



PHARMA NEWS

Editor- Brijesh Kumar Garg

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LEAVE DARKNESS, FOLLOW LIGHT

By studying scriptures you will know that great Divine Beings incarnated in all religions. All scriptures describe them. All these Masters said that we should eradicate the darkness of ignorance in our life and follow the Light. Guru Nanak Dev Ji said, "Gyan anjan sadguru diya, agyan andher vinash. Hari kripa te sant bhetiya, Nanak man prakash." "The Master gave me the salve of Knowledge by which the darkness of ignorance has vanished. By the Grace of God, I met a saint and my mind is all light." Only by the grace of the Almighty does one happen to meet a true saint and the Spiritual Master. It is written in Shri Ramcharitmanasa, "Punya pooja binu milahin na santa." "Without a lot of spiritual merit, one does not come in contact with a true saint." When the postman comes to your door you know that you are to get some news. Likewise, when you meet saints you understand that you are going to get a letter from God. We do not see in the dark. When there is light then you see who is sitting near you or whether the way ahead is clear or not. The absence of light is darkness. When sun sets, then it becomes dark. Likewise when the Master imparts the light of Knowledge we turn towards the sun, the Truth. When Knowledge illuminates the mind, one is able to understand what is good and what is bad, or what we have to adopt and what we have to give up. We remember the Divine Masters

because they incarnated from time to time to impart and spread Spiritual Knowledge to mankind. The Divine Light saves people. Lord Shri Krishna tells Arjuna that He first imparted the Spiritual Knowledge to the sun. Scientists also say that there was a big bang in the sun from which a mass, which we now call 'Earth', was ejected and it and the other planets were formed. Lord Shri Krishna the sun. When Arjuna heard this, a doubt cropped up in you have given Knowledge to the sun?" Lord Krishna not remember them but I know all about them. You and I time to time." When our clothes wear out, we put on new. When our clothes are torn, we throw them away. Lord old body becomes feeble, when it suffers from various Lord Krishna said, "You and I have already taken many because you have limited knowledge, while I am all-Self." When Lehna went to Guru Nanak Dev Ji, the 'Maharaj Ji, I am known as 'Lehna'.' Then Guru Maharaj giver. I impart the Spiritual Knowledge to a true seeker.' This is the greatness of a divine Master. That is why it is jane bhring ko, guru karlen ap saman." Prostrate to the himself, just like the bhringi wasp transforms an ordinary compassion, makes a disciple like himself, by imparting were the two sons of Guru Nanak Dev Ji. Guru Maharaj One day in winter, Guru Maharaj Ji was walking with He asked his sons to go and retrieve it. Both sons said, such things, so we'll go home and bring one here to fulfilled to Lehna, who immediately jumped, fully clothed, off the mud and gave it to Guru Maharaj Ji. Guru Nanak his spiritual power to him, not to his two sons. Later on asked his minister Birbal, "Where does God live and very unhappy. When his son saw that his father was sad, father told him about the Emperor's questions. His son that your son will reply to his questions." Next day, Birbal asked for the answers to his questions. Birbal said, "Your answer them." The Emperor asked Birbal's son, "Where some milk." The Emperor did so. Birbal's son said, or on the left or the right side?" The King replied that buting a particular procedure. Then Birbal's son said, "Your where in the world but can be revealed only by applying when we receive Knowledge and do meditation then answer. Then he said, "My second question is: what does God do?" Birbal's son said, 'Maharaj, you are a learned man. You, who are asking the question, are sitting on a throne and I, who am giving the reply, is standing at a lower level! The person giving the reply at least deserves to be respected like a Guru." Emperor Akbar said, "You are right. I made a mistake. Come and sit on my throne." The King seated him on his throne while he himself stood down below. Then Birbal's son asked the King about his next question. Akbar said that his second question was, 'What does God do?' Birbal's son replied, "You have just seen it. He demotes a King and elevates a pauper to the level of a king. I could never had sat on this throne but by the

Grace of God, I am even though you are sitting beneath it." It is pravat rai mustard seed into mountain within a potential is within whom we pray and stand that divine Earth in every of mankind. vinashay chas ansthap-yuge yuge." Lord the Bhagavad nates on this uplift and give people, to to establish the want to say that same message of given by Lord change hearts formation. Today and follow that spiritual message and the ten Sikh change the eradicate hatred instead and make flow through India. So, let us follow the spiritual message of the saints in our life. Divine Masters incarnated on this earth from time to time. Let us adopt their message which will transform our hearts. Receive the Spiritual Knowledge, meditate and remember the Holy Name of God to make your life successful.

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says in the Bhagavad Gita, that He gave the Knowledge to his mind so he said, "Lord, you are my age, so how could replied, "Arjuna, you and I have taken many births. You do have had so many bodies. I also change many bodies from ones, or we wash the old clothes and wear them again. Krishna compares the human body with clothes. When the diseases, we abandon it and put on a new one. That is why births. I know all about those, whereas you do not know, knowing and possess the Knowledge of the immortal Master asked said, 'Son, what is your name?' Lehna said, Ji said, 'Brother, your name means 'to take' and I am the Guru Nanak Dev Ji initiated Lehna and made him his own. said, "Guru ko kijiye dandavat, koti koti pranam. Keet na Master millions of times, because he makes a devotee like insect into a bhringi like itself. The Master, out of unbounded the Spiritual Knowledge to him. Shri Chand and Laxmi Chand Ji wanted to test whether they obeyed his commands or not. both sons. A golden vessel he was carrying fell into a swamp. "It's very cold and the swamp is very dirty. We have plenty of fill your wish." But Guru Maharaj Ji was not satisfied. He into the swamp and brought out the golden pot. He washed Devji was so pleased by Lehna's service that he transmitted Lehna became the famous Guru Angad Dev. Emperor Akbar what does He do?" Birbal begged for time and went home he asked, "Father, tell me the reason for your sadness." His replied, "Father, go to Court tomorrow and tell the Emperor arrived at Court and saluted the Emperor. The Emperor Majesty, your questions are so simple that my son will does God live?" The boy replied, "Maharaj, please bring me "Kindly tell me where the butter is in this milk. Is it up or down ter is everywhere in the milk and can be extracted by apply-Majesty, in the same way God is omnipresent. He is every-a particular procedure." When our devotion is full of love, God, like the butter, is revealed. King Akbar accepted this

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Glenmark Pharmaceuticals Receives ANDA Approval for Propafenone Hydrochloride Extended-Release Capsules USP 225 mg, 325 mg, and 425 mg

Mumbai:- Glenmark Pharmaceuticals Inc., USA (Glenmark) has been granted final approval by the United States Food & Drug Administration (U.S. FDA) for Propafenone Hydrochloride Extended-Release Capsules USP, 225 mg, 325 mg, and 425 mg, the generic version of Rythmol SR Capsules, 225 mg, 325 mg, and 425 mg, of GlaxoSmithKline, LLC. According to IMS Health sales data for the 12 month period ending July 2017, the Rythmol SR Capsules, 225 mg, 325 mg, and 425 mg market1 achieved annual sales of approximately \$69.2 million*. Glenmark's current portfolio consists of 123 products authorized for distribution in the U.S. marketplace and 63 ANDA's pending approval with the U.S. FDA. In addition to these internal filings, Glenmark continues to identify and explore external development partnerships to supplement and accelerate the growth of its existing pipeline and portfolio.

अमरूद

'अमरूद':-भारत, पाकिस्तान और बंगलादेश में पाया जाता है. इसका स्वभाव प्रथम श्रेणी में सर्द (शीतल) व तर (आद्र) है. इसका फल और इसके पत्ते दवा के रूप में इस्तेमाल किये जाते हैं. अमरूद हृदय व मस्तिष्क को शक्ति देता है, कॉलेस्ट्रॉल को कम करता है और कब्ज को तोड़ता है. इसके पत्तों का जोशांदा (काढ़ा) गले की खराश और नजले में बहुत लाभकारी है.

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सीमावर्ती क्षेत्रों में नशीली दवाओं का बढ़ा कारोबार

महाराजगंज:- नेपाल में नवयुवकों के बढ़ रहे नशे की लत से सरहदी क्षेत्र में इन दिनों नशीले पदार्थ की विक्री जोरों पर है. सीमा से सटे क्षेत्रों में करीब चार दर्जन से अधिक मैडीकल स्टोर संचालित हैं, जिनकी कमाई का जरिया केवल प्रतिबंधित नशीला पदार्थ ही है. सीमाई इलाके में प्रतिदिन सैकड़ों नेपाली युवाओं का सुबह से लेकर शाम तक आना-जाना लगा रहता है. ऐसे युवकों को प्रायः इन्हीं मैडीकल स्टोरों पर मंडराते देखा जा सकता है. इन दुकानों से इन्हें भारी मात्रा में प्रतिबंधित दवा आसानी से मिल जाती है. इस नशीली दवाओं की बढ़ती माँग को देखकर इसे बेहतर कमाई का जरिया मानकर प्रतिबंधित दवाओं को गैलन में भरकर आसानी से सरहद पार करा मोटी कमाई कर रहे हैं. ऐसा नहीं है कि इससे संबंधित विभाग के अलावा अधिकारियों को इस बात की जानकारी नहीं है. वे यहाँ कभी-कभार पहुँचते तो हैं, लेकिन बिना लाइसेंस के चलाए जा रहे इन मैडीकल की दुकानों पर कार्यवाही करने की बजाय मोटी रकम वसूल करके चलते बने हैं. मुख्य चिकित्साधिकारी डा. क्षमा शंकर पांडेय का कहना है कि प्रतिबंधित दवा बेचे जाने की जानकारी नहीं है. यदि सरहद पर बिना लाइसेंस के मैडीकल स्टोर संचालित पाए गए, तो इनके विरुद्ध सख्त कार्यवाही की जाएगी.

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Depression-fighting tips

Medication can help depression. But a type of therapy called cognitive behavioral therapy (CBT)—which focuses on changing behavior, rather than talking about your childhood, for instance—can be an effective adjuvant to or even substitute for drugs. "It's much more focused on what you seem to be doing and thinking that is keeping you depressed," Simon Rego, PsyD, director of psychology training at Montefiore Medical Center in New York City. Some of its methods can be practiced at home, on yourself, with no special training. So here are some tips for breaking the cycle of negativity. One way to sabotage yourself is to take a single event and treat it as an ongoing source of negativity. "People who are unemployed do this a lot," says Rego. "They've lost their job because of the economy and they personalize it." It's also unhealthy to catastrophize—focus on the worst imagined outcome, even if it's irrational. For example, don't let concerns about money escalate into the conviction you'll soon be homeless. Instead of thinking, "I'll never get another job," try to say to yourself: "I will get another job. It just may take some time." Ever clash with a colleague or fight with a friend and then keep obsessively thinking about it, amplifying the anger, stress, and anxiety associated with the memory? Known as rumination, this type of thinking is linked to a greater risk of becoming or staying depressed. While reflection is a good thing, and may help you solve problems, rumination does the opposite. If you catch yourself ruminating, studies suggest it may help if you try to distract yourself, meditate, or redirect your thoughts. Cognitive behavioral therapy often targets rumination because it can be so damaging to mental health. Very few (if any) of us are know what will happen a day, a month, or a year down the line. And it's usually rarely come true. Try to stay in the present things out of proportion. It's pretty hard to have done that. You can't change the past, but you can live in the present. Just accept that you should have done this or shouldn't have done that. You can't change the past, but you can live in the present. Just accept that you information or resources you had let it go and don't beat yourself up nating about the past can gener- depression is isolation. It can hap- ple because you're depressed. But an opportunity to get support, per- tion, says Rego. "Once you start stand," he says. "You get positive that end up being fun." Staying other people—even a little bit—will a set time, eat meals at the same couch during the day lest it pre- sleep inconsistently," says Rego. best you can. This gives you a routine, all the better. Black and one loves me. I'll never get a job. But your thought patterns could put you in a rut or keep you there. "Being depressed or sad is going to color the way you think about yourself in a negative direction," says Rego. These thoughts can paralyze you and stop you from doing the very things that will get you out of a lousy situation. Try to think in shades of gray, says David R. Blackburn, PhD, a psychologist with Scott & White Hospital in Temple, Texas. Instead of "no one loves me," try "lots of people (if not everybody) love me." If you're depressed, negative thoughts go with the territory. However, they are rarely grounded in reality. Once you've identified a negative thought, ask yourself, "Where is the evidence that I'm the most despicable human being on the entire earth?" There probably isn't any. "You can't just be rattling these thoughts back and forth and saying they're true," says Blackburn. "You have to come up with some solid evidence." And if you're worried about what people are thinking about you, go ahead and ask them. Select a few simple, straightforward goals you can easily set and follow, suggests Rego. Those goals should be SMART, which stands for "specific, measurable, attainable, rewarding, and time-limited." So for example, deciding you will have a job by the end of the week is unrealistic. But deciding to post two resumes online by the end of the week, on the other hand, is SMART. "It's specific. It's attainable. It's not that much effort to do and it could be rewarding," says Rego. Write down all the things you used to like doing that you've stopped doing because you're sad and depressed, suggests Rego, who is also assistant professor of psychiatry and behavioral sciences at Albert Einstein College of Medicine. That could be going to the movies, socializing with friends, or simply going to the corner coffee shop with a newspaper. Then, one by one, start incorporating these activities into your life even if you're feeling unenthusiastic about it. Also, focus on tasks that can give you a sense of mastery or accomplishment, whether it's tidying up the apartment or paying the bills. That can help ease the depression as well. If your present situation, well, sucks, denying it will only make things worse. "Some people don't accept they're depressed and instead beat themselves up or think they're crazy or weak," says Rego. This may only drive you deeper down, while acceptance can relieve the suffering, he says. In general, knowing and accepting that you're depressed can allow you to take steps to make it better or get treatment, rather than pretend that everything's just fine. Take a look at the language you use when you think about or talk to yourself and compare it to the way you talk to everyone else. If there's a disconnect, try to treat yourself in a kinder, gentler way. "We're often kind to everybody else but we beat ourselves up. That's a double standard," says Blackburn. "It would be preferable to use a single standard: Don't beat everyone else up, but get off your own back, too."



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From Page No. 01

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योगमुद्रा का चमत्कार



नांदेड़:- नांदेड़ जिले के देगलूर में डॉ. आर. डी. दीक्षित पचास सालों से प्रैक्टिस कर रहे हैं। डॉ. दीक्षित को सन् 2005 में हार्ट अटैक आया था उसके बाद उनकी बाईपास सर्जरी हुई। सन् 2014 में दूसरी बार हार्ट अटैक आया व डॉक्टर ने दुबारा बाईपास कराने की सलाह दी। किन्तु डॉ. दीक्षित बाईपास कराने के इच्छुक नहीं थे। उन्होंने योग मुद्रा का अभ्यास किया पन्द्रह दिनों में ही उन्हें फर्क दिखायी देने लगा। उनकी शूगर, बीपी व दिल की बीमारी की 16 गोलियाँ चालू थीं। 17 महीने से उन्होंने एक भी गोली नहीं ली है। अभी उनकी उम्र 80 साल है व योगमुद्रा द्वारा उनकी सभी दवाई बंद हो गयी हैं। डॉ. दीक्षित ने योग मुद्रा का शिविर औरंगाबाद में किया था जिससे अन्य मरीजों को भी फायदा हुआ।

प्रतीक पेन बाम

पैसर्स आयुर्मेड लाईफ केयर Ph:- 01795&244446 E-mail:- puremedbiotech@gmail.com ने दर्द से राहत के लिए एक दवा प्रस्तुत की है- "प्रतीक पेन बाम"। दर्द मनुष्य का जीना हराम कर देता है। सभी प्रकार के दर्द, हाथ व पैर का दर्द, पीठ का दर्द, सर दर्द, घुटने का दर्द तथा सर्दी-जुकाम में प्रतीक पेन बाम का उपयोग कर सकते हैं। इसके अतिरिक्त कीड़े के काटने पर भी उस स्थान पर प्रतीक पेन बाम का उपयोग कर सकते हैं। प्रतीक पेन बाम बाजार में 12 ग्राम की पैकिंग में उपलब्ध है जिसका मूल्य 40 रुपये है। यह एक हर्बल उत्पाद है जिसका कोई दुष्प्रभाव नहीं होता है।

ACIGRIP (Alchemist)

Alchemist Ph:- 011-40600800 ने जानकारी दी है कि ACIGRIP Suspension (Magaldrate IP 800 mg + Benzocaine IP 10 mg + Simethicone IP 125 mg Suspension) प्रस्तुत किया है यह Orange Flavour में है व Sugar Free भी है इसके साथ - साथ ACIGRIP -P (Pantoprazole 40 mg Tab.) व ACIGRIP DSR (Pantoprazole 40 mg with Domperidone 10mg IR & 20mg SR Capsule) व ACIGRIP Injection (Pantoprazole 40 mg) भी प्रस्तुत किया है।

सुविचार

किसी की आदत देखनी हो तो.....उसे इज्जत दो।
किसी की फितरत देखनी हो तो..... उसे आज्ञा दी दो।
किसी की नीयत देखनी हो तो..... उसे कर्ज दो।
किसी के गुण देखने हो तो.....उस के साथ खाना खाओ।
किसी का सब्र देखना हो तो उसे हिदायत दे कर देख लो।

अक्टूबर व नवम्बर माह के त्यौहार

12.10.2017 अहोई अष्टमी
15.10.2017 रमा एकादशी
16.10.2017 गोवत्स द्वादशी
17.10.2017 धनतेरस
18.10.2017 नरक चतुर्दशी
19.10.2017 दीपावली
20.10.2017 गोवर्धन
21.10.2017 भैया दूज
26.10.2017 छठ पूजा
28.10.2017 गोपाष्टमी, मासिक दुर्गाष्टमी
29.10.2017 अक्षय नवमी
30.10.2017 कश वध
31.10.2017 देवुत्थान एकादशी
01.11.2017 तुलसी विवाह
04.11.2017 कार्तिक पूर्णिमा
10.11.2017 कालभैरव जयन्ती

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SHIKSHAK SHRI AWARD FOR PROF. ANANT HARDAS



Prof. Anant Hardas, Founder Director of Indian Pharma Guidance Academy, 52, Madhav Nagar, Nagpur and Pioneer of Slide show on History of Indian Pharmacy, has been honored by Shikshak Shri Award 2017 on the occasion of TEACHERS DAY On 5th Sep. at New Delhi. The Function was organized by Antar Rashtriya samrasta Manch, New Delhi an Kathmandu and duly supported by Indo Nepal Samrasta Organization out of total 3500 applicants only 100 were selected representing their disciplines and from Maharashtra Only 6 Teachers were nominated Prof. Hardas was selected on the basis of His 30 years of Pharmacy Teaching, 54 Publications and his slide show of 72 slides depicting the mythological, Historical and modern development of Indian Pharmacy profession. The function was decided by the Mr. Manoj Rajan Nathani, Councillor to the Ex. Prime Minister of Nepal and Mr. Kuldeep Sharma, Secretary of the Manch conducted the Program Dr. Ramesh K. Goel, vice chancellor of Delhi Pharmaceutical Sciences and Research University, delivered the presidential address and lauded the efforts of the Manch and paid tributes to Dr. S. Radhakrishnan Earlier also Prof. Hardas Received the Global Teacher Role Model Award 2015 on the occasion of World Teachers Day by MVLA Trust Mumbai. His name has been figured in various National and International Biography from Time to time. He was the only registered pharmacist, who was selected to represent India to the commonwealth young Pharmacy conference held a London on 14th March 2000 and was duly sponsored by the India wing of British society for History of Pharmacy.

भोजन करके लेटने से होता है एसिड रिफ्लेक्स

जब पेट में ज़रूरत से ज्यादा एसिड बनने लगे तो उसे एसिड रिफ्लेक्स कहते हैं। इस दौरान एसिड, फूड पाइप से होता हुआ गले तक आ जाता है और समस्या गम्भीर होने पर खट्टी डकारें भी आने लगती हैं। परेशानी लम्बे समय तक बनी रहने पर मरीज को खांसी और अस्थमा की तकलीफ भी हो सकती है। खाली पेट रहना, ज़रूरत से ज्यादा खाना, समय से भोजन न करना, जंकफूड, रात का भोजन भारी लेना, खाते ही लेट जाना, धूपपान व शराब का सेवन, मोटापा और गरिष्ठ भोजन करने से एसिड रिफ्लेक्स की समस्या हो सकती है। सीने के मध्य जलन और दर्द होना, पेट फूलना, पेट के ऊपरी हिस्से में दर्द, जो घबराना, कभी-कभी सीने में दर्द होना, चक्कर आना और कई बार तो मरीज को दर्द के कारण ऐसा लगता है कि उसे हार्ट अटैक आने वाला है, लेकिन जाँच से पता चलता है कि एसिड रिफ्लेक्स की समस्या है। इस रोग में डॉक्टर मरीज को दवाओं के साथ-साथ खानपान और दिनचर्या सुधारने के लिये कहते हैं। इसमें रोगी को पनीर, छोले, चना, राजमा, अचार, गर्म-मसाले, फास्टफूड, डेयरी प्रोडक्ट जैसी बादी करने वाली चीजों से परहेज व वजन पर नियंत्रण रखना चाहिये। अल्कोहल, सिगरेट और तम्बाकू आदि का सेवन न करें। चाय या कॉफी से एसिडिटी की समस्या हो तो इनकी मात्रा कम ही लें।

Happy Birthdays (10 October To 10 November 2017)

| DOB | NAME | FIRM | MOB | CITY | STATE |
|-----------|----------------------------|--------------------------------|------------|-------------------|----------------|
| 13-Oct-77 | SHRI ABHISHEK VORA JI | NEW HINDUSTAN AGENCIES | 9420684002 | WARDHA | MAHARAST |
| 15-Oct-78 | SHRI ANURAG CHATURVEDI JI | NEW SUSHIL MEDICAL STORE | 9412184370 | AURAYA | UTTAR PRADESH |
| 17-Oct-82 | SHRI ABHAY JAIN JI | SHASHVAT TRADERS | 9837183479 | ROORKEE | UTTRAKHAND |
| 17-Oct-75 | SHRI AMIT GARG JI | SHOL HELTH CARE INDIA (P)LTD | 9219504233 | UDHAM SINGH NAGAR | UTTRAKHAND |
| 18-Oct-60 | SHRI ANAND K.R. AGARWAL JI | KUNJ BIHRI ENTERPRISES | 9334377572 | SAMASTIPUR | BIHAR |
| 19-Oct-47 | SHRI ASHOK LUTHRA JI | HARYANA MEDICAL STORE | 9818637124 | FARIDABAD | HARYANA |
| 21-Oct-64 | MOHD. PORWAL JI | ANAND MEDICAL STORE | 9219858245 | AURAYA | UTTRA PRADESH |
| 22-Oct-81 | SHRI AMIT BARNWAL JI | AHIBARAN PHARMA | 9801099296 | GAYA | BIHAR |
| 23-Oct-71 | SHRI ANAND S. GOUD JI | ANAND MADICAL & GENERAL STORES | 9423222939 | NASHIK | MAHARAST |
| 26-Oct-89 | SHRI AMIT RAMCHANDANI | A.V.M. PHARMA | 9929108902 | AJMER | RAJESTHAN |
| 27-Oct-61 | SHRI ARVIND KUMAR TAYAL JI | JOLLY MEDICAL STORE | 9756690886 | RAIPUR | UTTRAKHAND |
| 7-Nov-88 | SHRI ANUP P. ALANDKAR JI | JYOTI PHARMA | 9972083005 | GULBARGA | KARTANANKA |
| 7-Nov-84 | SHRI ABHISHIK TAKRIWAL JI | JAI MAA BHAGWATI AGENCY | 9334115222 | PATNA | BIHAR |
| 8-Nov-65 | SHRI ANIL KUKREJA JI | SURESH M.S.T | 9926577295 | GWALIOR | MADHYA PRADESH |
| 9-Nov-84 | SHRI APURVA SHAH JI | SUCCESS SURGICALS | 9890000182 | PUNA | MADHYA PRADESH |

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



Price List of CU CARD Skin Care Divison

| Product | Packing | M.R.P. | Net |
|------------|---------|--------|-------|
| Cumeth | 30gm. | 54.00 | 16.00 |
| Cumeth | 50ml. | 68.00 | 21.00 |
| Softy | 50gm. | 89.50 | 30.00 |
| Cuhair Gel | 50gm. | 145.00 | 42.00 |
| Deinid-GF | 10gm. | 35.00 | 9.25 |
| Cucon-G | 10gm. | 42.00 | 10.00 |
| Cucon-GB | 10gm. | 45.00 | 11.50 |
| D-Maz | 15ml. | 42.00 | 12.50 |
| Beclex | 15ml. | 43.00 | 13.25 |
| Cuneem-T | 75gm. | 55.00 | 14.00 |
| Alocar | 75gm. | 49.00 | 13.50 |
| Cudos | 75gm. | 65.00 | 19.50 |
| Dermide | 75gm. | 50.00 | 14.00 |
| Monosol | 75gm. | 65.00 | 20.00 |
| Gamscab | 75gm. | 75.00 | 25.00 |
| Soap Sulf | 75gm. | 65.00 | 18.50 |
| G-Scab | 75gm. | 60.00 | 16.00 |
| Clinton | 75gm. | 89.00 | 33.00 |
| Pcreek | 100ml. | 139.00 | 50.00 |
| Cuhexid | 75gm. | 70.00 | 19.00 |
| Acnobit | 75gm. | 82.00 | 26.50 |

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| Product | MRP | Trade | Bonus | Extra Bonus |
|--------------------|-----|-------|-------|-----------------|
| Ring Out+ | 50 | 40 | 100% | Attractive Gift |
| Prega News Advance | 100 | 80 | 100% | Attractive Gift |

कर्मठ गायिका



आशा भोंसले का जन्म 08 सितम्बर 1933 को सांगली में हुआ. आशा जी भारत की महिला गायिकाओं में एक उच्च स्थान रखती हैं. आशा जी लता जी की छोटी बहन हैं. इन दोनों ने कुछ गाने एक साथ गाये हैं जैसे:- मन भावन के घर आई (चोरी चोरी, 1956) सखी रो सुन बोले पपीहा उस पार (मिस मेरी 1957), ओ चाँद जहाँ वो जाये (शारदा 1957) आदि. आशा जी को सात बार फिल्म फेयर सर्वश्रेष्ठ पार्श्व गायिका का सम्मान भी मिला. 1997 में आशा जी पहली भारतीय गायिका बनी जिन्हें ग्रेमी पुरस्कार के लिये नामांकित किया गया. आशा जी को पद्मभूषण व दादा साहब फालके पुरस्कार से भी सम्मानित किया जा चुका है. आशा जी सभी प्रकार के गीत गाने में सक्षम हैं. आशा जी पाक कला में निपुण हैं व इनके कई रैस्टोरेण्ट हैं. आशा जी का नाम गिनीज बुक ऑफ रिकार्ड्स में सर्वाधिक रिकार्डिड कलाकारों में आता है. आज भी 84 वर्ष की आयु में आशा जी सक्रिय हैं. हम आशा जी की लम्बी आयु की प्रार्थना करते हैं.

डॉ॰ नरेन्द्र नाथ लाहा, कन्सल्टेंट फिजिशियन, 27, ललितपुर कॉलोनी, डॉ॰ पी॰एन॰ लाहा मार्ग, ग्वालियर, (म॰प्र॰), मो॰ 9753698240.

डॉ॰ नरेन्द्र नाथ लाहा सम्मानित

ग्वालियर शहर के चिकित्सक एवं साहित्यकार डॉ॰ नरेन्द्र नाथ लाहा को एन.एम. एफ.आई. द्वारा उनकी नौवीं वर्षगाँठ पर त्रिभुज, देहरादून (उत्तराखण्ड) में आयोजित राष्ट्रीय मीडिया महासम्मेलन एवं वार्षिकोत्सव में क्षणिका साहित्य क्षेत्र में किये गये सगहनीय कार्य, उत्कृष्ट सेवाओं एवं योगदान के लिये एन.एम.एफ.आई. साहित्य दूत अवार्ड- 2017 से सम्मानित किया गया.

सद्भावना



हिन्दुओं के मन्दिरों में शंख बजते हो जहाँ मस्जिदों में गूँजती हों, आवाजें अजान की। गिरिजाघर की घण्टियाँ बजाती हों शान्ति राग ऐसी सुरधारा हो

हमारी पहचान की।

एकता अखण्डता का पालक तिरंगा ध्वज पंक्ति-पंक्ति गुँजित हों सुरीले राष्ट्र गान की सत्य और अहिंसा के फूल खिलते हों जहाँ ऐसी पहचान बने भारत महान की।

बी॰ पी॰ शर्मा मो॰ 9837967303.

उद्गार

कई लोग जो मर्जी आए सो बोलते रहते हैं, सामने वाले के मन को कितनी चोट पहुँचती है? शायद यह हम नहीं समझ पाते. यदि हम अपने शब्दों का मतलब समझ पाते तो शायद उनका इस्तेमाल सोच-समझ कर करते. मतलब समझ कर सही बात करना ही उचित है.

डॉ॰ नरेन्द्र नाथ लाहा कन्सल्टेंट फिजिशियन, 27, ललितपुर कॉलोनी, डॉ॰ पी॰एन॰ लाहा मार्ग, ग्वालियर, (म॰प्र॰), मो॰ 9753698240.

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डॉ॰ डी॰ बी॰ कपूर

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संस्थापक

पेशवे: डॉ॰ डी॰ बी॰ कपूर
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰
प्रधान: डॉ॰ एन॰ डी॰ आर॰ एन॰

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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) ● JOMOXY-CV 625 (Amoxicillin 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 Ascorbate 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 + Dicloxacillin Sodium I.P.250 mg) ● RB RED-Z (Carbonyl Iron I.P. 100 mg + Zinc Sulphate I.P. 61.8 mg (Mono Pack) ● FRUPENE (Lycopene 6% 5000) ● ROKIK-OD (Methylcobalamin 1500 mcg + Alpha Lipoic Acid 100 mg + Vit. I.P.750 mcg + Pregabalin I.P.75 mg (alu-alu) ● JOPAN-DSR (Prebiotic & Probiotic Caps (alu-alu) ● RABEJO-DSR (Rabeprazole (Rabeprazole Sodium(Enteric Coated) I.P.20 mg + Levosulpride(Sustain U.S.P. 500 mg + Calcitriol I.P. 0.25 mcg + Zinc U.S.P.7.5 mg + Extracts + Lutein + Multimineral + Multivitamins & Antioxidants) ● **Injection:-** GHETTO (a-b Arteether I.P. (Tray Pack) ● JONACIN-500 Sodium I.P. 500 Mg (Mono Pack) ● JONACEF- 1 GM (Ceftriaxone Sodium I.P.250mg + Sulbactam Sodium U.S.P.125mg (Mono Pack) ● Sodium U.S.P.500 mg (Mono Pack) ● JOVERAN-FAST (Diclofenac with Sucrose U.S.P. 20mg/ml (Mono Pack) ● RB RED-2.5 (Ferric Hydroxide (Methylcobalamin I.P.1500 mcg (Blister Pack) ● NEUROKIK-2500 (Methylcobalamin I.P.1000 mcg + Nicotinamide I.P.10 mg + Pyridoxine I.P.100 mg (Nandrolone Decanoate I.P. 50 mg (Combi Pack) ● JOPAN-40 (Pantoprazole Sodium I.P. 40 mg (Mono Pack) 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) ● FRUPENE (Lycopene with Multivitamins + Multimineral) ● JOMEPS MPS (Magaldrate (Anhydrous) I.P.400 mg + Simethicone I.P. 20 mg) ● JACOVIT (Multivitamins + 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 (Amoxicillin 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) ● **Herbal:-** 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 Nitrate, Triclosan & Sodium Monofluorophosphate Medicated Oral Gel) ● **Mob:-** 09991045567.

ACUPHAR (MACLEODS)

Acuclav 1g/625mg/375mg (Amoxicillin & Clavulanate Potassium) ● Covatil 500/250/125 DT (Cefuroxime Axetil Tablets) ● Covatil CV (Cefuroxime Axetil + Clavulanic Acid Tablets) ● Covatil LZ (Cefuroxime Axetil 500mg + Linezolid 600mg Tablets) ● Lizomac (Linezolid 600mg Tablet) ● Enzoheal (Trypsin 48mg + Bromelain 90mg + Rutoside 100mg Tablet) ● Enzoheal-D (Trypsin 48mg + Bromelain 90mg + Rutoside 100mg + Diclofenac 50mg) ● Enzoheal Ointment (Mupirocin + Bromelain) ● Lizomac-cx (Linezolid 600mg + Cefixime 200mg Tablets) ● Macprot Activ Nutritional Powder ● Genpraz DSR (Rabeprazole 20 mg+ IR Domperidone 10 mg + SR Domperidone 20 mg Tabs in Caps) ● Genpraz LS (Rabeprazole 20mg enteric coated pellets + Levosulpride 75mg SR Tablet in Capsule) ● Orpenem (Faropenem 200 mg Tab.) ● Nanomac (Nano Crystalline Silver Gel) ● HEMO-LIT (Troloxerutin, Calcium dobesilate, Zinc, Phenylephrine, Lignocaine with Hydrocortisone Cream) ● Bionect (Povidone Iodine 5% w/w + Ornidazole 1% w/w + Sodium Hyaluronate 0.5% w/w) ● Meromac (Meropenem 2gm/1gm/500/250/100/125 mg Inj.) ● Meromac Plus (Meropenem 1gm + Sulbactam 500 mg) ● Meromac 2g. (Meropenem 2g) ● Lizomac (Linezolid 600mg I.V.) ● Zicoplanin (Teicoplanin Inj.) 200/400 mg. ● Tazomac (Piperacillin+Tazobactam 4.5g/2.25g./1.125g.) ● Zonamax (Cefoperazone + Sulbactam 200mg/1g/1.5g/3g Inj.) ● Acuclav 1.2g./300mg/150mg (Amoxicillin & Clavulanate Postassium) ● Covatil I.V. 1.5/750/250 (Cefuroxime Sodium Inj.) ● FINAMAC (Paracetamol Infusion 1gm / 100ml) ● Kefpime (Cefepime HCL 1g/500mg IM/IV) ● Accutaz-AS (Ceftriaxone 1gm+Tazobactam 125mg Inj.for IM/IV) ● Accuzon plus (Ceftriaxone + sulbactam 1.5g/750mg/375mg IM/IV) ● Accuzon (Ceftriaxone 2g/1g/500mg/250mg/125mg IM/IV) ● Zilamac (Imipenem cilastatin 500mg Inj.) ● Colinem (Colistimethate Sodium 2/1 Million I.U.) ● Amikamac (Amikacin Sulphate 500mg/250mg/100mg IM/IV) ● NETILMAC (Netilmicin sulphate Inj.10/25/50/150/300 mg IM/IV) ● Zadimac (Ceftazidime+Tazobactam 1.125g/562.5/281.25 Inj.) ● Nupenta I.V. (Pantoprazole 40 mg) ● **Tel : +91-22-6676-2800.**



Quick-and-Easy Fat-Burning Recipes

Broccoli & Feta Omelet with Toast:-This easy breakfast recipe, which takes just 15 minutes start to finish, packs a one-two punch that will leave you feeling satisfied yet energized. The broccoli provides filling fiber (and just 30 calories per serving), while the protein-loaded eggs curb appetite and will help stave off those late-morning cravings. **Spiced Green Tea Smoothie:**-Green tea is one of the top fat-burning foods, thanks to a metabolism-boosting compound known as EGCG. In one study, drinking four cups of green tea a day helped people shed more than six pounds in eight weeks! This rich smoothie is perfect if you get tired of sipping hot green tea. Flavored with cayenne spices, lemon, and agave nectar, it provides all the nutritional benefits of green tea and will fill you up, to boot. **Chocolate-Dipped Banana Bites:**-Dessert doesn't have to erase a healthy meal! The bananas in this easier-than-pie dessert—all you need is a knife and a microwave—are a rich source of resistant starch, a type of healthy carbohydrate that helps you burn calories and eat less. As an added bonus, the semisweet chocolate contains healthy fats to further rev your metabolism. **Banana & Almond Butter Toast:**-This simple yet tasty morning pick-me-up features no fewer than three of the best foods to eat for breakfast. The bananas and whole-grain rye bread are high in resistant starch, to help boost metabolism, while the almond butter adds hunger-curbing protein and healthy monounsaturated fats. One slice contains just 280 calories, but it's guaranteed to keep you full until lunchtime. **Honey Grapefruit with Banana:**-Trying to trim down or stay slim? You can't go wrong with this tangy tropical fruit salad, perfect for breakfast or as a colorful side dish at brunch. Grapefruit is one of the best foods for weight loss, studies show—perhaps because of the effect it has on insulin, a fat-storage hormone. What's more, grapefruit is deceptively filling. It has one of the highest water concentrations of any fruit (about 90% of its weight is water), and all that juice fills you up fast and prevents overeating. **Grilled Chicken Cutlets With Summer Succotash:**-You can burn up to 300 extra calories every day just by eating the right foods. Watch the video to learn how to put together a chicken recipe that burns fat and calories, helping you to slim down faster. Plus, it only takes 5 minutes to make! **White Bean & Herb Hummus with Crudites:**-Tired of bland supermarket hummus? It only takes five minutes to whip up a batch of this flavorful, fiber-rich version in your own kitchen. All you need is four ingredients: lemon, hearty-healthy olive oil, chives, and—last but not least—white beans, which contain nearly 4 grams of resistant starch per serving. Pair with assorted raw vegetables, like broccoli, to get even more fiber and fat-burning resistant starch from this wholesome snack. **BBQ Turkey Burgers:**-his fresh spin on burgers is a delicious new way to cut back on beef and eat more turkey, an excellent source of lean protein and a favorite weight-loss food of Jillian Michaels, Biggest Loser trainer and Health magazine cover model. "Lean protein helps you stay fuller for longer," Michaels tells us. "It has the amino acids that are the building blocks for muscle." **Middle Eastern Rice Salad:**-This 20-minute with nutritious ingredients. When it comes to fat burning, though, they're all of Mediterranean and Middle Eastern cuisine—contains more than 2 down. **Energy-Revving Quinoa:**-Quinoa is one of the trendiest foods South America, is packed with protein and fiber—a perfect combination humming. Black beans (another excellent source of fiber), fresh a main meal for lunch or as a side dish with dinner. **Breakfast Barley day?** Tired of oatmeal? Switch things up with this crunchy breakfasts of resistant starch, plus metabolism-boosting fiber, making boring as it looks: A spoonful of honey and a sprinkling of sun-finish. **Curried Egg Salad Sandwich:**-ggs are an ideal food for with satisfying protein that helps curb cravings. In fact, it's a shame classic, offers a healthy new way to work eggs into lunchtime. The calories, while the curry powder provides a jolt of ty of nutritious and metabolism-boosting ingredients in a single bowl. and veggies are high in fiber. The asparagus are the unsung hero of including vitamins A and C, folate, and iron. **Greek Yogurt Fruit Parfait:**- If breakfast. Each layer—nectarines, plums, nuts, yogurt, puffed rice—pro-ing enough to have for lunch, thanks to the Greek yogurt, which is thicker, Chilaquiles:-This traditional Mexican breakfast food requires only eight ingredients, baked (rather than fried), it comes in under 300 calories and 2 grams of saturated fat per serving. The key ingredient for weight-conscious eaters? Black beans. Their high protein and fiber content make them another weight-loss superfood. **Spicy Southwestern Black Bean Chili:**-Did someone say black beans? This hearty soup, which delivers 17 grams of protein and 13 grams of fiber per serving, is a delicious showcase for these super-healthy legumes. What's more, this recipe features two types of hot pepper: chili powder and jalapeños. As with all spicy foods, eating these peppers lights a fire under your metabolism, increasing your calorie burn rate. **Creamy Avocado Cups:**-Put down the chips and dip! These simple bites will quell those mid-after-noon hunger pangs—and at just 30 calories a pop. (They're also perfect as party hors d'oeuvres.) The source of this snack's appetite-suppressing power is oleic acid, a compound found in avocados' healthy monounsaturated fats. Oleic acid triggers the production of another compound in the small intestine, oleoylethanolamide, which send fullness signals to the brain. **Pan-Grilled Salmon with Pineapple Salsa:**-Lean protein is essential to any successful weight-loss plan. And there's no better source of lean protein than salmon, which has the added benefit of being filled with monounsaturated fats. These healthy fats have been shown to be a natural aid to weight loss. A 2001 study, for instance, found that people eating a MUFA-rich diet lost an average of nine pounds, while their counterparts on a low-fat diet gained six, on average. **Italian Garbanzo Salad:**-This vegetarian salad is a textbook example of the Mediterranean diet, which has become renowned for its ability to promote overall health, including a healthy weight. This salad features some of the diet's key pillars: low-fat dairy (represented here by feta cheese), fresh vegetables (tomato, onion), healthy fats (olive oil), and lean protein (chickpeas). Best of all, one serving (1 cup) is only 159 calories! **Raw Kale, Grapefruit, and Toasted Hazelnut Salad:**-Grapefruit—the scene-stealer of this salad—has a long-standing reputation for spurring weight loss. In fact, eating it at every meal was the basis of a fad diet that began in the 1930s and has made something of a comeback lately. Guess what? It might actually work. In a 2006 study, overweight people who ate half a grapefruit at the beginning of each meal lost more weight than their fellow participants. **Dark Chocolate & Oat Clusters:**-Yes, desserts can help burn fat too! These tasty clusters offer up two appetite-suppressing ingredients: The oatmeal contains 1.7 grams of resistant starch, and the dark chocolate is full of healthy fats to help curb cravings. Peanut butter—the glue that holds the clusters together—also provides satiating protein. The result? One satisfying and guilt-free treat. **Avocado Whip:**-Sick of guacamole? Try this even creamier alternative, which gets its distinctive flavor from tahini and takes just five minutes to prepare. Serve it as a dip for veggies, or use it as a spread on sandwiches. Either way, you'll get plenty of heart-healthy monounsaturated fats to help speed metabolism and keep you feeling full. **Crisp Chickpea Slaw:**-Make this slaw for your weekday lunch or weekend picnic. Trust us: You—and your picnic buddies—won't be able to tell how healthy it is. Chickpeas, also known as garbanzo beans, are loaded with slimming resistant starch. They're also a great source of protein and fiber, which will help keep you full until dinnertime. **Red-Lentil Hummus:**-Lentils are a great substitute for chickpeas when it comes to making hummus. The red lentils used in this dip are a nice change of pace, but you won't lose any of the metabolism-boosting benefits associated with traditional hummus. Lentils are loaded with filling fiber and protein, so just a little will go a long way in keeping you full. Enjoy this dip with raw broccoli or toasted whole-grain pita wedges.



Sun Pharma Odomzo® (Sonidegib) New Label Approval Shows Sustained Duration of Response of 26 Months in Treatment of Locally Advanced Basal Cell Carcinoma

Mumbai:- Sun Pharmaceutical Industries Ltd. (Reuters: SUN.BO, Bloomberg: SUNP IN, NSE: SUNPHARMA, BSE: 524715, "Sun Pharma" and includes its subsidiaries or associate companies) today announced that one of its wholly owned subsidiaries has received approval from the US Food and Drug Administration (FDA) for a new label for Odomzo® (sonidegib), an oral hedgehog inhibitor indicated for the treatment of patients with locally advanced basal cell carcinoma (laBCC) that has recurred following surgery or radiation therapy, or those who are not candidates for surgery or radiation therapy. Odomzo® was approved by the FDA in July 2015, based on 12-month follow-up results from the pivotal Phase II Basal Cell Carcinoma

Outcomes with LDE225 Treatment (BOLT) clinical trial, a multicenter, double-blind study involving 194 patients with laBCC and 36 patients with metastatic basal cell carcinoma (mBCC). The new label now incorporates long-term data from the 30-month analysis of BOLT trial, in which Odomzo® continued to show sustained durable tumor response of 26 months with no new safety concerns. "We are pleased to incorporate the additional data to the Odomzo® label, as they show that Odomzo® is the only clinically proven hedgehog inhibitor which, by independent central review, maintains lasting tumor response for 26 months," said Kirti Ganorkar, Global Head - Business Development at Sun Pharma. "The rigor of the BOLT study design and results analyses should reassure patients and physicians that Odomzo® can treat this devastating and sometimes disfiguring disease over the long term."

अस्पताल में स्वाइन फ्लू की दवा की किल्लत

रायपुर:- रायपुर समेत पूरे छत्तीसगढ़ में स्वाइन फ्लू वायरस का कहर जारी है. इस सीजन में यह वायरस 15 से अधिक लोगों की जान ले चुका है, जबकि 30 मरीज पॉजिटिव पाए गए. सरकारी हो या निजी अस्पताल, उसमें इस बीमारी से पीड़ित मरीज अपना इलाज करा रहे हैं, लेकिन सरकारी अस्पतालों में स्वाइन फ्लू की दवा गायब है. पिछले 8 दिन से राज्य के सरकारी वेयर हाऊस में स्वाइन फ्लू की दवा नहीं है. गाज के डर से अब विभाग ने री-टेंडर जारी किया है. सरकारी अस्पतालों में स्वाइन फ्लू वैक्सिन, टेबलेट और बाजार में उनकी उपलब्धता पर पड़ताल की तो यह स्थिति सामने आई. सरकारी स्वास्थ्य केंद्रों में दवा सप्लाई करने वाली एजेंसी छत्तीसगढ़ मैडिकल सर्विसेस कॉर्पोरेशन (सीजीएमएससी) के वेयर हाऊस में न तो टेबलेट है, न वैक्सिन. 8 दिन से स्टॉक खत्म है, जबकि दवा खत्म होने की जानकारी पूर्व में ही वेयर हाऊस संचालकों द्वारा सीजीएमएससी मुख्यालय भिजवा दी थी, इसके बावजूद दवा खरीदी नहीं हो सकी. एक बार टेंडर जारी हुआ था लेकिन कंपनी नहीं आई, तो दोबारा टेंडर किया गया है. स्वाइन फ्लू टेबलेट निर्माता एक कंपनी ने अपना डिपो रायपुर से नागपुर शिफ्ट कर लिया है, जिसकी वजह से भी दवाओं की सप्लाई और ट्रांसपोर्टेशन में दवा विक्रेताओं को परेशानियों का सामना करना पड़ रहा है. सीजीएमएससी ने जिला मुख्य चिकित्सा एवं स्वास्थ्य अधिकारियों को निर्देश जारी कर दिए हैं कि दवा उपलब्ध न होने पर स्थानीय खरीदी (एलपी) कर सकते हैं. हालांकि दवा बाजार में स्वाइन फ्लू टेबलेट तो हैं लेकिन वैक्सिन नहीं है जबकि वैक्सिन ही प्रिवेंटिव है. स्वाइन फ्लू की दवा खत्म हो चुकी है, पूर्व में टेंडर जारी किया था लेकिन कंपनी नहीं आई. देश में 2 कम्पनी ही दवा, वैक्सिन बनाती है इसलिए समस्या हो रही है. री-टेंडर जारी किया है, जल्द दवाएँ उपलब्ध करावा देंगे. स्वाइन फ्लू का वायरस जब बरसात के मौसम में इतना सक्रिय है, तो ठंड में इसके तेजी से फैलने की संभावना से इनकार नहीं किया जा सकता. क्योंकि एच1एन1 वायरस कम तापमान में अधिक सक्रिय होता है. 2013, 2015 में ठंड के 4 महीनों में यह वायरस हावी रहा. अभी भी मरीज मिल रहे हैं, शहर के ही 3 निजी हॉस्पिटल में 5 ऐसे मरीज भर्ती हैं जिनमें स्वाइन फ्लू का लक्षण है और नमूने जांच के लिए भेजे गए हैं.

कैंसर खत्म करनेवाले पौधे को ढूँढने का दावा किया

कनाडा में वैज्ञानिकों ने डुंडेलीयोन (एस्ट्रेसी कुल की वनस्पति Taraxacum genus) के पौधे की फूलों से प्राप्त चाय से महज 48 घंटों के अन्दर कैंसर कोशिकाओं के खतमे का दावा किया है. इस पौधे को यूँ ही बेकार माना जाता रहा है कनाडा में काफी पहले से ही बुजुर्ग इसके फूलों से बनी चाय का प्रयोग अनेक रोगों के इलाज में करते आ रहे हैं इसकी जड़ों को भी कैंसर से लड़ने में काफी उपयोगी पाया गया है इसे कीमोथेरेप्युटिक एजेंट्स से भी बेहतर विकल्प के रूप में माना जा रहा है इस पौधे की जड़ों में मूत्रल गुण होते हैं इसके अलावा यह बाईल के सिक्रीशन को भी बढ़ाने में मददगार होता है विभिन्न प्रकार की एलर्जी के लिए भी इसे अच्छी दवा माना गया है इसमें विटामिन बी-6, थायमिन, लौह तत्व, केलिशियम, पोटेशियम आदि तत्व भी पाए जाते हैं इसे विटामिन के एवं विटामिन ए का भी प्रमुख स्रोत माना गया है इस पर किये गए शोध को हाल ही में कनाडा की विंडसर युनिवर्सिटी ने दुनिया के सामने लाया है.

राई के फायदे

अचार या सब्जी में प्रयोग की जाने वाली राई स्वाद और गुणवत्ता भी बढ़ाती है. हृदय की धड़कनें सामान्य करने के लिए राई को पीसकर हाथों व पैरों पर मलने से आराम होता है. बुखार के साथ कई बार जीभ पर सफेद परत जम जाती है भूख व प्यास भी कम होती है. इसके लिए राई के 4-5 ग्राम राई के चूर्ण को शहद के साथ लें. जोड़ों में दर्द के लिए राई को पीसकर उसमें थोड़ा कपूर मिलाकर जोड़ों पर मालिश करने से आराम मिलता है. त्वचा रोगों के लिए राई को रातभर पानी में भिगोकर रखें व सुबह को इस पानी को त्वचा पर लगायें, लाभ होगा.

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Product List

Centaur

Sinarest Tablets (Phenylephrine 10mg, Chlorpheniramine maleate 2mg, Paracetamol 500mg) • **Mtnl Tablets** (Montelukast 10mg + Levocetirizine 5mg) • **Sinarest LP** (Levocetirizine 2.5mg, Phenylephrine 10mg, Paracetamol 500mg) • **Sinarest Levo Tablets** (Levocetirizine Hydrochloride 2.5mg+Phenylephrine 10mg) • **Sinarest CCF Capsules** (Chlorpheniramine Maleate 2mg, Dextromethorphan Hydrobromide 10mg, Phenylephrine Hydrochloride 5mg) **Sinarest Nasal Spray** (Oxymetazoline 0.05% w/v, Sorbitol 2.0% w/v) • **Sinarest Vapocap** (Eucalyptol 125mg, Camphor 25mg, Chlorothymol 5mg, Terpeneol 120mg, Menthol 65mg) • **Kofarest Syrup** (Each 5ml contains Terbutaline 1.25mg, Ambroxol HCL 15mg, Guaiphenesin 50mg, Menthol 2.5mg) • **Otiflox Ear Drops** (Neomycin 0.5% w/v, Beclomethasone 0.25% w/v, Clotrimazole 1% w/v, Lignocaine 2% w/v) **Ph.:- 022-66499100.**

Indchemie

Cheri Syrup/Capsules (Haematinic) • **Zenoxim 250/500** (Cefuroxime Axetil Tablets) • **DV 60K Vitamin D3 60000 IU Capsules** • **Kefmax-200/CV 200 Tab/50/CV 50 DS** (Cefpodoxime/Cefpodoxime + Clavulanate Potassium) • **DV 2K** (Vitamin D3 2000 IU Capsules) **Alzero** (Levocetirizine 5mg Tablets) • **Muscodac** (Diclofenac 50g + Paracetamol 325mg + Serratiopeptidase 15mg Tablets) • **Orkid-4** (Ofloxacin + Ornidazole + Terbinafine + Clobetasol Cream) • **Alzero-D** (Levocetirizine 2.5mg & Phenylephrine 10mg Tablets) • **Zenoxim 250/500** (Cefuroxime Axetil Tablets) **Ph.:- 022-30400800.**

Alembic Specia

Cetaniil • **Cetaniil-L** • **Cetaniil-T80** • **Cetaniil-Trio** • **Cetaniil-M** • **Cetaniil-T 20** • **Cetaniil-CT** **Mob:- 09759010968, 09358050732.**

CMR Life Sciences

Fevirich (Elemental Iron + Multi Vitamins) • **Metcy** (Metoprolol Succinate ER 25/50mg Tablets) • **Rosucrest 5/10/20/40** (Rosuvastatin Calcium) • **Rcut-D** (Rabeprazole 20mg + Domperidone 30mg SR) • **Fubox** (Fexofenadine 40/80mg) • **Metcy AM** (Metoprolol Succinate 25/50mg + Amlodipine 5mg) • **Rosucrest-F** (Rosuvastatin 10+ Fenofibrate 160mg) • **Pcut-D** (Pantoprazole 40mg + Domperidone 30mg SR) • **Temsi** (Telmisartan 20/40mg) • **Glimtab M** (Glimepiride 1/2mg + Metformin 500mg) • **Prazolin** (Prazosin 2.5/5/10mg SR) • **Ntgn** (Glycerol Trinitrate 2.6/6.4) • **Temsi-H** (Telmisartan 40/80mg + Hydrochlorothiazide 12.5mg) • **Glimtab MF** (Glimepiride 1/2mg + Metformin 1000mg) • **Diosis** (Sodium Bicarbonate 500/1000 mg) • **Neuros** (Methylcobalamin 1500mcg + Alpha Lipoic Acid 100mg + Pyridoxine 3mg + Folic Acid 1.5mg) • **Torvel** (Torsemide 10/20/100mg) • **Anxifly** (Escitalopram 10mg + Clonazepam 0.5mg) **Mob:- 08871461201.**

Alembic Pharmaceuticals Ltd.

Rafle 400/550 (Rifaximin Tab) • **Freego** (Lactitol Monohydrate 10g + Ispaghula Husk 3.5g/15g) • **Actigut** (Pre & Probiotic blend containing 2.5 Billion cells/capsule) **Mob:- 09958945666, 08650502909.**

Sun Pharmaceuticals Industries Ltd.

Rosuvas 40/20 (Rosuvastatin 40/20mg) • **Rosuvas 10/5** (Rosuvastatin 10/5mg) • **Rosuvas F** (Rosuvastatin 5/10/20mg + Fenofibrate 160mg) • **Rosuva Gold 20/10** (Rosuvastatin 20/10mg + Clopidogrel 75mg + Aspirin 75mg) • **Rosuvas CV 20/10** (Rosuvastatin 20/10mg + Clopidogrel 75mg) • **Rosuvas D** (Rosuvastatin 5/10/20mg + Cholecalciferol 1000 IU) • **Ceruvin** (Clopidogrel 75/150mg Tablets) • **Ceruvin-A** (Clopidogrel 75mg + Aspirin 75mg Capsules) • **Olvance 20/40** (Olmesartan Medoxomil 20/40 mg Tablets) • **Olvance H** (Olmesartan Medoxomil 40/20 mg & Hydrochlorothiazide 12.5mg Tablets) • **Olvance-AM** (Olmesartan Medoxomil 40/20mg & Amlodipine 5mg Tablets) • **Olvance-CT** (Olmesartan Medoxomil 40/20mg & Chlorthalidone 12.5mg Tablets) • **Olvance-Trio** (Olmesartan 20/40mg + Chlorthalidone 12.5mg + Cilnidipine 10mg Tablets) • **Olvance M 50/25** (Olmesartan Medoxomil 20mg + Metoprolol Succinate ER 50/25mg Tablets) • **Rancil 20/10/5** (Cilnidipine 5/10/20mg) • **Ranci T 20/10** (Cilnidipine 10mg/20mg + Telmisartan 40mg) • **Ranci Trio 20/10** (Cilnidipine 10mg/20mg + Telmisartan 40mg Chlorthalidone 12.5mg) **Mob:- 09412480312, 081717111119.**

Biochemix Healthcare Pvt. Ltd.

Rabrax DSR (Rabeprazole 20mg + domperidone 30mg SR) • **Asonix SR Plus** (Aceclofenac 100mg + Serratiopeptidase 15mg + Paracetamol 500mg) • **Rabrax LSR** (Rabeprazole 20mg + Levosulpride 75mg) • **Moxizac** (Moxifloxacin 400mg) • **Filson** (Fluticasone Furoate 27.5mcg Ns) **Alecet MT** (Levocetirizine 5mg + Montelukast 10mg) • **Cefonix 200mg** (Cefixime 200mg) • **Peronem** (Meropenem 1000mg Inj.) • **Zimcef 250/500/Dry. Sus.** (Cefuroxime Axetil 250/500mg, Cefuroxime Axetil 125mg/5ml.Dry.Sus.) • **Perazet** (Piperacillin 4g Tazobactam 0.5g Inj.) • **Biocarb-FA** (Ferrous Ascorbate Eq Elemental Iron 100mg + Folic Acid + Zinc) • **Prowell DHA** (Protein Powder with DHA) • **Leaf 500mg** (Levofloxacin 500mg) • **Udinix-300** (Ursodeoxycholic Acid 300mg) • **Biowin Plus** (A powerful combination of prebiotic & probiotic with FOS Cap./Sach.) • **Rabrax-DM Tablets** (Rabeprazole 20mg. + Domperidone 10mg.) • **Rabrax** (Rabeprazole 20mg. Tablets) • **Rabrax-D Capsules** (Rabeprazole 20mg. + Diclofenac Potassium 100mg.) • **Rabrax-DSR Capsules** (Rabeprazole 20mg + Domperidone 30mg (SR)) • **Rabrax-IT** (Rabeprazole 20mg. ++ Itopride 150mg) • **Rabrax-20 Injection** (Rabeprazole 20mg.) **Mob:- 09215525785.**

Aristo

Glimiprex (Glimepiride 1mg/2mg/3mg/4mg Tablets) • **Glimiprex MF** (Glimepiride 1mg/2mg+Metformin SR 500mg Tablets) • **Triglimiprex** (Glimepiride 1mg/2mg+Pioglitazone 15mg & Metformin SR 500mg Tablets) • **Glimiprex MF Forte** (Glimepiride 1mg,2mg+Metformin SR 1000mg Tablets) • **Megavog** (Voglibose Mouth Dissolving Tablets 0.2mg/0.3mg) **Megavog MF** (Metformin Hydrochloride (SR) 500mg & Voglibose Tablets 0.2mg/0.3mg) • **Trimegavog** (Metformin Hydrochloride (SR) 500mg & Voglibose 0.2mg & Glimepiride 1mg/2mg Tablets) • **Bigomet-SR** (Sustained Release Metformin 500mg/1000mg Tablets) • **Bigomet M** (Metformin SR 500mg & Methylcobalamin 750mcg) **Ph.:- 011-25926401.**

Allentis

PP-DOM Capsules (Pantoprazole 40mg + Domperidone 30mg) • **PP-40 Tablets** (Pantoprazole 40mg) • **Tiscold Tablets/Syrup** (Phenylephrine HCL + Cetirizine HCL + Paracetamol) • **Mcb Plus** • **Falsitis-AR** (Artesunate 60mg Injection) • **Falsitis-AR 120** (Artesunate 120mg Injection) • **Falsitis-L Tablets/Syrup** (Artemether + Lumefantrine) • **Falsitis-150/75 Injection** (a-B Arteether) • **Qutis-300 Tablets/Syrup** (Quinine Sulphate 300mg Enteric Coated) **Ph.:- 0751-2432960, 3208881.**

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Actis C2 (Glucosamine 750mg, Collagen Peptides 300mg, MSM 200mg, Sodium Hyaluronate 10mg, Vitamin D3 1000 IU & Vitamin C 35mg Tablets) • **Nanofast Gel** Diclofenac Sodium 10mg, Methyl Salicylate 150mg, Menthol 50mg & Absolute Alcohol 50mg) • **Hycibex Tablets** (L-Carnitine, L-Glutathione, N-Acetylcysteine, Antioxidants, Vitamins, Minerals & Trace Elements) • **Ultramed** (Tramadol Hydrochloride 37.5mg & Paracetamol 325mg Tablets) • **Ultramed-D** (Tramadol Hydrochloride 37.5mg, Paracetamol 325mg & Domperidone 10mg Tablets) • **Ultramed Injection** (Tramadol Hydrochloride 100mg/2ml ampoule) • **Cal 123** (Calcium Citrate 750mg, Calcium Aspartate 500mg, Calcium Orotate 100mg & Vitamin D3 500 IU Tablets) • **Cal 123 Fem** (Calcitriol 0.25 mcg, Soy Isoflavones 100mg, Vitamin K2-750 mcg, Calcium Citrate 750mg, Calcium Aspartate 270mg & Calcium Orotate 100mg Tablets) • **Cal 123 P** (Calcium Phosphate eq. elemental Calcium 300mg, eq. to elemental Phosphorus 150mg, Magnesium 75mg, Zinc 4mg & Vitamin D3 400 IU/10ml) • **TendoFit** (Collagen Peptide Type 140mg, Sodium Hyaluronate 30mg, Chondroitin Sulfate 200mg & Vitamin C 35mg Tablets) • **Tendo Fit Forte** (L-Arginine (Sustained Release) 500mg, Collagen Peptide Type 140mg, Sodium Hyaluronate 30mg, Chondroitin Sulfate 200mg & Vitamin C 35mg Tablets) • **Tri Actin 4/8** (Thiocolchicoside 4/8mg, Aceclofenac 100mg & Paracetamol 325mg Tablets) **Ph.:- 080-43508000.**

Biophar Life Sciences Pvt. Ltd.

Aarti-L Tab. (Artemether 80mg + Lumefantrine 480mg) • **A-ART** (Alpha-Beta Arteether 150mg, Artesunate 60mg) • **Juvinite-Plus Cap.** (Methylcobalamin 1500mcg + Ala 100mg + Thiamine 10mg + Pyridoxime HCL 3mg + Folic Acid 5mg) • **Get-U7 Softgel Cap.** (Calcium Citrate 500mg + Calcitriol 0.25 mcg + Vit K27 45 mcg + Omega 3 Fatty Acid 90mg + Methylcobalamin 750mcg + Boron 1.5mg + Folic Acid 400mg) • **Carq-L Cap.** (Co- Enzyme Q 10 with Lycopene L-Glutathione, L-Carnitine, L-Tratrate Selenium & Zinc Oxide) **Safegra Tab.** (Fexofenadine 120mg) • **Largy-F Tab.** (Montelukast 10mg + Feofenadine 120mg) • **Largy-M Tab.** (Levocetirizine 5mg + Montelukast sodium 10mg) • **Phagolac-Z Sachet/Dry/Syp** (Prebiotic + Probiotic + Zinc 20mg) • **Phagolac Cap.** (Prebiotic + Probiotic) • **Lucifer Cap/Syp** (Lycopene (6%) 5000 mcg with Antioxidant's + Vitamins) • **Ferina-XT** (Ferrous Ascorbate 100mg + Folic Acid 1.5mg + Zinc Sulphate 7.5mg) • **Ferina-Inj. 2.5/5ml** (Iron Sucrose) • **Utry Syp.** (Ayurvedic Uterine Tonic) • **Sirig-Q10 Cap.** (Co-enzyme Q10-100mg+Vitamin E-200mg) • **Calotrac Syp/Tab.** (Calcium Citrate 1000mg + Vit. D3 200 IU + Zinc 4mg + Magnesium 100mg) • **Calrado Tab./Cap.** (Calcitriol 0.25 mcg + Cal. Citrate 425mg + Zinc Sulphate Monohydrate 20mg + Magnesium Oxide 40mg) • **Delcor-6mg Tab.** (Deflazacort 6mg) • **Acephar-SP Tab.** (Aceclofenac 100mg + Serratiopeptidase 15mg + Paracetamol 325mg) • **Dixer-SP** (Diclofenac Potassium 50mg + Serratiopeptidase 15mg + Paracetamol 325mg) • **Rutofit-D Cap.** (Trypsin 48mg + Bromelain 90mg + Rutoside 100mg + Diclofenac 50mg) • **Laycef-OZ Cap.** (Cefixime 200mg + Ornidazole 500mg) • **Pantofor.DSR Cap.** (Pantoprazole 40mg + Domperidone 30mg (SR)) • **Rabifer-DSR Cap.** (Rabeprazole 20mg + Domperidone 30mg (SR)) • **Dexphar-A 60ml/100ml Syrup** (Ambroxol 15mg + Terbutaline 1.5mg, Guaiphenesin 50mg + Menthol 1mg) • **Levoflow Tab.** (Levofloxacin 500mg) • **Moxiphar-CV 375mg/625mg Tab.** (Amoxicillin + Clavulanate) • **Koldphar Sys.** (Phenylephrine 2.5mg + Para. 125mg + CPM 1mg) • **Zinxx Syp.** (Zinc Gluconate Equivalent Ele. Zinc 20mg) • **Largy-M Kid Tab.** (Levocetirizine 2.5mg + Montelukast Sodium 4mg) • **Biopharcef-O 50mg Dry Syrup** (Cefpodoxime 50mg) Zwah (Feminine Hygiene Cleanser) **Ph.:- 09216599595.**

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Tel-CAD • **Tel-CAD-CD/M** • **Tel-CAD-H/AM** • **Tel-AH** • **Best-beta** • **Best-best-AM** • **Atorica** • **Nicorex** **Ph.:- +91-40084035.**

Varenyam Healthcare Pvt. Ltd.

Varmox-CV (Amoxicillin & Potassium Clavulanate Tablets/Injection) • **Tesam** (Artesunate 60mg Injection) • **Varnem** (Meropenem 500mg/1gm Injection) • **Vartem-L** (Artemether 40mg/Lumefantrine 240mg Suspension-30ml Artemether 80mg/Lumefantrine 480mg Tablets) • **Zovar-P** Piperacillin & Tazobactam Injection 4.5gm) • **Varther** (Artemether 150mg/2ml Injection) • **Varpim** (Cefipime Injection 500mg/1gm) • **Varomep** (Omeprazole 20mg + Domperidone 10mg Capsules) • **Clindym** (Clindamycin Injection/Capsules) Pentovar (Pantoprazole 40mg Tablets/Injection) Varlax (Lactulose Solution 10gm/15ml) Vardine (Povidone Iodine Ointment 5%) **Ph.:- 0265-3935232.**

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) • **Xtfer Tab./Susp.** (Ferrous Ascorbate 100mg, Mecobalamine 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., Levosulpride 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.** (Ceftriazone 1.0g + Sulbactam 500mg Ceftriazone 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.**

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 + Clavulanic Acid Tablets) • **Reopod 50/100** (Cefpodoxime Proxetil Dry Syrup) • **Reocef LB 100/200** (Cefixime with Lactic Acid Bacillus Tablets) • **Reocer-XP Injection 500mg/1.5gm** (Cefoperazone & Sulbactam) • **Pepsica-D** (Enteric Coated Pantoprazole 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 & Acebrotophylline (SR) 200mg. Tablets) **Mob:- 07047312021.**



M.S.C.D.A. 2017-2020 चुनाव

अप्या एण्ड कम्पनी का जलवा बरकरार

(संवाददाता अभय सिंघल की रिपोर्ट)



Shri J.S. Shinde
(President)



Mukund Dubey
(Vice President)



Arun Barkase
(Vice President)



Anil Navandar
(Secretary)



Prasad Danve
(Joint Secretary)



Madan Patil
(Org. Secretary)



Vaidh Nath Jagushtey
(Treasurer)



Ajit Parikh
(P.R.O.)

दिनांक 24.09.2017 को महासैनिक दरबार कोल्हापुर (महाराष्ट्र) में 2017-2020 का M.S.C.D.A. (महाराष्ट्र स्टेट कैमिस्ट एण्ड ड्रगिस्ट एसोसियेशन) का चुनाव सम्पन्न हुआ जिसमें एक बार फिर अप्या एण्ड कम्पनी ने अपनी विजय पताका फहराई। हमेशा की तरह अध्यक्ष पद पर जगन्नाथ शिन्दे पुनः आसीन हुये। उपाध्यक्ष पद पर क्रमशः अरुण बरकसे, मुकुन्द दूबे, सचिव पद पर फिर एक बार अनिल नावन्दर सहसचिव पद पर प्रसाद दानवे, कोषाध्यक्ष पद पर वैद्यनाथ जागुटे, सघटन सचिव मदन पाटिल और पी० आर० ओ० अजित पारिख चुने गये। चीफ इलेक्शन ऑफिसर जे० एस० पांड्या और असिस्टेंट इलेक्शन ऑफिसर दलीप कदम और रमन अग्रवाल ने चुनाव की प्रक्रिया पूरी करायी। इस अवसर पर M.S.C.D.A. के ज्ञान अध्यक्ष भी चुने गये। सेन्ट्रल से सुनील मंगले, अमरावती से संजय पिंपलकुटे, पश्चिम से सोमेश्वर खरारे, नागपुर से सुरेश सारडा, मराठवाड़ा से शंकर गाड और मुम्बई से हुकमराज मेहता चुने गये। इस अवसर पर पूरे महाराष्ट्र के प्रमुख कैमिस्ट नेताओं ने अपनी उपस्थिति दर्ज करायी और अप्या और अप्या की टीम को अपनी शुभकामनायें प्रेषित की अप्या जी की टीम को इस स्वर्णिम पल के लिये मैडीकल दर्पण मीडिया हाऊस की तरफ से हार्दिक बधाई और अभिनन्दन।

संप्रेम न्यूज प्राप्त:- From:- Hemant Lonker Mob:- 09029717155 M.S.C.D.A. Mumbai.
Nileshwani Mob:- 08691091055 M.S.C.D.A. Mumbai.

M.S.C.D.A. चुनाव

कुछ झलकियाँ



नट्स खाने के फायदे

हम सभी की डेली डाइट में नट्स महत्वपूर्ण रोल प्ले करते हैं। इन्हें पूरे दिन में कैसे भी खाया जा सकता है। एक मुट्ठी जैसे ही खा लें या फिर पसंदीदा डेजर्ट में ऊपर से डालकर खाएं इसका टेस्ट और फायदे बरकरार रहते हैं इन्हें चलते-फिरते, उठते-बैठते कैसे भी खाया जा सकता है। पाइन नट्स के साथ मिलाकर स्वादिष्ट सलाद बनाया जा सकता है या फिर भारतीय खानों की क्रीमी करी में काजू के पेस्ट से टेस्टी बनाया जा सकता है। कुछ लोग अपने दिन की शुरुआत एक कप दही के साथ करते हैं जिसमें एक मुट्ठी कटे हुए बादाम ऊपर से डालकर खाते हैं इससे टेस्ट तो बढ़ता ही है साथ ही उसमें पोषक तत्वों की मात्रा भी बढ़ जाती है। वैसे, एनर्जी लेवल को बढ़ाने के लिए एक बड़ा गिलास बादाम का शरबत भी काफी है। यह सही है कि मील में नट्स शामिल करने से खाने को हेल्दी और स्वादिष्ट बनाया जा सकता है-यह एनर्जी का पावरहाउस, फाइबर से भरपूर, प्रोटीन्स, मिनरल्स और अनसैचुरेटेड फैट से भरपूर होते हैं। हालांकि अस्वस्थ लाभ के बावजूद, बहुत से लोग इन्हें खाने से डरते हैं। क्योंकि उन्हें यह भ्रम होता है कि नट्स में कैलोरी होती है। इसके विपरीत बहुत से अध्ययनों ने यह साफ कर दिया है कि नट्स से वजन जल्दी घटता है। यह हाई कोलेस्ट्रॉल के खतरों को कम करते हैं और यहाँ तक कि आप के दिल को हेल्दी बनाते हैं इनके लाभ लेने का सही तरीका इन्हे सही मात्रा में खाना है। अमेरिका की रिसर्च से पता लगा है कि एक व्यक्ति को रोज 30 ग्राम या 20-25 नट्स खाने चाहिए। उन्होंने बताया कि, "अस्वस्थ स्नैक्स की जगह नट्स खाना बेहतर विकल्प है अन्य दूसरे नट्स के मुकाबले बादाम सबसे हेल्दी नट मे से एक है। इसके बाद अखरोट और पिस्ता, लेकिन इन्हे अपनी डाइट में उतना ही शामिल करना चाहिए, जितना सलाह दी गई हो। काजू का फ्लेवर न सिर्फ क्रीमी होता है, बल्कि दूसरे नट्स के मुकाबले इनमें फेट भी कम होता है। इसमें 82 प्रतिशत फेट, अनसैचुरेटेड फेटी एसिड होता है और इसमें से 66 प्रतिशत अनसैचुरेटेड फेटी एसिड स्वस्थ दिल के लिए मोनोअनसैचुरेटेड फेट होता है इसके अलावा काजू में पाए जाने वाले फेट के तत्व 'अच्छा फेट' माने जाते हैं। नट्स में पाए जाने वाले सैचुरेटेड, मोनोअनसैचुरेटेड और पॉली अनसैचुरेटेड फेट के उपयुक्त अनुपात की वजह से ऐसा होता है। शोधकर्ताओं का कहना है कि श्रेष्ठ हेल्थ के लिए यह आदर्श अनुपात है। काजू आयरन, मैग्नीशियम और जिंक का अच्छा स्रोत है। आयरन कोशिकाओं में ऑक्सिजन पहुँचाने का काम करता है, जो कि अनीमिया से बचाता है वहीं, जिंक प्रतिरक्षा स्वास्थ्य और हेल्थ की दृष्टि से महत्वपूर्ण है। मैग्नीशियम याददाश्त सुधारने में मदद करता है और बढ़ती उम्र में कम होने वाली याददाश्त से बचाता है। वेट मैनेजमेंट एक्सपर्ट, डॉ. गार्गी शर्मा के अनुसार, "अपने डेली रूटीन में कम से कम चार से पाँच काजू जरूर शामिल करने चाहिए आप उन्हें सलाद में डाल सकते हैं या फिर फ्राई चिकन में ऊपर से डालकर खा सकते हैं। एक पिस्ते में चार से भी कम कैलोरी होती है इनमें एल-आर्जिनिन होता है, जो आपकी आर्टीज की परत को और लचीला बना देती है, जिससे ब्लड क्लॉटिंग के विकास की संभावना कम हो जाती है, जो हार्ट अटैक का कारण बन सकता है। इसमें पाया जाने वाला विटामिन ई बाँड़ी के लिए जरूरी है। दिन में पाँच से सात पिस्ता खाना हेल्थ के लिए अच्छा रहता है। यह विटामिन बी-6 के लिए डेली वैल्यू का

25 प्रतिशत, थिआमिन और फास्फोरस के लिए डेली वैल्यू का 15 प्रतिशत और मैग्नीशियम के लिए डेली वैल्यू का 10 प्रतिशत होता है। आप इन्हे सलाद में डाल सकते हैं। या फिर अगली बार पेपेटो सांस बना सकते हैं। बादाम मोनोअनसैचुरेटेड फेट का स्तर हाई होता है, जो कि हार्ट अटैक के खतरों को कम करने में सहायक है। दूसरे नट्स के मुकाबले इसमें सबसे ज्यादा फाइबर होता है एक औंस में तीन ग्राम के लगभग यही नहीं, यह विटामिन ई से भरपूर होता है, जो कि एक शक्तिशाली एंटी-ऑक्सीडेंट है। साथ ही, शानदार तरीके से बादाम से वजन भी घटाया जा सकता है। एक अध्ययन के अनुसार, "वजन कम करने के दौरान बादाम से परहेज करने वालों के मुकाबले, जो लोग इन्हें अपने प्लान में शामिल करते हैं, उनका वजन ज्यादा घटता है। दूसरे शोधकर्ताओं के मुकाबले, "जो लोग अपने ब्लड शुगर को लेकर चिंतित रहते हैं, बादाम खासतौर से उन लोगों के लिए लाभकारी होते हैं। इसके साथ ही, यह आँत के लिए अच्छे होते हैं और कहा जाता है कि यह प्रतिरक्षा प्रणाली को भी मजबूत रखते हैं। अब आप सोच रहे होंगे कि आपको नियमित कितने बादाम खाने चाहिए? डॉ. गार्गी शर्मा के मुताबिक, "एक दिन में आठ से दस भीगे हुए बादाम खाए जा सकते हैं।" अपनी डाइट में बादाम शामिल करें।

एक बाउल ओट्स में फलों और थोड़ा-सा दही लेकर उसमें कटे हुए बादाम डालें यही नहीं, जब आपका कुछ मीठा खाने का मन करे, तो आप इन्हे डार्क चॉकलेट के साथ भी खा सकते हैं। हेल्दी अनसैचुरेटेड फेट से भरपूर रहने का यह सबसे आसान तरीका है। बहुत से शोधकर्ताओं का कहना है कि अपनी डाइट में अखरोट शामिल करने से समय के साथ आपका वजन भी कंट्रोल रहता है। यह एंटी-ऑक्सीडेंट से भरपूर होते हैं, जो कि कोशिकाओं को नुकसान, हार्ट संबंधी बीमारियाँ, कैंसर, जल्दी बुढ़ापा आ जाना जैसी समस्याओं से बचाने में मदद करते हैं। यही नहीं, इनमें ओमेगा 3 फेटी एसिड भी काफी मात्रा में होता है, जो कि आपकी बाँड़ी के लिए अच्छा होता है एक से दो अखरोट नियमित रूप से खाए जा सकते हैं। यह कमाल के नट्स अपने भोजन में जरूर शामिल करें, साबुत अनाज में इन्हें काट के इस्तेमाल कर सकते हैं या फिर शहद और दालचीनी के साथ अखरोट को ब्लैण्ड कर के अखरोट का मक्खन भी बनाया जा सकता है। आपको बाजार में कई तरह की मूँगफली मिल जाएगी- फ्लेवर से लेकर मसालेदार। साथ ही, इनका पोषक महत्व अलग होता है। वहीं हम से बहुत से लोग मूँगफली का मक्खन पसंद करते हैं इन्हें बाजार से खरीदने के साथ-साथ घर पर भुनी हुई मूँगफली और शहद से बनाया जा सकता है। मूँगफली में मोनोअनसैचुरेटेड फेट भरपूर मात्रा में होता है। मूँगफली पर हुए अध्ययन से पता लगा है कि यह एक छोटी-सी फली स्वस्थ दिल के लिए बहुत सहायगी है। इसके अलावा, यह विटामिन ई, फोलेट और मैग्नीज का बड़ा स्रोत है। इसमें 22 प्रतिशत एंटी-ऑक्सीडेंट होता है, जो प्रतिरक्षा प्रणाली को बूस्ट करने में सहायक है और आपको दिल की बीमारियों से दूर रखता है। लेकिन, इन्हें सही मात्रा में खाना जरूरी है हेल्दी सर्विंग के लिए आठ से दस मूँगफली खाई जा सकती हैं इन्हें अपने खाने में डाल सकते हैं साथ ही, सलाद में ऊपर से डालकर या नदी फ्लेवर के लिए मूँगफली के तेल को ऊपर से डालकर खाया जा सकता है। उबली हुई सब्जियों के साथ भुनी हुई मूँगफली एक अच्छा विकल्प है।



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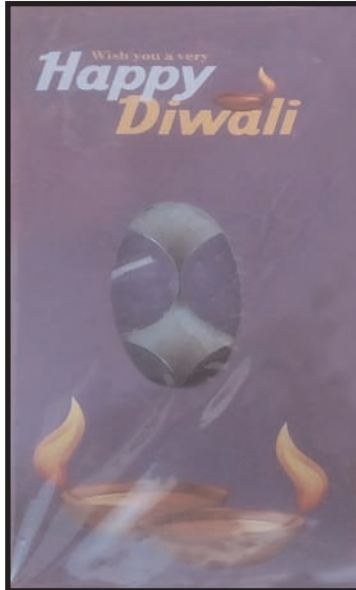
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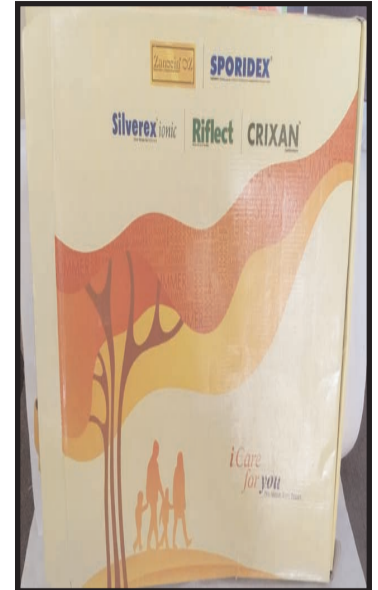
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से डाटा रिकवरी के लिए विशेषज्ञों की मदद ली जा रही है. पुलिस इस बात की भी जाँच कर रही है कि करण के पास गेम का लिंक कहाँ से आया? करण ठाकुर के चचेरे भाई अभिषेक ने बताया कि करण के तीन दोस्त भी इस खेल से जुड़े हुए हैं. इनमें एक चंडीगढ़ निवासी है. वह उसी स्कूल का है, जिसमें करण पढ़ता था. पुलिस ने एहतियात के तौर पर सभी स्कूलों में ब्लू व्हेल से बचने के लिए एडवाइजरी जारी कर दी है. स्कूल प्रशासन को भी अलर्ट कर दिया गया है. ब्लू व्हेल के शिकंजे में फंसे छात्रों का पता करने के लिए सेक्टर-8 स्थित डीएवी स्कूल के 50 छात्रों के मोबाइल जब्त कर लिए. इनमें हॉस्टल के छात्र भी शामिल हैं. हालाँकि टीचर्स की इस कार्यवाही का अभिभावकों ने विरोध किया. छुट्टी के बाद जब छात्रों ने मोबाइल वापस माँगे तो टीचर्स ने कहा कि पहले पैरेंट्स को बुलाएँ तब मोबाइल मिलेगा. इसके बाद स्कूल पहुँचे पैरेंट्स ने टीचर्स से इसका विरोध जताते हुए कहा कि स्कूल में आने के बाद बच्चों के मोबाइल ले लिए जाएँ और छुट्टी के बाद लौटा दिए जाएँ. इस पर डीएवी स्कूल सेक्टर-8 की प्रिंसिपल डॉ. विभा रे ने बताया कि शिक्षा विभाग की ओर से सर्कुलर है कि स्कूल में कोई भी विद्यार्थी मोबाइल लेकर न आए. लेकिन लगातार छात्रों की ओर से नियमों का वॉयलेशन हो रहा है. स्टूडेंट्स की सुरक्षा को लेकर फोन बैन किया गया है. वहीं हॉस्टल में रहने वाले सभी स्टूडेंट्स के फोन जमा कराए गए. उनके अभिभावकों को भी स्कूल प्रबंधन ने बुलाया है.

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Govt Set To Bar Homeopathy Doctors From Selling Drugs

New Delhi:- Homeopathy doctors will soon be barred from selling medicines from the premises they are practising in, according to new rules proposed by the government that are to be notified soon. "No registered homeopathic medical practitioner who is practicing homeopathy in the premises where homeopathy medicines are sold, shall deal in homeopathic medicines," according to the new draft rules. The new rules were drafted following complaints that commercial interests were influencing the behaviour of homeopaths, two government officials privy to the development said. "It was seen that various pharmacists had started to station a homeopath in their shop for consultations. Likewise, homeopathy practitioners other than dispensing their medicines to their patients had started selling them over the counter too. For better regulation of homeopathic medicines, this practice needed to end," said one of the two officials cited above. "Once notified, this will delink consultation and selling of medicines. Chemist shop is a commercial entity and the objective of this rule is to ensure that doctors only prescribe and not sell medicines," said the official cited above, requesting anonymity. Homeopath Kalyan Banerjee said that the new draft rules will come as a setback to doctors selling drugs. "This will create a lot of problems for those doctors who sell medicines over the counter too," Banerjee said. According to one of the draft rules, chemists selling allopathic medicines will also be allowed to sell homeopathic medicines without the need to have a separate licence, as required now. "These medicines shall be sold in the original sealed small quantity packing and they will have to be stored

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separately from allopathic drugs," said the second of the two health ministry officials cited earlier. The proposed rules also aim to weed out unqualified people from dispensing homeopathic medicines. A person eligible to practice medicine with prescriptive rights should hold a degree in homeopathy from a recognized university or a degree in pharmacy from a recognized university or a bachelor's degree with one year of experience in dealing with homeopathic medicines in the clinic of a registered homeopathic medical practitioner or with the holder of a licence in Form 20C or Form 20D (applications for retail are made under these forms) or diploma in homeopathic pharmacy or diploma in homeopathy and surgery. R.K. Manchanda, co-chair of a sub-committee of the Drug Technical Advisory Board (DTAB) and the Director General of Central Council of Homeopathy (CCH), said the new rules will help promote quality homeopathic medicines. "The competent authorities have been defined in the new rules for dispensing homeopathic drugs, thereby preventing a host of complications caused by wrong dispensing. The homeopathic medicines will be available widespread in chemists shops as there will be no need to have an additional licence to keep homeopathic medicines as required as per the existing rules. Once the new rules come into effect, the homeopathic medicines will be readily available even in far-flung areas." Homeopathic medicines are covered under the provisions of Drugs and Cosmetic Act, 1940. The new draft rules which were discussed in detail by the sub committee of DTAB before they were sent to law ministry for vetting will be notified by the ministry of health and family welfare. To promote homeopathy, the new rules also do away with the need for a licence for exhibiting homeopathic drugs for promotional activities in any fair. The manufacturers will also have to adhere to requirements of Good Manufacturing Practices (GMP) for obtaining a licence for manufacturing, which will remain valid for five years.

DCGI Directs Drug Testing Labs Across Country To Do Self Audit Before CDSCO Inspections

Mumbai:- To effectively assess the status of compliance across drug testing labs in the country as per global regulatory requirements. Drug Controller General of India (DCGI) has asked the drug testing labs to verify and assess their compliance levels through a self-audit to ensure audit-readiness before a Central Drugs Standard Control Organization (CDSCO) inspection team assess good laboratory practices. The inspections which will be conducted jointly by CDSCO officials and respective state drug controllers. The joint inspection testing labs is planned after a gap of 13 years. As per draft pharmaceutical policy released recently, there are not enough NABL-accredited labs for conducting frequent and regular tests. The record of regular audit of these labs is also not very encouraging. CDSCO has recently formed a team of drug control officials to conduct random inspections on drug testing labs across the country in the wake of increasing scrutiny from global regulators towards quality of the products coming from India. There are around 220 accredited drug testing labs in the country as of today. "Labs play a major role in assessing drug quality and warrants remedial action through effective inspections similar to what has been done on case of manufacturing units. These inspections will help ascertain whether the licensed conditions are as per Drugs and Cosmetics Act issued to labs are being complied with or not," says Drug Controller General of India Dr G N Singh. The inspections will be done based on the evaluation of the lab based on criteria like location and overall performance. The laboratories for testing drugs and cosmetics must be accredited by the National Accreditation Board for Testing and Calibration Laboratories (NABL), to be deemed technically competent. These drug testing laboratories approved under Drugs and Cosmetics Rules cater to the testing requirements of manufacturing units that lack specialized facilities. These facilities are inspected every five years at the time of grant of licence to them by state regulators. The GLP principles, which set the quality standards for the organization to test facilities, cover all aspects of a laboratory's daily activity, such as the layout of testing and storage areas to prevent contamination, cleaning and calibration of equipment, handling of test animals and recording of test results.

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Cipla USA enters into a collaboration with MEDRx

Mumbai:- Cipla Ltd, a global pharmaceutical company, today announced that its wholly owned subsidiary in USA - Cipla USA Inc. has signed a worldwide licensing agreement (except for East Asia) with MEDRx Company Limited (MEDRx) to further develop and commercialize MRX-4T2T, a Tizanidine¹ patch for the management of Spasticity. Under the terms of the agreement, MEDRx is eligible to receive up to USD 30 million cumulatively through upfront and developmental, regulatory, and commercial milestones payments. MEDRx will also receive tiered royalties on the net sales of commercialized licensed products. MRX-4T2T is a medicated patch that uses ILTS[®] (Ionic Liquid Transdermal System), an exclusive MEDRx technology that incorporates its ionic liquid expertise², to deliver Tizanidine, a centrally acting muscle relaxant. MEDRx has concluded Phase I trials in U.S. with a promising horizon for further clinical development. Annual sales of muscle relaxants in the United States were estimated at ~\$807 million³ in 2016. MRX-4T2T is expected to be the first transdermal muscle relaxant worldwide. Delivering Tizanidine by transdermal administration, rather than by oral administration, is expected to improve patient experience on the drug by providing sustained efficacy while also reducing adverse events and side effects such as aesthenia, troublesome drowsiness and dry mouth amongst others. Cipla plans to initiate Phase 3 clinical trials after completion of additional Phase 1 studies. After bolstering its US generics business through two acquisitions last year, Cipla is now actively foraying into the US branded specialty space through a blend of in-house innovation and inorganic efforts. Umang Vohra, MD and Global CEO Cipla Ltd., said: "In-line with our legacy and philosophy of keeping the patient at the centre, we believe that the Tizanidine transdermal patch will address significant unmet needs and benefit patients globally suffering from chronic Spasticity."

Lupin Acquires Symbiomix Therapeutics LLC

Mumbai:- Pharma major Lupin announced that its US subsidiary, Lupin, Inc., has acquired Symbiomix Therapeutics, LLC. Lupin had entered into an option to acquire the company earlier this year. Symbiomix is a privately held company focused on bringing innovative therapies to market for gynecologic infections that can have serious health consequences. The acquisition has been made for a cash consideration of USD 150 million including a USD 50 million upfront and other time-based payments. In addition, there are sales based contingent payments. The acquisition is funded from internal funds. The transaction was closed today. The acquisition of Symbiomix and the Solosec[™] franchise significantly expands Lupin's branded women's health specialty business, which is presently anchored by Methergine[®] (methylergonovine) tablets. On September 15, 2017, the US FDA approved Symbiomix's lead product, Solosec[™] (secnidazole) oral granules, for the treatment of bacterial vaginosis (BV) in adult women. Lupin expects Solosec[™] to be commercially available by mid-2018. Solosec[™] has been designated as a Qualified Infectious Disease Product (QIDP) by the U.S. Food and Drug Administration (FDA) for the treatment of BV. QIDP designation is for medications intended to treat serious or life-threatening infections and makes Solosec[™] eligible for at least 10 years of exclusivity in the United States. The FDA approval of Solosec[™] was supported by a comprehensive set of studies, including two pivotal trials in BV and an open label safety study, which demonstrated efficacy for single-dose Solosec[™] 2g. Solosec[™] is the first and only single dose oral treatment approved for BV, the most prevalent gynecologic infection in the U.S., affecting 21 million women ages 14 to 49 annually. Compliance with the current leading therapy for BV has been shown to be only approximately 50%, and more than 50% of women treated for BV have a recurrence within 12 months. If left untreated or inadequately treated, BV can increase the risk of contracting sexually transmitted diseases and increase the risk of pre-term birth. US physicians prescribe more than 6 million prescriptions a year for bacterial vaginosis. "We are delighted to complete the acquisition of Symbiomix and its Solosec[™] brand, which immediately expands Lupin's US women's health specialty business into the highly-complementary gynecological infection sector," said Vinita Gupta, CEO of Lupin. "This transaction is an important milestone in the evolution of our Specialty business and gives Lupin a new therapeutic to bring to obstetricians and gynecologists to treat a serious health condition they see frequently in their practices."

17 Worst Habits for Your Heart

Bad habits for your heart:-Everyone wants to have a healthy heart. Still, cardiovascular disease affects more than 1 in 3 adults in the United States. The good news is that some simple, everyday habits can make a big difference in your ability to live a healthy lifestyle. Here are the 17 worst habits for your heart, and how to avoid them. Watching TV Sitting for hours on end increases your risk of heart attack and stroke, even if you exercise regularly. "Intermittent exercise doesn't compensate for the time you sit," says Harmony R. Reynolds, MD, associate director of the Cardiovascular Clinical Research Center at NYU Langone Medical Center, in New York City. Why? The lack of movement may affect blood levels of fats and sugars. Dr. Reynolds advises walking around periodically and, if you're at work, standing up to talk on the phone. Leaving hostility and depression unchecked. Are you feeling stressed, hostile, or depressed? It can take a toll on your heart. While everyone feels this way some of the time, how you handle these emotions can affect your heart health. "Those likely to internalize stress are in greater danger; research has shown a benefit to laughter and social support," Dr. Reynolds says. "And it's helpful to be able to go to someone and talk about your problems." Ignoring the snoring More than a minor annoyance, snoring can be a sign of something more serious: obstructive sleep apnea. This disorder, marked by breathing that is interrupted during sleep, can cause blood pressure to skyrocket. More than 18 million Americans adults have sleep apnea, which increases the risk of heart disease. People who are overweight or obese are at higher risk for sleep apnea, but slim people can have it too. If you snore and often wake up feeling tired, talk with your doctor; there are easy ways to screen for apnea, says Robert Ostfeld, MD, cardiologist and director of preventive cardiology at Montefiore Health System, in New York City. Not flossing While the exact reason is unknown, there is a strong link between gum disease and heart disease, Dr. Ostfeld says. If you don't floss, sticky, bacteria-laden plaque build up over time, which can lead to gum disease. One theory is that these bacteria trigger inflammation in the body. "Inflammation promotes all aspects of atherosclerosis," Dr. Ostfeld says. Treating gum disease can improve blood vessel function. Withdrawing from the world It's no secret that on some days, other human beings can seem annoying, irritating, and just plain difficult to get along with. However, it makes sense to strengthen your connections to the ones you actually like. People with stronger connections to family, friends, and society in general tend to live longer, healthier lives. Everyone needs alone time, but you should still reach out to others and keep in touch whenever you can. You're either all or nothing Call it the Weekend Warrior Syndrome. "I see so many people in their 40s and 50s dive into exercising with good intentions, hurt themselves, and then stop exercising all together," says Judith S. Hochman, MD, director of the Cardiovascular Clinical Research Center at NYU's Langone Medical Center. With exercise, it's wise to aim for slow and steady. "It's more important to have a regular exercise commitment," says Dr. Reynolds. "Be in it for the long game." Drinking (too much) alcohol Sure, studies suggest a small amount of alcohol may be good for your heart. Alas, too many over-imbibe. Excess alcohol is linked to a greater risk of high blood pressure, high levels of blood fats, and heart failure. In addition, the extra calories can lead to weight gain, a threat to heart health. If you drink, stick to no more than two drinks per day for men, and no more than one a day for women. (One drink means a 12-ounce beer or 4-ounce glass of wine). Overeating Being overweight is a major risk factor for heart disease, and 72% of men and 64% of women in the U.S are overweight or obese. Try to eat less, avoid oversized portions, and replace sugary drinks with water. Dr. Reynolds and Dr. Hochman also suggest cutting portion sizes for high-calorie carbohydrates (think refined pastas and breads) and watching out for foods labeled "low-fat," which are often high in calories. Assuming you're not at risk Cardiovascular disease—including stroke, heart disease, and heart failure—claims more lives in the United States than any other illness, including cancer. "Don't assume you're not at risk," says Dr. Ostfeld. High blood pressure and cholesterol, diabetes, being overweight, and smoking are all risk factors that should be kept in check. Eating red meat It's best to think of red meat as an occasional treat rather than the foundation of a daily diet. Red meat is high in saturated fat, and there's also evidence that processed meat, such as bacon and hot dogs, increases your risk of cardiovascular disease and colorectal cancer. Ideally, less than 10% of your diet should come from animals and animal products, Dr. Ostfeld advises. Can't part with the beef? Choose a lean cut of red meat and limit your intake. "People have to know that if you want a steak a few times a month, it's OK," Dr. Hochman says. "It's what you're eating three times a day that's the issue. Be in it for the long haul. Eat a balanced diet." Being a health procrastinator Check in with an MD so that you know your numbers for cholesterol, blood pressure, and blood sugar. If these are elevated, you're at risk for silent killers like heart disease, stroke, and diabetes. One thought: The lifetime risk of developing hypertension, or high blood pressure, for adults in their mid-50s is approximately 90%, even with those who never had a problem before. "The general point is that just because you didn't have it at 24 doesn't mean you don't have it at 54," Dr. Ostfeld says. Smoking or living with a smoker Sure, you've heard it a million times before: Don't smoke. But it bears repeating. "Smoking is a total disaster for your heart," says Dr. Ostfeld. Smoking promotes blood clots, which can block blood flow to the heart, and contributes to plaque buildup in the arteries. It's also a smart bomb aimed at everyone around you, Dr. Ostfeld says. In fact, about 46,000 nonsmokers who live with a smoker die from heart disease each year because of secondhand smoke. Stopping or skipping meds Let's be honest: Taking pills is a pain. There can be side effects. And it's easy to forget your meds, especially if you feel fine. "High blood pressure is called the silent killer because you don't feel it," Dr. Ostfeld says. "Saying you feel fine is not a justification for stopping these pills." There are 30 types of high blood pressure medications, so there are choices if one isn't working, Dr. Hochman says. "If one medication doesn't work, we can try something else." Avoiding fruits and vegetables "The most heart-healthy diet is a plant-based diet," Dr. Ostfeld says. That means loading up on fruits and vegetables, nuts, whole grains, low-fat dairy, and protein, and keeping junk food to a minimum. In fact, new federal dietary guidelines recommend that half of each meal should be composed of fruits and vegetables. Research has found that people who eat more than five servings of fruits and vegetables a day had about 20% lower risk of heart disease and stroke than people who ate less than three servings per day. Ignoring physical symptoms If you used to walk up three flights of stairs without a problem, but suddenly you're short of breath after one flight or have chest pressure, it's time to call your doctor—now. Never assume it's because you're out of shape. Doctors say "time is muscle," meaning the quicker you get treatment for possible trouble, the less likely you are to have permanent damage to your heart muscle. "It's better for it to be much ado about nothing than sitting on a heart attack for six hours," which is not uncommon, Dr. Ostfeld says. Being a salty snacker The more salt you consume, the higher your blood pressure rises. One in three American adults has high blood pressure, a major risk factor for stroke, kidney failure, and heart attack. "Steer clear of packaged junk food, read the labels for sodium content, and stick to the outer portions of the supermarket, which is where the fruits, vegetables, and (unsalted) nuts are," Dr. Ostfeld says. Most of us should keep sodium intake below 2,300 milligrams a day. If you have high blood pressure or are over 50, cut back to 1,500 milligrams. Eating empty calories Foods high in sugar, fat, and oil deliver calories, but very few—if any—nutrients your body can use. Studies have shown that a diet full of empty calories increases the risk of obesity and diabetes. Look for foods dense in nutrients, such as vegetables, fruits, whole grains, seafood, eggs, beans and peas, and unsalted nuts and seeds. Lean meats and poultry, along with fat-free and low-fat milk, are good choices as well.

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- 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

Email:- info@dmpharma.co.in PH:- 09316783858, 0172-409946/51
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