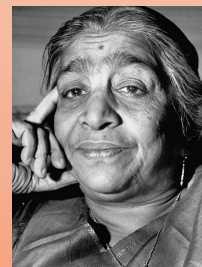




SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA

(Approved by AICTE&PCI, Affiliated to Osmania University ISO: 9001:2015 Certified Institution)
(Sponsored by Exhibition Society, Tarnaka, Secunderabad)



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BIANNUAL



OUR VISION

An institution of Excellence on pharmacy education, a leading knowledge and networking platform for young women to make a change as accountable healthcare professionals – pharmacists and pharmaceutical scientists – engaged in healthcare promotion, disease prevention, assessment, monitoring, initiation, and modification usage to assure safe and effective drug therapy regimes.

OUR MISSION

Formidable role for women in pharmaceutical industry, by person for competitive positions at all levels through research – oriented education, extensive training, skill development, talent management, community reach and develop core values of excellence, innovation, team work, trust and accountability.



EDITOR'S MESSAGE:

I am very pleased to present the latest version of dos-e.age which provides our student a platform to unleash their minds and use their knowledge and creativity to full potential and also showcase activities of our college. This year our college achieved a milestone as we celebrated the 20th anniversary. As we know that milestones are touched with significant and persistent accomplishments, when added up over a span of 10 or 20 years amounts to something large. Our present institution is the outcome of several visionaries in our sponsoring body; "The Exhibition Society". As we are progressing towards accomplishing higher goals, I extend my best wishes to everybody as we work towards the progress of the institution and the society at large.

-Dr. V Jyothi, Principal
SNVPMV.

2nd DECENNIAL CELEBRATIONS

On reaching a Milestone of 20 years journey in inspiring and moulding young minds second Decennial Celebrations were held in the presence of the Chief Guesthonourable Vice President of India **Sri M Venkaiah Naidu Garu on 16th March 2019.**



Sitting L-R: Sri V. Veerender Chairman SNVPMV, Chief Guest Sri M. Venkaiah Naidu Garu Vice President of India, Sri R. Sukesh Reddy Hony. Secretary SNVPMV, Sri P. Harinath Reddy Member Governing Body.

Standing L-R: Dr. V. Jyothi Principal, Members Governing Body Sri Raghuvir Beti Industry Representative, Sri Anurag Mishra, Sri P. Srinivas Hony. Treasurer, Dr. T. N Vamsha Tilak Vice Chairman, Sri Bhagyanarayana, Dr. S. Yadagiri, Sri G. Ramamurthy, Dr. P. Aruna Reddy, Smt. Ramani, Smt Asfia Sajid.



Lighting of the Traditional Lamp by Sri V. Veerender, Chairman SNVPMV in the presence of the Chief Guest Sri M. Venkaiah Naidu Garu Vice president of India at second Decennial Celebrations.



Gold medals were awarded to the meritorious students for achieving the first rank for the academic year 2017-2018.



Office bearers along with inspection team members from exhibition society on March 20th 2019.

LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD

Anti-diabetic and hypoglycemic effects of *Momordica charantia* (bitter melon)

Complementary and alternative medicine involves the use of herbs and other dietary supplements as alternatives to mainstream Western medical treatment. A recent study has estimated that up to 30 % of patients with diabetes mellitus use complementary and alternative medicine.

Momordica charantia (MC), also known as bitter melon, karela, balsam pear, or bitter gourd, is a popular plant used for treating of diabetes-related conditions amongst the indigenous populations of Asia, South America, India, the Caribbean and East Africa. MC fruit has a distinguishing bitter taste, which is more pronounced as it ripens, hence the name bitter melon or bitter gourd. The concept of food as medicine is a central theme in dietetic and nutritional sciences. MC has been used as dietary supplements and ethnomedicine throughout centuries for relieving symptoms and conditions related to what we know in modern days as diabetes. Abundant pre-clinical studies have documented the anti-diabetic and hypoglycemic effects of *M. charantia* through various postulated mechanisms. However, clinical trial data with human subjects are limited and flawed by poor study design and low statistical power. The fruit juice lyophilized extract (5 microg x ml (-1)) can stimulate 14C-D-glucose uptake in L6 myotubes. High concentrations (10-200 microgram x ml (-1)) of *M. charantia* juice extract inhibited 14C-D-glucose uptake in L6 myotubes compared to the control response. The effect of *M. charantia* treatment was also investigated on myelinated fiber abnormalities in the tibial nerve of STZ-induced diabetic and control rats. The results show that diabetes was associated with significant ($p < 0.05$) reduction in the mean cross-sectional myelinated nerve fibers, axonal area, myelin area and maximal fiber area compared to end controls. The present article reviews the clinical data regarding the anti-diabetic potentials of *M. charantia* and calls for better-designed clinical trials to further elucidates its possible therapeutic effects. Despite the abundant data from biochemical and animal studies, available clinical data as reviewed in the present article are often flawed by small sample size, lack of control and poor study designs. The present review supports the need for better-designed clinical trials with sufficient sample size and statistical power to further vindicate the acclaimed efficacy of MC as a natural nutritional treatment for diabetes mellitus. In particular, MC may be a feasible option for ethnic minorities who have a high prevalence of diabetes but prefer treatment based on natural products according to their cultural beliefs.



- **Ms.P. Sai Harshita, B. Pharmacy VI Semester.**

ALOE: IT'S POTENTIAL HEALTH BENEFITS



Aloe Vera is a natural wound healer and is used in a variety of conditions. Aloe Vera is being used for a wide variety of conditions. Aloe preparations have been used for many of years, mostly used in burns, wounds, skin irritations, and constipation. Aloe Vera (*Aloe barbadensis*) preparations have been used since ancient times

for various ailments especially those of the skin. Aloe Vera (synonym: *Aloe barbadensis* Miller) belongs to the Liliaceae family, contains about 360 species. Aloe Vera is a cactus-like plant that grows readily in hot, dry climates and currently, because of its demand, it is cultivated in large quantities. Now a days, a multitude of products contain aloe preparations of varying compositions and potencies. These are incorporated as various gels and creams for a range of skin disorders, hair products, and even into various tissues and paper products. The centre part of the Aloe Vera leaf contains mucilaginous tissue is used to make cosmetic and some medicinal products is called Aloe Vera gel. Most commercial preparations of aloe are derived from the internal gel of the Aloe leaf and not from the aloe sap. Unlike aloes, Aloe Vera gel contains no anthraquinones, which are responsible for the strong laxative effects of aloes. Whole leaf of Aloe extracts possesses anti-inflammatory and antibacterial properties. Although whole leaf extracts are antibacterial to some human pathogenic bacteria, the activity depends on the amount of anthraquinones, which are found in the sap and not in the gel. Due to their potent laxative nature these compounds have been used for as purgatives. Oral administration of Aloe Vera reduces the blood glucose level and lowers the blood lipid levels. Many of the health benefits associated with Aloe Vera have been attributed to the polysaccharides contained in the leaves. The use of the dried Aloe Vera powder as an excipient in sustained release pharmaceutical dosage forms. Medicinal uses of Aloe Vera is the treatment of infections and internal parasitic diseases, digestive ailments and injuries. The aloe Vera plant has been used since ancient times for healing infection and burns.

- **Smt. CH. Bhargavi, Asst. Prof. Pharmaceutics Department, SNVPMV.**

CURCUMIN BREAKS UP THE AMYLOID BETA PLAGUES



Turmeric is used in India for thousands of years as spice and medicinal herb.

It contains a class of compounds called Curcuminoids which is a polyphenol and it contains the active principle called "CURCUMIN". It also contains another chemical called "TUMERONE". Curcumin is the main stay of traditional Indian and Chinese herbal medicine. Generally, Curcumin is poorly absorbed into the blood stream. If consumed along with black pepper which contains "piperine" as active ingredient which enhances the absorption of curcumin. But it has shown results that it crosses the blood brain barrier. Curcumin contains anti-oxidant, anti-inflammatory and anti- amyloid properties. Curcumin in relation to Alzheimer's disease [AD]. Alzheimer's disease is the most common neuro degenerative disease in the world and leading cause of dementia. No good treatment is available for Alzheimer's yet. The key feature of Alzheimer's disease is built up of protein tangles called" Amyloid Plaques". Inflammation and oxidative damage play a vital role in Alzheimer's disease and curcumin has shown beneficial effects against amyloid plaque. Curcumin helps in clearing plaques and it can slow down or even reverse the progression of Alzheimer's disease. In a study were mice consumed curcumin resulted in the decreasing levels or break down of amyloid plaques- beta protein. It also reduces tau protein clumping in the brain slowing cognitive deterioration.

Despite evidence that it can combat Alzheimer's disease in animals. Curcumin activity is yet to be determined on humans.

NOTE: Curcumin has limited bioavailability in the brain is that liver and intestine modify it in a way that leads to kidney quickly flush it. To overcome this companies have prepared re-formulated curcumin preparations like:

1. Sabinsa's Curcumin C₃ complex.
2. Verdure science's sabinsa.
3. Indeneas Meriva.

- Smt. P.Tulasi, Asst. Prof. Pharmacology Department, SNVPMV.

REPROGRAMING OF LEUKEMIA CELLS: A MAJOR BREAKDOWN THROUGH IN ITS TREATMENT

ABSTRACT: Acute Lymphoblastic leukaemia (ALL) is a cute form of leukaemia that affects body's lymphocyte forming white blood cells called Lymphoblast. It is an extremely aggressive and fast-moving type of cancer, causing an over production of defective lymphoblast that, instead of producing immune response, never mature. Treatment is not particularly pleasant, and is especially hard on the children if affects. The accidental discovery by a team from Stanford university school of medicine is a ray of hope in darkness They found cancerous lymphoblasts could be forced in to mature harmless macrophages when combined with proteins that altered the gene activity. These macrophages later phagocytosed cancer cells, they will carry with them the chemical signals that will identify the cancer cells, making an immune attack against the cancer more likely. Hence it indicates that reprogramming B-ALL cells into macrophages might represent a potential therapeutic strategy against most prevailed cancer

INTRODUCTION:

DEFINITION: Hematologic malignancy of the bone marrow where by abnormal immature cells crowd out normal cells. WBC can be elevated or decreased in leukaemia. RBC and platelets can be normal or decreased.

TYPES: 1. Acute myelogenous leukaemia. 2. Acute lymphatic leukaemia 3. Chronicmyelogenous leukaemia.
4. Chronic lymphatic leukaemia.

EPIDEMIOLOGY: The incidence of leukaemia ang lymphoma among Indians has risen about 30%in the last five years even by conservative estimates, the number of fresh cases of blood and lymph node cancer in country every year over 2000. While the average rate of incidence in India is lower than in USA

SYMPTOMS: 1. General weakness. 2. Feeling tired (Fatigue). 3. A high temperature. 4. Weight loss. 5. Frequent infections.
6. Bleeding from the gums. 7. Breathlessness. 8. Swollen lymph glands. 9. Pain in the bones or joints.
10. A fine rash of dark red spots.

TREATMENT: People with leukaemia have many treatments options:

1. Chemotherapy
2. Biological therapy
3. Radiation therapy
4. Stem cell transplant

Most frequently used treatment is chemotherapy. As these therapies associated with untoward affects. In the pursuit of finding better therapy with no or minimal side effects. Scientist of Stanford university school of medicine discovered a novel method to combat leukaemia.

1. Chemotherapy



2. Biological therapy



3. Radiation therapy



4. Stem cell transplant



- Smt. Sony Priyanka Gandhamalla, Asst. prof. Pharmacology Department, SNVPMV.

INTERNATIONAL MENTAL HEALTH DAY-2018



ON THE OCCASION OF INTERNATIONAL HEALTH DAY, A SEMINAR WAS HELD BY TELANGANA PSYCHOLOGIST ASSOCIATION.

WORLD PHARMACIST DAY-25th September 2018



AN ELOCUTION COMPETITION WAS HELD ON ACCOUNT OF WORLD PHARMACIST DAY. THE FIRST PRIZE WAS AWARDED TO Ms. SAAIDIYA AFZAL FROM- PHARM D III YEAR.

NATIONAL PHARMACY WEEK-2018



HEALTH CAMP WAS HELD ON ACCOUNT OF NATIONAL PHARMACY WEEK WHERE STUDENTS ACTIVELY VOLUNTEERED IN THE HEALTH CHECK CAMP.



THE PAINTING COMPETITION HELD ON THE OCCASION OF NATIONAL PHARMACY WEEK. Ms. K.L. HARIKA PHARM.D III YEAR WON THE FIRST PRIZE. FOR THE ABOVE PAINTING.



MR. GANPA NAGESHWARA RAO ENGAGING STUDENTS IN A MOTIVATIONAL SESSION ON THE LAST DAY OF NATIONAL PHARMACY WEEK CELEBRATIONS

ROLE OF PHARMACIST

Public Health: Pharmacy professionals have a valuable role in the nation's public health, as one of the most accessible health care providers. This section focuses on important public health-related topics.

Health Literacy: Significant problems can occur when patients are unable to read and/or understand important information about taking medications properly. Assessing a patient's literacy level is an important component in providing medication therapy management services. APhA is a member of the Partnership for Clear Health Communication, a coalition that has developed resources for health care providers and patients to address health literacy issues.

Immunizations: Pharmacist Immunization Centre - Pharmacists in all 50 states are authorized to administer immunizations under collaborative practice agreements with physicians. Pharmacists in all practice settings also play an important role in educating patients about immunizations. APhA's Pharmacist Immunization Centre contains valuable, up-to-date information about providing immunization services. Visit the Centre to learn more about how APhA is positioning pharmacists to excel as immunizers.

Substance Abuse: APhA Pharmacy Recovery Program APhA's Pharmacy Recovery Program, established in 1982, fosters the development and strengthening of state and campus level programs to assist pharmacists and student pharmacists whose competence has been compromised by the disease of chemical dependency or by other causes.

Pharmacist Recovery Network "Pharmacists Helping Pharmacists"

Syringe Disposal: Coalition for Safe Community Needle Disposal - The Safe Community Needle Disposal Coalition contains information on proper needle disposal. Improper disposal of used syringes and needles in the trash presents a public health hazard to workers in the waste removal and hotel industries and individuals who may be inadvertently exposed to a used needle.

Quality Initiatives: Delivering high quality medication therapy management and distributive services is important for achieving optimal medication therapy outcomes. Outcomes measures to measure pharmacist and pharmacy performance are emerging in tandem with measures for other health care providers for the care they deliver.

Pharmacy Quality Alliance (PQA): PQA was created in April 2006 to develop strategies for measuring performance at the pharmacy and pharmacist-level in order to improve patient outcomes. APhA is a Steering Committee member of PQA and contributes to PQA's work through member representation on PQA Workgroups. View PQA-Endorsed Measures.

Agency for Healthcare Research and Quality: AHRQ provides tools and resources to improve healthcare quality.

National Quality Forum: The National Quality Forum endorses outcomes measures, including pharmacy-related measures.

- Ms. P Soma Yasaswi, B Pharmacy VI Semester.

ETHNIC DAY CELEBRATIONS



L-R: SRI P. SRINIVAS HONY. TREASURERSNVPMMV; Dr. T. N VAMSHA TILAK VICE CHAIRMAN; SRI RAMESH VELLURI CHIEF INFORMATION OFFICER/SECURITY OFFICER/CLOUD, E-COMMERCE SOLUTIONS SRI R. SUKESH REDDY HONY. SECRETARY SNVPMV; Dr. V. JYOTHI PRINCIPAL SNVPMV.



A CLASSICAL KUCHIPUDI DANCE PERFORMANCE BY Ms. M. MANASWITA - PHARM.D II YEAR.

REPUBLIC DAY



SALUTING THE NATIONAL FLAG ON THE OCCASION OF REPUBLIC DAY

TRIBUTE TO THE SOLDIERS WHO LOST LIVES IN PULWAMA ATTACK



FAREWELL DAY CELEBRATIONS



FAREWELL WAS GIVEN TO THE B. PHARM STUDENTS OF THE BATCH 2015-2018

EDITORIAL TEAM: Chairman: Sri V. Veerender Advisor: Sri R. Sukesh Reddy; **Chief Editor:** Dr V. Jyothi; **Editor:** Smt. R.V.S Latha Sree; Ms.Selina Sravanthi ; **Students:** Ms. P.Sai Harshita (B Pharmacy -IV Sem); Ms. P. Soma Yasaswi (B Pharmacy- IV Sem); Ms. K.L Harika (Pharm D -III Year).