeprazole and lansoprazole can also be prescribed by your physician. In rare cases, surgery (vagotomy) is performed to reduce the acid sensation. Here's how to relieve indigestion, gas and irritable bowel syndrome with yoga. Here are 10 home remedies for acidity that actually work - ● Bananas ● Tulsi ● Cold milk ● Saunf or aniseed ● Jeera ● Clove ● Elaichi ● Mint leaves or pudina ● Ginger ● Amla **Acidity can be prevented by the following methods:-** ● Don't consume spicy food (Read: Pickle with every meal - good or bad?) ● Eat more fruits and vegetables ● Eat small, regular meals ● Consume your last meal at least a few hours before sleeping ● Chew tulsi leaves, cloves, saunf, etc. ● Avoid medications like NSAIDs (non-steroidal anti-inflammatory drugs) and steroids ● Reduce stress.

Patients Undergoing Breast Cancer Therapy Need to Stay Away From These Foods

A study has advised against the consumption of breads, soyabean and a range of commonly consumed grains for those undergoing breast cancer therapy, saying that it can reverse the effects. As per the study, these foods contain estrogen-mimicking compounds known as xenoestrogens and exposure to them may significantly reduce the effectiveness of anti-oestrogen treatments for cancer. "Breast cancer patients taking palbociclib/letrozole should consider limiting their exposure to foods that contain xenoestrogens," said Gary Siuzdak, from The Scripps Research Institute (TSRI) in the US. The palbociclib/letrozole combination therapy was approved by the US Food and Drug Administration (FDA) in 2015 after a clinical trial showed it doubled the progression-free survival time in postmenopausal women with oestrogen receptor (ER) positive, metastatic breast cancer. Letrozole blocks the production of oestrogen, thus reducing the growth-promoting stimulation of ERs on breast cancer cells. Palbociclib blocks a different signalling pathway to impede cell division. The combination is now one of the standard therapies for ER-positive breast cancers. Researchers used advanced metabolomics technology to analyse the effects of palbociclib/letrozole on breast cancer cells. Metabolomics studies detail cells' metabolomes? populations of metabolites, the small-molecule end products of cellular processes. "By profiling cell metabolomes with and without drug treatment we can get very useful information, for example about the biological pathways perturbed by the drug," said Siuzdak. The analysis revealed that neither palbociclib alone nor letrozole alone had a strong effect on metabolites in an ER- positive breast cancer cell line. However, the combination had a strikingly large impact. "The combination had a much more pronounced effect on cell-growth-related metabolites, which is consistent with the clinical trial results," said Benedikt Warth, a researcher at the Siuzdak Lab. Cancer researchers are increasingly concerned that xenoestrogens in food and water may enhance the growth of oestrogen-fuelled cancers, and may also hamper the effectiveness of anti-oestrogen drugs such as letrozole. Scientists examined breast cancer cells treated with palbociclib/letrozole to see how their metabolite populations changed when they were also exposed to two common dietary xenoestrogens: zearalenone and genistein. Zearalenone is produced by fungi that colonise maize, barley, wheat and other grains. Genistein is produced in certain plants including soybeans and is often highly concentrated in phytoestrogen- rich food supplements. Even using very low doses, similar to typical dietary exposures, researchers found that both model xenoestrogens largely reversed the metabolomic impact of the cancer drug combination. Under the influence of either xenoestrogen, the breast cancer cells also resumed proliferating at a rate comparable to that seen in the absence of drug treatment. "It's intriguing that even a low, background-level exposure to these xenoestrogens was enough to impact the effect of the therapy to this degree," said Warth.

आयकर: आप जहाँ जाएँगे, नोटिस वहीं आएँगे!

नई दिल्ली:- आयकर विभाग के नोटिस से बचने का अब कोई रास्ता नहीं होगा, चाहे आप अपना घर बदल लें या गलत पता दें, लेकिन कोई लाभ नहीं होगा. क्योंकि विभाग ने अपने पुराने नियमों में संशोधन कर दिया है. संशोधन के अनुसार अब आपको बैंक, इश्योरेंस कंपनियों और डाकघरों को दिए गए पतों पर नोटिस भेज देगा. स्पष्ट है आपके द्वारा दिया गया पते पर नोटिस सर्व न होने की स्थिति में विभाग आपके द्वारा अन्य वित्तीय संस्थानों में दर्ज पते पर नोटिस भेज देगा. केन्द्र सरकार की ओर से 20 दिसम्बर 2017 को जारी अधिसूचना में आयकर विभाग के लिए यह संशोधन किया गया है. इस संशोधन से आपके द्वारा दिए गए पते या अन्य पतों पर जारी नोटिस अवश्य ही पहुँच जाएगा. जारी अधिसूचना के अनुसार यदि आपके द्वारा दिए पते पर नोटिस नहीं पहुँचता है या डिलीवर नहीं होता है तो अधिनियम के नियम- 172 के अन्तर्गत विभाग विभिन्न वित्तीय संस्थानों में दर्ज पते पर नोटिस भेज कर डिलीवर करने की औपचारिकता पूर्ण करेगा. आपके नये पते को विभाग बैंक, डाक घरों, अन्य सरकारी रिकॉर्ड से या स्थानीय निकायों में दर्ज पतों की जानकारी प्राप्त कर सकता है अथवा नियम 114 डी के अन्तर्गत जारी फॉर्म-61 से अथवा नियम-114 ई के अन्तर्गत फॉर्म-61ए से समुचित जानकारी प्राप्त कर सकेगा. **पराग सिंहल मो- 09410664214.**

16 Signs Your Headache Could Be Something Way Worse

Nearly everyone gets headaches- from dehydration, allergies or just because you're overworked and overtired. Most are nothing to be worried about, except when they are. Here, doctors give the scoop on your head pain: What it means and how to know if you need medical attention. **There's no one-size-fits-all headache:-** According to Brian Grosberg, MD, director of the Hartford HealthCare Headache Center, there are over 300 different

types and causes of headaches. "Taking a thorough headache history helps determine if there are 'red flags' or worrisome features that may be indicative that the headache is attributable to some underlying condition or cause," he says. Find out the foods that are the most likely to trigger a headache. **Your head is throbbing:-** It's estimated that around six percent of men and 18 percent of women suffer from migraines. If you happen to fall into that group, you know how painful and debilitating they can be. Though the first time you feel it coming on, you might worry something is terribly wrong, migraine sufferers become experts at the warning signs. Neurologist Isha Gupta, MD, explains, "Severe migraines can be described as intense throbbing or pounding sensations, with sensitivity to light or sound. Other types of severe headaches can be described as sharp stabbing pain in the face or around the eye. Some people have severe tension headache described as a band-like squeezing." Though it's important to talk to your doctor if you continuously experience migraine-like symptoms, they can be managed with medicine and therapy. **You have numbness or slurred speech:-** Dr. Gupta says that because of their singular symptom-a headache- aneurysms are often hard to diagnose and catch. However, there are a few indicators that the pain between your eyes or in the back of your head is more than just having one-too-many drinks, and could actually be quite dangerous and life-threatening. The biggest one? Dr. Gupta explains that aneurysms "are sometimes associated with difficulty speaking, slurred speech, difficulty thinking or understanding other people, difficulty moving your arms or legs, numbness or tingling in the body, vision changes, or face drooping." She says that if you notice any of those side effects, it's time to go to the emergency room, ASAP. **You can't concentrate:-** Concussion awareness is at an all-time high in schools and professional sports. You need to be every bit as cautious and concerned with your own noggin, says Dr. Gupta. Oftentimes, you won't know you have a concussion until you experience post-trauma-you're struggling to concentrate or have sudden memory loss. If this happens, you should seek medical attention and stay awake until you see a professional. **A headache is so bad it wakes you up:-** This isn't going to sound good, but one of the toughest cancers to diagnose is brain cancer, according to Dr. Gupta. Because there are many forms of brain cancer, few specific symptoms will tip you off to its presence. As with skin cancer, you're best off watching for abrupt changes for your best clue. She explains that if a headache is so severe that it wakes you up or is specifically really intense only in the mornings, it's worth bringing up with your doctor. "The only way to completely rule out causes of a more serious headache is to see a doctor who will order either a CT scan or MRI of your brain and possibly blood vessels, based on your symptoms," she explains. **If your neck is stiff or you have a fever:-** With only 20,000 cases in the U.S. each year, meningitis is thankfully rare. This bacterial infection causes a dangerous inflammation of the membranes covering your brain and spinal cord. If your headache is coupled with a high fever and your neck becomes sore, Tania Dempsey, MD, says to see a doctor immediately. While the majority of patients do recover from this illness, it needs to be treated promptly.

ly. **Your headache just won't quit:-** A stubborn headache might cause you to double-up on pain meds, chug water, and close your eyes, but if the symptoms persist Dr. Dempsey says book an appointment ASAP. Especially if you already struggle with head pain, you not being able to move past the dull sensation may be extra cause for worry. "Someone with a history of headaches who notices a change in the pattern and location of the headache and a lack of response to headache treatments that worked in the past should know that the headache is severe and needs prompt attention," she says. **It's the worst headache of your life:-** If you normally suffer from headaches, then perhaps this is just a little worse. But Emad Estemalik, MD, clinical assistant professor of medicine at The Cleveland Clinic Lerner College of Medicine, says there are certain red flags to look out for including if this is the absolute worst headache of your life. If the answer is yes, head straight to the emergency room as it could be a sign of a potentially life-threatening condition including meningitis or an aneurysm. **You have visual changes:-** "A headache that is accompanied with visual changes, vision loss, weakness, numbness, or tingling should be checked out," says Dr. Estemalik. According to the American Migraine Foundation about one-third of migraine sufferers experience aura, but for those who don't, any changes in vision, spots, blurred vision, trouble focusing that accompanies a headache should be checked out by a doctor. Try these home remedies for headaches. **You are older than 50:-** "If the person is over the age of 50 and they are experiencing a new type of headache or a change in a preexisting type of headache that they experienced, it's time to see a doctor" says Dr. Grosberg. **They are accompanied by other symptoms:-** Dr. Grosberg says you should keep an eye out for symptoms such as weakness, numbness, difficulty with speech/language, a problem with balance or any loss or altered level of consciousness. These does not normally accompany a headache and should be a sign to head over to a headache specialist. Find out these natural headache remedies. **Changing your position affects the headache severity:-** Both Dr. Grosberg and Dr. Estemalik agree that headaches that worsen with laying down or sitting up, should be taken as a warning sign. According to The Cleveland Clinic, this could be a sign of something more serious such as a Cerebral spinal fluid leak. **You have an underlying condition:-** "If you have a history of fever, weight loss, rash, chills, and/or sweats accompanying the headaches, or secondary risk factors, such as a condition or medication that suppresses your immune system, it's time to make an appointment," says Dr. Grosberg. Try these stretches that may relieve your headache. **The headache hit suddenly:-** Was this headache sudden? "If the headache come on all of a sudden, like you were being hit over the head with a baseball bat, where the pain reached maximal intensity within seconds up to a minute, see your doctor," says Dr. Grosberg. **An activity preceded the headache:-** Coughing, bending down, straining, or sexual activity could all set off a headache, says Dr. Estemalik. This could relate back to an underlying cause. **Medication isn't working:-** If normal over-the-counter medications aren't working, it may be time to see the doctor, says Grosberg. Also, if you use a prescription that has suddenly stopped working, you should also consult your doctor. There are many new options of medication including Zembrace, which can help get rid of a migraine in as quickly as 10 minutes.

Eating Green Leafy Vegetables May Reduce Stroke Risk: Study

Consuming green leafy vegetables may be a novel way to reduce stress and lower the risk of experiencing a stroke, a study has found. Intracerebral hemorrhage - bleeding within the brain - takes a high toll on working-age people in Nigeria and Ghana, with high blood pressure accounting for more than 90 percent of this often-lethal type of stroke. According to the findings, people who ate more green leafy vegetables had 64 percent lower risk of experiencing a stroke. Researchers studied 682 patients (average age 53.7 years) who experienced brain bleeds. Bleeding strokes accounted for 32.2 percent of all strokes in the study. Of the bleeding strokes, 93.9 percent were determined to be related to high blood pressure, 7.2 percent to structural abnormalities such as a bulging weak area of a blood vessel, and much smaller percentages to other medical conditions or medication use. The research was presented at the American Stroke Associations International Stroke Conference 2018. Comparing patients with high blood pressure-related brain bleeds to similar people in the same communities without stroke, the researchers found that the risks were 2.33 times as high in people with diabetes. They found that risks were 2.22 times as high in people who reported more stress at home and work, 1.69 times as high in people with abnormal cholesterol levels and 10.01 times as high in tobacco smokers.

तन्त्र-विद्या, आखिर क्या है रहस्य?



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तन्त्र-विद्या को अंग्रेजी में ओकल्ट कहते हैं। तन्त्र को लेकर लोगों के मन में अनेकों तरह के विचार आते रहते हैं। कुछ लोग इस विद्या को सीखने के लिये आतुर रहते हैं तो कुछ लोग इसे बहुत बुरा समझते हैं। तन्त्र-विद्या (ओकल्ट) एक अलग तरह की टेक्नोलोजी है जिसको आध्यात्म से हमेशा दूर रखा गया है। आध्यात्म मार्ग पर चल रहे किसी भी साधक ने जब कभी भी इस विद्या की तरफ अपना रुझान बनाया तो उसको तुरन्त रोक दिया गया, उसके विरुद्ध सख्त कदम उठाये गए, जिससे वह दोबारा ऐसा न कर सके। तन्त्र भी विद्या का एक भाग है। अंग्रेजी के ओकल्ट का कोई स्पष्ट और निश्चित अर्थ नहीं है। साधारणतः इसका अर्थ होता है- एक विशेष योग्यता (काबिलियत), जिसका लोगों ने जिम्मेदारी से पालन नहीं किया और इसका अर्थ बहुत बुरा और नकारात्मक समझा जाने लगा। आम बोलचाल की भाषा में इस विद्या को हम जादू-टोना के रूप में भी समझ सकते हैं क्योंकि यह विद्या सिर्फ एक प्रकार की टेक्नोलोजी है। इसको हम इस प्रकार से समझ सकते हैं- आज हम अपना मोबाइल उठाकर अमेरिका में बैठे किसी भी व्यक्ति से फ्लिक ड्रॉप करते ही कोई भी वार्तालाप कर सकते हैं। तन्त्र-विद्या भी कुछ इसी प्रकार की है, अन्तर केवल इतना ही है कि इस विद्या के द्वारा हम बिना मोबाइल के अमेरिका के किसी भी व्यक्ति से बात कर सकते हैं। तन्त्र-विद्या थोड़ा अधिक उन्नत टेक्नोलोजी है। हर नवीनतम मोबाइल में केवल मुख से बोलते ही मोबाइल संबन्धित क्रिया तुरन्त प्रारम्भ कर देता है। आगे और अधिक विकास कर लेने पर ऐसा दिन भी आयेगा कि जब हमें इसकी भी जरूरत नहीं पड़ेगी, केवल जरा सा इशारा भर कर देने से हमारा काम हो जाया करेगा। तन्त्र-विद्या भी इस तरह की ही टेक्नोलोजी है पर है एक अलग तरह की, लेकिन है भौतिक ही। किसी भी प्रकार की टेक्नोलोजी को मूर्त रूप देने के लिये शरीर, मन तथा ऊर्जा तीनों का होना आवश्यक है, चाहे वह मोबाइल हो या तन्त्र। पहले हमें फोन को तैयार करने के लिये बहुत अधिक सामान की आवश्यकता होती थी, धीरे-धीरे सामान की मात्रा घटती चली गई। आज हम इतना विकसित हो चुके हैं कि असीमित सामग्री एक छोटे से चिप में ही आकर समा जाती है और एक दिन ऐसा आयेगा कि हमें उसकी भी जरूरत नहीं होगी- यही होगी तन्त्र-विद्या। आधुनिक विज्ञान तथा तन्त्र-विद्या एक न एक दिन जरूर मिलेंगे, तभी इसको ठीक से समझा जा सकेगा। कहने का तात्पर्य यह है कि जब हम भौतिकता के सबसे सूक्ष्म आयाम का उपयोग करने लगते हैं तो उसको तन्त्र-विद्या कहते हैं। इससे संबन्धित एक और विद्या हमारे समाज में प्रचलित है और वह है- रेकी। इसे मानसिक तरंगों का प्रभाव भी कह सकते हैं, जिसके द्वारा हम मानसिक तरंगों के द्वारा दूर बैठे व्यक्ति को समुचित चिकित्सा कर सकते हैं। मानसिक तरंगों का तो यहाँ तक प्रभाव देखा गया है कि यदि आपके मन में किसी भी व्यक्ति से मिलने का विचार आता है तथा दूसरे व्यक्ति के मन में भी ठीक उसी समय आपसे मिलने का विचार आ जाता है तो दोनों एक दूसरे के पास पहुँच भी नहीं पाते हैं कि बीच रास्ते में ही दोनों की भेंट हो जाती है। यदि हमारी साधना का स्तर उच्च है तो दूर रह रहे व्यक्ति से भी आसानी से सम्पर्क स्थापित किया जा सकता है। लोगों ने अनेकों तांत्रिकों के बारे में सुन रखा है जिन्होंने किसी न किसी को हानि ही पहुँचाई है- या तो बीमार किया है या मार डाला है। इससे आम लोगों के मन में इसका नकारात्मक व दूषित रूप बैठ गया है। वरना तन्त्र की श्रेणी बहुत उच्च होती है। शिव भी एक तांत्रिक हैं। तन्त्र-विद्या योग का सबसे निम्न रूप है तथा लोग सबसे पहले कुछ ऐसा करना चाहते हैं जो दूसरे नहीं कर सकते। योग के शब्दों में तन्त्र का अर्थ है- स्वयं को मूलाधार से व्यक्त कर लेना। विज्ञान या टेक्नोलोजी बुरी नहीं होती है, इसको बुरा बनाते हैं, इसका प्रयोग करने वाले। जैसे- सुई कपड़े सीने के लिये होती है यदि अज्ञानी या अनाधिकारी इसको अँख फोड़ने के काम में लेने लगे तो इसमें सुई को दोष देना ठीक नहीं होगा। इसी प्रकार बन्दूक डाकूओं के हाथ में पड़कर घातक बनती है किन्तु सिपाही तो उसके द्वारा रक्षा ही करेगा। शास्त्रों ने तन्त्र-विद्या को सीखने और सिखाने का अधिकारी केवल सदाचारी और लोक-सेवी पुरुषों को ही बताया है। आपने कितनाओं में पढ़ा होगा या फिल्में में देखा होगा कि तांत्रिक क्रियाओं में पशु-बलि, मृत व्यक्ति की राख तथा मन्त्र-जाप का प्रयोग किया जाता है। बात चाहे बनारस के अधोरियों की हो या बंगाल के काले जादूगरों की। लेकिन बहुत कम व्यक्ति जानते होंगे कि तन्त्र-विद्या का विस्तार से विवरण वेदों में भी दिया गया है। इसीलिये भारत में अनेकों ऐसे मन्दिर हैं, जो तन्त्र-मन्त्र के लिये बहुत प्रसिद्ध हैं- 1- वैताल मन्दिर भुवनेश्वर (उड़ीसा)- यह मन्दिर आठवीं सदी में बना है जहाँ तांत्रिक शक्तियाँ चरम सीमा पर रहती हैं। यहाँ काली रूप बलशाली चामुंडा नर-मुंडों को माला धारण किए हुये हैं। तांत्रिकों की मान्यता है कि मन्दिर की मद्धम रोशनी में सदियों से एकत्रित शक्तियों को समाहित करने के लिये इससे अच्छा कोई स्थान नहीं है। 2- कालीघाट कोलकाता (पश्चिमी बंगाल)- यह तीर्थ तांत्रिकों के लिये बहुत महत्वपूर्ण है। यहाँ पूरे वर्ष तांत्रिकों का काली माँ की पूजा के लिये आना-जाना लगा रहता है। मान्यता के अनुसार जब भगवान शिव की पत्नी सती के अंग कट-कट कर गिर रहे थे तो इस स्थान पर उनकी उँगली गिरी थी। काली माँ को प्रसन्न करने के लिये यहाँ बकरे की बलि दी जाती है। 3- बैजनाथ मन्दिर, हिमाचल प्रदेश- प्रबल धौलाधार की तलहटी पर स्थित इस मन्दिर में अनेकों तांत्रिक ज्वालामुखी से जाते हैं। यहाँ शिव भगवान या बैजनाथ का प्रसिद्ध 'लिंग' है। यहाँ पुजारियों का वंश, मन्दिर निर्माण से ही चला आ रहा है। मन्दिर का पानी पाचन-शक्ति के लिये प्रसिद्ध है। काफी समय तक कांगड़ा के शासक सिर्फ इस मन्दिर का ही पानी पीते थे। 4- कामाख्या मन्दिर गुवाहाटी (आसाम)- असम के नीलाचल पर्वत पर स्थित इस मन्दिर को तांत्रिक गतिविधियों का गढ़ माना जाता है। मान्यता के अनुसार यहाँ सती की योनि गिरी थी, जहाँ कामाख्या मन्दिर का निर्माण हुआ था। मन्दिर के अन्दर एक प्राकृतिक गुफा है जहाँ पानी का झरना भी है और अन्दर एक रहस्यमयी कक्ष है जहाँ रेशम की साड़ी तथा फूलों से सुसज्जित योनि स्थित है। यह भारत के सबसे प्रभावशाली शक्तिपीठों में से एक है। 5- एकलिंग जी मन्दिर, राजस्थान- उदयपुर के निकट इस मन्दिर में शिव की अनीछी, खूबसूरत, काले संगमरमर से बनी चौमुखी मूर्ति है। यहाँ पूरे वर्ष तांत्रिकों का जमावड़ा लगा रहता है तथा शिवरात्रि का पर्व जोंरों से मनाया जाता है। 6- बालाजी मन्दिर, राजस्थान- भरतपुर के निकट दौसा जिले में स्थित महेदीपुर बालाजी नाम से प्रसिद्ध पवित्र मन्दिर है। यहाँ जादू-टोना तथा झाड़ू-फूँक जैसी तांत्रिक क्रियाओं के द्वारा बुरी प्रेत-आत्माओं के साये को उतारा जाता है। यहाँ जाने के लिये कलेजा मजबूत होना चाहिए क्योंकि रोगियों के चिल्लाने की आवाज मीलों दूर तक स्पष्ट सुनाई देती है। अन्दर जाने पर एक अजीब सा भय लगता है। 7- खजुराहो मन्दिर, मध्य प्रदेश- कलात्मक कला-कृतियों तथा कामुक चित्रण के लिये प्रसिद्ध यह मन्दिर तांत्रिकों के लिये भी महत्वपूर्ण है। वासना और कामुकता को दिखाकर ईसान को अध्यात्म की तरफ ले जाया जाता है, जिससे सांसारिक मोह-माया को त्यागकर उसे मोक्ष की प्राप्ति हो जाती है। अनेकों लोग प्रतिवर्ष इन कलाकृतियों को देखने आते हैं। 8- काल भैरों मन्दिर, मध्य प्रदेश- उज्जैन में स्थित इस मन्दिर में भैरों की श्याममुखी मूर्ति है, जहाँ भैरों की पूजा के लिये देशी शराब का भोग लगाया जाता है। तांत्रिक, अघोरी, सपेरे आदि आध्यात्मिक यात्रा की शुरुआत में यहाँ सिद्धि की खोज में आते हैं। 9- ज्वालामुखी मन्दिर, हिमाचल- माना जाता है कि यहाँ मन्दिर की सुरक्षा के लिये चमत्कारी शक्ति के धनी गोरखनाथ के अनुयायी हर समय पहरा देते हैं। मन्दिर के अन्दर साफ पानी के दो कुण्ड हैं, जहाँ नारंगी-पीले रंग की ज्वाला सदैव जलती रहती है। उबलता दीख रहा पानी छूने पर अति शीतल लगता है। 10- महाकालेश्वर मन्दिर, मध्य प्रदेश- उज्जैन स्थित इस प्रसिद्ध केन्द्र में तांत्रिक अनुष्ठान होते रहते हैं, लेकिन सबसे महत्वपूर्ण है दिन के प्रथम पहर में होने वाली भस्म आरती। यहाँ प्रतिदिन एक दिन पहले जली चिता की भस्मी लाकर भस्म शृंगार किया जाता है। यदि कोई चिता जलती नहीं मिलती है तो आस-पास के शमशान से भस्मी का प्रबन्ध किया जाता है। मान्यता है कि जो व्यक्ति इस भस्म आरती को देख लेता है उसकी अकाल मृत्यु नहीं होती है। दुनिया में बहुत सी चीजें ऐसी हैं जो विज्ञान के परे हैं। कुछ लोग इसे अन्ध-विश्वास कहकर बेतुका बता देते हैं तो कुछ लोग अपना पूरा जीवन इस तन्त्र-मन्त्र विद्या को प्राप्त करने में लगा देते हैं। जीवन की प्रत्येक क्रिया तन्त्रोक्त क्रिया ही तो है, जैसे यह प्रकृति, यह तारा-मण्डल, मनुष्य का सम्बन्ध, चरित्र, विचार, भावनायें, सभी कुछ तो तन्त्र से चल रहा है, जिसे हम जीवन-तन्त्र कहते हैं। जीवन की कोई घटना हमें पूर्व-सूचना देकर नहीं आती है, क्योंकि हमारे अन्दर इतनी सामर्थ्य ही नहीं है कि हम काल की गति को जान सकें, इसलिए हमें तन्त्र की शक्ति को समझना आवश्यक है। पाँच खण्ड विद्या (शाबर मन्त्र शक्ति)- यह विद्या महाराष्ट्र की प्राचीन विद्या है, जिसके द्वारा कोई भी कार्य आसानी से सम्पन्न किया जा सकता है। इस विद्या के द्वारा हनुमान जी से प्रार्थना की जाती है, जो 'अष्ट सिद्धि नव निधि के दाता' है तथा जिनमें ग्याह रुद्रों की शक्ति हो तो वे कुछ भी दे सकते हैं। इस विधान में हनुमान जी को पाँच चीजें- हाथजोड़ी, पायजोड़ी, सुपारी, रुद्राक्ष माला तथा सिन्दूर का प्रयोग किया जाता है। हाथजोड़ी से तात्पर्य है कि- हे हनुमान जी मैं आपको हाथ जोड़ता हूँ, आप मुझे इस विद्या में पारंगत करें। पायजोड़ी से तात्पर्य है कि मैं अपने दोनों पैरों को जोड़े रखता हूँ और अब जीवन में भटकूँगा नहीं, आपकी शरण में ही रहूँगा। सुपारी पर मन्त्र पढ़े जाते हैं जिसको बाद में ग्रहण करना माना जाता है। इन्से गुरु-कृपा से विद्या ग्रहण करना माना जाता है। रुद्राक्ष माला को धारण करना होता है जो भगवान रुद्र का प्रतीक है जिसे समय-समय पर मन्त्र-जाप के लिये प्रयोग में लाया जाता है। सिन्दूर ग्याह रुद्रों तथा हनुमान जी को चढ़ाया जाता है ताकि उनकी हम पर कृपा बनी रहे। पाँच मंत्रों को पाँच शनिवार तक 108 बार कर जप करके/ बोलकर छठे शनिवार को पाँच बच्चों को भोजन कराया जाता है। मान्यता यह है कि इस प्रक्रिया से साधना में सफलता मिल जाती है। इसलिए इसे पाँच खंडी विद्या कहते हैं। हाथजोड़ी व पायजोड़ी विधेले पतों वाले एक पौधे की उक्त आकृति वाली जड़ होती है जो नर्मदा नदी के आस-पास पाये जाते हैं। बहुत से लोग अपने इस अमूल्य जीवन के समय को दूसरों की जिंदा करने में ही खराब कर देते हैं तो कोई किसी को बदनाम करने में, शायद उन्हें ऐसा कर्म करने में खुशी मिलती हो परन्तु दोनों कर्म मनुष्य को शत्रुत्व और संकट को बुलाने हेतु किया गया आवाहन है। एक कथा है- एक बार एक राजा के दरबार में एक फकीर गाना गाने जाता है, फकीर बहुत अच्छा गाना गाता है, राजा कहते हैं कि इसे खूब सारा सोना दे दो। फकीर और अच्छा गाता है, राजा कहते हैं कि इसे हीरे-जवाहरात भी दे दो। फकीर और अच्छा गाता है तो राजा कहता है कि इसे अशर्फियाँ भी दे दो। फकीर और अच्छा गाता है, राजा कहते हैं कि इसे खूब सारी जमीन भी दे दो। फकीर गाना गाकर घर चला जाता है और अपने बीबी-बच्चों से कहता है कि आज राजा बहुत खुश हुआ और मुझे हीरे-जवाहरात-अशर्फियाँ-जमीन-सोना आदि बहुत कुछ इनाम में दिया, सब खुश होते हैं। जब कुछ दिन तक राजा की तरफ से फकीर को कोई इनाम नहीं पहुँचा तो वह फकीर राजा के दरबार में जाकर शिकायत करने लगता है कि आपके द्वारा दिया गया कोई भी इनाम मुझे नहीं मिला है। तो राजा बोला- अरे फकीर ! ये लेन-देन की बात तू क्या करता है, कौन सा इनाम और कैसा इनाम? तू मेरे कानों को खुश करता रहा और मैं तेरे कानों को खुश करता रहा। आजकल के नेता तथा पेशेवर तांत्रिक भी यही सब कुछ तो करते हैं तन्त्र-शास्त्र के अनुसार मन्त्र उस शब्द, पद या पद-समूह को कहते हैं, जिसके द्वारा संबन्धित देवता या शक्ति को प्रकट किया जा सकता है। काला जादू- काला जादू ऊर्जा का एक ऐसा शक्तिशाली पुंज होता है जिसे एक व्यक्ति दूसरे व्यक्ति पर करता है। विज्ञान के अनुसार ऊर्जा न तो नष्ट होती है और न ही इसका निर्माण किया जा सकता है बल्कि यह विभिन्न रूपों में स्थानान्तरित होती रहती है। काला जादू नकारात्मक ऊर्जा को सकारात्मक ऊर्जा में बदलने की अद्भुत क्षमता रखता है तथा व्यक्ति को आत्म-विश्वास से भर देता है। अपने भीतर की सुषुप्त क्षमताओं को जागृत करने के लिये भी इस विद्या को सीखा तथा प्रयोग किया जा सकता है, इसको परिकल्पना आराधना, उपासना, साधना, सिद्धि और पूजन में मिलती है। यह बौद्धिक क्षमता और ज्ञान को बढ़ाने वाला है। इसके सम्बन्ध में अधिकतर नकारात्मक बातें ही मिलती हैं। कहते हैं इस विद्या के द्वारा किसी पुतले में सुई चुभोकर जादू के प्रभाव में आए हुये व्यक्ति को वश में किया जा सकता है। जिससे उसके सारे कार्य दूसरे की इच्छानुसार होने लगते हैं। असम का मयांग नामक गाँव काला जादू का गढ़ माना जाता है। इसके मनोवैज्ञानिक परिणाम भी प्राप्त हो सकते हैं, जैसे प्रेमी प्रेमिका को अपने वशीभूत कर सकता है, पत्नी पति को पर स्त्री-गमन से रोक सकती है आदि-आदि। इस विद्या में लोहे की आलपिन, गुड़िया, जानवरों के शरीर के हिस्से, नीबू, हरी व लाल मिर्च, डरावने मुखौटे, रजोधर्म के कपड़े, सरसों, तिल, तेल आदि प्रयोग में आते हैं। हमारी दृष्टि में काला जादू का प्रयोग करके रोग से मुक्ति, बच्चे के रात में रोने से राहत दिलाने, नजर उतारने, गृह कलह दूर करने, आपसी प्रेम बढ़ाने, रोजगार आदि से संबन्धित टोटकों के द्वारा लाभ लिया जा सकता है। इसके प्रयोग से तुलसी के पत्ते भी मुझा जाते हैं। "माघ के महीने में कृष्ण-पक्ष अष्टमी के दिन पूर्वा-शाङ्गा नक्षत्र में अनार की कलम से लाल चन्दन के द्वारा भोजपत्र पर आधी रात के समय "ऊँ ह्रीं" लिखकर नित्य पूजा करने से अपार विद्या और बुद्धि की प्राप्ति होती है।" तन्त्र-विद्या के लिये आधार-शक्ति अपना शरीर, मानसिक शक्ति व प्रबल जिज्ञासा तीनों प्रमुख होती हैं। एक का अभाव होने पर सिद्धि प्राप्त नहीं होती है चाहे वह किसी भी प्रकार की क्यों न हो। देश भर में कई ऐसे केन्द्र हैं जहाँ पर तन्त्र से लेकर आई.ए.एस. तक की कोचिंग दी जाती है। ऐसा ही एक केन्द्र बैतूल जिले का मांडवी गाँव है जहाँ प्रतिवर्ष नाग-पंचमी के दिन सैकड़ों तांत्रिकों की अन्तुटी क्लास लगाई जाती है, ताकि वह जहरीले सर्पों के जहर को उतारने का मन्त्र सीख सकें। मन्त्र सिखाने वालों का दावा है कि उनके पास ऐसा मन्त्र है कि जिसके द्वारा सर्प-दंश के प्रभाव को समाप्त किया जा सकता है, यहाँ तक कि सर्प के काटने के तीन दिन बाद भी मरीज को जिंदा किया जा सकता है। और तो और इस गुप्त मन्त्र के द्वारा सर्प-दंश की खबर लाने वाले खबरची को यदि अभिमंत्रित कर दिया जाये तो मीलों दूर बैठे व्यक्ति का जहर वहीं से उतरने लगेगा। यह मन्त्र स्थानीय और उर्दू भाषा से मिलकर बना है। तन्त्र-विद्या और वाम-मार्ग आजकल बदनाम हो गए हैं। लोग समझते हैं कि वाम-मार्ग मद्य, माँस, मैथुन प्रधान आसुरी साधन है तथा इसके जानकार मारण, मोहन, उच्चाटन, वशीकरण द्वारा अपना स्वार्थ सिद्ध करके दूसरों का नुकसान करते हैं। वास्तव में कामी, लम्पट और बुद्धि के अधिकाारी नहीं हैं। शास्त्रों ने सीखने और सिखाने का अधिकारी केवल और केवल सदाचारी और लोक सेवी पुरुषों को ही बताया है। मार्ग दो तरह के होते हैं- वाम-मार्ग तथा दक्षिण-मार्ग। इन पर चलने वाले वाम-मार्गी तथा दक्षिण-मार्गी कहलाते हैं। तन्त्र-विद्या वाम-मार्ग के अन्तर्गत ही आती है। लोगों ने अर्थ का अन्वय कर दिया है। उन्होंने माना कि वाम का अर्थ है टेढ़ा या उल्टा, अर्थात् टेढ़ा उल्टा मार्ग। जबकि निरुक्त में वाम का अर्थ प्रशस्य लिखा है जिसका अर्थ प्रज्ञावान भी होता है अर्थात् प्रज्ञावान योगी का मार्ग वाम-मार्ग हुआ। शिव ने स्पष्ट कहा है कि लोलुप वाममार्गी नरक में गिरता है। तन्त्र का अर्थ है तन से जुड़ी हुई विद्या अथवा जिसको पाने के लिये तन का परिश्रम जरूरी होता है। शिव और शक्ति को ही तन्त्र का देवता माना जाता है। जितने भी तांत्रिक-ग्रन्थ हैं उनमें तन्त्र का वर्णन शिव-पार्वती संवाद के रूप में ही मिलता है। पार्वती प्रश्न पूछती हैं और शिव जन-कल्याणार्थ उस प्रश्न का उत्तर देते हैं। सामान्य व्यक्ति की धारणा है कि पूजा-अर्चना से ही सब-कुछ प्राप्त किया जा सकता है लेकिन यह उसका भ्रम है। पूजा-अर्चना और साधना दोनों अलग-अलग होती हैं। पूजा-अर्चना तो कोई भी सामान्य व्यक्ति कर सकता है किन्तु साधना के लिये एक गुरु की आवश्यकता होती है। गुरु के बिना साधना सम्भव नहीं होती है। मंदिरों में पुजारी या पण्डित पूजा-अर्चना तो कर सकते हैं लेकिन साधना नहीं। पूजा-अर्चना से आप कभी किसी देवता या देवी के दर्शन नहीं कर सकते हैं और ना ही सच्चा ज्ञान प्राप्त हो सकता है। मन्दिर में हवन, कथा अथवा यज्ञ से कोई साधनात्मक अनुभूति प्राप्त नहीं की जा सकती है। तन्त्र-विद्या के प्रयोग का छः प्रकार से वर्णन मिलता है- 1-वशीकरण- जिस कर्म से सब प्राणियों को वश में किया जाये, 2-मारण- जिस कर्म से प्राण हरण किया जाये, 3-उच्चाटन- जिस क्रिया से किसी प्राणी को देश आदि से पृथक कर दिया जाये, 4- मोहन- जिससे व्यक्ति को मोहित करके अपनी इच्छानुसार कार्य लिया जा सके, 5-विद्वेषण- जिससे दो प्राणियों की परस्पर प्रीति को छुड़ा दिया जाये, 6-स्वप्न- जिससे प्राणियों की प्रवृत्ति रोक दी जाये। तन्त्र का वास्तविक अर्थ होता है- "शरीर को साधक आन्तरिक शक्तियों को जगाकर ब्रह्माण्ड से जोड़ना"। यह एक तरह की विशिष्ट योग्यता (काबिलियत) होती है। तन्त्र में शमशान या उजाड़ स्थान को इस लिये चुना जाता है ताकि जातक का जीवन के अन्तिम सत्य से साक्षात्कार हो सके तथा उसे चारों तरफ ईश्वर की सार्वभौमिकता तथा जीवन की निरर्थकता का आभास हो सके। जिससे शरीर अनुशासित रहकर आत्म-नियंत्रित हो सके। साधना के लिये रात्रि का समय इसलिये चुना जाता है कि रात्रिकाल में सत तथा रज वृत्ति कम प्रभावी होती है तथा तम वृत्ति पूर्ण प्रभावी होती है। दक्षिण-पंथी साधना दिन में तथा वाम-पंथी साधना रात्रि में ही सिद्ध की जाती है। दूसरे सूर्य की दूरसे-तीसरे प्रहर में अत्यधिक क्षीण हो जाती है। साधना में चन्द्र-रश्मियों की विशेष महत्ता है, क्योंकि चन्द्रमा मन का स्वामी है तथा जल-तत्व का भी कारक होता है। साथ में रात्रिकाल में सभी मानवीय क्रियाएँ सुषुप्त हो जाती हैं। किसी प्रकार के व्यवधान या बाधा की सम्भावना नहीं रहती है। "शिवसूत्र" तन्त्र-विद्या का प्रमुख ग्रन्थ है।

Mosquitoes May Remember Smells of Hosts: Study

According to the researchers, hosts who swat at mosquitoes or perform other defensive behaviour may be abandoned, no matter how sweet they are. Thinking that you may receive mosquito bites if you are sweeter may not be that far-fetched as a new study suggests that mosquitoes may abandon hosts who swat at them, according to a new study. The study, published in the journal Current Biology, shows that mosquitoes can rapidly learn and remember the smells of hosts and that dopamine is a key mediator of this process. Mosquitoes use this information and incorporate it with other stimuli to develop preferences for a particular vertebrate host species, and, within that population, certain individuals. However, the study also proved that even if an individual is deemed delicious-smelling, a mosquito's preference can shift if that person's smell is associated with an unpleasant sensation. According to the researchers, hosts who swat at mosquitoes or perform other defensive behaviours may be abandoned, no matter how sweet they are. "We now know that mosquitoes are able to learn odours emitted by their

host and avoid those that were more defensive," said co-author of the study, Chloe Lahondere, Research Assistant Professor at Virginia Tech in the US. For the study, researchers demonstrated that mosquitoes exhibit a trait known as aversive learning by training female aedes aegypti mosquitoes to associate odours (including human body odours) with unpleasant shocks and vibrations. Aedes aegypti mosquitoes are vectors for zika fever, dengue fever, chikungunya and yellow fever viruses. Twenty-four hours later, the same mosquitoes were assessed in a Y-maze olfactometer in which they had to fly upwind and choose between the once-preferred human body odour and a control odour. The mosquitoes avoided the human body odour, suggesting that they had been successfully trained, the researcher said. By taking a multidisciplinary approach and using cutting-edge techniques, including CRISPR gene editing and RNAi, the researchers were also able to identify that dopamine is a key mediator of aversive learning in mosquitoes.

ध्वजारोहण एवं गार्द सलामी दी



मुम्बई:- गणतन्त्र दिवस पर विकास पार्क कोआपरेटिव सोसायटी मलाड मुम्बई में वरिष्ठ निवासी श्री डी.एन. अग्रवाल जी के मार्ग निर्देशन में ध्वजारोहण एवं गार्द सलामी का कार्यक्रम सम्पन्न हुआ। इस शुभअवसर पर श्री डी.एन. अग्रवाल जी ने गणतन्त्र दिवस के महत्व को उपस्थित महानुभावों को बताया सोसायटी के सभी निवासियों के साथ-साथ सोसायटी की कार्यकारिणी के सभी पदाधिकारी चैयरमैन- श्री अशोक गडोडिया, सचिव- श्री ब्रजभूषण जायसवाल, ट्रेजरर- श्री कैलाश खेता, विकास अग्रवाल के साथ-साथ वरिष्ठ पुलिस अधिकारी श्री सन्तोष भंडारी भी अपने दलबल के साथ मौजूद रहे।

Hypertension

The heart pumps blood to various organs with a force, which exerts pressure on the walls of the arteries. Hence, blood pressure is defined as the pressure exerted by the blood flow upon the walls of the blood vessel and is measured in millimetres of mercury (mmHg). 120/80 mmHg is considered as the normal reading for blood pressure, where 120 is the pressure when the heart beats to pump out blood (systolic pressure) and 80 is the pressure when the heart rests between beats (diastolic pressure). A person is said to have hypertension when the blood pressure readings are 140/90 mmHg or higher. Read about 10 myths about hypertension. **TYPES:-** Hypertension or high blood pressure still remains an uncontrolled problem in India, mainly because the condition develops silently and remains undetected for a long time. According to the World Health Organisation (WHO), one in every three individuals above the age of 18 years has high blood pressure. Here are 10 ways hypertension or High BP affects your body. **Primary hypertension:** High blood pressure that has no identifiable cause. **Secondary hypertension:** High blood pressure resulting from an underlying condition like kidney disease, diabetes, blocking of arteries, irrational use of medicines like painkillers, supplements, thyroid problems, heavy alcohol intake and sleep disorders. **Malignant hypertension:** A sudden, rapid increase in high blood pressure is called malignant hypertension. **Resistant hypertension:** This type of hypertension is unaffected by a single group of medicines and lifestyle changes. Here are all your queries answered about hypertension answered. **Isolated systolic hypertension:** In this type, the arteries become stiff and causes a rise in systolic blood pressure but the diastolic blood pressure remains normal. Here's why you should not neglect borderline hypertension. **YOGA FOR HYPERTENSION:-** Sitting and supine positions that place the spine in a horizontal position, and exert less strain on the heart can be therapeutic and help you to control your blood pressure. Here are some recommended yoga asanas for people suffering from hypertension - • Sukhasana • Bhramari pranayama • Janusirsasana • Paschimotanasana • Shavasana • Setubandhasana • Pawanmuktasana • Shishuasana **COMPLICATIONS:-** Simply put, uncontrolled high blood pressure (HBP) can injure or kill you. Also known as 'the silent killer', high BP has no symptoms, making it very difficult to gauge how severely the condition is damaging your arteries, heart and other organs. Uncontrolled high blood pressure can lead to: • Heart attacks or stroke • Aneurysm • Heart failure • Weakened and narrowed blood vessels in your kidneys • Thickened, narrowed or torn blood vessels in the eyes • Metabolic syndrome • Trouble with memory or understanding • Sex life Read to know about dangers and complications of high and uncontrolled blood pressure. **ALTERNATIVE REMEDIES:-** Hypertension or high blood pressure is a chronic condition in which the arterial blood pressure is elevated (normal blood pressure is 120/80 mm Hg). Although antihypertensive medications are available to treat high blood pressure, they are usually associated with many side-effects. Hence, hypertensive individuals prefer natural alternatives instead of conventional medications as they are not only effective but are comparatively safe. Some of the widely used alternative measures for lowering high blood pressure are - **Dietary changes:** The DASH (Dietary Approaches to Stop Hypertension) diet includes eating foods with potential antihypertensive activity like fresh fruits and vegetables (amla juice, beetroot garlic and radish), whole grains, milk, etc and lowering the intake of salt and processed foods. Read about 10 fruits and vegetables that are good for people with hypertension. **Exercise:** Regular physical activity of 30 to 60 minutes lowers your blood pressure level by 4 - 9 mm Hg. Read about top 8 reasons to start exercising today. **Natural herbs:** The commonly used natural remedies with antihypertensive property include garlic, custard apple, celery, ajwain, carrot, flaxseeds (alsi), tomato, drumsticks, basil (tulasi), pomegranate, sesame (til), cocoa bean, wheat bran, black plum and ginger. Read about herbal remedies for hypertension **Stress management:** Stress is one of the key factors responsible for hypertension. The various relaxation techniques used to relieve stress and lower high blood pressure are controlled breathing, reiki, acupuncture and meditation. **Probiotics:** Probiotics, which contain good bacteria, were known to promote a healthy digestive system in addition to improving immunity. But research studies have shown that these 'helpful bacteria' exert antihypertensive potential by improving lipid profile, function of the enzyme renin (responsible for normal blood pressure) and insulin resistance in the body. **TREATMENT:-** Hypertension can be treated with medicines and lifestyle changes. **Medication:** Drugs used for treating hypertension are called anti-hypertensive drugs. Anti-hypertensive drugs are needed lifelong because hypertension can only be controlled and not cured. However, this is true only in case of essential hypertension or primary hypertension,' says Dr Sanjeev Chaudhary, Associate Director & Unit Head, Cardiology, FMRI, Gurgaon. Here's a detailed account on medicines for hypertension and their side-effects. **Lifestyle changes:** Dr Sanjeev highlights that lifestyle changes should be tried first before taking medication in case of mild hypertension. These changes also apply if you want to prevent hypertension. Lifestyle changes include - • Regular exercise • Maintaining healthy weight • Reducing salt intake • Lowering fat intake • Managing stress Here are a few more diet tips for people with hypertension. **DIAGNOSIS:-** The only way to know whether you have high blood pressure is to get it measured. The physician will measure your blood pressure with an instrument called sphygmomanometer. The normal blood pressure reading is 120/80 mmHg. The first number is the measure of pressure exerted on the walls of arteries when the heart contracts and pushes blood in the arteries. This is called systolic blood pressure. Normal systolic blood pressure is below 120 mmHg. Read about how your heartbeat affects your BP. The second number is the diastolic pressure or the pressure exerted on the walls of the arteries when the heart is at rest between beats. The normal diastolic blood pressure is less than 80 mmHg. Recently, new guidelines released by the U.S. revised the normal range of blood pressure to 150/90 for people above 60 years of age. Read more about the guideline - 150/90 is the new 'normal BP' for people over 60. **SYMPTOMS:-** High blood pressure is a silent killer and does not have any symptoms as such. So then how does one suspect high BP? Here are a few signs that are closely associated with hypertension and are seen in quite a few people. If you have any of these signs, it is good signal for you to go to a doctor and get your BP checked. • Headache • Breathlessness • Nosebleed • Vision problem • Increased heart rate Apart from the above signs, few people may also feel dizzy and experience body stiffness and loss of interest in daily activities. But none of the mentioned symptoms individually confirm that a person is suffering from high blood pressure. You need to visit a health professional to confirm if you have high HP. Read more about symptoms of high blood pressure. **CAUSES:-** Hypertension mainly develops as you grow older. The primary cause of high blood pressure remains unknown in almost 90% of the cases. But there are several secondary causes of hypertension such as: • Kidney disease • Diabetes • Blocking of arteries • Irrational use of medicines like pain killers, supplements • Thyroid problems • Heavy alcohol intake • Sleep disorders **RISK FACTORS:-** There are several known factors that increase the risk of hypertension. These include - **Age:-** On an average, people above 40 years of age have a higher risk of developing hypertension. **Family history:-** If you have a family member with high blood pressure, you're also likely to suffer. **Stress:-** Several studies have linked stress with high blood pressure. Hormones released by the body under stress affect the blood vessels and blood flow, causing a temporary rise in BP. **High salt intake:-** Salt contains sodium that causes fluid retention in the body, leading to increased blood pressure. Read about how to reduce salt intake and control your BP. **Smoking:-** Smoking causes narrowing of the arteries, thereby increasing the pressure exerted by blood flowing through them. Here are 25 things that happen inside your body when you smoke. **Heavy alcohol intake:-** Heavy drinking generally has a known bad effect on crucial organs like liver, kidneys and the heart. It also affects the blood pressure. Are you aware of these side effects of alcohol? **Chronic diseases:-** While hypertension is a risk factor for chronic diseases like heart disease and kidney disease, chronic diseases can also lead to hypertension.



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50 हजार से अधिक के होंगे लेट

नई दिल्ली:- जिन आयकरदाताओं का रिफंड 50 हजार रुपये से अधिक है, इस बार उनको रिफंड प्राप्त करने में देरी हो सकती है. देरी इसलिए की जा रही है क्योंकि लम्बित रिफंडों को जांच की जानी है. हालांकि वित्त मंत्रालय ने कर संग्रह के आंकड़ों में संतुलन बिटाने को इसका कारण बताया है. सूत्रों के अनुसार आयकर विभाग का कहना है कि जिन करदाताओं का रिफंड 50 हजार रुपये से अधिक का है, उनका रिफंड रोक लिया जाए. फिलहाल 50 हजार या उससे कम के रिफंड ही जारी किए जाएंगे. आपको बता दें कि वित्त वर्ष 2017-18 में आयकर के स्लैब में कुछ बदलाव किए गए थे, जिसके अनुसार 2.5 लाख रुपये तक की आय वालों को कोई टैक्स नहीं देना था. वहीं 2.5 से 5.0 लाख रुपये के बीच की वार्षिक आय वालों को 5 प्रतिशत, जबकि 5 से 10 लाख तक की आय पर 20 प्रतिशत कर और 10 लाख से अधिक की वार्षिक आय वालों को 30 प्रतिशत टैक्स चुकाना होगा. हालांकि लोग कई प्रकार के निवेश कर टैक्स के भुगतान में छूट भी प्राप्त करते हैं. इसके साथ ही कई प्रकार से टैक्स बचाया जा सकता है. रिटर्न दाखिल करते समय धारा 80 सी एवं 80डी आदि की छूट भी प्राप्त होती है. **परग सिंहल मो- 09410664214.**

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NatHealth Recommends Introduction of Mandatory Health Insurance

Mumbai:- Mandatory health insurance, insurance coverage for elderly, priority sector status, creation of health infrastructure and innovation funds, promotion of medical tourism, CSR incentives along with other tax related reliefs and exemptions prominently figures in the pre-budget recommendations submitted to the government by Healthcare Federation of India (NatHealth). To ensure universal healthcare access and augment healthcare and infrastructure capacity, NatHealth has emphasised on introduction of mandatory health insurance. Currently, only around 4% of the population in the country have health insurance coverage. Out of pocket healthcare spending constitutes 86% of total healthcare spends in India. Further, a vast majority of the rural poor are unable to access quality healthcare. "The major reason for the low penetration of health insurance is that it is currently optional. It is also the case that most of the people opting for health insurance have some pre-existing illnesses. This has led to a high claims ratio being prevalent in the health insurance business which makes it difficult for health insurers to sustain their operations," said Dr. Arvind Lal, President, NatHealth. While appreciating the government's efforts to introduce a health insurance scheme for economically weaker sections of the society and senior citizens in the last budget, NatHealth recommended that the government could also explore making health insurance coverage mandatory for all citizens in a phased manner, initially covering the organised sector. "Apart from enabling universal access to healthcare, this move would also meet the urgent need for augmenting healthcare capacity creation in the country," Dr Lal added. NatHealth also recommended increase in quantum of deduction towards payment of medical insurance premium as it considers the present annual deduction limit of Rs.15,000 inadequate to push health insurance schemes. Accordingly, it should be enhanced to Rs.50,000 for self and family and the current annual limit of Rs 20,000 in respect of dependent parents needs to be enhanced to Rs.50,000. The Federation also emphasised that there is an urgent need for setting up a Health Infrastructure Fund and A Medical Innovation Fund. "The government can think of providing the seed capital for funds such as Health Infrastructure Fund and Medical Innovation Fund. Access to funding by creating a specific fund for healthcare infrastructure and innovation would facilitate access to capital for the sector," said Anjan Bose, secretary general, NatHealth. "These funds would encourage entrepreneurship and newer business models which are the need of the hour for improving access, availability and quality, especially in tier 2, tier 3 and rural areas," Bose added. NatHealth also recommends that healthcare should be given priority sector status. Though healthcare was included in the harmonized master list of infrastructure sub sectors by the Reserve Bank of India in 2012, long term financing options are still not available for healthcare providers. According to NatHealth, "Priority Sector" status to healthcare will help in the process of enabling development of innovative long term financing structures for healthcare providers apart from creating an attractive environment for domestic production of medical equipment, devices and consumables while also catalysing research and development. NatHealth feels that this will channelize funds from the banking sector to create necessary healthcare infrastructure and meet societal objectives of the government of India. In order to

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Coconut Oil Can Reduce The Risk of Heart Disease, Says Study- Here's How

Once tainted by the fact that it contains 90 percent saturated fat, coconut oil made a comeback in recent years as one of the most healthiest things known to mankind. From hairfall and dental issues to skin problems, studies have shown coconut oil to be effective in curbing these conditions. But, looks like it can also be helpful in curing more serious cases like heart-related conditions. According to a recent study, daily consumption of coconut oil for just four weeks may lower the risk of heart disease and stroke. Researchers Kay-Tee Khaw and Professor Nita Forouhi from the University of Cambridge conducted the study on 94 volunteers between the ages of 50 and 75, none of whom had a history of heart disease or diabetes, reports Independent. They split the participants into three groups and each of them was asked to consume 50 grams or roughly three tablespoons of either coconut oil, extra virgin olive oil or unsalted butter every day for four weeks. They wanted to analyse that how eating these fats regularly would affect the volunteers' cholesterol levels. The findings indicated that the participants, who consumed butter saw an average rise of 10 percent in their levels of LDL cholesterol, known as the "bad cholesterol". Those, who consumed olive oil saw a slight reduction in LDL levels and a five percent rise in HDL cholesterol levels, which is often referred to as the 'good cholesterol'. Meanwhile, the participants who ate coconut oil saw the biggest rise in HDL levels with an average of 15 percent. "I think decisions to eat particular oils depend on more than just the health effects," the researchers stated.

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make India a preferred healthcare tourism destination by ensuring a level playing field with other Asian healthcare nations, and earn valuable foreign exchange, NatHealth also suggested that earnings from medical tourism should be made fully exempt from income tax for healthcare providers.

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03.02.2018	गणेश चतुर्थी व्रत
07.02.2018	कालाष्टमी
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10.02.2018	महर्षि दयानंद जयंती
11.02.2018	विजया एकादशी व्रत
12.02.2018	कुंभ संक्रान्ति
13.02.2018	प्रदोष व्रत
14.02.2018	महाशिवरात्रि व्रत, ऋषिबोधोत्सव
15.02.2018	अमावस्या
17.02.2018	फूलैरा दूज
19.02.2018	अविघ्नकर व्रत
23.02.2018	रोहिणी व्रत, होलाष्टक प्रारंभ
24.02.2018	लट्टमार होली (बरसाना)
25.02.2018	लट्टमार होली (नंदगाँव)
26.02.2018	आंवला एकादशी व्रत
27.02.2018	गोविंद द्वादशी, प्रदोष व्रत

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शरीर में खून यानि ब्लड ही है जिसके सहारे शरीर का हर अंग काम कर पाता है. ये शरीर के अंगों तक ऑक्सीजन पहुँचाता है और शरीर का तापमान कंट्रोल करता है. इसके अलावा ब्लड छोटे-छोटे न जाने कितने काम करता है, जिनके बिना जीवन सुमकन नहीं है. दरअसल हम जो कुछ खाते-पीते हैं उसमें मौजूद पौष्टिक तत्वों को अलग-अलग अंगों तक पहुँचाने का काम ब्लड ही करता है, जिससे शरीर सुचारु रूप से काम कर पाता है. गलत और अमोहवादी आहार हमारे ब्लड में कुछ ऐसे तत्व भी पहुँच जाते हैं जो शरीर को नुकसान पहुँचाते हैं. इसी को खून खराब होना कहते हैं. ब्लड में गंदगी से फोड़े-फुंसी, पिंपल और चर्म रोग हो जाते हैं. इसके अलावा जल्दी थक जाना, वजन कम हो जाना, पेट की समस्या आदि भी ब्लड में गंदगी की वजह से हो जाती हैं. लेकिन ब्लड में मौजूद विषैले तत्वों को कुछ आहारों और जीवनशैली में परिवर्तन की मदद से बाहर निकाला जा सकता है. **खून पानी पियें:-** हमारे शरीर का एक-तिहाई हिस्सा पानी से बना हुआ है. ब्लड साफ करने का सबसे आसान तरीका है कि खून पानी पियें. अगर आप रोजाना 3 से 4 लीटर पानी पीते हैं तो ब्लड में गंदगी की समस्या आपको कभी नहीं होगी. पानी से शरीर में मौजूद विषैले पदार्थ और हानिकारक बैक्टीरिया यूरिन और मल के माध्यम से निकल जाते हैं. **सौंफ खाएँ:-** सौंफ खून की सफाई के लिए सबसे अच्छा विकल्प है. रोजाना सौंफ के इस्तेमाल से शरीर का ब्लड डिटॉक्सिफाई होता रहता है और गंदगी शरीर से बाहर निकलती रहती है. सौंफ में कई तत्व होते हैं जो शरीर को स्वस्थ रखते हैं और आँखों की रोशनी बढ़ाते हैं. इसके लिए आप रोजाना खाने के 5 मिनट बाद एक चम्मच सौंफ में आधा चम्मच मिश्री मिलाकर खाएँ. **शारीरिक मेहनत या व्यायाम करें:-** अगर आप शारीरिक मेहनत वाला कोई काम करते हैं तो ठीक और अगर नहीं करते हैं तो थोड़ा सा समय एक्सरसाइज के लिए जरूर निकालें. घर के काम करने वाली महिलाओं को भी शारीरिक व्यायाम करना चाहिए. इससे उनका शरीर फिट रहता है और शरीर गंधीरों से दूर रहता है. व्यायाम करने या शारीरिक मेहनत के समय शरीर से जो पसीना निकलता है, उसके सहारे भी शरीर की तमाम गंदगी शरीर से बाहर निकलती है. इसलिए व्यायाम को अपनी दिनचर्या में शामिल करें. **ग्रीन टी पियें:-** ग्रीन टी भी आपके ब्लड को प्यूरिफाई करने का गुण रखती है. ज्यादातर लोग ग्रीन टी को वजन घटाने के लिए ही पीते हैं जबकि ये आपके मेटाबॉलिज्म को ठीक करती है और शरीर में मौजूद अशुद्धियों को बाहर निकालने में मदद करती है. इसके अलावा ग्रीन टी पीने से तनाव और डिप्रेशन से भी राहत मिलती है. **फाइबर और विटामिन सी युक्त आहार:-** खून की अशुद्धियों को दूर करने के लिए आपको फाइबर और विटामिन सी युक्त आहार लेना चाहिए. फाइबर के लिए हरी सब्जियाँ, गाजर, मूली, चुकंदर, शलजम, फल, ड्राई फ्रूट्स और मोटा अनाज ले सकते हैं. विटामिन सी के लिए नींबू, संतरा, आँवला और पपीता आदि ले सकते हैं. ये सभी आहार खून को शुद्ध करने के साथ-साथ आपके शरीर को भी स्वस्थ रखेंगे. चुकंदर खाने से ब्लड में हीमोग्लोबिन की मात्रा बढ़ती है.

अंधेरे में यूज करते हैं स्मार्टफोन, तो हो सकती है ये बीमारी

आजकल के समय में ना सिर्फ युवा बल्कि बुजुर्ग भी मोबाइल पर आश्रित होते जा रहे हैं. बिना फोन के लोग खुद को अंधा और अकेला समझते हैं. सुबह उठने से लेकर रात को सोने तक फोन साँस की तरह साथ रहता है. लेकिन इसके अधिक प्रयोग के कारण कई प्रकार की स्वास्थ्य समस्याएँ होती हैं. इसलिए जरूरी है कि फोन को अपनी जिंदगी में अधिक दखल देने से बचाया जाए. आज हम आपको कुछ ऐसे बीमारियों के बारे में बता रहे हैं जो फोन का अधिक इस्तेमाल करने के चलते होती हैं. **डिप्रेशन का है बढ़ा कारण:-** रात को सोने से पहले 99 प्रतिशत लोग फोन पर लगे होते हैं. कुछ चैटिंग करते हैं तो कुछ लोग गेम खेलते हैं. हाल ही में हुए एक शोध में साफ हुआ है कि अंधेरे में फोन का अधिक इस्तेमाल करने से सिर दर्द, बेचैनी, कंफन, आँखें कमजोर और डिप्रेशन जैसी बड़ी बीमारियाँ हो सकती हैं. वैसे तो फोन से दूर हो रहना चाहिए, लेकिन अगर आप अंधेरे में फोन का इस्तेमाल करते हैं तो कोशिश करें कि कम से कम छोटी लाइट जरूर जला दें. **नॉंद का है दुश्मन:-** अक्सर लोगों की आदत होती है कि जब वो सोने के लिए लेटते हैं तो फोन का इस्तेमाल करने लगते हैं. लेकिन क्या आप जानते हैं कि आपका मोबाइल फोन आपकी नॉंद का दुश्मन होता है? दरअसल, आपके स्मार्टफोन से निकलने वाला कृत्रिम प्रकाश अंधेरे में आपके शरीर की मेलाटोनिन उत्पादन करने के क्षमता को प्रभावित करता है. मेलाटोनिन आपको नॉंद दिवाने वाला रसायन होता है. तो जब आप सोने के समय फोन का इस्तेमाल कर रहे होते हैं तो इसके प्रकाश के कारण आपकी नॉंद भाग जाती है. **पिंपल की समस्या:-** आज-कल मोबाइल फोन लगभग सभी की दिनचर्या का अहम हिस्सा बन चुके हैं. हम सभी दिन का काफी बड़ा हिस्सा मोबाइल का उपयोग करते हुए बिताते हैं और इस बात से पूरी तरह अनजान होते हैं कि ऐसा करना हमारी त्वचा के लिए नुकसानदायक साबित हो रहा है. जो हॉ फोन का अधिक उपयोग करना एक कारण बन सकता है. एक अध्ययन से पता चला है कि लगातार गाल से फोन के चिपकाए रखने से त्वचा पर घने व मुँहासे हो जाते हैं, फिर चाहे आपका फोन साफ और बैक्टीरिया मुक्त ही क्यों हो या न हो. दरअसल इसकी वजह से गर्मी और घर्षण उत्पन्न होता है, जिसकी वजह से मुँहासे निकल आते हैं. **शुद्धियों को देना है निमित्त:-** इन दिनों चोट के तमाम विकल्प आ चुके हैं. नॉंद-नॉंद ऐप्स और फिर इंटरनेट पर उपलब्ध टेक्स्ट को पढ़ना अब आम बात है. इस तरह के टेक्स्ट का फॉन्ट अमूमन छोटा होता है. छोटे फॉन्ट की वजह से लोग फोन को इस तरह से देखते हैं कि उनकी भौंहों के बीच शुद्धियाँ पड़ जाती हैं. इस समस्या से बचने के लिए अपने मोबाइल फोन का फॉन्ट बड़ा करें, साथ ही इसकी ब्राइटनेस को भी बढ़ा दें. **पुरुष बाँधपन की समस्या:-** इनफर्टिलिटी विशेषज्ञ डॉ. गीता अग्रवाल के अनुसार बाँधपन की समस्या के लिए मोबाइल फोन और लैपटॉप का ठीक प्रकार से इस्तेमाल न करना भी बड़ा कारण है. शर्ट की जेब में दिल के पास और पैट को जेब में रखने पर मोबाइल से निकलने वाली रेज खतरनाक साबित होती है. यह पुरुषों के शुक्राणुओं पर बुरा प्रभाव डालती है और उनकी संख्या और क्षमता में वीस से तीस प्रतिशत तक की कमी कर देती है. **रेडियेशन है नुकसानदायक:-** टावर से सिग्नल, सिग्नल से फोन और फोन से आवाज आने तक की पूरी प्रक्रिया रेडियेशन पर निर्भर है. यह किरणें चारों तरफ हैं. जहाँ नहीं होना चाहिए वहाँ भी और जितनी मात्रा में नहीं होनी चाहिए उससे कहीं ज्यादा भी है. ये मोबाइल के जरिए हमारे शरीर को बुरी तरह से नुकसान पहुँचाती हैं. इससे कैंसर का जोखिम भी बढ़ जाता है. बिना बात के रेडियेशन से निजात पाने के लिए फेक कॉल्स और एसएमएस के लिए डॉनली कर दें.

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Causes of Thyroid Cancer That You Were Not Aware of

The exact cause of thyroid cancer is not known. Similar to how other cancer forms develop, changes in the DNA of cells is responsible for the development of thyroid cancer. These alterations could either be genetically inherited or occur over a period of time. But, it is well established that cancer is not contagious. **Thyroid cancer risk factors:-** Exposure to radiation increases one's chances of getting thyroid cancer. A mere dental X-ray, however, does not increase the chances of developing thyroid cancer, but a radiation therapy to the head, neck or chest surely does. There has been significant amount of research to understand DNA changes that become cancerous. Most cancers are not inherited, which means that DNA gets damaged by the exposure to something in the environment such as radiation or smoke during the course of one's life. The cancer may also occur when unexpected changes take place inside a cell without a specific external cause. The following are the prominent risk factors for thyroid cancer: **Benign thyroid disease:-** Thyroid conditions i.e., either underactive or overactive thyroid are not related to the risk of thyroid cancer in any way, however, non-cancerous conditions such as nodules (adenomas), goitre (an enlarged thyroid) and thyroiditis (inflammation of the thyroid) increase thyroid cancer risk. **Radiation and low iodine levels:-** Thyroid cancer is more likely to develop in individuals who have had radiotherapy treatments at a tender age, though the cancer usually develops years later. Survivors of atomic explosions or accidents are also at an increased risk of developing thyroid cancer. Individuals with low levels of iodine in their body are at more risk of thyroid cancer after any exposure to radiation. **Family history of thyroid cancer:-** Individuals with a family history of thyroid cancer are at a higher risk of developing thyroid cancer. **Bowel condition FAP:-** Familial adenomatous polyposis (FAP), a condition caused by an inherited gene, increases the chances of developing thyroid cancer. **Breast condition history:-** Women with non-cancerous breast conditions are at increased risk of thyroid cancer. **Cancer history:-** Individuals who have been treated for breast cancer, oesophageal cancer, testicular cancer or non Hodgkin's lymphoma have high risk of developing thyroid cancer. These are the possible risk factors for thyroid cancer suggested by research reports over the years. Although thyroid cancer is a rare form of cancer, it is favourable to be aware about its symptoms and treatment options for better prognosis.

हरा चना देता है शरीर को भरपूर एनर्जी और इन 5 रोगों से रखता है दूर

हरा चना खाने में जितना स्वादिष्ट होता है उतना ही सेहतमंद होता है. इसे हम सब्जी, पराठे, छोले, पकोड़े, स्पाउट्स आदि में इस्तेमाल करते हैं और कच्चा या भुनकर भी खाते हैं. हरे चने में ढेर सारे पौष्टिक तत्व होते हैं जो शरीर को ऊर्जा देने के साथ-साथ कई गंधीरों से बचाते हैं. इसमें कार्बोहाइड्रेट, प्रोटीन, फाइबर, आयरन तथा विटामिन मौजूद होते हैं जो हमारी सेहत के लिए बेहतर जरूरी तत्व हैं. चने के साथ-साथ इसके पौधे की पत्तियों का बड़ा स्वादिष्ट साग बनता है और ये भी सेहत के लिए फायदेमंद होता है. कि हरा चना खाने से हमारी सेहत को कौन से लाभ मिलते हैं. **एनर्जी से भरपूर:-** हरा चना खाने से शरीर में तुरंत एनर्जी आती है और शरीर को थकावट मिट जाती है. 100 ग्राम चने में लगभग 250 कैलोरीज होती हैं जबकि इसमें प्रोटीन की मात्रा 32 ग्राम होती है इसलिए अगर आप थकावट महसूस कर रहे हैं या काम ज्यादा है तो नारंगे में हरे चने का स्पाउट या पराठा खा सकते हैं. भुना हुआ चना खाने में बेहद स्वादिष्ट लगता है और ये भी शरीर के लिए फायदेमंद होता है. **हड्डियों को बनाता है मजबूत:-** हरे चने में विटामिन सी और कैल्शियम भरपूर मात्रा में होता है इसलिए इसे खाने से हड्डियाँ मजबूत रहती हैं और शरीर की रोग प्रतिरोधक क्षमता बढ़ती है. 100 ग्राम हरे चने में विटामिन सी 292%, आयरन 3% और कैल्शियम 4% होता है. हरे चने के सेवन से आप हड्डी के रोगों जैसे ऑस्टियोपोरोसिस और आर्थराइटिस आदि से दूर रहते हैं. **दिल की बीमारियाँ खती हैं दूर:-** हरे चने के सेवन से दिल की बीमारियाँ भी आपसे दूर रहती हैं. हरा चना शरीर में बैड कोलेस्ट्रॉल की मात्रा को घटाता है गुड कोलेस्ट्रॉल की मात्रा को बढ़ाता है. दिल संबंधी ज्यादातर बीमारियों की जड़ में यही बैड कोलेस्ट्रॉल होता है इसलिए ये आपके दिल के लिए बेहद फायदेमंद है. 100 ग्राम चने में केवल 62 मिलीग्राम कोलेस्ट्रॉल होता है. **ब्लड शुगर रहेगा कंट्रोल:-** हरा चना चूँकि एक तरह का बीज होता है इसलिए इसमें भी अन्य बीजों की तरह ब्लड शुगर कंट्रोल करने के गुण होते हैं. चने में फाइबर भरपूर होता है इसलिए इसे खाने से शरीर में ब्लड शुगर को रगुलेशन ठीक रहता है. चने में शुगर की मात्रा 0 होती है इसलिए ये डायबिटीज के मरीजों के लिए फायदेमंद है. चना पोटेशियम और सोडियम से भरपूर होता है. 100 ग्राम चने में लगभग 1840 मिलीग्राम पोटेशियम और 372 मिल. ग्राम सोडियम होता है. **आँखों के लिए है फायदेमंद:-** चने में ढेर सारे विटामिन और मिनरल्स होते हैं जो आँखों के लिए बेहद फायदेमंद माने जाते हैं. चने में विटामिन ए, विटामिन डी, विटामिन सी, विटामिन के और विटामिन बी कॉम्प्लेक्स होता है इसलिए इसे खाने से आँखों की रोशनी तेज होती है और आँखों संबंधी गंधीर बीमारियाँ जैसे लीधो, ग्लूकोमा, आई फ्लू आदि नहीं होते हैं.

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