

**PEN**

## **A Clinical Evaluation of Suddha Guggulu, Rasana Churana and Griva Vasti In Cases of Griva Stambha**

**JOHP**

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### **ABSTRACT:**

Ayurveda is the most ancient healing art. It has a history of thousands of year. It has its unique holistic approach in prevention from the diseases as well as cure. The man has acquired the art of healing by observing the nature. Its initial orientation was using the material from plants, animals & Mineral kingdom for this purpose. Today due to lifestyle and work many diseases arise among them cervical spondylosis is common one. In ayurveda it resembles with Griva stambha. It is a due to vata dosha .

**Key words:** Griva stambha, cervical spondylosis.

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## **Pharmacological Study of Padm-Keshar (Nelumbo Nucifera) On Dysfunctional Uterine Bleeding (DUB)**

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### **ABSTRACT**

The Lotus (Nelumbo nucifera) is most celebrated flower. It usually symbolizes ideas of beauty and immortality in many of the ancient cultures, and religions. In Vedas Upanishad, Puranas, description is found very much. Stamens of Nelumbo nucifera is used for the research work. Dysfunctional uterine bleeding (DUB) is an abnormal vaginal bleeding without any pelvic pathology. IN DUB, all types of irregular and abnormal uterine bleeding such as (Polymenorrhagia or epimenorrhagia, metrorrhagia, menorrhagia) include. To find out the action of padm-keshar (Nelumbo nucifera) on DUB with the help of modern parameter, the present work has been taken.

### **KEYWORDS**

Lotus (Nelumbo nucifera), Dysfunctional Uterine Bleeding (DUB)

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## Anti Aging Concept and Skin Care

JOHP

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### ABSTRACT

Aging is a natural process, all living beings of this earth aged with time so like humans. Aging in one or more ways affects all system of body including skin and Integumentary system. Senile age group people are prone to some common disorders related to skin and its appendages. Greek-Arab System of medicine is a time tested traditional medicine curing the humanity by using natural herbs and drugs. Scholars of this System of medicine had elaborately discussed the concept of aging, its causes and managements of illnesses associated with aging. This paper aims at reviewing the classical literature of Greek-Arab System of Medicine regarding aging and its exploring treatment with natural herbs to be used in dermatological ailments of elderly.

### KEYWORDS

Aging; Greek-Arab Medicine; Integumentary system; Dermatological ailments

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## The Unani Perspective of Microorganism

JOHP

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### ABSTRACT

Unani-tibb or Unani Medicine also spelled Yunani Medicine (in Arabic, Hindi-Urdu and Persian) means "Greek Medicine." Its origin is traced back to the Greek literature, which has been a source of quite a lot of scientific contributions and also was developed by Arabs and Persians into an elaborate medical science. Since that time Unani Medicine has been known as Greco-Arab Medicine. Unani system of medicine is a great healing art as well as science. It treats a person as a whole not as a group of individual parts. It is aimed at treating body, mind and soul. This system is based on Hippocratic theory of four humors viz. blood, phlegm, yellow bile and black bile. It is believed in society that concept of micro-organism is only by modern system, though this is not completely true. Unani scholars do believe in micro-organisms and their role in disease, but emphasized more on body's response and occurrence of disease. Many of Unani ancient scholars describe the communication through contacts; communication of disease via other factors like air, water, etc. Combating these diseases is to be done at various levels i.e. stopping the progression, building immunity against disease using various means and treating them.

**Keywords:** Unani Medicine, micro-organism

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## ABSTRACT

### Objective:

This study was done to institute a fundamental perception on the level of information and understanding among under graduate pharmacy students in Karachi upon the requirements of Calcium and Vitamin D by human body.

### Method:

The survey was conducted from November, 2013 to March, 2014 using a structured performa which was developed from different published sources. The performa was then filled by undergraduate Pharm.D 5<sup>th</sup> year students of 3 different universities in Karachi, Pakistan in the presence of the researchers. The data was assessed using descriptive analysis.

### Result:

A total of n=255 students of Doctor of Pharmacy course (Pharm.D) participated in the study and majority of them were female (83.5%). The questionnaire contained various questions about the sources, importance, daily requirements and some related terms to calcium and vitamin D. It was found that (n=253) 99.2 % of the students were familiar with the importance of calcium and vitamin D in bone health. The term osteoporosis and rickets were known to (n= 252) 98.8% students, (n=207) 81.1% knew the term hypovitaminosis and (n=147) 57.6% knew about BMD (bone mineral density). The BMD test was taken by (n= 18) 7.05 % students. Unfortunately, (n= 29) 11.3% and (n=17) 6.66% students failed to mention at least one food that is rich in calcium and vitamin D, respectively. Most of the students got familiar about these essential nutrients from their teachers (n=142, 55.68%) and textbooks (n= 120, 47.05%). Calcium/ Vitamin D supplements were taken by (n=171) 67.0% of the students. It was known to (n=60) 23.5% students that dark skin people are more prone to Vitamin D deficiency and (n=199) 78.0% had knowledge that some drugs interfere with Vitamin D metabolism. Almost all the students (n=250, 98.0 %) agreed that counseling is necessary about the adequate intake of Calcium and Vitamin D as the human body needs vitamin D to absorb Calcium which keeps the bones, muscles and the heart healthy and strong; those people who do not get an adequate amount of calcium and vitamin D may require supplements.

### Conclusion:

The present study indicates that the under graduate pharmacy students in Karachi have satisfactory knowledge about calcium and vitamin D but it is necessary to move further on the awareness regarding these essential nutrients as pharmacists stand for well informed part of the healthcare system.

**KEYWORDS:** Vitamin D, calcium, Undergraduate pharmacy students, Awareness