

H. 11016/6/2011-DCC (AYUSH)  
Government of India  
Ministry of Health & Family Welfare  
Department of AYUSH  
DCC

IRCS Annexe Building, New Delhi

10.10.2011

OFFICE MEMORANDUM

**Subject: Advisory for Public and Physicians of All Indian System of Medicines w.r.t. "Consumption of Vegetable Juice".**

The Govt. of India, Ministry of Health and FW while fulfilling the assurance in Lok Sabha Unstarred Q.No.1139 dt.30/7/2010 regarding Consumption of Vegetable Juice asked by Shrimati Botcha Jhanshi Lakshmi. To fulfill the assurance Department of Health, Govt. of India had constituted an expert committee at ICMR under Chairmanship of Dr. S.K. Sharma, Prof. & Head, Department of Medicine, AIIMS, New Delhi to investigate the issue of safety of consumption of lauki juice. After examination of all aspects of lauki juice, the committee has recommended the following;

- **For Public:** The community needs to be educated regarding the following;
  - i) A small piece of lauki should be tasted before extracting the juice to ensure that it's not bitter. If it is bitter, it should be discarded.
  - ii) Bitter tasting lauki juice should not be consumed at all.
  - iii) Lauki juice should not be mixed with any other juice.
  - iv) After consumption of lauki juice if there is any discomfort, nausea, vomiting, or any feeling of uneasiness, the person should be immediately taken to a nearby hospital.
- **For Clinicians:** Any case which comes with symptoms of any discomfort, nausea, vomiting diarrhea, gastrointestinal bleeding after consumption of lauki juice should immediately be attended and following assessment should be carried out after securing an IV route:
  - i) Detailed clinical examination with recording of vita!s. Details of the quantity of juice consumed and its taste should also be recorded.
  - ii) Hemogram, urine examination, biochemical, electrolytes, liver & Kidney function tests including prothrombin time and platelet counts, serum amylase, blood sugar
  - lii) Others: X-Ray chest, ECG, Ultrasound and Endoscopy as and when required.
- **Principles of Management:** Since there is no specific antidote available, following measures are suggested:
  - i) General supportive care: IV fluids/crystalloids/blood products/fresh frozen plasma to maintain the hemodynamics and electrolyte balance;

