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A Research on Impact of Mobile Phone Usage on Quality of Sleep among Youngsters - A Meta Analysis

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ABSTRACT

Adolescence is a critical transitional period for the development of mental illnesses such as depression or anxiety, and these days, adolescents spend less time playing outside than they do using electronic devices. Electronic media is causing severe negative impacts on quality of sleep of youth these days. Exposure to bright light suppresses the secretion of melatonin, delaying sleep onset and disrupting our sleep. Both depression and prolonged mobile phone use in adolescents have been increasingly viewed as public health concerns due to their growing prevalence and negative consequences. Studies show that those who were frequently using their mobile phones at bedtime had significant poor sleep quality with insomnia symptoms, fatigue and later rise times.

KEY WORDS: Mental health problem, Sleep disturbance, Gaming, Mobile use in students

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Covid-19: Pandemic Story of 2020 - Global, National and Regional Trends

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ABSTRACT

Background: The Corona virus disease (COVID-19) is a new health problem intimidating the whole globe. The disease is still spreading across all the countries. **Objectives:** Data on epidemiological trends could provide useful information for the healthcare fraternity and researchers to design effective micro and macro planning strategies to address the pandemic. **Methods:** We provide a comprehensive overview of COVID-19 epidemiology of the World Health Organization (WHO) regional distribution and National trends in India, and Regional Picture of Tamil Nadu. We have documented the Global, National and Regional trends from January 31 to December 8, 2020 by extracting data on total number of cases and new cases, total number of recoveries, total number of deaths and new deaths from authentic Web pages and literature. **Results:** India has improved in building the healthcare infrastructure, improving the public awareness through digital technologies, lock down measures, and improving the testing facilities. A holistic approach followed during lockdown period, followed by slow unlock strategies to meet the financial crisis. Among the most affected states, Tamil Nadu has dramatically improved the testing facilities and healthcare infrastructure. Co-morbidity was found to be the important cause of mortality with diabetes and hypertension the most important of them. Social distancing, wearing masks, and hand wash etiquettes, psychological preparedness and research innovations, will definitely abolish COVID-19.

KEYWORDS: Covid-19, Corona, Epidemiology, Pandemic, healthcare, co-morbidity

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Biological, Phytochemical and Pharmacological Aspects of

Murdannia Bracteata – A Review

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ABSTRACT

Murdanniabracteata is also known as Rumpur Beijing (Malaysia), Beijing grass or angel grass, is a Chinese medicinal herb that belongs to the Commelinaceae family. *M. bracteata* is an annual evergreen shrub that is used for the traditional treatment of inflammation, rash, liver disease, kidney disease and cancer in Asian countries, especially China, Malaysia, and Thailand. Phytochemicals studies documented that *M. bracteata* has flavonoids, phenolic compounds, bracteanolide A, α -tocopherol, β -sitosterol and stigmasterol. Our present review explores and summarizes the phytochemical constituents, pharmacological activity screening, medicinal and non-medicinal uses of *M. bracteata* retrieved from SciFinder, Scientific journals, books, Google Scholar, PubMed and botanical electronic database websites since 1975 to till date. Further exploration on *M. bracteata* for its phytochemical constituents and therapeutic potential is however required for depth traditional knowledge.

KEY-WORDS: *Murdanniabracteata*; Phytochemistry; Pharmacology; Medicinal and non-medical uses

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Multi-Walled Carbon Nanotube: Cancer Targeted Drug Delivery System

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ABSTRACT

Nano-material based products have been widely used in novel targeted drug delivery systems. The nanomaterials with their surface modification are applied in drug delivery system. Recently, carbon nanotubes (CNTs) have gained more attention in the targeted drug delivery systems. CNTs are the member of the fullerenes family. Fullerenes include any molecule made entirely of carbon atoms and shaped as a tube. Due to high surface areas via dangling bonds on the side walls of CNTs, CNTs has been widely used in targeted drug delivery system. The present article mainly focused to review the multi-walled carbon nanotube (MWCNTs) and its applications in cancer targeted drug delivery system.

Keywords: Carbon nanotube, multi-walled, anti-cancer

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An Insilico Evaluation and ADME Prediction Study of Nisajeerakadi Choornam For Poly Cystic Ovarian Syndrome

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ABSTRACT

Polycystic Ovary Syndrome (PCOS) or hyperandrogenic anovulation is a common metabolic disorder in women which may leads to infertility. The condition determined with more than 10 small ovarian cysts of diameter ranging from 2-9mm. Excess gonadotropin secretion in PCOS women produce fluctuation in LH level which disturbs the LH: FSH ratio in body. Modulation of FSH receptors with plant phytoconstituents attenuate the production of FSH which gradually reduce the activity of LH and reduce the PCOS activity. Nisajeerakadichoornam; a novel ayurvedic formulation prepared with four plant parts; fruit of *Foeniculumvulgare*, bulb of *Allilumsativum*, seed of *Macrotylomauniflorum* and rhizomes of *Curcuma longa*. The plant parts are cleaned and dried properly. They are finely powdered separately, sieved, accurately weighed and then all mixed together. The powder pass through 80 mesh sieves. It should not adhere together or become moist. The finer powder has better therapeutic value and expected to be effective towards PCOS. In the present study, *insilico* evaluation of FSH receptor (4MQW) and insulin receptor (3BU3) by phytoconstituents present in the choornam were studied using PyRx, PyMOL, Open babel software. ADME parameters are evaluated with SWISS ADME software. The results show that all the phytoconstituents possess binding energy ranges from -5.2kcal/mol to -8.8kcal/mol with the receptor. In addition, the drug likeness of the constituents present in the choornam; allicin, anethol, cucumine and inositol evaluate through analyzing the ADME properties.

KEYWORDS: Poly Cystic Ovarian Syndrome, Nisajeerakadichoornam, Swiss ADME, FSH receptor, Insulin receptor, insilico study.

Comparative Study on The Efficacy and Safety of Oral Versus Vaginal Misoprostol For Induction of Labor

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ABSTRACT

A retro prospective study was conducted to compare the efficacy and safety of oral and vaginal route of misoprostol (25mcg) administration for the induction of labor. Total 150 dates was analyzed from the Obstetrics and Gynecology Department,(OG) tertiary care teaching hospital in Palakad, Kerala .The patients was divided into two groups . Group 1 includes those patients administered oral misoprostol and group 2 vaginal misoprostol. From the study we observed that subjects who received oral route of misoprostol have more chance of caesarean than vaginal route. A complication such as presence of meconium was similar in both groups, but respiratory distress were observed more in vaginal group when compared with oral group. Among 150 delivery cases, caesarean section rates was high at oral route of (p value-0.0001) and out of 150, 112 cases was normal delivery (oral :22% & vaginal:90%). In our study, we observed that more complications are in vaginal route than oral route but the caesarean section rates in the study was lesser in the vaginal misoprostol group than in the oral group.

KEYWORDS: labor, misoprostol, meconium, caesarean

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A Case Report on Severe Calcific Aortic Stenosis in an Indian Patient

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ABSTRACT:

Calcific aortic stenosis (AS) is the most prevalent cardiac valve disorder among urban populations. It is distinguished by an obstinate progressive fibro-calcific remodeling and thickening of the aortic valves in the heart which in due course of time causes severe impediment to cardiac outflow. If such is the situation patient feels difficulty in performing day to day activities. In economically developed countries, AS is the second-most frequent cardiovascular disease after coronary artery disease. Mostly in some situations congenital cardiac deformities especially in bicuspid valve and older age are the powerful risk factors for calcific AS and again many other idiopathic factors may also contribute for the same clinical condition. Here we have presented a case of patient with severe calcific aortic stenosis admitted in a government headquarters hospital, Virudhunagar district, Tamilnadu, India. A 57 years old male patient was admitted with complaints of dyspnoea for the past four days; he also had a co-morbidity of right diabetic foot ulcer since the previous week. He was a known type 2 diabetic mellitus and systemic hypertensive patient under medication from the past time. In his diagnostic report it was written after observation that his lungs were showing bilateral pleural effusion. Lab report of swab culture taken from his diabetic foot ulcer by a sterile cotton swab shows gram negative microorganisms *Klebseilla pneumoniae* was found present. The key aspect of this case report is to draw attention towards Pharmacist interventions in relation to the drugs prescribed and administered to this patient.

KEY WORDS: Calcific aortic stenosis, Pleural effusion, Systemic hypertension, Type 2 diabetes mellitus, Cardiology.