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Scientific articles

TO INCLUDE OR NOT TO INCLUDE IS THE QUESTION

The list of Vitamins below gives us information of how particular different types of vitamins work in our body, how much of each nutrient we need every day, what types of food to eat to ensure that we are getting an adequate supply. The recommendations in this vitamins chart are based largely on the guidelines from the Institute of Medicine.

As we know, VITAMINS are the only elements our body **DO NOT** produce, we need to take them through our diet. Taking them in high amount causes problems to the body, similarly it's deficiency also have certain problems. Therefore, it is of great interest to maintain the levels and know about them.

1. RETINOIDS and CAROTENE (Vitamin A includes retinol, retinoic acid are also referred as "performed Vitamin A".)

- Benefits - Essential for vision, keeps tissues and skin healthy, plays an important role in bone growth and in immune system. Carotenoids acts as antioxidants. Foods rich in the carotenoids lutein and zeaxanthin may protect against cataracts.
- Recommended Amount - Men- 900 mcg / Women- 700 mcg
- Good food Sources - Beef liver, eggs, shrimps, fish, butter, cheese.
- Low amounts result in Nyctalopia (Night blindness), diminishes the ability to fight infections, Liver disorders
- High amounts result in Dizziness, nausea, headaches, coma and even death

2. THIAMIN (Vitamin B1)

- Benefits - Helps convert food into energy. Needed for healthy skin, hair, muscles, and brain and is critical for nerve function.
- Recommended Amount - Men- 1.2 mg / Women- 1.1 mg
- Good food Sources - Pork chops, brown rice, ham, soy milk, watermelons, acorn squash
- Low amounts result in Loss of appetite, Reduced reflexes, tingling sensations in arms and legs, muscle weakness, blurry vision, changes in heart rate.
- High amounts result in Thiamin is water soluble and excess of it is excreted through urine. Therefore, high levels normally do not cause any side effects.

3. RIBOFLAVIN (vitamin B2)

- Benefits - Helps convert food into energy. Needed for healthy skin, hair, blood, and brain
- Recommended Amount - Men- 1.3 mg / Women- 1.1 mg
- Good food Sources - Milk, eggs, yogurt, cheese, meats, green leafy vegetables, whole and enriched grains and cereals.
- Low amounts result in Dry skin, cracked lips, Mouth ulcers, Inflammation of the lining of the mouth, inflammation of tongue, sore throat, red lips, Iron deficiency anemia
- High amounts result in Diarrhea, increased urination, yellow-orange color urine

4. NIACIN (vitamin B3, nicotinic acid)

- Benefits - Helps convert food into energy. Essential for healthy skin, blood cells, brain, and nervous system
- Recommended Amount - Men- 16 mg / Women- 14 mg
- Good food Sources Meat, poultry, fish, fortified and whole grains, mushrooms, potatoes, peanut butter
- Low amounts result in Pellagra disease, indigestion, fatigue, canker sores, headaches, inflammation of skin, memory loss
- High amounts result in Liver problems, gout, ulcers of the digestive tract, loss of vision, high blood sugar, irregular heartbeats

5. PANTOTHENIC ACID (vitamin B5)

- Benefits - Helps convert food into energy. Helps make lipids (fats),

neurotransmitters, steroid hormones, and haemoglobin

- Recommended Amount - Men- 5 mg / Women- 5 mg
- Good food Sources - Wide variety of nutritious foods, including chicken, egg yolk, whole grains, broccoli, mushrooms, avocados, tomato products
- Low amounts result in Fatigue, vomiting, insomnia, depression, irritability, stomach pain, burning feet, upper respiratory infections
- High amounts result in Rapid heartbeats, itching, nausea vomiting, gout, abdominal pain, liver damage

6. PYRIDOXINE (vitamin B6, pyridoxal, pyridoxine, pyridoxamine)

- Benefits - Aids in lowering homocysteine levels and may reduce the risk of heart disease, helps convert tryptophan to niacin and serotonin, a neurotransmitter that plays key roles in sleep, appetite, and moods. Helps make red blood cells. Influences cognitive abilities and immune function
- Recommended Amount - 31-50 years old: Men- 1.3 mg, Women- 1.3 mg / 51+ years old: Men- 1.7 mg, Women- 1.5 mg
- Good food Sources - Meat, fish, poultry, legumes, tofu and other soy products, potatoes, non-citrus fruits such as bananas and watermelon
- Low amounts result in Peripheral neuropathy, pellagra like syndrome with seborrheic dermatitis, glossitis, depression, confusion, seizures
- High amounts result in Skin sores, sensitivity to light, heart burn, problem with nerves and loss of control of moments

7. COBALAMIN (vitamin B12)

- Benefits - Aids in lowering homocysteine levels and may lower the risk of heart disease. Assists in making new cells and breaking down some fatty acids and amino acids. Protects nerve cells and encourages their normal growth. Helps make red blood cells and DNA
- Recommended Amount - Men- 2.4 mcg / Women- 2.4 mcg
- Good food Sources - Meat, poultry, fish, milk, cheese, eggs, fortified cereals, fortified milk
- Low amounts result in Pale skin, weakness, sensations of pins and needles, changes to mobility, mouth ulcers, breathlessness, disturbed vision, mood changes, high temperature
- High amounts result in Liver diseases, myeloproliferative disorders

8. Biotin

- Benefits - Helps convert food into energy and synthesize glucose. Helps make and break down some fatty acids. Needed for healthy bones and hairs
- Recommended Amount - Men- 30 mcg / Women- 30 mcg
- Good food Sources - Many foods, including whole grains, organ meats, egg yolks, soybeans, and fish
- Low amounts result in Thinning of hairs, loss of body hairs, rash around the eyes, nose, mouth, and anal area, pink eye, high levels of acid in blood and urine, brittle nails
- High amounts result in Skin rashes, digestive upset, problems with insulin release, kidney problems, unhealthy hairs and nails

9. ASCORBIC ACID (vitamin C)

- Benefits - Foods rich in vitamin C may lower the risk for some cancers, including those of the mouth, esophagus, stomach, and breast. Long-term use of supplemental vitamin C may protect against cataracts. Helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls. Helps make the neurotransmitters serotonin and norepinephrine. Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Boosts the immune system
- Recommended Amount - Men- 90 mg / Women- 75 mg / Smokers- Add 35 mg
- Good food Sources - Fruits and fruit juices (especially citrus), potatoes, broccoli, bell peppers, spinach, strawberries, tomatoes, Brussels sprouts

माँ प्यारी माँ



..... पूरक सिंह

माँ तुझे ही जन्म दिया,

जग रीत सिखाई आपने।

हर कदम पर डंगली धामे नौ,

कर्मों का दिया है जान भी।।

हर पल तुझे ही संभाला मुझको,

सपनों की बनाई छावनी।

तु ही तो है अंबर मेरा,

हे तू ही संसार भी।।

इस जग में जो हूँ आदी मैं ते,

हे तू ही भगवान भी।

ना डर हे मुझे इस दुनिया का,

जो तू है मेरे पास ही।।

Poetry

कोरोना वायरस



..... राज सोनी

पलकों से बढ़ता आसुओं का समंदर है
नज़रें फेरो तो हर तरफ मौत का मंजर है
ये कैसी मद्दामारी है तुझ - (२)
जिसमें मानव ही ज़ान और मानव ही खंजर है...

अपने ही घर में नजरबंद हो जाओ,
ना करो किड़ तुम अपनी दुकानों की
खुद खुद पहरा दे रहा है बाहर - (५)

तुम घर चलाई रवो अपने मकानों की,
किड़ होनी है उन ज़खानों की जो धूप भी सह रहे हैं...
अरे कुछ तो दवा करो उन डॉक्टरों की जो आप के दर्द
को भी रहे हैं

यो प्यार भी खुद से रहे होंगे...
जो डॉक्टरों पे रहे होंगे
दावा बेरा नहीं है ये... उस खुदा का है - (५)
फेकने वाले नर्क में सर धुकाए खड़े होंगे

इतना देर पलकबाजों की पलती माँ भी शर्मसार है...
हमें छोड़ो, माँ की कोल को भी उमर विकार है...

- Low amounts result in Scurvy, severe mental illness, bright red hair follicles, spoon shaped fingernails with red spots or lines, easy bruising, slow wound healing, swollen joints, weak bones, poor immunity
- High amounts result in Nausea, vomiting, diarrhea, heartburn, abdominal cramps, insomnia

10. CALCIFEROL (vitamin D)

- Benefits - Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones. Supplements can reduce the number of non-spinal fractures
- Recommended Amount - 31-70: 15 mcg (600 IU) / 71+: 20 mcg (800 IU)
- Good food Sources - Fortified milk or margarine, fortified cereals, fatty fish
- Low amounts result in Getting sick or infected often, bone and back pain, depression, impaired wound healing, bone loss, hair loss, muscle pain
- High amounts result in Nausea, vomiting, weakness, frequent urination, bone pain, kidney problems like formation of calcium stones

11. ALPHA-TOCOPHEROL (vitamin E)

- Benefits - Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Protects vitamin A and certain lipids from damage. Diets rich in vitamin E may help prevent Alzheimer's disease.
- Recommended Amount - Men- 15 mg / Women- 15 mg (15 mg equals about 22 IU from natural sources of vitamin E and 33 IU from synthetic vitamin E)
- Good food Sources - Wide variety of foods, including vegetable oils, salad dressings and margarines made with vegetable oils, wheat germ, leafy green vegetables, whole grains, nuts
- Low amounts result in Chronic pancreatitis, cholestasis, cystic fibrosis, Crohn's disease
- High amounts result in Risk of bleeding (by reducing the blood's ability to form clots after a cut or injury), bleeding in the brain

12. FOLIC ACID (vitamin B9, folate, folacin)

- Benefits - Vital for new cell creation. Helps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age since women may not know they are pregnant in the first weeks of pregnancy. Can lower levels of homocysteine and may reduce heart disease risk. May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol
- Recommended Amount - Men- 400 mcg / Women- 400 mcg
- Good food Sources - Fortified grains and cereals, asparagus, okra, spinach, turnip greens, broccoli, legumes like black-eyed peas and chickpeas, orange juice, tomato juice
- Low amounts result in Fatigue, gray hairs, mouth sores, tongue swelling, growth problems
- High amounts result in Bad taste in mouth, loss of appetite, nausea, confusion, irritability

13. PHYLLLOQUINONE, MENADIOLNE (vitamin K)

- Benefits - Activates proteins and calcium essential to blood clotting. May help prevent hip fractures
- Recommended Amount - Men- 120 mcg / Women- 90 mcg
- Good food Sources - Cabbage, liver, eggs, milk, spinach, broccoli, sprouts, kale, collards, and other green vegetables
- Low amounts result in Excessive bleeding, insufficient dietary intake, inadequate absorption and decreased storage of the vitamins due to liver diseases
- High amounts result in Jaundice, hyper bilirubinemia, hemolytic anemia