

## Health Care Products - Safety Measures

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### Editorial

Human life is very precious in this developed world. Currently, the average lifespan of a person is around 70 years (WHO). Moreover, people forfeit their lives because of many diseases (heart diseases, cancer, infections, etc.), natural calamities, accidents, etc., and hence, they could not complete their whole lifespan. In underdeveloped countries, people are so unfortunate they lose their lives because of lack of food and shelter. To live in this material life, man has to do something for his daily bread and shelter. People go to government/private jobs, agriculture, etc., but some people do business to live/survive or to lead a good/sophisticated life.

Though there are many types of business; business on pharmaceutical/medicinal products, food, etc. are considered important since they deal with human health. So, concerned business people should be more cautious in their business; otherwise, it may lead to many complications.

The constituents of medicine or food products should comply with the laws of international (WHO, etc.) and national regulatory agencies.

Many additives (colorants, flavors, preservatives, etc.) are unsafe to use with medicine/food products at a certain level, and hence, they should be used within limits.

The metabolic activities of human beings may change by age and other parameters. For most of the additives, children are the victims. Therefore, the addition of additives should be based on children's metabolic activities rather than healthy individuals' since, with the exception of certain baby food, all people will consume most of the food/medicinal products (noodles, chocolates, etc.).

Since many people suffer from various diseases, including cardiac problems, diabetes, allergies, etc., the covers of food/medicinal products should label all ingredients.

The addition of chemicals/elements to food products is not always advisable. Even taking vitamins at a certain level (beyond the acceptable daily intake) may also lead to toxicity. Therefore, the addition of vitamins should also be kept within the limit.

A few instruments/pieces of equipment (older items, damaged items, etc.) may also lead to leakage of metals into the food/medicinal products. Damaged instruments may also lead to inappropriate measurements of additives or reactions. Engine oil used for some machines may also result in the contamination of some elements in the consumer products. Advanced instruments may work much better than old ones. The use of plastic or metal containers in the manufacturing industries may also lead to contamination of chemicals. The drying/spreading of certain food items on the floor or soil may also lead to contamination of elements.

Packing materials should be proper; otherwise, the constituent chemicals in the packing materials may also contaminate with food/medical products. Sunlight and temperature may also alter the composition of the constituents. Temperature plays an important role in contamination of chemicals and microbes.

Agencies/members of health care business (especially pharmaceutical/food, etc.) should give more importance to the health of people rather than their wealth. There should not be any political interference in this issue. According to Newton's law (every action has an equal and opposite reaction), if the business people do good for the people/society, people/society will do good for the business. Thus, a healthy business is always good. Business people in the health sector should give preference to human health rather than their wealth.