### Officer bearers of the Indian Journal of Physiology and Pharmacology

#### Editors

<table>
<thead>
<tr>
<th>Editor Name</th>
<th>Position</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>K K Deepak</td>
<td>Executive Editor</td>
<td><a href="mailto:exec.editor@ijpp.net.in">exec.editor@ijpp.net.in</a></td>
</tr>
<tr>
<td>Neelam Vaney</td>
<td>Editor (Physiology)</td>
<td><a href="mailto:physiol.editor@ijpp.net.in">physiol.editor@ijpp.net.in</a></td>
</tr>
<tr>
<td>Thirumurthy Velpandian</td>
<td>Editor (Pharmacology)</td>
<td><a href="mailto:pharmacol.editor@ijpp.net.in">pharmacol.editor@ijpp.net.in</a></td>
</tr>
</tbody>
</table>

#### Associate Editors

<table>
<thead>
<tr>
<th>Editor Name</th>
<th>Position</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashok Kumar Jaryal</td>
<td>Professor Dept. of Physiology</td>
<td>delhi-110029</td>
</tr>
<tr>
<td>Om Lata Bhagat</td>
<td>Assistant Professor Dept. of Physiology</td>
<td>delhi-110029</td>
</tr>
<tr>
<td>Rajani Mathur</td>
<td>Dept. of Pharmacology</td>
<td>delhi-110017</td>
</tr>
</tbody>
</table>

#### Assistant Editors

<table>
<thead>
<tr>
<th>Editor Name</th>
<th>Position</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Dinu S Chandran</td>
<td>Assistant Professor Dept. of Physiology</td>
<td>delhi-110029</td>
</tr>
<tr>
<td>Dr. Nabanita Halder</td>
<td>Associate Professor, Ocular Pharmacology</td>
<td>delhi-110029</td>
</tr>
</tbody>
</table>
Indexed with Medline

NLM Catalog
NLM Locator Plus

Indian Journal of Physiology and Pharmacology

<table>
<thead>
<tr>
<th>Indicator</th>
<th>2009-2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>SJR</td>
<td><img src="chart.png" alt="SJR Chart" /></td>
</tr>
<tr>
<td>Cites per doc</td>
<td><img src="chart.png" alt="Cites per doc Chart" /></td>
</tr>
<tr>
<td>Total cites</td>
<td><img src="chart.png" alt="Total cites Chart" /></td>
</tr>
</tbody>
</table>

note: Cites per Doc. (2y) measures the scientific impact of an average article published in the journal, computed using the same formula that is used for calculation of journal impact factor™ (Thomson Reuters)

APPI

Website of APPI

APPI Newsletter April 2017

Life members: Update your address to receive issues of IJPP. The e-copy of IJPP ahead of printing is e-mailed to the members.

Website: Feedback and Suggestion

Announcements

The, January Issue 2018 (vol 62 - 1) is under printing.
Original Articles

A Novel Practical to Demonstrate Systemic and Local Regulation of Circulation in A Human Subject: Manpreet Kaur, Dinu S. Chandran, Ashok K. Jaryal and Kishore K. Deepak ... 217

Cardiac Autonomic Neuropathy in Type II Diabetes Mellitus Patients and its Association with the Age of the Patient, Duration of Disease and Glycemic Control: V. Nagalakshmi, V. Smruthi, Shama, Gauthan Rathnakarashetty and Shobha C. Nallulwar ... 222

Do Congenitally Blind Individuals have Better Haptic Object Perception Compared to Blindfolded Sighted Individuals?: B.G. Bhirud, L.M. Chandan and A. Chawla ... 230

Hindi and English Letter Cancellation Tasks: Does language have an effect on performance?: Abhinav Dixit and Ankit Kumar Rai ... 235

Correlation of Audio-Visual Reaction Time with Body Mass Index & Skin Fold Thickness Between Runners and Healthy Controls: S. Jyothi, Sunil S. Vernekar, Manishankar, L. Jayalakshmi, Vinothkumar and R. Rashmi ... 239

Comparison of Cardiovascular Parameters and Cardiac Autonomic Activity of Obese and Normal Weight School Children in Puducherry: R. Rajalakshmi, Susheela Veliath, N. Krishnamurthy and M. Thenmozhi ... 247

Sub-clinical Hypothyroidism in Type 2 Diabetes Mellitus Patients in a Tertiary Care Hospital, Mysore: Srinath C. Galag, R. Rajalakshmi, K. M. Srinath and B. Madhu ... 255

Cardiorespiratory Fitness and Heart Rate Recovery in Type-II Diabetic Males: The Effect of Adiposity: Hanjabam Barun Sharma, Abha Shrivastava, Yogesh Saxena and Anita Sharma ... 260

Evaluation of the Protective Effect of NMDA/Non-NMDA Receptor Antagonists Against Ethambutol Induced Retinal Toxicity Using ERG in Wistar Rats: A.R. Vijayakumar, H. Anuradha, Nihar Ranjan Biswas, Vimla Menon, Rohit Saxena, Nabanita Halder and T. Velpandian ... 268

Pharmacological Interventions for Vascular Targeting In Retinopathy of Prematurity: An Experimental Study: Neelima Aron, Madhu Nath, Shorya Vardhan Azad, Parijat Chandra, Raj
Vardhan Azad and Thirumurthy Velpandian .....282

Medical Education

Perceptions of Post-graduate Students Towards M.D. Physiology Curriculum in India : Noorin Bhimani and Priyadarshini Mishra...291

Letter to Editor

Electrolyte Abnormalities in Cisplatin Based Chemotherapy : S. Nikhil and Aravindh S. Anand ...298

Endocrinology Coverage in The Haryana EML (Essential Medicines List) : Dr. Garima Bhutani, Dr. Sanjay Kalra and Dr. Prem Kumar Verma ...300

High Steroid Usage Among Reproductive-aged Farmers in Underserved Area in Indonesia, Langkat, South Securai Village : Sarma Nursani Lumanraja ....302

Enteric Glial Cells and Inflammatory Bowel Disease : Friend or Foe : Purnima Sharma ....304

News and Announcement

News and Announcements ....306
High Steroid Usage Among Reproductive-aged Farmers in Underserved Area in Indonesia, Langkat, South Securai Village

(Received on January 1, 2016)

Sir,

Analgesic had become one of the top highly demand over-the-counter drugs in many countries, also in Indonesia (1). Dale et al. reported prevalence of using over-the-counter analgesics at least once per week was 47% (2). Steroid had become the most consumed drug that can be obtained easily. Ely et al. showed that 28.8% of 758 elderly persons used one to four analgesics, which mostly were steroids (3).

Steroids are used in almost all medical specialties. In US, Overman reported 1.2% of the populations consume long term glucocorticoids (4). In UK, Staa et al. (2000) reported percentages of 0.85-0.9%, mostly in aged 70–79 years people (5). Gudborjoon showed that most patients use more than one GC with mean average of 47 months intake (6).

In our observational study priorly, we found that almost all reproductive aged farmers in South Securai village consumed analgesics. They suffered from joint and muscle pain due to their jobs as farmers. Indeed, steroids was largely used, in addition, they could obtain these drugs easily.

Dexamethasone was the mostly used steroid among farmers. Mean length of steroid use was found to be above 5 years. Two thirds had reported routine thrice daily consumption of steroid due to joint pain, fatigue, and desire to increase stamina. From our study, we found that far access to primary care, no health insurance, availability of steroid over the counter, were the factors that affected steroid usage in most subjects.

Clinicians must be aware of this condition as steroid had many devastating side effects. Knowledge of steroid use was also still low. Despite mostly knew that steroid can cause weight gain and moon face, they did not know about the increase risk of diabetes mellitus, delayed growth, lower mass density, hypertension about what they were consumed.

Sarma Nursani Lumbanraja
Citra Aryanti
Department of Obstetrics and Gynecology
University of Sumatera Utara, Medan, Indonesia
Email: citra.aryanti@hotmail.com

References

