



Government of India
Ministry of Chemicals & Fertilizers
Department of Pharmaceuticals

Jan Aushadhi VARTA



EDITION 45

09th April 2026

NEWSLETTER

Jan Aushadhi Diwas 2026: Hon'ble PM Shri Narendra Modi Highlights Impact of PMBJP Initiative



On the occasion of 8th Jan Aushadhi Diwas 2026, Hon'ble Prime Minister Shri Narendra Modi extended greetings to all those associated with the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) and its beneficiaries, reaffirming the government's commitment to affordable healthcare.

In a message shared on the social media platform X, the PM Narendra Modi stated that the initiative reflects the government's dedication to ensuring high quality medicines at affordable prices for all citizens. He highlighted that through Jan Aushadhi Kendras, millions of families across the country are saving significantly on healthcare expenses while continuing to receive proper treatment.

A post by MyGovIndia highlighting the achievements and impact of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana initiative over the years was also shared by the PMO.



Total Number of
Kendras = 19,203
(till 31.03.2026)



Total Sales crossed
Rs 2,252 Crore in
this Financial Year
2025-26 (till 31.03.2026)



Estimated Savings Approx. of
Rs 9,009 Crore to Citizens in
this Financial Year 2025-26
(till 31.03.2026)



Sales of
March 2026
Rs 270 Crore

HIGHLIGHTS



Celebration of 8th Jan Aushadhi Diwas all over India

Strategic Growth and Award Ceremony Highlights Grand Event in Delhi

The 8th Jan Aushadhi Diwas 2026 was celebrated with grand national events held across States and Union Territories, highlighting widespread participation and outreach under the Pradhan Mantri Bharatiya Janaushadhi Pariyojana. The national event at Bharat Mandapam, Delhi was graced by Hon'ble Union Minister for Chemicals & Fertilizers and Health & Family Welfare, Shri Jagat Prakash Nadda and Hon'ble Minister of State for Chemicals & Fertilizers and Health & Family Welfare, Smt. Anupriya Patel, who highlighted the government's commitment to providing affordable and quality healthcare.

The event was also attended by Shri Manoj Joshi, Secretary, Department of Pharmaceuticals, Shri Satyaprakash T.L., Joint Secretary (PSU, Pharmaceutical Policy and PMBJP); and Shri Suvasis Das, CEO, Pharmaceuticals & Medical Devices Bureau of India (PMBI), along with other dignitaries and stakeholders associated with the implementation of the scheme.

During the ceremony, the top 10 Jan Aushadhi Kendras from across the nation were honoured at the pan-India level for excellence in service delivery, outreach and dedication to providing affordable medicines to citizens

In addition, the top 3 Jan Aushadhi Kendras from Delhi were felicitated for their exceptional performance at the city level, highlighting the significant role played by the national capital in strengthening the scheme.

HIGHLIGHTS

Week-Long Celebration of **8th Jan Aushadhi Diwas 2026**



A special pan-India awareness campaign through a train was undertaken to amplify outreach regarding the benefits of the Pradhan Mantri Bharatiya Janaushadhi Pariyojana (PMBJP). The awareness train started from Korba, Chhattisgarh and traversed through key States including Delhi, Maharashtra, Madhya Pradesh, Uttar Pradesh, Bihar, Haryana, and Rajasthan, before culminating at Amritsar Junction, Punjab.

HIGHLIGHTS

Glimpse of Health Checkup Camps on Jan Aushadhi Diwas 2026

As part of the week-long celebrations of the Jan Aushadhi Diwas 2026, Health Check-up Camps were organized from March 1 to March 5, 2026, across multiple States and Union Territories by various Jan Aushadhi Kendra across the nation. The initiative witnessed participation at more than 250 locations nationwide, wherein during the five-day drive, health experts conducted free medical consultations, various blood screening tests were conducted by laboratories and guidance on the appropriate use of generic medicines were also provided at these Jan Aushadhi Kendras.



HIGHLIGHTS

Glimpse of Pad Yatra/Cycle Yatra on Jan Aushadhi Diwas 2026

On the 6th day of Jan Aushadhi Week 2026, massive Pad Yatras and Cycle Yatras were organized across the country by Jan Aushadhi Kendras to spread awareness about affordable and high-quality Jan Aushadhi medicines at mass level. The public outreach activities were held at more than 30 locations, witnessing the participation of 4,764 people.



HIGHLIGHTS

Nationwide Events Mark 8th Jan Aushadhi Diwas 2026

The 8th Jan Aushadhi Diwas 2026 was celebrated across India on March 7, 2026, with various awareness and outreach activities to honour and facilitate the top performing Jan Aushadhi Kendras across the nation. The celebrations witnessed active participation from Jan Aushadhi Kendras where in many dignitaries at various levels and states were invited with stakeholders across the country. A total of 4,334 participants took part in the celebrations held at 25 locations, highlighting the increasing reach of the scheme.

During the celebrations, top 3 Jan Aushadhi Kendras from each State were recognized at their respective State-level events. The awards were presented by State-level dignitaries, acknowledging their outstanding performance and contribution to the successful implementation of the scheme.



HIGHLIGHTS

Health and Savings on the Shore

**जनऔषधि - सस्ती भी, भरोसेमंद भी !
सेहत की बात, बचत के साथ**



At Puri Beach in Odisha, renowned sand artist Sudarsan Pattnaik created a beautiful sand art on the occasion of Jan Aushadhi Diwas 2026, with the theme - "जनऔषधि सस्ती भी, भरोसेमंद भी - सेहत की बात, बचत के साथ"

HIGHLIGHTS

27th March 2026



Central Government promotes Generic Medicines use in Hospitals: Hon'ble Minister of State, Smt. Anupriya Patel

The Central Government has reaffirmed its commitment to making healthcare affordable by intensifying the promotion of generic medicines across government hospitals. Speaking in the Lok Sabha on 27 March 2026, Hon'ble Minister of State for Chemicals & Fertilizers, Smt. Anupriya Patel, stated that the Central Government is working closely with state governments to ensure the widespread use of these cost-effective alternatives.

Under the regulations set by the National Medical Commission (NMC), it is now mandatory for all registered doctors to prescribe generic medicines. Central government hospitals have already received strict instructions to comply, while State Medical Councils have been advised to enforce similar protocols.

The Hon'ble Minister of State, Smt. Anupriya Patel highlighted the significant expansion of the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) scheme. While there were only 80 Jan Aushadhi centers before 2014, the number has now surged to over 18,000 across the country.

HIGHLIGHTS

PMBJP Celebrated *International Women's Day* by distributing “Suvidha” at Dilli Haat

In a significant move to prioritize menstrual hygiene and women's health, the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) celebrated International Women's Day on March 8, 2026, with a special distribution drive at Dilli Haat, INA, New Delhi.

The event focused on the distribution of Suvidha sanitary napkins, the government's flagship affordable menstrual product. By providing high-quality pads at just 1 Rs, PMBJP aims to break the long-standing barriers of affordability and stigma that often hinder women's access to essential healthcare.

Through such initiatives, PMBJP continues to ensure that health remains a right for every woman in the nation.



IN THE NEWS

NDTV

Mar 07, 2026

PM Modi Extends Wishes On Jan Aushadhi Diwas, Lauds Scheme's Role In Expanding Access To Affordable Medicines



New Delhi: On the occasion of Jan Aushadhi Diwas 2026, Prime Minister Narendra Modi on Saturday extended his wishes to all those associated with the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) and to the beneficiaries of the scheme, highlighting its role in making quality medicines accessible and affordable to citizens across the country.

Taking to social media platform X, the Prime Minister said that the initiative reflects the government's commitment to ensuring affordable healthcare for every Indian.

"On Jan Aushadhi Diwas 2026, my best wishes to all those who have been positively impacted by the Pradhan Mantri Bhartiya Janaushadhi Pariyojana. This initiative reflects our commitment to ensuring that every citizen has access to quality medicines at affordable prices. Through Jan Aushadhi Kendras, countless families are saving on healthcare expenses and receiving proper treatment," PM Modi said.



जागरण

Mar 24, 2026

स्वास्थ्य मंत्री नहुड़ा ने बताया, देश में 18 हजार से ज्यादा जन औषधि केंद्र; जेनरिक दवाएं भी 50-80% सस्ती



डिजिटल डेस्क, नई दिल्ली। केंद्रीय स्वास्थ्य मंत्री जे.पी. नहुड़ा ने संसद में बताया कि देशभर में 18,646 जन औषधि केंद्र हैं, जो लोगों को सस्ती कीमतों पर जेनरिक दवाएं उपलब्ध कराते हैं।

राज्यसभा में मंगलवार को प्रश्नकाल के दौरान केंद्रीय मंत्री नहुड़ा ने कहा कि प्रधानमंत्री भारतीय जनऔषधि परियोजना 2008 में यूपीए सरकार द्वारा शुरू की गई थी, लेकिन उन्होंने अफसोस जताया कि 2014 तक केवल 80 जन औषधि केंद्र खोले गए थे।

नहुड़ा ने बताया कि यह योजना मोदी सरकार के तहत बड़े पैमाने पर सफल हुई है। 28 फरवरी, 2026 तक देशभर में 18,646 जन औषधि केंद्र स्थापित किए गए हैं।

इनमें से 2,370 जन औषधि केंद्र सरकारी अस्पतालों में खोले गए हैं, जो दवाएं ब्रांडेड दवाओं की कीमतों से लगभग 50-80 प्रतिशत सस्ती दरों पर उपलब्ध कराते हैं।



Mar 20, 2026

Government expands access to affordable generic medicines through 18,646 Jan Aushadhi Kendras: Anupriya Patel



The government on Friday said that 18,646 Jan Aushadhi Kendras (JAKs) are currently operational across the country under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP), significantly enhancing access to affordable generic medicines.

In a written reply in the Lok Sabha, Minister of State for Chemicals and Fertilizers Anupriya Patel stated that Maharashtra accounts for 727 centres, while Madhya Pradesh has 634 Kendras as of February 28, 2026.

The scheme offers a wide range of medicines and medical products, with the product basket comprising 2,110 medicines and 315 surgical items, medical consumables, and devices.

IN THE NEWS

EXPRESS
HEALTHCARE

Mar 02, 2026

Janaushadhi Saptah 2026 begins with health check-up camps across 250 locations



Janaushadhi Saptah 2026, an outreach initiative to create awareness about affordable and quality generic medicines, commenced with health check-up camps across the country, marking the beginning of week-long celebrations leading up to the 8th Janaushadhi Diwas on 7 March. The camps are being organised by the Pharmaceuticals and Medical Devices Bureau (PMBI), Department of Pharmaceuticals, Ministry of Chemicals and Fertilisers, from 1 to 5 March 2026 at more than 250 locations nationwide.

In line with this year's theme, "जन औषधि सस्ती भी, भरोसेमंद भी, सेहत की बात, बचत के साथ," on-site diagnostic services are being provided at the camps and the general public is being engaged about affordable and quality generic medicines available at Pradhan Mantri Bharatiya Jan Aushadhi Kendras (PMBJAK) set up under the Pradhan Mantri Bharatiya Jan Aushadhi Pariyojana.

On Day 1, health camps were conducted at about 50 locations across the country, including Subhash Nagar and Ashok Vihar in Delhi, Bilaspur in Chhattisgarh, Chandrapura in Jharkhand, Ludhiana in Punjab, Hubballi-Dharwad and Dakshina Kannada in Karnataka, Pune in Maharashtra, Chennai and Chidambaram in Tamil Nadu, Puducherry, Jaipur, Dehradun and Bulandshahr, among others. An average of 100 people participated in each camp and received medical consultation and medicines. Focus was given to women and senior citizens, who formed a substantial part of participants.

NEWS 18
भारत

Mar 10, 2026

जन औषधि केंद्र पर 250 की दवा मिल रही सिर्फ 24 रुपए में, प्राइवेट मेडिकल स्टोर्स का जेम ओवर



पलामू। झारखंड के पलामू जिले में प्रधानमंत्री भारतीय जन औषधि परियोजना के तहत संचालित हो रहे जन औषधि केंद्र उन लोगों के लिए संजीवनी बनकर सामने आए हैं, जो पैसों की तंगी के चलते दवा खरीदने में असमर्थ थे। जन औषधि केंद्र पर निजी मेडिकल स्टोर की तुलना में सस्ती दरों पर दवाइयां मिल रही हैं, जिससे लोगों को काफी बचत हो रही है। इसके लिए लोगों ने पीएम मोदी का तहे दिल से आभार जताया है।

पीएम मोदी द्वारा आम लोगों को सस्ती और गुणवत्तापूर्ण दवाइयां उपलब्ध कराने के उद्देश्य से शुरू की गई इस परियोजना के तहत केंद्रों पर जेनेरिक दवाएं ब्रांडेड दवाओं से काफी कम कीमत पर मिल रही हैं। जन औषधि केंद्र पर रोजाना काफी संख्या में मरीज पहुंच रहे हैं और सस्ती दरों पर दवाइयां ले रहे हैं। जन औषधि केंद्र पर दवा खरीदने आए मरीजों का कहना है कि पहले जो दवा हमें 300-400 रुपए में मिलती थी, वही यहां 80-100 रुपए में मिल रही है।

NEWS 18
भारत

Mar 16, 2026

शुगर, बीपी और हार्ट की दवाएं बाजार से 90% तक सस्ती... 'संजीवनी' बना पीएम जन औषधि केंद्र, इलाज का खर्च हुआ आधा



IN THE NEWS

जामताड़ा. झारखंड के जामताड़ा में आर्थिक रूप से कमजोर लोगों के लिए प्रधानमंत्री भारतीय जन औषधि केंद्र (पीएमबीजेके) संजीवनी साबित हो रहा है। इस केंद्र से लोग सस्ते दरों पर दवाइयां खरीद रहे हैं। यहां पर निजी मेडिकल स्टोर की तुलना में सस्ते दामों पर दवाइयां मिल रही हैं। स्थानीय लोगों ने पीएम मोदी का तह दिल से आभार जताया है। प्रधानमंत्री भारतीय जन औषधि केंद्र (पीएमबीजेके) भारत सरकार की एक महत्वाकांक्षी जन-कल्याणकारी योजना है, जिसका मुख्य उद्देश्य आम जनता को सस्ती और गुणवत्तापूर्ण दवाइयां उपलब्ध कराना है।

झारखंड के जामताड़ा स्थित वीर कुंवर चौक के समीप संचालित जन औषधि केंद्र गरीब और मध्यम वर्ग के मरीजों के लिए बड़ी राहत साबित हो रहा है। यहां दवा लेने आने वाले मरीजों और उनके परिजनो का कहना है कि यहां मिलने वाली जेनेरिक दवाइयां बाजार में उपलब्ध ब्रांडेड दवाओं की तुलना में 50 से 90 प्रतिशत तक सस्ती हैं, जिससे इलाज का कुल खर्च काफी कम हो जाता है। इस जन औषधि केंद्र पर सामान्य बीमारियों की दवाओं के साथ-साथ शुगर, ब्लड प्रेशर, हृदय रोग और अन्य गंभीर बीमारियों की आवश्यक दवाएं भी उपलब्ध हैं। इसके अलावा कई प्रकार के सर्जिकल सामान भी यहां किफायती दामों पर मिल रहे हैं।

हि हिन्दुस्तान

Mar 17, 2026

सदर के बाद जिले के अन्य अस्पतालों में भी खुलेंगे जन औषधि केंद्र

सदर अस्पताल में सफलतापूर्वक संचालन के बाद अब जिले के अन्य सरकारी अस्पतालों में भी जन औषधि केंद्र खोले जाने की तैयारी शुरू कर दी गयी है। इससे आम लोगों को कम कीमत पर गुणवत्तापूर्ण दवाइयां उपलब्ध हो सकेंगी।

वहीं, स्वास्थ्य सेवाओं का दायरा और व्यापक होगा। मंगलवार को दिल्ली की आजीविका की चार सदस्यीय टीम ने सदर अस्पताल परिसर का निरीक्षण किया। वहां चल रहे जन औषधि केंद्र और सहायता केंद्र की कार्यप्रणाली को बारीकी से समझा। टीम ने जीविका समूह की महिलाओं से बातचीत कर यह जाना कि वे किस प्रकार केंद्र का संचालन कर रही हैं और मरीजों के लिए कितना लाभकारी साबित हो रहा है। मिलेंगे स्थायी रोजगार : टीम लीडर आशीष कुमार ने बताया कि



जीविका से जुड़ी महिलाएं आज आत्मनिर्भर बनकर समाज में अपनी अलग पहचान बना रही हैं। पहले जो महिलाएं केवल घरेलू कार्यों तक सीमित थीं, वे अब आर्थिक रूप से मजबूत बन रही हैं। अपने परिवार के भरण-पोषण में महत्वपूर्ण भूमिका निभा रही हैं। गांव-मोहल्लों में जो महिलाएं शिक्षित होने के बावजूद बेरोजगार हैं, उन्हें भी जीविका समूह से जोड़कर जन औषधि केंद्रों के संचालन में लगाया जाएगा। इससे उन्हें स्थायी रोजगार के अवसर मिलेंगे।

दैनिक भास्कर

Mar 20, 2026

अब केवल ऋण तक सीमित नहीं रहेंगे पैक्स; पेट्रोल पंप और जन औषधि केंद्र खोलने के लिए भी किया जाएगा

जिले के पैक्स (प्राथमिक कृषि साख समिति) और व्यापार मंडलों को भविष्य की चुनौतियों के लिए



तैयार करने के उद्देश्य से गुरुवार को एक दिवसीय विशेष प्रशिक्षण कार्यक्रम का आयोजन किया गया। उद्घाटन जिलाधिकारी डॉ. नवल किशोर चौधरी, सेंट्रल को-ऑपरेटिव बैंक के अध्यक्ष जितेंद्र सिंह, अपर समाहर्ता कुंदन कुमार और नाबाई के जिला प्रबंधक ने संयुक्त रूप से दीप प्रज्वलित कर किया।

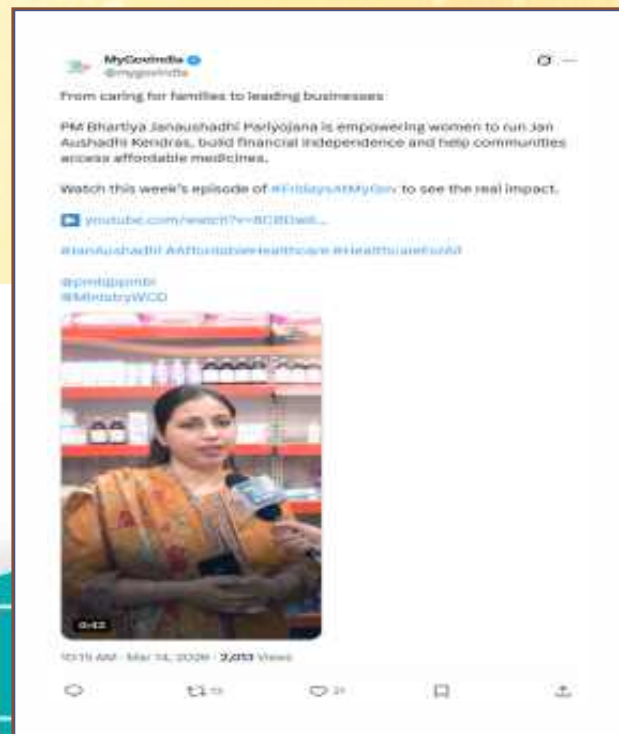
जिलाधिकारी ने कहा कि अब पैक्स केवल ऋण वितरण तक सीमित नहीं रहेंगे। सरकार की नई नीति के अनुसार, पैक्सों को अब पेट्रोल पंप, जन औषधि केंद्र, कॉमन सर्विस सेंटर और प्रधानमंत्री किसान समृद्धि योजना जैसे क्षेत्रों से जोड़कर स्वावलंबी बनाया जा रहा है। उन्होंने बताया कि जिले के 160 पैक्सों का कंप्यूटरीकरण नाबाई के सहयोग से पूरा कर लिया गया है, जिससे कार्यप्रणाली में पारदर्शिता आएगी।

सहकारिता को मजबूत करने के लिए अन्न भंडारण क्षमता के विस्तार पर भी चर्चा हुई। योजना के तहत पैक्स स्तर पर 1500 से 10,000 मीट्रिक टन क्षमता वाले गोदामों का निर्माण किया जा रहा है। इसके अलावा बकरी पालन, मधुमक्खी पालन समितियों और किसान उत्पादन संगठनों की स्थापना की गई है। जिले के 28 जीविका समूहों को भी स्वावलंबी समिति के रूप में पंजीकृत किया गया है।



SOCIAL MEDIA HIGHLIGHTS

(PMBJP Retweeted)



Shri Bandi Sanjay Kumar

Hon'ble Minister of State for Home Affairs,
Govt. of India inaugurated PMBJK

📍 **Karimnagar (Telangana)**



Shri Dilip Jaiswal

Hon'ble Minister of State (Independent
Charge) for Cottage and Village
Industries, Govt. of Madhya Pradesh
inaugurated PMBJK

📍 **Burhanpur Road, Kotma
(Madhya Pradesh)**

Shri J. S. Patel

Hon'ble Member of Legislative
Assembly, Mansa, Govt. of Gujarat
inaugurated PMBJK

📍 **Mansa (Gujarat)**



Shri Moolchandra Niranjana

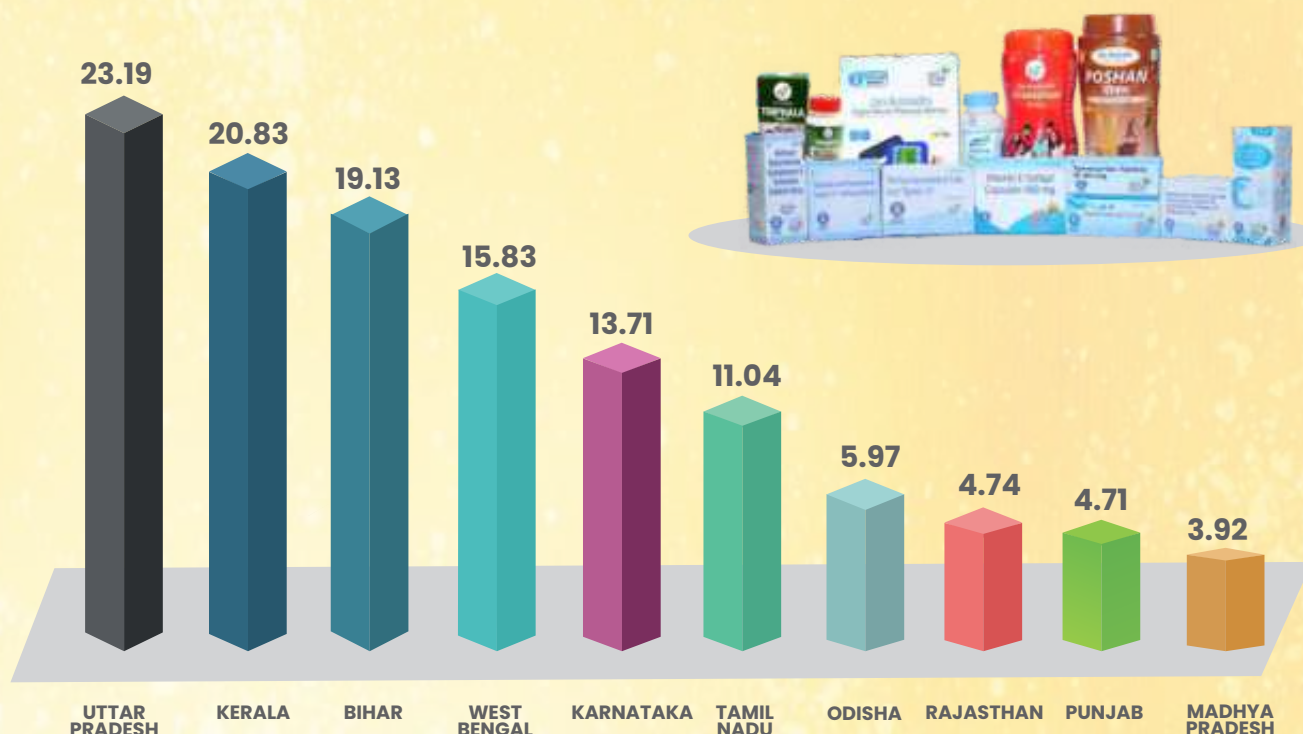
Hon'ble Member of Legislative Assembly,
Madhogarh, Govt. of Uttar Pradesh
inaugurated PMBJK

📍 **Konch, Maheshpura Road,
Jalaun (Uttar Pradesh)**

Best Performing States

in terms of

Sales in Rs. Crores **MARCH**



WELCOMING NEW PARTNERS WHO JOINED JAN AUSHADHI FAMILY IN THE MONTH OF **MARCH 2026**

PMBJK22130-Ashwini Kumar Parida (General Secretary, CEO), Indian Red Cross Society, Parvathipuram Manyam District Branch, Hindi Bhavan, Belagam, Parvathipuram Manyam, Andhra Pradesh-535501

PMBJK22096-Nasrin Zabin-P.S Rupahihat, P.O- Rupahi, SH-3, Near Rupohi Polyclinic, Natun Bazar Bridge, Ruphai Town, Garajan, Nagaon, Assam-782125

PMBJK21885-Sakshi Kumari-H/O Smt Savitri Devi, Ground Floor, Jamapur Bazar Infront Of Uttam Sweets House Jamapur, Ziradei, Siwan, Bihar-841245

PMBJK22350-Shiv Kumar Yadav (Manager)-Gramin Sewa Sahakari Samiti Maryadit Bhatapara, Panjiyan Kramank 880, Tarenga, Tehsil Bhatapara, Balodabazar-Bhatapara, Chhattisgarh-493118

PMBJK21992-Archana Kumari-Shop No.2, Ground Floor, Plot No WZ-2, Kh No 795, Om Vihar, Phase-1, Main Najafgarh Road, Uttam Nagar, South Delhi Municipal Corporation, West Delhi-110059

PMBJK21867-Ankur Chhaganbhai Purohit-Tenement No.10099P/5587, Shop No.09, Banas ICE Factory, Akesan Road, Ahmedabad Highway, Palanpur, Banas Kantha, Gujarat-385001

PMBJK21924-Nidhi-Unit No. B1/GF-25, In Block Tower B-1, Commercial Complex, Signum-37D III, The Millennia, Sector-37D, Gurugram, Haryana-122002

PMBJK21883-Anuradha-Near ECHS Polyclinic Bhoranj Tehsil: BHO, Bhoranj, Hamirpur, Himachal Pradesh-176045

PMBJK22174-Munish Sharma-Opp Gopal Mandir, Suraksha Vihar Phase-1, Top Paloura, Jammu, Bhalwal, Jammu & Kashmir-181124

PMBJK22170-Rajni-Shop No. -14615, MP Nagina complex Main Road, Adityapur, PO+PS-Adityapur, Saraikeela Kharsawan, Jharkhand-831013

PMBJK21881-Raj Mohan V-No.70/2, Property No.07, Shop No.01, Ground Floor, 10th Cross, Kothnur Dinne Road, Kothnur, J P Nagar, 8th, Bengaluru South, Bengaluru Urban, Karnataka-560078

PMBJK22090-Reshma K-Building Door No.2/448, Voyoli Tower, Ground Floor, Cherooppa, Mavoor Village, Post Cherooppa, Calic, Kunnamangalam, Kozhikode, Kerala-673661

PMBJK21851-Vimla Pawar-Shop No/Plot No 02, In Front of Ola Showroom Betul Road, Badora Tehsil, Betul, Madhya Pradesh-460001

PMBJK21994-Prashika Uttam Bhagat-Shop No.1, Gr Fl, Indraprastha Co Op Hsg Soc Ltd, S No.8 Old 9, Mal No.W1222B4000689 Old 3,4, Talegaon, Maval, Pune, Maharashtra-410507

PMBJK22282-Thoudam Ananta Singh-Sangaiprou, Mamang Leikai, Opp. HDFC Bank, Imphal, Patsoi, Imphal West, Manipur-795140

PMBJK21932-Ashwin Kumar Mohanty, At Kheras Po/Ps/Dist Jagatsinghpur Khata No-3852/4389 Ground Floor Room No 01, Jagatsinghpur, Odisha-754103

PMBJK22262-Amarjeet Singh-Main Road Garhdiwala Tehsil Dasuya, Tal: Mukerian (Hoshiarpur (2), Hoshiarpur, Punjab-144205

PMBJK21941-Krishna Das-Shop No. 5, Niwaru Link Road, Narayan Market, Govundpura, Jaipur, Rajasthan-302012

PMBJK21904-Nitish Kumar Gupta-Singtam Bazar, Singtam, District - East Sikkim, Khamdong, Gangtok, Sikkim-737134

PMBJK22367-Chhabirani Shyamal-KH No-69274, RS Dag No-4548, LR Dag No-17703, Mouza-Bally, J.L No-14, Ground Floor, Joyppur Bill, Nis, Bally-Jagacha, Howrah, West Bengal-711227



Essential Tips for a Healthy Liver

Your liver is one of the hardest-working organs in your body. It plays a crucial role in digestion, detoxification, metabolism and storing nutrients. Despite its importance, many people overlook liver health until problems arise. Fortunately, maintaining a healthy liver is achievable through simple lifestyle choices. Here are essential tips to keep your liver functioning at its best.

1. Maintain a Balanced Diet

Eat Fiber-Rich Foods: Consume whole grains, fruits, and vegetables for, leafy greens and nuts to support liver detoxification.



Limit Sugar and Processed Foods: Reduce intake of sugary drinks, snacks and foods with trans fats to prevent fatty liver disease.

Choose Healthy Fats: Use vegetable oils, like olive oil, which can raise good cholesterol and protect the liver.

2. Stay Hydrated

Drinking enough water supports your liver in flushing out toxins from the body. Proper hydration also helps maintain overall metabolism and digestion. Aim to drink at least 6–8 glasses of water daily and increase your intake if you are physically active or live in a hot climate.



3. Limit Alcohol Consumption



Excessive alcohol intake is one of the leading causes of liver damage. Alcohol can cause inflammation, fatty liver disease and even permanent liver scarring (cirrhosis).

4. Exercise Regularly

Physical activity isn't just good for your heart; it's also beneficial for your liver. Exercise helps burn fat, reduce inflammation and improve overall liver function.



5. Be Careful with Medications

Overusing medications, including over-the-counter drugs, can harm the liver. Always follow the recommended dosage and avoid mixing medications without medical advice of health experts.

6. Maintain a Healthy Weight



Being overweight or obese increases the risk of non-alcoholic fatty liver disease (NAFLD). Gradual weight loss through healthy eating and exercise can help reduce fat buildup in the liver and improve its function.



7. Get Regular Health Checkups

Routine medical tests can help detect liver problems early. Blood tests, such as liver function tests, can reveal signs of inflammation or damage before symptoms appear. Early detection allows for timely treatment and better outcomes.





FILL IN THE PUZZLE BELOW BASED ON WHAT YOU HAVE READ ABOUT
ESSENTIAL TIPS FOR A HEALTHY LIVER ON THE PREVIOUS PAGE

01. Multiple Choice Questions

How much water should an average person aim to drink daily to support liver function?

- A) 2–4 glasses
- B) 4–6 glasses
- C) 6–8 glasses
- D) 10–12 glasses

04. True or False

Fatty liver disease can only be caused by excessive alcohol consumption.

True ☐ False ☐

05. Fill in the Blanks

Excessive alcohol intake can lead to permanent liver scarring, a condition known as ____.

2. Which of the following is recommended to support liver detoxification?

- A) Sugary drinks
- B) Leafy greens and nuts
- C) Trans fats
- D) Processed snacks

03. True or False

The liver is responsible for flushing out toxins from the body.

True ☐ False ☐

