



# VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN

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## A Newsletter on Pharmacy Practice

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*Dear reader,*

We are very happy to introduce volume 6 Issue 3 edition of our quarterly newsletter. As we all know, a newsletter mirrors a college- its vision and mission. It also highlights the events, activities, academic progress and achievements of students. Contribution of

teachers and other crucial information related to Pharmacy field are also incorporated in it. In this edition, we bring before you some current pharma trends. The newsletter aims at creating awareness among the patient pool and add value to their busy lives. Through education and consequently, our communities.

## LIFESTYLE MEDICINE FOR DEPRESSION

Depression (major depressive disorder) is a common and serious mood disorder that involves a persistent feeling of sadness and loss of interest in life. It negatively affects the way a person feels, thinks and behaves. While modernity has provided multiple technological and medical advances including increased life-expectancy, the lifestyle issues are negatively affecting our mental health. Due to various defects in lifestyle, there is a need to consider a “Lifestyle Medicine” approach for the potential prevention, promotion and management of depression. While medication and psychological interventions are first-line treatments for depression, lifestyle medicine offers a potentially safe and low-cost option for the management of the condition. It involves the application of environmental, behavioral, and psychological principles to enhance physical and mental wellbeing, adding a therapeutic and potentially preventive approach to illness. This may involve modification of diet, physical activity, relaxation, sleep etc.

### LIFESTYLE ELEMENTS

**DIET** : Diet modulates several bioprocesses that underscore mood disorders, including brain function, stress, inflammation, and oxidative processes. A study was conducted in Britain evaluating the effects of dietary change on mood and cognition in 25 young female adults by giving them 10 days of nutrient-rich diet and another group with no dietary change. The dietary change showed improvements in strength, alertness and mood.

**MEDITATION**: Meditation also has a role in improving mood and preventing depression. Regular meditation shows effect on biological changes like, alterations in gray matter morphology, increased cortical thickness, increased oxygenated hemoglobin, and elevations in whole blood serotonin levels.

**MANAGEMENT OF RECREATIONAL SUBSTANCES**: Studies show that depressed mood is alleviated after restraining from alcohol. It may also provoke anxiety with other CNS effects. Smoking is a potential risk

factor for the development of de-novo depression and may also cause anxiety.

### PHYSICAL ACTIVITY AND EXERCISE :

Exercise has been shown to moderate a range of biological pathways including inflammatory cytokines, oxidative stress, neurotrophins and neurogenesis. Exercise of adequate intensity and duration improves mood and reduces depressive symptoms and comorbid medical disorders.

**SLEEP** : Insomnia is a frequent symptom of depression. Research has shown that people with chronic insomnia have increased risk of a major depressive disorder. Techniques that can be offered includes focusing on adjusting caffeine and stimulants use, limiting exposure to the bed, getting up at a set time in the morning.

**RECREATION AND RELAXATION** : A vital element in the management of depression is balance of “work-rest-play” dynamic. Recreational activities provide an opportunity to experience pleasure, to direct the mind away from worry.

### ENVIRONMENTAL AND SOCIAL FACTORS :

External factors that may affect health can be nature, climate, season, pollution, therapeutic association with animals or pets. Positive, supportive, intimate relationships have been established to have a beneficial effect on general health, particularly for maintaining psychological health.



Source : <https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/1471-244X-14-107-treatment-alcohol-use-disorder>

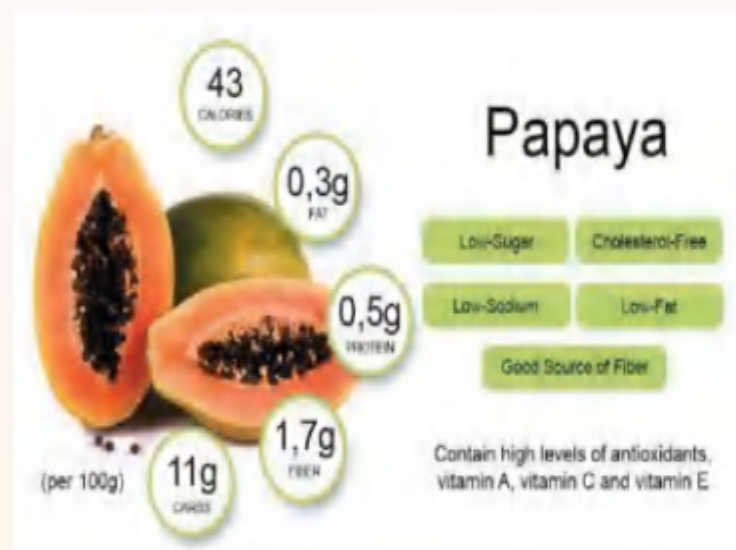




## Plants with Health Benefits- Carica papaya

**Synonyms** : papaya, papaw, melon tree  
**Family** : Caricaceae  
**Order** : Brassicales  
**Genus** : Carica  
**Species** : C. papaya

Papaya is a powerhouse of nutrients and is available throughout the year. It is a rich source of three powerful antioxidants- vitamin C, vitamin A and vitamin E, minerals- magnesium and potassium, B vitamin pantothenic acid and folate and fiber. In addition to all this, it contains a digestive enzyme-papain which effectively treats causes of trauma, allergies and sports injuries. All the nutrients of papaya as a whole improve cardiovascular system, protect against heart diseases, heart attacks, strokes and prevent colon cancer. The fruit is an excellent source of beta carotene that prevents damage caused by free radicals that may cause some forms of cancer. It is reported that it helps in the prevention of diabetic heart disease. Papaya lowers high cholesterol levels as it is a good source of fiber.



**Morphology** : The papaya is a small, sparsely branched tree, usually with a single stem growing from 5 to 10 m (16 to 33 ft) tall, with spirally arranged leaves confined to the top of the trunk. The lower trunk is conspicuously scarred where leaves and fruit were borne. The leaves are large, 50–70 cm (20–28 in) in diameter, deeply palmately lobed, with seven lobes. Papayas are dioecious. The flowers are five-parted and highly dimorphic; the male flowers have the stamens fused to the petals. The female flowers have a superior ovary and five contorted petals loosely connected at the base. The flowers are sweet-scented, open at night, and wind- or insect-pollinated.

### Parts of CARICA Papaya and its uses:

The whole carica papaya has unique medicinal use. Every part can be used to cure disease. Carica papaya is divided into leaves, fruit, seeds, peel, roots, latex.

**Leaves** : Papaya leaf has numerous benefits. It can be used to cure many fatal diseases.

**Dengue Fever** : The juice from the leaves helps to increase the count of white blood cells and platelets count, it also helps to normalize clotting and repairs the liver.

**Cancer Cell Growth Inhibition**: Carica papaya leaf extract has demonstrated the inhibition of cancer cell growth. It boosts the production of key signaling molecules called Th1-type cytokines, these cytokines help to regulate the immune system. It can act as an acne medicine, it increases appetite in patients with low appetite, and it helps to ease menstrual pain, it can help to relieve nausea

**Fruits** : Papaya fruit is a rich source of nutrients such as vitamins, minerals, and dietary fiber. The fruit can be used as a laxative, a cure for indigestion, helps to prevent heart attack and stroke. Fresh ripe papaya should be taken every morning to prevent indigestion and constipation and it also helps to improve appetite. The fruit of Carica papaya can be used to treat mouth ulcers, gum disease, and toothache.

**Seeds**: The seed of Carica papaya is black. It has a very sharp and spicy taste. It can sometimes replace black pepper. Papaya seeds are very pungent and have more medicinal value compared to other parts of the tree. Papaya seeds are antibacterial and very effective against staphylococcus infections. The seeds help to protect the kidneys from toxins and prevent kidney failure. Helps in the recovery of piles and typhoid. Dried papaya seeds have more nutritional value.

**Peel** : Peel from papaya is often used as a cosmetic agent and it can be used as a home remedy. Papaya peel can act as sunscreen and a soothing agent, it helps fight dandruff and it can be used as a muscle relaxant.

**Roots** : The juice from the root is used to ease urine problems in some Asian countries. A decoction formed by boiling the roots of the papaya can be used to cure dyspepsia.



Source:

<https://medwinpublishers.com/JONAM/JONAM16000144.pdf>



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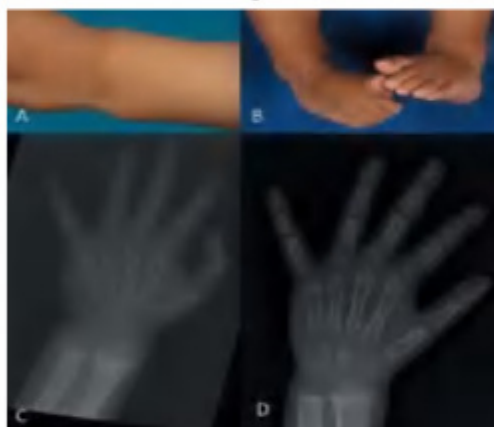
## REGULATORY NEWS

## HYDROCORTISONE

## Risk of rickets-like bone lesion in neonates at birth

The MHLW and the PMDA have announced that the product information for magnesium sulfate (injection) indicated for eclampsia should be revised to include the risk of rickets-like bone lesion in neonates at birth with prolonged administration of this drug during pregnancy. The MHLW and the PMDA reviewed cases of rickets-like bone lesion reported in neonates born to patients treated with magnesium sulfate in Japan and concluded that a causal relationship between the drug and event was reasonably possible in all the cases. The shortest duration of administration with magnesium sulfate (injections) to the mother was 18 days.

Reference: Revision of Precautions, MHLW/PMDA, 20 Sep 2021



## METHYLPHENIDATE

## Potential risk of birth defects and malformations

The TGA has announced that the product information for methylphenidate products has been updated with new information about use in pregnancy. Updated safety information relating to birth defects and malformations is included and the pregnancy category has now been changed so that methylphenidate should not be prescribed for women of childbearing age unless, in the opinion of the physician, the potential benefits outweigh the possible risks. Methylphenidate is a central nervous system stimulant. It is available in the forms of immediate-release tablets (Ritalin 10®), modified-release capsules (Ritalin LA®) and modified-release tablets (Concerta®) and is indicated for the treatment of ADHD. The TGA reviewed large observational studies and observed a small increased occurrence of foetal cardiac malformations in women who received methylphenidate during the first trimester of pregnancy, compared with non-exposed pregnancies.

Reference: Medicines Safety Update, TGA, 26 Nov 2021 (www.tga.gov.au)

## NIFEDIPINE

## Risk of pulmonary oedema when used in pregnancy

The TGA has announced that the product information for nifedipine products has been updated to provide new information about the risk of acute pulmonary oedema when used as a tocolytic agent (inhibiting myometrial smooth muscle contractions) for the treatment of preterm labor in pregnancy. Nifedipine is a calcium channel blocker and indicated for the management of chronic stable angina pectoris and vasospastic angina pectoris (Prinzmetal's angina, variant angina) due to coronary heart disease and the treatment of hypertension. Nifedipine is contraindicated in pregnancy and during lactation. The TGA reviewed four adverse event reports involving off label use of nifedipine in pregnancy. The risk was higher in cases of multiple pregnancy (twins or more), with an intravenous administration route or concomitant use of beta-2 agonists.

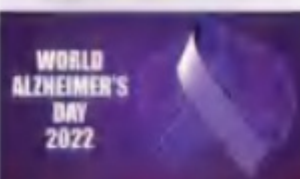
Reference: Medicines Safety Update, TGA, 26 Oct 2021 (www.tga.gov.au)



## NOVEL DRUG APPROVALS FOR 2021

DRUG NAME	ACTIVE INGREDIENT	APPROVAL DATE	USES
Qulipta	Atogepant	28.09.21	To prevent episodic migraines
Livmarli	Maralixibat	29.09.21	To treat cholestatic pruritus associated with Alagille syndrome
Scemblix	Asciminib	29.10.21	To treat Philadelphia chromosome-positive chronic myeloid leukemia with disease that meets certain criteria
Voxzogo	Vosoritide	19.11.21	To improve growth in children at five years of age and older with achondroplasia and open epiphyses
Cytalux	Palolacianine	29.11.21	To help identify ovarian cancer lesions
Tezspire	Tezepelumab-ekko	17.12.21	To treat severe asthma as an add-on maintenance therapy
Adbry	Tralokinumab-ldrm	27.12.21	To treat moderate-to-severe atopic dermatitis

Source : <https://www.fda.gov/drugs/new-drugs-fda-cders-new-molecular-entities-and-new-therapeutic-biological-products/novel-drug-approvals-2021>







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### CAMPUS NEWS

- On Sep 25, 2021, on account of Pharmacist Day Dr. Kola Vijaya Sekhar, Prof. Ophthalmology, GGH, Guntur was invited to deliver a Guest Lecture.
- On Sep 30, 2021, Health camp at Bhavanipuram was organized and IPA student members participated under the guidance of doctors.
- Oct 25<sup>th</sup> 2021, Dr. Alluri Hari Krishna, Manager (State), Pharmaceutical and Medical Devices Bureau of India (PMBI) delivered a guest lecture on Clinical Pharmacy Practice Implementation and Limitations for Out-patient Healthcare System in India.
- On 29<sup>th</sup> Oct 2021 Jan Aushadi Mitra Sammelan was organized as part of National Unity Week celebrations to commemorate the life of Sardar Vallabai Patel, - Guest Lectures by Dr. Kola Vijaya Sekhar, Prof. Ophthalmology, GGH, Guntur, and Dr. Alluri Hari Krishna, Manager (State), Pharmaceutical and Medical Devices Bureau of India (PMBI).
- 60<sup>th</sup> National Pharmacy Week Celebrations from 22<sup>nd</sup> to 26<sup>th</sup> November 2021 were held. On 22<sup>nd</sup> Inauguration ceremony was carried out-Guest Lectures by Superintendent Dr. Kiran Kumar, General Surgeon, GGH, Vijayawada, Dr. Sobha, RMO, GGH, Vijayawada, were conducted. On 22<sup>nd</sup> and 23<sup>rd</sup> Nov., 21—Power Point Presentations on the theme **Pharmacist: An Integral Part of Healthcare**, were made by students. On 24<sup>th</sup> skit competition, plantation were conducted. On 25<sup>th</sup> podcast was launched by Dr. S. Sankar, advisor, IQAC cluster, India.
- On 5<sup>th</sup> & 6<sup>th</sup> Dec, 2021 a peer team constituted by the National Assessment And Accreditation Council (NAAC) visited the institution and validated the Self-Study report. The peer team consisted of the Chairperson, Prof. Rameshchandra Goyal, Member Coordinator, Prof. Mahesh Gupta and Member, Prof. Jennifer Fernandes.
- Graduation Day for the 1<sup>st</sup> batch of Pharm D was conducted on 29<sup>th</sup> December 2021 at college campus. The event was presided by the Secretary, Sri B.S. Sri Krishna and Principal Dr. K. Padmalatha. Graduation address was given by the honorable guest Dr. T. V. Narayana General Secretary of Indian Pharmaceutical Congress Association, Dr. S. Sankar, advisor, IQAC cluster, India also graced the ceremony. Certificates and medals for the special achievements were distributed to the graduates followed by Pharmacist's oath.

To,

We are pleased to receive your feedback and suggestions :  
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