

Cod Liver oil emulsion

Object - To prepare and dispense 30ml of Cod liver oil emulsion

Methods - wet gum method

Dry gum method

Wet Gum method -

Weight 15gm of gum acacia and take it in the mortar. Add 3ml of water in mortar, triturate it until a mucilage is formed then take 6ml of Cod liver oil in a dry measuring cylinder and add it drop by drop while triturating till primary emulsion is formed (Cracking sound heard). Add water upto 10ml to primary emulsion with constant trituration, transfer it to the measuring cylinder and adjust it to the required volume by adding water. Transfer to the dispensing bottle. Put cork and paste level.

Action of individual ingredients -

i) Cod liver oil -

It is a fixed oil obtained from the fresh liver of cod fish (*Gadus callarias*). One gram of cod liver oil contains 85 units of vitamin-D and 600 units of vitamin-A.

It also contains several unsaturated fatty acids which are essential food factors. Vitamin-D enhances absorption of calcium phosphate from GIT.

Also contains omega-3 fatty acids, eicosapentaenoic acid and docosahexanoic acid.

It lowers inflammation, preserves brain health, prevents depression, reduces pain and swelling due to inflammatory condition like arthritis.



(2) Gum acacia - It is dried gummy exudate obtained from the bark of *Acacia arabica* tree. It acts as an emulsifying agent.

Uses -

- (1) prophylaxis and treatment of vitamin D deficiency
- (2) prophylaxis and treatment of vitamin-A deficiency
eg - Night blindness, Bitot's spots, Xerophthalmia
- (3) Hypoparathyroidism
- (4) Post-measles
- (5) mal-absorption

Contraindication -

- Hypervitaminosis A and D

Prescription -

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Amul 8 year Male

Diagnosis - Rickets

Rx

Cod Liver oil - 6ml

Gum acasia - 1.5gm

Aqua ad - 30 ml

Mft - Emulsion, send such 30 ml

Signa - one tablespoonful to be taken twice a day after meal
Shake well before use.

Ramgopal
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Label

30 ML
COD LIVER OIL EMULSION
• SHAKE WELL BEFORE USE
Amit 8 years Male
Drection- metablespoonfull to be t
twice a day after meal.
Pharmacy lab
SMSMC
Jaipur

Rangor