

AHMEDABAD MEDICO NEWS Registered under RNI No. GUJENG/2006/17532
Published on 27th of Every Month under Regd. No. GAMC / 1548 / 2022-2024 issued
by SSP Ahmedabad. Valid upto 31-12-2024 and Permitted to Post at without Prepayment
No. PMG/NG/099/2022-2024 Valid Upto 31-12-2024 Ahmedabad PSO on 27th Date of every Month

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AHMEDABAD MEDICAL ASSOCIATION, AMA HOUSE, 1st FLOOR, Opp. H.K. Arts College,
ASHRAM ROAD, AHMEDABAD-380 009. PHONE : 2658 87 75

NAME OF THE PRINTING PRESS & ADDRESS :- **HITESHKUMAR & COMPANY**
AMRUT INDUSTRIAL ESTATE, DUDHESHWAR, AHMEDABAD - 380 004.
M. 77780 11951, 92288 85157 | 77780 11951 | E-mail : hiteshkumarandco@gmail.com

Month Face Value Rs. 08=00 - Yearly Face Value Rs. 96=00

AHMEDABAD MEDICAL ASSOCIATION
(Branch of Indian Medical Association)

ESTD : 1902

AHMEDABAD MEDICO NEWS

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DR. DILIP B. GADHAVI
President - AMA



DR. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - **DR. KIRITKUMAR C. GADHAVI**

VOL. 17

JULY-2022

ISSUE-3

HIGHLIGHTS

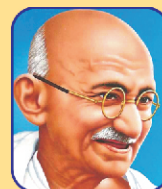
Programme

07-08-2022 Scientific Programme
15-08-2022 Independence Day Celebration

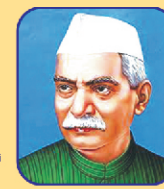
Article

ORS : The ultimate life saver - By Dr. Anuya Chauhan, Dr. Zinkal Patel

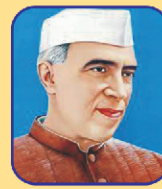
૧૫-૦૮-૨૦૨૨ : ભારતનો ૭૬મો સ્વાતંત્ર્ય દિવસ



મહાત્મા ગાંધીજી



ડૉ. રાજેન્દ્ર પ્રસાદ



જવાહરલાલ નહેરુ



સરદાર વલ્લભભાઈ પટેલ

'SECRET TO SUCCESS IS THE RESULT OF UNITY, HARD WORK AND PERSEVERANCE'

Message From President's & Hon. Secretary's Desk



Dear members,

There have been lots of the events organized in current year. We observed huge participation from our members in every event; especially we evident a great enthusiasm from the emerging doctors. We had organised many scientific programmes this year; many social programmes as well. But, we would not restrict our activities up to those; this month, we have organized 4 different kinds of non scientific events. 1st July to 3rd July we arranged sports competition. Many sports loving doctors participated & enjoyed a lot. **Steve Jobs has rightly quoted**

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

Mark Twain, an American writer & entrepreneur had warranted, "Twenty years from now you will be more disappointed by the things that you didn't do than by the

ones you did do"; so throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. This is the exactly we have experienced with back to back two different programmes

Doctorpreneurship, a unique programme, in which the experts guided, how the doctors shall think differently for development of own profession; in another event organized on 10th July, Shree Som Tyagi narrated a way of visualizing our life in a different way. In this later event, we had opportunity to welcome R J Dhvanit at our premises. Many members enjoyed these two events.

The challenges for our fraternity are unceasing; but we will never give up. Our IMA HQ has raised the issue regarding GST to be implemented by Govt. of India for several healthcare related services; & also against the derogatory remarks by Ramdev for modern medicine. Rest assured our National Association will be working on both the issue simultaneously.

We appeal all the members to join every event of our association, at least the events of one's own interest to remain united & to get updated.

Wish you all Happy & Healthy season of monsoon & season of festivals

&

Wishing you all a very "Happy Independence Day"

Jai IMA, Jai AMA

Dr. Dilip B. Gadhavi

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association

**Congratulations to Dr. Anuja Desai
(Ophthalmologist) receiving
IMA Doctors' Day Award at IMA (H.Q.)**



**Congratulations to Dr. Erika Patel
Felicitated by National President**



Blood Donation



Doctorpreneur Academy Programme 26-06-2022



Sports Event 1st to 3rd July 2022



Training on "Medical Oxygen Management System" For Medical Service Providers



Training on "Medical Oxygen Management System" For Medical Service Providers



Non-Scientific Program-"Bioscope of Life" 10-07-2022



Ladies Club Programme



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**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2021-2022****OFFICE BEARER**

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DR. SHAH VISHAL RAJESHBHAI 9979607072	GHODASAR	DR. SHAH JAYESH CHINUBHAI 9426274536	NARANPURA

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DR. KAMLESH PATEL	DR. SNEHAL KALE	DR. DHIREN R. MEHTA	DR. VIPUL TURKHIA



Dr. C. C. Raval & Dr. Somabhai Desai
Scientific programme

Period of 1st August to 7th August 2022, will be observed as “World breast feeding week” to protect, promote & support breastfeeding across different levels of society. As a small part of these global promotional activities, we have organized a scientific programme on breast feeding in association with Academy of Padiatrics, Ahmedabad

Date : 7th August, 2022
Time : 10.00 am to 12.30 am
Venue : RM Fozdar Hall, AMA

Programme Details:

Topic : What should mother know regarding Feeding the baby??
Speaker : Dr. Riddhi Ketan Shukla , Consultant Gynecologist
Topic : Importance of breast milk
Speaker : Dr. Manish Mehta, consultant Pediatrician
Topic : Lactation establishment
Speaker : Dr Prachee Shah, Pediatrician and lactation consultant
Topic : kangaroo mother care
Speaker : Dr. Vaibhav Patel, pediatric intensivist and neonatologist
Topic : panel discussion
Moderator : Dr. Sunil Patel consultant pediatrician

The Programme will be followed by Lunch.

**Kindly Register your name at AMA Office
between 2.00 to 6.00 pm.**

Dr. Dilip B. Gadhavi
President - AMA

Dr. Gargi M. Patel
Hon. Secretary - AMA



AHMEDABAD MEDICAL ASSOCIATION

ANNUAL ELECTION 2022-2023

AMA OFFICE HAS RECEIVED FOLLOWING VALID NOMINATIONS FORMS

**All Members elected uncontested so there is
no election on 07-08-2022.**

PRESIDENT [ONE POST]

1. DR. SHAH JITENDRA HARGOVANDAS Elected UNCONTESTED

VICE - PRESIDENT [TWO POSTS]

1. DR. PATEL SURESH KANTILAL Elected UNCONTESTED
2. DR. SHAH URVESH VIPINCHANDRA Elected UNCONTESTED

HON. JOINT SECRETARY [TWO POSTS]

1. DR. RAVAL SHAILESH DURGESHBHAI Elected UNCONTESTED
2. DR. DESAI RAJESH MOTIBHAI Elected UNCONTESTED

HON. LIBRARY SECRETARY [ONE POST]

1. DR. SHAH SAHIL NITINKUMAR Elected UNCONTESTED

MANAGING COMM.MEMBERS P.G. [TWELVE POSTS]

1 DR. AMIN VISHVAS KIRITBHAI	Elected UNCONTESTED
2 DR. GANDHI ALPA ATUL	Elected UNCONTESTED
3 DR. MAHESHWARI MUKESH AMBALAL	Elected UNCONTESTED
4 DR. NAIK DHAVAL DINKERRAI	Elected UNCONTESTED
5 DR. PATEL BIPIN JIVANBHAI	Elected UNCONTESTED
6 DR. PATEL HARJIVAN GANGARAM	Elected UNCONTESTED
7 DR. PATEL KAMLESH RATILAL	Elected UNCONTESTED
8 DR. PATEL MAHESH BABULAL	Elected UNCONTESTED
9 DR. PATEL MANSI JITENDRABHAI	Elected UNCONTESTED
10 DR. SANANDIA JATIN GOVINDBHAI	Elected UNCONTESTED
11 DR. SHAH JIGNESH RATILAL	Elected UNCONTESTED
12 DR. VYAS MONIKA BHAVESH	Elected UNCONTESTED

MANAGING COMM. MEMBERS - [Other than P.G.] [TWELVE POSTS]

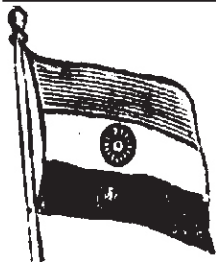
1 DR. CHRISTIAN ROHAN PIYUSHKUMAR	Elected UNCONTESTED
2 DR. JIVRANI MAHESH RATILAL	Elected UNCONTESTED
3 DR. KHAMAR VIRAL ISHAVARLAL	Elected UNCONTESTED
4 DR. MAHESHWARI AMRATLAL KIRPALDAS	Elected UNCONTESTED
5 DR. MAKVANA MAHESH BABULAL	Elected UNCONTESTED
6 DR. NAIK KAMLESH RAGHUVIR	Elected UNCONTESTED
7 DR. PANCHAL ARVINDKUMAR TRIKAMLAL	Elected UNCONTESTED
8 DR. PARIKH HITENDRA MAGHABHAI	Elected UNCONTESTED
9 DR. PARMAR GUNJIT RAJENDRAKUMAR	Elected UNCONTESTED
10 DR. PATEL MAHESHKUMAR AMBALAL	Elected UNCONTESTED
11 DR. SHAH HETALBHAI GUNVANTLAL	Elected UNCONTESTED
12 DR. SHAH PRATIKKUMAR VIJAYKUMAR	Elected UNCONTESTED

DR. GADHAVI DILIP BANESINH Chairman	DR. RAO DEEPAK MUKUNDBHAI Returning Officer
DR. MEHUL J. SHAH Member	DR. DEVENDRA R. PATEL Member

Dt. 13-07-2022

Election Committee

15th August - Independence Day



Ahmedabad Medical Association
will be celebrating
75th Independence Day
All members are invited to join
the celebration.

Flag Salutation : 9.00 a.m. sharp

Date : 15th August, 2022 Monday

Venue : Ahmedabad Medical Association Premises.

Dr. Dilip B. Gadhavi

President - AMA

Dr. Gargi M. Patel

Hon. Secretary - AMA

History of Our National Flag

The hard truth of the pre-independence period is that India never had a National Flag that could represent it as one nation. The need for having a flag wasn't really felt by Indians until the partition of Bengal was announced. That day was declared as the national day of mourning. A year later, on the anniversary of anti-partition movement a flag was unfurled. It was designed by Sachindra Prasad Bose. After the partition was annulled people forgot about the flag. Madam Bhikaji Rustom Cama who attended the 2nd International Socialist Congress in Germany gave a speech about the political fight with British and waved the flag. It was

made by Hem Chandra Das. Years later in 1917, during the Home Rule Movement Bal Gangadhar Tilak and Mrs. Anne Besant also designed a flag.

Four years later in 1921 Gandhi ji asked Mr. Pingley Venkayya to design a national flag, for Freedom Movement, which should have a 'Charkha' in the flag as it represented self reliance, progress and common man. It was also called the Swaraj flag, the Gandhi flag and the Charkha Flag. However, in 1931, a seven-member flag committee was established in Karachi to modify the flag and they had given a new design.

The big day for India came when Lord Mountbatten announced the decision to free India. The need to have a Flag that is acceptable to all parties was realized and an ad-hoc flag committee was headed by Dr. Rajendra Prasad to design the flag for free India. Gandhiji's consent was taken and Pingley Venkayya's flag was decided to be modified. Instead of the Charkha, the emblem of Ashoka's Sarnath pillar, the wheel, was decided upon. None of the colours had any communal significance. The National Flag was adopted on 22 July, 1947. Pt. Jawaharlal Nehru, the first Prime Minister of independent India, was a man, who could influence the masses with his oration. He was an immensely learned man and could feel the pulse of the masses. Nehru's Message to the Nation on the Independence Day was delivered on the brink of midnight of the 14th of August, 1947.

આઉન્ડ ફ્લોર પર ICU ફરજિયાત, હોસ્પિટલોને નોટિસો
ICU મામલે તા. ૨૨મીએ ખાનગી
હોસ્પિટલોના ડૉક્ટરોની હડતાળ

અમદાવાદ, મુરવાર
સુજાતામાં હોસ્પિટલોમાં આઈસીયુ ગ્રાઉન્ડ ક્લોર પર
હોનુ જઈએ તેવા નિયમનુ પાલન કરવા મામલે આગળની
હોસ્પિટલોને નોટિસ અટકાવઈ છે. એટલુ જ નહીં, આ નિયમની
માત્ર સાત જ દિવસમાં અમલ કરવા આઈશ કર્યો છે જેના
વિરોધ કરવામાં આવી રહ્યો છે. અમદાવાદ મેડિકલ
એસોસિએશને આ મામલે તા.૨૨મીએ હાથાનુ એલાન કર્યું
હોવા સાથે રાખાના તા.૨૬ જાણની સમુજિતે હાથાગમ
જેટલી હાથાગમા દિલ્લે આગળની હોસ્પિટલોમાં અમલનાર
ઈન્ફોર્મેર પકડ સરકારી હોસ્પિટલમાં રિફર કરવામાં આવશે.

ICUના દર્દીઓમાં ચેપ અને મૃત્યુદર વધશે, દર્દીઓની સારવારની વૈજ્ઞાનિક પદ્ધતિ મુદ્દે માર્ગદર્શિકા ઘડવા જરૂર

સુજ્ઞાન હાર્દગીર્દી હોમિયોપેથોમાં આર્સેનિયમ ડાઈ-ક્લોરાઇડ પર જ હોય છે. તેનું નિષ્કર્ષન પાલન કરવા આદેશ કર્યો છે જેના પરથી રાજ્યપદવીના બાનગી હોમિયોપેથોને નોટિસો કલેક્ટરમાંથી મળી રહી છે. એટલું જ નહીં, માર્ગ સાત દિવસમાં આ નિષ્કર્ષનો અમલ કરવા આદેશ કરાયો છે જેના કારણે હોમિયોપેથ સેવાઓ તરફ જવા થયા છે.

અમલવાદ મોટાંક ભેંસોસિનેજનને એવી ભીંત વચ્ચે કરી છે, આ વાત ધ્યાનિતિથી અને આધારિત છે. આ જોવાઈનો કોઈ શાંતિ આપતું નથી. સત્તામાંથી આર્સેનિયમ હર્ડિયામાં એમનું પ્રમાણ વધે તેવી સંભાવના છે. એટલું જ નહીં, આર્સેનિયમનું મુખ્ય કારણ વધી રહે છે. સાથે સાથે આર્સેનિયમ મોનીટરિંગમાં વધારો થયેલો છે. આ નિષ્કર્ષને કારણે દૂધ અને લાળના રાશીના નિષ્કર્ષને સ્વરૂપે તેવી શક્તિ જોવાઈ રહી છે. હર્ડિયામાં આર્સેનિયમનો કોઈ હર્ડિયોની રાજ્યપદવીને કલેક્ટર પદ્ધતિ મુકે માર્ગદર્શિકા કાર્યાની જરૂરિયાત છે.

હોમિયોપેથોમાં આમની કલ્પના નથી તે માટેના પ્રત્યક્ષ લેવાય તેવા સંભાવના કારણની જ આવી નાપર છે. પણ આર્સેનિયમ મુકે અમલવાદ મોટાંક ભેંસોસિનેજન રાજ્યની એક દસ્તીય કાર્યાળનું સેવાન કર્યો છે જેમાં રાજ્યની બાનગી હોમિયોપેથોના કાર્યાળની વધુ કલેક્ટરો જોવાઈ. હોમિયોપેથોમાં આવી રેવા માટે રહેલો નિમજ્જની હર્ડિયો પણ સરકારી હોમિયોપેથોમાં પડેલા છે.

આમ, આર્સેનિયમ માર્ગને બાનગી હોમિયોપેથોને સરકાર સામે જાય તરફ છે.

ઉત્તર ગુજરાત સમય

500થી વધુ અતિ કુપોષિત કિશોરીઓ, સગર્ભા બહેનોને અને ધાત્રી માતાઓને પૌષ્ટિક ચિકિત્સાનું વિતરણ

સંવેદનાએ ગરીબોની વેદના સાંભળી : અમીરગઢ તાલુકામાં કુપોષણ ડામવા દાતા આગળ આવ્યા



ਅੰਮ੍ਰਿਤਸਰ ਸ਼ਾਖਾ • ੨੫ ਮਈ ੧੯੮੬

મીડિયા એકોનોમીના અપભ્રાંશના અર્થિક કારણોના અધીન રાષ્ટ્રીય સ્તરેથી 2009થી નવું અર્થિક કુદરતી (ક્રાંતિ)નો, સર્વાર્થ મહોનો ને સર્વાર્થ માન્યતાને પૈદિશી કિસ્સા વિષયમાં 2009માં કાળજી રાખવાની જોઈએ છે. સારું માટે એવીજ, ખાસ કરીને સરકારના, સરના ને આંતરરાષ્ટ્રીય પૈદિશી અભાર, તેજ પૈદિશી કિસ્સા અભારથી માંડી કારણો વિષયમાં 2009માં કાળજી રાખવાની જોઈએ છે. આ માટેના કિસ્સા

કુપોચાનું કારણ શું?

પોલિટિક આફર આશીર્વાદ બન્યો

આ સંદર્ભમાં સોની સ્ટોરી પોલિસ અધિકારી વિજયભાઈ વાઘેલાએ જણાવ્યું હતું કે, સોની-મગધા કોલેજના કાર્યકર્તાઓએ વિદ્યાર્થીનીઓનાં પોર્ટ્રેટ અને અન્ય સાધનો કોલેજના કોમ્પ્યુટર પરથી ચોરી કરીને બેંગલોરમાં મોકલ્યા હતાં. આ કારણે પોલીસના ડીપાર્ટમેન્ટના ડીપીઓએ કાર્યવાહી કરી હતી.

હોસ્પિટલોમાં આઉન્ડ ફ્લોર પર ICU, કાય દૂર કરવાના નિર્ણયનો વિરોધ
ગુજરાતના ૩૦ હજાર ડોક્ટરોની ૨૨મી
જુલાઈએ હડતાળ, ઈમરજન્સી સેવા બંધ

IMAના ખાનગી તબીબો ઈમરજન્સી દર્દીને સરકારી હોસ્પિટલે મોકલશે

। अमदावाद

હોસ્પિટલોમાં ગ્રાઉન્ડ ક્લોર પર જ
આઈસીયુ અને બિલ્ડિંગમાં કાય દૂર
કરવા સહિતની જોગવાઈનું
અઠવાડિયામાં પાલન કરવા માટે
રાજ્યભરની હોસ્પિટલોને નોટિસ
મળી રહી છે, આ જોગવાઈઓનો
વૈજ્ઞાનિક આધાર નથી, આ નિર્ણયના
વિરોધમાં ૨૨મી જુલાઈના શુક્રવારે
ગુજરાતભરની ખાનગી હોસ્પિટલોના
૩૦ હજારથી વધુ ડોક્ટરો હડતાળ
પાડશે, જેમાં ઈમરજન્સી સહિતની
તમામ પ્રકારની સેવાઓ બંધ રાખવાનું
એલાન ઈન્ડિયન મેડિકલ

એસોસિયેશનની ગુજરાત બાંચે ક્યાં છે.
ખાનગી હોસ્પિટલો આ દિવસે
ઈમરજન્સી સારવાર માટેના દર્દીઓને
નજીકની સરકારી હોસ્પિટલોમાં
મેડલેશ. ઈન્ડિયન મેડિકલ
એસોસિયેશનની ગુજરાત બાંચ,
અમદાવાદ મેડિકલ એસોસિયેશનના
તબીબોએ અમદાવાદ ખાતે બુધવારે
સાંજે પત્રકાર પરિષદમાં જોડે રાજ્ય ક્યું હતું
કે, હાઈકોર્ટના મૌખિક આદેશ આધારે
માઉન્ટ ક્લોરમાં જે આઈસીયુ હોવા
જોઈએ અને કાચના ગ્લાસ દૂર કરવા
સહિતની જોગવાઈ લાગુ કરવા સરકારી
તંત્ર દ્વારા સૂચના અપાઈ છે, તબીબોનું

કહેવું છે કે, માઉન્ટ ક્વોર પર આઈસીયુના અમલથી દર્દીઓમાં ચેપની શક્યતા વધશે, આઈસીયુમાં મૃત્યુનું પ્રમાણ વર્તમાન દર કરતાં અંક ગણો વધશે, ઈન્ડિયન મેડિકલ એસોસિયેશન કે તેની અન્ય કોઈ શાખાને સાંભળવામાં આવ્યા નથી. આગની ઘટના રોકવા હોસ્પિટલો તૈયાર છે પરંતુ રાજ્ય સરકારના એકપક્ષીય નિર્દેશોની સખત વિરોધ કરીએ છીએ. તેને તબીબોની રજૂઆતોને ધ્યાને લેવી જોઈએ અને યોગ્ય નિર્દેશો જાહેર કરવા જોઈએ તેવી તબીબી આલમની માગ છે.

**મહેસાણાના ૩૫૦ જેટલી ખાનગી હોસ્પિટલોના તમામ તબીબો જોડાશે
ICU ગ્રાઉન્ડ ફ્લોર રાખવા આદેશના
વિરોધમાં શુક્રવારે ડોક્ટરોની હડતાળ**

**ધમરજન્તી વાળા દર્દીઓને
સરકારી હોસ્પિટલ મોકલાશે**

ભાસ્કર ન્યૂઝ | મહેસાણા

હાઇકોર્ટ રાજ્ય સરકારને હોસ્પિટલોમાં દર્દીઓ માટે આઈસીયુ ગ્રાઉન્ડ ફ્લોરમાં હોવું જોઈએ સહિત અમુક જોગવાઈઓ લાગુ કરવા સૂચના આપી છે અને રાજ્યભરની હોસ્પિટલોને 7 દિવસમાં તેનું પાલન કરવા નોટિસો મળી રહી છે. વ્યારે સરકારના આ નિર્દેશના વિરોધમાં રાજ્યભરમાં ઈન્ડિયન મેડિકલ એસોસીએશનના નેજા હેઠળ એલોપેથિક પ્રેક્ટિસ કરતાં

ડોક્ટરોએ ૨૨મી જુલાઈને શુક્રવારે ઈમરજન્સી સહિત તમામ સેવાઓ બંધ રાખી એક દિવસની હડતાળ જાહેર કરી છે. આ દિવસે ઈમરજન્સી દર્દીઓને નજીકની સરકારી હોસ્પિટલમાં મોકલાશે. મહેસાણા આઈસીએમએના સૂત્રોએ કહ્યું કે, રાજ્યવ્યાપી હડતાળમાં મહેસાણાના તમામ ૩૫૦ જેટલા પાનગી હોસ્પિટલોના તબીબો જોડાશે. સૂત્રો મુજબ, કાયર એનાર્થ્રોસીના આકરા નિયમો તેમજ આઈસીયુ સહિત અમુક જોગવાઈનો લાગુ કરતાં જોગવાઈનો રાજ્યભરમાં એલોપેથિક ડોક્ટરોમાં વિરોધ છે.

આવી જોગવાઈઓના અમલથી
આઈસીયુ દર્દીઓમાં વધુ ચેપ
થવાની સંભાવના છે. વળી
આઈસીયુ બેઝની સંખ્યામાં પણ
ભારે ઘટાડો થશે. આ પ્રકારના
આદેશની અસર ટૂંકા અને
લાંબાગાળમાં વિનાશક હોઈશ
કે શકે છે. આ ઓરડે કરતાં પહેલાં
ઈન્ડિયન મેડિકલ એસોસીએશન
અથવા તેની કોઈપણ શાખાને
સામેલ કર્યા છે સાંભળ્યા વિના
એકપક્ષીય રીતે પસાર કરવામાં
આવ્યો છે અને તેથી તબીબો
વ્યવસાયિકો અને હોસ્પિટલોના
મત ગણકારાવો ન હોઈ એકપક્ષીય
નિર્દેશોના વિરોધમાં તબીબો એક
દિવસ હડતાલ પાસે.



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RANIL ELECTED NEW SL PRESIDENT



NO, NOT THAT 'BUMP' P12

Kareena's witty reaction to pregnancy rumours: It's the pasta and wine



RTO CRACKDOWN ON SCHOOL BUSES, 24 VEHICLES SEIZED

Four teams carried out surprise checks on 135 school buses; Rs 1.3 lakh recovered in tax dues



Dijas.Mehta@ahmedabadmirror.in

TWEETS @dijasmehta

The Regional Transport Office carried out surprise inspections of over 100 school buses in Thaltej, Bopal, Makarba, Vejalpur and other western parts of the city to check if they conformed to norms.

The RTO's two-day special drive last week was to ensure that school buses met the fitness criteria, had adequate insurance, permissions, papers and no unpaid tax dues.

CONTINUED ON PAGE 4

Having a hard look at Intensive Care Units WILL GOVT, AMC MOVE THEIR HOSPITAL ICUs TO THE GROUND FLOOR?

Heads of six public sector hospitals cautious of signing civic body's affidavit seeking compliance with HC's oral order on 'ICUs preferably being only on the ground floor'

Brendan.Dabhi@ahmedabadmirror.in

TWEETS @brendandabhi

When half the city was flooded during the heavy rains on July 10, the AMC-run Shandaben Hospital was inundated with water on the ground floor and authorities were considering shifting their ICU patients to the higher floors.

The compound of the hospital had flood waters rising up to the waist, with patients and relatives attempting to navigate their way for treatment in the rain. The Ahmedabad Fire and Emergency Services (AFES) was called in to pump out water from the hospital. "If worse came to worst, we would have moved the patients to our main ICUs on the first or fifth floors," said Dr Hetal Vora, medical superintendent of Shandaben.

CONTINUED ON PAGE 4



FILE PHOTO

State to bring law to regularise illegal buildings

Gujarat govt to bring ordinance to regularise buildings that don't have valid BU by July-end; impact fee to be introduced; move comes as state fears public backlash in poll year



Nikunj.Soni@ahmedabadmirror.in

TWEETS @nikunjsoni

The state government is all set to bring an ordinance to regularise buildings which don't possess valid Building Use (BU) permission and have violated the General Development Control Regulations (GDCR) in the state. During a hearing of a PIL, the government itself stated that 85%

of buildings didn't comply with BU norms. Highly placed sources privy to the development said, "The government has prepared a draft for regularisation of illegal buildings by charging impact fee from its owners and exonerating them

CONTINUED ON PAGE 4

City

AhmedabadMirror

Thurs

Will State govt, AMC move their hospital ICUs to the ground floor?

CONTINUED FROM PAGE 1

Coincidentally, this is one of the main arguments other than medical reasons that doctors associations in Ahmedabad have cited against the AMC's insistence on hospitals signing fire safety affidavits that complied with an 11-point oral order by the chief justice of Gujarat High Court. One of the points made in the June 30 order read, "ICU should be preferably located only on the ground floor with alternate exits wide enough to roll the beds out."

While Ahmedabad Hospitals and Nursing Homes Association (AHNA) has come out strongly against this measure among others related to glass facades on the hospitals, the Gujarat State Branch of the Indian Medical Association (IMA) on Tuesday night announced a complete strike by members on July 22, refusing to even treat emergency patients.

On the other hand, officials of government and AMC-run hospitals in the city are cagey about signing affidavits that could put them in a precarious position with the top court in the state.

While the oral order in PIL 118/2020 states that ICUs should 'preferably' be only on the ground floor, the affidavit format circulated by the AMC states that the said hospital would 'comply with the directions' of the court.

The exact wording of the affidavit is, "In accordance with SC case SLP (C) No.7546/2021 and Case No.SMW No.(C) No.7/2020, order dated 27/08/2021, as well as Gujarat HC Case No.SCA No.5818/2021, and Case No.R/Writ Petition (PIL) no.118 of 2020 oral order dated 30/06/2022, our hospital/nursing home is complying with the directions (a to k) of the honourable court and are timely informing the Fire Department/Estate Town Development Department of the same. We are filing an affidavit to comply with the directions given by the honourable court."



Officials of government and AMC-run hospitals in city are cagey about signing affidavits that could put them in precarious position

No public hospital has main ICU on ground floor

Mirror spoke to the heads of public sector hospitals in Ahmedabad and found that none of the major tertiary healthcare centres have their main ICUs on the ground floor and the latest SVP Hospital has one of its

ICUs on the 11th floor.

Arguably the biggest hospital in Gujarat, Ahmedabad Civil, has ICUs on the ground floor for emergencies apart from bigger ones like an HDU on the first floor, and the main ICU on the third floor. The 1,200-bed Multi-speciality Hospital in Medcity Campus has its ICU on the fifth floor,

confirmed Medical Superintendent Dr Rakesh Joshi.

GMERS Sola MCH has its emergency ICU on the ground floor, while its main ICU is on the sixth floor, said Dr Deepika Singhal, confirming that that AFES letter had been received only on July 20.

SVP Hospital not only has a small ICU on the ground floor, but also has one each on the second, third, fourth, fifth, sixth, ninth and 11th floors, all totalling 250 beds, said Deputy Municipal Commissioner for Health Praveen Chaudhary. Notably, SVP also doesn't have sprinkler system in its ICUs, said officials, because they are not advisable. However, it does have ramps for swift evacuation of bedridden patients.

As for other hospitals run by the civic body, the LG Hospital has its ICU on the ninth floor of its new building. Shandaben has its ICUs distributed over the ground, first and fifth floors, while VS Hospital has ICUs on the first, second and third floors. Nagari Eye Hospital and the Dental College don't have ICU.

Another senior officer related to the fire department of the AMC said that the letters sent by the AFES and subsequent affidavits were part of an information collection initiative, so that the AMC could submit the same to Gujarat HC.

Doctors not convinced

While Mirror on July 19 reported that doctors in the city have sought the right to 'audi alteram partem', arguing that they haven't been heard by the court, a statement by AHNA on July 19 stated, "AHNA requests the HC to hear us out as these instructions affect us. It is very difficult to make any changes in a running hospital set up. AHNA has approached HC in July 2021 to make us a party in the ongoing case, so that our viewpoints can be presented. However, High Court did not allow us to be a party without giving any valid reasons. This is an injustice meted out to us. We expect the High Court to at least hear our viewpoint."

Report of training programme on “Medical Oxygen Management System” 03-07-2022

Training in medical oxygen management system was organized in association with Department of Health & Family welfare, Govt of Gujarat, with support from USAID RISE on 3rd July 2022, Sunday at AMA Hall. The faculties explained about proper & rational use of Oxygen therapy; adjuncts & various devices used for oxygen therapy. They focused on special devices & audit of oxygen use. All were excellent presentation. The programme was followed by Lunch. More than 120 delegates participated in training programme.

Report of Doctorpreneur academy programme 26-06-2022

On 26th June, Sunday, AMA organized a doctorpreneur academy programme. It was a unique seminar conducted by Dr. Pranav Sharma and Mr. Amit Singh Moga from the Doctorpreneurship Academy. The programme was followed by Lunch. It was attended by more than a 100 members to learn the skill of improving the healthcare facilities as well as develop new clinics and hospitals.

Report on Sports event 1st to 3rd July 2022

AMA sports festival was held at AMA premises and Badminton Court at BJMC. More than 60 doctors participated in different events. It was great to see doctors playing the different games with utmost spirit and professionalism. This will encourage us to organize more sports events at larger scale and give platform to our members.

Winners of Sports event are as follow

Carrom Singles :

Winner - Dr. Bhavin Shah

Runner up - Dr. Aman Ismaili

Carrom Doubles :

Winners - Dr. Bhavin Shah, Dr. Sneh Shah

Runner up - Dr. Harekrishna Thakkar, Dr. Amam Ismaili

Chess :

Winner - Dr. Manish Gupta

Runner up - Dr Kalpesh Shah

Table Tennis Singles - Male :

Winner - Dr. Shalin Shah

Runner up - Dr. Rupesh Shah

Table Tennis singles – Female :

Winner - Dr. Thrity Daruwala

Runner up - Dr. Shaila Shah

Table Tennis Doubles - Male :

Winner - Dr. Shalin Shah, Dr. Jagdip Shah

Runner up - Dr. Mitesh Kakkad, Dr. Rupesh Shah

Table Tennis Mixed Doubles :

Winner - Dr. Mitesh Kakkad, Dr. Thrity Daruwala

Runner up - Dr. Donald Christian, Dr. Shaila Shah

Badminton Singles :

Winner - Dr. Kamal Parikh

Runner up - Dr. Hardik Shah

Badminton Doubles :

Winner - Dr. Itesh Khatwani & Dr. Praful Patel

Runner up - Dr. Kamal Parikh & Dr. Hardik Shah

Congratulations to all the winners !!

Report of Non-scientific program- "Bioscope of Life" 10-07-2022

Ahmedabad Medical Association with Jivan Vidhya Parivaar had organised 'Bioscope of life'.... With Shri Som Tyagiji.. He threw lights on our perspective towards life. His insights regarding leaving happy life was highly appreciated by all. Programme was followed by Lunch. It was attended by more than 200 people.

WE WELCOME FOLLOWING NEW LIFE MEMBERS

12197	L	DR. MODI KUNAL VIPINCHANDRA
12198	L	DR. SHAH KEMY PARESHBHAI
12199	L	DR. LASHKARI CHIRAG RAMESHBHAI
12200	L	DR. SORATHIYA ANKIT RAJESHBHAI
12201	L	DR. PANDYA PARTH PARAG
12202	L	DR. PATEL CHIRAG MANGALDAS
12203	L	DR. PATEL MONIL DIPAK
12204	L	DR. PRAJAPATI PRIYANKA NISHITHKUMAR
12205	L	DR. SHAH SHEFALI GUNVANTBHAI
12206	L	DR. PANSURIA RAHUL CHHAGANBHAI
12207	L	DR. PATEL DHAVALKUMAR JIVANLAL
12208	L	DR. SOLANKI DAXESHKUMAR MAHESHBHAI
12209	L	DR. SHAH RAHUL LALITBHAI
12210	L	DR. BELIM SAHISTA HETAMKHAN
12211	L	DR. THAKER NIRJA KANDARP
12212	LC	DR. PARIKH TIRTH VINAYKUMAR
12213	LC	DR. PARIKH DHRUTI TIRTHKUMAR
12214	LC	DR. MEHTA SANTWAN BAKULKUMAR
12215	LC	DR. MEHTA RIDDHI SANTWAN
12216	L	DR. CHAVDA SUNIL HASMUKHBHAI
12217	L	DR. PATEL HENY JAYESH
12218	LC	DR. PATEL DHRUV GIRISHKUMAR
12219	LC	DR. PATEL ANJALEEBEN DHRUVBHAI

SOCIAL SECURITY SCHEME, G.S.B. I.M.A.

Office Phone : 079-26580690 Time : 2.30 to 6.00 pm

DFC-47 was circulated to all the members.

Following members have not yet paid the same.
Send the DFC amount penalty Rs. 100/-

Sr. No.	SSS No.	Name of Member	Branch/ City
1	10602	Dr. PATEL VINOD RAMANLAL	AHMEDABAD
2	11068	Dr. BHATT PRAGNESH MUKUNDRAY	AHMEDABAD
3	11120	Dr. TANNA DHIREN ASHOKKUMAR	AHMEDABAD
4	11196	Dr. VYAS RAJESH AMBALAL	AHMEDABAD
5	11291	Dr. GOHIL BIPIN BHIKHABHAI	AHMEDABAD
6	11315	Dr. PATEL GAURANG KIRITBHAI	AHMEDABAD
7	11316	Dr. DAVE RASHMIKANTBHAI VISHNUBHAI	AHMEDABAD
8	11320	Dr. MEHTA SANJAY PRAVINCHANDRA	AHMEDABAD
9	11598	Dr. PARIKH AMISH HARSHADKUMAR	AHMEDABAD
10	11673	Dr. SHAH PINAKIN JESHINGBHAI	AHMEDABAD
11	11712	Dr. VASAVADA NIRAJ BHUPENDRA	AHMEDABAD
12	11787	Dr. SHAIKH MOHMED NAYEEM FARUK HUSEN	AHMEDABAD
13	11825	Dr. GADHIA YASIN LUKAMANBHAI	AHMEDABAD
14	11956	Dr. NARWARIA MAHENDRA BUDHARAM	AHMEDABAD
15	12026	Dr. PATEL SHASHIKANTBHAI ISHWERBHAI	AHMEDABAD
16	12210	Dr. SONI SUMEETA TEJAS	AHMEDABAD
17	12283	Dr. GOHEL DEVEN BIPINCHANDRA	AHMEDABAD
18	12373	Dr. PANCHAL ASHISH DEEPAKKUMAR	AHMEDABAD
19	12414	Dr. PARIKH CHIRAG SUBHASHBHAI	AHMEDABAD
20	12415	Dr. PARIKH BINDU CHIRAG	AHMEDABAD
21	12454	Dr. DODIYA SHARADKUMAR KANABHAI	AHMEDABAD
22	12559	Dr. RAWAL PRAGNA JAYESH	AHMEDABAD
23	12701	Dr. SHAH PRATIK HEMENDRABHAI	AHMEDABAD
24	12733	Dr. KANJANI NILESH KANWARRAM	AHMEDABAD

Sr. No.	SSS No.	Name of Member	Branch/ City
25	12750	Dr. KANJANI NEERA NILESH	AHMEDABAD
26	12910	Dr. SHAH SWATI SAMIR	AHMEDABAD
27	12929	Dr. SHETH MEGHA MAULIK	AHMEDABAD
28	12930	Dr. SHETH MAULIK SURESHCHANDRA	AHMEDABAD
29	12951	Dr. SURATI KEYUR NARENDRABHAI	AHMEDABAD
30	13059	Dr. SINGHANIA MUKESHKUMAR SAJJANBHAI	AHMEDABAD
31	13087	Dr. ANAND KAUSHAL MAGANBHAI	AHMEDABAD
32	13112	Dr. NAIK DHAVAL DINKERRAI	AHMEDABAD
33	13113	Dr. NAIK PINKY DHAVAL	AHMEDABAD
34	13195	Dr. SHAH PURVI YAKSHAT	AHMEDABAD
35	13196	Dr. SHAH YAKSHAT RAMESHBHAI	AHMEDABAD
36	13245	Dr. KAPADIYA BHAVIN BIMBISAR	AHMEDABAD
37	13341	Dr. DHOLAKIA HIREN ARVINDBHAI	AHMEDABAD
38	13437	Dr. PATEL CHIRAGKUMAR PRAHLADBHAI	AHMEDABAD
39	13511	Dr. PARMAR HIRENCHANDRA DAHYABHAI	AHMEDABAD
40	13589	Dr. SONI KUNAL PUNAMCHAND	AHMEDABAD
41	13603	Dr. JADAV JAGDEEP CHHANALAL	AHMEDABAD
42	13822	Dr. SHAH ASHINI HEMAL	AHMEDABAD
43	13844	Dr. KOTHARI ANKUR ARUNBHAI	AHMEDABAD
44	13894	Dr. SHAH NAITIK AJAY	AHMEDABAD
45	13900	Dr. DESAI MANAN HIMANSHU	AHMEDABAD
46	13922	Dr. GURMUKHANI MANSI SUNIL	AHMEDABAD
47	13924	Dr. WARUDKAR SANDESH WAMANRAO	AHMEDABAD
48	13974	Dr. SHAH DARSHAN PRAVINKUMAR	AHMEDABAD
49	14198	Dr. PARIKH DHARMESH VITHTHALBHAI	AHMEDABAD
50	14208	Dr. PATEL GAURANGKUMAR JAGDISHCHANDRA	AHMEDABAD
51	14305	Dr. PATEL MAITREYI JITENDRABHAI	AHMEDABAD
52	14319	Dr. SHAH NEEHARIKA PINAKIN	AHMEDABAD
53	14330	Dr. GURMUKHANI SUNIL NICHALDAS	AHMEDABAD
54	14543	Dr. PARMAR MANISHBHAI PRAKASHBHAI	AHMEDABAD
55	14578	Dr. PATEL KRISHNA RONAK	AHMEDABAD

Sr. No.	SSS No.	Name of Member	Branch/ City
56	14579	Dr. PATEL RONAK KHODABHAI	AHMEDABAD
57	14661	Dr. PARIKH NIMISH KIRIT	AHMEDABAD
58	14663	Dr. TIWARI RASHMIKUMARI RAJNISH	AHMEDABAD
59	14667	Dr. TIWARI RAJNISH HARIPRASAD	AHMEDABAD
60	14674	Dr. SHAH SOHIL JAYENKUMAR	AHMEDABAD
61	14702	Dr. MODI NIRAL RAMESHBHAI	AHMEDABAD
62	14870	Dr. KORADIYA NIRAJ HARILAL	AHMEDABAD
63	14871	Dr. KORADIYA DIPTIBEN NIRAJKUMAR	AHMEDABAD
64	14877	Dr. SHAH PARTH SHRENIK	AHMEDABAD
65	14926	Dr. VAISHNAV SANATAN KRUSHNAKANT	AHMEDABAD

So Please send your Cheque / Draft at Ahmedabad Office directly.

Online Payment Link : sssgsbima.com

Dr. Jitendra B. Patel

Hon. Secretary

Dr. Yogendra S. Modi

Hon. Treasurer

Dr. Kirit A. Gandhi

Hon. Jt. Secretary

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Dr. Kanthi Bansal

FAMILY WELFARE SCHEME, G.S.B. I.M.A.

Office Phone : 079-26580690 Time : 2.30 to 6.00 pm

DFC-4 was circulated to all the members.

Following members have not yet paid the same.
Send the DFC amount penalty Rs. 100/-

Sr. No.	FWS No.	Name of Member	Branch/ City
1	2	Dr. PATEL MAITREYI JITENDRABHAI	AHMEDABAD
2	242	Dr. ACHARYA VINODCHANDRA KESHAVLAL	AHMEDABAD
3	268	Dr. SHAH PINAKIN JESHINGBHAI	AHMEDABAD
4	269	Dr. SHAH NEEHARIKA PINAKIN	AHMEDABAD
5	361	Dr. GADHIA YASIN LUKAMANBHAI	AHMEDABAD
6	1411	Dr. OZA VIPUL ANUBHAI	AHMEDABAD
7	1451	Dr. PARIKH VIJAY SUNDERLAL	AHMEDABAD
8	2075	Dr. SHAH SUNIL NAVINBHAI	AHMEDABAD
9	2183	Dr. JANI SAMIDH VISHNUPRASAD	AHMEDABAD
10	2197	Dr. VORA DEEPAK NATWARLAL	AHMEDABAD
11	2223	Dr. SHAH SUSHMA RAKESH	AHMEDABAD
12	2291	Dr. BHARWADA MANOJ JAYANTILAL	AHMEDABAD
13	2630	Dr. NARWARIA MAHENDRA BUDHARAM	AHMEDABAD
14	2685	Dr. BHAVSAR REKHA HARSHAD	AHMEDABAD
15	2873	Dr. BAVISHI FALGUNI HIMANSHU	AHMEDABAD
16	3136	Dr. VAISHNAV SANATAN KRUSHNAKANT	AHMEDABAD

So Please send your Cheque / Draft at Ahmedabad Office directly.

Online Payment Link : fwsgsbima.com

Dr. Jitendra B. Patel

Hon. Secretary

Dr. Yogendra S. Modi

Hon. Treasurer

Dr. Kirit A. Gandhi

Hon. Jt. Secretary

સાક્ષ-સાક્ષ

SASHAKT KISHORI SASHAKT NARI SOCH BADALO KHUDKO BADLO DUNIYA BADLO

PROGRAM DETAILS

PROGRAM 1 SUPER WOMANIYA !!

DATE : 23 July, 2022, Saturday
VENUE : Dr. R. M. Fozdar Hall,
 AMA House, Ahmedabad
TIME : 2.30 PM to 5.00 PM
Food : South Indian, Tea - Coffee



Practical Diabetology



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INSTITUTE

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Exclusive Program On Female Health



DR. VIPUL CHAVDA



DR. DHRUVI HASNANI

Diabetologist & Cardio Metabolic Physician

Engaging Topics & Exciting Prizes



23rd July
2022



2:00 P.M TO
5:00 P.M



AMA - Ashram Road,
Ahmedabad,

Program Director
President AMA Ladies Club
DR. PRAFUL PANAGAR

Secretary AMA Ladies Club
MRS. KHUSHBU DOSHI

AMA Ladies Club



RIMS Academy

PROGRAM 2 FAMILY PICNIC AMALC

DATE : 31 July, 2022, Sunday
PLACE : Suramya Life Space, Sanand
TIME : 10.00 AM to 6.00 PM
FOOD : Breakfast - Lunch, High Tea

PROGRAM 3 FINANCIAL WEALTH

DATE : 5 August, 2022, Saturday
PLACE : Dr. R. M. Fozdar Hall,
 AMA House, Ashram Road
TIME : 03.00 PM to 5.30 PM
FOOD : High Tea
SPEAKER : Manan Shah
 Dynamic Personality MBA (USA)

PROGRAM 4 ADOLESCENT HEALTH

DATE : 21-22 July, 2022
TIME : 10.00 AM to 12.05 PM
SCHOOL : Nirman School Asia School
TOPIC : Menstrual Hygiene
 Management MHM
 Physical & Mental Health
SPEAKER : Dr. Praful Panagar
 AMA Ladies Club President
 (Gynac & DB & Tr)
 Fetal Medicine Fellow
 Motivational Speaker



For the New team of AMA Ladies Club; of the tenure 2022-23 : applications are invited for post of Office Bearers and Committee Members. Interested members can send their names and application till 10th August, 2022 at AMA Office, First Floor, Ashram Road, Ahmedabad.

President - 1 Secretary - 1 Treasurer - 1
Vice President - 2 Jt. Secretary - 2 Jt. Treasurer - 1
Committee Members - 10

Dr. Praful Panagar

President - Ladies Club

M. 9327019168

Mrs. Khushboo Doshi

Hon. Secretary - Ladies Club

M. 9429922071

Dr. Dilip B. Gadhavi

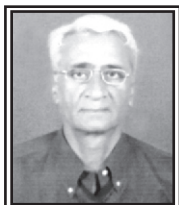
President - AMA

Dr. Gargi M. Patel

Hon. Secretary - AMA

OBITUARY

May their soul rest in eternal peace.



DR. PRIYAKANT K. CHHAYA

L-3148 M.B.B.S., T.D.D.

Date of Birth : 22-01-1946

Date of Death : 15-05-2022

We send our sympathy & condolence to the bereaved family.



ORS : The ultimate life saver

Diarrhea is the second leading cause of death after pneumonia among children below 5 years of age in India. Death in diarrhea is mainly from dehydration and its complications. Therefore, appropriate rehydration therapy remains the cornerstone in management. Advances in molecular technology have helped to better understand the etiology and pathophysiology of diarrhea. It helped conceptualizing and improving oral rehydration therapy.

Oral Rehydration Salts (ORS) is the non-proprietary name for a balanced glucose-electrolyte mixture, first used in 1969 and approved, recommended, and distributed by UNICEF and WHO as a drug for the treatment of clinical dehydration throughout the world. In 1984, another mixture containing trisodium citrate instead of sodium hydrogen carbonate (sodium bicarbonate) was developed with the aim of improving the stability of ORS in hot and humid climates. For more than 20 years, WHO and UNICEF have recommended this single formulation of ORS to prevent or treat dehydration from diarrhoea irrespective of the cause or age group affected. This product, which provides a solution containing 90 mEq/l of sodium with a total osmolarity of 311 mOsm/l, has proven effective and without apparent adverse effects in worldwide use. It has contributed substantially to the dramatic global reduction in mortality from diarrhoeal disease during the period.

During this period, numerous studies have been undertaken to develop an "improved" ORS. The goal was a

product that would be at least as safe and effective as standard ORS for preventing or treating dehydration from all types of diarrhoea but which, in addition, would reduce stool output or have other important clinical benefits. One approach has consisted in reducing the osmolarity of ORS solution to avoid possible adverse effects of hypertonicity on net fluid absorption. This was done by reducing the solution's glucose and salt (NaCl) concentrations. LORS, having lower osmolarity (245 mOsm/L) than plasma (290 mMol/L), facilitated absorption of sodium and water faster. Active absorption of glucose and amino acids was promoted. Not only LORS replaced fluid and electrolytes faster, it also decreased luminal volume by quick absorption, thus reducing chance of vomiting and stool volume across all ages. These studies showed that the efficacy of ORS solution for treatment of children with acutenon-cholera diarrhoea is improved by reducing its sodium concentration to 75 mEq/l, its glucose concentration to 75 mmol/l, and its total osmolarity to 245 mOsm/l. The need for unscheduled supplemental IV therapy in children given this solution was reduced by 33%. Low osmolarity ORS consumption (osmolarity 210-268 mOsm/l, sodium 50-75 mEq/l) reduces stool output by 20% and the incidence of vomiting by 30%. The 245 mOsm/l solution also appeared to be as safe and at least as effective as standard ORS for use in children with cholera.

This ORS composition has passed extensive clinical evaluations and stability tests. The pharmacokinetics and therapeutic values of the substances are as follows:

- Glucose (75 mmol/litre) facilitates the absorption of sodium (75mmol/litre) (and hence water) on a 1:1 molar basis in the small intestine;
- Sodium and potassium (20mmol/litre) are needed to replace the body losses of these essential ions during diarrhoea (and vomiting);
- Citrate (10 mmol/litre) corrects the acidosis that occurs as a result of diarrhoea and dehydration.

ORS Dosage:

It is available in markets in powder form in sachets and can be made easily at home.

ORS can be taken by the patients as and much required, however, it is recommended to have 200-300 ml of ORS after every episode of loose stool.

If the child is vomiting, wait for 10 minutes and give a teaspoonful every 2-3 minutes.

If the child is breastfeeding, continue it along with ORS.

Preparation of ORS at Home:

1 litre clean water (boiled and cooled at room temperature)

6 level teaspoon sugar

$\frac{1}{2}$ teaspoon salt

Blend the mixture well until the sugar and salt dissolve.

ORS must be stored in a covered container and for not more than 24 hours due to the risk of bacterial infections.

WHO outlined treatment of dehydration in diarrhea according to grades of dehydration such as 'No dehydration', 'Some dehydration' and 'Severe dehydration' on specific clinical symptoms and signs. Certain clinical signs are considered more specific and dependable. Of the ten commonly used signs to assess dehydration, prolonged capillary refill time, abnormal skin turgor, abnormal respiratory pattern, cool extremities, weak pulse and absence of tear have higher specificity. Management plan-A is the home management of diarrhea with very mild or no dehydration. LORS is advised at the rate of 10 mL/kg with each episode of watery stool. Plan-B is for mild to moderate dehydration or some dehydration. LORS is given as 50 to 100 mL/kg of bodyweight (Average 75 mL/kg) at the day care centre or ORS corner over 3 to 4 hours; 12-25 mL/kg in the first hour in sips from cup and spoon, under supervision. To start with, 1-2 mL/kg may be given every 5 minutes to prevent vomiting and increased gradually as the child accepts more. In the event of vomiting, ORS is withheld for 15 to 30 minutes and then resumed. Current clinical condition, on-going loss and renal status are taken into account for fluid replacement within 4 to 6 hours, albeit at a slower rate in infants (Half of replacement fluid in first one hour for infants and in 30 minutes for children). Reassessment of hydration is done every four hours. Once dehydration is corrected, plan A management to continue.

Diarrhea in children with SAM carries an 8-9 times higher mortality. With improved access to better health



care, deaths from diarrhea in hospitalized children now occurs only if malnutrition is co-existing. In these children, dehydration should not only be corrected quickly and nutritional rehabilitation should be simultaneously started with F-75 feeding. There are additional risks of fluid retention, hypernatremia and cardiac failure if higher sodium containing fluids are used for rehydration. WHO recommends ReSoMal with low sodium for such SAM children. The Indian Academy of Paediatrics in 2006 suggested a modified rehydration fluid (mReSoMal) to provide Na⁺ 45 mMol/L, K⁺ 40 mMol/L, zinc, copper and magnesium.

World ORS Day is observed on July 29 every year to create awareness about the importance of Oral Rehydration Salts (ORS) in saving millions of lives. The main theme of world ORS day 2021 is 'Oral Rehydration, No More Dehydration', which reinforces the importance of oral rehydration therapy (ORT) as an effective tool in the battle against dehydration and diarrhea.

Dr. Anuya Chauhan

(Associate Professor)

Dr. Zinkal Patel

(Senior Resident)

Department of Paediatrics

B J Medical College, Ahmedabad.

