



Pharmaessence



NEWS LETTER

Vol. 4

Issue : 1

April 2019

ADMINISTRATOR'S MESSAGE



Rev. Fr. Jos Mathai Mailadiath



Rt. Rev. Dr. George Madathikandathil
Bishop of Kothamangalam Diocese



Rt. Rev. Mgr. Cheriyan Kanjirakombil
Manager

Nirmala College of Pharmacy is a golden mark stamped of the commitment and experience of the Catholic Diocese of Kothamangalam in the field of education. The college provides excellent infrastructural facilities with all modern provision, dedicated and experienced pioneers as faculty with a vision to develop the institution into a proficient pharmacy-research centre.

The efforts taken by the college towards the achievement is not only in academic performance and extracurricular activities but also in inculcating the moral values in the minds of students which are really commendable. This will go a long way in realizing the motto of the college; "To serve God and Mankind".

It is a matter of great pride and joy that Nirmala College of Pharmacy is

bringing out the Newsletter 'Nirmala Pharmaessence' to bring out institutional activities and scientific knowledge of the faculty. I congratulate all those who are involved in this venture. I take this opportunity to congratulate the Principal, Faculty and Students for their efforts in making this academic year a blissful one.

PRINCIPAL'S MESSAGE



Prof. Dr. Manju Mariya Mathews

Nirmala College of Pharmacy is a minority institution managed by Catholic diocese of Kothamangalam under

of Research and Development, NSS, Career Guidance, Student and Staff Welfare, Women Cell, Co-curricular and Extracurricular activities offer integrated services for the multifaceted developments of students.

Nirmala College Society, established in 2004 as a memorial of the diocesan golden jubilee. The college aims at the formation of students with academic excellence coupled with integrity of character. It provides excellent infrastructural facilities with all modern amenities, a dedicated and experienced faculty with a vision to develop the institution into a full-fledged Pharma Research Centre. Our mission is to impart pharmaceutical knowledge and inculcate strong ethical values to meet the challenges of pharmacy profession and expectations of the society. Other than the various academic activities, Departments

It is a matter of pride that our B Pharm programme is NBA accredited for three academic years from August 2018. Measures taken by the Management, effectively functioning IQAC, team spirit and dedication of staff and students helped us to achieve this.

I congratulate and thank all those who have worked hard to bring out the newsletter of the college. Let me take this opportunity to thank our Patron, Manager, Secretary and Administrator for their inspiration and guidance.

NBA

Another Jewel to the Golden Crown...

Nirmala College of Pharmacy (NCP) is an institution that is ever ready to face the challenges across its journey. It is this attitude of Nirmala that enables us to sharpen resources to the good standing of our institution to government departments and other interested bodies. We provide confidence and assurance on quality to various stakeholders including students. We are now proud and confident to proclaim the great news that our institution is NBA accredited from 23rd August 2018 followed for 3 years. We are grateful to the God Almighty!, the support given by the management, the guidance provided by our administrator Fr. Jos Mathai Mailadiath, and all the hardwork of our faculty, non-teaching staff and students in achieving this success.

We would like to acknowledge Prof. Dr. Badmanaban R, NBA coordinator for all the efforts he has put in for bringing up our institution to be recognized in Australia, Canada, China, Newzealand, Ireland, Russia, UK, Us and other signatory countries and regions.

FACULTY ACHIEVEMENTS



Mrs. Deepa Jose, Vice Principal, has been awarded Ph.D., on the topic Comparative evaluation of anti-diabetic and anti-inflammatory activity and determination of ameliorative effect of polyherbal formulation on Ulcerative colitis. From Mahathma Gandhi Juniversity, Kottayam.



Mr. Shaji George, HOD, Pharmacy Practice Department has been awarded **PhD** on the topic, A study on 'Antibiotic Resistance in Southern State of India' from JJJT University, Rajasthan, India.



Mr. Prasanth B, Assistant Professor Department of Pharmacognosy was awarded Ph.D on the Topic Phytochemical and Bioactivity Studies on Ipomoea sepiaria Roxb. from Mahathma Gandhi University, Kottayam.



Dr. Badmanaban R. HOD, Department of Pharmacognosy has been recognised as a member to the international association for the advancement of HPTLC, Switzerland.

RESEARCH AND DEVELOPMENT CELL



Dr. Bharat Mishra
Head R&D Cell

The R&D cell has organized a number of activities to build up the knowledge of students apart from the syllabus with an aim to withstand in the competitive world under the guidance of Dr. Bharat Mishra. The various activities include

• Research activities:

22 Research projects have been completed with the guidance of the faculty members and this year 31 projects are under progress in B. Pharm, M. Pharm and Pharm D courses. All these research activities are monitored by Research committee. Faculty members have published 20 research articles in various National and International journals and our students have presented 25 posters in various National seminars and symposiums during the academic year.

• Pharma Alert



Pharma alert is a novel approach by R&D cell, providing a platform to showcase the new developments in the field of pharmacy. Quiz competitions are conducted periodically and the winners are awarded with cash prize.

• Neo Drug Cortex

The aim of this initiative is to familiarize the students with the most common 200 drugs available in the market by the end of their course. To accomplish this, the drugs are equally divided for each year and flash cards are prepared. Exams are conducted periodically, the marks of which are added to the continuous assessment marks.

Nirmala's Student Council Members



Accolades All

"THOUGHTS OF EXCELLENCE LEADS TO SUCCESS IN LIFE"

WINNERS OF POSTER PRESENTATION IN VARIOUS NATIONAL AND INTERNATIONAL CONFERENCES



ABY PAUL
Vth PHARM D
BEST POSTER
CPCON, MANIPAL



JOBIN JOHNSON
IIIrd B PHARM
FIRST PRIZE
JSPC PHARMACON, MALAPPURAM



HELEN THOMAS
IVth B PHARM
SECOND PRIZE
PRIME COLLEGE, PALAKKAD



JOHNSON V BABU
IVth PHARM D
BEST POSTER
MVR CPCON, CALICUT



JUNIA GEORGE
IInd YEAR M PHARM
SECOND PRIZE
NITTE, MANGALORE



Elizabeth John, IVth B Pharm and Maria Faith Joseph, IVth Pharm D, Sixth Prize Winners - All India Pharmacy Quiz, Madras Medical College, Chennai

KUHS CENTRAL ZONE ARTS FEST



RIMISHA THOMAS
IIIrd PHARM D
Essay Writing
Third Prize



EDWIN ANTONY
Vth PHARM D
Monoact, Caption
Writing - First Prize,
Declamation- Third Prize



ANTO DENNY JOY
IIIrd B PHARM
Mimicry
Third Prize

PROFICIENCY HOLDERS

PHARM D



Janice Jacson
Ist Year



Rimisha Thomas
IInd Year



Timy Thomas
IIIrd Year



Jeeva Joseph
IVth Year



Junia George
Ist Year

M PHARM



Ponnu Rose Geordy



Harsha Rajesh

B PHARM



Elza Baby
Ist Semester



Celu Mariya Francis
IInd Semester



Suvarna Varghese
IInd Year



Fana Azees
IInd Year



Elezabeth John
IIIrd Year



Ashna P.M.
IVth Year



Kamal Saju



Junia George

Campus Recruitment

GPAT QUALIFIERS



STEPHIN BABY
RANK :30



ELIZABETH JOHN
RANK :239



GIFTY LAWRENCE
RANK :1218



SUSANTHIKA.K
RANK :1742



KAMAL SAJU
RANK :2108



NIMNARAMESAN
RANK :3116



Training and Placement Cell 2018-2019

Mr. Prasanth B, Head T&P Cell

Sl.No.	Placement Activity/Invited Talks/Seminars	Particulars	Date	Participants
1.	Allotment of one month training in Pharmaceutical Industries/ Research Organisation/NABH accredited hospitals (2014-2018 Batch)	<ol style="list-style-type: none"> Chethana Pharmaceuticals, Perinthalmanna- 4 students. Vaidyaratnam, Ollur, Thrissur- 2 students. Arya Vaidyasala, Kottakkal- 2 students. Tropical Botanical Garden Research Institute, Thiruvananthapuram- 1 student Livlong Nuetraceuticals, Arjuna extracts, Alwaye- 2 students. Aster Medicity, Cochin- 8 students. Rajagiri Hospital, Alwaye- 10 students Lisie Hospital, Cochin- 7 students. Jubilee Mission Medical College, Thrissur- 2 students MOSC Medical College, Kolenchery- 2 students. 	June 2018	40
2.	Campus recruitment drive (2014-2018 batch B.Pharm)	SBL Corporation, Infopark, Cochin	27-6-2018	44
3.	Guest Lecture: Practical Approach for Drug discovery (IV th Year B.Pharm)	Mr. Pramod Bhaskhar, Associate Professor, Shree Devi College of Pharmacy, Mangalore	04-08-2018	46
4.	Second round online test by SBL Corporation, Infopark, Cochin at their campus (2014-2018 batch B.Pharm)	SBL Corporation, Infopark, Cochin	13-08-2018 and 14-08-2018	26
5.	Guest lecture: Pharmacovigilance and its Career Opportunities. (IV th Year B.pharm)	Dr.Jingle Pappachan, Former employee of Bristol Mayors Squibb	15.12.18	51
6.	Seminar on "Opportunities for Pharmacists in Abroad and License examinations in different countries" (IV th Year B.Pharm and V th Pharm D)	Bioplanet, Bangalore	3.1.19	48
7.	Orientation program for "Interview skills and Pharmacovigilance." (IV th Year B.Pharm and II nd Year M.Pharm)	Prasanth B, Asst. Professor Meby Susan Mathew, Asst. Professor	10.01.19	27
8.	First Round Online Aptitude test	Aspiring Minds, New Delhi on behalf of IQVIA (Formerly Quintile), Bangalore	11.01.19	23 (16 students shortlisted)
9.	Campus Recruitment (Pre- Presentation and Interview)	IQVIA (Formerly Quintiles), Bangalore	12.01.19	16 (4 students recruited)
10.	Guest lecture on "Opportunities for higher education and research in UK" (IV th Year B.Pharm)	Prof. Dr. Elliott Associate Dean of Applied Sciences, University of Huddersfield, UK	12.02.19	68
11.	Orientation program –Interview skills and Effective Communication. (IV th Year B.Pharm)	Mr. Arun Jose, Soft skill and Motivational trainer, Director, Insight Training Academy.	21.02.19	54
12.	Seminar on Medical transcription, Medical Coding and Medical Scribing	Mr. Balu J Chandran Transorze Solutions, Trivandrum	21.03.19	48
13.	Campus Recruitment (IV th Year B.Pharm and Alumni)	Suhail enterprises on behalf of LIFE UAE	29.03.19 - 30.03.19	30 (8 student recruited)

EXTRA CURRICULAR AND CO CURRICULAR ACTIVITIES

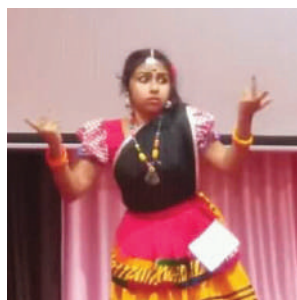


First year Pharm D and B Pharm students were given 20 days yoga training by Rev Sr. Infant Tresa, Yoga instructor, Nirmala Medical Centre and were provided with certificates on successful completion.



A class on nutritional goals was taken by Mrs. Mini Philip, Dietitian, Kottayam Government Hospital, for first year students, organised by the Mental and Physical fitness committee of the college.

ARTS AND SPORTS DAY



Pharmolsavam 2018



Pharmolsavam 2018 is a mega inter-collegiate arts programme, conducted once in 2 years organized by KSSPCMA (Kerala State Self-financing Pharmacy College Management Association). This year it was hosted by Nirmala College of Pharmacy, Muvattupuzha on April 10, 11 & 12. 73 students participated from our college in 33 items. Ms. Anu Jayamol Mathew was the team manager. Our college secured prizes in 15 items and also bagged overall championship with 86 points.



Graduation Ceremony



The graduation ceremony of B.Pharm (2014-2018 batch) students and M.Pharm (2016-18 batch) were conducted ceremoniously. His excellency Mar.George Punnakottil, Bishop Emeritus, Kothamangalam diocese inaugurated the function. Registrar of Kerala State Pharmacy Council, Dr.Rajeev V.R, gave the Graduation Day speech and addressed the students. Msgr.Dr.Cherian Kanjirakombil presided over the function. Ms.Anitta Joseph was awarded the Mar.George Punnakottil Memorial Gold Medal for the best outgoing student.

COMMUNITY BASED ACTIVITIES

Alone
we can do
so little
but together
we can do
so much

Nirmala College is ever enthusiastic in taking students to the outside world to realize the hardships of fellow beings. This enhance students in learning and understanding the community and thus building up a sense of civic commitment.



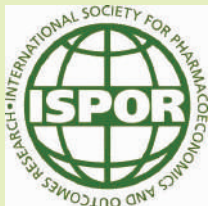
1st Pharm. D students celebrating Christmas at Providence Home, Karakkunnam



A Visit to Snehabhavan, Muthalakkodam, Organised by : Third Year B Pharm Students



An Open Forum for Discussion
Exchange of ideas between
Nursing and Pharmacy students.



NIRMALA COLLEGE – A CENTRE FOR ISPOR STUDENT CHAPTER IN KERALA UNIVERSITY OF HEALTH SCIENCES, THRISSUR



Awareness class and workshop at Nirmala High School, Muvattupuzha as part of National Pharmacy Week celebration



ISPOR organised a one day seminar on 'Pharmacoeconomics-evaluation tools and software handling'. The session was handled by Mr. Muhammed Rashid, Assistant Professor, Adichunchunagiri College of Pharmacy, Karnataka on 14th December, 2018.

A one day workshop on the topic 'Systematic Approach to Pharmaceutical Care' was conducted on 8th January, 2019, by Dr. Justin Kurian, Staff Pharmacist, Hamad Medical Corporation, Qatar.



NSS Activities at Nirmala

The aim behind the program of NSS is to provide help to everyone who needs it, to enhance and bring a better change in the standard of living and the way they lead their life with dignity. National Service Scheme (NSS) is beneficial to both students as well as the society in various different means.

KUHS is also having an NSS wing which is involved in a zillion of services. Our college is also present with an active NSS team in correspondence with the university. This year we conducted a Blood Donation Camp on 22nd November 2018 coordinated by Mr. Eby George. 37 students and 11 staff participated.



Not Me.. But You..

MENTORING SYSTEM



Our college has an efficient mentoring system which is a benchmark for our institution in providing individual student with academic advising, assistance and mental support by staff. This system improves the student teacher relationships, sense of morality, thereby helping them in behaviour modeling ultimately making them professionally competent and intellectual.

ALUMNI MEET



Our Alumni are the ones who take up the fame of the college to further heights. The college conducts alumni meet providing a platform for cherishing college memories and builds up student teacher relation. Nirmala college conducted a grand alumni meet on 26th December 2018

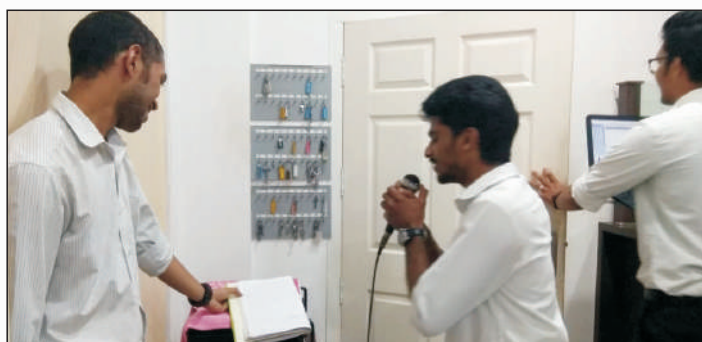
PTA



College takes immense pleasure in arranging meetings for parents and teachers to keep them informed about students performances and activities, so that parents know the area to be concentrated for a particular student.

Voice of Nirmala

The College started a FM under the name VOICE OF NIRMALA. This gives an opportunity for an active communication among students about the various activities conducted in the college on a day-to day basis. It improves the inter personal skills among the students.



STAFF TOUR



The staff members had a wonderful trip to Thekkady and savoured the beauty of flora and fauna, enjoyed the warmth of togetherness forgetting the daily grind.

INDUSTRIAL VISIT

TO FOSTER THE
KNOWLEDGE OF STUDENTS

College has organised industrial visits to foster the knowledge of students by giving them an exposure to modern techniques, instruments etc. It also provides an insight of the working status of the company. This also helps students to acquire relevant information related to the practical aspects of the course.



MICRO LABS LIMITED, No 7B, VEERASANDRA INDUSTRIAL AREA,



Students and Staff Attending A One Day Seminar at St. Josephs College of Pharmacy, Cherthala



A Visit to Chetana Pharmaceuticals, Malapuram, with Third Year B.Pharm Students

NILA

NIRMALA IGNITES THE LEARNING ASPIRATION

CHAPTER 8 27 FEBRUARY 2019

A National workshop on the topic “Spectral Data Analysis” organised by the Chemistry department of Nirmala College of Pharmacy coordinated by Dr. Shyam Kumar B, Head of the Department. Dr. Pankaj Kumar, Associate Professor, NGSMIPS, Nitte University, Mangalore lead the session. Delegates from different colleges across India participated.



A HELPING HAND...



Flood relief activity

Rev. Fr. Jos Mathai Mailadiath, Administrator, Nirmala College of Pharmacy, contributed 1 lakh towards relief work in flood-ravaged Kerala for the affected families in kothamangalam diocese to Rt. Rev. Dr. George Madathikandathil, Bishop of Kothamangalam Diocese.

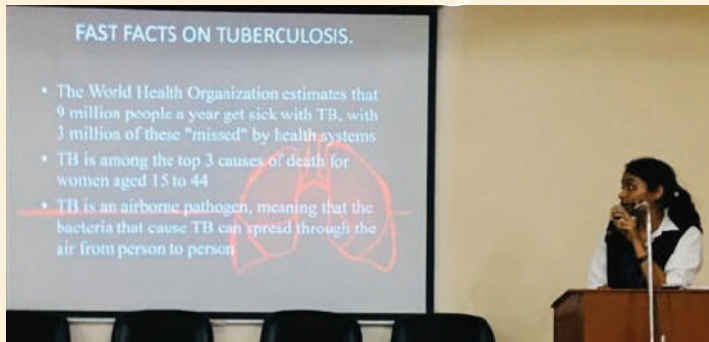
PUBLICATIONS

- Dr. Manju Maria Mathews* , Betsy Sunny , A Compendious Write-Up on *Coccinia grandis* Int. J. Pharm. Sci. Rev. Res., 54(2), January - February 2019; Article No. 07, Pages: 29-36
- Deepa Jose, Aleykutty N A, Jyoti Harindran, 2018; Effect of combination of two plant extracts on Diabetes Mellitus, International Journal of Pharmacy and Pharmaceutical Sciences, volume 10, Issue 4, 49-52
- Prasanth B. Phytochemical studies on *Ipomoea sepiaria* Roxb. Haya: The Saudi Journal of Life Sciences (SJLS), 2018 3(4), pp. 339-349
- Shaji George, Rakesh Kumar Jat and Sree Janardhanan Vaidyanathan. A study on *Escherichia coli* resistance towards antibiotic in Kerala state. European journal of biomedical and pharmaceutical sciences 2018; 5(2): 1067 – 1070.
- Shaji George, Rakesh Kumar Jat and Sree Janardhanan Vaidyanathan. *Escherichia coli* menace towards antibiotics used in Telangana state. World journal of pharmaceutical research. 2018; 7 (3): 1437 – 1442.
- Joseph D, George J. Remedial Potentials of Sweet Leaf: A Review on *Stevia rebaudiana*. methods.; International Journal of Pharmaceutical Sciences Review and Research, 54(1), 2019; : 91-95
- Rinu K A, Dhanish joseph, study on marine diversity as a source of binder World Journal of Pharmaceutical Research 2018 Volume 7, Issue 19, 688-704
- Joseph D, suseem sr. targeting the enzyme—the new tool for drug delivery. ijpsr (2019), volume 10, issue 2
- S. R Suseem, Dhanish Joseph. The Myth and The fact on Naringin –A Review. Research J. Pharm. and Tech 2019; 12(1): 367-374
- Srinivasan N., Dr. Badmanaban R., and Bharat Mishra. Hyperexpressive IGF Signaling System: A Mitogen for Breast Cancer. Volume 8, Issue 1, 540-548.2019. World Journal of Pharmaceutical Research. DOI : 10.20959/wjpr20191-13889
- Jeeva Joseph, Sandramol Shaji, Jude James, Anitta Merlin, Bharat Mishra. An Epidemiological Study on The Prevalence of Self-Medication Practises: A Serious Threat For The Population In The Muvattupuzha Region In Kerala, India. Journal of Experimental Sciences 2018, 9,22-33
- Prasanth B. Pharmacognostic studies on leaves and stems of *Ipomoea sepiaria* Roxb. International Journal of Pharmaceutical Sciences and Research, 2018 9(9), pp.3938-3943.
- Farhath Sherin*, Fels Saju, Athira Jagadeesh, Syamasree.S, Neena Paul, Athulya Venugopal Ethosome: A Novel Approach to Enhance Drug Permeation, Int. J. Pharm. Sci. Rev. Res., 55(1), March - April 2019; Article No. 04, Pages: 18-22
- Prof. Dr. Badmanabhan R, Dr. Bharat Mishra, Dr. Dubro Jyoti Sen, Dr. Shyam Kumar B, A review article on Pedagogy in academic platform blooms well by following bloom’s taxonomy, European Journal of Biomedical and Pharmaceutical Sciences. Vol.5 ; Pages 222-227
- Litty Joseph, Anusha Shaji* Investigation of phytochemicals & estimation of total phenolic and flavonoid content of *Myxopyrum smilacifolium* (wall.) Blume leaves; Int. J. of Pharmacy and Analytical Research Vol-8(1) 2019 [45-51]
- B. Shyam Kumar., R. Badmanabhan, Bharat Mishra, cytotoxic, anticancer studies of rutin, ascorbic acid, menindione combination on cell lines; journal of experimental sciences, Vol 8: 30-32

DAY CELEBRATIONS



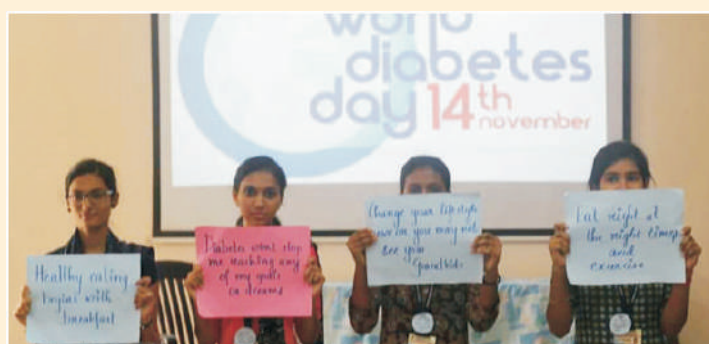
5th Year Pharm.D students with Dr. V.P. Gangadharan as part of breast cancer detection program-CANCURE



Tuberculosis day Celebration, organised by Second Year Pharm D



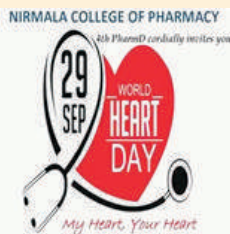
An interaction with students of Nirmala High school, muvattupuzha, on the topic "Role of Pharmacist in Creating Healthy India", in association with Pharmacy Week Celebrations-Organised by Third Pharm D



A skit performed by students of Second Year B Pharm on world Diabetes Day Celebrations.



Pharmacist orientation class for budding pharmacists, organized by IIIrd year Pharm D as part of Pharmacist Day Celebrations.



Camp organized by IVth year Pharm D students on world Heart Day at Nirmalamatha Church



International Women's Day Celebrations, organised by Women Cell .

RESOURCE PERSONALITIES FROM OUR COLLEGE



Dr. Shaji George



Mr. Fels Saju

Dr. Shaji George & Mr. Fels Saju :

Resource person for CPE Programme for pharmacist by KSPC at Immaculate Heart of Mary Hospital, Pala, Kerala. Titled "Good Pharmacy Practice" held on 10th March, 2019.

Dr. Shaji George :

Resource person for Pfizer Sponsored educational program for pharmacist titled Dispensing Errors at Caritas Hospital, Kottayam, Kerala on 28th December 2018.

Resource person for Pharmacist training programme by Kerala State Pharmacy Council at Vivekodayam Boy's School Auditorium, Thrissur, Kerala. Titled "Good Pharmacy Practice" held on on 15th July 2018.

Mr. Fels Saju :

Resource person for Drugs : Use and Abuse conducted by Junior Chamber International, Muvattupuzha.

Nirmala Welcomes You... Our new Staff



Mrs. VIDYA PETER



Dr. MERRIN JOSEPH



Dr. IRENE STANLY



Dr. JEETHU JOBY



Ms ALEESHA R



Ms. ANU SEBASTIAN



Ms. ANUSHA SHAJI



Mr. JOBIN JOSE



Mr. BEJOY JOSE



Mr. SEBIN SEBASTIAN

DETAILS OF WORKSHOPS/SEMINAR/GUEST LECTURE

SL	DATE	TOPIC	SPEAKER	Seminar/ Workshop	No. of Participants
1	04/04/2018	Practical approaches for Drug Discovery	Dr.Pramod Bhaskarkumar	Guest Lecturer	60
2	29/04/2018	Gynaecological diseases and menstrual hygiene	Dr. Sr. Therese	Seminar	90
3	06/10/2018	Nutritional goals	Mrs. Mini Philip	Guest Lecturer	90
4	16/10/2018	Mental Health	Dr. Sr.Lins Mariya	Invited talk	90
5	25/10/2018	Yoga	Sr. Infant Tresa	Invited talk	90
6	03/11/2018	Personality Development	Mr. Jimmy Jose	Guest Lecturer	90
7	23/11/2018	Basics of Pharmacokinetic modeling using software (PKMP)	Dr. Ajith Shah	Workshop	20
8	14/12/2018	Pharmaco economics – Evaluation Tools and Software Handling	Mr. Muhammed Rashid PP	Workshop	30
9	8/01/2019	Systematic Approach to Pharmaceutical Care	Dr. Justin Kurian	Guest Lecture	55
10	11/01/2019	Research in Pharmacy Practice and Clinical Applications of Pharmacometrics	Dr. Surulivel Rajan	Guest Lecture	60

SELF-MEDICATION PRACTISES: A SERIOUS THREAT.

Prepared by: **Dr. Bharat Mishra**
Professor & Head
Department of Pharmacology.

This study is an investigation on Self medication, defined as the 'use of a product without medical prescription or consultation in order to prevent or treat a disease or a symptom or to promote health'. The main issues in self-medication are improper usage of resources, OTC abuse, pathogen resistance and potential side effects with prolonged suffering in many of the cases.

Self-medication is the practice of using medicines without prior medical consultation and proper knowledge about the right indication, dosage and duration of treatment. It is a common practice worldwide to opt self-medication as their first choice in most illness episodes. According to the World Health Organisation 'self-medication is the use of drugs to treat self-diagnosed disorders or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent diseases or symptoms'. The society prefers self-medication at times due to easiness and time saving with saving costs, Self-medication has its own consequences, which can cause unexpected financial burden as it may produce unintended reactions that may further require medical attention. Many studies have reported adverse reactions with commonly used prescription drugs and OTC products, so their inappropriate use may result in irrational drug therapy and delay in seeking medical care and sometimes which can cause side effects.

In addition, several studies conducted on self-medication showed the wide usage of insufficient or improper uses of antibiotics and other prescription drugs. The prevalence of self-medication depends on many factors like education, gender, socioeconomic status and availability of medicines. Problems of self-medication: Inappropriate self-medication, incorrect or a delayed diagnosis of a severe medical condition, financial load on the patients and their families, The

patient is exposed to unwanted medicines that may cause a harm, home remedies and herbs which are not completely risk free may worsen the patient's condition. A prospective, cross-sectional questionnaire based study was carried out among 450 people selected by random sampling in the Muvattupuzha, Kerala, region. The main objectives of this study were to find out the reason and type of illness for which people self-medicate, prevalence of self-medication during pregnancy, self-medication with antibiotics and pharmacist's approach while dispensing the OTC drugs. Study showed that self-medication was a common practice among the population and the commonly used medicines were analgesics, cold and cough relievers. Self-medication with antibiotics was also reported. Though self-medication was a prominent practice, people were well aware about its implications in pregnancy and lactation. There was no statistically significant difference in self-medication pattern between different age groups but significant between males and females among which females showed more practice of self-medication.

It would be safe if the people who are using the medications are aware about the various aspects of medicines. As a major part of the healthcare system, duties of the pharmacist have been changing over the past decade, with increasing self-medication worldwide. Pharmacist plays a valuable role in identifying, solving, and preventing drug related problems and thus improving patient outcome and quality of life as he can act as an efficient communicator by directly interacting with the patients and asking key questions to know their understanding and pass on relevant information to him or her. Pharmacists are uniquely trained to assist the patient and hence should educate them regarding the safe use of medicines, help or direct them in the selection of appropriate drug therapy and should make them aware about the circumstances under which a physician should be consulted before patients embark upon independent self-care.

Hump-nosed Pit Viper Bite in Central Kerala–Remonstrance to big4 theory in snake bite envenomation

Aby Paul, Dona Johnson, Swapna Saju - Clerkship Students

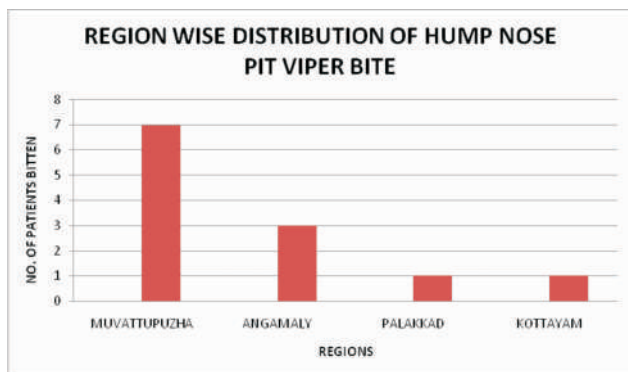
INTRODUCTION

Snakebite envenomation is an important public health problem faced by the tropical countries with India, the worst affected in terms of mortality and morbidity. In spite of increasing reports of other snake species causing envenomation, the existing research and management strategies including antivenom are still focused on the “Big Four” species- Russel's viper, saw scaled viper, common krait and spectacled cobra. Pit vipers as a group are being increasingly reported to cause human bites from different parts of the country. . In the wake of these reports it was felt a need to study the clinical manifestations and abnormalities in laboratory parameters along with mortality figures (if any) in proven pit viper bites.

RESULTS

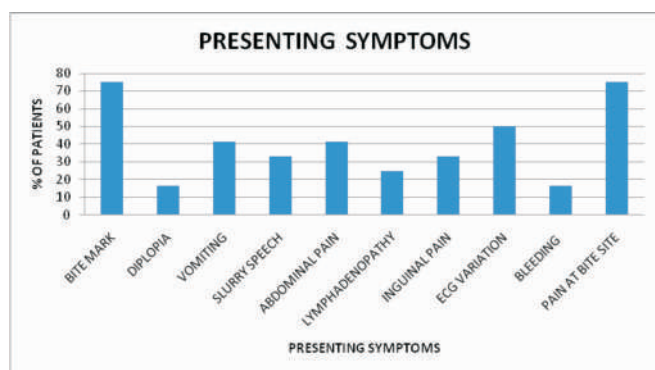
Out of 144 cases of snakebites reported to the hospital, pit vipers were responsible of which 12 cases were included applying the inclusion criteria

REGIONAL WISE DISTRIBUTION OF HUMP NOSE PITE VIPER



Hump nose pit viper was predominantly seen in the Muvattupuzha & Angamaly region of central Kerala .this may be related to the diverse geographical area of grass lands and mountain regions , Rubber plantations

CLINICAL PRESENTATION OF HUMPNOSE PIT VIPER



A definite bite mark was observed in 75% of cases. Transient bleeding from the bite site was observed in 16.7% of cases while others did not have any bleeding at all. The most common clinical outcome of HNV bites in Involvement of pain at bite site. Nausea

and vomiting were seen in 4 cases whereas abdominal pain was observed in 2 cases. No bleeding manifestations were observed Out of 12 cases, 8 had deranged lab parameters of coagulation at some point of time during hospital stay though none showed any clinical evidence of bleeding. On direct mixing with pooled normal plasma,(fresh frozen plasma the deranged coagulation parameters got corrected in all cases. The mean delay in onset of coagulopathy was 24.3 +_ 8.4 hours after the bite. The mean duration of coagulopathy was 5.4±2.95 days

INR predominantly raised in 8 patients on the 2 nd day of admission with a mean of 3.8 , yet none of them had any bleeding manifestations With regard to renal function 4 patients met the criteria for acute kidney injury (AKI). The patient with AKI had a normalized serum creatinine after 4 days of the bite.

TREATMENT PROVIDED

Anti snake venom treatment were given as the first line agent , Mean use of 15 vials (+_ 8.2 vials) were used to treat the patients. Out of which 58.3% showed coagulopathy symptoms and marked elevation of the INR .Fresh frozen plasma was used in all those patients who showed coagulopathy and was proven effective to correct the deranged value

DISCUSSION

it is now considered a venomous snake with the capacity to develop severe envenoming.

. Local pain and swelling are the most consistent effects of envenomation. A haemorrhagic blister at the bite site and regional tender lymphadenopathy are seen in some patients; which when present, may be useful clinical features to identify the biting snake as humpnosed viper, when the biting snake is not available for identification.However it is a nonspecific feature, and is present among many other viperid bites, as well.

Coagulopathy is the commonest and the most important systemic effect, as it is often associated with AKI, which has the potential for a fatal outcome. The primary cause for mortality is from complications associated with coagulopathy and AKI. All whodeveloped AKI had coagulopathy, which was evident before the advent of clinical and biochemical features of AKI. It is possible that early correction of coagulopathy with FFP could prevent AKI and related adverse clinical outcomes.

Currently available antivenom is not effective for hump nosed viper bite and should not be used, whatever the severity of envenomation. Supportive and symptomatic therapy is what is usually available, apart from hemodialysis for those with AKI.

.CONCLUSION

To conclude we noticed that hump nosed viper bites are more common than expected in this part of the country. The most common clinical consequence observed was local envenomation which had instigated significant morbidity. Though it may result in significant envenomation, at present ASV is not available to treat these patients. Hence future studies needed in developing ASV effective against hump nosed pit viper.



Mrs. Lins Mary Joy
Associate Professor
Head, Student and
Staff Welfare Committee



Dr. Dona Maria Jetto
Asst. Professor
Editor



Dr. Irene Stanly
Asst. Professor
Editor

Editor's Desk...

With immense pleasure and gratitude we bring about "Pharmaessence", new edition of our college's Newsletter. This academic year Nirmalites marshalled in a plethora of both academic and extra-curricular activities thus making this year one of it's kind-Delightful!

We thank God Almighty! in helping us to successfully complete this venture.

It is with a great sense of honour, we extend our appreciation and gratitude to administrator Rev. Fr. Jos Mathai Mailadiath and Principal Dr.Manju Maria Mathews for their innovative spirit and enlightenment. Our wholehearted thanks to all colleagues for their unceasing aid and fortification.

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