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खराब नींद से हो सकता है अवसाद का खतरा

अगर आपके बच्चे देर रात तक जगे होते हैं, तो उनमें नींद संबंधी दिक्कत हो सकती है, जिससे मनोदशा संबंधी विकार और खास तौर से अवसाद का जोखिम बढ़ सकता है. शोधकर्ताओं ने यह चेतावनी दी है. अमेरिका की पीट्सबर्ग विश्वविद्यालय के पीटर फ्रेंजेन की अगुवाई में किए गए इस शोध में कहा गया है कि नींद से वंचित किशोर में जोखिम लेने के व्यवहार को पैदा होने तथा नशे की चपेट में आने का जोखिम रहता है. इसकी वजह है कि ज्यादा समय से नींद से वंचित रहना पुटामेन के कामकाज को प्रभावित करता है. पुटामेन मस्तिष्क का वह भाग होता है जो लक्ष्य आधारित गतिविधियों व सोखने में प्रमुख भूमिका निभाता है. नींद की कमी से मस्तिष्क की पुरस्कार प्रणाली की सक्रियता भी कम हो जाती है. इस शोध को कैलिफोर्निया के अमेरिकन कॉलेज ऑफ न्यूरोसाइकोफार्माकोलोजी की 56 वें सालाना बैठक के दौरान प्रस्तुत किया गया. इसमें शोधकर्ताओं ने 11 से 15 साल आयु वाले प्रतिभागियों के नींद के व्यवहार का अध्ययन किया. शोध के निष्कर्षों से पता चलता है कि जब प्रतिभागियों को नींद से वंचित किया गया और उन्हें ज्यादा घंटों तक रिवाइड गेम खेलने को कहा गया तो उस दौरान पुटामेन कम प्रतिक्रियाशील रहा. जबकि बाकी की स्थितियों में मस्तिष्क के उस भाग ने उच्च व निम्न पुरस्कार वाली स्थितियों में कोई अंतर प्रदर्शित नहीं किया. जिस रात प्रतिभागियों ने कम नींद पूरी की उसके अगले दिन उनके पुटामेन में कम सक्रियता देखी गई तथा उनमें अवसाद के लक्षण भी ज्यादा नजर आए.

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अस्थमा के लक्षण:-

शरीर में बंचेनी महसूस होती है ● कई बार सिर भारी-भारी लगना और एक हिस्से में दर्द होना ● जोर-जोर से साँस लेने के कारण थकावट महसूस होना ● अधिक चलने के बाद उल्टी महसूस होना ● सिगरेट-बीड़ी के धुँए से गला बंद होना या किसी तरह की एलर्जी महसूस होना

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These 5 Health Benefits of Dried Plum Make it a Super Food

Since oxidative stress and chronic inflammation play important roles in cancer development, dried plums with antioxidative and anti-inflammatory properties hold promise for cancer chemoprevention. The antioxidant, anti-inflammatory and chemopreventive activities of dried fruits like plums are largely attributed to their polyphenols and vitamins. Over the past several decades, extensive efforts have been made to find a cure for cancer. However, the number of new cancer cases, which has been recorded as about 3 million in the year 2000, is expected to be 7.1 million by the year 2020. Prunes are dried plums, which belongs to the Rosaceae family that originated in the Caucasus region of Western Asia. It was reported that the antioxidant capacity of prunes extracts was the highest among dried fruits. Regular consumption of dried plums may have beneficial health effects as they contain significant amounts of sorbitol, quinic acid, chlorogenic acids, vitamin K1, boron, copper, and potassium. Anti cancer properties Dried plums contain biologically active components that may provide effective interventions for loss of structural integrity caused by radiotherapy or unavoidable exposure to space radiation incurred over long-duration spaceflight. Many studies have revealed that dried plums are potentially active to alter the metabolism causing colon cancer. Actually, the plum significantly increases the number of good bacteria in the gut known as Bacteroidetes and Firmicutes leading to regularization of proper digestion. Prevents cardiovascular diseases Phenolic compounds present in dried plum prevents the deposition of fat on walls of arteries. Additionally, high potassium content of prunes has shown beneficial to cardiovascular health. Maintains blood sugar level Snacking on dried plums may increase satiety and reduce the subsequent intake of food, helping to control obesity, diabetes, and related cardiovascular diseases. Despite their sweet taste, dried plums do not cause the large postprandial rise in blood glucose and insulin. Prevents gastrointestinal infection The characteristic phenolic compounds and their metabolites may also act as antibacterial agents in both gastrointestinal and urinary tracts. Prevents osteoporosis Dried plum significantly increases bone mineral density in comparison with dried apples. Dried plums significantly improve the bone mineral density in postmenopausal women in part due to suppressing the rate of bone turnover and bone resorption.

डेंगू बुखार का काल हैं मेथी के पत्ते रातों-रात बढ़ाते हैं प्लेटलेट्स

आजकल के मौसम में डेंगू, मलेरिया, चिकनगुनिया और टाइफाइड जैसी बीमारियाँ बहुत ही आम हो गई हैं। बच्चे से लेकर बूढ़े तक हर कोई इन बीमारियों की चपेट में आ रहा है। डेंगू एक ऐसी जानलेवा बीमारी है जिसकी चपेट में आने पर व्यक्ति की मौत भी हो सकती है। यह रोग मच्छर के काटने से होता है। डेंगू के बारे में सबसे खास बात यह है कि इसके मच्छर दिन के समय काटते हैं तथा यह मच्छर साफ पानी में पनपते हैं। डेंगू के दौरान रोगी के जोड़ों और सिर में तेज दर्द होता है और बड़ों के मुकाबले यह बच्चों में ज्यादा तेजी से फैलता है। डेंगू बुखार में प्लेटलेट्स का स्तर बहुत तेजी से नीचे गिरने के कारण यदि इसका इलाज तुरंत न किया जाए तो यह जानलेवा भी हो सकता है। डेंगू के इलाज में अगर आप अंग्रेजी दवाओं से कुछ है तो आप साथ-साथ सकते हैं। हम आपको रहे हैं जिन्हें अपनाकर के साथ ही कुछ दिनों में बढ़ा सकते हैं। मेथी के लिए मेथी के पत्ते बहुत को ठीक करने में मददगार विषाक्त पदार्थ बाहर के वायरस भी खत्म होते दर्द दूर कर उसे आसानी हैं। इसकी पत्तियों को पानी को पीने से बढ़ती हैं। इसके अलावा उबालकर हर्बल चाय के जा सकता है।

प्लेटलेट बढ़ाने के लिए गिलोय:-

गिलोय की बेल का सत्व मरीज को दिन में 2-3 बार दें, या गिलोय के 7-8 पत्तों को लेकर कुचल लें उसमें 4-5 तुलसी की पत्तियाँ लेकर एक गिलास पानी में मिला कर उबालकर काढ़ा बना लीजिए और इसमें पपीता के 3-4 पत्तों का रस मिला कर ले दिन में तीन चार लेने से रोगी को प्लेटलेट की मात्रा में तेजी से इजाफा होता है। प्लेटलेट बढ़ाने का इस से बढ़िया कोई इलाज नहीं है। यदि गिलोय की बेल आपको ना मिले तो किसी आयुर्वेदिक स्टोर से आप गिलोय घनवटी लेकर एक एक गोली रोगी को दिन में 3 बार दे सकते हैं।

प्रभावशाली दवा है बकरी का दूध:-

बकरी का दूध बहुत से लोगों को भले ही पसंद न हो लेकिन इसके फायदे बहुत हैं। डेंगू बुखार के लिए बकरी का दूध एक और बहुत ही प्रभावशाली दवा है। बकरी के दूध में गिरते हुए प्लेटलेट्स को तुरंत बढ़ाने की क्षमता होती है। डेंगू के उपचार के लिए रोगी को बकरी का कच्चा दूध थोड़ा-थोड़ा करके पिलाएँ, इससे प्लेटलेट्स बढ़ने के साथ-साथ जोड़ों के दर्द में भी आराम मिलेगा।

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हार्ट अटैक से बचने के लिए ये चीज सिर्फ 3 दिन तक खाएँ

हार्ट अटैक एक बहुत ही गंभीर रोग है। हार्ट अटैक को दिल का दौरा पड़ना भी कहते हैं। अधिकतर लोगों को हार्ट अटैक तब पड़ता है जब दिल तक खून पहुँचाने वाली किसी एक या एक से अधिक धमनियों में जमे वसा के थक्के के कारण रुकावट आ जाती है। पहले के समय में सिर्फ उम्रदराज लोगों को ही हार्ट अटैक होता था। लेकिन आजकल के बिगड़ते लाइफस्टाइल और तनाव भरे जीवन के चलते आजकल नौजवान भी हार्ट अटैक के रोगी हो रहे हैं। हार्ट अटैक के रोगियों को कभी-कभी यह पता ही नहीं होता कि वे हृदय रोगी हैं। क्योंकि जब उन्हें अपने शरीर में इस बीमारी के लक्षण दिखाई देते हैं तो वे उन्हें नजरअंदाज कर देते हैं। जिसके चलते बाद में गंभीर परिणाम भुगतने पड़ते हैं। हार्ट अटैक के मरीज अगर पहले से ही शरीर में दिखने वाले लक्षणों को गंभीरता से लें तो मामले पर काबू पाया जा सकता है। हार्ट अटैक से करीब एक महीने पहले से सीने में हल्का दर्द, साँस लेने में दिक्कत, प्लू की समस्या, मितली, ब्लड प्रेशर को लो या हाई होना, अधिक पसीना आना, कमजा. री महसूस होना, तनाव और घबराहट जैसे लक्षण दिखने देने लगते हैं। हालांकि जब हार्ट अटैक अपने चरम पर पहुँच जाए तो उस स्थिति में दवाई लेना सही है। लेकिन एक आम इंसान को जिसे कभी हार्ट अटैक नहीं आया है या जिसे हार्ट अटैक के लक्षण शरीर में दिखते हैं तो उसे प्राकृतिक चीजों का सहारा लेना चाहिए। आज हम आपको हार्ट अटैक से बचने के लिए गेंहूँ के जबरदस्त फायदे बता रहे हैं। यानि कि अंकुरित गेंहूँ को खाने से शरीर को स्वस्थ रखा जा सकता है।

गर्म या ठंडा कौन सी सिकाई करने पर आपको होगा फायदा?

चोट या जोड़ों के दर्द के लिये ठंडा या गर्म सेक करना आसान उपाय माना जाता है। लेकिन यह जानना भी जरूरी है कि कब और किस दर्द में कौन सी सिकाई करनी चाहिये। घुटनों, कन्धों, कोहनी व अंगुलियों के जोड़ों में उतकों का घिस जाने पर गर्म पानी से सेक करने पर जोड़ों व मांसपेशियों की अकड़न दूर होती है। बाँड़ी में यूरिक एसिड की मात्रा बढ़ने से पैर के अंगुठे, कोहनी व एड़ी में अचानक दर्द उठने पर बर्फ से सेक करने से अचानक उठे दर्द से छुटकारा पाया जा सकता है। तंत्रिकाओं व रक्त वाहिकाओं से सिर दर्द या मांसपेशियों में खिंचाव से गले में दर्द होने से बर्फ से सेक करने से सिरदर्द में राहत मिलती है और गर्म पानी के सेक से गले के दर्द में आराम।

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सहारनपुर डॉ. सुशील अग्रवाल जी को आयुर्वेदिक पशु औषधियों द्वारा विश्व में नये अनुसंधानों एवं विशेष योगदान के लिए A.I.Global Media Ltd. स्टाफाई शायर, यूके द्वारा इंटरनेशनल लाइफ साईन्सेज एवार्ड 2017 से सम्मानित किया गया है। यह पुरस्कार डॉ. सुशील अग्रवाल जी को पिछले 40 वर्षों में वैटनरी आयुर्वेद को पशु-स्वास्थ्य व चिकित्सा विज्ञान के रूप में विकसित व स्थापित करने एवं अनेक विशिष्ट आयुर्वेदिक पशु औषधियों व पोषक तत्वों के अनुसंधान, विकास व निर्माण के लिए मिला है। समय-समय पर कई राष्ट्रीय एवं अन्तर्राष्ट्रीय सम्मानों से डॉ. सुशील अग्रवाल जी को सुशोभित किया जा चुका है।

हाई ब्लडप्रेशर के लिए खस-खस है फायदेमंद

खस-खस कई मामलों में गुणकारी है। यह शरीर में उर्जा, मसूड़ों से संबंधित परेशानी आदि से मुक्ति दिलाता है। कई जगहों पर इससे कई स्वादिष्ट डिश भी तैयार किये जाते हैं। खस में प्रचुर मात्रा में फाइबर पाया जाता है, जो पाचन तंत्र ठीक रहता है। एसिडिटी, गैस, कब्ज, पेट में जलन की समस्या से राहत देता है। इसके औषधीय गुण महिलाओं के लिए बहुत लाभदायक है। यह मुख से संबंधित रोगों के उपचार में काफी फायदेमंद है। इसके बीच में कैल्शियम, आयरन और कॉपर पाया जाता है, जो आपके दिमाग को स्वस्थ रखने के लिए जरूरी होते हैं, हड्डियों को मजबूती देता है और साथ ही हड्डियों में लगने वाले चोट से भी बचाता है, यह हाई ब्लडप्रेशर के मरीजों के लिए फायदेमंद है। स्टडी के अनुसार खस के बीज में ओलेयिक एसिड होता है जो ब्लडप्रेशर नियंत्रित करने में मदद करता है।

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अगर रह-रह कर पैर की उंगलियों, घुटनों और एड़ियों में दर्द होता है तो समझ जाइये कि आपके खून में यूरिक एसिड की मात्रा बढ़ गई है। जब यूरिक एसिड हाथ-पैरों के जोड़ों में क्रिस्टल के रूप में जम जाता है तो उसे गठिया की बीमारी कहते हैं। गठिया के दर्द को अनदेखा करने पर उठना बैठना मुश्किल हो जाता है। इस मुश्किल समस्या को कच्चे पपीते का ड्रिंक दूर करने में मदद करता है। अगर आपको किसी भी लक्षणों में से एक भी लक्षण अपने शरीर में देखने को मिलते हैं तो आपको जरूर गठिये के दर्द की समस्या है। ऐसे में ये पपीते का ड्रिंक बनाकर पीजिए, गठिये के दर्द में आराम मिलेगा। **संकेत और लक्षण:-** गठिया का दर्द अलग-अलग स्तरों पर होता है जैसे कि सूजन, जोड़ों की कठोरता और जोड़ों के आसपास निरंतर दर्द। इसके सबसे सामान्य लक्षण हैं - हाथ का उपयोग करने में असमर्थता • पैरों में दर्द के कारण चलने में समस्या • हमेशा थकान रहना • बुखार • अनिद्रा • मौसमपरिवर्तनों में दर्द और बदन दर्द • शरीर में जड़ता **रोग के कारण:-** शरीर में एसट्रोजन की कमी के कारण अर्थराइटिस होता है। ये समस्या महिलाओं में अधिक होती है। थ्रडराइड के कारण भी यह बीमारी होती है। त्वचा या खून संबंधित बीमारी होने पर भी हड्डियों के जोड़ों में दर्द पैदा होना शुरू हो जाता है। कई बार शरीर में आयरन और कैल्शियम की अति होने से भी यह समस्या होती है। पोषण की कमी के कारण भी कई बार रिह्यूमेटाइड आर्थराइटिस होता है जिससे जोड़ों में दर्द, सूजन गांठों में अकड़न आ जाती है।

विश्वास

गले में हुए गाँठ से कभी भी परेशान नहीं रही। पर जब जाँच की रिपोर्ट कैंसर निकली तब टेंशन हो गयी। फिर उसने अपना विश्वास जगाया और संभल गई। इलाज शुरू हुआ। दोबारा जाँच में कैंसर नहीं निकला। उसका विश्वास और भी जागा। आज वह एक सफल महिला चिकित्सक है। अपने रोगियों में उसी विश्वास को फैला रही है।

डॉ. नरेन्द्र नाथ लाहा मो. 09753698240.

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पान के फायदे

शादी-ब्याह समारोह के बाद या घरों में भोजन के बाद पान खाने की परम्परा पुरानी है। पान केवल स्वाद ही नहीं देता है बल्कि इससे कई रोगों की मुक्ति मिलती है। इसके अलावा पान कई प्रकार से फायदेमंद है। 1. पान का पत्ता एक एंटीसेप्टिक का काम करता है, 2. छोटी-मोटी चोट या खरोंच आने पर या मोच आने पर पान का पत्ता लपेटने से लाभ होता है, 3. आवाज भारी होने की स्थिति में पान खाना और उसका पानी पीना लाभकारी है, 4. मसूड़ों की परेशानी होने जैसे खून आना या अन्य तकलीफ होने पर पान को उबालकर उसके पानी से गरारे करना फायदेमंद होता है, 5. ब्रॉकाईटिस होने की परेशानी होने की स्थिति में पान के 7 पत्ते को दो कप पानी में चीनी के साथ उबालें, उबालने के बाद पानी जब आधा रह जाये तो उसे तीन से चार बार में पीये इससे फायदा होता है, 6. पान के पत्ते को पानी में उबालकर पीने से कफ से राहत मिलती है, 7. पान के पत्ते को उबालकर स्नान करने से खुजली सहित अन्य परेशानी से राहत मिलती है।

मूँगफली सेवन के फायदे

मूँगफली ज्यादातर लोग टाइम पास के लिए खाते हैं। बस अड़्डा, रेलवे स्टेशन, मेला, आदि जगहों पर यह आसानी से उपलब्ध होती है। मूँगफली में खाने में जितना स्वादिष्ट लगती है, यह स्वास्थ्य के दृष्टि से उतनी ही लाभकारी है। इसमें पर्याप्त मात्रा में प्रोटीन शारीरिक वृद्धि के लिए लाभकारी है। इसके अलावा आयरन, कैल्शियम, जिंक, विटामिन ई और विटामिन बी 6 आदि तत्व पाये जाते हैं। इसके सेवन से दिल, दिमाग स्वस्थ रहता है। मूँगफली खाने के कुछ फायदे हैं- मूँगफली के नियमित सेवन से कब्ज की समस्या दूर होती है, मूँगफली खाने से पाचन क्रिया बेहतर होती है, जिससे पेट संबंधी समस्याओं से मुक्ति मिलती है। मूँगफली खाने से दिल से बीमारियाँ होने का खतरा कम हो जाता है, मूँगफली के नियमित सेवन से खून की कमी नहीं होती है, गर्भवती महिलाओं के लिए मूँगफली खाना बहुत फायदेमंद है। इससे गर्भ में पल रहे बच्चे का विकास बेहतर तरीके से होता है, इसमें कैल्शियम और विटामिन डी पर्याप्त मात्रा होती है, इससे हड्डियाँ मजबूत होती हैं, ओमेगा 6 से भरपूर मूँगफली खाने से त्वचा में निखार आता है।

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But I Thought It Was Indigestion? Steps To Identify A Heart Attack

Heart disease was once considered an old-age ailment but has now become a common lifestyle concern. Statistics show that the rate of heart diseases in India is double of that of the national averages of western countries. Despite being a growing concern, not many of us are aware of the most common heart attack symptoms. "But it felt like I was having indigestion, except this time it was worse with a sweating". What Mrs Sharma didn't realize was that she was having a heart attack. Thankfully, she was taken to the hospital in time and had an ECG done that showed she was having a ST-elevation myocardial infarction (a heart attack from a totally blocked vessel). I did her angiography that demonstrated a 100% blocked vessel. She required two stents to be placed in the vessel. This is a common theme across various patient encounters. Mrs Sharma was having a heart attack but she didn't realize it. She thought it was something she had at dinner the night before and ignored her symptoms for an entire day. She had taken digene and other home remedies for indigestion but they didn't help. Most people associate a heart attack with pain in the chest radiating to the jaw and down the left arm. In medical college you are taught of the classic Levine sign - where the patient places his clenched fist over the chest to describe the pain. If you are a woman, elderly or diabetic, chances are that you will not have the classic pain but have some variation, as in the case of Mrs Sharma. It is important to know the typical and not so typical pains that should prompt a visit to your nearest hospital. Most commonly the pain is described as a discomfort, squeezing, tightness, pressure, constriction, crushing, strangling, burning, heartburn, fullness in the chest, band-like sensation, knot in the center of the chest, lump in throat, ache, heavy weight on chest (elephant sitting on chest), like a bra too tight and toothache (when there is radiation to the lower jaw). It is generally not described as sharp, fleeting, knife-like, stabbing, or like pins and needles. Some features of the pain that suggests it is more likely from the heart - Sudden pain radiating to right or left or both arms and/or shoulders Left chest pain radiating to the jaw or back Pain that worsens on exertion Pain associated with sweating Pain associated with nausea or vomiting Pressure pain Worse than previous cardiac pain or similar to the last episode Indigestion with sweating Some features to suggest that the pain is less likely from the heart - Pain that worsens with breathing A sharp pain that lasts for a few seconds Pain that worsens on touching Quality and intensity of the pain that changes with position The above mentioned pains and discomforts do not substitute a doctor's evaluation. It is imperative that if you feel funny or uncomfortable, you get yourself evaluated with a doctor. On further questioning, Mrs Sharma confessed that she had this feeling of indigestion for about a week, which usually would go away in 15-20 minutes. This time it didn't get better and made her feel quite uncomfortable. She was having warning signs that she ignored. It has been 2 years now and with medication she is doing very well and living a normal life. In fact, she has also started running and ran her first 5K race last week.

रूड़की में मैडीकल स्टोरों की अनिश्चितकालीन हड़ताल

रूड़की:- प्राप्त जानकारी के अनुसार जिलाधिकारी दीपक रावत ने एक मैडीकल स्टोर सील कर दिया. इस कार्यवाही से भड़के मैडीकल संचालकों ने इकट्ठा होकर जिलाधिकारी के खिलाफ जमकर नारेबाजी की. रूड़की में पॉलीथिन अभियान के दौरान जिलाधिकारी दीपक रावत ने अचानक शेर सिंह राणा चौक स्थित एक मैडीकल स्टोर पर पहुँच गये और वहाँ कुछ दवाईयाँ चैक करने के बाद स्टोर फार्मासिस्ट की होने की बात संचालक से पूछी. मैडीकल स्टोर पर संचालक ने मिलने पर जिलाधिकारी ने स्टोर को सील कर दिया. जिलाधिकारी के द्वारा की गयी इस कार्यवाही से सभी मैडीकल स्टोर संचालक रेलवे मैडीकल पर एकत्र होकर वहाँ जिलाधिकारी के खिलाफ जमकर नारेबाजी की स्टोर संचालकों का कहना है कि जिलाधिकारी की कार्यवाही पूरी तरह से नियम विरुद्ध है जब तक मैडीकल स्टोर की सील नहीं खोली जाती तब तक नगर के सभी मैडीकल स्टोर हड़ताल पर रहेंगे.

Cancer - A Growing Health Concern

Dr. Ramesh Sarin, a senior Oncologist at the Indraprastha Apollo Hospitals discusses cancer as an emerging major health problem in developing countries. Its is predicted by the WHO that by the year 2020 this number will increase to 15 million of which 10 million will be in the developing world. On World Cancer Day 2017, Dr Ramesh Sarin, Senior Oncologist at the Indraprastha Apollo Hospitals, discusses Cancer as an emerging major health problem in developing countries. Its incidence in developing countries now for the first time in history, matches that in the industrialized countries and the incidence of cancer in general is growing worldwide. In the year 2003, there were ten million estimated new cancer cases the world over of which there were four million in the developing countries. Its is predicted by the WHO that by the year 2020 this number will increase to 15 million of which 10 million will be in

the developing world. With increasing wealth and industrialization has come a rapid change in the lifestyles, and this is likely to raise the national tumor burden. Thus, cancer once considered an uncommon medical problem is no more so and in the near future 50% of cancers worldwide will occur in countries labeled today as developing countries. This problem of increasing incidence in our country is compounded by the very high incidence of advanced incurable stage of the disease. Clearly this points to the need for simple measures which lead to early detection and early treatment. You may ask why this focus on breast cancer today? Breast Cancer is the commonest cancer in urban women in India, and today its incidence exceeds that of cancer of the uterine cervix. Fortunately, breast cancer is one of the few common cancers where early detection is possible, i.e. detection at a stage when there is a high probability of cure. Of the 1,000,000 breast cancers estimated to occur worldwide as new cases, about 400,000 occur in the developing countries of which 100,000 occur in India. This translates into the fact that 1 in 24 Indian women are likely to get this tumor every year, as compared to 1 in 7 in the western countries. The future prediction is that with industrialization and lifestyle changes, the incidence in India is going to be close to the western figures. The fact that early detection of breast cancer saves lives is established. Detection in stage I has almost a 90 % chance of cure, while detection in stage III has 0% chance of cure. The cure rates in the western world have improved entirely because of generation of mass awareness leading to early detection and treatment. Early detection is of course helped by improvements in imaging, and the regular examination of women by trained doctors and by mammography. However, since the process starts with the women herself, the most important vehicle for this process is awareness of the disease. Screening method for early detection assumes importance for two reasons. Firstly, women today play important roles in the society, and the incidence of cancer will impose severe psychological and physical barriers on their activities. Secondly, it is not possible to answer the question 'what causes breast cancer and how it can be prevented?'. Although there is an ever increasing knowledge on the risk factors, there are only a few of these like diet and physical activity that can be changed. And they only play a minor part. So our weapon to combat breast cancer remains to empower women to help early detection and seek early treatment. Breast Self Examination (BSE) as the name suggests is examination of ones own breasts. This involves detecting lumps, changes in skin or nipple, and presence of nipple discharge. There is thus a need to change the scene from accidental discovery of breast lumps, as it happens universally today in our society, to lumps discovered by regular periodic self examination. This practice of BSE will lead to detection of changes much earlier and will also seek to enforce the need to seek medical advice as soon as changes are detected. Breast self examination can be carried out in the calm ambience of ones home at ones convenience. However, every woman has to learn how to do this properly and correctly. The two other methods that help in early detection of breast cancer is a yearly mammography (soft tissue x-rays of breast) and clinical examination by the physician. The guidelines are to do a mammogram once a year after the age of 50 and clinical breast examination after the age of 30 and breast self-examination monthly after the age of 20. Women with immediate blood relatives such as mother or sister who has had breast cancer is twice as likely to develop breast disease and hence should do screening earlier than mentioned above.

बवासीर की दवा देते, फिर लॉटरी के नाम पर करते थे ठगी

राँची:- प्राप्त जानकारी के अनुसार राँची में एक अलग तरह की ठगी का मामला सामने आया है, अभी तक बैंक से जुड़े मामलों में लोगों को साइबर अपराधियों द्वारा निशाना बनाया जाता रहा है. लेकिन दवा बेचने के बहाने लॉटरी के नाम पर सैकड़ों लोगों से साइबर अपराधियों द्वारा लाखों रुपये की ठगी करने का मामला पहली बार सामने आया है. राँची के सुखदेवनगर थाना क्षेत्र के हरमू स्थित एक फ्लैट से गिरफ्तार बिहार के शांति अपराधियों ने पुलिस की पूछताछ में यह खुलासा किया है. अपराधियों ने पुलिस को बताया है कि वे लोग बवास. 10 (पाइल्स) से हमेशा के लिए छुटकारे के नाम पर लोगों से संपर्क करते थे. फिर डिमांड के मुताबिक उन्हें तीन माह की दवा देते थे. दवा डिलिवरी के 15 दिना. के बाद उक्त लोगों को फिर फोन कर कहा जाता था कि जो लोग भी बवासीर की दवा लिये हैं उनके बीच कंपनी की ओर से लॉटरी करायी जा रही है. इसके तहत 55 से 65 हजार रुपये की मोटरसाइकिल विजेताओं को दी जायेगी. इस प्रक्रिया में शामिल होने के लिए लोग. को महज 100 रुपये देने होंगे. इस झूठे में आकर लोग आसानी से 100-100 रुपये दे देते थे. फिर 15-20 दिनों बाद बारी-बारी से लोगों को फोन कर यह जानक. री दी जाती थी कि उन्हें लॉटरी में मोटरसाइकिल मिली है. लेकिन इसकी डिलिवरी से पहले उन्हें 10 हजार रुपये विभिन्न टेक्सों के मद में जमा करना होगा. पैसा जमा करने के एक सप्ताह के अंदर मोटरसाइकिल उनके पास पहुँच जायेगी. इसके बाद लोग लोभ में आकर उक्त पैसे भी इन्हें दे देते थे. फिर पैसा समेट कर वे लोग अपना ठिकाना बदल देते थे. साथ ही मोबाइल और उसमें लगा सिम को नष्ट कर देते थे. उल्लेखनीय है कि पुलिस ने अमित कुमार, गुड्डू कुमार, दीपक कुमार, रंजन कुमार, शिशुपाल कुमार और उत्तम कुमार बिहार के नवादा और शंखपुरा निवासी पवन दास को पकड़ा था. साइबर अपराधियों ने बताया कि वे लोग अपराध तो झारखंड में करते थे, लेकिन मोबाइल और सिम कार्ड बिहार के पटना और दूसरे जिलों से फर्जी दस्तावेजों के सहारे खरीद कर उसका इस्तेमाल करते थे. काम होने के बाद ठिकाना बदल लेते थे. इस वजह से भुक्तभोगी और पुलिस उन तक नहीं पहुँच पा रही थी.

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Cervical spondylosis

Cervical spondylosis is another name for osteoarthritis in the joints of the vertebrae in the neck. This means that it is a degenerative disease where bony surfaces, in this case in the cervical vertebrae, have lost their cartilage lining. If there is inflammation of the joint associated with this degeneration, one would use the term, spondylitis to describe it. In spondylosis, apart from the changes described in the bony vertebrae, one will similarly encounter corresponding changes in the cushion like structures—the discs—that lie between successive vertebrae. Just as a degenerated joint alone will produce some symptoms of its own, a degenerated will be responsible for some, possibly different, complaints too. CAUSES- Cervical spondylosis is a degenerative clinical condition that involves changes to the bones, spinal discs and joints of the neck. Also known as cervical

osteoarthritis, it is quite common in people who spend long hours on a computer, lead a sedentary life and those who have careers that require excessive stress on their neck like gymnasts and athletes. Here are the 9 reasons that lead to this condition. Lifestyle factors, Lack of vitamins, Lack of essential minerals, Sitting for long hours, Smoking, Hypertension, Dehydration, Obesity, Genetics, Here is detailed information on 9 common habits that might lead to spondylosis. RISK FACTORS- Spondylotic changes are seen earlier and to a greater degree in those whose joints have been subjected to strain more than usual. Strain could be owing to excessive body weight, the spinal column being a weight-bearing structure, poor muscle tone or bad posture. And there is, of course, a genetic predisposition to this disease. SYMPTOMS- Here are 5 common symptoms observed in most people suffering from cervical spondylosis – Neck pain, Neck stiffness, Headache, Cervical myelopathy, Cervical radiculopathy. Read in detail about top 5 symptoms of cervical spondylosis. DIAGNOSIS- An x-ray of the Cervical Spine is usually enough to confirm the diagnosis of spondylosis/spondylitis, if suspected. When the patient presents the doctor, he/she will take a detailed history and conduct a thorough clinical examination. Read more about can using the computer too much make your child's bones weaker? In some cases, tests like an MRI is also recommended to look for the effects of the spondylosis in structures that don't show up on x-ray, and to correlate the changes and effects with the patient's symptoms. Pain in the neck is the commonest symptom in spondylosis, but it would be incorrect to label every patient with neck pain as a spondylotic. By definition, the disease is called spondylosis only when there are degenerative changes seen on x-ray. Read about top 5 bad postures that can affect your health. Very often, doctors, since there is no suitable term available to them to use, will call a neck pain without degeneration, a Cervicalgia, to show off their (otherwise non-existent) knowledge of the classical languages, where the suffix, —algia comes from the Greek word, algos, meaning pain. If a young subject who, say, works the neck, they should take it as a warning sign that spondylosis is on its way. What are the 5 bad postures that affect your health adversely? TREATMENT- Reduction of pain reduce the pain of inflammation, anti-inflammatory drugs (NSAIDs) are out supervision. Physiotherapy and exercises remains the mainstay of exercises keep your joints moving. You may also like to read about servative treatment option and rather an adjunct approach used along approach makes use of external force. The force is exerted directly on pulleys fastened around the patient's compressed area. Read about tation can be considered to remove an offending disc, in part, or in whole, treatment has not provided relief. The operation is now performed operative microscope, so that the structures appear magnified, and so the two vertebrae, above and below it, are fused together. Read about reiki where the degenerated and compressed disc is removed, and replaced by an allow a greater range of movement. Apart from treatment options, you need to tis. Here's your guide to living with arthritis. PREVENTION The onset of cervical spondylosis question so that the transmission of weight through it is more balanced. Intake of a balanced diet, in terms of the calorific and protein intake, and one which provides anti-oxidants (vitamins and minerals) in sufficient quantity. I recommend fish, fresh fruits and milk/yoghurt to one and all. Here are few bone health tips which you didn't know. Ensuring that the joints (in the neck in this case) are not subjected to persistent and repetitive strain and stress, which means that one should take frequent breaks, and perhaps stretch a little, while one is at work. Here are 6 health benefits of ergonomic chairs at work. There are some medicines which will make the cartilage lining stronger, and if the treating doctor deems fit, they can be tried, in addition. Such medicines are of no help in advanced disease when there is no cartilage left to strengthen. And hope for the best!

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Product List

APS Biotech

AZMET Tab: Azithromycin 250/500 mg Susp: Azithromycin 100mg ● **ONCY Tab:** Ofloxacin 200mg Susp: Ofloxacin 50mg ● **LV-FLEX Tab** Levofloxacin 500mg ● **RABIK-20 Tab** Rabepazole 20mg RABIK-DSR Cap(Rabepazole 20mg+Domperidone SR 30mg) ● **Apsopan-40 Tab** Pantoprazole 40mg ● **APSOPAN-DSR Cap** (Pantoprazole 40mg+Domperidone SR 30mg) ● **FERROGOLD Tab:** Ferrous Bis Glycinate Eq. to elemental Iron 60mg Zinc Bis Glycinate Eq. to elemental Zinc 15mg Folic acid 1mg, Cynocobalamine 5mcg Syrup: Ferrous Bis Glycinate Eq. to elemental Iron 15mg Zinc Bis Glycinate Eq. to elemental Zinc 5.5mg Folic acid 0.25mg, Cynocobalamine 1mcg ● **APSPRIDE TAB** Glimepiride 1mg/2mg ● **APSPRIDE-M1 TAB** Glimepiride USP 1mg., Metformin Hydrochloride IP 500mg. Sustained Release ● **ESTY-10&20 Tabs** Escitalopram Oxalate 10 & 20mg ● **ONCY-OZ Tab-** Ofloxacin 200mg, ornidazole 500mg Susp.-Ofloxacin 50mg, Ornidazole 125mg ● **OTRONOX Tab-** Ondansetron 4mg (mouth dissolving) Syp- Ondansetron 2mg ● **LINPID GEL** Linseed Oil 3.00%w/w, Diclofenac Diethylamine 1.16%w/w(Eq. to Diclofenac Sodium 1.00%w/w), methyl Salicylate 10.00%w/w, Menthol 5.00%w/w, Benzyl Alcohol 1.00% w/w, ● **CLAFYGARD DT** Cefixime 50DT/100DT/200 Tab/ Dry syrup 50mg Each 5ml **CLAFY-XT** Cefuroxime 250/500 Tab Susp. 125mg Each 5ml **CLAFY-PRO DT** Cefpodoxime 200mg Tab Susp. 50mg Each 5ml ● **ALSOM GEL** Aluminium Hydroxide 153mg, Simethicone 25mg, Magnesium Hydroxide 200mg ● **AMIPRIL 5 TAB** Ramipril 5mg ● **VITCAD-C TAB** Alfacalcidol 0.25mcg, Calcium Carbonate Eq. to Calcium 250mg ● **PINEC TAB** Aceclofenac 100mg, Paracetamol 325 mg ● **TRANGOLD-MF TAB** Tranexamic acid 500mg, Mefenamic acid 250mg ● **DONIZ-80 TAB** Drotaverine HCl 80mg ● **APSCAL-D TAB** Calcium Carbonate 1.25 gm eq to Calcium 500 mg, Vit D3 200 ● **VINZVIT TAB:** Betacarotene 10% 5mg, Calcium Ascorbate 50mg, Lycopene 6% 2000mcg, Cyanocobalamin 5mcg, Vitamin D3 250IU, Folic Acid 1mg, Zinc Acetate USP(As Dihydrate) 15mg, Potassium Iodide 50mcg, Chromium Chloride 8mcg, Sodium Molybdate 8mcg, Sodium Borate 50mcg, Copper Sulphate 1mg, Selenium Di Oxide 75mcg, Manganese Chloride 0.8mg SYRUP: Lycopene 6% 2000mcg, Betacarotene 10% 2500 IU, Zinc Acetate USP(As Dihydrate) 7.5mg, Selenium Di oxide Monohydrate 70mcg, Folic acid 300mcg, Potassium Iodide 100mcg, L-Lysine Hydrochloride 50mg, Copper Sulphate 100mcg ● **APZIN TAB** Levocetirizine Dihydrochloride 5 mg ● **KOFROL PLUS SYP** Terbutaline Sulphate 1.25 mg., Ambroxol HCl 15 mg., Guaiphenesin 50 mg., Mentholated syrup base ● **DEXOMIT PLUS SYP** Dextromethorphan Hydrobromide 5mg., Bromhexine HCL 4mg, Ammonium chloride 50 mg., Mentholated syrup base ● **APSTEL-H TAB** Telmisartan IP 40mg, Hydrochlorothiazide IP 12.5mg ● **CLOBI-75 TAB** Clopidogrel 75mg ● **LOMOS TAB** Losartan Potassium Tabs 50mg/25mg ● **APPROVAS TAB** Atorvastatin 10 mg/20mg ● **APDEB TAB** Gliclazide 80mg ● **TERBIT TAB** Terbinafine 250mg ● **DESTY-5 TAB** Desloratidine 5 mg ● **HEPTRILIN SYP** Tricholine Citrate 275mg, Cyproheptadine Hcl 2 mg ● **TIN-20** Ebastine 20mg ● **FUSI-M CREAM** Mometasone Furoate 0.1% & Fusidic Acid 2%. **Mob:- 09219429089, 09719411089.**

RPG LIFE SCIENCES LIMITED

Minmin D3 (Cholecalciferol 60,000 IU), ● **Nerv-M** (Mecobalamin Orally Didintegrating Strips 1500 mcg), ● **Nutrikit** (Health Supplement (Proplement Food)), ● **Tricaine AR Gel**, **Minmin XT Tablets**, **Cardibeta**, **Rabee 20** (Rabepazole 20mg Tablets), ● **Rabee-D**, **Rabee-L** (Rabepazole 20mg+Levosulpiride 75mg SR Capsules), ● **Tramin-MF** (Trenexamic Acid & Mefenamic Acid Trblts 500mg/250mg), 1000 PARA Lmmediate & Sustained Release Tablets (Paracetamol 300mg (Immediatol Release) & 700mg (Sustained Release)), ● **Glugen Cechet** (10gm Bioactiv Collagen Peptides) ● **Nerv**, **Lomofen+** (Loperamide Hydrochloride Tablets IP 2mg) ● **Lomotil**, **Evactive** (Vaginal Wash Evactive (Sexual Support Capsules) ● **Naprosyn** (Naproxen 250 & 500mg Tablets) ● **Aldactone** 25mg/100mg (Spronolactone Tablets) ● **Serenace 0.25mg/0.5mg** (Haloperidol Tablets), ● **Minmin Tonic** (The Complete Health Tonic) ● **Romilast L 4mg Tablets/5mg Tablets 10mg Tablets/4mg Syrup** (Montelukast+Levocetirizine Tablets/Syrup) ● **Minmin-Pb** (The Platelet Booster) ● **Tricaine Mps** (Aluminium Hydroxide 30mg+Magnesium Hydroxide 150mg+Simethicone 125mg+Oxethazaine 10mg/5ml) **Ph.:- +91-22-24981650/51, +9122-66606375/76/77.**

STADMED

Ursolic (Ursodeoxycholic Acid 150mg & 300mg Tablets), ● **Laxicon SG** (Diocly Sodium Sulfosuccinate 100mg Soft Gelatin Capsules), ● **Mecolin** (Tricholine Cotrate 0.55gm & Sorbitol 7.15gm/10ml Solution), ● **Stalfate** (Sucralfate 1gm/5ml Suspension), ● **Stalfate-O** (Sucralfate 1gm&Oxetacaine 10mg in 5ml Suspension), ● **Oniz** (Ornidazole 500mg Tablets) ● **Zolam** (Alprazolam 0.25mg/0.5mg Tablets), **Mupon** (Mupirocin Ointment IP 2.0% w/w), ● **Lukast LC** (Montelukast 10mg&Levocetirizine 5mg Tablets), ● **Entrozyme-O** (Ornidazole 500mg & Ofloxacin 200 mg Tablets) ● **Urisol** (Flavoxate Hydrochloride 200mg Tablets) ● **Antispasmin DS** (Drotaverine Hydrochloride 80mg Tablets), ● **Urisol-O** (Flavoxate Hydrochloride 200mg & Ofloxacin 200mg Tablets) ● **Entrozyme** (Pepsin 10mg & Fungal Diastase 50mg Tablets), ● **Antispasmin** (Drotaverine Hydrochloride 40mg Tablets), ● **Coldoff Tablets/Syrup** (Phenylephrine Hcl. Diphenhydramine Hcl. Caffeine (Anhydrous) and Paracetamol Tablets Paracetamol, Phenylephrine Hcl, Chlorpheniramine Maleate, Sodium Citrate & Menthol Syrup), ● **Paracin** (Paracetamol 500 650 & 1000mg Tablets), Pulmocod CG/Palin (Vit,D3 B-Complex, Calcium Hypophosphite, ● **Creosote**, Guaiacol Syrup), ● **Zolam SR** (Alprazolam 0.5mg SR Tablets), ● **Pulmocod CG/Plain** (Vit.A,D31,B-Complex, Calcium, Hypophosphite, Creosote, Guaiacol Syrup) **Ph.:- 0522-2476048 & 0522-2476054.**

Arvin Care

ALERVO-5 Levocetirizine-5mg ● **ALERVO-AM** Levocetirizine 5 mg + Ambroxol 60 mg ● **ALERVO-M** Levocetirizine-5mg + Montelukast 10mg ● **ALERVO-M-KID** Levocetirizine-2.5mg + Montelukast 4mg ● **AMIRIM-140** Silymarine 140mg tablets ● **AMSUS-0.4** Tamsulosin HCL 0.4mg ● **AMSUS-FORTE** Tamsulosin HCL 0.4mg+Dutasteride 0.5mg ● **ARIDOM-C** Domperidone 10mg+Cinnarizine 20 mg ● **ARITOM-400** Piracetam 400 mg Tab ● **ARITOM-800** Piracetam 800 mg Tab. ● **AROLID-600** Linezolid-600mg **AROLID-CF** Cefixime 200mg+Linezolid 600Mg ● **AROSIDE** Trypsin 48mg+Bromelain 90mg+Rutoside BP 100mg(Mono Pack) ● **AROSIDE-FORTE** Trypsin 96mg+Bromelain 180mg+Rutoside BP 200mg ● **AROSIDE-D** Trypsin 48mg+Bromelain90mg+Rutoside100mg+Diclofenac sd.50mg ● **ARVIFLOX-300** Ofloxacin IP-300mg ● **ARVIFLOX-400** Ofloxacin IP-400mg ● **ATHI-5** Norethisterone 5 mg ● **ARVIFLOX-OZ** Ofloxacin-200mg & Ornidazole-500mg ● **AROSI-LC** Silymarin 140 mg + Lacithin 500 or 525 mg ● **AV-FORCE 50** Sildenafil citrate 50 mg ● **AV-FORCE100** Sildenafil citrate 100 mg **AVCAL60K** Cholecalciferol 60000 I.U. ● **AVCAL D3** Calcium Carbonate 1250 and D3 I.P 2500 I.U ● **AVCET** Cetirizine-10 mg ● **AVCLAV-375** Amoxycillin-250mg&Clavulanate Potassium-125mg ● **AVCLAV-625** Amoxycillin-500mg&Clavulanate Potassium-125mg ● {DPCO MRP} **AVCLAV-1GM** Amoxycillin 875mg+ Clavulanate Potassium 125 mg ● **AVDOL-P** Tramadol 37.5mg + PCM 325mg ● **AVPRED-4** Methylprednisolone 4mg Tab. ● **AVPRED-8** Methylprednisolone 8mg Tab. ● **AVPRED-16** Methylprednisolone 16mg Tab. ● **AV-FAM-KIT** mifepristone 200 mg & misoprostol 200 mcg tablets ● **A-TIOS-400** etodolac extended release tablets (ER) 400 mg ● **A-TIOS-P** etodolac 400 mg + paracetamol 325 mg ● **CEBROF-LM** MONTELUKAST10 MG+LEVOCETIRIZINE5 MG+ACEBROPHYLINE 200 MG ● **COBSA-500** Mecobalamin-500 mg **COBSA 750** Mecobalamin-750 mg +Folic Acid 1.5mg.+Alpha Lipoic Acid 100 mg.+vitamins tab ● **COBSA -1500** Mecobalamin-1500 mg ● **DANAR-200** Danazol 200mg ● **COBSA-G** Mecobalamin-500 mg + Gabapentine 300mg ● **DEFSU-6** Deflazacort 6mg Tablet ● **DEFSU-30** Deflazacort 30mg Tablet ● **DELOCK-MR** Diclofenac-50mg + PCM-325mg&Chlorzoxazone-500mg ● **DICIOSIS SP** Diclofenac-50mg + PCM-325mg&Serratiopeptidase-10mg ● **ESOTOP** esomeprazole 40 mg ● **ESOTOP-D** esomeprazole 40 mg + domperidone 30 mg (SR) ● **EEBIA 20** Ebastin 20mg ● **EEBIA-P** Ebastin 10mg+Phenylephrine 10mg alu-alu ● **FARO** faropenem 200 mg ● **FEBUTOP-40** Febustate 40mg ● **FEVACOLD** PCM-325mg.+Chlorpheniramine Maleate2mg.Caffeine 30mg +Phenylephrine Hcl 10mg ● **FYLY-400** Doxofylline-400mg ● **H10 -8** Thiocolchicoside 8mg. ● **HYBET 8** Betahistine 8mg ● **HYBET 16** Betahistine 16mg ● **HYBET 24** Betahistine 24mg ● **IMOSAN-100 MD** Nimesulide-100mg ● **INTOR-10** Atorvastatin 10mg ● **IMOSAN-P** Nimesulide-100mg&PCM-325mg ● **INTOR-40** Atorvastatin 40mg ● **INTOR -20** Atorvastatin 20MG ● **INTOR-F** Atorvastatin 10mg + Fenofibrate 160mg. ● **IOMET-1000 SR** Metformin 1000mg SR ● **IOMET-G1** Metformin 500mg SR + Glemipride 1mg ● **IOMET-G2** Metformin 500mg SR + Glemipride 2mg ● **IOMET-P-15** Metformin 500 mg SR & pioglitazone 15 mg ● **IOMET-P-30** Metformin 500 mg SR & pioglitazone 30 mg ● **IOMET-PG1** Metformin 500 mg SR & glimepiride 1mg & pioglitazone 15 I Metformin 500 mg SR & glimepiride 2mg & pioglitazone 15 ● **IRUS TAB.** Ferrous Ascorbate-100mg & folic acid IP-1.5mg ● **LEEBEC-AP** Aceclofenac-100 mg & PCM-325mg ● **LOCET-200 SR** Aceclofenac-200mg(Sustain Realese) ● **LOCET-MR** Aceclo100 mg+PCM325mg+ Clorazoxazine 250mg ● **LOCET-P** Aceclofenac-100 mg & PCM-325mg ● **LOCET-S** Aceclofenac-100 mg & Serratiopeptidase 15mg. ● **LOCET-SP** Aceclofenac-100 mg & PCM 325mg & Serratiopeptidase 15mg. ● **LOCET-TH** Aceclofenac-100 mg + Thiocolchicoside 4MG ● **LOCET-TH-8** Aceclofenac-100 mg + Thiocolchicoside 8MG ● **LOR PLUS FORTE** Lornoxicam 8 mg & PCM 325 mg Tab **LOR-8** Lornoxicam 8 mg ● **LOSOFEN-P** Aceclofenac 100mg&PCM 325mg. ● **LOSOFEN-SP** Aceclofenac 100mg&PCM 325mg.+Serratiopeptidase 15mg. ● **Lemes-40** olmesartan 40mg. ● **MACBI PLUS** Ivermectin-6mg & Albendazole-400 mg ● **MANTIN-EL** ESCITALOPRAM 10 MG + FLUPENXOL 0.5MG ● **MEFTO-250** Mefloquine 250mg tablets. ● **MELFOR-G** Metformin 500mg + Gliclazide 80mg ● **MEVOF-250** Levofloxacin-250mg ● **MEVOF-500** Levofloxacin-500mg ● **MEVOF-750** Levofloxacin-750mg ● **MEVOF-OZ** Levofloxacin-250mg + Ornidazole 500 mg ● **MOLDEP-AT** Amlodipine-5mg,& Atenolol 50mg ● **MOXIN TAB.** Moxifloxacin ● **NARI-75** cinnarizine 75mg ● **ORTHOBACT FORTE** Glucosamin Sulfate 750mg.+Diacerein IP50mg.+Methylsulfonylmethane Usp 250mg. ● **ORUF-250** Cefuroxime-250 mg ● **ORUF-500** Cefuroxime-500 mg ● **OUSE** Doxylamine succinate 10mg+Pyridoxine 10mg+Folic Acid 2.5 MG ● **ORUF-CV** Cefuroxime-500 mg+Clavuanate125mg Tab. ● **PRIDE-1** Glimepiride IP 1mg. ● **PRIDE-2** Glimepiride IP 2mg. ● **RASEN** Diclofenac-50mg & serratiopeptidase-10 mg ● **REEB-20** Rabepazole-20 mg ● **REEB-D** Rabepazole-20 mg & Domperidone 10 mg ● **RESTAB** Chlordiazepoxide-10mg & trifluoperazine-1mg ● **SANOLIV-300** ursodeoxycholic acid 300 mg ● **SANFREE** Betacarotene with Multivitamin,multimemral&antioxidants ● **SANOCAN-150mg** Fluconazole-150mg (DPCO MRP) ● **SANOCIP-500** Ciprofloxacin-500 mg ● **SANOX-150** Roxithromycin 150 mg ● **SANTHER-100-KIT** Artemether 100mg+Sulphadoxine 500mg+Pyrimethamine 25mg ● **SANTHER-LF** Artemether 80mg+Lumefantrine 480mg ● **SANTIL** Albendazole-400 mg ● **SERADISE-N** Nimesulide 100mg and serratiopeptidase 10mg ● **STERT-500** Citicoline-500 mg ● **TAMI 375** Sultamicillin 375mg tab. ● **TANSA-40** Pantoprazole-40mg (Alu-Alu & Strip Pack Also) ● **TANSA-D** Pantoprazole-40mg & Domperidone 10 mg (Alu-Alu & Strip Pack Also) ● **TAPENTAL TAB.** Tapentadol 50mg ● **TAPENTAL-75** Tapentadol 75mg ● **TESRAN-40** Telmisartan 40mg ● **TESRAN-H** Telmisartan 40mg +Hydrochlorothiazide 12.5mg ● **TESRAN-AM** Telmisartan 40mg + Amlodipine 5mg Tab. ● **TIXI-50 DT** Cefixime-50mg ● **TIXI-100 DT** Cefixime-100mg ● **TIXI-200 DT** Cefixime-200mg ● **TIXI-C** Cefixime-200mg + Clavulanate Potassiun 125mg ● **TIXI-OF** Cefixime-200mg +Ofloxacin 200mg ● **TIXI-OZ** Cefixime-200mg +Ornidazole 200mg ● **TOLCARE-150** Tolperisone 150mg Tablets ● **TOLCARE 450** Tolperisone HCL 450mg Tablets ● **TZACT-90** Etorcoxib 90mg Tab. ● **TZACT-120** Etorcoxib 120mg Tab. ● **WIN-650** Paracetamol 650mg(dispersible) ● **YDRO-200** Hydroxychloroquine Sulphate BP 200mg. ● **ZISAN-250** Azithromycin-250 mg ● **ZISAN-500** Azithromycin-500 mg ● **ZISAN-CF** Azithromycin-250 mg + Cefixime 200mg ● **ZISAN-CF -FORTE** Azithromycin-500 mg + Cefixime 200mg ● **ZISAN-LV** Azithromycin-250 mg + Levofloxacin 250mg ● **ZISAN-KIT** Fluconazole 150mg+Azithromycin 1gm+Secnidazole 1gm ● **ZETODAC** Ketorolac 10 mg DT Tab ● **Z-POD-50 DT** Cefpodoxime Proxetil-50 mg ● **Z-POD-100 DT** Cefpodoxime Proxetil-100 mg ● **Z-POD-200 DT** Cefpodoxime Proxetil-200 mg ● **Z-POD-CV-325** Cefpodoxime Proxetil 200mg.+Potassium Clav 125mg. ● **Z-POD-AZ** Cefpodoxime Proxetil 200mg.+Azithromycin 250mg ● **AROSI** ornithine L-aspartate-5 mg 10ml amp with (W.F.I) ● **ARITOM-Inj.** Piracetam 15 ml ● **ARITOM-Inj.** Piracetam 60 ml ● **ARIVEL-500** Vancomycin 500mg ● **ARIVEL-1000** Vancomycin 1000mg ● **AVBET** Artesunate 60 mg with sodium chloride ● **AVCAL-D3 Inj.** Vitamin D3 300000 IU/ml (15 mg) ● **AVCEF-125** Ceftriaxone-125 mg with w.f.i ● **AVCEF-250** Ceftriaxone-250 mg with w.f.i ● **AVCEF-500** Ceftriaxone-500 mg with w.f.i ● **AVCEF-1gm** Ceftriaxone-1gm with w.f.i ● **AVCEF-S-187.5 mg** Ceftriaxone- 125mg & sulbactam-62.5 mg with w.f.i ● **AVCEF-S 375** Ceftriaxone-250 mg& sulbactam-125 mg with w.f.i ● **AVCEF-S 750** Ceftriaxone-500 mg& sulbactam-250 mg with w.f.i ● **AVCEF-S-1.5gm** Ceftriaxone-1000 mg& sulbactam-500 mg with w.f.i ● **AVCEF-TZ- 281.25mg.** Ceftriaxone- 250 mg& tazobactam-31.25 mg with w.f.i {For KID} ● **AVCEF-TZ-1.125** Ceftriaxone-1 gm& tazobactam-125 mg with w.f.i ● **AVCLAV-1.2** Amoxycillin-1 gm&Clavulanate Potassium-200mg ● **AVCLAV-150** Amoxycillin 250 mg & potassium Clav Inj. 50mg ● **AVCLAV-300** Amoxycillin 125 mg & potassium Clav Inj. 25mg **AVCORT** Triamcinolone Acetonide 40mg. ● **AVDOL** Tramadol 2ml/100mg ● **AVIRON-50** Iron Sucrose Inj. USP 50mg ● **AVIRON-100** Iron Sucrose Inj. USP 100mg ● **AVIM-C** Imipenem 500mg+ Cilastin 500mg ● **AVPRED-125MG INJ.** Methylprednisolone Sodium Succinate Inj. IP 125mg ● **AVPRED-500MG INJ.** Methylprednisolone Sodium Succinate Inj. IP 500mg ● **AVPRED-1GM INJ.** Methylprednisolone Sodium Succinate Inj. IP 1000mg ● **AVPRED-40 INJ.** Methylprednisolone Acetate Inj. IP 40mg ● **AVPRED-80 INJ.** Methylprednisolone Acetate Inj. IP 80mg ● **AZVIN-250** Aztreonam 250mg ● **AZVIN-500** Aztreonam 500mg ● **AZVIN-1000** Aztreonam 1000mg ● **AZITOM-1000** Aztreonam 1000mg ● **BITOB-80** Tobramycin Inj.80mg ● **CAREDEC -AQUA** Diclofenac Sodium - 75 mg/1ml blister pack ● **CLINDAMAC-600 Inj.** Clindamycin Hydrochloride 150mg Inj. **COBSA-500** Mecob. 500 mcg 5*2 ml {Blister} ● **COBSA-1500** Mecob. 1500 mcg 5*2 ml {Blister} ● **COBSA-1500** Mecob. 1500 mcg 2ml with syringe ● **COBSA-2500** Mecob. 2500 mcg 2ml with syringe ● **COBSA-2500** Mecob. 2500 mcg & 5*2 ML ● **COBSA-FORTE** MCB 1000mcg.+Niacinamide 100mg.+Pyridoxine Hcl 100mg.+Benzyl Alcohol ● **COBSA-VIT-C** {1}Vitamin-C150mg {2} MCB 2500mcg.+Folic Acid IP 0.7mg+Niacinamide IP12mg ● **KAMSA-100** Amikacin-100 mg **KAMSA- 250** Amikacin-250 mg ● **KAMSA-500** Amikacin-500 mg ● **LENEURON INJ.** Methylcobalamin 1500mcg,Vitamin B1 I.P.100mg.,Vitamin B6 I.P. 50mg.D-Panthenol I.P. 50mg.Niacinamide I.P.50mg.Benzyl Alcohol I.P. 1.5%w/v ● **LSP Inj.** Levosulpride inj. **Mob. 092164-37557.**



Product List

Puremed Biotech

ACECLOMED-P TAB Aceclofenac 100Paracetamol 325 ● **ACECLOMED-MR TAB** Aceclo 100+Para325Cloroxazone 250 ● **ACECLOMED-SP TAB** Aceclofenac 100 Para 325Sera 15mg ● **ALLERCON-150 TAB** Fluconazole IP 150 mg ● **AZIACTIVE-500MG** Azithromycin 500mg Tab ● **AZIACTIVE-SF Kit** Fluconazole 150 mg 1 TabAzithromycin 1 gm 1 TabSecnidazole 1gm 2 Tab ● **CEFUMED 500 TAB** Cefuroxim 500 ● **CHYMOPRIME-FORTE** Trypcin Chymotrypsin 1000 IU ● **CHYMOPRIME-AC TAB** Trypsin chymotrypsin 50,000 IU Aceclofenac 100mg ● **CORTICERIN-GM TAB** Diaserin 50Glucosamine 750Msm 250 ● **DOXIPRIME-B6 TAB** Doxylamine 10mgPyridoxine 10mgFolic acid 5mg ● **DOXIPRIME-B6 OD TAB** Doxylamine 20mg Pyridoxine 20mgFolic acid 5mg ● **ISOPURE-SR 40 TAB** Isoxsuprine SR 40 ● **MEDIRAB-40 TAB** Rabeprazole 40mg Tab ● **MEDITRAM-SR100 MG** Tramadol SR 100mg ● **MEGAPURE-500 TAB** Ciprofloxacin 500mg Tab ● **Colour Brilliant Blue PIROPAIN-DT TAB** Piroxicam 20mg ● **PRATICAL-D3 TAB** Calcium with vitamin D3 ● **PRATIFOL-5 TAB** Folic acid 5mg ● **PREDIACTIVE 4MG** Methyl predni solone 4mg ● **PUREDIXIM-200 DT TAB** Cefpodoxim 200mg Tab ● **PUREFIX-200MG** Cefixime 200DT Tab ● **PURES-PAS-M TAB** MAFENIC A 250 MG DROTAVERIN 80 MG ● **PUREFLOX-200 TAB** Ofloxacin-200mg ● **PUREVIT TAB** Methylcobalamin, Multi vitamin, Multi Mineral, Antioxidant ● **PUREZINE-5 TAB** Levocitrizine 5mg ● **PUREVERT-8 TAB** Betahistine 8 mg ● **PUREVERT-16 TAB** Betahistine 16mg ● **PRAMEKOLD TAB** Nimesulide 100mgParacetamol 325mgPhenylephrine 5mgCaffeine 25mgCitrazine hcl ip 5mg ● **REALCLAV 625 TAB** Amoxicillin 500Clavnic 125 ● **VOME-OUT MD-4** ONDENCETRON MD 4MG ● **ZINCORAD TAB** Ferrous Fumarate 300mg Folic Acid 1mgVitamin B12 5mcgPyridoxine Hcl 1.5mg,Zinc Sulphate Mono 55mg ● **BROMED - 100** Acebrophylin 100 mg ● **LYCOPIC CAP** Lycopine+multivitamin+antioxidant ● **MEDICURON CAP** Methylcobalamin 1500mcg, Alpha Lipoic Acid 100mg, Folic Acid 1.5mg,Thaimine 10mg Pyridoxine 3mg, ● **MEDIRAB-A CAP** Rabeprazole 20Aceclofenac SR 200 ● **MEDIRAB-DSR CAP Tab in Cap** Rabiprazole 20mg ECDomperidone 10mg IRDomperidone 20mg SR ● **PURE STEP CAP** Norfloxacin 200Lopramide 2mg ● **PURELAK CAP** Pre and pro biotic cap ● **PRATICAL-PLUS SOFT GEL** Calcitriol IP 0.25mcgCal. Carbonate 500mgZinc sulphate IP 7.5mg ● **CEFUMED 1500 VIAL** CEFUROXIM 1500MG ● **DICLOMED- AQ AMP** Diclofenac sodium ● **FALCIPURE-60 VIAL** Artesunate 60mg ● **MEDICURON PLUS AMP** Methylcobalamin 1000mcg, pyridoxine 100mg, nicotinamide 10mg ● **MEDITRAM AMP** Tramadol 100mg ● **MEDITRAX -T 1.125 GM VIAL** Ceftriaxone-1000mg Tazobactam 125 mg ● **MEDITRAX -S 1.5GM VIAL** Ceftriaxone 1000Sulbactam 500 ● **MEDITRAX-1000 VIAL** Ceftriaxone-1000mg ● **MEDITRAX-250 VIAL** Ceftriaxone-250 ● **MEDITRAX-500 VIAL** Ceftriaxone-500mg ● **MEDITREX-S 375MG VIAL** Ceftriaxone 250Sulbactam 125 ● **PANMED-40 VIAL** Pantoprazole 40mgEach vial in carton pack ● **PIROPAIN AMP** Piroxicam 20mg ● **POWERDEC-50 AMP** Nandrolone Deco 50mg ● **PUREBECT-CS 1.5GM** Cefoperazone 500Sulbactam 500 ● **PUREBECT-CS 1.5GM VIAL** Cefaprazone 1000 Sulbactam 500 ● **PUREMAL - AB AMP** a-b Arteether IP 75mg ● **PUREMIK 100MG VIAL** Amikacin 100mg ● **PUREMIK-500 VIAL** Amikacin 500 ● **PURE-PT-4.5GM** Pipracillin 4gm Tazobectum 0.5gm ● **PURICORT-40 VIAL** Triamcinolone 40mg ● **REALCLAV 1.2 VIAL** Amoxicillin 1000mgPotassiumClavulanate 200mg ● **TATKAL-100vial** HYDROCORTISONE VIAL 100MG ● **VOMIEND AMP COMBIPACK** Ondencitron +Ranitidine Combipack ● **VOME-OUT AMP 2ML** Ondansetron hydrochloride IP 2mg ● **LYCOROSE-Z SYP** Lycopine+ multivitamin+ antioxidant ● **PUREFLOX-OZ SYP** Ofloxacin 50mg Orindazole 125mg ● **PUREVIT SYP** Multivitamin +Antioxidants +Methylcobalamin ● **PUREZYME SYP** Fungal diastase + carminative ● **PHENITUSS-AP SYP** Ambroxol IP 15mgGuaiphenesin IP 50mgPhenylephrine IP 5mgChlorpheniramine IP 2mgMenthol IP 1mg ● **PHENITUSS-D SYP** Each 5ml ContainsDexamethorphanHBR 10MGCPm 2mgPhenylephrine HCL 5mg ● **PRAME KOLD SYP** Cpm IP 2mg, Paracetamol IP 250mg,Phenylephrine Hcl IP.5mg ● **TERBOTUSS SYP** Ambroxol 15mg, guaiphenesin 50, terbutaline 1.50mg, menthol 1.00mg ● **ZINCORAD SYP** Ferric Ammonium Citrate IP 160mgFolic Acid IP 0.5mgVitamin B12 IP 7.5mcg ● **ACCUPROT MZ POWDER** Protin Methylcobalamin, with zinc ● **PUREDIXIM SYP** Cefpodoxim syp 50mg ● **PUREFIX SYP** Cefixime syp 50mg ● **REAL CLAV SYP** Amoxi clav syp 200+28.5mg ● **MOXIPURE EYEDROP** MOXIFLOXACIN 0.5% ● **PUREFLOX EYEDROP** OFLOXACIN 0.3% ● **PUREVIT DROP** Multi vitamin, Multi Mineral, Anioxident ● **PRAME KOLD DROPS** Phenylephrine Hcl IP.2.5mgcpm IP.1mgParacetamol 125mg ● **PURE KLEEN EAR DROP** Para Dichlorobenzene 2%Benzocaine Ip 2.7%Chlorbutol IP 5%Turepentine Oil Ip 15% ● **PUREFLOX-BC EAR DROP** Ofloxacin+ClotrimazoleBeclomethasone +Lignocane met ● **NASOKLEEN NASAL DROP** Xylometa zoline..0.01% ● **CALCIPRIME SACHETS** Cholecalciferol I.P 60,000IU ● **PURELAK SACHET** Prebiotic & Probiotic ● **ARGEE-PURE L-ARGININE IP 3GM** ● **PUREFLOX-OTC** Ofloxacin IP 0.75%w/w Orindazole IP 2.0%w/w Terbinafine BP 1.00%w/wClobetasol BP 0.05%w/w. **Mob:- 09736701212.**

SPRANZA VITA

Amoxilacto- CL625 (Amoxicilline 500mg +Clavulsniv Acid 125mg Tablets), ● **Azianza-250/500** (Azithromycin 250/500mg Tablets), ● **Anzalevo/AZ/OZ/500/750** (Levofloxacin 125mg Syrup Levofloxacin 250mg +Azithromycin 250mg Tabs Levofloxacin 125mg+Ornidazole 125mg Suspension Levofloxacin 500/750mg Tabs), ● **Rabswe/DSR/LS** (Rabeprazole Sodium 20mg Rabeprazole Sodium 20mg+Domperidone 30mg (Extended Release)caps Rabeprazole Sodium 20mg+Levosulpiride 75mg (SR) Caps), ● **Avitaspas-M** (Drotaverine 80mg+Mefenamic Acid 250mg) ● **Surenore-Kit/5** (Mifepristone (1tab) 200mg+Misoprostol(4tabs)200mg Tabs Norethisterone 5mg), ● **Fanylco** (Lycopene, Lutein Multivitamin, Multi Minerals&Antioxidant Capsules/Syrup), ● **Vitagyno** (Ayurvedic Uterine Tonic), ● **Ojacon-15** (Fluconazole 150mg. Tablets) ● **Wizargi** (Each 10gm Sachet Contains:L-arginine IP 3gm+Zinc Sulphate Monohydrate IP eq. to elemental Zinc 10mg+Folic acid IP 2.5mg Sachet) ● **Tanpanta/DSR/D/40** (Pantoprazol IV 40mg (With water for injection), (Pantoprazol 40mg+Domperifone 30mg ER Caps),(Pantoprazol 40mg +Domperidone 10mg tabs), ● **Zavigest-200** (Micronized Progesterone 200mg Softgel Capsule) **Ph.:- +91-9425155887, +91-9424417000.**

Europa

Nospike-3 (Voglibose 0.3mg Tablets), ● **Euromet GP2 V2** (Metformin SR 500mg, Glimiperide 2mg & Voglibose 0.2mg Tablets), ● **Euromet** (Metformin SR 500mg & Glimiperide 1mg Tablets), ● **Euromet GP2** (Melformin SR 500 & Glimiperide 2mg Tablets), ● **Euroglim-1** (Glimiperide 1mg Tablets) ● **Euroglim-2** (Glimiperide 2mg Tablets), ● **Zurvast10** (Rosuvastatin 10mg Tablets), ● **Zurvast D** (Rosuvastatin 10mg & Vitamin D3 1000 Tablets), ● **Eudogril 75** (Clopidogrel 75mg Tablets), ● **Eudogril 150** (Clopidogrel 150mg Tablets) ● **Lo-beta 25** (Metoprolol Succinate (ER) 23.75mg Tablets), ● **Lo-beta 50** (Metoprolol Succinate (ER) 47.5mg Tablets), ● **Eutelmi 40** (Telmisartan 40mg Tablets) ● **Eutelmi M** (Telmisartan 40mg & Metoprolol Succinate ER 23.75mg Tablets), ● **Eutelmi CH** (Telmisartan 40mg & Chlorthalidone 12.5mg Tablets) **Mob. 07940300900.**

AQUILA (INTAS)

Gabapin NT 100/400 (Gabapentin 100/400mg+Nortriptyline 10mg Tab), ● **Gabapin 100/300/400/600/800** (Gabapentin Tabs/Caps), ● **Gabapin-ME 100/300** (Gabapentin 100/300mg+Methylcobalamin 500mcg Tab), ● **Pexep Plus** (Paroxetine ER 12.5/25 and Clonazepan 0.5mg Caps.), ● **Pexep CR** (Paroxetin HCl Controlled Release 12.5/25/37.5mg Tab), ● **Spinfree** (Cinnarizine 20mg&Dimenhydrinate 40mg Mouth Dissolving Tablets), ● **Divava** (Divalproex Sodium Delayed-release 125/250/500mg Tab), ● **Provanol** (Propranolol 10/20/40mg Tab), ● **Zedtime** (Zolpidem Tartrate 5mg&10mg Tabs), ● **Elipran** (Eletriptan HBr 20/40mg Tab), ● **Gudril** (Tramadol HCl 37.5mg+Paracetamol 3250mg Tab) **Mob:- +917966523100, 07926576655.**

BIOMI LIFE SCIENCES PVT.LTD.

BIO-HB Tablets (Ferrous Bisglycinate 220 mg eq. to Elemental Iron 60mg+L-Methyl Folate 1mg+Methylcobalamin 500mcg+Zinc 25mg), ● **Bio-9 Fort SYRUP** (Ascorbic Acid 40 mg+Amino Acids+Vitamin B Complex), ● **Bio-9 Tablets** (L-Methyl Folate 1mg+Methylcobalamin 1500mcg+Pyridoxal-5-Phosphate 0.5mg), ● **Mical Tablets** (Calcium Bis Glycinate 1000mg+Vitamin D3 400 I.U.+Magnesium 25mg) **Mob:- 09111218888.**

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 + Calcitriol 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** (Levocetrizine 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 + Dicloxacillin Sodium 250mg) ● **Lycofar** (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** (Rabeprazole 20 mg + Levosulpiride 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** (Codeine 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 carton) ● **Lycofar** (Lycopene 6 % minerals with Antioxidant Syp) ● **Necessity** (Lysine Hydrochloride 10.0mg + Lycopane 6% 1000.0mcg + Vitamin A 1250.0IU + Cholecalciferol 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 + Pyridoxime 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 0.007mg) ● **Sai-Dom** (Domperidon Suspension) ● **Earfine** (Ofloxacin + clotrimazole + Beclomethasone + Lignocaine) ● **Cefafar-1gm Inj.** (Ceftriaxone 1gm) ● **Cefafar-S** (Ceftriaxone 1gm + subactum125) ● **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 1.00w/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.**



Forth Coming Events

December 14-15, 2017 International Conference on Minimally Invasive Surgery and NOTES 2017 (Abu Dhabi, U.A.E.) An international conference on minimal invasive surgery and natural orifice transulamin endoscopic surgery is scheduled to be held at Sofitel Abu Dhabi Corniche Hotel in Abu Dhabi, 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, UAE. **Tel.:** +971-4-4218996 **E-mail:** marketing@infoplusevents.com **website:** www.misnotes-uae.com

December 14-16, 2017 Nepal Medical Show (Kathmandu, Nepal) The 2nd edition of international exhibition on Medical, Hospital, Surgical, Medical Devices and Diagnostic Instruments and Consumables is scheduled to take place at Bhirikuti Mandap Exhibition Ground in Kathmandu, Nepal For details contact: S.D. promo Media Pvt.Ltd 2247, 2nd Floor, Hudson Land, GTB Nagar, Delhi-110019, India. **Tel.:** +91-11-47034600/43003757. **E-mail:** satish@sdpromomedia.com ; **Website:** www.nepalmedicalshow.com

December 16-17, 2017 National Conference of Physical Therapy 2017 (Mumbai, India) The most exciting event of physiotherapy, NCPT 2017, The Conference and Exhibition based on a Theme: "From Glorious past Towards Challenging Future: The Mission, Policy, Reforms" is scheduled to be held at CIDCO Exhibition & Convention Center in Mumbai, India. For details contact: Dr. Sudeep Kale, Terna Physiotherapy College, 3rd floor, Terna Medical College Campus. Sector 12, Nerul (West), Navi Mumbai 400706, India. **Tel.:** +91-9029009901. **E-mail:** ncptmumbai2017@gmail.com **Website:** www.ncpt2017.com

January 15-17, 2018 IME 2018 (Muscat, Sultanate of Oman.) The first edition of International Medical Expo 2018, Medical equipment and products exhibition is scheduled to be held at Oman Convention and Exhibition Centre in Muscat, Sultanate of Oman. For details contact: the Top organizing exhibition and Convention, PO Box: 282, P.c: 130, Muscat, Sultanate of Oman. **Tel.:** +968-2450-3998 and/or +968-9571-9571-0982. **E-mail:** marketing@thetop-expo.com **Website:** www.thetop-expo.com

January 18-20, 2018 SEHA Congress 2018 (Abu Dhabi, U.A.E.) The 12 edition of the SEHA international Paediatric Conference is scheduled to be held at Rosewood Hotel in Abu Dhabi, U.A.E For details contact: MENA Conference, PO Box: 54210 Office No. 504 Abdulla Bin Darwish Bldg. Hamdan & Salam Street Junction, Abu Dhabi, U.A.E. **Tel.:** +971-2-4919888, **Mobile:** +971-56-503-3746. **E-mail:** zandy@menaconference.com **website:** www.menacconference.com/events/12sehaped/

January 23-25, 2018 ISWS 2018 (Dubai, U.A.E.) The first edition of International Sport and Wellness Show (ISWS) is scheduled to be held at Dubai World Trade Centre in Dubai, U.A.E For details contact: International Sports and wellness Show, Marina Plaza, Level 29, Dubai Merina, P.O Box 112229. Dubai, UAE. **Tel.:** +971-4-550-6395. **E-mail :** sales@isws.ae **Website:** www.isws.ae

January 29-01 February, 2018 Arab Health 2018 (Dubai, U.A.E) The largest gathering of healthcare and trade professionals in the MENA region will be held at Dubai International Convention & Exhibitions. Centre, Dubai, U.A.E. For details contact: Informa Life Sciences Exhibitions, Office No. 20:01 Level 20, Sheikh Rashid Tower, Dubai U.A.E **Tel.:** +971-4-3365161. **E-Mail:** info@lifesciences-exhibitions.com **website:** www.arabhealthonline.com

January 30-31, 2018 Patient Experience Asia Summit 2018 (Singapore.) A Conference based on the theme of Elevate NewGen Patient-Centric Care: Leadership and Innovation is scheduled to be held in Singapore. The conference is based on Improving care delivery, patient satisfaction, improving reporting and compliance, improving efficiency and quality of hospital services etc. For details contact: Fleming Events. Vajnoraska 100/A, 83104, Bratislava, Slovakia. **Tel.:** +421-257-272-100. **E-mail:** info@fleming.events; **Wepsite:** https://fleming.events/events/pharma/patient-experience-asia-summit-singapore#

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.htpaediatric.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-Academin 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.meditec.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 Uppilipalayam (post), Coimbatore 641015, Tamilnadu, India, **Mobile:** +91-960-020-0400, **Tel. :** +91-422-259-0407. **E-mail:** gtfcbe@gmail.com and/or madhawa@aitkenspenck.lk **Website:** www.medicare.lk

March 3-5, 2018 MedHealth Kenya 2018 (Nairobi, Kenya) An International trade exhibition on Hospital supplies, Medical,

Surical, 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 Doe Foires International De Tunis, parc DesExpositions Et Centre De Commerce International B.P. N1 2015 Le Kram, Tunis, Tunisia, Tunisia. **Tel.:** +216-71-973-111/976-111, **Fax:** +216-71-971-666. **E-mail:** ift.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@prim-expo.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-dearo, 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 Aurum, 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 Paduct, 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.:** +971-4-407-2574 and/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@cantonrehabcare.com ; **Website:** http://en.cantonrehabcare.com

A.I.O.C.D. चुनाव में जगन्नाथ शिन्दे (अप्पा जी) की बादशाहत कायम

(संवाददाता अभय सिंहल की रिपोर्ट)



जे.एस.शिंदे (प्रेसीडेंट)



राजीव सिंहल (सचिव)



के.के.सेलवन (कोषाध्यक्ष)

किसी भी चुनाव को जीतने में संगठन की महत्वपूर्ण भूमिका होती है और संगठन की शक्ति अगर मजबूत है तो छोटी-मोटी गलतियों को वोट नजर अन्दाज कर संगठन में ही अपनी आस्था जताता है। जी हाँ इस वाक्य को चरितार्थ किया है ऑल इण्डिया आर्गनाइजेशन कैमिस्ट एन्ड ड्रगिस्ट एसोसिएशन के दिनांक 17-11-17 को जे.पी. पैलेस आगरा में हुए चुनाव ने।

इस चुनाव में JSS पैनल से अध्यक्ष पद फिर से श्री जगन्नाथ शिन्दे ने फार्मा विजन पैनल के ए.एन.मोहन 186 मत के मुकाबले 399 मत प्राप्त कर 213 मत से और सचिव पद पर JSS पैनल के श्री राजीव सिंहल मो. 9425056394 ने फार्मा विजन पैनल के सुरेश गुप्ता को 242 मतों के मुकाबले 341 मत प्राप्त कर 99 मतों से और कोषाध्यक्ष पद पर JSS पैनल से के.के.सेलवन ने फार्माविजन पैनल के बीकाराम चौधरी को 199 मतों के मुकाबले 383 मत प्राप्त कर 184 मतों से विजयश्री दर्ज की।

इस महत्वपूर्ण चुनाव की जीत में JSS पैनल ने अपनी एकजुटता, इच्छा शक्ति और संगठन शक्ति का परिचय दिया और तीनों पदों पर जीत हासिल कर फार्मा विजन को जबरदस्त पटखनी दी। फार्माविजन पैनल के सारे दावे हवा हवाई साबित हुये। अन्दाजा सिर्फ इसी से लगाया जा सकता है कि जहाँ सचिव पद पर फार्मा विजन पैनल के सुरेश गुप्ता 99 मतों से हारे वहीं उनके पैनल के अध्यक्ष प्रत्याशी 213 मतों से और कोषाध्यक्ष प्रत्याशी 199 मतों से हारे इससे ये साफ प्रतीत होता है कि करीब 114 वोट्स ने सुरेश गुप्ता को तो वोट दिया लेकिन अध्यक्ष और ट्रेजरर पद पर JSS पैनल को ही वोट दिया।

अब स्थिति ये है कि तीनों पदों पर अप्पा जी का कब्जा है और उनके सामने चुनौतियां भी बहुत हैं। लेकिन विश्वास है कि अप्पा एन्ड कम्पनी आने वाले समय में देश के 7.50 लाख कैमिस्टों के हितों में नये और मजबूत निर्णय लेकर कैमिस्टों के हितों की लड़ाई लड़ती रहेगी। मैडीकल दर्पण मिडिया हाउस की ओर से A.I.O.C.D. की नयी टीम को ढेर सारी शुभकामनायें। **अभय सिंहल, मो.- 09319980483.**

सुरेश गुप्ता की करारी हार

(देश के कैमिस्टों ने दिखाया आईना)

DNA

हमें तो अपनों ने लुटा गैरों में कहाँ दम था ?
मेरी कश्ती भी वहाँ डूबी जहाँ पानी कम था।

सन् 1970 के दशक में आयी निर्माता निर्देशक मनमोहन देसाई की फिल्म रोटी का ये बहुचर्चित गीत - **ये जो पब्लिक है ये सब जानती है** - जरूर आपको याद होगा। इस गीत की पंक्तियां A.I.O.C.D. के पूर्व सचिव गाजियाबाद उत्तर प्रदेश निवासी सुरेश गुप्ता पर बिल्कुल सटीक बैठती हैं। जी हाँ पिछले 6 वर्षों से A.I.O.C.D. के सचिव पद पर रहते हुए अब 2017-2020 के चुनाव में देश के कैमिस्टों ने सुरेश गुप्ता को फिलहाल 3 वर्ष के लिए आराम दे दिया है। अब वो टेन्शन फ्री होकर देश-विदेश की हसीन लोकेशन्स पर महँगी से महँगी बाईक पर बैठ कर अपने फोटो खिंचवा सकेंगे।

मैडीकल दर्पण मिडिया हाउस ने पाठकों को अपने पिछले अंक में ही अवगत कराया था कि मेहनती, ईमानदार और कर्तव्यनिष्ठ राजीव सिंहल के सामने सुरेश गुप्ता की राह आसान नहीं है और मिडिया हाउस की यह भविष्य वाणी सही साबित हुयी। पूरे भारतवर्ष के हर राज्य के मिडिया हाउस के प्रतिनिधि की रिपोर्ट के अनुसार इस चुनाव में सुरेश गुप्ता के सिपहसालारों ने ही उनकी लुटिया डुबो दी। लखनऊ के एक बड़े नेता, बनारस के बहुत से अजीज दोस्तों और उत्तराखण्ड के उनके विश्वसनीय नेताओं ने उनके तिलस्म को चूर-चूर करने में अहम भूमिका निभायी।

ज्ञात रहे कि पिछले दो बार से 6 वर्षों तक देश के कैमिस्टों ने सुरेश गुप्ता को A.I.O.C.D. के सचिव पद पर बैठाया लेकिन इन 6 वर्षों में वे कहीं भी कैमिस्टों की उम्मीद पर नहीं उतरे, उन्होंने एक भी योजना ऐसी नहीं बनायी जिससे कैमिस्टों का कुछ भला होता। अप्पा जी से हर विषय पर उनका विवाद हुआ जिसका जबाब इस चुनाव में उन्हें मिला। उत्तराखण्ड के एक नेता जिन्होंने पिछले दो बार पूर्ण समर्थन देकर काफी वोट दिलाये अपना नाम न छापने की शर्त पर मिडिया हाउस के प्रतिनिधि से कहा कि- **घमंड की बीमारी शराब जैसी है साहब जिसमें खुद को छोड़कर सबको पता चलता है कि इसको चढ़ गयी है।**

उत्तर प्रदेश के कुछ कैमिस्ट नेता बोलते हैं कि सुरेश गुप्ता को हमने पिछले दो बार फुल वोट व सपोर्ट देकर जिताया लेकिन जब भी उन्हें किसी कार्य के लिए फोन किया तो हर बार यही रटा-रटाया जबाब मिला कि - **हवाई जहाज में बैठा हूँ बाद में फोन करना या मीटिंग में बैठा हूँ डिस्टर्ब मत करो।** पंजाब के एक बड़े नेता ने लुधियाना से फोन कर मिडिया हाउस को बताया कि ये सुरेश गुप्ता की हार नहीं बल्कि उनके घमंड की हार है। देहली से एक और नेता ने उनकी हार टिप्पणी करते हुए कहा कि अरे साहब - **बनिया गुड़ न दे पर गुड़ की सी बात तो कह दे** लेकिन इन साहब की तो बोली ही कड़वी हो गयी जिसका खामियाजा उन्हें भुगतना ही था। देश के प्रमुख कैमिस्ट नेताओं ने सुरेश गुप्ता की हार पर खुशी और उनके मुकाबले राजीव सिंहल की जीत का स्वागत किया है। एक सर्वे के अनुसार कैमिस्टों से अभद्र व्यवहार और दवा कम्पनियों से कमीशन खोरी की अफवाह भी सुरेश गुप्ता की हार का कारण बनी। अन्त में हम सिर्फ इतना ही कहेंगे कि गुप्ता जी कहाँ आप ये नेशनल राजनीति के चक्कर में पड़ गये। आप तो गाजियाबाद की होलसेल मण्डी नई बस्ती की राजनीति करते हुए ही अच्छे लगते हैं।

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ViiV Healthcare announces Start of Phase III Study of long-acting cabotegravir for HIV Prevention in Women

Today ViiV Healthcare, the global specialist HIV company majority owned by GSK, with Pfizer Inc. and Shionogi Limited as shareholders, announced the start of HPTN 084 [1], a phase III study to evaluate long-acting cabotegravir for the prevention of HIV infection in sexually active women. The study will evaluate injections of cabotegravir given every two months compared with daily oral pre-exposure prophylaxis (PrEP) with emtricitabine/tenofovir disoproxil fumarate. The study seeks to enrol 3,200 women aged 18 to 45 years from sub-Saharan African countries and is being conducted through a public private funding collaboration composed of ViiV Healthcare, the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health (NIH), and the Bill & Melinda Gates Foundation. The study is sponsored by NIAID, and study medications are being provided by Gilead Sciences, Inc. and ViiV Healthcare. John C Pottage, Jr, MD, Chief Scientific and Medical Officer, ViiV Healthcare said: "In sub-Saharan Africa, women account for more than half of all new HIV infections in adults and there is clearly a public health need for prevention strategies that empower women to protect themselves from HIV. ViiV Healthcare is committed to the inclusion of women in our efforts to develop innovative therapeutic options for the treatment and prevention of HIV and this study start is an important step in that direction." "Since the 1960s, physicians have had long-acting, injectable medicines to aid in patient adherence to treatment for chronic illnesses [2]. In addition, long-acting, injectable contraceptives have been available as an option for women seeking to manage family planning since the early 1990s [3]. Similar to the varying needs of contraceptive options for family planning, women seeking PrEP may have privacy and convenience considerations that might make long-acting, injectable PrEP a desirable option.


निधन

बुलन्दशहर के जाने-माने वरिष्ठ चिकित्सक डॉ. सतीश चन्द्र गुप्ता जी कमला अस्पताल फोन नं. 9897234305, 9368010465 अपनी जीवन यात्रा पूर्ण कर 29.11.2017 को पंचतत्व में विलीन हो गये हैं. शोकाकुल परिवार में डॉ. चित्रा गुप्ता, डॉ. मुकेश गुप्ता, डॉ. सुषमा गुप्ता, डॉ. प्रद्युम्न गुप्ता, सुमित, रोहित, शिवेन, अभिनव जी, प्रियाषा, नाईषा, राहुल जी, प्रज्ञा, सानवी हैं. रस्म पगड़ी 8 दिसम्बर को हुई.

भारत विकास परिषद, बुलन्दशहर के कर्मठ, युवा व सदैव मुस्कुराते रहने वाले सदस्य विनीत गोयल जी(श्रीमती वर्षा गोयल जी के पति) का अल्पायु में ही हृदयाघात से शरीर पूर्ण हो गया है.

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Happy Birthdays

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26.12.83	SHRI ABHINAV JI	SHIVA MEDICAL STORE	9719536144	DHARADON	UTTRAKHAND
26.12.78	SHRI AMAN SINGH JI	AMAR SURGICAL	9839772277	LUCKNOW	UTTAR PRADESH
27.12.82	SHRI ANKUR SETH JI	ANKUR PHARMA	9319955531	DHARADON	UTTRAKHAND
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27.12.65	SHRI ATUL KUMAR JAIN JI	MAHAVIR MEDICAL GENERAL STORE	9422292255	JALGAON	MAHARAST
28.12.71	MOHD. AMJAD WAHED HUSSAIN	LIBERTY MEDICAL AGENCY	9975646551	AURANGABAD	MAHARAST
30.12.87	MOHD. AMJAD KHAN	HONESTY DRUG	9568298323	DEHRADUN	UTTRAKHAND
31.12.67	SHRI AJIT SINGH JI	AJIT MEDICAL STORE	9457288806	MATHURA	UTTAR PRADESH
01.01.81	MOHD .AMIL JI	NATIONAL MEDICAL AGEANCY	9058275769	SAMBHAL	UTTAR PRADESH
01.01.75	SHRI ALOK NAUTIYAL JI	APNA MEDICAL STORE	9719010008	DHARADON	UTTRAKHAND
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सुविचार

यदि आप कोशिश करते हो और कुछ भी हासिल नहीं होता तो उसमें आपकी कोई गलती नहीं है. लेकिन यदि आप जरा भी कोशिश नहीं करते और हार जाते है तो उसमें पूरी आप ही की गलती है.

अविश्वास

विश्वास का घटना, निरन्तर जारी है, जाने कब किस को, बेवजह बारी है.

डॉ॰ नरेन्द्र नाथ लाहा
मो॰ 09753698240.

दिसम्बर माह के त्यौहार

13.12.2017 सफला एकादशी
16.12.2017 धनु संक्रान्ति
18.12.2017 सोमवती अमावस
25.12.2017 मैरी क्रिसमस
26.12.2017 अष्टमी
29.12.2017 चौब पुत्रदा एकादशी

मैडीकल दर्पण मीडिया हाऊस की तरफ से आप सभी को जन्मदिन की हार्दिक शुभकामनायें

माइग्रेन से छुटकारा पाने के लिए वरदान है ये 1 आयुर्वेदिक नुस्खा

तनाव भरा जीवन, अनियमित और दूषित खानपान व भागदौड़ भरी जिंदगी के चलते आजकल लोगों में मानसिक रोग की समस्या बढ़ती ही जा रही है. ना सिर्फ उम्रदराज लोग बल्कि छोटे-छोटे बच्चे भी मानसिक रोग माइग्रेन व डिप्रेशन जैसी खतरनाक समस्या के शिकार हो रहे हैं. ये रोग बहुत तेजी से युवाओं को अपना निशाना बना रहा है. ये रोग इतना मामूली हो गया है कि आम इंसान ही नहीं बल्कि कई टीवी हस्ती भी मानसिक रोग की चपेट में धिरे हुए हैं. कई लोग अपने लाइफस्टाइल के चलते इसकी चपेट में आते हैं. वहीं, कुछ लोगों को तो यह बीमारी सौगात में मिलती है. माइग्रेन का दर्द बड़ा ही तेज होता है, जिसमें सिर के एक ही ओर तेज दर्द होने लगता है. यह दर्द कई अन्य बीमारियों की भी न्यौता देता है, जैसे- चक्कर, आँखों का कमजा. र होना, उल्टी, कमजोरी और थकान. माइग्रेन की चपेट में इंसान तब आता है जब सिर के अंदर की रक्त नलिकाएँ सिकुड़न लगती है और मस्तिष्क के कुछ हिस्सों में रक्त संचार कम हो जाता है. इसके कारण दृष्टि दोष या सूनापन का आभास होने लगता है. उसके बाद सिर के बाहर वाली रक्त नलिकाएँ फूलने लगती हैं जिससे तीव्र सिरदर्द महसूस होता है. सीरोटोनिन नामक न्यूरोट्रांसमीटर का स्त्राव माइग्रेन के होने में मुख्य भूमिका निभाता है. इस रोग से बचने के लिए आपको अपने लाइफस्टाइल के साथ ही अपने खानपान पर भी विशेष ध्यान देना पड़ता है. हालाँकि आज हम आपको माइग्रेन से बचने के लिए कुछ घरेलू नुस्खे बता रहे हैं. ● अगर आप माइग्रेन के लक्षणों से वाकिफ हैं तो तब तो ठीक है. लेकिन अगर आप माइग्रेन के बारे में ज्यादा नहीं जानते हैं, लेकिन आपको सिर में दर्द रहता है तो आप हल्के हाथों से कंधों और गर्दन की मालिश करें. ऐसा करने से सिर दर्द से तो राहत मिलेगी ही साथ ही बदन दर्द से भी राहत मिलेगी. ● एक तौलिये को नॉर्मल पानी में डुबाकर उससे सिर और गर्दन के आसपास मालिश करें. कुछ लोगों को ठंडे पानी से की गई मालिश से भी आराम मिलता है. माइग्रेन में बर्फ के टुकड़ों का प्रयोग भी किया जा सकता है. ● सिर दर्द होने पर अपनी साँस की गति को थोड़ा धीमा कर दीजिए, लंबी साँसें लेने की कोशिश बिलकुल मत कीजिए, आराम से साँस लेने से आपको दर्द के साथ होने वाली बेचैनी से भी राहत मिलेगी. ● माइग्रेन में सिर दर्द होने पर धीमी आवाज में संगीत सुनना बहुत फायदेमंद होता है. दर्द से राहत पाने के लिए बंद कमरे में हल्की आवाज में अपने पसंदीदा गानों को सुनिए, सिरदर्द कम होगा और आपको राहत मिलेगी. लेकिन अगर आपको अपने आसपास एकदम शांति चाहिए तो आप ऐसा भी कर सकते हैं. ● कपूर को घी में मिलाकर सिर पर हल्के हाथों से रगड़ने से भी माइग्रेन में दर्द होने पर आराम मिलता है. ● नींबू के छिलके को पीसकर, इसका लेप माथे पर लगाने से माइग्रेन में होने वाले सिरदर्द से राहत मिलती है और माइग्रेन ठीक होता है. साथ ही शरीर में होने वाली बेचैनी और जलन से भी आराम मिलता है.

Sanofi Explores Combination Treatments for Multiple Myeloma in New Late-Stage Trials

Sanofi has launched two new late-stage clinical studies to determine if an investigational biologic called isatuximab, when used in combination with other commonly used cancer treatments, might be an effective treatment option for certain people with multiple myeloma, a rare blood cancer related to lymphoma and leukemia. Isatuximab is an investigational anti-CD38 monoclonal antibody being studied for the treatment of patients with relapsed and previously untreated multiple myeloma. "The start of two new Phase 3 trials will provide further clinical data as we continue to advance the development of isatuximab," said Joanne Lager, M.D. Head of Oncology Development, Sanofi. "Our multi-study program across major multiple myeloma segments aims to demonstrate the value of isatuximab in combination with emerging standard treatment regimens. We are committed to developing a potential new treatment option for a continuum of patients with multiple myeloma, a population with high unmet need." Late-stage studies include approximately 750 patients with multiple myeloma IKEMA study is a 325-patient randomized, open-label, global multicenter Phase 3 trial that will compare isatuximab in combination with carfilzomib and dexamethasone against carfilzomib and dexamethasone in patients with relapsed and refractory multiple myeloma that have previously been treated with one-to-three lines of therapy. IMROZ study is a 425-patient randomized, open-label, global multicenter Phase 3 trial that will compare isatuximab in combination with bortezomib, lenalidomide and dexamethasone against bortezomib, lenalidomide and dexamethasone in newly diagnosed multiple myeloma patients not eligible for transplant. Both studies will evaluate progression-free survival as the primary endpoint. Key secondary endpoints include overall survival, overall response rate, depth of response, safety and quality of life. Isatuximab granted orphan designation. Isatuximab has been granted orphan designation in the U.S. and European Union. In December 2016, Sanofi started an additional Phase 3 study (ICARIA), comparing isatuximab in combination with pomalidomide and dexamethasone against pomalidomide and dexamethasone in patients with relapsed and refractory multiple myeloma. The development program for isatuximab will now total three Phase 3 studies. Findings from additional ongoing studies of isatuximab will be presented during poster sessions at this year's American Society of Hematology meeting, December 8-12, in Atlanta, GA.

अर्थराइटिस का दर्द सताए तो ये 5 एक्सपर्ट टिप्स अपनाएँ

अर्थराइटिस को आमतौर पर बुजुर्गों की बीमारी माना जाता था, लेकिन आज के दौर में इससे कोई भी अछूता नहीं है. यह विकार जोड़ों और माँस पेशियों को प्रभावित करता है. दर्द वह लक्षण है, जो शरीर में किसी समस्या के होने की पुष्टि करता है. ऐसे में मरीज के पैरों में और हड्डियों के जोड़ों में तेज दर्द होता है जिससे चलने-फिरने में भी तकलीफ हो सकती है. कुछ प्रकार के अर्थराइटिस में शरीर के विभिन्न अंग भी प्रभावित होते हैं, ऐसे में दर्द के साथ दूसरी समस्याएँ भी हो सकती हैं. इस बीमारी के सामान्य लक्षण हैं: जोड़ों में दर्द, सूजन और जोड़ों को मोड़ने में असमर्थता होना. आमतौर पर लोग गठिया और जोड़ों के दर्द से परेशान होकर दर्द निवारक दवाओं की मदद लेते हैं. लेकिन यही काफी नहीं होता. इसके लिए डॉक्टर की सलाह से खास दवाएँ लेनी होती हैं. इनसे जोड़ों के दर्द से होने वाले दुष्प्रभावों से बचा जा सकता है. ऐसे मरीजों को फिजियोथैरेपी और कसरत का सहारा भी लेना पड़ता है. इसके अलावा रूमेटॉयड अर्थराइटिस के मरीजों को चाहिए कि वे हमेशा खुद को व्यस्त और शारीरिक तौर पर सक्रिय रखें. लेकिन बीमारी का असर तेज होने पर ऐसा करना ठीक नहीं होगा. जब जोड़ों में ज्यादा दर्द, सूजन या जलन हो तो आराम करें. ऐसे में हल्के व्यायाम से जोड़ों की अकड़न कम हो सकती है. टहलना, एरोबिक्स और माँसपेशियों की हल्की कसरत भी मरीज को आराम देती है.

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A STABLE MIND IS A PEACEFUL MIND

People today are busy doing all kinds of unrighteous things to satisfy their sensual cravings. They don't think about what is just or unjust, sinful or pious. That is why various types of troubles and hindrances come in their way. On the other hand, a person who meditates on the Spirit does not desire any worldly things, just like we never want to eat regurgitated food. The great Divine Master remains ever merged in his soul and treats everyone equally, seeing the same spirit in them all. He preaches things which are beneficial to all. He is faraway from conceit and deceit. The sun gives light and heat to everyone equally, and, similarly spiritually enlightened souls impart the same Spiritual Knowledge to all true seekers equally and deliver them from their troubles caused by the darkness of ignorance. Divine souls are bereft of worldly pain and pleasure and are always saturated with spiritual bliss. He whose bodily organs are controlled never feels sorrow or happiness of any type at any time. The person who, being enslaved by his body organs, acts only to please his mind, is no different to an animal. St Tulsidasji Ji says, "Ramchandra ke bhajan binu, jo chah pad nirwan. Gyanvant api so nar, pashu bin poonchh bisan." "A person who aspires to get salvation without remembering the Lord, even though he may be learned, is like an animal without a tail." St. Kabir Ji says, "Tan thir, man thir, vachan thir, surat nirat thir hoy. Kah Kabir ees palak ko, kalap na pawai koy." "Body still, mind still, speech silent, mind and inner sight still and focussed: Even a moment in such a state is not achieved in ages, says Kabir." A person may be doing such spiritual meditation and remembering the Name of God quite carefully, his bodily organs may be still and inactive, but even then his senses may entice him and mislead him from the true path. If there is even the least desire within the mind, it can be the cause of a catastrophe. Worldly temptations ensnare the meditator in a thousand ways. The deities of fortune and success spread their webs of deception and try to mislead the mind of the meditator. If its branches are cut then a tree, in due course,

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- ▶ 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.
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- Thyroxine Tab
- Cefixime + Ofloxacin Tab/Dry Syrup
- Cefixime + Dicloxacillin (ER) Tab
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- Vitamin K2 - 7 + Combinations Tab
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- Hair Growth Formula Tab
- Ginseng + Multivitamin Cap
- Ipriflavone + Alfalcidol + Calcium Tab
- Silymarine + Combinations Tab
- L-Glutathione + Combinations Tab
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- Collagen Peptide + Combinations Sachet
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becomes green again, getting strength from water. Likewise, if a seed of desire remains in the mind, then the sense organs, again, get hooked on worldly pleasures. So, one should firmly uproot such things from his mind. A drop of poison can be the cause of death. Similarly, even the least desire for worldly enjoyments within the mind becomes instrumental in derailing the meditation process. A spark can burn the whole world. The mind in which there is no stability gets covered by a net of worldly enjoyments by virtue of the three powers of delusion. Once trapped in the quicksand of worldly enjoyments, the more he tries to extricate himself, the further he gets dragged down, but when the mind becomes absorbed in meditation, desires for worldly enjoyments are automatically eradicated. If the body is controlled and the mind is absorbed in remembering the Holy Name, only at that time should one be considered to be established in the truth. A tortoise withdraws its limbs within its hard shell and brings them out of the shell, if it so desires, by its own sweet will. Likewise, spiritual blessedness is experienced only by the person whose bodily organs are totally under control and act as per the command of his consciousness. On the other hand, one whose mind and body organs are wavering and unsteady is ignorant and imprudent and always distressed. Yogis remain awake in meditation and remembrance of the Name, whereas worldly people are asleep to such things but always awake to worldly pleasures. Yogis are asleep to worldly enjoyments. In other words, worldly enjoyments are night for yogis and meditation and remembrance are daytime for them. All rivers merge in the sea without creating any movement. Similarly, all thoughts pertaining to worldly enjoyments merge in the mind of the yogi who possesses stable and firm mind and intellect, without creating any turbulence. He is emotionally firm whether or not he is getting worldly enjoyments. Once his feelings of partiality and malice are released, even if his body organs are employed in worldly things they do not create any turmoil. Rays of the sun and moon do not get mixed with worldly things. Similarly, the thought of worldly enjoyments do not touch the sentiments of the great ones; rather they remain ever merged in spiritual bliss. A lamp is lit to wipe out darkness so that we are free of the fear of troubles that arise due to darkness. A person can get hurt in the darkness of night, but after sunrise everything becomes clearly visible. According to the Bhagavad Gita, it is essential to know the light of Truth to escape the blows due to the darkness of misdeeds, so that the true path becomes clearly visible and one can make his life successful by walking it. So, one should ask devotedly about how to do selfless action by taking shelter in the living spiritual Master so that he can emerge from the swamp of actions. Lord Shri Krishna explained about the yoga of selfless action, by which a person, even though he does various actions, is freed from the shackles of those actions. So, you all should realise the Spiritual Knowledge.


The Possible Causes of Hair Loss In Women

Much like the growth of grass, plants and other vegetation is dependent on what goes underneath the soil, the growth on your head is dependent on what goes on inside the scalp. Given normal conditions for hair loss and fall cycle, women would enjoy normal hair. The problem occurs when something messes with the normal cycle of hair. This could be genetic, hormonal disturbances, diet deficiencies, reaction of skin conditions to medications, immune system problems and stress. Symptoms Female pattern baldness is different from the male pattern baldness; in female pattern baldness you have the following symptoms: The hair begins to thin on the top and the crown of the scalp, and usually starts with the widening through the center hair part. Then the hairline in the front remains. It is found that for women the hair loss can rarely progress to total or near baldness as compared to the cases of men. Much like the growth of grass, plants and other vegetation is dependent on what goes underneath the soil, the growth on your head is dependent on what goes on inside the scalp. Given normal conditions for hair loss and fall cycle, women would enjoy normal hair. The problem occurs when something messes with the normal cycle of hair. This could be genetic, hormonal disturbances, diet deficiencies, reaction of skin conditions to medications, immune system problems and stress. Genetic History of hair loss in the family is very often the cause of hair fall in women. Such hair loss is usually female pattern baldness. Every individual loses hair everyday but the problem arises when it does not grow back. Female pattern baldness is generally more accentuated at the crown or top of the head. Hormonal Some hormonal changes lead to hair loss in women. These changes can occur during pregnancy, birth control, problems of thyroid and menopause. In case of some temporary hormonal changes such as pregnancy, start of hormonal contraception or thyroid problems, the hair grows back as soon the hormonal processes return to normalcy. As women produce less of oestrogen during menopause, and more of hormones such as testosterone, hair loss can naturally result. Diet deficiencies Women can lose hair when they lose weight rapidly due to deficiency in diet. This is one of the reasons why crash diets are inadvisable. The diets low in protein and iron make the hair thin. If lack of proper nutrient intake is the cause of hair loss, it can be reverted by improving the diet and replenishing those nutrients. Sometimes there is a very little iron, vitamin B or other vitamins in the body. Stress Stress is linked to hair loss and hair growth. Emotional and physical stress can both be a cause of hair loss. There is a particular condition called trichotillomania. These individuals try to pull their hair out from time to time and leave a bald patch on their head. Some of them do not even realise what they are up to while others consciously hide this tendency from other people. Such people need to undergo treatments such as therapy and medications. Immunity problems Conditions affecting the immune system can cause hair loss. Alopecia areata is a condition that affects the body's immune system in which the hair follicles are attacked. Other conditions which can lead to hair loss or hair thinning are diabetes and lupus. For a woman to lose her hair would mean the end of the world. The end of the long locks, beautiful curls, and the silky smooth shadow song deserves better treatment. Your hair grows from what we call the hair follicle and this happens at an average rate of about 1/2 inch per month. Each of your hair grows for two to six years and then rests and then eventually falls out. Then again a new hair would soon begin to grow on its place. Baldness in women happens when the hair begins to fall off and the new ones that are supposed to grow in its place do not show up. Here we take a look at all the reasons for baldness in women other than the above mentioned causes that we sometimes overlook. Ageing A common reason could be when there is breakage in hair from treatments and twisting or pulling. Skin diseases could also lead to the loss of hair. Sexually transmitted infection like syphilis. Understanding pattern of baldness Both estrogen (female) and testosterone (male) hormones are found in the body systems of men and women but the levels of both the hormones differ from men to women. The level of estrogen is more than testosterone in women and vice versa in men. Estrogens are essential hormones which are responsible for the sexual development of the female reproductive organs. Women have the advantage of preventing pattern baldness due to the natural and higher presence of female hormone estrogen which balances and prevents effects of testosterone, therefore preventing genetic hair loss till some extent. However, due to hormonal fluctuations which happen due to various reasons, the level of estrogen in a woman can drop giving a chance for testosterone to take over and convert into DHT and cause hair loss. Other than genetics, hair loss in women can also be caused due to imbalance of thyroid hormones, pregnancy, menopause, diseases and drug treatments. The onset of hair loss in women is mostly seen during the perimenopause or menopause period during which the estrogen levels fluctuate until they reach a stable lower level thereby reducing the protective effects of estrogen against testosterone.




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Dry Cough

Coughs are basically divided into two types – dry cough and wet cough. Dry cough is one where there is no phlegm or no sputum production. In wet cough, the person expels a lot of phlegm (or sputum), because of problems arising from the lungs like bronchitis, pneumonia, asthma or some rare uncommon disorders like lung cancer or GERD as well. Sometimes, people with a dry cough will feel the presence of a lump in the throat; others may feel a tickling sensation and cough to get rid of it, but find no relief. It is usually seen in the case of allergies, those exposed to smoke or other irritants, or those with mild sinusitis and viral infections of the upper respiratory tract. Here's what you should know about pollution and cough. Dry cough may be caused due to a number of reasons, some of the common ones being – A sore throat, Inhaling an irritant like dust or smoke, Asthma, An allergic reaction, There are other more serious conditions that could give rise to a dry cough, however, these are extremely rare occurrences like – COPD (chronic obstructive pulmonary disease) GERD (gastro oesophageal reflux disease) Heart disease (in rare cases) Here are top 9 causes of cough you should know. TYPES Dry cough can be of two or three types namely – Dry hacking cough — Most commonly you see a dry hacking cough which is seen in viral infections of the nose and throat. In which you get a continuous cough with a feeling of something being stuck in the throat. You should take cough syrup depending on the type of cough. Barking cough or croup — The other type of cough is what is called a barking cough or croup, which is mainly seen in laryngitis. (Swelling or infection of the larynx). When the patient coughs, there is pain in the throat and difficulty in breathing. Here are 5 reasons you should treat your cough right now. Whooping cough — The third type of dry cough would be a whooping cough, caused by bacteria. This is a very uncommon occurrence nowadays because of the presence of vaccine programmes run by the government of India. This condition is usually seen only in children. It is a cough where the patient coughs continuously, after which there is a characteristic whoop sound and strong intake of air.



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- CoQ10 + Combinations | Hair Growth Formula | Cranberry + Combinations
- L-Methylfolate + Combinations | Myo-inositol + Combinations

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- Green Tea + Garcinia + Ginger Extract + Piperine | L-Ornithine L-Aspartate
- L-Arginine + Combinations | Collagen Hydrolysate + Rosehip Extract

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- Cyproheptadine HCL + Tricholine Citrate | Paracetamol + Combinations
- Lycopene Formula | Multivitamin Formula | Calcium Carbonate + Vitamin D3
- Ferrous Ascorbate + Folic Acid | Enzyme Formula | L-Lysine + Combinations

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a breath. Here's why we cough. DIAGNOSIS On visiting a doctor, he/she will most likely ask you about your symptoms and listen to the sound of your cough. e/she will then listen to your chest sounds to check for any congestion and check your throat for any infection or inflammation. Here are 10 facts about seasonal cold and cough. In some cases you may need to undergo a chest X-ray in order for the doctor to make sure that there is no other underlying reason for cough. Read about things that aggravate your cough. TREATMENT Though finding the root cause of the cough is key to treating it completely, certain home remedies and OTC medication can give some symptomatic relief. If your cough is accompanied by sore throat, here are foods you should include in your diet for sore throat. Steam inhalation moistens the airways and helps relieve a sore and irritated throat. Other remedies include using lozenges to soothe the throat and OTC cough syrups specifically formulated to treat a dry cough. Did you know what's in a cough syrup? In cases where the cough is due to an allergy or infection, one may be prescribed antibiotics for cough and anti-histamines respectively to relieve the associated symptoms. If the patient's condition worsens it may be necessary to

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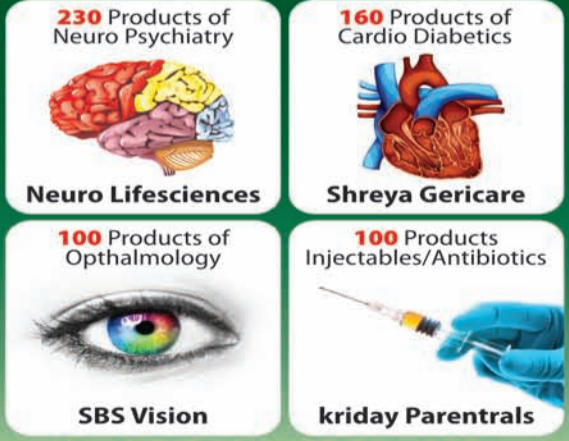
use a nebulizer, which is a method to help the patient breath easily by dilating the bronchioles. Here's all you need to know about medications for cough and cold. HOME REMEDIES Here are natural remedies for cough to not only keep a cough and cold at bay but also help relieve the symptoms. Gargles Drink Warm Liquids Throat Lozenges Use Vaporubs Sleep With the Head Elevated Turmeric Remedies Honey Remedies Ginger Remedies Garlic Remedies Jaggery Remedies Apart from these, hing or asafoetida, jeera, mint leaves, tulsi leaves and aloe vera are also effective in providing relief from cough. Read about how to treat cough and cold during pregnancy? COMPLICATIONS A dry cough, if left untreated can cause a lot of problems. Therefore, it is important that we know when to visit a doctor or when it is dangerous. Usually, when a cough lasts for longer than a week and over the counter medication do not help, it means you need a doctor. Here a person can develop complications due to the underlying conditions like inability to breathe, fainting, or even death. Read about how can diabetics get rid of cough. Another complication is the physical nature of the cough itself. Sometimes the nature of the cough is so severe that it can cause vomiting, fractures specifically that of the ribs, muscle pain around the back and urinary or stool incontinence. Other uncommon problems include fainting or syncope and heart palpitations. PREVENTION Here are some simple and easy ways to stay away from a cough – If you are suffering from cough, cover your nose and mouth while coughing or sneezing Always wash hands thoroughly with water and soap In addition to this, there are few things you should avoid when you're suffering from a cough. This include – Avoid eating cold foods Avoid overeating at night Avoid sleeping flat on the back Avoid eating fried foods Avoid smoking Avoid caffeinated beverages Avoid over-exertion Also follow these 10 tips to reduce coughing bouts at night.

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