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# QualPharma

## HAMARA BHARAT MAHAN

Pharmacy of the world  
2021 and beyond

## FOOD

The three pillars

## REMDESIVIR

*Dopamine  
Fasting*

## Nutrition is Life

India and South Africa's proposal to waive IP rights in response to COVID 19 makes progress at the WTO but fails to reach consensus

## COVID

Post effects of  
COVAXIN and  
COVISHIELD after  
administration in  
Humans

# DEEPNATH ROY CHOWDHURY

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# FOOD-THE THREE PILLARS

Healthy food is one of the most important aspect in today's world and is also one of the most neglected. As said Health is wealth! So what does this healthy food refer to exactly- it is all about eating nutritious food at right time in right amount. It always has an effect on the well being of the individual like improving the overall health status, activating the brain, maintaining the immune status, most importantly controls obesity, which is supposed to be a key for letting in a lot of health problems. Healthy food does not mean restricting the food or putting our self away from foods which we love; it's all about eating healthy and nutritious food involving natural foods like fruits, fiber rich fruits and vegetables, vitamin rich foods, protein rich foods. Basically it's all about eating a balanced diet rich in carbohydrates, vitamins, proteins and with lots of water. Hence making a difference in diet would affect the thinking and confidence of the person. The healthy eating pyramid given by the Harvard has been very popular in the nutritional requirements. The base line includes foods to be taking in the daily basis and the top portion are foods to

be taken sparingly.

Coming to the different healthy nutrients like proteins which helps to maintain the growth and mood of the person can be obtained from various plants and animal sources. Fat-people take all kinds of junk food which would affect the health status badly. In fact there are some facts on the healthier side like omega 3 fatty acids which are very vital and are the less consumed fats. Calcium has been a leading cause of osteoporosis be it a middle aged or a post menopausal woman, therefore inclusion of calcium rich foods in the daily dietary pattern is of utmost requirement. So healthy dietary patterns can be made by making right changes like avoiding eating junk food or street foods and by preparing the foods which are on healthier side, taking minimum 8 glasses of water per day, increasing the intake of water rich foods and fruits, rather than taking large portions of foods at a time we should take small portions multiple times in a day. Chewing the food also plays an important role. Late night eating which is a common habit among the

young generation of today has to be changed and preferring eating early is always a better habit. Therefore, we all must have healthy foods and strive for a longer and healthier life.

## SUSTAINABLE FOOD

Now the next pillar comes of sustainable eating, this is a newer concept of the present day and is an urgent need to know what exactly does it mean and how is it going to benefit us? A healthy and sustainable diet is always a hand in hand processes as we eat healthily to keep ourselves healthy and we eat sustainably to keep our planet healthy. There are certain ways proposed to make our diet healthy as well as sustainable

Prioritizing our foods where we need to depend more on the plant rich foods than the sea derived foods, will help in decreasing the fresh water withdrawals and cutting down forests.

Reducing the meat content in our diets is not only a proposed healthy diet formula but also a substantial formula as the meat procuring will involve



### Dr Sanjay Agrawal

Dr Sanjay Agrawal founded PHARMA CONSULTANTS and INVENTOR in 2005 to assist pharmaceutical companies around the globe. He has actively worked in pharmaceutical and related industries for more than 28 years. He is Editor-in-Chief of renowned IJM Today and honorable member of the editorial board of QualPharma and The Antiseptic. Dr Sanjay Agrawal is also the illustrious member of the National Geographic Society and ex- member of scientific committee of IDMA. His prestigious articles are published in various magazines and websites for example—The Antiseptic, NuFFoodS Spectrum, Pharmabiz

Dr. Agrawal had received various awards for his valuable support and contributions in Healthcare and pharmaceutical sector .Dr. Agrawal obtained his postgraduation in Biochemistry from prestigious institution, completed MBBS and MBA from IMT. He has

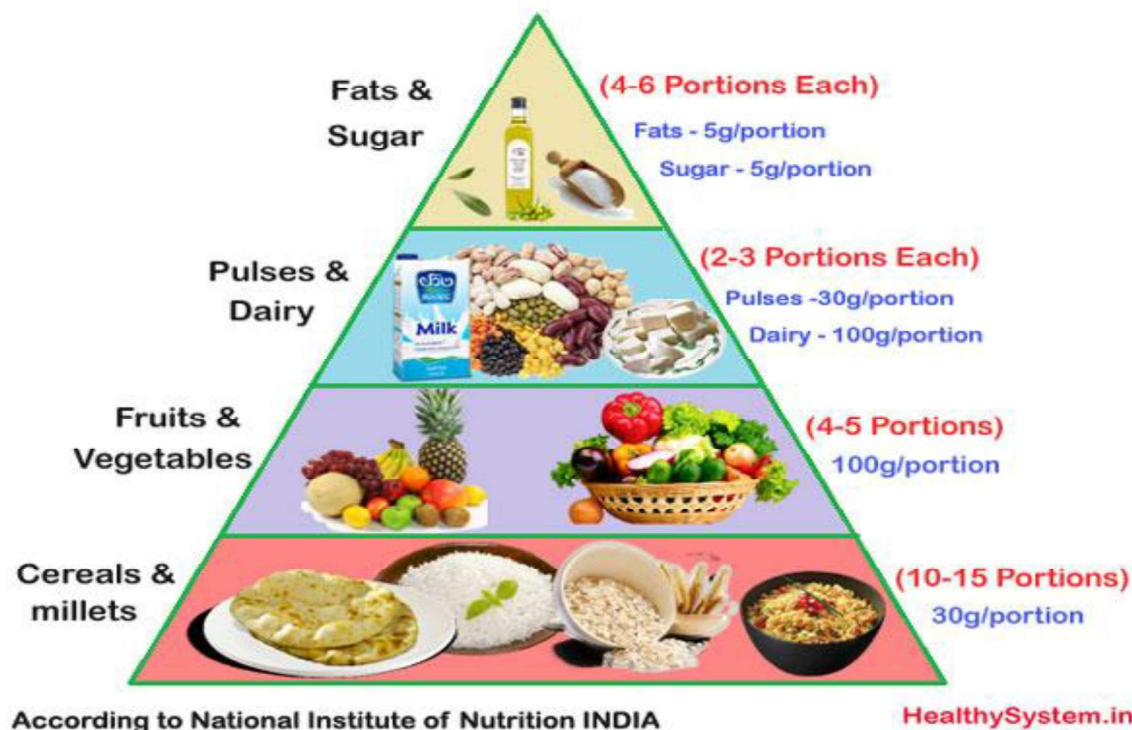
worked with many international and national Pharmaceuticals company. Dr. Sanjay Agrawal is the patent holder of many research formulations which are successfully commercialized.

Currently besides his core jobs, Dr Agrawal devotes his time for the benefit of pharma fraternity. He has raised his voice against the ban imposed on methylcobalamin manufacturing. He has been asking to the regulators from more than a year that

- Why Methylcobalamin is not added in the gazette yet when promised by the former CEO Mr Pawan Agrawal Ji?
- Why cyanocobalamin is promoted even though there is a cyanide group attached to it?
- Why 1 mcg RDA is imposed on nutraceutical manufacturer?
- Technical aspect of damage caused when 500 mcg is taken as prophylactic use?
- Why should we have faith in FSSAI when every time we have to go to ICMR for clarification?



## EAT HEALTHY AND EAT RIGHT PYRAMID



transporting of animals, giving them food, water and lot of resources from nature and also energy, not only this but the meat procuring has also an impact on the emission of green house gasses which would affect the nature in long term.

Selecting the foods we eat always has an impact not only on the health of the individual but also on the environment. Getting foods from the farmers and monitoring their farming would definitely help us to know how the food was cultivated.

Therefore it is now of utmost importance to see the future and note how to eat food and how to reduce the consumption of energy from the planet and to reduce the food waste. This involves a chain of support from the consumers, policy makers and the supply chains by increasing the demand for a healthy and sustainable

diet and a demand for sustainable foods.

### CONCLUSION

As stated the three pillars of food practices that are to be followed by the world today includes the RIGHT FOOD stating what a healthy diet involves, the eating pattern of the available nutritious foods and drinks and getting the right amount of calories for the body. It mainly involves type of food to be taken such as eating fortified foods and eating a diet that is low in fat, sugar, and salt, eating food that are more natural like fruits and leafy vegetables, avoiding processed foods and safe cooking practices. The second pillar involving EAT HEALTHY refers to eating food that helps the body and mind to refresh, most importantly saying no to temptation, not by avoiding the food but by limiting the processed foods

and eating right food at right time of the day, by eating small amounts at frequent interval and by drinking enough amount of water to flush out the toxins. Of all the important aspect, being stressed increases the urge to eat and leading to binge eating of all types of junk food, hence there is an urgent need to keep ourselves stress free.

The third pillar of EAT SUSTAINABLY is better for the environment, healthier for ourselves and family too. Encouraging the foods that are grown locally improves the economy. Hence it goes like eat local, have fresh and organic food. Therefore its always best to create a healthy diet plan that is healthy, enjoyable, and which we can stick for long-term.

~By Dr Sanjay Agrawal

# PHARMACEUTICAL CONSULTANTS AND INVENTOR

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