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## Warning Letter Seen as a Huge Negative for Lupin

### Stock Skids to 52 Week Low

It could not have been more ill-timed for pharma major Lupin. Even as it was coping with decline in US sales and delays in pipeline of products for that market, the company informed the bourses that two of its facilities had received a warning letter by the US regulator - the US Food and Drug Administration. In a note posted on the Bombay Stock Exchange, it says: A combined warning letter has been issued by the USFDA for its formulations manufacturing facilities at Goa and Indore (Pithampur Unit II). The warning letter, it says, was issued by the US regulator on November 6. Analysts see this as "quite a negative development for the company". In fact, just last month (in October) when Lupin announced an acquisition in the US in a niche therapy area, analysts -- while welcoming it -- pointed out that the company may have to wait for a couple of years more for benefits to accrue. It would need to first invest on sales infrastructure and promotion and these, given its weak earnings, would only put additional pressure on the company. Not surprising, Lupin while explaining that it had earlier received three form 483 observations in Goa on April 7, 2017 and six form 483 observations in Pithampur (Unit II) on May 19, 2017 (to which it had responded), said, "We are deeply disappointed to have received the outcome. While there will be no disruption of existing product supplies from either of these locations, there will likely be a delay of new product approvals from these two facilities." Sarabjit Kour Nangra, VP-Research- Pharma from Angel Broking, while retaining a buy on the stock says, "Both the plants together contribute more than half of the drug maker's US sales and approximately 20 per cent of its total sales." Apparently, the company now intends to shift 12 products to other sites and the impact of the warning letter is estimated to be felt over the next 12 to 18 months. The bourses reacted to the development and the share price of the company touched a 52 week low on Tuesday.

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## निशुल्क चिकित्सा शिविर का आयोजन



**बुलन्दशहर:-** अक्शा हॉस्पिटल व ग्लोबल एजुकेशन सोसाइटी बुलन्दशहर के सौजन्य से ग्राम बहगवा टॉडा में एक निशुल्क चिकित्सा शिविर का आयोजन हुआ इस शिविर के आयोजन में अक्शा हॉस्पिटल के डॉ. अनिल कुमार डॉ. प्रदीप राना डॉ. T.W. Rana Mob:- 09927466086 (प्रबन्धक अक्शा हॉस्पिटल) डॉ. सलीम खान ने छाती, पेट, शुगर व त्वचा से सम्बन्धित रोगियों का निरीक्षण कर निशुल्क जाँच व दवा वितरित की इस अवसर पर ग्लोबल एजुकेशन सोसाइटी के अध्यक्ष रईस अहमद सम्पूर्ण चिकित्सा शिविर के दौरान लोगों की सेवा करते की. कैम्प में लगभग 300 रोगियों का उपचार किया गया कैम्प में निकटवर्ती लगभग दस गावों के लोगों ने चिकित्सा शिविर का लाभ उठाया एवं डॉक्टरों की सेवा व अनुभवों से 100% प्रभावित हुये.

## A.I.O.C.D. का चुनाव 17 नवम्बर को

प्राप्त जानकारी के अनुसार A.I.O.C.D. (ऑल इण्डिया ऑर्गेनाइजेशन कैमिस्ट एण्ड ड्रिगिस्ट) का चुनाव 17 नवम्बर 2017 को जे. पी. पैलेस आगरा (उ.प्र.) में सम्पन्न होगा जिसमें पूरे भारतवर्ष से हर राज्य के कैमिस्ट नेता शिरकत करेंगे. यह जानकारी श्री मुम्बई M.S.C.D.A. कार्यालय से श्री हेमन्त लोनकर मो. 09029717155 ने मीडिया हाऊस को दी है.

अभय सिंघल मो. 09319980483.

## A.I.O.C.D. 2017-2020 चुनाव

(संवाददाता अभय सिंघल की रिपोर्ट)

आल इंडिया ऑर्गेनाइजेशन कैमिस्ट एण्ड ड्रिगिस्ट के चुनाव 2017-2020 का विजय बज चुका है. यह चुनाव दिनांक 17 नवम्बर 2017 को जे.पी. पैलेस आगरा (उ.प्र.) में सम्पन्न होगा जिसमें पूरे भारतवर्ष के हर राज्य के कैमिस्ट पदाधिकारी अपने मत का प्रयोग करेंगे.

इस चुनाव में JSS पैल से अध्यक्ष पद पर पुनः कैमिस्ट हृदय सम्राट के नाम से विख्यात जगन्नाथ शिन्दे, सचिव पद पर मध्यप्रदेश स्टेट कैमिस्ट एसोसियेशन के पदाधिकारी राजीव सिंघल और कोषाध्यक्ष पद पर के.के. सेलवान और दूसरे फार्मा वीजन पैल से केरल राज्य से ए.एन. मोहनकुरुप अध्यक्ष पद पर उत्तर प्रदेश से सचिव पद पर एक बार फिर सुरेश गुप्ता और कोषाध्यक्ष पद पर असम राज्य से बीकाराम नन्दा चौधरी चुनाव मैदान में हैं.

ताजा स्थिति के अनुसार दोनों पैल के नेता पूरे जोरशोर से देश भर के राज्यों में कैमिस्ट नेताओं से मिलकर अपनी दावेदारी और जीत को निश्चित मान रहे हैं.

मैडीकल दर्पण मीडिया हाऊस के पूरे भारतवर्ष के हर राज्य के प्रतिनिधी की रिपोर्ट के अनुसार सबसे ज्यादा फोकस सचिव पद पर है अप्पा साहेब इस बार इस पद पर अपने पैल का प्रत्याशी हर हाल में विजयी बनाना चाहते हैं और फिलहाल उन्होंने इस पद पर अपने पैल से मध्यप्रदेश कैमिस्ट एसोसियेशन के ईमानदार और कर्मठ पदाधिकारी राजीव सिंघल को प्रत्याशी बनाकर पूर्व सचिव के लिये मुश्किले पैदा कर दी हैं लेकिन पूर्व सचिव भी पूरे भारत में भ्रमण कर अपनी जीत के प्रति आश्वस्त हैं.

चुनाव कोई भी जीते लेकिन मीडिया हाऊस ये कामना करता है कि विजयी प्रत्याशी सदैव कैमिस्ट हित के लिये कृत संकल्प रहेंगे.

## गर्म पानी पीने के फायदे

गर्मी के मौसम में हम ठण्डे पेय पदार्थों की ओर आकर्षित होते हैं. जो लोग भोजन करने के साथ ठण्डा पानी पीना पसन्द करते हैं यह लेख उनके लिए ही है. भोजन के साथ ठण्डा पानी पीना बहुत ही ज्यादा हानिक. रक होता है क्योंकि ठण्डा पानी आपके भोजन के तैलीय पदार्थों को जो आपने अभी-अभी खायें है ठोस रूप में बदल देता है. इससे पाचन बहुत धीमी हो जाता है. जब यह अम्ल के साथ क्रिया करता है तो यह टूट जाता है और जल्दी ही यह चरबी में बदल जाता है. यह कैंसर पैदा होने का कारण बनता है. इसलिये सबसे अच्छा यह कि भोजन के बाद गर्म या गुनगुना पानी पियें. एक गिलास गुनगुना पानी सोने से ठीक पहले पीना चाहिये. इससे खून के थक्के नहीं बनेंगे और आप हृदयघात से बचें रहेंगे.

## Looking Older Than Your age? Quit These Habits

Getting older is not in our hands, it is a natural phenomenon but we can certainly decelerate it. Sometimes, we look older because of a few lifestyle mistakes that we make. We certainly cannot stop ageing, getting older is inevitable but we can surely slow it down by mending few of our ways to look your age if not younger. Here are a few habits that you need to quit in order to look younger. Quit addictions-Sometimes addictions such as smoking, drinking and intake of other substances can accelerate up the ageing studies, alcohol can kles, loss of elastic-smoking can cause baggy eyes and so younger or age quit smoking and tion of other sub- ing in moderate is eating affect the course it can. saturated fats, sugar will speed up plays an important ing to slow down have to get a beau- habit of gorging on doughnuts and so including healthy tweak in diet will not ing process but will healthy and beauti- one is self-explana- walk or move faster. Regular entire frame mak- being physically ing process.,The Your posture has a look to others.

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process. As per some cause premature wrin- ing in skin, dry skin while grey hair, yellow teeth, on. If you wish to look slower, you will have to drinking and consump- stances. However, drink- still fine. Junk eating-Can ageing process? Yes, of Anything that is high on deep-fried, packed with the ageing process. Diet role when you are striv- ageing process and tiful skin. If you have French fries, burgers, on, quit it and start foods in your diet. A little only slow down the age- also help you have a ful skin.Laziness-This tory. If you are too lazy to around, you will age exercise tones up your ing you look young. Also, active slows down age- way you carry yourself- huge impact on how you Posture plays an impor- tant role. If you slouch while walking, standing and sitting, your posture will make you look slightly older. If you are a woman, slouching will make your breast look saggy while for men, slouching will cause them to have a belly. Yoga and certain exercis- es can fix posture problems. Standing and sitting straight does not only make one look good but keeps the spine in healthy state.

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## चिकित्सा मित्र महासम्मेलन



डॉ. ए.ए. शर्मा

प्राइवेट चिकित्सक मैडीकल एसोसिएशन (पीसीएमए) (रजि.) के राष्ट्रीय अध्यक्ष डॉ. ए.ए. शर्मा मो. 9312364615, डॉ. राजाराम आर्य कार्यक्रम संयोजक (पीसीएमए) मो. 9312049698, डॉ. आसिफ सैफी जिला अध्यक्ष (पीसीएमए) मो. 99910599247, पूनम बहल राष्ट्रीय अध्यक्ष (पीसीएमए) मो. 9311451434, डॉ. बबूसिंह पटेल प्रमुख सचिव मो. 9415630476, ने जानकारी दी है कि सभी डॉक्टरों का एक चिकित्सा मित्र महासम्मेलन दिनांक 20 जनवरी 2018, दिन शनिवार, समय: प्रातः 10 बजे, स्थान: हिन्दी भवन, लोहियानगर, निकट पुराना बस स्टैंड, गाजियाबाद (उ.प्र.) में होगा. उन्होंने संगठन के सभी सदस्यों से कहा है कि अगर हम संगठित रहेंगे और एक साथ पूरे देश में एक आवाज के साथ सरकार से मांग करेंगे तभी सरकार हमारी बात सुनेगी एवं तभी हमारा अधिकार मिल सकेगा, चिकित्सा मित्र साथियों अब समय आ चुका है कि अब हम एक साथ आवाज बुलन्द करें. साथियों बहुत बदनामी सही है, बहुत एफआईआर झेली है, बहुत नोटिस के नाम पर सताया गया है, अब नहीं सहेंगे, अब हम सब चिकित्सा मित्र जाग चुके हैं. हम अपना चिकित्सा करने का अधिकार लेकर रहेंगे। डॉ. पटेल जी ने इच्छा व्यक्त की है कि आप सब चिकित्सक 20 जनवरी, 2018 को अपने-अपने क्लिनिक बन्द रखेंगे तथा समय पर चिकित्सक महासम्मेलन में पहुँचेंगे। आप सादर आमंत्रित हैं व आप सभी पीसीएमए के पदाधिकारी सदस्यगत परिवार सहित इस सम्मेलन में आयेंगे तथा, आप सब काली पैण्ट, सफेद शर्ट, किसी भी कलर की टाई, काले जूते पहने तथा पीसीएमए आई डी कार्ड जरूर साथ लेकर आएं.

## डिस्क स्लिप होने पर करें ये उपचार

हमारी रीढ़ करीब 34 छोटी-छोटी हड्डियों (वर्टिब्रा) से मिलकर बनती है. दो वर्टिब्रा के बीच एक गद्देदार उत्तक होता है. जिसे इन्टरवर्टिब्रल डिस्क कहते हैं. डिस्क दो वर्टिब्रा को आपस में राड् खाने से रोकती है. बढ़ती उम्र और गलत तरीके से उठने-बैठने से डिस्क में बदलाव आते हैं, उसे स्लिप डिस्क कहा जाता है. डिस्क के खिसक जाने से आस-पास निकलने वाली नब्ब पर दबाव पड़ता है, इससे कुछ परिस्थितियाँ पैदा हो सकती हैं. कमर से लेकर एक पंजे तक कर्ट जैसा दर्द, पैर में सुनपन, पंजे या पैर के अँगुठे में कमजोरी आना, गम्भीर परिस्थितियों में पेशाब में रूकावट. स्लिप डिस्क का दर्द, आराम करने, व्यायाम और दर्द निवारक दवा से ठीक हो जाता है. 6 हफ्ते में दर्द ठीक न हो तो कमर में एक छोटे से चीरे से डिस्क के नस को दबाने वाले हिस्से को निकाल दिया जाता है. ध्यान रखें समय पर ऑपरेशन से पैरों में कमजोरी या पैरालिसिस नहीं होती.

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### बिना सूई के हेपेटाइटिस का इलाज करने वाला यह बना पहला राज्य

**चंडीगढ़:** हेपेटाइटिस का नाम सुनते ही कोई भी इंसान डर जाता है, मगर अब इससे डरने की जरूरत नहीं, क्योंकि हरियाणा देश का ऐसा पहला राज्य बन गया है, जहाँ हेपेटाइटिस-सी (काला पीलिया) के मरीजों का ओरल मेडिसिन के जरिए मुफ्त इलाज होगा। प्रदेश के स्वास्थ्य मंत्री ने ये जानकारी देते हुए बताया कि टीकाकरण से मरीजों को 65 फीसद तक ठीक होने की उम्मीद होती है, जबकि ओरल दवा से मरीजों के ठीक होने की संभावना बढ़कर 98 फीसद तक पहुँच जाती है। उन्होंने बताया कि प्रदेश में रहने वाले हर व्यक्ति के शरीर की स्क्रीनिंग होगी। स्वास्थ्य विभाग की टीम घर-घर जाकर 35 से 40 जल्दी टेस्ट कराएगी। जिसका पूरा रिकॉर्ड विभाग के पास मौजूद रहेगा। इससे प्रदेश सरकार को विभिन्न बीमारियों के रोगियों की संख्या और उनकी अधिकता वाले क्षेत्रों की जानकारी प्राप्त होगी और किसी भी बीमारी से पीड़ित व्यक्ति का समय रहते अच्छा इलाज कराया जा सकेगा।

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### उम्र ढलने के साथ हड्डियाँ क्यों कमजोर हो जाती हैं?

वैज्ञानिकों ने एक ऐसे तंत्र की पहचान की है जो बताता है कि बुजुर्गों की हड्डियों में कमजोरी क्यों आ जाती है। साथ ही शोधकर्ताओं ने ऐसा तरीका खोज निकाला है, जिसके जरिए भविष्य में बढ़ती उम्र के साथ हड्डियाँ कमजोर होने के इलाज में काम आ सकता है। शोधकर्ताओं ने पाया कि ऑस्टियोपेरोसिस यानी हड्डी के पतलेपन और घनत्व में कमी के कारण हड्डी टूटने का खतरा बढ़ जाता है। यह बुजुर्गों की एक प्रमुख स्वास्थ्य समस्या है। अक्सर ये हालात अस्थि मज्जा में वसा कोशिकाओं की वृद्धि के साथ पैदा होते हैं। बर्मिगम के अलवा. मा युनिवर्सिटी के प्रोफेसर यू-पिंग ली के नेतृत्व में हुए एक अध्ययन में सामने आया है कि सीबीएफ-बीटा नामक एक प्रोटीन हड्डियों के बनने में मददगार कोशिकाओं को शरीर में बनाए रखने में महत्वपूर्ण भूमिका निभाता है। चूहों पर किए गए एक परीक्षण में पाया गया कि युवा चूहों की तुलना में वृद्ध चूहों की अस्थि मज्जा कोशिकाओं में सीबीएफ-बीटा का स्तर नाटकीय रूप से कम पाया गया। इस निष्कर्ष से पता चलता है कि इस तंत्र में खराबी आने पर, कोशिकाएँ हड्डियों को बनाने में मदद करना बंद कर देती हैं और वसा कोशिका. 13ओं को बनाने में मदद करती हैं। ली ने कहा, सीबीएफ-बीटा नाम के प्रोटीन को बनाए रखना मानव आयु-संबंधित ऑस्टियोपेरोसिस को रोकने में मदद कर सकता है। शोध का परिणाम नेशनल एकेडेमी ऑफ साइंसेज की पत्रिका 'प्रोसीडिंग्स' में प्रकाशित किया गया है। शोधकर्ताओं का कहना है कि इस तंत्र को जानकारी होने से कम से कम साइड इफेक्ट के साथ मानव अस्थि मज्जा का इलाज किया जा सकता है।

### दिल की बीमारी का खतरा

मेहनत नहीं करने या अधिक मेहनत करने से दिल की सेहत को नुकसान पहुँचता है। अधिक काम करने से दिमाग व शरीर को हद से ज्यादा नुकसान पहुँचता है। समय पर खाना न खाने से व पूरी नींद न लेने से हार्ड कोलेस्ट्रॉल, वजन बढ़ना, हार्ड ब्लड प्रेशर, डायबिटीज होने के साथ दिल की अनियमित धड़कन जैसी बीमारी का खतरा होता है। अधिक देर तक बिना आराम किये काम करने से दिल की धड़कन अनियमित होने का खतरा हो सकता है। एक शोध में पता चला है कि जो व्यक्ति सप्ताह में 35 से 40 घण्टे काम करते हैं, उनको तुलना में 55 घण्टे काम करने वालों में आर्टियल फाइब्रिलेशन के होने का खतरा 40 प्रतिशत होता है।

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## Jonas Pharmaceuticals Pvt. Ltd.

**Tablets:-** **JOACE-P** (Aceclofenac I.P.100 mg + Paracetamol I.P. 325 mg) ● **JOACE-SP** (Aceclofenac I.P. 100 mg + Paracetamol I.P. 325 mg + Serratiopeptidase I.P. 15 mg (alu-alu)) ● **JOACE-MR** (Aceclofenac I.P. 100 mg + Paracetamol I.P. 325 mg + Chlorzoxazone I.P. 250 mg) ● **JOACE-TH** (Aceclofenac I.P.100 mg + Thiocolchicoside I.P. 4 mg (alu-alu)) ● **JOMOXI-CV 625** (Amoxycillin I.P.500 mg + Clavulanic Acid I.P. 125 mg (alu-alu)) ● **AZITHAS-250** (Azithromycin Dihydrate I.P. 250 mg) ● **AZITHAS-500** (Azithromycin Dihydrate I.P. 500 mg) ● **JONACAL-500** (Calcium Carbonate I.P. 1250 mg + Vitamin D3 I.P. 250 IU) ● **JOCEFI-100 DT** (Cefixime Trihydrate I.P. 100 Dis. Tab. (alu-alu)) ● **JOCEFI-200 LB** (Cefixime Trihydrate I.P. 200 mg + Lactic Acid Bacillus Dis. Tab. (alu-alu)) ● **JOCEFI-OX** (Cefixime Trihydrate I.P.200 mg + Ofloxacin I.P.200 mg (alu-alu)) ● **JOCEFI-AZ** (Cefixime Trihydrate I.P.200 mg. + Azithromycin I.P.250 mg (alu-alu)) ● **JOPOD-200 DT** (Cefpodoxime Proxetil I.P.200 mg Dispersible (alu-alu)) ● **JOZEF-500** (Cefuroxime Axetil I.P.500 mg (alu-alu)) ● **DEFLAZO-6** (Deflazacort I.P.6 mg (alu-alu)) ● **JOVERAN** (Diclofenac Potassium B.P. 50 mg + Acetaminophen I.P. 325 mg) ● **JOVERAN-MR** (Diclofenac Potassium B.P. 50 mg + Paracetamol I.P. 325 mg + Chlorzoxazone I.P. 250 mg) ● **JOVERAN-S** (Diclofenac Potassium B.P. 50 mg + Serratiopeptidase I.P. 10 mg (alu-alu)) ● **JOVERAN-SP** (Diclofenac Potassium B.P. 50 mg + Paracetamol I.P. 325 mg + Serratiopeptidase I.P. 15 mg (alu-alu)) ● **DROJAS-MF** (Drotaverine HCl B.P. 80 mg + Mefenamic Acid I.P. 250 mg) ● **ETRCOX-90** (Etoricoxib I.P. 90 mg (alu-alu)) ● **URIGO-40** (Febuxostat 40mg) ● **RB RED-XT** (Ferrous Acorbate 100 mg + Folic Acid I.P. 1.5 mg + Zinc I.P. 22.5 mg (alu-alu)) ● **JOCAN-200** (Fluconazole I.P. 200 mg) ● **NEUROKIK-G** (Gabapentin I.P. 300 mg + Methylcobalamin I.P. 500 mcg (alu-alu)) ● **JONACET-5** (Levocetirizine Dihydrochloride I.P. 5 mg (alu-alu)) ● **JONACET-M** (Levocetirizine I.P. 5 mg + Montelukast Sodium I.P. 10 mg (alu-alu)) ● **JOLEVO-500** (Levofloxacin I.P. 500 mg) ● **JP-SPAS** (Mefenamic Acid I.P. 250 mg + Dicyclomine Hcl I.P. 10 mg) ● **JONICE-P** (Nimesulide B.P. 100 mg + Paracetamol I.P. 325 mg) ● **JONOFLOX-200** (Ofloxacin I.P. 200 mg (alu-alu)) ● **JONOFLOX-OZ** (Ofloxacin I.P. 200 mg + Ornidazole I.P. 500 mg (alu-alu)) ● **JONDEM-4** (Ondansetron I.P. 4 mg (alu-alu)) ● **JOPAN-40** (Pantoprazole Sodium I.P. 40 mg (alu-alu)) ● **JOPAN-D** (Pantoprazole Sodium I.P. 40 mg + Domperidone I.P. 10 mg (alu-alu)) ● **NT-KOLD** (Phenylephrine HCL I.P. 5 mg + Cetirizine I.P. 5 mg + Paracetamol I.P. 325 mg) ● **NT-KOLD PLUS** (Phenylephrine I.P. 5 mg + CPM I.P. 4 Mg + Caffeine I.P. 25 Mg + Paracetamol I.P. 325 mg) ● **JOMADOL-P** (Tramadol I.P. 37.5 + Paracetamol I.P. 325 mg.) ● **FLAMANJO** (Trypsin 48 mg + Bromelain 90 mg + Rutoside 100 mg) ● **Capsules:-** **JOMOXY-D** (Amoxycillin Trihydrate I.P. 250 mg + Dicloxacinil Sodium I.P.250 mg) ● **RB RED-Z** (Carbonyl Iron I.P. 100 mg + Cynocobalamin I.P. 15 mcg + Ascorbic Acid I.P. 1.5 mg + Folic Acid I.P. 1.5 mg + Zinc Sulphate I.P. 61.8 mg (Mono Pack)) ● **FRUPENE** (Lycopene 6% 5000 Mcg + Vit. A 5000 + B Complex + Selenium with Chromium (alu-alu)) ● **NEUROKIK-OD** (Methylcobalamin 1500 mcg + Alpha Lipoic Acid 100 mg + Vit. B6 3 mg + Vit. B9 1.5 mg (Mono Pack)) ● **NEUROKIK-P** (Methylcobalamin I.P.750 mcg + Pregabalin I.P.75 mg (alu-alu)) ● **JOPAN-DSR** (Pantoprazole I.P.40 mg + Domperidone I.P.30 mg (alu-alu)) ● **JOFILAC** (Prebiotic & Probiotic Caps (alu-alu)) ● **RABEJO-DSR** (Rabeprazole Sodium I.P.20 mg + Domperidone I.P. 30 mg (alu-alu)) ● **RABEJO-LS** (Rabeprazole Sodium(Enteric Coated) I.P.20 mg + Levosulpride(Sustain released) I.P. 75 mg (alu-alu)) ● **Softgel:-** **JONACAL-CT** (Calcium Citrate U.S.P. 500 mg + Calcitriol I.P. 0.25 mcg + Zinc U.S.P.7.5 mg + Magnesium U.S.P.50 mg) ● **JOGRACE** (Lycopene + Grape Seed Extracts + Lutein + Multimineral + Multivitamins & Antioxidants) ● **JACOVIT-G** (Multivitamins + Multimineral + Antioxidants with Ginseng) ● **Injection:-** **GHETTO** (a-b Arterther I.P. (Tray Pack)) ● **JONACIN-500** (Amikacin I.P.500 mg (Mono Pack)) ● **JONACEF-500 MG** (Ceftriaxone Sodium I.P. 500 Mg (Mono Pack)) ● **JONACEF-1 GM** (Ceftriaxone Sodium I.P. 1 GM (Mono Pack)) ● **JONACEF-S 375 MG** (Ceftriaxone Sodium I.P.250mg + Sulbactam Sodium U.S.P.125mg (Mono Pack)) ● **JONACEF-S 1.5 GM** (Ceftriaxone Sodium I.P. 1000 mg + Sulbactam Sodium U.S.P.500 mg (Mono Pack)) ● **JOVERAN-FAST** (Diclofenac Sodium B.P.75 mg (Tray Pack)) ● **RB RED-5** (Ferric Hydroxide Complex with Sucrose U.S.P. 20mg/ml (Mono Pack)) ● **RB RED-2.5** (Ferric Hydroxide Complex with Sucrose U.S.P. 20mg/ml (Mono Pack)) ● **NEUROKIK-1500** (Methylcobalamin I.P.1500 mcg (Blister Pack)) ● **NEUROKIK-2500** (Methylcobalamin I.P.2500 mcg (Combi Pack)) ● **NEUROKIK-PLUS** (Methylcobalamin I.P.1000 mcg + Nicotinamide I.P.10 mg + Pyridoxine I.P.100 mg (Combi Pack)) ● **NDX-25** (Nandrolone Decanoate I.P.25 mg (Combi Pack)) ● **NDX-50** (Nandrolone Decanoate I.P. 50 mg (Combi Pack)) ● **JOPAN-40** (Pantoprazole Sodium I.P. 40 mg (Mono Pack)) ● **Syrup/Suspension:-** **JONACAL** (Calcium Carbonate 625 mg + Magnesium 180 mg + Zinc 14 mg + Vit. D3 200 IU) ● **FRUCYP** (Cyproheptadine 2 mg + Tricholine Citrate 275 mg) ● **KUFNAS-D** (Dextromethorphan I.P.10 mg + CPM I.P.4 mg + Phenylephrine I.P.5 mg) ● **KUFNAS-BM** (Terbutaline I.P.1.25 mg + Bromhexine I.P.2 mg + Guaiphenesin I.P.50 mg & Menthol 1 mg) ● **KUFNAS-L** (Levocetirizine I.P.0.8 mg + Ambroxol I.P.15 mg + Guaiphenesin I.P.50 mg + Phenylephrine I.P. 5 mg) ● **KUFNAS-S** (Levosulbutamol I.P.1 mg + Ambroxol I.P.30 mg + Guaiphenesin I.P.50 mg) ● **RB RED-XT** (Ferrous Ascorbate I.P.30 mg + Folic Acid I.P.550 mcg) ● **RB RED-XT** (Ferrous Ascorbate I.P.30 mg + Folic Acid I.P.550 mcg) ● **FRUPENE** (Lycopene with Multivitamins + Multiminerals) ● **JOMEF MPS** (Magaldrate (Anhydrous) I.P.400 mg + Simethicone I.P. 20 mg) ● **JACOVIT** (Multivitamin + Multimineral & Antioxidant Syrup) ● **JACOVIT-L** (B-Complex + L-lysine + Zinc) ● **JP-ZYME** (Pepsin(1:3000) 10 mg + Fungal Diastase (1:2000) 50 mg) ● **Paediatric:-** **JACOVIT** (Multivitamin + Multimineral Drops IN CARTON) ● **JOACE-250** (Paracetamol I.P.250 mg (Susp.)) ● **JOACE-P** (Aceclofenac I.P.50 mg + Paracetamol I.P.125 mg (Susp.)) IN CARTON) ● **JOMOXY-CV** (Amoxycillin I.P.200 mg + Clavulanic Acid I.P.28.5 mg (Dry Syrup) IN CARTON) ● **JOCEFI** (Cefixime Trihydrate I.P. 50 mg (Dry Syrup) IN CARTON) ● **JOCEFI-LB** (Cefixime Trihydrate I.P. 50 mg + Lactic Acid Bacillus (Dry Syrup) IN CARTON) ● **JOPOD** (Cefpodoxime Proxetil I.P. 50 mg (Dry Syrup) IN CARTON) ● **JP-ZYME** (Fungal Diastase 33.33 mg + Alpha Amylase 1:1200 + Pepsin (1:3000) 5 mg IN CARTON) ● **JP-SPAS** (Mefenamic Acid I.P.50 mg. + Paracetamol I.P.125/5ml) ● **JONOFLOX-OZ** (Ofloxacin I.P. 50 mg + Ornidazole I.P. 125 mg (Susp.)) ● **NT-KOLD** (Paracetamol I.P. 125 mg + Cetirizine Hcl I.P. 2 mg + Phenylephrine Hcl I.P. 2.5 mg) ● **NT-KOLD DS** (Paracetamol I.P. 250 mg + CPM I.P. 2 mg + Phenylephrine Hcl I.P. 2.5 mg) ● **Helbal:-** **KUFNAS-H** (Herbal Cough Syrup (with Honey, Tulsi & Vasaka) IN CARTON) ● **LIVJONA** (Herbal Liver Tonic with Silymarine) ● **JOVERAN-H** (Herbal Pain Relief Oil with Mahanarain Tail, Guggal & Neelgiri Tail IN CARTON) ● **JOYTONE** (Herbal Uterine Tonic) ● **Gel:-** **JOVERAN GEL** (Diclofenac B.P.1.16% w/w + Linseed Oil B.P.3% w/w + Methyl Salicylate I.P.10% w/w + Menthol I.P.5% w/w + Benzyl Alcohol 0.1% w/w) ● **JOCLO-3G CREAM** (Clobetasol I.P. 0.05% w/w + Neomycin I.P. 0.5% w/w + Miconazole I.P. 2% w/w + Zinc I.P. 2% w/w) ● **JOCLO-4G CREAM** (Ofloxacin I.P. 0.75% w/w + Ornidazole I.P. 2.00% w/w + Terbinafin B.P. 1.00% w/w + Clobetasol I.P. 0.05% w/w) ● **Powder:-** **P2** (Prebiotic & Probiotic Sachet (A blend of four natural Probiotic strains & Prebiotic (FOS) with Zinc) ● **JONAPRO** (Protein Powder (Tin Pack Kesar Badam Flavour) ● **JONAPRO-SF** (Protein Powder Sugar Free with DHA (Pet Pack Chocolate Flavour) ● **JONACAL-D3** (Vitamin D3 60,000 IU Sachets) ● **Dental:-** **JOLGATE MOUTH WASH** (Chlorhexidine Gluconate Solution I.P.0.25%) ● **JOLGATE TOOTH PASTE** (Potassium Niterate, Triclosan & Sodium Monofluorophosphate Medicated Oral Gel) ● **Mob:- 09991045567.**

## Mancare Remedies Pvt. Ltd.

**Mancef-O** (Cefixime 200 mg & Ofloxacin 200 mg Tablets) ● **Serricare Tab** (Aceclofenac 100mg, Serratiopeptidase 15 mg & Paracetamol 325 mg Tablets) ● **M-Vita** (Vitamin A C & E Capsule) ● **Roximen Tab** (Roxmthromycin-150mg) ● **Rocid DSR** (Rabeprazole Sodium (Enteric Coated) & Domperidone (Sustained Release) Capsules) ● **M-Flo OZ Tab** (Ofloxacin 200 mg & Ornidazole 500 mg Tablets) ● **P-Dom** (Pantoprazole & Domperidone Tablets) ● **Sulbact 1.5 gm Inj** (Cefoperazone 1000 mg & Sulbactam 500 mg) ● **M-Carbo** (Carbonyl iron, With Zinc and Folic Acid) ● **M-Pox 50/100/200 mg** (Cefpodoxime Proxetil) ● **Ferricare** (Ferrous Ascorbate, Folic Acid & Zinc Sulphate Tablets) ● **Mancef-200 mg** (Cefixime 200mg Tablets) ● **Levomen** (Levofloxacin 500 mg) ● **M-Zyme Symp.** (Pepsin, B-Complex & D-Panthenol) ● **ManClave-625mg** (Amoxycillin & Potassium Clavulanate Tablets IP) M-Pro Powder (Whey Protein With DHA) ● **Depril** (Escitalopram & Clonazepam Tablets) ● **Olicare 5/10** (Olanzapine 5/10 mg) ● **Mico-5 Capsules** (Methylcobalamin, Alpha Lipoic Acid Folic Acid, Zinc, Vitamin B6 & Benfotiamine Capsules) ● **Valid ER 250/500** (Divalproex Extended Release Tablets) ● **Pregacare-M** (Pregabalin & Methylcobalamin Tablets) ● **Clon .5/2** (Clonazepam .5/2 mg Tab.) ● **M-Vita L Symp** (Lycopene) ● **M-Vita L Symp** (Lycopene) ● **Rocid DSR** (Rabeprazole Sodium (Enteric Coated) & Domperidone (Sustained Release) Capsules) ● **M-Cal Tab** (Elemental Calcium 500mg & Vitamin D 350 mg) ● **Mi Flaz** (Deflazacort Tablets 6mg) ● **Sulbact 1.5 gm Inj** (Cefoperazone 1000 mg & Sulbactam 500 mg) ● **Ph:-**



## Biozen Health

**Paxitor CR** (Paroxetine 12.5/25/37.5 mg Controlled Release Tablets) ● **Bzcal-K2** (Calcium Carbonate 1.25 gm, From an organic Source (Oystershel) Eq. to Elemental Calcium 500mg + Calcitriol .25 mcg + Vit. K2-7 50 mcg, Magnesium 50 mg. + Zinc 7.5 mg) ● **Xepam Plus** (Escitalopram 10mg + Clonazepam 0.5 mg Tablet) ● **Bzcal** (Calcium Carbonate 1250 mg, From an organic Source (Oystershel) Eq. to Elemental Calcium 500mg + Calcitriol 0.25 mcg) ● **Biovert-OD** (Betahistine 48mg, Sustained Release) ● **BZ Cal-60K** (Cholecalciferol 60000 I.U.) ● **Biovert** (Betahistine - 8/16/24 mg) ● **Presave-NT** (Pregabalin 75mg. + Nortriptyline 10mg) ● **Stuvert** (Cinnarizine 20 mg. + Domperidone 15 mg. Tablet) ● **Xycovit-P** (Pregabalin 75mg + Methylcobalamin 750mg) ● **Stuvert-C** (Cinnarizine 25/75mg) ● **Xycovit** (Methylcobalamin 1500mcg. + Pridoxine 3mg. + Folic Acid 1.5mg. + Ala 100mg) ● **Xelium-Pro** (Flunarizine 5/10 mg. + Propranolol 40mg SR) ● **Defozone** Deflazacort 6 mg) ● **Xelium-5/10** (Flunarizine 5/10 mg) ● **Auxidol-P** (Aceclofenac 100 mg. + Paracetamol 325 mg) ● **Restizol-L Capsules** (Rabeprazole 20 mg. (Enteric Coated) Levo Sulpride 75 SR) ● **Auxib** (Etoricoxib 90 mg) ● **Restizol-DSR Capsules** (Rabeprazole 20 mg. (Enteric Coated) + Domperidone 30 mg. SR) ● **Olanxit-F** (Olanzapine 5 mg. + Fluoxetine 20 mg) ● **Restizol-20** (Rabeprazole 20 mg) ● **Xepam** (Clonazepam -0.5 M.D. Tablet) ● **Mob:- 09889560800.**

## Mien Pharma Pvt. Ltd.

**Acipen Tab.** (Aceclofenac 100 mg + Paracetamol 500mg) ● **Acipen TH Tab** (Aceclofenac 100 mg. + Thiocolchicoside 4mg) ● **Cillate Tab.** (Amoxicillin 500mg with Clavulanic Acid 125mg) ● **HB Turbo Tab.** (Elemental Ferrous Ascorbate 100mg. + Folic acid 1.5mg + Elemental Zinc Sulphate 22.5mg) ● **Kalcij Tab.** (Calcium Carbonate 500mg (200 mg. elemental) + Vit. D27 + Vit D3 200 IU + Elemental Zinc Sulphate 7.5 mg. + Elemental Magnesium Sulphate 50 mg) ● **Oxxi Tab.** (Cefixime 200 mg + Ofloxacin 200 mg.) ● **Rabien -20 Tab.** (Rabeprazole Sodium 20 mg) ● **Rabin -D Cap.** (Rabeprazole Sodium 20 mg. + Domperidone 30 mg. Sustain Release Granuals) ● **Zagreb Tab.** (Methylcobalamin 1500mcg, Pyridoxine HCL 20mg, Folic Acid 5mg) ● **Mob:- 093272 03614.**

## Kim Laboratories Pvt. Ltd.

**Neocid** (Magaldrate 400mg + Simethicone 20mg/5ml Suspension) ● **Rabmik-LS** (Rabeprazole 20mg + Levosulpride SR 75mg) ● **Kimo D3** (Cholecalciferol 60,000 IU Sachet/Tablets & Drops) ● **Neocid-O** (Magaldrate 540mg + Simethicone 50mg + Oxetacaine 10mg/5ml Suspension) ● **Restwel** (Propranolol Hydrochloride 20 mg + Alprazolam 0.25mg) ● **Synac-M Tablets/Kid** (Montelukast 10mg + Levocetirizine 5mg, Montelukast 4mg + Levocetirizine 2.5mg) ● **Rabmik-DSR Capsules** (Rabeprazole 20mg + Domperidone 30mg Sustained Release) ● **Spasbal** (Chlordiazepoxide 5mg + Clidinium Bromide 2.5mg + Tablets Dicyclomine 10mg) ● **Acfast-DPM** (Diclofenac Potassium 50mg + Paracetamol 325mg + Tablets Magnesium Trisilicate 100mg + Serratiopeptidase 15mg) ● **Ph:- 0171-2610222.**

## Emcure CD

**Zilarbi** (Azilsartan Medoxomil 40/80mg Tablets) ● **S- Numlo** (S(-) Amlodipine Tablets IP 2.5/5mg) ● **Numlo-TM** (S (-) Amlodipine 2.5mg + Telmisartan 40mg Tablet) ● **Numlo-AT** (S (-) Amlodipine 2.5mg + Atenolol 50mg Tablet) ● **Consivas** (Rosuvastatin Tablets IP 5/10mg) ● **Consivas** (Rosuvastatin Tablets IP 20/40mg) ● **Consivas-ASP** (Rosuvastatin 10mg + Aspirin 75mg Capsules) ● **Consivas-F** (Rosuvastatin 10mg & Fenofibrate (nanoparticle) 145mg Tablets) ● **Ph:- 020-30610000.**

## Salasar

## Pharmaceuticals

**Aurox** (Roxithromycin 150mg/Tab) ● **Le-Sar-250/500/750** (Levofloxacin) ● **Volex-P** (Cefodoxim Proxtyl 200mg) ● **Nato-625** (Amoxy 500mg + Clave 125 mg) ● **Vertisporin 1gm** (Cefoperazone 500mg + Sulbactam 500mg. Inj.) ● **Vertisporin-Forte** (Cefoperazone 1000mg. + Sulbactam 500mg. Inj.) ● **Autodol** (Tramadol 37.5 mg + 325 mg Paracetamol/Tab.) ● **Autodol** (Tramadol 100mg 2ml Inj.) ● **Orthosar** (Aceclofenac 100mg + Paracetamol 325mg + Chlorzoxazone 250mg/Tab.) ● **Orthosar-TH** (Aceclofenac 100mg + Thiocolchicoside 4 mg) ● **Jackal** (Calcium cat 1250 mg + Vitamin D3 200 I.U + Magnesium Hydroxide 240 mg + Zine Sulphate 4mg) ● **Fenside** (Aceclofenac 100mg + Paracetamol 325.g Tab.) ● **Nimtex** (Nimesulide 100mg & Paracetamol 325mg Tab.) ● **Perizen-D** (Cinnarizine 20 mg + Domperidone 15mg/Tablet) ● **Flucosal** (Fluconazole 150 mg Tab.) ● **FE- Sar** (Ferrous ascorbate 100mg. + Folic Acid 1.5 mg. Tab.) ● **Vomisar-MD Tab.** (Ondansetron 4mg (Mouth Dissolving)) ● **Vomisar 4/8 mg Inj.** (Ondansetron 4/8 mg. 2ml. Injection) ● **Vertecid-D** (Pantoprazole 40mg + Domperidone 10mg/Tab.) ● **Ornisar-O** (Ofloxacin 200mg + Ornidazole 500 Tab.) ● **Rabisar-20** (Rabiprozol 20mg Tablets) ● **Rabisar-DSR Cap.** (Rabiprozol 20mg + Domperidone 30 mg) ● **R e v i v i n** (Antioxidants+Ginseng+Multimineral+Multivitamins Cap.) ● **Levo-A** (Levocetirizine 5 mg + Caffeine 30 mg Tablets) ● **Gloria-OD** (Mecobalamin 1500 mcg + Ala 100 mg + TH 10mg + PH 3 mg + FA 1.5 mg/Cap) ● **Salcold** (Cetirizine 5 mg + Phenylephrine Hcl. 10 mg + Paracetamol 325 mg + Caffeine 30 mg/Tablet) ● **Ph:- 022-42565025.**

## Hetero Healthcare

**Gluc Wise-20** (Teneligliptin 20mg) ● **Gluc Wise-M Plus** (Teneligliptin 20mg + Metformin SR 500/1000mg) ● **Ista Phase-MG 1/2** (Voglibose 0.2mg + Metformin SR 500mg + Glimepiride 1mg/2mg) ● **Ista Phase 0.2/0.3** (Voglibose 0.2/0.3mg + Metformin SR 500mg) ● **Prime G 1/2** (Metformin SR 500 mg + Glimepiride 1/2mg) ● **Prime 500/1000** (Metformin SR 500/1000mg) ● **Jiotan 40/80** (Azilsartan 40/80mg) ● **Rost-5/10/20** (Rosuvastatin Calcium 5/10/20mg) ● **Rost-F** (Rosuvastatin 10 & fenofibrate 160mg) ● **Ph:- 040-40473535.**

## Macleods

## Pharmaceuticals Ltd.

**Zedocef LX** ● **Levomac** ● **Levomac AZ** 250/500 ● **Levomac-oz** ● **effenac** ● **effenac ab** ● **Nupenta-D** ● **Lanzoprax** 15/30 ● **Macphylline Cap/Syrup** ● **Macfresh** ● **Montemac-L** ● **montemac AL** ● **montemac A** ● **Tri Montemac** ● **Macfloz Tab/I.V.** ● **Maxolid** ● **Maxotaz** 4.5/2.25/1.125 ● **Clarigard** 250/500 ● **Macprot Resp** ● **Doxoril** 650 ● **Defcort** ● **Defcort-TM** ● **Rapitus** ● **Rapitus Plus** ● **Rapitus XT** ● **Zedocef** ● **Zedocef-O** ● **Zedocef AZ** ● **Mob:- 09359989528, 09897624714.**

## Ajanta Pharma Ltd.

**Cinod 5/10/20 Tablets** (Cilnidipine 5/10/20mg) ● **Cinod-T 10/20 Tablets** (Cilnidipine 10/20mg + Telmisartan 40mg) ● **Tricinod 10/6.25/10/12.5** Tablets (Cilnidipine 10mg + Chlorthalidone 6.25/12.5mg + Telmisartan 40mg) ● **Cinod-N 2.5/5 Tablets** (Cilnidipine 10mg + Nebivolol 2.5/5mg) ● **Mob:- 9004198286.**



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## चावल के पानी से चेहरा धोने के फायदे

उबले चावल के पानी यानी मांड के स्वास्थ्य लाभों के बारे में शायद आप जानते होंगे। लेकिन क्या आप जानते हैं कि यह पानी सेहत के लिए जितना फायदेमंद है, त्वचा के लिए उतना ही गुणकारी। जौं हां चावल आपकी खूबसूरती में चार चांद लगा सकता है। त्वचा को देखभाल के लिए घरेलू उपायों का प्रयोग करने वालों को पके चावल के पानी से बहुत फायदा हो सकता है। चावल के पानी का इस्तेमाल त्वचा की देखभाल के लिए भी किया जा सकता है। सप्ताह में एक बार इस घरेलू उपाय का इस्तेमाल करने से सौंदर्य से जुड़ी कई समस्याओं का निदान आसानी से हो जाता है। चावल के पानी में मौजूद प्रोटीन, विटामिन और एंटी-ऑक्सीडेंट की पर्याप्त मात्रा के कारण यह त्वचा में नमी बरकरार रहती है। इसके इस्तेमाल से त्वचा की रंगत निखरती है। चेहरे के दाग-धब्बों और झुर्रियों दूर होते हैं। इसके अलावा मांड से त्वचा में सावट आती है और पोर्स टाइट होते हैं। इन खूबियों के चलते यह पानी एक अच्छा क्लींजर भी है।

## Reasons why you Should Start your day with a Cup of hot Lemon Water

If you're trying to cut out your morning coffee or tea? A cup of hot lemon water is what most experts suggest as an ideal alternative to your favourite beverage. And it's not just because lemon has got a tangy flavour but it has several benefits to offer that make it worth to make this concoction a part of your morning ritual. **It helps you detox:-** Although lemons may seem quite acidic but they a rich source of an alkaline food that can help balance your body's pH.

## टीबी के मरीजों को अब दवा रोज दी जाएगी

**देहरादून:-** प्राप्त जानकारी के अनुसार प्रदेश में टीबी के मरीजों का इलाज नई पद्धति से होगा। उन्हें अब रोज दवा दी जाएगी। इससे पहले टीबी के मरीजों को सप्ताह में तीन दिन दवा दी जाती थी। उत्तराखंड को 2024 तक टीबी मुक्त करने का लक्ष्य सरकार ने रखा है। रविवार को सीएम त्रिवेन्द्र सिंह रावत ने मुख्यमंत्री आवास स्थित जनता मिलन हॉल में क्षय रोगियों के उपचार के लिए नई उपचार पद्धति 'डेली रिजिम' की शुरुआत की। उन्होंने कहा कि भारत को 2025 तक टीबी मुक्त करने का लक्ष्य रखा गया है। उत्तराखंड छोटा राज्य है और यहाँ जागरूकता का स्तर भी काफी है। ऐसे में यहाँ यह लक्ष्य 2024 तक पूर्ण किया जा सकता है। मुख्यमंत्री ने कहा कि क्षय रोग अब डर का विषय नहीं है और चिकित्सा क्षेत्र ने इस पर विजय पा ली है। लेकिन, इस रोग के प्रति जागरूकता और चिकित्सीय परामर्श के साथ नियमित उपचार बेहद जरूरी है। उन्होंने कहा कि स्वास्थ्य सुविधाओं में सुधार के लिए निरंतर प्रयास किए जा रहे हैं। अभी हाल ही में पौड़ी मुख्यालय से प्रदेश के 12 अस्पतालों में टेली रेडियोलॉजी की सेवा शुरू की गई और अन्य 23 अस्पतालों में भी इसे जल्द शुरू करने की तैयारी है। तकनीक के प्रयोग से हमें हिचकिचाना नहीं चाहिए और चिकित्सा क्षेत्र में शोध कार्य निरंतर चलते रहने चाहिए। उन्होंने कहा कि आधुनिक युग में युवा पीढ़ी काफी अपडेट है। युवाओं से सुझाव आमंत्रित करते उन्होंने कहा कि वह फेसबुक, ट्विटर और ईमेल के जरिए सीधे उनसे जुड़े। स्वास्थ्य विभाग के लोग पूर्ण निष्ठा के साथ जुटकर प्रदेश से क्षय रोग को मिटाएँगे। मुख्यमंत्री के स्वास्थ्य सलाहकार डॉ॰ नवीन बलुनी ने स्वास्थ्य सेवाओं में सुधार के लिए उठाए कदमों की जानकारी दी। इस दौरान स्वास्थ्य महानिदेशक डॉ॰ अर्चना श्रीवास्तव, एनएचएम निदेशक डॉ॰ आरएस असवाल, राज्य क्षय नियंत्रण अधिकारी डॉ॰ बीसी काला, मुख्य चिकित्साधिकारी डॉ॰ वाईएस थपलियाल आदि उपस्थित रहे। राज्य में टीबी की जाँच आसान हो गई है। अब न इसमें ज्यादा समय लगेगा और न पैसा। स्वास्थ्य महानिदेशक डॉ॰ अर्चना श्रीवास्तव ने बताया कि प्रदेश के नौ जनपदों में अब टीबी नेट डायग्नोस्टिक तकनीक से जाँच की जा रही है। जो पहले प्राइवेट अस्पताल में दो से तीन हजार खर्च करने पर मिलती थी। अन्य चार जनपद, टिहरी, उत्तरकाशी, पौड़ी व पिथौरागढ़ में भी तीन माह के भीतर यह सुविधा शुरू कर दी जाएगी। उन्होंने बताया कि इससे मरीज की रिपोर्ट दो घंटे के भीतर मिल जाती है। राज्य क्षय नियंत्रण अधिकारी डॉ॰ बीसी काला के अनुसार डॉट्स कार्यक्रम के तहत प्रति सप्ताह तीन दिन टीबी की दवा दी जाती थी। जबकि निजी अस्पताल प्रतिदिन दवाइयों का डोज देते थे। इलाज में एकरूपता लाने और ड्रग रेजिस्टेंस की समस्या को दूर करने के लिए अब मरीजों को प्रतिदिन फिक्कड डोज दी जाएगी। पहले की 7-8 गोलीयों के स्थान पर उन्हें केवल दो या तीन गोलीयों ही खानी होंगी। क्षय रोग से ग्रस्त बच्चों के लिए अब फ्रूट फ्लेवर्ड टैबलेट शुरू की जा रही है। इससे बच्चों को कड़वी और भारी डोज से मुक्ति मिलेगी। नए स्वाद की यह दवा पानी में घुलने वाली होगी। अब केमिस्ट को भी क्षय रोगियों का रिकॉर्ड रखना होगा। जिस किसी मरीज को दवा दी है, उसका नाम व पता विभाग को उपलब्ध कराना होगा। एनएचएम निदेशक डॉ॰ आरएस असवाल के अनुसार औषधि नियंत्रक के माध्यम से दवा विक्रेताओं को व्यवस्था बनाने के निर्देश दे दिए गए हैं। इससे न केवल मरीजों की ट्रैकिंग होगी बल्कि विभाग उन्हें मुफ्त दवा भी उपलब्ध कराएगा। प्राइवेट प्रैक्टीशनर के द्वारा भी मरीज को दवा निशुल्क दी जाएगी। विभाग उन्हें दवा उपलब्ध कराएगा।

## हड्डियों की बीमारी की दवा कर रहे लोगों के दांत व जबड़ा कमजोर

**चंडीगढ़:-** अगर आप हड्डियों की बीमारी से पीड़ित हैं और दवा का सेवन कर रहे हैं तो सावधान हो जाएँ। इन दवाओं के सेवन से आपका जबड़ा और दांत कमजोर हो सकते हैं। यह खुलासा पीजीआइ चंडीगढ़ की शोध में हुआ है। शोध के अनुसार, 100 में से 13 मरीजों को यह समस्या हो रही है। हड्डियों में कमजोरी की बीमारी से जूझ रहा हर सातवां रोगी दांतों में कमजोरी की समस्या से भी पीड़ित है। हड्डियों की कमजोरी को ऑस्टियोपोरोसिस कहा जाता है। हड्डियों के रोगों से पीड़ित लोगों को दांतों की बीमारी होने का रिस्क भी कई गुना बढ़ जाता है। इसके अलावा कई ऐसे मरीज होते हैं जिनको साइड इफेक्ट के चलते दूसरे रोग हो जाते हैं। मरीज की हिलिंग कैपेसिटी घट जाती है। जबड़े कमजोर हो जाते हैं। दांतों में कमजोरी से इन्फेक्शन हो जाता है और मवाद भी बनने लगता है। पीजीआइ में 16 मरीजों की केस स्टडी में यह खुलासा हुआ कि ऑस्टियोपोरोसिस के इलाज में ली जाने वाली दवा दांतों पर भी बुरा असर डालती है। इन मरीजों का पिछला ट्रीटमेंट ट्रेक किया गया। फिर दवा का अध्ययन किया गया। पाया गया कि इनके दुष्प्रभाव से मसूढ़े कमजोर हो गए और दांतों में गैप आ गया। डॉ॰ सचिन व सतनाम ने बताया कि किसी भी बीमारी का इलाज शुरू करने से पहले डॉक्टर को पूर्व ट्रीटमेंट हिस्ट्री जरूर बताएँ। अगर पहले कोई बीमारी रही है तो ऐसा करने से डॉक्टर शरीर पर दुष्प्रभाव डालने वाली दवा से आपको बचा सकता है। डॉक्टर मरीज की पूर्व ट्रीटमेंट हिस्ट्री के आधार पर मरीज का नया ट्रीटमेंट शुरू करता है। हड्डियों की कमजोरी दूर करने के लिए कई तरह की दवा इस्तेमाल की जाती है। बिस्फोस्फोनेट और डेनोसुनेव दवा के शरीर पर गलत प्रभाव डालने की जानकारी रिसर्च में सामने आई है। इनसे दांतों में कमजोरी की बात सामने आई। कई रोगी ऐसे होते हैं जिनको दवा से दिक्कत होने लगती है। ऐसे मरीजों को डेंटल विभाग में शिफ्ट करना पड़ता है। ऑस्टियोपोरोसिस के इलाज के लिए ली जा रही दवा के लगातार सेवन से मसूढ़ों में रक्त संचार कम हो जाता है। मुँह के अंदर की हड्डियों की सेल भी कमजोर होने लगते हैं। मसूढ़ों में इन्फेक्शन होने के चांस पहले की तुलना में बढ़ जाते हैं। 'हर 100 में से 13 मरीज ऐसे हैं, जिन पर हड्डियों के इलाज के लिए ली जा रही दवा के साइड इफेक्ट सामने आ रहे हैं। रोगी को पहले ही बता देना चाहिए कि कौन सी बीमारी की वे दवा ले रहे हैं।'

## Cipla's US Subsidiary Receives Final Approval For Generic Renvela® Tablets

**Mumbai:- Cipla Ltd, Mob:- 09335391184, 09760122456** a global pharmaceutical company which uses cuttingedge technology and innovation to meet the everyday needs of all patients, announced that its subsidiary, InvaGen Pharmaceuticals Inc. (collectively Cipla), has received final approval for its Abbreviated New Drug Application (ANDA) for Sevelamer Carbonate Tablets, 800 mg, from the United States Food and Drug Administration (USFDA) to market a generic version of Genzyme's Renvela® Tablets, 800 mg. Sevelamer Carbonate Tablets, 800 mg is a AB-rated generic equivalent to the reference listed drug (RLD), Renvela® Tablets, 800 mg of Genzyme Corporation and are indicated for the control of serum phosphorus in adults with chronic kidney disease (CKD) on dialysis. Renvela® Tablets had US sales of approximately \$1.85B for the 12-month period ending August 2017, according to IMS Health.

**SANGIE Syrup**

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Cyanocobalamine 7.5 mcg  
Folic Acid 0.5 mg

**Positif**

Khasra No. 113/2, Vill. Dhanas, Chandigarh (U.T.)  
Tel: 09876310700,  
09876633735, 09216863700

Besides, drinking hot lemon water everyday helps flush out nasty toxins out of your system. **It stimulates your digestive tract:-** Consumption of hot lemon water everyday helps stimulate your gastrointestinal tract, thus, it improves your body's ability to absorb essential nutrients and minerals all day and help food pass through your system with no difficulty. **It helps in weight loss:-** Pectin, a soluble fiber present in lemon juice helps in weight loss. If you want to lose weight, sipping on a cup of hot lemon water instead of a cup of tea loaded with sugar will be a better choice. **It soothes an upset tummy:-** Hitting sack with a full stomach, may cause you to have heartburn or a bloated belly the next morning. Drink hot water mixed with lemon juice to cleanse your system to reduce acidity in your stomach. Image source : Getty

## Sun Pharma to Acquire US Based Krystal Biotech

**Sun Pharma Mob:- 9958124414** to acquire US based Krystal Biotech in 7 million USD. Krystal Biotech is a biopharmaceutical company using gene therapy to develop treatments for patients suffering from rare debilitating disorders. Last month, it had invested Rs 85.5 crore in Zenotech Laboratories Ltd to raise its stake in the Hyderabad-based company. In March, the company had agreed to acquire Canadian pharmaceuticals firm Thallion Pharmaceuticals for about \$2 million. Sun Pharma to gave cash consideration of USD 7 million which would be paid for acquisition of Shares and Shares are being acquired at USD 34.46 per share.

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## First International Consensus Statement on the Clinical and Therapeutic Management of LHON published in the Journal of Neuro-Ophthalmology

**Liestal, Switzerland:- Santhera Pharmaceuticals Ph.:- +41-619068950** announces that the first International Consensus Statement on the Clinical and Therapeutic Management of Leber's Hereditary Optic Neuropathy (LHON) has been published in the Journal of NeuroOphthalmology. The Consensus Statement reflects the independent views from a panel of world-leading experts in the management of patients with LHON. It is intended to provide guidance for the clinical and therapeutic management of LHON based on the evidence currently available. Amongst other clinical aspects, the Consensus Statement focuses on the use of Raxone® (idebenone), the first and only treatment approved by the European Medicines Agency (EMA) in 2015 for the treatment of this heritable form of vision loss. The authors provide guidance on the optimal target population, timing, dose and frequency of administration of idebenone as well as other areas where there has previously been a lack of accepted definitions and general guidelines for the clinical management of patients with LHON.

"The expert consensus statement provides a much-needed set of recommendations for physicians who are treating patients with LHON, ultimately leading to improved patient care," said Francesco Bandello, MD, Professor at University Vita Salute, Scientific Institute San Raffaele of Milano and Past-President of the European Society of Retina Specialists (EURETINA). "In March 2016, during an international meeting sponsored by the San Raffaele Scientific Institute, sixteen international experts came together to provide these recommendations so that treating physicians, health care providers, and health organizations can further advance the management of patients with LHON."

Thomas Meier, PhD, CEO of Santhera, commented: "This is the first time that a consensus for the management of LHON has been developed, and this paper will generate important awareness for the disease and Raxone - the first approved treatment for this heritable form of vision loss. We hope that this publication will allow us to engage in further collaborations with the neuro-ophthalmological and optic nerve specialist community, and that we are able to advance knowledge and continue to improve the clinical outcomes for those suffering from this rare disease."

## Lupin Launches Generic Acticlate® Tablets in the US

**Mumbai:-** Pharma Major Lupin announced the launch of its Doxycycline Hyclate Tablets USP, 75 mg and 150 mg having received an approval from the United States Food and Drug Administration (FDA) earlier.

Lupin's Doxycycline Hyclate Tablets USP, 75 mg and 150 mg are the AB rated generic equivalent of Aqua Pharmaceuticals, LLC's Acticlate® Tablets, 75 mg and 150 mg. They are indicated in the treatment of infections caused by various microorganisms and as an adjunctive therapy in severe acne.

Doxycycline Hyclate Tablets USP, 75 mg and 150 mg had annual sales of approximately USD 263 million in the US (IMS MAT June 2017).

Email: poojathakran@lupin.com

Ph:- +91-22-66402531 / 8291013225.

## Todd Bazemore Steps Down from Role as Chief Operating Officer of Santhera's US Subsidiary

**Liestal, Switzerland:- Santhera Pharmaceuticals Ph.:- +41-619068950** announces that Todd Bazemore resigns his role as Chief Operating Officer of Santhera Pharmaceuticals (USA) Inc. and member of executive management. Todd Bazemore, who has worked with Santhera since September of last year, will step down from his role as Chief Operating Officer for the US subsidiary, effective November 17, 2017. "We regret but respect Todd's decision," said Thomas Meier, PhD, CEO of Santhera who will assume Todd's responsibilities ad interim. "We would like to thank Todd for his engagement over the past year, and we wish him all the best for his future."



## Product List

### HiGlance Laboratories Pvt. Ltd.

**Calciosteon** (Calcium Carbonate & Vitamin D3 Tab. ● **Bifias-11** (Total viable cell counts 5 billion per 300mg (including all 11 strains) Capsules ● **Hirabezol** (Rabeprazole Tablets 20 mg) ● **Hirabezol-D** (Rabeprazole Sodium & Domperidone Capsules) ● **Montisafe-LC** (Montelukast 10mg + Levocetirizine Dihydrochloride 5mg Tablets) ● **Duofylin** (Acebrophyline 50mg Syrup, Acebrophyline 100 mg Capsules) ● **Montisafe-LC Kid** (Montelukast 4mg + Levocetirizine 2.5mg Dispersible Tablets & Syrup) ● **Hinemox** (Moxifloxacin 400mg Tablets) ● **Vizor Capsules/Syrup** (Multivitamin & Mineral) ● **Paxia 50mg/100mg Dry Syrup 200mg Tablets** Cefpodoxime Proxetil ● **Enzotil** (Digestive Enzymes) ● **Paxia-XP 250mg/500mg/1000mg** (Ceftriaxone + Tazovactam Injection) ● **Zyzinc** (Zinc Acelate Syrup 20mg/5ml) ● **Tazex 2.5g and 4.5g** (Piperacillin + Tazabactam) ● **Emepress** (Ondansetron) ● **malpress** (Artesunate Injection 60 mg) ● **Hiconazole** (Fluconazole Tablets 150 mg) ● **malpress a-B** Arteether Injection 150mg) ● **Hibenzol Tablets** (Micronized Albendazole) ● **Trampac** (Tramadol Hydrochloride & Paracetamol Tablets) ● **Hileflox-500/750** (Levofloxacin Tables) ● **Levosafe** (Levocetirizine Dihydrochloride Syrup 2.5mg/5ml) ● **Azex 100/200mg Syrup/250/500mg Tablets** (Azithromycin) ● **Mixsyp** (In Productive Cough) ● **Clanic Dry Syrup, Tablets and Injection** (Amoxicillin & Clavulanic acid) ● **Feviza/DS** (Paracetamol Oral Suspension) ● **Hineoflox** (Ofloxacin Tablets 200 mg) ● **Hineoflox-O** (Ofloxacin + Ornidazole Tablets) ● **Hirumet** (Ibuprofen 400 mg + Paracetamol 325 mg Tablets) ● **Inzyphen I.V.** (Pantoprazole for Injection 40mg) **Ph:- 0120-2569743.**

### Unichem Laboratories Ltd.

**Tolol-XR** (Metoprolol Succinate Extended Release 12.5/25/50/100 mg Tablets) ● **Tolol AM 25/50** (Metoprolol Extended Release 25/50 mg + Amlodipine 2.5/5mg) ● **Tolol H 25/30** Metoprolol Extended Release 25/50 mg + HCTZ 12.5 mg) **Ph:- 0120-2750039.**

### Micro Labs

**Nulong** (Cilnidipine 5 mg/ 10mg/ 20mg Tables) ● **Nulong-OL 20/40** (Cilnidipine 10 mg + Olmesartan 20/40 mg Tablets) ● **Nulong-Trio** (Cilnidipine 10 mg + Olmesartan 20 mg + Chlorthalidone 12.5 mg Tablets)

**Mob:- 07607777044, 09557408443.**

### Wockhardt

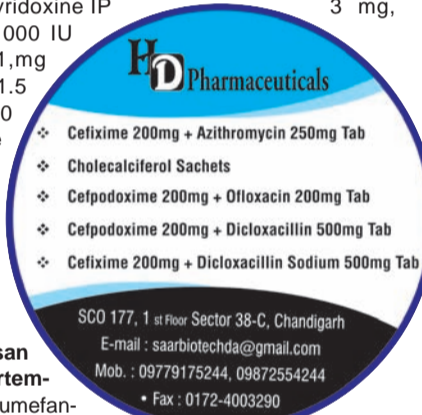
**Dupact** ● **Ace-Proxyvon CR** ● **Nortryptomer-P SR 50/75** ● **Nortryptomer-P Ph:- 022-26534444.**

### Lupin Ltd.

**Acogut** ● **Furic 40m/80mg** ● **Rcifax 550/400/200** ● **Rclonac Tablet Ph:- 022-664022222.**

### Emcure Pharmaceuticals Ltd.

**Glipsov**(Teneligliptin 20mg tablets) ● **Glipsov-m** (Teneligliptin and HCl tablets) ● **Xilia-M 1mg/2mg** (Glimepiride IP1mg+Metformin HCl IP 500 ER tablets) ● **Xilia-trio1mg/2mg** (Glimepiride IP 1mg/2mg+ Metformin HCL IP 500 mg SR+ Voglibose 0.2 mg Tablets) ● **Xilia-Trio** 1mg/2mg (Glimepiride 1mg/2mg+ Metformin HCl IP 500 mg SR+ Voglibose 0.2 mg tablets) ● **Xilia-MP** 1mg/2mg (Glimepiride IP 1mg/2mg+Metformin HCl IP mg +Pioglitazone HCl IP 15 mg tablets) ● **Semi Xilia-mp** 1mg/2mg (glimepiride IP ½ mg metformin HCl IP 500 mg SR+pioglitazone HCl IP 7.5 mg tablets) ● **Hosit D3** (Alpha Lipoic acid usp 100 mg, Pyridoxine IP 3 mg, Mecobamin JP 1500 mcg,Folic acid IP 1.5 mg tablets Vitamin D3 IP 1000 IU tablets) ● **Hosotxt** (methylcobalamin 1500 mcg +L-Methylfolate 1,mg +Pyridoxal-5mg capsules) ● **Hosit** (Methylcobalamin 1500 mcg, Folic IP 1.5 mg, Pyridoxine HCl IP 3 mp Tablets) ● **Hosit Plus** (Mecobalamin JP 1500 Mcg + Alpha Lipoic Acid USP/NF 100 mg+Folic acid IP 1.5 + Pyridoxine HCL IP 3 mg capsules) ● **Goba hosit** (gabapentin USP 300 + methylcobalamin 500 tablets),Hosit-L (l-carnitine l-tartrate equivalent to L-C carnitine 500 mg. mecobalamin JP 500 mcg folic IP 1.5 mg tablets) ● **Stabose** (voglibose JP 0.2 mg/tablets) ● **Stabose-m** (voglibose 0.2 mg/0.2+melformin HCl mg SR tablets) **Ph.:+91-20-39821000.**



### Varenyam Healthcare Pvt. Ltd.

**Varmox-CV** (Amoxicillin & Potassium Clavulanate Tablets/injection) ● **Tesan** (Artesunate 60mg injection) ● **Varnem** (Meropenem 500 mg/1 Injection) ● **Vartem-I** (Artemether 40mg/Lumefantrine 240mg suspension-30ml Artemeter 80mg/lumefantrine 480 tablets) ● **Zovar-p** (Piperacillin & Tazobactam injection 4.5gm) ● **Varthar** (Arteether 150mg/2ml injection) ● **Varpim** (Cefipime injection 500mg/1gm) ● **Varomep** (Omeprazole 20mg & Domperidone 10mg Capsules) ● **Clindym** (Clindamycin Injection/capsules) ● **Vardine** (Povidone Iodine ointment 5%) **Ph.:+91-9909928332.**

### Precia Pharma

**Ngsart20/40**(Telmisartan 20mg,40 mg) ● **Ngsart CH** (Telmisartan 40/80 Chlorthalidone 12.5mg) ● **Ngsart AM** (Telmisartan 40mg+Amlodipine 5mg) ● **Ngsart-H** (Telmisartan 40 mg +Hydrochlorthiazide 12.5mg Bilayered Lablets) ● **Endo Cal-D** (Calcium Orotate 740mg+Bitamin d3 500 iu) ● **Endo Cal-d Forte**(Calcium Orotate 740mg+Vitamin d3 1000 iu) ● **Pantoza** (Pantoprazole 40mg enteric Coated Tablets) Pantoza-D (Pantoprazole 40mg Enteric Coated Pellets & Domperidone 30mg as Sustained Release Pellets Capsule) ● **Pantoza-CT** (Pantoprazole 40mg +Cinitapride 3mg SR Zeegab M (Pregabalin 75 mg as sSustained relese form + methylcobalamin 1500n mcg) ● **Zeegab Total** (Pregabalin 75 mg+Benfotiamine 7.5 mg+Pyridoxine 1.5 mg folic acid 0.75 mg) ● **Optifiber** (Lactitol Monohydrate+Ispsguhula Husk Granules) ● **Thioiace4/8** (Thiochlchicoside 4mg/8/mg+aceclofenac 100 mg tablets) ● **Precidol** (Tramadol hydrochloride 37.5 mg+ paracetamol 325 mg tablets) ● **Tenuvia** (Teneligliptin 20mg) ● **Tenumet** (Teneligliptin 20mg+Melfomic 500mg ER) ● **Endo formin VG ½** ( Melformin 500 mg SR+Voglibose 0.2mg+Glimepiride 1/2mg) ● **Endo formin PG 1/2** (Metformin 500 mg SR+Pioglitazone 7.5 mg + Glimepiride 1 mg/2mg) ● **Endo formin G ½** (Melfomin 500 mg SR & Glimepiride 1mg Tablets) ● **Endo formin SR 500/1000** (Melformin 500/1000 mg SR) ● **Atorcias 10/20** (Atorvastatin 10,20 mg Tablets) ● **Endoformin G 1/3/2/4 Forte** (Melformin 100mg SR+Glimepiride 1mg /2mg /4mg) ● **Atorcias TG** (Atorvastatin 10mg +Fenofibrate 160 mg) ● **Rosucia F** (Rosuvastatin 10mg +Nanonized Fenofibrate 145 MG) ● **Mylo Nerv** ( Mecobalamin 1500 mog + Alpha lipoic add 200 mg + Folic Acid 1.5 mg + Pyndoxine 3 mg +Biotin 200 mcg + Vitamin D3 1000 IU) ● **Rosucia** (Rosuvastatin 5 mg / 20 mg) ● **PreBose M** (Voglibose 0.2 mg/ 0.3 mg + Metformin 500n mg SR) ● **Orlip-x 60/120** (Orlistat 60 mg Capsule) ● **Prebose** (Voglibose 0.2 mg/0.3 mg Tablets) ● **Atorcias M Gold**( Asporin 75 mg + Atorvastatin 10 mg + C Lopidogrel 75 mg) ● **Preclazide MV** (Voglibose 0.2 mg + Gliclazide 80 mg + Metformin 500 mg) ● **Precivit-4G** ● **Rosucia-Gold** (Rosuvastatin 10 mg+ Clopidogrel 75 mg) ● **D fine** (Cholecalciferol 60000 IU sachet) ● **D fine CT** ( Cholecalciferol 60000 IU Chewable Tablet) **Ph.:- +91+022-25898967/5289.**

### Medsol India Overseas Pvt. Ltd.

**COLL-CD** (Collagen Peptide Type II,Rosehip Extract,Vitamin C & Boswellia Serrata Capsules) ● **D Gain** (Cholecalciferol 60,000 IU Sachet/Softules) ● **Osteo Plus** (Calcitriol 0.25 mcg + Calcium Carbonate 1250mg+ Vit K2-7 45mcg + Methcobalamin 1500 mcg Zinc 7.5 mg + Magnesium 50 mg + L Methyle Folate 800 mcg) ● **Osteoplus-M** (Calcium Citrate Malate 500mg + Calcitriol 2.25mcg + Zine 20 mg + Magnesium 40 mg) ● **Calcite-cm** (Calcium Citrate Malate 1250mg+Vitamin D3 400 I.U.+Magnesium 50mg) ● **Calcite-D** (Calcium Carbonate 1250mg+Vitamin D3 500 I.U.) ● **Alensol-D** (Sodium Alendronate 70mg+Cholecalcifer) ● **Ibanplus** (Ibandronic acid 150mg) ● **Ibanplus-Kit** (Camblit of Ibandronic Acid 150mg Calcium Citrate Malate 1250+Calcitriol 25 mcg) ● **Y-Clast** (Zaledronic acid 5mg+Paracetamol 325mg) ● **P-1K** (Paracetamol(IR)300+Paracetamol(SR) 700 mg) ● **RAC SR** (Rabprazole 20mg+ 200 Aceclofenac 200mg SR) ● **Tremsol** (Tramadol 37.5mg+Paracetamol 325mg) ● **Neurotin-NT** (Pregabalin 75mcg+Nortriptyline 10mg) ● **Neurotin-P** (Methylcobalamin 750mcg+Pregabalin 75mg) ● **Rexol** (Diclofenac+Linseed Oil+Methyl Sallcylate+Menthol) ● **Coll-CD Tab.** (Collagen Peptide Type II 40mg+Rosehip Extract 275mg Vitamin C35mg+ Boswellia serrata Extract(65%) 100mg) ● **Coll-CD Sachet** (Collagen Peptide 10gm+Glucosamine 1500mg+Vitamin D3 100 IU Sechet) ● **LID-DSR** (Linezolid 600mg+Cefuroxime Axetill 500mg tabs) ● **Elos** (Methylcobalamin 1500mcg+Vit D3 1000 IU Folic Acid 5mg+ Inositol 100mg+ Vitamins+Minerals) ● **Eios Fe** (Ferrous Asparto Glycinate Eq to Elemental Iron 100mg L-Methylfolate 1mg+Mecobalamin 1500mg+Pyridoxal-5-Pyridoxl 0.5mg Cholecalciferol 2000 IU) ● **Arrant** (Alpha Lipoic Acid 50mg+Omega-3 Fatty 500 mg+Mecobalamin 1500mcg+Chromlum 200mcg+Selenium75mcg) ● **Eios Fem Tablets** (Ferrous Asparto Glycinate Eq to Elemental Iron 100mg L-methylfolate 1mg+Mecobalamin 1500mcg+Pyridoxal-5-Cholecalciferol 2000 IU) ● **Paro-DSR** (Pantoprazole 40mg+Domperidone 30 mg SR) **Ph.:- 120-451180,04511801.**

### ALKEM DIABETOLOGY

**1234** (Glimepiride 1mg/2mg/3mg/4mg) ● **M1/M2/M3** (Glimepiride 1mg/2mg with Melformin 500 mg SR tablets) ● **M1/M2/M3/M4 Forte** (Glimepiride 1.2,3 & 4mg with Melformin 1000 mg SR tablets) ● **MV1/2** (Glimepiride 1/2mg+Metformin 500 Sr+Voglibose 0.2mg) ● **MV1/2 0.3** (Glimepiride ½mg+Metformin 500mg sr+ Voglibose 0.3mg) ● **Zilokem** (40 Azilsartan Medaxomil 40mg) (80 Azilsartan Medaxomil 80 mg) ● **Voglikem** (0.2 0.3) (Voglibose 0.2mg/ 0.3mg Mouth Dissolving Tablets) ● **M0.2/0.3** (Voglibose 0.2 mg/0.3 with Melformin 500 Mvmg SR Tablats) ● **M Forte** (Voglibose 0.2mg/0.3 With Merlformin 1000 mg SR Tablets) ● **Rosukem** (5/10/20/40 (Rosuvastatin) ● **CV-10** (Rosuvastatin 10mg +Clopidogrel 75 mg) ● **Gold** (Rosuvastatin 10mg+Clopidogrel75mg+Aspirin 75 mg) ● **F** (Rosuvastatin 10mg+Fenofibrarte 145mg Tablet) ● **A** (Rosuvastatin 10mg+Aspirin 75mg Enteric Coated Capsule) **Ph.:- 011-23276161.**

### MAXIMA

**Risorine Kit**(1Risorine Cap + 2Pyriznamide Tabs (750mg each) + Ethambutol Tab 800mg) ● **Risorine**(CAPS)Rlfampicin 200 mg+ Isoniazid 300mg + Piperine 10mg Capsules ) ● **Mycurit-4** (R150 H75 E 275 Z400 Fixed Dose Combinatin) ● **Mycurit-3** (Ethambutol 400/600/800/1000mg) ● **P-Zide** (Pyrazinamide 500/750/1000mg) ● **Mycocox** (H300R450) ● **Mycocox-E** ( R450H300E800- Fixed Dose) ● **Myconex-800** (H300E800) Moxigood (Moxifloxacin 400mg Tablets) ● **Mycotuf C** (Cycloserine 250mg Tab) **Ph.:- 0191-2718-225001.**

### Alembic Corazon

**Rosave-Gold** (Rosubastatin 10/20mg+Clopidogrel 75mg+Aspirin 75mg) ● **TriVogo** (Voglibose 0.2mg+ Metfomin 500mg+Glimepiride ½ mg) ● **Rosave CV** (Rosuvastatin 10/2mg +Clopidogrel 75mg) ● **Vogo-M** (Voglibose 0.2mg/0.3mg+Melformin 500 mg) ● **Rosave** (Micronozed Rosuvastatin 5mg/10mg/20mg+/40mg) ● **Vogo** (Voglibose 0.2mg/0.3mg) ● **Rosave F** (Rosuvastatin 5mg/10mg/20mg+/Micronized Fenofibrate 160mg) ● **Alnex-NT** (Pregabalin 75mg SR + Nortriptyline 10mg) ● **Rosave** (Rosuvastatin 5mg/10mg/20mg+/Cholecalciferol 1000IU) ● **Ibaxit-XR** (Febuxostat XR 40mg/80mg) **Ph.:- +91-265-228 0550, +91-265-2280880.**

### Wilburt Remedies

**Benemac-XT** (Calcium, Calcitriol, Methylcobalamin, L-Methylfolate Calcium & Pyridoxal 5'-Phosphate Tablets) ● **Bone mac Capsules** (Calcium Carbonate, Calcitriol & Zinc Supplement) ● **Bone Mac Suspension** (Calcium Phosphate 300mg, Phosphorus 150mg, Magnesium 75mg, Zinc 4mg & Vit D3 200 IU) ● **Reopod DT 100/200** (Cefpodoxime Proxetil Dispersible Tablets) ● **Reopod CV 100/200** (Cefpodoxime Proxetil + Clavulinic Acid Tablets) ● **Reopod 50/100** (Cefpodoxime Proxetil Dry Syrup) ● **Reocef LB 100/200** (Cefixime with Lactic Acid Bacilus Tablets) ● **Reocer-XP Injection 500mg/1.5gm** (Cefoperazone & Sulbactam) ● **Pepsica-D** (Enteric Coated Pantaprazole Sodium & Domperidone SR Capsules) ● **Xtramol Proglet** ● **Maxodec Injection 50mg** (Nandrolone Decanoate Injection I.P.) ● **Montibro-FX** (Montelukast 10mg, Fexofenadine HCl 120mg & L-Methyl Folate 100mcg.) ● **Dezomac 6/30mg Tab.** (Deflazacort Tablets) ● **V-Gest SR 200/300** (Natural Micronised Progesterone (SR) Tablets) ● **Ovanex Tablets** (Myo-inositol 1000mg, Vitamin D3 1000 I.U. & L-Methyl Folate 100mcg.) ● **Moxowil Suspension** (Multivitamin, Multimineral with Antioxidants) ● **Promylin-D** (Alpha Lipoic Acid, Vitamin D3, Pyridoxine Hydrochloride, Methylcobalamin, Folic Acid & Biotin Tablets) ● **Wilfer-XT** (Ferrous Asparto Glycinate, L-Methylfolate Calcium & Methylcobalamin Tablets) ● **Montibro-LA** (Montelukast 10mg, Levocetirizine 5mg & Acebrophylline (SR) 200mg. Tablets) **Mob:- 07047312021.**

### Wilshire Healthcare

**Caldium XT** (Calcium, Calcitriol, Methylcobalamin, Vitamin B6 & Folic Acid Capsules) ● **Caldium-XT Plus** Calcium Carbonate 1250mg, Vit. D3 2000 IU, Methylcobalamin 1500 mcg, L-Methylfolate Calcium 1mg, Pyridoxal 5 Phosphate 0.6mg Tablets) ● **Caldium-M** (Calcium Citrate Maleate eq. to Elemental Calcium 250 + Vitamin D3 125 IU) ● **Hepasilin Syrup** (Cyproheptadine 2mg + Tricholine Citrate 275mg + Sorbitol 3.575mg) ● **Enzocare/D** (Trypsin 48 mg + Bromelain 90mg + Rutin 100mg + Diclofenac 50mg Enteric Coated Tablets) ● **Activ-8 Susp/Cap.** (Lycopene + Vit. A, C, E + Zinc + Selenium) ● **Xffer Tab./Susp.** (Ferrous Ascorbate 100mg, Mecobalamin 1.5mg, Folic Acid 1.1mg, Zinc 22.5mg Tablets) ● **Adjoint GM** (Diacerein 50mg, GSM 750mg & MSM 250mg) ● **Rabigo 20/D/LS** (Rabeprazole EC-20mg & Domperidone SR 30mg Cap., Levosulpiride 75mg Cap.) ● **Oribro/OZ** (Ofloxacin 200mg & Ornidazole 500mg Tablets) ● **Will-9** (L-Methylfolate 1mg, Methylcobalamin 1500mcg Pyridoxal 5 Phosphate 0.5mg Tablets) ● **Wilcef** (Cefuroxime Axetil 250/500mg Tablets) ● **Wilcef-S 1.5g/375mg Inj.** (Ceftriaxone 1.0g + Sulbactam 500mg Ceftriaxone 250mg + Sulbactam 125mg) ● **Wilcef-XP 1.5g Injection** (Cefoperazone 1.0g + Sulbactam 500mg) ● **Wilcoff** (Dextromethorphan 15mg + Phenylephrine HCL 5mg Chlorpheniramine Maleate 2mg) ● **Wilcoff-A Syrup** (Ambroxol Hcl 15mg, Terbutaline Sulphate 1.25mg, Guaiphenesin 50mg & Menthol 2.5mg) ● **Xany Gel** (Diclo. 1.0% Linseed Oil 3.0% Menthol 5.0% Methyl Salicylate 10.0%, Benzyl Alcohol 1.0%) ● **Xany-P** (Aceclo. 100mg, Para. 325mg) ● **Multiwil Syrup** (Amino Acids, Multivitamins, Antioxidant Syrup) ● **Xany-SP/D** (Diclo. Potassium 50mg, Para. 325mg & Serratiopeptidase 10mg Tablets) ● **Nepodoxim** (Cefpodoxime Proxetil 200mg/100mg Tablets, 100mg/50mg Dry Syrup) ● **NitBid SR** (Nitrofurantoin IP 100mg Sustained Release Tablets) ● **Gutwil Syrup** (Lactitol Monohydrate BP 10gm, Benzoic Acid IP 0.025gm) ● **Levoneez-M** (Levocetirizine HCL 5mg & Montelukast 10mg Tablets) ● **Vomiwill MD/Syp.** (Ondansetran Hydrochloride B.P. Eq. to Ondansetran 4mg Mouth Dissolving Tab., Ondansetran 2mg/ 5ml Syp.) ● **Anxiwill/EC** (Clonazepam 0.25/0.5mg Escitalopram 10mg Tablets) ● **LG-9 Sachet** (L-Arginine 3gm) ● **Evo Sure-M** (L-carnitine 340mg, Ubidecarenone 50mg, Zinc 5mg, Lycopene (as% powder) 2.5mg, Astaxanthin (as 10% powder) 8mg) ● **EvoSure-F** (Ferrous Gluconate 25mg, Astaxanthin 8mg, Zinc 7.5mg, L-Arginine 5mg, Pyridoxine HCL 1.5mg, Lycopene 1mg, Folic acid 0.5mg, L-Selenomethionine 10mcg, Vitamin B127.5mcg) ● **Proshire-DS Cap./Sachet** (Streptococcus Faecalis 60 million, Clostridium butyricum 4 million, Bacillus mesentericus 2 million, Lactic acid bacillus 100 million) **Ph.:- 1-877-495-6856.**



## High-Dose Vitamin "C" Makes Cancer

Common treatment options for cancer, such as chemotherapy and radiation therapy, can be expensive and sometimes ineffective. However, a new clinical trial tests the effect of high-dose vitamin C in combination with standard treatment on health outcomes for patients with cancer. A new clinical trial shows that a high dose of vitamin C can improve health outcomes for patients who are undergoing conventional cancer treatment. In the 1970s and 1980s, Nobel Prize winner Linus Pauling, together with surgeon Ewan Cameron, first hypothesized the clinical benefits of vitamin C for treating people with cancer. Since then, further studies in animals and cancer cell cultures suggested that a high concentration of ascorbic acid might prevent and treat cancer. More recent studies have examined the combined effect of high-dose vitamin C and conventional cancer treatment. Some of this research showed that patients who received the combined treatment had a slower progression of the disease, while others have suggested that the side effects of chemotherapy were less pronounced among those who also took high doses of vitamin C. To obtain a high dose in these studies, vitamin C is usually administered using intravenous infusion. Vitamin C has a short half-life of only 2 hours in the human body, which is why it must be administered in high doses as a treatment. A new clinical trial studies the effect of giving between 800 and 1,000 times the daily recommended dose of vitamin C to patients with brain and lung cancer. The new research was led by scientists at the University of Iowa in Iowa City, and the results were published in the journal Cell Press. Vitamin C passes human safety trial. As part of the human safety trial, 11 patients with brain cancer who were undergoing standard chemotherapy and radiation therapy were also administered three weekly intravenous infusions of vitamin C for 2 months, and then two weekly infusions for 7 months. Each infusion raised the patients' blood levels of vitamin C to 20,000 micromoles (?M). The average level of vitamin C in adults is approximately 70 ?M. Overall, the treatment was tolerated well. The team noted very few minor side effects, such as dry mouth or rare and brief episodes of high blood pressure. This safety test was the first phase of a series of clinical trials that will investigate whether high-dose vitamin C can effectively increase the lifespan and quality of life for patients that are being treated with chemotherapy and radiation therapy. For now, the data from the phase I trial show that patients with glioblastoma survived for 4 to 6 months longer than the average survival time noticed in patients who undergo conventional treatment alone. Specifically, patients who also received high doses of ascorbic acid survived for 18 to 22 months compared with 14 to 16 months, which is the typical survival rate for glioblastoma. For the upcoming phase II of the clinical trials, the scientists will examine the effects of vitamin C in participants with stage 4 lung cancer as well as in those with highly aggressive brain tumors, such as glioblastoma. How vitamin C weakens cancer cells. The mechanism that might explain the potential efficacy of vitamin C in treating lung and brain cancer relates to the cancer cells' metabolism. As a consequence of the faulty metabolism that occurs inside the cancer cells' mitochondria, these cells produce abnormally high levels of so-called redox active iron molecules. These molecules react with vitamin C and form hydrogen peroxide and hydrogen peroxide-derived free radicals. Scientists think that these free radicals drive cancer cell death by damaging the cells' DNA. The free radicals are also thought to weaken the cancer cells and make them more vulnerable to radiation therapy and chemotherapy. "This paper reveals a metabolic frailty in cancer cells that is based on their own production of oxidizing agents that allows us to utilize existing redox active compounds, like vitamin C, to sensitize cancer cells to radiation therapy and chemotherapy." "This is a significant example of how knowing details of potential mechanisms and the basic science of redox active compounds in cancer versus normal cells can be leveraged clinically in cancer therapy," he explains. "Here, we verified convincingly that increased redox active metal ions in cancer cells were responsible for this differential sensitivity of cancer versus normal cells to very high doses of vitamin C."

## Say Goodbye to Hair Problems with Henna Hair Packs

Henna is one of the most effective natural alternatives to synthetic hair dye. Henna hair packs add a soft colour to hair when applied. Besides, henna also has strengthening and conditioning benefits. Henna is an excellent ingredient when it comes to your hair; it offers treatment for all kinds of hair problems, promotes hair health nourishing them from the roots and keep hair shiny. Benefits of Henna Pack for Hair-Owing to the presence of lawsone, henna helps seal hair cuticles and repairs them. The compound correlates proteins in your hair to strengthen hair, prevent breakage and keep hair lustrous. Henna is commonly applied as a natural hair dye. Moreover, the use of henna can also control premature greying of hair as it balances the pH level in your scalp. Henna pack for hair prevents loss of hair and prevents itching, dandruff, and all other kinds of hair problems. Henna has conditioning and cooling properties to give your scalp relief it needs. Henna use soothes scalp, controls dryness and restores the lost moisture. If you have brittle and dry hair, henna use can make them soft and shiny. Henna use can help deal with dandruff problem. Henna moisturizes your scalp and cleanses scalp to treat hair issues. Henna Hair Packs - Henna and Mustard Oil – The combination of henna and mustard oil makes your hair grow well and make them healthy. You need 10 ml of mustard oil in a bowl and a few crushed henna leaves. Mix the two and boil it. Leave it to cool down to room temperature. Using a muslin cloth, sieve the oil. This oil can be used to massage your hair regularly. You can also add some lemon juice, or a spoon of fresh curd to it. It is the ideal pack of henna for hair loss. Henna, Freshly Brews Black or Green tea and Lemon – Henna can give your hair the colouring effect. This pack can also be used for hair conditioning. Keep henna powder soaked overnight and apply to the hair on the next day. Soaking henna powder in freshly brewed and strained black or green tea can maximize the conditioning effect. Mixing a little lemon juice to this henna hair pack can add lustre to your hair. Applying henna twice a month can add shine to your hair, promote hair health and increase the volume. Now that you know how to make henna hair packs that work, go ahead and give your hair strength and relief.

## DCGI to Audit mfg Sites of cos Before Giving Approvals For New Drugs

**Mumbai:-** Drug Controller General of India (DCGI) has started auditing manufacturing facilities in the country for stability studies and to verify minimum requirements for product quality assurance before giving final approvals for new drugs. This is a major policy shift as earlier Central Drugs Standard Control Organisation (CDSCO) inspections were not carried out at manufacturing sites before giving approval for a new drug in the country. Generally, health ministry constituted Subject Experts Committee (SEC), Technical Committee and Apex Committee examine applications for clinical trials in India before giving approval to the new drug. All of the studies are approved by the DCGI before the final approval. "Since we are giving relaxation in clinical trials on a case-to-case basis, the preparedness for manufacturing high quality medicines to be made available to the Indian population need to be assured at the manufacturing facility. This will happen when we have a robust system of auditing, engaging and knowing the preparedness of the manufacturer," explains Drug Controller General of India Dr G N Singh. Basic purpose of the exercise is to conform to the expectation of the regulators, ability to adhere to the needs of science and focus on quality by ensuring that basic standards of quality requirements are met. He further adds, "These audits are also required in cases where clinical trial waiver is given to the manufacturer for a particular new drug or there is serious doubt about quality of the drug based on surveillance. Meanwhile, risk based audits are also going on to ensure patient safety by verification at the point of production." CDSCO has, till date, successfully concluded 185 risk based inspections in 8 phases based on a checklist issued for the state drug regulators to ensure that there is uniformity of inspections across all the Schedule M units in the country. CDSCO checklist and evaluation is aimed at streamlining uniform inspection procedures across the country related to good manufacturing practices (GMP). The checklist and tool is meant to help CDSCO and state drug regulators understand and collaborate which pharmaceutical and active pharmaceutical ingredient (API) manufacturing sites have been inspected and are found to be compliant. The inspections are planned and carried out jointly by the CDSCO officials and Drug Inspectors of the States concerned. CDSCO has developed checklist and evaluation tool to outline proper inspection procedures with a consistent nationwide approach for the inspections to be carried out by CDSCO officials and state regulators. Specifications mentioned in the checklist include specify whether the whole facility is separated, dedicated and is not a part of any other non-drug facility, specify whether the surroundings of manufacturing area is clean and as per the SOP prescribed in this regard. (Mention the SOP nos.), describe the pest, insects, birds and rodents control system followed in the premises. Specify pest control schedule- area wise, along with materials and methods used and specify the level maintained in various parts of the premise (storage area, manufacturing area specially visual inspection, laboratory areas etc).



## Fillip For Bharat Biotech's Next-Gen Typhoid Vaccine

Hyderabad-headquartered vaccine-maker Bharat Biotech announced on October 2, Monday that its "next generation typhoid vaccine, Tybbar-TCV, has demonstrated its safety and efficacy in a high risk human challenge clinical study carried out at Oxford University. What is very significant is the clinical studies produced 87 per cent effectiveness as per the trial results published in Lancet." A note issued by the company says: "Published in The Lancet, the study is the first to demonstrate that immunization with Tybbar-TCV is safe, well tolerated and will have significant impact on disease incidence in typhoid endemic areas that introduce the vaccine. This study was conducted in 112 adult volunteers and used a "controlled human infection model". Those within the industry see this as an important development as the study points to the conjugate vaccine being superior to polysaccharide vaccine. The company says: "The trial led by Prof. Andrew Pollard, Director, Oxford Vaccine Group, was designed based on human infection models where many of the participants, mostly University students, were to consume a drink containing bacteria. The results of the trial clearly show that the new Typhoid Conjugate vaccine gives significantly superior performance compared to the Typhoid Vi polysaccharide vaccine." The note from the company also says: "According to the study published in Lancet vaccine is safe, 100 per cent immunogenic, and prevents 55 per cent of typhoid infections in the challenge trial and up to 87 per cent of infections, when using real life definitions of typhoid fever. Efficacy data from this trial will help to fill a long existing knowledge gap regarding Vi-conjugate vaccines." Also, it says: "This data is highly significant since the currently available vi-pps typhoid vaccines cannot be administered to children below 2 years, and do not confer long term immunity. Tybbar-TCV can be administered to children below 2 years of age and does confer long term immunity. Protection over a longer term reduces the need for repeat vaccinations." According to an industry veteran, who did not wish to be identified, much would depend on how things pan out going forward. What may eventually prove a real big gain for the company is if it can get a World Health Organisation (WHO) prequalification and from a business perspective the ultimate test would be to eventually bag a UNICEF (United Nations Children's Fund) procurement. The company says: "The Product Summary File has been submitted to World Health Organisation for prequalification. WHO prequalification would allow for UNICEF to procure this vaccine for low-income countries where the disease burden is very high. TybbarTCV, it says, is currently licensed in India, Nigeria, and Nepal, with registrations underway in Malaysia, Turkey, Thailand, Uganda, Kenya, Bangladesh, Pakistan, Vietnam among 30 other countries. Commenting on the Lancet published study and Tybbar-TCV R&D milestone, Krishna Ella, Chairman & Managing Director, Bharat Biotech, has been quoted saying: "the company is pleased that the vaccine has been found to be extremely effective in the first ever high risk human challenge studies. "The results of this study and the 87 per cent effectiveness success endorse more than 10 years of R&D efforts to develop this vaccine and various clinical trials that have been carried out over the past 8 years". He also mentioned that the company has built dedicated facilities for the manufacture of this vaccine. "Multidrug-resistant Salmonella typhi has become a major public health problem, as more people are prescribed antibiotics for even common fever in developing nations," Ella stated citing the example of drug resistance against typhoid fever found in Hyderabad city in Pakistan. "We are proud being world-first to pursue a high risk human challenge study and be successful. This paves way for an early realisation of an effective vaccine that can help reduce the typhoid fever disease burden faced by millions of families," Ella added.

## Drink black tea for weight loss

Drinking black tea is as beneficial as green tea in preventing obesity and promoting health, researchers say. The findings showed that chemicals found in black tea called polyphenols alters energy metabolism in the liver by altering gut metabolites. It is well known that green tea polyphenols are more effective and offer more health benefits than black tea polyphenols since green tea chemicals are absorbed into the blood and tissue. However, "our new findings suggest that black tea, through a specific mechanism through the gut microbiome, may also contribute to good health and weight loss in humans", said lead author Susanne Henning, Professor at the University of California - Los Angeles (UCLA). "The results suggest that both green and black teas are prebiotics, substances that induce the growth of good microorganisms that contribute to a person's well-being," Henning added. For the study, published in the European Journal of Nutrition, the team conducted experiments on mice that consumed a high-fat, high-sugar diets and were supplemented with green tea or black tea extracts. Both groups had lesser type of bacteria associated with obesity, but had more of bacteria associated with lean body mass. However, only the mice that consumed black tea extract had an increase in a type of bacteria called Pseudobutyrvibrio -- which could help explain the difference between how black and green tea change energy metabolism. The findings suggest that the health benefits of both tea go beyond their antioxidant benefits and that both have a strong impact on the gut microbiome, noted Zhaoping Li, Director at UCLA's Centre for Human Nutrition.

## घुटनों के दर्द की दवा

घुटनों के दर्द की समस्या आजकल आम होती जा रही है कई बार ऐसा भी होता है कि किसी कारणवश चोट लग जाने से या बढ़ती हुई उम्र के कारण या फिर ब्रह्मावस्था में हड्डियों के कमजा. र हो जाने से अक्सर घुटनों में दर्द होने लगता है. इस पोस्ट में हम आपको घुटनों के दर्द से राहत दिलाने के लिए कुछ घरेलू नुस्खे बता रहे हैं जिनका उपयोग करने पर लगभग 7 दिन में ही आपको घुटनों के दर्द से राहत मिल जाएगी. यदि आपके घुटनों में लगातार या थोड़ा-थोड़ा दर्द या तेज दर्द बना रहता है तो यहाँ दिए गए घरेलू नुस्खे आजमाएँ और आपको 7 से लेकर 15 दिन के अन्दर-अन्दर इन घरेलू नुस्खों से पूरा-पूरा आराम मिल जाएगा और कभी आपके घुटने दर्द नहीं करेंगे. घुटनों के लिए दर्द निवारक दवा बनाने के लिए आप नीचे दिए गए कुछ नुस्खे आजमाएँ, किसी चोट का दर्द हो या घुटने का दर्द आप इस दर्द निवारक हल्दी के पेस्ट को बनाकर अपनी चोट के स्थान पर या घुटनों के दर्द के स्थान पर लगाइए इससे बहुत जल्दी आराम मिलता है. दर्द निवारक हल्दी का पेस्ट कैसे बनाएँ इसके लिए आप सबसे पहले एक छोटा चम्मच हल्दी पाउडर लें और एक चम्मच पिसी हुई चीनी और इसमें आप बूरा या शहद मिला लें, और एक चुटकी चूना मिला दें और थोड़ा सा पानी डाल कर इसका पेस्ट जैसा बना लें. इस लेप को बनाने के बाद आप उस स्थान पर जो घुटना दर्द करता हो लेप को लगा ले और ऊपर से बैंडेज या कोई पुराना सूती कपड़ा बांध दें और इसको रातभर लगा रहने दें और सुबह सादा पानी से इसको धो ले इस तरह से लगभग 1 सप्ताह से लेकर 2 सप्ताह तक ऐसा करने से आपके घुटने की सूजन मौसपेशियों में खिंचाव अंदरूनी चोट से होने वाले दर्द में बहुत जल्दी आराम मिलता है.



## Breast Cancer

**INTRODUCTION:-** According to WHO, each year there are nearly 1.30 million of new cases of breast cancer get register and 458,000 deaths happen because of it, all across the world. In India, Breast cancer accounts 25 to 31% of all the cancers in females who are above the age of 40 years. With the recent data published by TOI, it has shown that every day 2000 women's are being diagnosed with breast cancer. 'Pink Ribbon' is the symbol for the breast cancer awareness. The symbol was chosen by the Breast Cancer Research Foundation in 1993. The formation of lumps within the breast due to uncontrolled growth of cells leads to this disease of breast cancer. The disease can be life threatening, as it spreads to other parts of the body. **Risk Factors of Breast Cancer: FAMILY HISTORY:-** Females whose mothers or sisters had breast cancer in the past are at the higher risk of developing this disease. **BREAST LUMPS:-** Some women develop the non-cancerous breast lumps, these non-cancerous breast lumps puts women's on higher risk of this disease. **OESTROGEN EXPOSURE:-** Women who hits their periods earlier or enters menopause later than the usual time, are at the higher risk of getting diagnosed with breast cancer. This happens because their bodies have been exposed to oestrogen for longer duration of time period. **AGE:-** Elder women's are at higher risk of this disease **OBESITY:-** Over weight is also considered as a risk factor for the development of breast cancer. **DIET and LIFESTYLE CHOICES:-** Women who consume too much of alcohol, smoke a lot and thus eat high fat diet are at higher risk of this disease. **Sign and Symptoms of Breast Cancer:-** Change in the shape and size of the breast Change in the texture of the skin Presence of lumps in the breast Presence of rash or redness around the nipples of the breast Continuous pain in the breasts or in armpits Change in shape or position of the nipple, more likely inverted nipples Discharge from the nipples **Tips of Prevention for Breast Cancer:-** It is important to maintain a healthy lifestyle but avoiding smoking and limiting drinking. Adding up more fruits and vegetables in diet can help to maintain body weight. It is mandatory for women above the age of 20 years to self examine their breasts. They should be aware of the shape and size of their breasts and if they feel any difference or change, immediate consultation from specialist is mandatory. Women who are above the age of 40 years need to get their mammography done every year. It is advisable for new mothers to breastfeed their child minimum for one year. **About us:-** Metro Group of Hospitals has a dedicated 155 bedded facility, Metro Hospital and Cancer Institute, Preet Vihar, New Delhi, mainly dedicated for treatment of cancer. The hospital boasts of highly experienced team of medical, surgical, radiation, gynae oncologists and most advanced technology for 360 degree cancer treatment. For more details or appointments call: +91 8800197020 / metro@metrohospitals.com.

### दर्द व बुखार की दवा खाने से हो सकता है, अल्सर

दर्द और बुखार की दवा बिना चिकित्सक की सलाह से नहीं खाएं। इससे अल्सर होने की संभावना रहती है स्थानीय एक होटल में एपीआई द्वारा आयोजित कार्यशाला में पटना से आये डॉ० सुजीत कुमार ने कही। उन्होंने कहा कि बुखार और दर्द की कई ऐसी दवाएं हैं जो लीवर को डैमेज कर सकती हैं। नाईस, निमोस्लीन आदि कई दवाओं पर प्रतिबंध भी लग गया है। लेकिन दवाओं की अभी भी विक्री हो रही है। उन्होंने कहा कि दर्द की एक दवा भी खाने से अल्सर हो सकता है अथवा कई दवाओं के खाने के बाद भी। अतः बिना चिकित्सक की सलाह से दवा नहीं खानी चाहिए। दर्द की दवा खाने के पहले भरपेट भोजन कर पानी पीना चाहिए। साथ ही गैस की दवा खाने के कुछ देर के बाद दर्द की दवा खाने से एसिड नहीं बनेगा। क्रॉसिन सुरक्षित दवा है। लीवर ज्यादा खराब होने से खाने की नली खून की नली की तरह हो जाती है। शराब सेवन आदि से भी लीवर खराब होता है। अतः मरीज खून की उल्टी करने लगता है। पटना से आये डॉ० संजीव कुमार ठाकुर ने कहा कि हेपेटाइटिस बी से प्रतिवर्ष देश में एक लाख और बिहार में तकरीबन 30 हजार लोगों की मृत्यु हो जाती है। मरीज को संक्रमित रक्त चढ़ाने, एक ब्लड से कई लोगों को दाढ़ी बनाने, टैटू क्लब में भी एक ही नीडिल से कईयों को टैटू बनाने, संक्रमित गर्भवती माता से शिशु को संक्रमित करने से हेपेटाइटिस बी होने की संभावना रहती है।

### भारत में अर्थराइटिस रोगियों की संख्या बढ़ रही है

प्राप्त जानकारी के अनुसार तमाम बीमारियों के बीच भारत में अर्थराइटिस यानी गठिया रोग भी तेजी से बढ़ रहा है। इसके आँकड़े चिंताजनक हैं। भारत में 18 करोड़ से अधिक लोग अर्थराइटिस से प्रभावित हैं। इन मामलों की संख्या कई अन्य रोगों जैसे मधुमेह, एड्स और कैंसर की तुलना में अधिक है। भारत की तकरीबन 14 फीसदी आबादी जोड़ों के इस रोग के इलाज के लिए हर साल डॉक्टर की मदद लेती है। एक अनुमान के अनुसार 2025 तक भारत में ऑस्टियो अर्थराइटिस के मामलों की संख्या छह करोड़ तक पहुँच जाएगी। इस तरह भारत इस दृष्टि से दुनिया की राजधानी के रूप में उभरेगा। अर्थराइटिस पर किए गए एक विश्लेषण में पाया गया है कि देश में पुरुषों की तुलना में महिलाएँ रूमेटोइड अर्थराइटिस से अधिक पीड़ित हैं। विश्लेषण में यह भी पता चला है कि उत्तरी जोन की तुलना में पूर्वी जोन में अर्थराइटिस के मरीजों में ईएसआर और सीआरपी स्तर (जो जोड़ों की सूजन दर्शाते हैं) का उच्च होना तथा जोड़ों में सूजन आम है। वहीं, यूरिक एसिड का स्तर उत्तरी क्षेत्र में पूर्वी जोन की तुलना में अधिक पाया गया है। यूरिक एसिड का असामान्य स्तर गठिया को दर्शाता है। चालीस की उम्र के बाद मरीजों में ईएसआर (56.71 फीसदी, 61-85 वर्ष), सीआरपी (80.13 फीसदी, 85 से अधिक उम्र), आरएफ (12.77 फीसदी, 61-85 वर्ष) और यूए (34.76 फीसदी, 85 से अधिक उम्र) के स्तर असामान्य पाए गए हैं। पिछले साढ़े तीन सालों के दौरान अर्थराइटिस की जाँच हेतु लिए गए 64 लाख नमूनों पर आधारित हैं। हड्डी एवं जोड़ों के रोगों के निदान के लिए आमतौर पर एक्स-रे, सीटी-स्कैन, एम-आर-आई और डेक्सा स्कैन का इस्तेमाल किया जाता है। वहीं रोग की स्क्रूनिंग एवं मॉनिटरिंग के लिए कई अन्य प्रयोगशाला परीक्षण काम में लिए जाते हैं। अर्थराइटिस का सबसे प्रचलित रूप ऑस्टियो अर्थराइटिस हर साल भारत में 1.5 करोड़ वयस्कों को प्रभावित करता है। इस तरह इसकी प्रसार दर 22 फीसदी से 39 फीसदी है। इसके अलावा भारतीय आबादी में गठिया और रूमेटोइड अर्थराइटिस भी आमतौर पर पाए जाते हैं। ऑस्टियो अर्थराइटिस ज्यादातर महिलाओं में पाया जाता है और उम्र बढ़ने के साथ इसकी संभावना बढ़ जाती है। अध्ययन में पाया गया है कि 65 साल से अधिक उम्र की तकरीबन 45 फीसदी महिलाओं में इसके लक्षण मौजूद हैं, जबकि 65 साल से अधिक उम्र की 70 फीसदी महिलाओं में इसके रेडियोलोजिकल प्रमाण पाए गए हैं। अध्ययन के अनुसार, रूमेटोइड अर्थराइटिस आमतौर पर जोड़ों के आस-पास मौजूद उतकों को प्रभावित करता है। आमतौर पर वयस्कों में पाया जाने वाला यह रोग भारत की 0.5 फीसदी-एक फीसदी आबादी को प्रभावित करता है। महिलाओं में इसके मामले तीन-चार गुना अधिक पाए जाते हैं। इसकी शुरुआत अक्सर 35-55 आयुवर्ग में होती है। बयान में कहा गया है कि इन्फ्लामेटरी अर्थराइटिस के सबसे आम रूप गठिया की संभावना पुरुषों में तीन-चार गुना अधिक होती है और यह 50 वर्ष या अधिक उम्र में होती है।

### फेफड़े में कैंसर रोगी के लिए दवा से भी बढ़कर है मूंगफली, जानिए कैसे?

सर्दियों के मौसम की शुरुआत हो चुकी है और इस मौसम में मूंगफली खाने का अपना अलग ही मजा है। स्वाद के साथ-साथ यह सेहत के लिए भी मूंगफली बहुत फायदेमंद है। इसे सस्ता बादाम भी कहा जाता है। क्योंकि इसमें लगभग वो सारे तत्व पाए जाते हैं जो बादाम में होते हैं लेकिन सस्ती कीमत पर। मूंगफली में सेहत का खजाना छिपा हुआ होता है, इसके नियमित सेवन से कब्ज की समस्या दूर हो जाती है। यह पाचन क्रिया को भी बेहतर रखने में मददगार है साथ ही इसके सेवन से गैस व एसिडिटी की समस्या से तो राहत मिलती ही है, पेट के कैंसर की संभावना भी कम हो जाती है। मूंगफली खाँसी रोकने में भी उपयोगी है। इसके नियमित सेवन से फेफड़ों को मजबूती मिलती है। पाचन शक्ति को बढ़ाती है और भूख न लगने की समस्या भी दूर होती है। इतना जरूर ध्यान रखना कि मूंगफली की गिरी पर लगी लाल झिल्ली को नहीं खाना चाहिये और मूंगफली खाने के बाद आधा घण्टे बाद तक पानी नहीं पीना चाहिये। मूंगफली फेफड़ों का कैंसर रोकने में भी मदद करती है। मूंगफली में प्रोटीन भी अच्छी मात्रा में होता है और दूसरे जरूरी पोषक तत्व भी इसको खाने से मिलते हैं जिससे शरीर को ताकत मिलती है, जो शरीर के विकास के लिए बहुत जरूरी है। मूंगफली कोलेस्ट्रॉल की मात्रा को नियंत्रित करने में अहम भूमिका निभाती है। सप्ताह में पाँच दिन मूंगफली के कुछ दाने खाने से दिल की बीमारियाँ होने का खतरा कम रहता है। इसके अलावा कोलेस्ट्रॉल को बढ़ने से भी बचा जा सकता है। बढ़ती उम्र के लक्षणों को रोकने के लिए भी मूंगफली का सेवन किया जाता है। इसमें प्रोटीन, वसा, फाइबर, खनिज, विटामिन और एंटीऑक्सीडेंट भरपूर मात्रा में पाए जाते हैं। इसलिए इसके सेवन से स्किन अच्छी दिखाई देती है। चेहरे पर गहरी आ रही झुर्रियों को हल्का करने के लिये मूंगफली के तेल से मालिश की जा सकती है। मूंगफली में पर्याप्त मात्रा में कैल्शियम और विटामिन डी पाए जाते हैं। यह एक सम्पूर्ण प्राकृतिक और सस्ता ड्राईफ्रूट है। इसके सेवन से हड्डियाँ मजबूत बनती हैं। रोजाना थोड़ी मात्रा में मूंगफली खाने से महिलाओं और पुरुषों में हार्मोन्स का संतुलन बना रहता है।

## Happy Birthdays

DOB	NAME	FIRM	MOB	CITY	STATE
12.11.70	MOHD. ATAR HASAN	HIRAL LABS LTD	9045950322	ROORKEE	UTTARAKHAND
24.11.75	SHRI AJAY AGARWAL JI	AGARWAL MEDICAL HALL	9466310581	CHARKHI DADRI	HARYANA
16.11.62	SHRI ANUPAM KUMAR SRIVASTVA JI	SANTO FARMULATION	9415223398	LUCKNOW	UTTAR PRADESH
19.11.56	SHRI ANIL DUTT SHARMA JI	NITYANAND AGENCY	9813123243	REWARI	HARYANA
21.11.65	SHRI ANJAY KUMAR GARG JI	NAGPAL MEDICINE TRADERS	9810734393	FARIDABAD	HARYANA
21.11.89	SHRI ANIL GUPTA JI	HANS MEDICAL AGENCY	9027150705	BARAUT	UTTAR PRADESH
24.11.77	SHRI ASHISH SHARMA JI	GANPATI HEALTH CARE	9416422455	REWARI	HARYANA
24.11.80	SHRI AMIT JAIN JI	KATNI CHEMIST	9685623633	KATNI	MADHYA PRADESH
27.11.84	SHRI ANKIT SINGHAL JI	SHIV SHAKTI MEDICOSE	9813066386	JAJJAR	HARYANA
10.12.78	SHRI AMIT MITTAL JI	USHA MEDICAL AGENCY	9826620402	SHIVPURI	MADHYA PRADESH

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

3 वर्ष तक घर बैठे यह समाचार पत्र पढ़ने के लिये हमारे पंजाब नेशनल बैंक के खाता संख्या 1824002100120090, IFS Code - PUNB0182400 Branch- Deputy Ganj जो कि फार्मा न्यूज के नाम से है, में रू० 250/- जमा कर अपना पूरा पता हमारे फोन नं०- 09410434811 पर SMS कर दें।

## टीबी मरीजों के लिए नई दवा

**राजसमंद:-** प्राप्त जानकारी के अनुसार जिले में टीबी मरीजों के लिए "नई दवा, नई विधि" जिला स्तरीय योजना की शुरुआत शनिवार को कमला नेहरू चिकित्सालय स्थित जिला क्षय निवारण केंद्र पर कलेक्टर पीसी बेरवाल, सीएमएचओ डॉ० पंकज गौड़ और जिला क्षय रोग अधिकारी महेश बैरवा ने मरीजों को दवा खिलाकर की। जिला क्षय रोग अधिकारी डॉ० महेश बैरवा ने बताया कि नई विधि में मरीजों को टीबी की दवा हर रोज खानी है। इससे पहले टीबी के रोगियों को सप्ताह में तीन दिन एक दिन छोड़कर एक दिन दवा खानी पड़ती थी। लेकिन इसके तहत रोज दवा खानी होगी। खुराक का निर्धारण मरीजों को वजन के आधार पर होगा। डॉ० बैरवा ने बताया कि नई विधि से पहले में प्रचलित सभी दवाओं का मिश्रण एक ही गोली में किया गया है, इससे मरीजों को अलग-अलग दवाएँ नहीं लेनी पड़ेंगी। जिले में ब्लॉक स्तर पर हुई शुरुआत नई विधि की दवा की जिले के प्रत्येक ब्लॉक स्तर पर शुरुआत की है। इसमें खमनोर में ब्लॉक सीएमएचओ डॉ० जेपी बुनकर, भीम ब्लॉक सीएमएचओ डॉ० कमलेश मीणा, आमेत ब्लॉक सीएमएचओ डॉ० अनुराग शर्मा, कुंभलगढ़ ब्लॉक सीएमएचओ डॉ० प्रहलादसिंह सोलंकी, देवगढ़ ब्लॉक सीएमएचओ डॉ० शैलेंद्रसिंह, रेलमगरा ब्लॉक सीएमएचओ डॉ० राजेंद्र शर्मा ने टीबी मरीजों को दवा खिलाकर शुरुआत की। नई विधि शुरुआत के दौरान चिकित्सा अधिकारी प्रभारी कमला नेहरू चिकित्सालय डॉ० भूपेश परतानी, डॉ० सुमन वैष्णव भी मौजूद रहे। जिला क्षय निवारण केंद्र में कार्यरत चिकित्सा अधिकारी डॉ० रामनिवास जाट ने बताया कि नई टेबलेट में बच्चों के लिए मैंगो, स्ट्रॉबेरी और रसबेरी फ्लेवर में पानी में घुलनशील दवा मिलेगी। इससे बच्चों को खुराक लेने में आसानी होगी। नई दवा, नई विधि से टीबी मरीजों को टीबी रोग से मुक्ति दिलाने में लाभदायक होगी। वर्तमान में जिले के 1500 मरीजों को इस नई विधि, नई दवा से लाभांशित करने का लक्ष्य है।

## कब्ज का होमियोपैथिक इलाज

कब्ज, पाचन तंत्र की उस स्थिति को कहते हैं जिसमें कोई व्यक्ति (या जानवर) का मल बहुत कड़ा हो जाता है तथा मलत्याग में कठिनाई होती है। कब्ज अमाशय की स्वाभाविक परिवर्तन की वह अवस्था है, जिसमें मल निष्कासन की मात्रा कम हो जाती है, मल कड़ा जाता है, उसकी आवृत्ति घट जाती है या मल निष्कासन के समय अत्यधिक बल का प्रयोग करना पड़ता है। सामान्य आवृत्ति और अमाशय की गति व्यक्ति विशेष पर निर्भर करती है। एक सप्ताह में 3 से 12 बार मल निष्कासन की प्रक्रिया सामान्य मानी जाती है। **कब्ज का होमियोपैथिक इलाज:-** होमियोपैथी चिकित्सा की सबसे लोकप्रिय समग्र प्रणालियों (Holistic Pathy) में से एक है। होमियोपैथी (Homoeopathy) में इलाज के लिए दवाओं का चयन व्यक्तिगत लक्षणों पर आधारित होता है। यही एक तरीका है जिसके माध्यम से रोगी के सब विकारों को दूर कर सम्पूर्ण स्वास्थ्य लाभ प्राप्त किया जा सकता है। होमियोपैथी का उद्देश्य कब्ज (Constipation) करने वाले कारणों का सर्वमूल नाश करना है न की केवल कब्ज (Constipation) का करना। जहाँ तक चिकित्सा सम्बन्धी उपाय की बात है तो होमियोपैथी में कब्ज (Constipation) के लिए अनेक होमियोपैथिक दवाइयाँ (Homeopathic Drugs) उपलब्ध हैं। व्यक्तिगत इलाज के लिए एक योग्य होमियोपैथिक (Qualified Homeopathic) डॉक्टर की सलाह लेनी चाहिए। **निम्नलिखित होमियोपैथिक दवाइयाँ कब्ज (Constipation) के उपचार में काफी लाभकारी होती हैं:-** गरिकस (Agaricus) • ऐथ्यूसा (Aethusa) • अलुमन (Alumen) • एलुमिना (Alumina) • ब्रयोनिया अलबा (Bryonia alba) • एलो सोकोट्रिना (Aloe socotrina) • ऐन्टिम क्रूड (Antim crude) • असफोइतिदा (Asafoitida) • बाप्टैसिया (Baptisia) • कालकरिया कार्ब (Calcaria carb) • चाइना (China) • कोलिन्सोनिया (Collinsonia) • ग्रैफाइटिस (Graphites)

## डेंगू के मरीजों की संख्या बढ़ रही है



प्राप्त जानकारी के अनुसार उत्तर प्रदेश की राजधानी लखनऊ में डेंगू के चार नए मामले सामने आए हैं। इसके साथ ही डेंगू के मरीजों की संख्या 100 के पार हो गई है। लखनऊ के सहायक चिकित्साधिकारी सुनील रावत ने बताया कि डेंगू के चार नए मामले सामने आए हैं। इनमें से एक मरीज का इलाज किंग जॉर्ज मैडीकल कॉलेज में चल रहा है जबकि दूसरे का इलाज निजी अस्पताल में चल रहा है। उन्होंने बताया कि मैडीकल कॉलेज और राममनोहर लोहिया अस्पताल से मिली जानकारी के अनुसार, चार मरीजों में डेंगू की पुष्टि हुई है। इनमें से तीन मरीज गोमती नगर और चौथा मरीज ऐशबाग का है। डेंगू बुखार के लक्षण प्रथम चरण में सामान्य बुखार की तरह ही लगते हैं। इसलिए पहले के चरण में इसका पता लगाना मुश्किल होता है। **प्रथम चरण में डेंगू के लक्षण इस प्रकार के होते हैं-** बुखार का टेम्परेचर चढ़ जाता है। बुखार आने के वक्त ठंड लगने लगती है। सर में बहुत दर्द होना। माँसपेशियों या जोड़ों में बहुत दर्द होना। ग्लैंड में दर्द या सूजन होना। उल्टी, भूख न लगना, ब्लडप्रेशर कम होना, चक्कर आना, शरीर में रैशज का होना, खुजली होना, कमजोरी आदि यह डेंगू के प्रथम अवस्था के लक्षण हैं जो साधारणतः रोगी के शरीर के मुताबिक होता है। अपने घर को साफ-सुथरा रखना चाहिए। अपने आस-पास पानी जमा न होने दें। चाहे वह कूलर का पानी हो या फूल के गमले का या बाल्टी का पानी हो, पानी को खाली करके रहना और साफ रखना चाहिए। घर के आस-पास के जगह को साफ-सुथरा रखना जरूरी होता है। फुल स्लिप के कपड़े पहनें, जिससे मच्छर से बचा जा सके। खानपान बेहतर करें, व्यायाम करना भी जरूरी है।

## डिस्क स्लिप होने पर करें ये उपचार

हमारी रीढ़ करीब 34 छोटी-छोटी हड्डियों (वर्टिब्रा) से मिलकर बनती है। दो वर्टिब्रा के बीच एक गद्देदार उतक होता है। जिसे इन्टरवर्टिब्रल डिस्क कहते हैं। डिस्क दो वर्टिब्रा को आपस में राइड खाने से रोकती है। बढ़ती उम्र और गलत तरीके से उठने-बैठने से डिस्क में बदलाव आते हैं, उसे स्लिप डिस्क कहा जाता है। डिस्क के खिसक जाने से आस-पास निकलने वाली नब्ज पर दबाव पड़ता है, इससे कुछ परिस्थितियाँ पैदा हो सकती हैं। कमर से लेकर एक पंजे तक करंट जैसा दर्द, पैर में सुन्नपन, पंजे या पैर के अंगूठे में कमजोरी आना, गम्भीर परिस्थितियों में पेशाब में रूकावट। स्लिप डिस्क का दर्द, आराम करने, व्यायाम और दर्द निवारक दवा से ठीक हो जाता है। 6 हफ्ते में दर्द ठीक न हो तो कमर में एक छोटे से चोरे से डिस्क के नस को दबाने वाले हिस्से को निकाल दिया जाता है। ध्यान रखें समय पर ऑपरेशन से पैरों में कमजोरी या पैरालिसिस नहीं होती।

## एलर्जिक अस्थमा

होम्योपैथी चिकित्सा की सबसे लोकप्रिय समग्र प्रणालियों में से एक है। होम्योपैथी में इलाज के लिए दवाओं का चयन व्यक्तिगत लक्षणों पर आधारित होता है। यही एक तरीका है जिसके माध्यम से रोगी के सब विकारों को दूर कर सम्पूर्ण स्वास्थ्य लाभ प्राप्त किया जा सकता है। होम्योपैथी का उद्देश्य एलर्जिक अस्थमा होने वाले कारणों का सर्वमूल नाश करना है न की केवल एलर्जी का जहाँ तक चिकित्सा सम्बन्धी उपाय की बात है तो होमियोपैथी में एलर्जिक अस्थमा के लिए अनेक दवाइयाँ उपलब्ध हैं। व्यक्तिगत इलाज के लिए एक योग्य होमियोपैथिक डॉक्टर की सलाह लेनी चाहिए। यह कुछ होमियोपैथिक दवाइयाँ है जो एलर्जिक अस्थमा के उपचार में काफी लाभकारी होती है:- एलियम सीपा • अयोडियम • थ्यूजा • डलकेमारा • कार्बो वेज



### मखाना चमत्कारी गुण युक्त

एंटीऑक्सीडेंट्स से भरपूर सफेद मखाना शरीर को सिर से लेकर पैरों तक बीमारियों को दूर रखता है। इसकी खासियत है कि यह हृदय को पोषण देकर दुरुस्त रखता है। बच्चे से लेकर वर्ग के व्यक्ति से लिए यह एनर्जी का स्रोत है। मखानों में सेचुरेटेड फैट, सोडियम व बुरे कोलेस्ट्रॉल की मात्रा कम और मैग्नीशियम, पोटेशियम व फास्फोरस की मात्रा ज्यादा होती है। आयरन से भरपूर 100 ग्राम मखाने से 360 कैलोरी ऊर्जा मिलती है। इसमें प्रोटीन, कार्बोहाइड्रेट, मिनेरल्स व विटामिन तत्व होते हैं। फाइबर तत्व ज्यादा होने से यह कब्ज की समस्या को दूर करता है। यह शरीर से विषैले तत्वों को बाहर निकालकर पेट को साफ रखता है। फ्लेवोनॉइड से भरपूर मखाना डायबिटीज, हृदय संबंधी व कैंसर के कारक बनने वाले फ्री रेडिकल्स को नष्ट कर संक्रमण से बचाव करता है। इससे बादाम, काजू आदि की तरह रोस्ट करके पाउडर के रूप में सब्जी में डालकर, रायता, खीर या हलवा बनाकर खाया जा सकता है। कम सोडियम और हाई फाइबर होने के कारण मखानों को डायबिटीज व ब्लड प्रेशर के मरीज, विशेषज्ञ से सलाह लेकर ही खाएँ।

### FDA Approves Treatment For Any Solid Tumor With a Specific Genetic Feature

The U.S. Food and Drug Administration today granted accelerated approval to a treatment for patients whose cancers have a specific genetic feature (biomarker). This is the first time the agency has approved a cancer treatment based on a common biomarker rather than the location in the body where the tumor originated. Keytruda (pembrolizumab) is indicated for the treatment of adult and pediatric patients with unresectable or metastatic solid tumors that have been identified as having a biomarker referred to as microsatellite instability-high (MSI-H) or mismatch repair deficient (dMMR). This indication covers patients with solid tumors that have progressed following prior treatment and who have no satisfactory alternative treatment options and patients with colorectal cancer that has progressed following treatment with certain chemotherapy drugs. "This is an important first for the cancer community," said Richard Pazdur, M.D., acting director of the Office of Hematology and Oncology Products in the FDA's Center for Drug Evaluation and Research and director of the FDA's Oncology Center of Excellence. "Until now, the FDA has approved cancer treatments based on where in the body the cancer started—for example, lung or breast cancers. We have now approved a drug based on a tumor's biomarker without regard to the tumor's original location." MSI-H and dMMR tumors contain abnormalities that affect the proper repair of DNA inside the cell. Tumors with these biomarkers are most commonly found in colorectal, endometrial and gastrointestinal cancers, but also less commonly appear in cancers arising in the breast, prostate, bladder, thyroid gland and other places. Approximately 5 percent of patients with metastatic colorectal cancer have MSI-H or dMMR tumors. Keytruda works by targeting the cellular pathway known as PD-1/PD-L1 (proteins found on the body's immune cells and some cancer cells). By blocking this pathway, Keytruda may help the body's immune system fight the cancer cells. The FDA previously approved Keytruda for the treatment of certain patients with metastatic melanoma, metastatic non-small cell lung cancer, recurrent or metastatic head and neck cancer, refractory classical Hodgkin lymphoma, and urothelial carcinoma. Keytruda was approved for this new indication using the Accelerated Approval pathway, under which the FDA may approve drugs for serious conditions where there is unmet medical need and a drug is shown to have certain effects that are reasonably likely to predict a clinical benefit to patients. Further study is required to verify and describe anticipated clinical benefits of Keytruda, and the sponsor is currently conducting these studies in additional patients with MSI-H or dMMR tumors. The safety and efficacy of Keytruda for this indication were studied in patients with MSI-H or dMMR solid tumors enrolled in one of five uncontrolled, single-arm clinical trials. In some trials, patients were required to have MSI-H or dMMR cancers, while in other trials, a subgroup of patients were identified as having MSI-H or dMMR cancers by testing tumor samples after treatment began. A total of 15 cancer types were identified among 149 patients enrolled across these five clinical trials. The most common cancers were colorectal, endometrial and other gastrointestinal cancers. The review of Keytruda for this indication was based on the percentage of patients who experienced complete or partial shrinkage of their tumors (overall response rate) and for how long (durability of response). Of the 149 patients who received Keytruda in the trials, 39.6 percent had a complete or partial response. For 78 percent of those patients, the response lasted for six months or more. Common side effects of Keytruda include fatigue, itchy skin (pruritus), diarrhea, decreased appetite, rash, fever (pyrexia), cough, difficulty breathing (dyspnea), musculoskeletal pain, constipation and nausea. Keytruda can cause serious conditions known as immune-mediated side effects, including inflammation of healthy organs such as the lungs (pneumonitis), colon (colitis), liver (hepatitis), endocrine glands (endocrinopathies) and kidneys (nephritis). Complications or death related to allogeneic hematopoietic stem cell transplantation after using Keytruda has occurred. Patients who experience severe or life-threatening infusion-related reactions should stop taking Keytruda. Women who are pregnant or breastfeeding should not take Keytruda because it may cause harm to a developing fetus or newborn baby. The safety and effectiveness of Keytruda in pediatric patients with MSI-H central nervous system cancers have not been established. The FDA granted this application Priority Review designation, under which the FDA's goal is to take action on an application within six months where the agency determines that the drug, if approved, would significantly improve the safety or effectiveness of treating, diagnosing or preventing a serious condition.

### Obesity during pregnancy may lead directly to fetal overgrowth, NIH study suggests

Obesity during pregnancy — independent of its health consequences such as diabetes — may account for the higher risk of giving birth to an atypically large infant, according to researchers at the National Institutes of Health. Their study appears in JAMA Pediatrics. "Our results underscore the importance of attaining a healthy body weight before pregnancy," said the study's lead author, Cuilin Zhang, M.D., Ph.D., a researcher in the Division of Intramural Population Health Research at NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development. "They also suggest that clinicians should carefully monitor the pregnancies of all obese women, regardless of whether or not they have obesity-related health conditions." Macrosomia — large body size at birth — is common among children born to obese women, particularly those who have gestational diabetes (high blood sugar during pregnancy). Macrosomia increases the risk that an infant will experience bone fracture during delivery. It also increases the likelihood that the infant will need to be delivered by cesarean section. Having a large infant also increases a mother's risk for postpartum hemorrhage, or excessive bleeding at birth. In the current study, researchers analyzed ultrasound scans taken throughout pregnancy of more than 2,800 pregnant women: 443 obese women with no accompanying health conditions, such as diabetes, and more than 2300 non-obese women. The researchers categorized the women's weight according to their body mass index (BMI) score. Women with a BMI ranging from 30 to 44.9 were classified as obese, while those with a BMI of 29.9 were considered non-obese. Beginning in the 21st week of pregnancy, ultrasound scans revealed that for fetuses of obese women, the femur (thigh bone) and humerus (upper arm bone) were longer than those of the fetuses of non-obese women. The differences between fetuses of obese and non-obese women continued through the 38th week of pregnancy. For fetuses in the obese group, the average femur length was 0.8 millimeters longer (about 0.03 inches), compared to the non-obese group, and humerus length was about 1.1 millimeters longer (about 0.04 inches), compared to the non-obese group. Average birth weight was about 100 grams (about 0.2 pounds) heavier in the obese group. Moreover, infants born to obese women were more likely to be classified as large for gestational age (birth weight above the 90th percentile), compared to infants born to non-obese women. The study could not determine exactly why the fetuses of obese women were larger and heavier than fetuses in the non-obese group. The researchers theorize that because obese women are more likely to have insulin resistance (difficulty using insulin to lower blood sugar), higher blood sugar levels could have promoted overgrowth in their fetuses. The authors pointed out that earlier studies have indicated that the higher risk of overgrowth seen in newborns of obese women may predispose these infants to obesity and cardiovascular disease later in life. They called for additional studies to follow the children born to obese women to determine what health issues they may face.

### हार्ट का ख्याल रखती है राई

सभी घरों में राई का इस्तेमाल खाने में किया जाता है। इसके कई स्वास्थ्य लाभ होते हैं। लेकिन राई को अलग तरीके से यूज किया जाये तो इससे हार्ट अटैक जैसी समस्यायें भी दूर की जा सकती हैं। राई में कॉपर, आयरन, मैग्नीशियम और सेलेनियम जैसे तत्व होते हैं, जो शरीर को कई तरह की प्रोब्लम्स से बचाने में सहायक होते हैं। 2 चम्मच राई को पीसकर पेस्ट बनायें और उससे हाथों और पैरों पर मालिश करें। दिल की समस्याओं में राहत मिलेगी। राई का पेस्ट रोजाना सिर पर लगाने से सिरदर्द यानी माइग्रेन में राहत मिलती है। 1 कप गुनगुने पानी में आधा चम्मच राई मिलाकर पीने से दस्त में आराम मिलता है। राई को पीसकर उसमें कपूर मिलाएँ। इस पेस्ट से जोड़ों पर मालिश करने पर आराम मिलेगा। कान दर्द होने पर राई के तेल को गर्म करके 2 या 3 बूंद कान में डालें। इसके कुछ देर बाद साफ कर लें। दर्द में आराम मिलेगा। राई के तेल में बारीक नमक मिलाकर मंजन करने से दाँत दर्द में राहत मिलकर पायरिया से भी मुक्ति मिलती है।

### नवम्बर व दिसम्बर माह के त्यौहार

10.11.2017	कालभैरव जयन्ती
14.11.2017	उत्पन्ना एकादशी
15.11.2017	प्रदोष व्रत
16.11.2017	वृश्चिक संक्रान्ति
18.11.2017	मार्गशीर्ष अमावस्या
23.11.2017	विवाह पंचमी
30.11.2017	मोक्षदा एकादशी
01.12.2017	हनुमान जयन्ती कन्नड
06.12.2017	संकष्टी चतुर्थी
10.12.2017	कालाष्टमी

### Bristol-Myers Squibb Expands Collaboration With Syngene International

The expansion will enable the two companies to undertake a greater range of scientific research and development for pharmaceuticals across a broader range of activities. Syngene International, a contract research organisation, has expanded its ongoing collaboration with Bristol-Myers Squibb. The next phase of the partnership will see the addition of a new facility to support future Bristol-Myers Squibb research and development operations, an expansion of the team and the extension of the existing agreement through 2026. The expansion will enable the two companies to undertake a greater range of scientific research and development for pharmaceuticals across a broader range of activities. Syngene and Bristol-Myers Squibb have worked together since 1998. The research campus, known as Biocon BMS Research Center (BBRC), Syngene's first dedicated R&D Center, was established in 2007, which was subsequently renewed through 2020 and now has been further extended through 2026. It is the largest research and development facility for Bristol-Myers Squibb outside of the United States and plays an integral part within their global research and development network. As part of the expansion, Syngene will set up a new dedicated facility spread across 25,000 sq ft of laboratory and office space for Bristol-Myers Squibb. This facility will house an additional team of 75 Syngene scientists who will work exclusively in support of Bristol-Myers Squibb. "We are proud of how the partnership with Syngene and the BBRC has evolved," said Carl Decicco, Head of Discovery, Bristol-Myers Squibb. "At its inception, it was thought that BBRC would be a fast, nimble organisation that could partner closely with our R&D organisation to accelerate the development of Bristol-Myers Squibb's pipeline and the partnership has exceeded all expectations." Commenting on the extension of collaboration, Jonathan Hunt, CEO, Syngene International, said, "We are excited about the potential that this expansion to our collaboration with Bristol-Myers Squibb brings in delivering innovative scientific solutions to address disease globally. We consider our work with Bristol-Myers Squibb to be a 'flagship' relationship. They understand and appreciate the exceptional quality of science that is accessible at Syngene, and have been consistently generous in sharing their own expertise to nurture young Indian talent for the betterment of the collaboration and for patients everywhere." BBRC provides integrated services supporting discovery, translational sciences and product development functions for Bristol-Myers Squibb.

### How to Lose Weight by Taking the Stairs

If you have been daydreaming about joining a gym, but are lazy to get to looking for one, there is a better and easy way: taking the stairs. Jogging up and down the stairs works as a cardio and strengthening exercise that can help tone the body, burn excess fat, get the heart rate pumping and build lean muscle mass. You may begin exercise by taking the stairs for a few minutes at a time and gradually working your way up to an hour. You may also choose to take the stairs throughout the day to achieve your weight-loss goals and enhance calorie burn. Step 1-Before you start exercising by using the stairs, make sure that you have consulted your doctor. Climbing stairs may be an intense activity; exactly why you would want to know if you are healthy enough to start working out. Your doctor will tell you how much of climbing or jogging the stairs you can begin with according to your health condition. Your doctor may prescribe only a minute or two of stair-climbing initially. Step 2 Gradually work your way up to jogging or climbing up and down the stairs for 20 to 30 minutes at least three to five times a week. Adults need at least 60 minutes of vigorous aerobic activity such as running on the stairs or jogging or 150 minutes of moderate aerobic activity such as walking up and down the stairs. You may, however, find it necessary to work out for 90 minutes in one go to lose weight for good. Step 3-Take the stairs when you are work or wherever you are. Avoid taking the escalators or elevators whenever possible. The more activity you indulge in, the more calories you are likely to burn. You will also, thereby, increase your chances of losing weight quickly. If your job is the kind that mandates sitting in front of a computer for a long time, make sure that you take a break every half hour and walk up and down stairs for five minutes. Step 4 o keep yourself motivated, make interval training a part of your stair workouts by alternating walking up and down the stairs from 30 seconds to three minutes of running them. Resume a slower pace as you master the exercise. Switch the length and intensity of your intervals every day to make it a greater challenge.

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## Serum Institute Launches Vaccines for Rabies and Rotavirus; More in Pipeline

Pune-based vaccine manufacturer Serum Institute of India has launched two more vaccines - for rotavirus causing diarrhoea and rabies - and is working on a few more from dengue to cervical cancer. The newly developed Rabishield anti rabies vaccine is claimed to be the world's first recombinant rabies monoclonal antibody to prevent Rabies, a fatal disease which is estimated to cause two deaths every hour in India. Rabishield has been developed in research partnership with Massachusetts Medical School, USA. Ads by ZINC "Rabishield is a first-of-its-kind product for passive immunization against rabies. Since the new drug will be 25 percent cheaper than the existing rabies immunoglobulins, it would meet the needs of the poor countries," said Adar Poonawalla, Chief Executive Officer, Serum Institute of India, while launching the vaccines in Mumbai on Tuesday. 'Rotasiil' rotavirus vaccine is claimed to be the world's first thermostable pentavalent Rotavirus vaccine containing the G9 strain to help prevent the spread of rotavirus which causes diarrhoea mostly in babies and is often accompanied by vomiting and fever, leading to severe dehydration. It is reported that around 100,000 rotavirus related deaths occur in India. Poonawalla said Serum's scientists have been working on this rotavirus vaccine for the last eight years and the heat-stable vaccine was developed to overcome the absence of cold-chain in many poor countries. Serum Institute is also planning to launch a biologic drug for dengue in two years, in partnership with a US company Visterraand. The company is also developing a dengue vaccine, which may be developed in three to four years. Serum is also working on to launch 3-4 new vaccines, including for cervical cancer, pneumococcal and meningitis, said Adar Poonawalla. The privately held Rs 4,000 crore revenue company hopes to reach over Rs 10,000 crore in the next five years with the new launches and sales in developed markets. Started in 1966 by Dr. Cyrus Poonawalla, Serum Institute of India sells about 1.3 billion doses of different a year globally across 147 countries. About 65 per cent children in the world is estimated to have received at least one vaccine made by Serum, whose products are available in over 147 countries.

## Health Ministry to Establish e-enabled Structure for Regulating Sals of Medicines

**Mumbai:-** Aiming to ensure availability of right drugs that meet the standards of quality to the patients, curbing anti-microbial resistance (AMR) and also regulating the supply of medicines through online/ internet to persons or other entities in and outside India, the Union Health Ministry will soon establish a robust e-enabled structure for regulating sale of medicines in the country. In this regard, the ministry proposes to develop an electronic platform which will be developed and maintained by an autonomous body under the Union ministry of health and family welfare. All manufacturers will be required to register themselves with this portal and enter data relating to sale of drugs on the said e-platform to different distributors i.e. the stockists/wholesalers or other wise with batch number, quantity supplied and expiry date of the batch. All stockists/wholesalers or other distributors will, also be required to register themselves on the said portal and enter details of stocks received and supplied by them to further distributors or retailers. The data can be entered both through online and by using mobile phones. The pharmacies located in rural and other remote areas can upload the data either through mobile phones or through internet at least once every fortnight. No retailer/chemist/e-pharmacist outlet shall be permitted to sell any medicine/drug unless such pharmacy is registered on the e-portal. The retailers i.e. the chemists and druggists or e-pharmacy outlets will be required to enter all details of the medicines/drugs received, sold, returned to the manufacturer or disposed of in any other manner. as per the proposal, no sale by e-pharmacy shall be permitted to be carried out by any person or entity unless it has a licenced brick and mortar facility in each of the Licencing Authority's jurisdiction. No dispensing/ sale of drugs shall be permitted by any entity beyond the area for which a licence has been granted. Medicines other than drugs included in Schedule H, H1 and X will be dispensed or made available/distributed to any person only against prescription of a registered medical practitioner. However, in case of a few identified medicines, any other person specifically authorised (such as ASHA) to distribute a particular class of medicines may do so. The details of medicines dispensed will be entered in the e-platform and bills will be generated through the system. Such details will include prescribing doctor's Registration number (MCI or state Medical Council or the Dental Council of India) or other authorised person's identity number, the name and registration number of the dispensing chemist and the quantity supplied, etc. Details of other than the patient name and identity shall not be necessary in case of drugs not included in Schedule H, H-I or X. The details of patient authorised person, etc. shall be kept confidential and shall not be disclosed to anyone other than the central and State Drug Regulators or other officers authorised by the Central or State Governments. The details could, after removing the confidential information, be also made available to the Pharmacovigilance Programme of India (PvPI). Hospitals and other clinical establishments or other authorised persons, both in the public sector and the private sector, shall be required to enter details of medicines dispensed or distributed/issued/made available to patients as also details of any adverse reaction, etc. and such data shall be kept confidential and made available only to PvPI and the regulator in the manner specified above. At the backend, a system of audit by regulators for ensuring compliance with the Drugs and Cosmetics Act, 1940 and Rules thereunder will be developed. The audit will be facilitated through offsite analysis. The information collected may also be used by the Ministry of Health and Family Welfare, Government of India for such purposes as considered necessary in public interest. No export of anti-bacterial or any habit forming drug shall be permitted against internet orders. Any person or entity proposing to export other medicines/drugs on the basis of internet orders shall be required to be registered with the CDSCO and details of such registration will be need to be mentioned in the invoice when exporting such medicines/drugs. An appropriate as may be entrusted to it, becomes self-suffi-



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## Large Merger and Acquisitions Back in Indian Pharma

The Rs 3600 crore acquisition of Unichem's domestic business by Torrent Pharma has brought the mojo back into India pharma's merger and acquisition scene, which was eluding large deals in the past few years. Concerns related to the US market, which contributes major revenues for most of the leading firms, increasing regulatory concerns and price controls in the domestic market were forcing drug majors to be cautious in jumping into big deals. The struggle of leader Sun Pharma to digest its biggest acquisition, Ranbaxy Laboratories, also made drug firms cautious in executing large M&As. Sun and Ranbaxy had merged in February 2015 in a cashless share transaction worth \$3.2 billion, after an year of announcing the deal. Thereafter Indian pharma was not witnessing any large mergers. Indian drug firms' domestic business was always an attraction for multinationals to get a footprint in India. In the largest ever transaction so far, Ajay Piramal had sold his formulation business to Abbott for nearly Rs18,000 crore in 2010. Three years later, Strides Arcolab had sold its subsidiary to Mylan for about Rs 10,000 crore. In the same year, Torrent made a Rs 2000 crore acquisition of some attractive local brands belonging to Elder Pharma. A recent data from Grant Thornton Advisory says there were only 27 M&A deals in pharma and healthcare sector so far in 2017, valued at \$719 million, compared to 54 deals valued at \$4.7 billion in calendar year 2016. (After this report, Lupin acquired Symbiomix Therapeutics for \$150 million and now the Rs 3600 crore Torrent-Unichem deal happened). Two of the largest acquisitions so far this year were Piramal Enterprises' buyout of Mallinckrodt's certain drugs for \$171 million and Aurobindo Pharma's acquisition of Portuguese firm Generis Farmaceutica \$142.5 million. Leading drug firms like Sun Pharma, Lupin, Zydus Cadila, Aurobindo etc. are searching for acquisitions in the specialty segment in the US market and brands or firms like Unichem in the domestic market, say investment bankers. Most of the leading firms are sitting on cash, but scrutiny is intense now due to experiences in the past. High valuations are also a roadblock in many deals, they say.

## नींबू पानी से दाँतों को खतरा, हड्डियाँ सही रखती है ग्वार की फली

भले ही वजन कम करने के लिए गुनगुने पानी में नींबू का रस मिलाकर पीना लाभकारी हो लेकिन दाँतों की सेहत के लिए यह सही नहीं। ब्रिटिश डेंटल एसोसिएशन के वैज्ञानिकों के अनुसार इसमें मौजूद एसिड की मात्रा दाँतों की इनमल परत को नुकसान पहुँचाती है। इससे सबसे ज्यादा नुकसान तब होता है जब नींबू पानी गर्म होता है। इससे बचने के लिए वैज्ञानिकों का कहना है कि नींबू पानी को स्ट्रॉ से पीया जाए या एक ही बार में गटक लिया जाए ताकि यह कम समय के लिए ही दाँतों के सम्पर्क में आए और किसी भी प्रकार का नुकसान भी न हो। इन दिनों बाजार में आसानी से उपलब्ध ग्वार की फली, जिसे क्लस्टर बींस भी कहते हैं बेहद पौष्टिक एवं सेहतमंद सब्जी है। **वेट लॉस:-** इसे खाने से कम मात्रा में ही पेट भर जाता है जिससे वजन नियंत्रण में रहता है। **डायबिटीज:-** इसका ग्लाइसीमिक इंडेक्स कम होता है इसलिए यह डायबिटीज में फायदेमंद है। **कब्ज:-** फाइबर की मौजूदगी से यह कब्ज दूर करती है। **मजबूत हड्डियाँ:-** आर्थराइटिस, ओस्टियोपोरोसिस व हड्डियों की अन्य तकलीफों में ग्वारफली नियमित खानी चाहिए क्योंकि इनमें कैल्शियम और फॉस्फोरस पर्याप्त मात्रा में होता है।

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**ABBOTT'S MITRACLIP APPROVED AS FIRST TRANSCATHETER MITRAL VALVE REPAIR DEVICE IN JAPAN**

- First minimally invasive device to treat people in Japan with common leaky heart valve for whom surgery is too risky - More than 50,000 patients worldwide have been treated with the MitraClip therapy ABBOTT PARK, Ill., Nov. 6, 2017 /PRNewswire/ -- Abbott (NYSE: ABT) today announced that Japan's Ministry of Health, Labour and Welfare (MHLW) has approved the company's MitraClip device for treatment of people with mitral regurgitation (MR), a serious, progressive heart disease in which the mitral valve does not close properly, allowing blood to flow backward into the heart. MR causes many life-altering symptoms, and left untreated, can ultimately lead to heart failure and death. i,ii,iii Most people affected are elderly as MR incidence increases with age.iv "MitraClip provides a new treatment option for many people with severe mitral regurgitation who cannot undergo the mitral valve surgery," said Kentaro Hayashida, M.D., Cardiovascular Internal Medicine, Keio University, Tokyo and principal investigator of the AVJ-514 clinical trial. "The introduction of MitraClip therapy in Japan will help more people who previously had limited options return to better health faster, with dramatically reduced symptoms." Currently, the standard-of-care treatments for mitral regurgitation in Japan are limited to open-heart surgery and medication. Surgery is not a viable option for some patients because of advanced age or other comorbidities, and medications typically only mask symptoms, instead of treating the underlying issue of the valve itself. "It is our mission to help people suffering from structural heart disease return to better health and quality-of-life by providing technologies and therapies that advance

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how people are treated," said Michael Dale, vice president for Abbott's structural heart business. "With the approval of our revolutionary MitraClip device in Japan, we can help more people live better by reducing the severity of their extremely life-altering illness in a safe and predictable way." The MitraClip system is a catheter-based, minimally-invasive therapy that is delivered to the heart through a blood vessel in the leg. By securing a portion of the leaflets of the mitral valve with a clip, the heart can pump blood more efficiently throughout the body, thereby relieving the symptoms of severe MR and improving patient quality of life. v After obtaining CE mark approval in Europe in 2008, MitraClip was approved by the U.S. Food & Drug Administration (FDA) in 2013. To date, more than 50,000 people have been treated by MitraClip in nearly 50 countries. With approval in Japan, the device will be indicated to treat both severe degenerative mitral regurgitation (DMR) and functional mitral regurgitation (FMR) heart diseases. Mob:- 09430240550.

**SUPER TOMATOES MAY PREVENT CANCER**

The little fruit wasn't satisfied with being a cure for hangover, a good source Of vitamin C, and being for your skin if is known to be tackling cancer also. Is there anything that a humble tomato can't do? The moruno tomato is touted to have twice the normal levels of a natural cancer Fighting substance and as much vitamin C as a small sized orange. It can be awarded to be the "super superfood". Scientists had studied in 2012 that a nutrient in cooked tomatoes had shown to slow the growth of and even kill prostate cancer cells. lycopene is an antioxidant compound that gives tomatoes and certain other fruits and vegetable their colour. People - have diets rich in tomatoes, which contain lycopene, appear in some Studies have a lower risk of certain types of cancer, especially cancers of the Prostate. Lung and stomach. However, not all off the studies have reached the same Conclusion. A research published in the British journal of Nutrition, done by Dr Chopra And colleagues at the University of postmouth tested the effect of the nutrient Lycopene on the elementary mechanism through cancer cells hijack a body's Healthy blood supply to grow and spread. They found lycopene to stop caner's ability of making the connections it needs to Attach to a healthy blood supply. Director of the research Dr Chopra said, this Simple chemical reaction was shown to occur at lycopene concentrations that can Easily be achieved by eating processed tomatoes." All red fruits contain lycopene, but its concentration is highest in tomatoes. It Becomes more biologically active when the tomatoes are observed with a small amount of cooking oil. In the research, lycopene was observed to disrupt the linking Process of cancer calls. Cancer calls can remain dormant for years until growth is triggered through the Secretion of chemicals which initiate the process of linking cancer cells with Endothelial cells which act as healthy gatekeeper cells lininh blood cessels. His allows The cancer cells to reach out attach to the blood supply. This procedure is known As the linking process of cancer cells. The researchers explained that all cancer cells use a similar mechanism (angiogenesis) to "feed" upon a healthy blood supply. They said there was added importance of this mechanism for prostate cancer Because lycopene to tends to accumulate in prostate tissues. They said there was added importance of this mechanism for prostate cancer Because lycopene tends to accumulate in prostate tissues. Dr Chopra said" the important thing is for sufficient lycopene to reach where it can Matter. We know that in case prostate tissues it gets there. "Individuals will vary in how much lycopene their bodies make available to fight cancer cell growth and the ability products both processing and cooking with fat have previously been shown to make lycopene more effective biologically. "the type of tomatoes which offer the most effective lycopene also differs and more Fests need to be dome to find the best breed to tomato for this purpose." Smokers might have to consume more tomatoes that non-smokers in order to Achieve the benefits of lycopene due to the presence of high oxidative stress in smokers.

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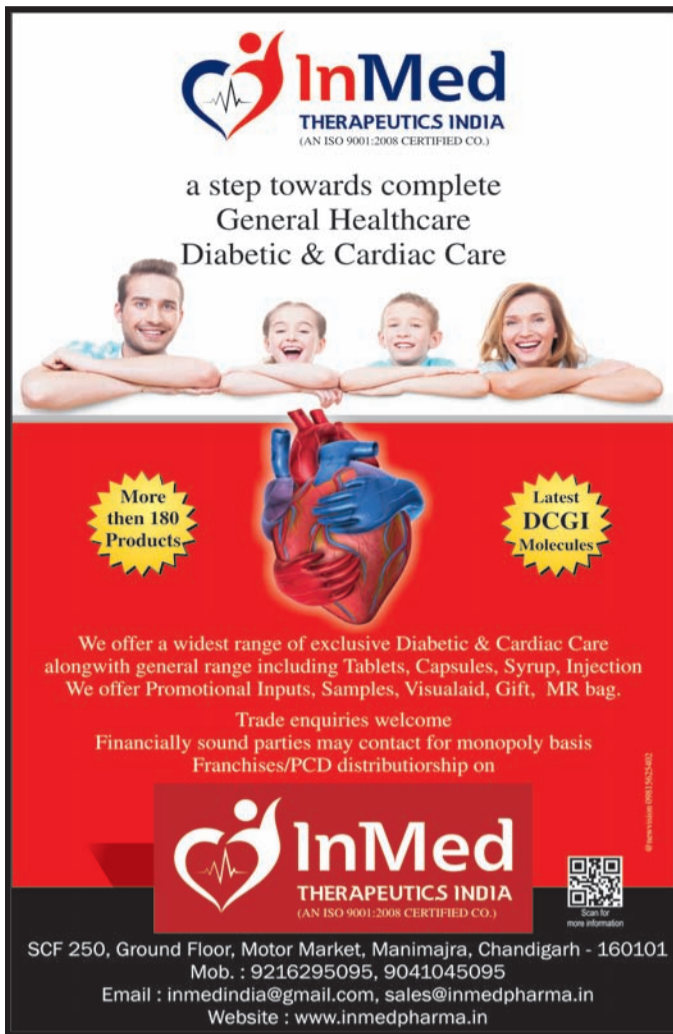
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## Skin Care Tips For a Healthy and Glowing Skin in 30s

30s is the best time of your life. You have a stable career. Most probably stable-ish relationships, you have figured out almost everything in your life by the time you are 30 except for one thing, a great skin. Yes, a great skin is a tough nut to crack. If you are thirty, here are some skin care tips that might help you to get a beautiful skin. Take a look! A healthy lifestyle-This one is the trickiest yet the most important thing. However, it is quite a simple phenomenon. If you are not healthy, you won't shine. The glow, the beautiful skin that you long, the blemish free face, it all comes from within. If you are healthy, if you have a good working physical system, it will reflect as a natural glow. So, more or less, the beauty that people talk about is actually a healthy body. Give your body a good dose of natural antioxidants, Vitamins, detoxifiers, and so on. Have a good night's sleep, eat good, workout regularly. For the sake of a younger looking and beautiful skin, maintain a healthy lifestyle, no matter how difficult it is. Moisturise well-Some of the early signs of ageing include crow feet, wrinkle, and fine lines and so on. When we age, our skin tends to dry out and lose the elasticity with the lack of moisture. The mistake that we make as we age; we stop or hardly moisturise our skin, which ultimately dries out our skin and causes the early signs of ageing such as wrinkles. Just moisturise your skin well, after showers, every time you wash your face. Use moisturising creams and lotions or you can go for natural moisturisers such as honey and milk cream. Stay hydrated-Drink plenty of water to keep your naturally moisturised and hydrated. Deficiency of water can cause dry skin, drinking water daily can keep your skin moisturised along with hydrated; preventing signs of ageing such as fine lines and wrinkles. Protect your skin from dust and sun-You may not know but the harmful UV rays are cause of 80 percent of skin ageing. Exposure to sunlight causes pigmentation, one of the early signs of ageing. Researches show that the impact of UV rays on skin can increase with age. Use a good sun-block cream to protect your skin. Live a stress-free life-No matter how preachy it may sound but staying happy is the secret to stay beautiful and young. Stress and worry can cause you to age faster. Yes, whether you are a guy or a girl, stress has similar effect on you. You tend to have wrinkles faster. Smiling and staying away from stress is the key.

## GST on Expired and Damaged Stocks Costs Pharma Rs 500 Crore a Year

Why should there be the Goods and Services Tax (GST) on materials that cannot be sold? That is the question, the Indian pharmaceutical industry, is hoping will get addressed in the final tweaking of the GST provisions. A representation to this effect has been made by the Indian Pharmaceutical Alliance (IPA), which has some of the leading Indian pharmaceutical companies as its members. "We have written to the GST council that a way out needs to be found on this and ideally, GST should be exempted on date-expired and damaged stocks, which are returned by the retail chemist to the pharmaceutical companies," says D G Shah, director-general of the IPA. At the moment, such stocks also attract GST. The argument being that GST must be imposed on product sales and on their consumption but that may not be applicable in cases, where medicines overshoot their expiry date or are damaged. This is a major issue, he says, since, under the current provisions, there is GST imposed on these too and this means, based on current estimates, it costs about Rs 500 crore per annum for the industry. "It is therefore a serious issue as it is an additional burden for the industry and needs to be looked at by the government," he says. Today, a chemist, when he returns such stock to companies, he needs to raise and invoice and charge GST on it.

## Glenmark's Consolidated Revenue Increases by 1.46% to Rs. 22,565.90 Mn for Q2 FY 2017 - 18

Consolidated Net Profit at Rs. 2,141.20 Mn for Q2 FY 2017-18

Consolidated EBITDA at Rs. 4,181.22 Mn for Q2 FY 2017-18

Business Highlights for Q2 FY 2017-18

- India Business grew by 5.30% to Rs. 7,106.77 Mn
  - US Business decreased by 5.72 % to Rs. 7,270.95 Mn. (USD 113.24 Mn)
  - Europe Formulations Business grew by 48.50% to Rs. 2,000.24 Mn
  - Rest of World (ROW) Business decreased by 0.69% to Rs. 2,520.93 Mn
  - API Business grew by 6.90% to Rs. 2,366.14 Mn
- Mumbai:- Glenmark Pharmaceuticals Limited, Mob:- 09997511411, 09319755551** the research-led global integrated pharmaceutical company today announced its results for the second quarter ended September 30, 2017.

For the second quarter ended September 30, 2017, Glenmark's consolidated revenue was at Rs. 22,565.90 Mn (USD 351.29 Mn) as against Rs. 22,241.09 Mn (USD 336.55 Mn) recording an increase of 1.46%.

The consolidated Net Profit was at Rs. 2,141.20 Mn for the quarter ended September 30, 2017 as compared to Rs. 2,235.85 Mn for the previous corresponding quarter registering a decrease of 4.23%. Consolidated EBITDA decreased by 6.45% at Rs. 4,181.22 Mn as against Rs. 4,469.29 Mn in the quarter.

## Aster DM Healthcare to Set up Five New Hospitals in India

Kochi's Aster DM Healthcare, promoted by Dubai-based Indian healthcare billionaire Dr Azad Moopen, is planning a massive expansion to emerge as one of leading healthcare providers in India.

Aster, with installed bed capacity of 3,983 across 11 multispecialty hospitals in the country, is planning to build or expand five hospitals within the next four years. It will lead to an additional capacity of 1,372 beds in Bengaluru, Thiruvananthapuram, Kannur and Kozhikode. Currently, industry-leading healthcare chain Apollo has 10,000-plus beds, followed by Fortis Healthcare with an installed capacity of about 5,000 beds. Global chain Parkway is also expanding its operations in India in the tertiary healthcare space. While the Thiruvananthapuram facility of Aster will be a large, multispecialty hospital with 750 beds, much like its 640-bed flagship Aster Medcity in Kochi, the rest of the facilities will be 200-220-bed units.

"Many of these projects are in various stages of development, and our focus of expansion will be mainly Tier-I and Tier-II cities in southern and western India," Moopen told Business Today.

Aster, which generated nearly 84 per cent of its Rs 5,967 crore revenue in 2016-17 from its businesses in the Gulf Cooperation Council (GCC) countries, operates seven hospitals with a total capacity of 668 beds, 96 clinics and 202 pharmacies in the GCC region. Aster is also planning to build or expand three multispecialty hospitals in the UAE for a total additional capacity of 245 beds. Aster DM Healthcare's overseas operations are under a Mauritius-based subsidiary called Affinity Holdings. Aster will soon go for an initial public offering (IPO) and has got approval for the same from the market regulator Sebi. "It is early to divulge the IPO details. Funds will be used to reduce debt and partly for the expansion," said Moopen. According to market sources, Aster is planning to raise about Rs 1100 crore from the IPO. Aster DM Healthcare has a debt of nearly Rs 2,800 crore, mainly accumulated from its large-scale expansion in India. Moopen, with an estimated net worth of \$1.1 billion according to Forbes and one of the richest NRIs in the Middle East, holds 51.47 per cent stake in the company. Private equity firm Olympus Capital has 26.18 per cent stake while PE firm IVF holds 11.54 per cent.

## अमृत फल आंवला

चरक संहिता में वर्णन है कि जो मानव आंवले का प्रयोग सदैव करते हैं, वे श्रेष्ठ जीवन व्यतीत करते हैं. उनको कभी भी रोग परेशान नहीं करते. शीत ऋतु में आंवला सबसे श्रेष्ठ फल है, तथा विभिन्न औषधि जैसे-त्रिफला, च्यवनप्राश आदि में इसका प्रयोग समस्त आयुर्वेद चिकित्सक करने को सलाह देते हैं. यह विटामिन सी का भण्डार है. समस्त आमाशय एवं त्वचा रोगों के लिए श्रेष्ठ एकमात्र औषधि है. प्रयोग करने के तरीके- 1. कच्चे आंवले को धोकर कद्दूकस कर लें. उसके उपरंत उसमें चीनी मिलाकर हलवा बना लें, और सुबह, दोपहर, शाम भोजन के साथ एक चम्मच सेवन करें. 2. कच्चे आंवले को धोकर हल्का उबाल लें. अब उसमें से आंवले में थोड़ा-सा काला नमक मिलाकर चूरन बना लें. खाने के उपरंत उसके सेवन से भोजन आसानी से पच जाता है. आंवले से मुरब्बा, जैम आदि भी बनाये जाते हैं, जो शीत ऋतु में अत्यंत लाभदायक औषधि है. आंवले के प्रयोग से शरीर को किसी भी प्रकार का नुकसान नहीं पहुंचता.



**DM Pharma**  
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**3rd Party Manufacturing**

**Tablets**

- Rosehip + Vitamin C | C2S + Combination | Terbinafine | Rosuvastatin + Fenofibrate
- Cefixime or Cefpodoxime + Dicloxacillin (ER)/Ofloxacin | Citicoline + Combination
- Heme Iron polypeptide | Levonorgestrel | Thyroxine | Mifepristone + Misoprostol
- Trypsin + Chymotrypsin | Thiocolchicoside + Diclofenac/Etoricoxib/Aceclofenac
- Glucosamine + Chondroitin | Acebrophylline (SR) | Aceclofenac + Drotaverine
- Duloxetine | PCM + Lornoxicam/Etoricoxib/Etodolac | Cinnarizine | Phenytoin
- Montelukast + Fexofenadine/Levocetirizine | Artemether + Lumefantrine

**Capsules**

- SAME + Combination | Blend of Extract of Scutellaria bicalensis & Acacia catechu
- Berberine, Purslane, Gymnema sylvestre with Vitamins & Mineral (Antidiabetic)
- Amino Acids | 5-G (Vegetarian) Formula | L-Carnitine L-Tartrate + Combinations
- L-Glutathione + Combinations | Vitamin K2 - 7 + Combinations | Cholecalciferol
- CoQ10 + Combinations | Hair Growth Formula | Cranberry + Combinations
- L-Methylfolate + Combinations | Myo-inositol + Combinations

**Sachets**

- Racecadotril | Cholecalciferol
- Soy Protein 85 % , Skimmed Milk Powder, Green Tea, Amino Acids + Combination
- Pre-Pro Biotic + Combination | Collagen + Combinations | Cranberry + D-Mannose
- Green Tea + Garcinia + Ginger Extract + Piperine | L-Ornithine L-Aspartate
- L-Arginine + Combinations | Collagen Hydrolysate + Rosehip Extract

**Liquids**

- Iron (III) Hydroxide Polymaltose Complex + Folic Acid | Ambroxol + Combinations
- Cefixime + Ofloxacin | Ornidazole + Ofloxacin | Deflazacort | Fexofenadine
- 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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## Torrent Pharmaceuticals - a phoenix like Resurrection

**Torrent Pharmaceuticals Ph.:- 91 - (0)79 -26599000** is back in news with the last week acquisition of Unichem's domestic pharma business for Rs 3,600 crore. Torrent, which became the fifth largest Indian pharma company with the Unichem acquisition, from its current 13th position in terms of domestic sales, had a roller coaster ride in its near five decade history. There was a time when the company was staring at bankruptcy and also there was a time it was contemplating huge acquisitions for growth with private equity support. In 2007, when global drug major Merck KgaA decided to sell its generics business, there were reports of a surprise suitor from India - Torrent Pharmaceuticals of Ahmadabad, then a relatively unknown company in global pharmaceutical industry. Eventually, the deal was sealed by US based Mylan for a whopping \$6.6 billion.

"It is a story of the past and that was the time when we were thinking of going for an aggressive growth", 55 year old Samir Mehta, executive chairman of Torrent, said last year in an interview, when he was selected as Best CEO in pharma industry by Business Today. (Then his elder brother Sudhir Mehta, who heads Torent Power, was also selected as Best CEO, Power by Business Today).

Torrent was founded by late Uttambhai Nathalal (UN) Mehta, a medical representative who worked with Sandoz for about 15 years. He founded Trinity Laboratories in 1969 but the venture ran into trouble after a Chennai based company sued it for using a similar name.

Thus the name was changed from Trinity Laboratories to Torrent Pharmaceuticals. By that time, all the savings of UN Mehta were pumped into the company and the business was on the verge of collapse. That was the time when Torrent pioneered the concept of niche marketing - it started with TrinicamPlus, a combination of three drugs for mental disorders. That became a success and Torrent soon forayed into selling cardiovascular drugs.

A big break came when Torrent expanded business to the erstwhile Soviet Union (USSR) in the early 1980's. The company had first mover advantage (apart from M.J.Pharma, not many Indian companies were present there) and in the first year of business, clocked Rs 8 crore revenues out of a total revenue of Rs 14 crore. The business rapidly grew to over Rs 170 crore within 2-3 years. But disintegration of USSR in 1992 dealt a big blow for Torrent. About Rs 200 crore got stuck there and it took over 2-3 years to recover that money. Besides, all its expansion plans to other geographies and diversification into power were affected by the USSR disintegration. From 2000's, the company again started to explore new geographies and Brazil was one of them. Today it is the largest generic company in Brazil. In 2005, Torrent did its first acquisition of Heumann Pharma generics of Germany, a Pfizer's unit. In 2013, Torrent acquired Elder Pharma's branded domestic formulations business in India and Nepal for Rs 2000 crore. Unlike other leading Indian companies, Torrent was a late entrant into the US, the largest generics market, in 2010. In 2015-16, revenues from its US operations alone were Rs 2,671 crore as against Rs 832 crore in the previous year, a growth of 221 percent. In 2016-17, overall revenues were Rs. 5,857 crore, down by 12 percent from Rs. 6,687 crore in FY 2015-16, which was powered by one-time gains from exclusively selling two drugs for six months in the US market. Four years ago, Samir Mehta became the chairman of Torrent Pharma and his elder brother moved to a Chairman Emeritus role. Apart from acquisitions, the company is also investing heavily into research and development and is planning to launch about 150-160 products in the domestic market within the next 4-5 years. From the way the Mehta brothers are steering Torrent, it is for sure more aggressive growth actions are sure to happen in future.

**Never Break Good Relation.**