



The NGSMIPS Herald

NITTE

The Official news letter of the Nitte Gulabi Shetty Memorial
Institute of Pharmaceutical Sciences, Mangalore

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Colour Therapy

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VISION

To build a humane society through excellence in education and health care.

MISSION

To develop Nitte University as a centre of excellence, imparting quality education, generating competent, skilled manpower to face the scientific and social challenges with a high degree of credibility, integrity, ethical standards and social concern.

'For Private Circulation Only'

From the Editor's desk

In recent years, health care costs have risen all over the world including India. There may be several reasons for this, general price inflation being only one of them. Allopathic medicine has significantly increased the life expectancy rate; however the economic boom in the last decade has also resulted in a spurt in the incidence of lifestyle diseases such as hypertension and diabetes which has augmented the demand for drugs treating them and hence the costs. The indiscriminate use of diagnostic services, the increasing role of the private sector in providing healthcare and development of expensive drugs and dosage forms through the use of sophisticated technology are some of the other reasons for spiraling costs. It is no wonder therefore that there has been renewed interest in alternative systems of medicine such as ayurveda, homeopathy etc. These alternative approaches including aromatherapy, naturopathy and colour therapy have often been used in conjunction with conventional or allopathic medicine to take advantage of the benefits offered by both. An article on colour therapy has been included in this issue.

One of the measures recommended by the American Medical Association (AMA) for cutting down prices of drugs is to encourage cost-effectiveness research by giving funding priority to medical research that uses both cost and clinical evaluation criteria. I think this is where we come in, to develop technology that is inexpensive and commercially viable without compromising on optimising drug delivery and effective therapy. Research generated in institutions can do much to explore this possibility and contribute to bringing down escalating costs.



Marina Koland, Executive Editor

Workshop on “Conservation of medicinal plants and preservation of Traditional Medicinal plant knowledge base” 4th & 5th August 2011



Dr. Ravishanker B., Professor, SDM College of Ayurveda delivering a lecture



Sri Badanaje Shankara Bhat delivering a lecture at the workshop



Mr. Suresh Nath, Professor and Head, Dept. of Botany, St. Aloysius College, Mangalore presents a souvenir to Dr. K.R Chandrasekhar



Sri M. Dinesh Nayak, Advisor of Mangalore SEZ, presenting an Ashoka sapling to Dr. C.S. Shastry



Dr. Shantharam Shetty addresses the audience

Campus Buzz

Workshop on Indian Traditional Medicine

NGSM Institute of Pharmaceutical Sciences (NGSMIPS) organized a two day workshop on “Conservation of medicinal plants and preservation of traditional medicinal plant knowledge base” on 4th and 5th August 2011. This programme was sponsored by the Indian Council of Medical Research (ICMR) and the Nitte University and coordinated by the Department of Pharmacognosy. The objective of the workshop was to bring together Indian traditional medicine practitioners and Allopathic practitioners on the same platform to create an awareness and better understanding of the contribution of our traditions in health care systems. Dr. Shantharam Shetty, Vice Chancellor, Nitte University, was invited to inaugurate the workshop. In the scientific sessions that followed, many eminent personnel from the field of research on plant based medicine and practitioners of traditional systems medicine, such as Dr. Hanumanthachar Joshi, Dr. B. Ravishankar, Dr. K. R. Chandrasekhar, Shri Badanaje Shankara Bhat, Shri Dinesh Nayak delivered lectures and



Dr. Shantharam Shetty, lights the lamp at the inaugural ceremony of the workshop on Indian traditional medicine. Also in the picture are Dr. Satheesh Bhandary, Dr. Rajshekar M., Dr. C.S. Shastry, Principal, Dr. D. Sathyanarayana and Mr. Santanu Saha

shared their views on preservation of Indian traditional medicinal systems and the value of medicinal plants in health care in the two days of deliberations. On the second day of the workshop an exhibition on “Edible medicinal plants” and “Endangered medicinal plants of western ghats” was also arranged. In the valedictory programme, Mr. Santanu Saha, Workshop Coordinator, expressed his gratitude to the speakers, sponsors and delegates for contributing to the success of the workshop.

Degrees awarded to M.Pharm students at the First Annual Convocation of the Nitte University



Miss Uchil Deepika



Miss Rajalekshmi M



Mr. Jani Vishal Maheshkumar

The first batch of M.Pharm students of the Nitte University was awarded their degrees by the Chancellor, Mr. N. Vinaya Hegde, in a grand ceremony at the First Annual Convocation held on the 22nd of August, 2011 at the K.S Hegde Auditorium, Deralakatte. In the faculty of Pharmacy, Miss Uchil Deepika of the Department of Pharmaceutics won the first place and Miss Rajalekshmi M and Mr. Jani Vishal Maheshkumar of the Department of Pharmaceutical Chemistry won the second and third place respectively. Degrees were also conferred to graduates of the faculties of Nursing and Physiotherapy at the same ceremony.

NGSMIPS celebrates ‘Vanamahotsava’

The Institution celebrated ‘Vanamahotsava’ on the 4th of August, 2011, coordinated by the N.S.S wing of the NGSMIPS. Dr. Shantharam Shetty, Vice Chancellor, Nitte University, was invited to plant saplings at the chosen sites on the grounds of the campus. Dr. Satheesh Bhandary, Vice Dean, KSHEMA and Dr. Rajshekar M., Registrar, N.E.T were also present at the small function held on the college premises.

Orientation Programme

An orientation programme for the new batch (2011-2012) of students of First Year B.Pharm was conducted on September 2nd, 2011 at the K.S. Hegde Auditorium, Deralakatte. Eighty students were admitted this year to the B.Pharm degree course. On this occasion, Dr. C.S.Shastry, Principal of NGSM IPS gave a brief presentation to the new students and their parents on the B.Pharm course conducted by the Nitte University and its scope as well as job prospects. Dr. D.S. Satyanarayana, Director of P.G Studies & Research and the teaching faculty were also present A few parents expressed their happiness and satisfaction about the Institution, the campus and its amenities.

Appointments

Mr. Jobin Jose and **Ms. Sneh Priya** have been appointed as Lecturers in the Department of Pharmaceutics with effect from August 1, 2011.

DEPARTMENT ACTIVITIES

DEPARTMENT OF PHARMACEUTICAL CHEMISTRY

Research Publications

DR. D. SATYANARAYANA, Professor

1. Synthesis, anti-inflammatory and analgesic activity of 2-[4-(Substituted benzylideneamino)-5-(Substituted Phenoxyethyl)-4H-1,2,4-triazolo-3-yl thio] acetic acid derivatives. *Arabian J. of Chemistry*. 2011 (Accepted)
2. Wound healing activity of heartwood extracts of *Casealpinia sappan linn.* (Caesalpinaceae). *Deccan J. Pharmacology*. 2011; 2(2):34-42
3. Evaluation of anticonvulsant activity of *Carissa spinarum* root extract. *Journal of Pharmaceutical Sciences*. 2011; 1(1):64-68
4. Antimicrobial activity of *Phyllanthus Debilis*. *International Research Journal of Pharmacy*. 2011; 2(6):75-76.

DR. K. ISHWAR BHAT, Professor

1. Synthesis and antimicrobial studies of azetidinone derivatives from sulphamethazole moiety. *Journal of Chemical and Pharmaceutical Research*. 2011; 3(3):114-118.
2. Synthesis and screening of substituted Eugenol and Paracetamol linked Pyrimidines. *Indian Journal of Heterocyclic Chemistry*. 2011; 20:241-244
3. Studies on the Anthelmintic property of Aminobenzylated mannich bases. *Journal of Young Pharmacists*. 2011; 3(3):243-245

DR. JENNIFER FERNANDES, Professor

Evaluation of Antiepileptic activity of the Alcoholic extract of *Adhatoda vasica* leaves in rats. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 2011; 2(3):5-10.

MS. JAINEY P. JAMES, Lecturer

1. Synthesis of Thiophen-2-yl pyrimidines as antitumor, analgesic and anti inflammatory agents. *Indian Journal of Heterocyclic Chemistry*. 2011; 20:309-312
 2. Synthesis and antimicrobial studies of azetidinone derivatives from sulphadiazine moiety. *Journal of Pharmacy Research*. 2011; 4(5): 1361-1362
- Synthesis and antimicrobial studies of azetidinone derivatives from sulphamethazole moiety. *Journal of Chemical and Pharmaceutical Research*. 2011; 3(3):114-118

MR. ABHISHEK KUMAR, Lecturer

Synthesis, Characterization and Antimicrobial activity of Novel Analogues of Flavones. *Pharmacologyonline*. 2011; 2: 963-973

Papers Presented at Conferences

Mr. Revana Siddappa B.C presented a Poster on the research paper entitled, "Antioxidant, antitubercular, antifungal evaluation of some novel imidazole derivatives" at Bangkok, Thailand from Sep 5th-8th, 2011 at the 14th Asian Chemical Congress.

DEPARTMENT OF PHARMACEUTICS

Research Publications

DR. R. NARAYANA CHARYULU, Professor

Formulation design and optimization of sustained release tablets of Terbutaline sulphate. *Ind J Pharm Educ Res*, 2011; 45(3):259-66.

DR. PRABHAKARA PRABHU, Assoc. Professor

Formulation and evaluation of fast dissolving films of levocetirizine dihydrochloride. *Int J Pharm Invest*, 2011; 1(2):99-104

Papers Presented at Conferences

Dr. Prabhakara Prabhu, presented a research paper as poster entitled, "Investigation of effects of vesicular size on intra ocular pressure lowering activity" at the 38th CRS Annual Meeting & Exposition, 30th July – 03rd August 2011, Maryland, USA. This paper was also co-authored by Mr. Nithish R, Dr. Marina Koland, and Dr. R.Narayana Charyulu

Research Grants

The Nitte University has sanctioned a research grant of Rs.1,03,000 to **Dr. Marina Koland** and **Dr. Prabhakara Prabhu** for the project entitled, "Investigation of transbuccal permeability of acyclovir from solid lipid nanoparticles via mucoadhesive films"

DEPARTMENT OF PHARMACOLOGY

Workshops/Seminars Attended

Mrs Nimmy Chacko, Senior Lecturer attended a workshop on, "Hands on exposure to neuro-pharmacological and molecular biological tools" from September 19th – 24th, held at University Institute of Pharmaceutical Sciences (UIPS), Punjab University, Chandigarh. She was awarded a 'Certificate of Excellence' for her performance at this workshop.

DEPARTMENT OF PHARMACOGNOSY

Research Publications

Mr. Santanu Saha, Lecturer

1. Isolation and characterization of triterpenoids and fatty acid ester of triterpenoid from leaves of *Bauhinia variegata*. *Der Pharma Chemica*. 2011; 3 (4): 28-37.
2. Activity of *Phyllanthus lawii* extract in Swiss Albino Mice. *Pharmaceutical Crops*. 2011; 2: 8-10.

COLOROLOGY

Compiled by : Ms. Santy Koshy, II Yr. M.Pharm

Department of Pharmaceutics

Color is simply light of varying **wavelengths** and, as such, is a form of energy that is used in **Color Therapy**. The use of Color as a Therapy is a truly holistic, non-invasive and **powerful therapy** which dates back thousands of years; evidence of this can be found in ancient texts from India, China and Egypt.

“I’m green with envy,” “I’m feeling blue,” “He turned purple with rage,” “She was pink with embarrassment”. We may not have noticed, but we often use colors to describe our moods and emotions.

But according to practitioners of color therapy, the link between colors and our moods and emotions goes deeper than that. They believe that not only do colors affect our emotions, but they have healing properties. According to them, every color in the light spectrum vibrates at a different frequency. The faster the vibration, the warmer the color and the slower the vibration, the cooler the color. For instance, red is a warm color, while blue is cool.

Color therapy sometimes called, **Chromotherapy**, **colorology** or **cromatherapy**, is an alternative medicine method. It is said that a therapist trained in chromotherapy can use color and light to balance “energy” wherever a person’s body be lacking, be it physical, emotional, spiritual, or mental.

This is not a new-fangled theory, but one that has been practiced as far back in time as the Egyptian civilization. In ancient Egypt, people often immersed themselves in vats of colored pigment as a curative measure.

In ancient times, there were great halls with colored glass panels or windows where people would stand and be bathed in the light that filtered in. Avicenna (980-1037), who viewed color to be of vital importance in diagnosis and treatment, discussed chromotherapy in *The Canon of Medicine*. He wrote that “Color is an observable symptom of disease” and also developed a chart that related color to the temperature and physical condition of the body. His view was that red moved the blood, blue or white cooled it, and yellow reduced muscular pain and inflammation. He further discussed the properties of colors for healing and was “the first to establish that the wrong color suggested for therapy would elicit no response in specific diseases.” As an example, “he observed that a person with a nosebleed should not gaze at things of a brilliant red color and should not be exposed to red light because this would stimulate the sanguineous humor, whereas blue would soothe it and reduce blood flow.”

Followers of this alternative method of healing emphasize that color therapy should only be performed by experts who know what color or mixture of colors is required for the cure of an illness. There are no standard rules. Colors that work for one person need not necessarily be as effective for another person. In addition, it is believed that overexposure to certain colors can lead to side effects.

Color properties

Red: The color red represents vitality, creativity, energy and power. People who favor the color red are usually those that like to be in the forefront where they can attract a lot of attention. They are often quick to react and overemotional.

This color helps to loosen stiffness and restraints. It stimulates the release of adrenalin in the bloodstream and causes hemoglobin to multiply. Hence, it results in greater strength and energy and is good for treating anemia and other blood-related conditions. Red can also make you feel warmer, reducing pain that comes from the cold. It also helps for people who are feeling lethargic or depressed.

However, an excess of red can make a person agitated and aggressive. It can also lead to anger and destructive behavior. It is not recommended to be used for people who have heart trouble or who have a nervous disposition.

Orange: Like red, orange is also an energizing color. Used in moderation, it has a gentle warming effect. It is useful in treating gallstones, digestive ailments, chest and kidney diseases and arthritis. It helps to lift the spirits of people who are depressed, lonely, who feel hemmed in or who feel that their lives lack direction. However, too much orange can lead to agitation and restlessness like the color red.

Yellow: People attracted to the color yellow usually have sunny dispositions and are good communicators who love to talk. Those who prefer the stronger shades of yellow often tend to be arrogant or conceited, while those who are drawn to the more pastel shades of yellow may be timid.

Yellow stimulates the intellect and has a generally cheering effect. It has been found to be useful in facilitating the digestive process and in curing skin problems. However, like red and orange, it is not recommended for people experiencing great stress. Overstimulation could result in exhaustion and depression.

Green: The color green represents balance, harmony and hope. People who favor the yellower tones of green are usually adventurous in nature, while those who prefer the bluer tones of green tend to be optimists. If green is your color, remember to add a little red or orange to your surroundings to liven things up a little.

Green helps to calm frazzled nerves and is good for people with heart conditions. It stimulates growth and therefore helps to heal broken bones and facilitates the regrowth of tissue. It is recommended for pregnant women to create a serene atmosphere.

However, too much green can bring on a sense of lethargy as the person settles into a state of tranquility almost approaching stagnation. A person tends to become complacent as he does not feel a sense of challenge or a need to strive towards any goal.

Blue: Blue is the color of truth, nobility and serenity. It has a cooling, soothing and calming effect. Blue-colored clothes should be worn to combat the heat in the summer. It helps for

people who are feeling frightened or flustered. Meditating on the clear blue before one sleeps helps to ward off nightmares.

In the physical sense, blue is useful in bringing down a fever. It helps to stop bleeding, is good for burns and can cure a sore throat. It is recommended for people suffering from shock, inflammation and nervous breakdowns. It is not advisable for people with bad circulation.

However, blue can be calming to the point of having a sedative effect. It can make a person passive and easily led or taken advantage of. An overdose of blue can make you feel cold, sad and depressed.

Indigo: The color indigo is associated with the mysterious and the profound. People attracted to this color usually look beyond the surface of things. They are drawn to higher things, sometimes even the occult. Indigo stimulates the intellect. It gives a person a sense of courage, authority and inner calmness.

At the physical level, indigo purifies the blood. It is useful in treating diseases of the ear, nose and eyes and for sinus problems. It is also used for curing varicose veins, diseases of the nervous system, boils and ulcers, and skin disorders. An excess of indigo can give you a headache and make you feel sleepy.

Violet: Violet is a very powerful color and has strong links with creativity. It is said that Leonardo da Vinci meditated upon it and that Beethoven had violet curtains. Those drawn to this color are often shy. It is useful in treating people who are excessively emotionally agitated. It also helps compulsive eaters to calm down and control their compulsion to eat. The creative energy unleashed by this color is often too much to handle and if not channeled properly can make a person feel quite ill. It is not advisable for clinically depressed individuals.

Color Therapy can be used safely and effectively - either alone or alongside any other therapy, whether complementary or orthodox medicine - for adults, children, babies and non-human animals alike. Color energy can be the **catalyst** for our healing process and encourages normal and healthy workings of the body.

The energy relating to each of the seven spectrum colors of red, orange, yellow, green, blue, indigo and violet, resonates with the energy of each of the seven main chakras/energy centres of the body. If you can imagine the chakras as a set of cogs/wheels, they are rather like the workings of a clock or an engine; each cog/wheel needs to move smoothly for the clock/engine to work properly. Thus good health and wellbeing is achieved by a balance of all these energies. Balance of the energy in each of the body's chakras is very important for health and wellbeing. Color therapy can help to re-balance and/or stimulate these energies by applying the appropriate color to the body and therefore re-balance our chakras.

Red relates to the base chakra, orange the sacral chakra, yellow the solar plexus chakra, green the heart chakra, blue the throat chakra, indigo the Brow chakra (sometimes referred to as the third eye) and violet relates to the crown chakra.

Color is absorbed by the eyes, skin, skull our 'magnetic energy field' or aura and the energy of color affects us on all levels, that is to say, physical, spiritual and emotional. Every cell in the body needs light energy - thus color energy has widespread effects on the whole body. There are many different ways of

giving color, including; Solarized Water, Light boxes/lamps with color filters, color silks and hands on healing using color.

As babies we first experience color in the womb where we are enveloped in a nurturing and comforting pink. Then as a child we associate with color as part of our first learning processes. These first associations contribute to our consciousness. As we get older we attach many different feelings, memories and meanings to certain colors and this can then become a feature in our subconscious. We can build up prejudices to colors which have happy, sad, or frightening connotations for us.

All life experiences make an impression upon us. Some experiences will be positive and some negative. It is these negative experiences which can manifest themselves physically over time as dis-ease. As an example:- perhaps we have, over the years, been in a situation where we have felt unable, for one reason or another, to speak our mind, or to express our own truth. This can manifest as a problem in the throat chakra

The throat chakra relates in the spiritual aspect to self expression. Thus, if our self expression has been blocked, the energy in this area will not be free flowing and in turn this can lead to a physical manifestation of dis-ease.

Colorpuncture, or **color light acupuncture**, is an alternative medicine practice asserting that colored lights can be used to stimulate acupuncture to promote healing and better health. It is a form of color therapy.

Esogetic Colorpuncture™ is a revolutionary evolution in holistic healing and one of Europe's most popular new alternative healing disciplines. The originator of Colorpuncture is a German scientist and naturopath named Peter Mandel who has conducted over 25 years of intensive empirical research to develop this unique system of healing. Colorpuncture involves focusing colored light on acupuncture (and other) points on the skin in order to energize powerful healing impulses in our physical and energy bodies.

Scientists are now discovering that light is actually the medium by which cells communicate and it is at the very basis of many body functions. In a Colorpuncture treatment, frequencies of colored light are focused on the skin using a hand-held acu-light tool with specially designed, hand-made interchangeable glass rods which emit different colors of light through a focused tip.

Each color consists of different wavelength frequencies of light and therefore communicates different energetic information. Treatments include a specific set of points in a sequence using a prescribed pattern of colors. As the light is absorbed by the skin and transmitted along energetic pathways or meridians deep into the body, it stimulates intra-cellular communication which supports healing.

Colorpuncture employs seven basic colors. In general, the warm colors - red, orange, and yellow - are believed to add energy, while the cool colors - green, blue, and violet - decrease energy

A small handheld instrument resembling a torch (flashlight) with a colored quartz rod is used. The tip is placed directly onto acupoints or held a short distance above. Unlike acupuncture, the skin is not broken. Colorpuncture sessions last 10 to 90 minutes.

Colorpuncture Products

Perlux P117 Light Pen:

This hand-held tool comes with a set of 7 high quality, hand-made glass rods. Different colors of all natural dyes have been infused into the liquid glass of each rod – red, orange, yellow, green, turquoise, blue, violet. These natural dyes provide a truer color than any plastic or acrylic based color. Each rod contains precisely the right nanometer of color to be in the middle of that color's frequency range. The rods are also designed with a patented "pyramid focus" tip, suitable for application to an acupoint. When light is applied to the skin through the pyramid focus, research has shown that, although the light may appear to diffuse slightly on the surface of the skin, it actually collects under the skin into a single focused beam that moves very rapidly inside the body.

F333 Flat Focus Light Pen:

This is a similarly designed hand-held tool uses flat, colored plastic caps instead of glass rods. Again, these caps contain the highest quality natural dyes. This tool is useful for color application to larger areas of skin and is especially suitable for clients to use for home treatments.

Colour Therapy is a totally holistic and non-invasive therapy for us all - adults, children, babies and animals. All we need to do is to heighten our awareness of the energy of colour and it can transform our lives. A professional Color Therapist can explain and advise you on how you can use color at home for health and wellbeing.

Colour should be a part of our everyday life, not just something we experience for an hour or two with a therapist. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow without reason. Nature and its colours are not simply here by chance, everything in nature is here for a purpose. Colour is no exception.

References :

1. http://www.colourtherapyhealing.com/colour_therapy
2. wikipedia.org/wiki/Chromotherapy
3. <http://www.colorpuncture.com>



The health benefits of eating garlic

- Garlic lowers blood pressure a little. (9% to 15 % with one or two medium cloves per day.)
- Garlic lowers LDL Cholesterol a little. (9% to 15 % with one or two medium cloves per day.)
- Garlic helps reduce atherosclerotic buildup (plaque) within the arterial system. One recent study shows this effect to be greater in women than men.
- Garlic lowers or helps to regulate blood sugar.
- Garlic helps to prevent blood clots from forming, thus reducing the possibility of strokes and thromboses (Hemophiliacs shouldn't use garlic.)
- Garlic helps to prevent cancer, especially of the digestive system, prevents certain tumors from growing larger and reduces the size of certain tumors.
- Raw Garlic is a potent natural antibiotic that works differently than modern antibiotics and kills some strains of bacteria, like staphylococcus, that have become immune or resistant to modern antibiotics.
- Garlic has anti-oxidant properties and is a source of selenium.



Courtesy : From the web site, <http://www.gourmetgarlicgardens.com/health>.

Vanamahotsava at NGSMIPS

August 4th 2011



Orientation Programme

September 2nd 2011



Book Post