



JALA HOMOEEO VISION



Jay Jalaram Homeopathic Medical College & Hospital

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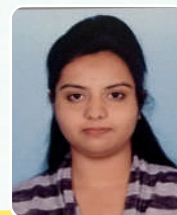
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Pro. Pratapsinh Chauhan
Vice Chancellor

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Message

I am glad to know that you are going to publish "Jala Homeo Vision" News letter on April 10,2023 in commemoration of World Homeopathy Day. I am send you all my warm greetings and felicitation on this solemn occasion. I do hope that your newsletter will show affordable and effective way to ensure preventive, diagnostic and curative solutions for healthcare management of the tribal and other economically backward people of this region.

My best greetings to all of you on this World Homeopathy Day.
Homeopathy may be dedicated to healthcare of the poor.

Prof.Pratapsinh Chauhan

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From The Desk of Chief Editor



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DEMAND OF PRESENT TIME :

With due respect to higher authority in Health Department of Nation for putting forward idea of integrated holistic approach of treatment for suffering humanity, we as Homoeopath knows it well. Our master years back guided medical field for holistic approach of treatment by considering patient as a whole i.e., physical, mental, environmental factors, social factors, role of diet, regimen, physiotherapy, psychotherapy etc. He also taught individualization of patient at emotional, intellectual, physiological, physical, gross pathological level etc. He also taught us “test everything and hold the truth”.

Now it is time for integrating allied medical subjects like anatomy, physiology, pathology, practice of medicine, obs/gyn., surgery etc with Homoeopathic subjects. It helps better understanding of causes, modalities, clinical manifestation as per progress in stage of pathology, nutritional & immune status of individual etc. Indications written in book of Homoeopathic Materia Medica are not present in all patients, at all ages, in all pathological state but as per age, nutritional-immunological status, psycho-social development and time & progress in pathological stage it differs. Better understanding of Materia Medica Pura may help us more.

Now it is time for scientific documentation. We should give more weightage to study of active principles (alkaloids) of our medicines with its pharmacological action on living being and this should be matched with indications recorded in our materia medica with scientific, logical approach. We may learn to have detail of alkaloids present in our drug substance with its exact composition. So we can understand various indications recorded in our materia medica. This is possible with integrated learning of Homoeopathic pharmacy, clinical pharmacology, pharmacodynamics, pharmacokinetics, botany, biochemistry, anatomy, physiology, pathology & clinical subjects. Concept of more than one teacher in class room teaching the same topic with different subject reference may improve understanding of topic. This in turn should be compared with clinical experience of application of selected medicine in patient with retrospective study in society with help of community medicine. Methodology of selection & application of medicine to needy patient should be made easy. There should be some common most probable medicines with simple straightforward indications for common illness prevailing in society & it should work in about 60 – 70% cases, which will give initial confidence to new practitioners, rest everyone learns through experience while practicing. Actual class work is more beneficial than just creating data record. The student when enters in practice he/she should at least have confidence to diagnose and manage (medicinal as well as non-medicinal general management) common medical illness prevailing in society. Field of medical practice should be made open to all medical practitioners to manage emergencies at local level before expertise treatment made available.

It is time to focus on more practical application of our science rather than giving varieties of different branches of its application & creating confusion. We will continue to learn in every issue of our college bulletin with help of participation by all. Let this be a continuous path of learning.

Thanks.



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SUMMER AND HOMOEOPATHY

With April – May nearing and the mercury rising, all of us are surely feeling the heat. Due to pollution as well as green house effect, every year atmospheric temperature during summer season breaks new records. This summer is also going to be a very hot. But besides just feeling the heat there are a number of ailments one can suffer from during summer. Let us see what these ailments are and how to beat them with the help of Homoeopathy.

Why the sun harmful

Hot and humid environment slows down the evaporation of sweat. While atmospheric temperature continues to rise, our body cannot cool down fast enough. There is a state of elevated core temperature or Hyperthermia. This can lead to Heat Exhaustion and in severe cases (core temperature > 40 degree Celsius) Heat Stroke.

Extracellular sodium depletion following electrolyte loss as a result of persistent sweating with replacement of water but not salt can lead to painful cramps called as Heat Cramps.

Dehydration can occur if fluid loss due to perspiration is not compensated.

Skin problems are the commonest ranging from simple sun tan to skin cancer due to harmful effect of Ultra Violet rays of the sun.

Bad effect of sun heat leads to

HEAT EXHAUSTION- Elevated core temperature associated with hyperventilation and symptoms of tiredness, fatigue, muscular weakness, dizziness and collapse.

HEAT STROKE – Life threatening condition when core temperature of body is > 40 degree Celsius. Symptoms of heat exhaustion occur in addition to headache, nausea, vomiting. Coarse muscle tremor and confusion which may progress to loss of consciousness may be seen as a neurological manifestation.

HEAT CRAMPS – Painful muscle cramps occur most commonly in the legs of young people following vigorous exercise in hot weather.

HEAT RASH – Skin redness, dryness, irritation from excess sweating.

PRICKLY HEAT / MILIARIA RUBRA – Papular itching eruption of the skin due to blockage of sweat ducts.

SUN BURN – Erythema caused by exposure to critical amounts of UV light.

SUN TAN – Brownish discoloration of skin from exposure to sun.

FRECKLES – Asymptomatic small circular brownish macules appearing on face, forearms, and other sun exposed areas of the body.

SKIN CANCER – Main risk factor for most forms of skin cancer is exposure to UV radiation in absence of adequate melanin pigment.

HEAT SYNCOPE / FAINTING, CONJUNCTIVITIS, DYSPEPSIA, VERTIGO, EPISTAXIS FROM NOSE PARTICULARLY, EXCESSIVE OFFENSIVE OR STAINING PERSPIRATION, SUN HEADACHE

Homeopathic Approach

With homoeopathy as our weapon we can surely beat the heat! And enjoy summer vacation with our family. Following are useful homoeopathic remedies for above mentioned ailments due to sun heat.

HEAT EXHAUSTION – Antimonium crud, Gelsemium, Natrum carb, Selenium, Lachesis, Nux mosch.

HEAT STROKE – Glonoine, Natrum carb, Belladonna, Lachesis, Amyl nit.

HEAT CRAMPS – Colocynthis, Cuprum met, Gelsemium, Belladonna, and Natrum Mur, China.

HEAT RASH – Kali bich, Ledum pal.

PRICKLY HEAT – Acon, Bry, Jaborandi, Ammonium Mur, Arsenicum album, Ledum pal, Syzigium, Urtica urens.

HEAT SYNCOPE – Gelsemium, Aconite, Antimonium crude, Lachesis, Nux vomica.

FRECKLES – Lyc, Phos, Antimonium crude.

CONJUNCTIVITIS WITH – Acon, Bell, Ferrum phos, Puls, Kali bich, Natrum mur, Calcarea carb, Nux vomica.

DYSPEPSIA IN SUMMER – Antimonium crude, Bryonia, Lycopodium.

SUN HEADACHE – Gels, Glon, Natrum carb, Bell, Kali bich, Lach, Antimonium crude, Bry, Calcarea carb.

VERTIGO – Acon, Agar, Bell, Natrum carb, Nux vomica.

EPISTAXIS FROM NOSE – Acon, Bell, China, Nux vomica, Croc, Lach, Puls, Natrum mur.

OFFENSIVE PERSPIRATION – Lycopodium, Nux vomica, Pulsatilla, Graphites.

PERSPIRATION STAINING LINEN – Lachesis, Belladonna, Graphites.

Homoeopathy is mathematics.....Predictive Homoeopathy.....Dr Prafful Vijaykar



Dr. J.J. Patel
D.H.M.S.

Professor & Guest Faculty - Department of Practice of Medicine

Breast Cancer –Dr. Hamer's view

The research from Dr. R.G. Hamer shows us that there are two kinds of breast cancer. We have breast gland cancer and we also have milk duct (intra-ductal) cancer. Each of these cancers has its origins in different areas of the brain and they each consist of different embryonic germ layers (histological formations).

CONFLICT CONTENT

Breast gland cancer has its relay in the cerebellum and will form compact adenoid tumors that consist of the old mesodermal germ layer. Milk duct cancer has its relay in the cerebral cortex; (the sensory cortex to be more exact) will develop squamous epithelium carcinomas and is derived from the ectodermal germ layer.

These manifestations are in accordance with the rules of laterality. To be more precise, a right handed woman will respond with the left breast if she has a mother-child conflict or a daughter-mother conflict and will respond with the right breast if she has a partner conflict. Her partners include her life's partner as in husband, a friend, her brother, sister, her father, or even her business partner. The opposite breast will be affected in a left handed woman.

We do not develop either intra-ductal or breast gland cancer without reason. The specific nature or feeling behind the conflict will determine precisely what brain location will receive the impact of the conflict-shock (DHS) and whether it will be the duct or the gland affected.

Breast gland cancer has to do with the woman's nest in the sense that she has a "worry", "quarrel or argument" going on in her nest. The worry could be over a health concern of a loved one, or even being thrown out of the nest by her mother! The overall issue concerned however is really a separation from a loved one.

Milk duct cancer has quite specifically to do with the conflict of, "my child, mother, or partner has been torn from my breast!" Again it is a separation conflict and the rules of laterality also apply here.

BRAIN LOCATION

As previously mentioned each of these cancers has a different histological formation and have their relays in different brain locations.

Since breast gland cancer has its origin in the cerebellum, or old brain, the tissue starts to augment from the time of the onset of the actual conflict, and will stop growing as soon as the conflict has been resolved.

In contrast, intra-ductal cancer has its origin in the sensory cortex (cerebrum) or new brain and develops ulcers or cell degeneration in the squamous epithelial tissue of the milk duct during the conflict active phase. As soon as the conflict has been resolved, this tissue goes through the repair phase and begins to augment the squamous epithelial cells that will swell and eventually obstruct the milk duct and form a so called tumor. If the manifestation goes unnoticed, the so called tumor will either degrade or calcify and no longer be a concern.

In some cases the entire sensory cortex may be affected in the patient and she may display some very specific skin problems on the inside of her arm, hand, and belly and inside leg, if there is a mother-child separation conflict. If she has a partner separation conflict, she could develop skin problems on the outside of her arm, or leg. The side of her body affected will depend on her laterality (left or right handedness)

The biological sense behind these manifestations has to do with where she may sit a child (on her lap), cradle the child (in her arms) according to her laterality, or where a partner is concerned, which side she may use to defend, slap, or push him or her away.

METASTASIS

If a woman develops a self-devaluation conflict as a result of the original DHS that gave her the breast cancer, or as a result of perhaps a DHS she received with her diagnosis, her lymph glands will most probably also be affected.

The lymph glands originate yet again from another embryonic germ layer (new mesoderm) and therefore also have a completely different brain location for their relay. These tissues behave the same way as the tissue found in the milk ducts and will degenerate during the conflict activity and will regenerate or augment forming a tumor in the resolution phase of the self-devaluation conflict.

Naturally science has observed this and given it the label of "metastasis" for lack of explanation. However Dr. Hamer explains that if a different brain location and a different embryonic germ layer are responsible for the tumor, how can this possibly be observed as metastasis? He maintains that these primary germ layers cannot transform themselves into another germ layer once they are formed in the body.

So what causes metastasis? Dr. Hamer discovered that cancer is initiated by a DHS, (a conflict shock) therefore the progression of cancer or metastasis is dependent on further DHSs.

For example, the shock of having your breast amputated (a disfigurement conflict) can give you a skin cancer on the surgical scars, or a deep self-devaluation conflict (I am less than I was before) can cause bone cancer, the shock of the bone cancer diagnosis can give you a "death fright conflict" resulting in lung cancer because we believe that the cancer is spreading "like wildfire" throughout our body.

Metastasis in the conventional sense cannot exist in view of the discovery of the German New Medicine and the Five Biological Laws.

“ The Legend 'Dr Hahnemann': Mulank 1 and Bhagyank 5 ”



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Abstract:

Dr. Samuel Hahnemann 'Founder and Father of Homoeopathy' inspire each and every one not only by discovery of Homoeopathy but being a role model in journey of life. The Legend 'Dr Hahnemann': Mulank 1 and Bhagyank 5, is analytical study of journey of Dr. Hahnemann through decoding the numbers and ruling planets. Numbers play a very significant role in the life span of an individual. Each and every number has a meaning hidden in itself. And having been born under the influence of a particular number transfers the characteristics of that number into the person.

Keywords:

Birth date, Mulank, Bhagyank, Analytic study of Personality traits.

Birth date: In the church register of Fraven- Kirche in Meissen, birth of Dr. Hahnemann was recorded as the early hours of Friday, the 11th April, 1755. But Hahnemann in his autobiography wrote “I was born on April 10th, 1755.” As actually he was born on April 10th at approximately twelve o'clock midnight. So, every true follower of Hahnemann will celebrate it like his Master on the 10th April.

Mulank: The Mulank known as birth number is determined based on the person's date of birth. Mulank represents the nature of person. Birthday of Dr. Hahnemann is 10th April 1755. So, his Mulank is 1 ($1+0=1$).

Bhagyank: The Bhagyank known as Path number is calculated by adding their complete date of birth. Bhagya means Luck. Bhagyank is used to know the time or date of important events. Dr. Hahnemann's Bhagyank is 5 ($1+0+4+1+7+5+5=23=5$).

Analytic study of Personality traits:

Numbers have correlation with planets. Planets rule our life. Ruling planet for Mulank 1 is sun. The sun like King is the leading force among all the planets, so as Dr. Hahnemann is leading force in every heart of Homoeopath and they take the Hahnemannian oath for practicing Homoeopathy. He like the sun was having leadership skills which made him independent & confident. The sun is the father of Solar system & Dr. Hahnemann is the Father of Homoeopathy. He was strong, firm, Genius and authoritative & is always respectable. As the sun he was original & had creative thinking which led to discovery of Homoeopathy. He was great & had consistency in activities by which we have six editions of Organon. He was ambitious, had not back down from a challenge, and never gave up like Mulank 1 and followed Dare to be wise. He finished what he started, overcame all hurdles and rise to the top. So, in spite of many anti- Homoeopathy & anti- Organon movements he never stepped back & gave Homoeopathy a scientific footage. Like Mulank 1 natives he gained name, fame, prestige and honour.

Ruling planet for Bhagyank 5 is Mercury. Mercury, the smallest planet in our solar system. It is also called Buddha in Sanskrit, a planet of buddhi, which means intellect. Like it Dr. Hahnemann was intellectually keen and very attentive in observation. Mercury is famous for being associated with quick response, changeable character, ready wit and restlessness. So as Dr. Hahnemann had critical analysis, moved from one place to another to achieve his higher purpose of existence. Like Mulank 5, he was good linguist, born orator, great writer & scientific in nature. Like its changeable character, he was traveler by nature & had broadened his experience & knowledge through his journeys, both in his own country & in distant lands. He had great communication skills and famous for his literary works.

Conclusion: It's a brief analytical study of personality traits of Master Hahnemann by decoding his birth date.

“Standing between the inorganic
And the organic world
Uniting them for the benefit of the sick;
Earning towards eternity
Samuel Hahnemann
Benefactor of the mankind.”

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HOMOEOPATHY : BY CHANCE OR CHOICE?



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Final Year BHMS



Abstract:

Most of students get admission in Homoeopathy because of their low marks and after this they feel regret and do general practice. But it's a time to change this opinion regarding Homoeopathy. It is not just a system of medicine to treat the disease but it cures the patient as a whole and this is uniqueness of it.

Keywords:

Homoeopathy, choice, chance, physician, burning desire, theoretical knowledge, practical knowledge, covid-19 wave, popularize.

Introduction:

Choices are what we make and chances are what we take. Choices are usually thought through evaluating options or guided by elders or by expert opinion. On the other hand chances are navigating through unknown territory that involves an amount of uncertainty. Majority of the beginners(students) who are in Homoeopathy, think that doctor means position, power, respect, money and some other consider it as the source of knowledge utilize for human welfare services.

Main Part:

If a physician wants a life of ease, position in community or in society or fame or wealth, homoeopathy offers him little that he would care to accept. But if he has unselfish burning desire to serve suffering humanity Homoeopathy will offer everything. The young man (student) who is equipped, who has values, patience, stability and willing to undergo the training for this lifelong task, Homoeopathy has everything to offer like position and status in community and society, financial stability, comfortable livelihood, etc.

Homoeopathy is a holistic medical system of drug therapeutics which is potentially capable to cure diseases which are curable applying Law of similia i.e., Like cures Like. It is receiving greater acceptance among people in India. Government of India has also taken a number of steps to promote it as a system of medicine. Homoeopathic medicines are useful in each and every types of disease ranging from children to old age which are in scope of Homoeopathy. Even recent pandemic covid-19 wave has proved its efficacy, and ministry of AYUSH also promoted it for prevention as well as for treating and beating it. For promotion of Homoeopathy CCRH is also participating in National/ State level, Arogya meals Health council exhibition to promote and popularize homoeopathy.

Conclusion :

In Today's world of competition and to conquer diseases medical students must have practical knowledge along with theoretical knowledge and has to apply it judiciously. Everyone learns something to implement it at a certain stage, especially in the field of medicine. So the one who is in the field of Homoeopathy if understands and applies the principles of Homoeopathy he can convert chance into choice. Homoeopathy as a profession carries a challenge but the possibilities of its art are infinite. So the one who has burning desire to cure the suffering humanity, Homoeopathy offers him everything.

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INTRODUCTION TO BACH FLOWER REMEDIES

Abstract – Discovery, introduction and scope of bach flower remedies.

Keywords – Dr. Edward Bach, Bach flower remedies, Rescue remedy.

Introduction:

Bach flower remedies were discovered by Dr. Edward Bach physician, Homoeopath and consultant, Bacteriologist. Dr. Bach wandered like Gautama Buddha in forests, hills and woods in search of herbals. Between the year 1930 and 1936 he founded, perfected and put into use a system of medicine as simple as it has proved effective.

He dedicated his life to discover 38 non-poisonous, wild flower remedies. Each of the 38 remedies is co-related to a specific negative state of mind, personality trait mood or temperament, that so often prove to be the real cause psychosomatically, in the breakdown of one's physical and mental equilibrium. Nora Weeks and Victor Bullen were to sincere people who supported Dr. Bach till his end.

Dr. Bach's Homoeopathic knowledge of plants, his study of nature and essentially his great sensitivity set him on the road to discover his first 19 remedies. Later during his latter two years after he had settled at Mount Vernon, he discovered his final 19 remedies.

Main part:

Dr. Samuel Hahnemann, the founder of homoeopathy, tells us that the state of disposition of the patient – commonly known as mind symptoms, often chiefly determines the selection of the remedy and that we shall never be able to cure if we do not select a remedy covering, along with the patient's other symptoms, those relating to the changes in his state of the mind and disposition. He further observes that mental symptoms are characteristic symptoms.

In healing system by flower remedies discovered by Dr. Edward Bach the medicine is selected for the individual is based on the feelings of individual. The reason is that “the mind (mood and disposition) is always altered in every corporeal disease” and it is the altered disposition of the sick person that has to be considered by correcting which all bodily troubles will automatically disappear. So, whatever the physical suffering, flower remedies are not prescribed on that but only on the mood and disposition of the patient.

The mind in its turn is master of the body, which does exactly as it is told- it walks or sits, drinks, eats, breathes, sleeps, smiles, talks and in fact faithfully performs whatever mind wills. The body is like a mirror, reflecting faithfully all that is passing through the mind. So indeed our bodily condition depends upon our thoughts.

Dr. Bach wrote “It is not possible for us to be ill unless we are not in harmony with our true nature. Illness is the result of disharmony. Those who are observant can notice a change of mood often before (and sometimes long before) the disease appears, and by treatment with herbs of nature can prevent the malady ever appearing.”

List of Bach flower remedies.

Agrimony	Aspen	Beech
Centaury	Cerato	Cherry plum
Chestnutbud	Chicory	Clematis
Crab apple	Elm	Gentian
Gorse	Heather	Holly
Honeysuckle	Hornbeam	Impatiens
Larch	Mimulus	Mustard
Oak	Olive	Pine
Red chestnut	Rock rose	Rock water
Scleranthus	Star of Bethlehem	Sweet chestnut
Vervain	Vine	Walnut
Water violet	White chestnut	Wild oat
Wild rose	Willow	Rescue remedy

Advantages of Bach Flower Remedies:

The value of Bach flower remedies cannot be overestimated when dealing with acute and chronic diseases. First of all they are prepared from natural resources such as flowers which are quite harmless.

There is no complex procedure in its manufacture and there is no dynamisation viz, potentisation like homeopathic drugs and hence cannot produce any harm to the person.

Dosage:

Dispensing of Bach Flower Remedies is the most simple process, one can conveniently give them in drops or pills either diluted with water or fruit juices. There are absolutely no diet or other restrictions; no contraindications; can be taken any time, not necessarily before and after food. No need to swallow the pill with water, just to be chewed. In case of babies, crush the pill and give dry on tongue or dissolved in little water. To those who refuse medicine, dissolve the pill in their drinking water or liquor. This does not cause any discoloration of the water or emit any smell. There is no 'expiry date' for these remedies.

Also it is Non-habit-forming and absolutely without any side-effects. Can be given to persons of all ages, the new-born baby and to ladies at all months of pregnancy. These can be taken while you are taking medicines treatment of other systems, because, these do not interfere or clash with the action of other drugs and treatment.

In acute sufferings one single dose (two pills) gives the desired result in a few seconds or a minute. (No difference in the dosage between children and adults.) (If there is relief with the first dose but not complete relief, you may repeat for the second and third time-every half-an-hour to every eight hours, depending upon the intensity of suffering). If there is no relief with the first dose, you may conclude that your selection is not a correct one. There is no question of the remedy showing its effect only after a certain number of doses. Repetition of each dose should give more and more relief.

Conclusion:

Bach flower remedies are less in number 38 medicines and one rescue remedy which prepared from mixture of 5 medicines. Bach flower remedies are easy in prescribing because of number of limited medicines as well as can be continue with any other medicines. Bach flower are very useful in treating mental disposition of individual and its prepared from natural sources which is not produced any side effect on body.

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CASE PRESENTATION



Dr. Vaishali Parmar
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INTRODUCTION:

Warts are overgrowth on skin caused by infection with Human Papilloma Virus (HPV). These may be single, multiple, flat or pedunculated, smooth or fissured, or cauliflower-like. They are generally treated by applying external medicines or by surgical excision. Allopathic treatment believes in removing external manifestation of disease by suppressive measures.

Homoeopathy has a wider range of medicines acting on warts with remarkable result. Homoeopathy has wide scope and holistic approach in treatment of skin diseases. Homoeopathy tries to remove internal miasmatic cause of warts hence cure the warts permanently without further recurrence.

CASE HISTORY:

Patient was referred to me by my old patient having complaint of warts.

Preliminary data: -Name: Mrs. R

D/O/C: 4/2/2023

Age/sex: 35/F **Education:** 10th STD pass **Occupation:** Housewife **Religion:** Hindu (S.C.)

Address: Modasa.

Chief complaint:

Patient had single wart on face (left side) 1 year back. She took thermal cauterization treatment. She was better then again warts reappear on same site, gradually increased in size, large 3, fissured, with itching and bleeding. She also developed new small warts on left side & right side of face also.

Associated c/o: Acidity and epigastrium burning, < tea, < spicy food

Physicals: Desires: spicy², sour²

Perspiration- moderate < working while Thirst- normal, room temperature water

Palms- moist

Motion< nausea- vomiting

Thermal- Chilly patient

Menstrual history:

F.M.P. - 10th STD, L.M.P.:18/01/23, Cycle- Regular 25 days, Colour – Red clots⁺, odor⁺

Pimples< before menses

Abdominal pain (Rt. Side) < during menses

Obstetric history-G2P2A0L2

Both Full term C.S due to absence of labour pain

Life-space-

Childhood- family consist of parents and 7 sisters, patient is eldest amongst them. Financial condition was not good. Patient used to work in farm on daily wages. She doesn't like to work but she had to do. She was average in study. She had studied up to 10th STD. She had only one friend.

Marriage life- Husband is driver, having good relation with husband. Father-in-law is alcoholic. Mother-in-law is strict by nature, on further inquiring patients refused to describe much about her relation with her. Brother-in-law stays outside. And his wife stays with patient. Patient has not much interaction with devrani. Patient feels anger when there is so many loads of house chores, she feels anger and speaks out. She likes to work clean.

P/H – Renal Stone **DIAGNOSIS :** Warts

CASE ANALYSIS:**Reportorial totality:**

NO	Symptom	NO	Symptom
1	Female genitalia/sex- delivery after; complaints	8	Stomach- vomiting- riding in a carriage agg.
2	Skin- warts- suppressed	9	Extremities- perspiration- hands- palm
3	Generals- F& D- sour food, acids, desire	10	Skin- warts- bleeding
4	Generals- F& D- spices, desires	11	Skin – warts – itching
5	Generals- F& D- spices, agg.	12	Skin – warts- fissured
6	Generals- F& D- tea, agg.	13	Skin- warts- large
7	Face- eruption-acne-menses- before- agg.	14	Face – warts

Reportorial results :

Repertorial Analysis	
Sep.	21/11
Thuja	16/9
Lyc.	9/9
Nit-ac.	13/8

Repertorial Analysis	
Dulc.	13/7
Sulph.	13/7
Caust.	12/7

FIRST PRESCRIPTION :

Sepia covered maximum rubrics with highest marks & also corresponded with constitutional picture of patient hence given.

4/2/2023	R _x Thuja 1M 1P HS Sepia 200 3P HS/wk Sac Lac BD for 1 month
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FOLLOW UP :

11/3/2023	large wart reduced in size, becomes blackish & dry R _x Thuja 1M 1P HS Sepia 200 3P HS/wk Sac Lac BD for 1 month
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25/3/2023	(Telephonic talk) large wart dried off completely Other small warts still present but size reduced, Better ³ Advised to continue same medicine.
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Before treatment (Dt. 4/2/2023)**After treatment (Dt. 11/32/2023)****On 25/3/2023**

CONCLUSION : Suppression of manifestation of sycotic miasm required anti- miasmatic remedy Thuja to remove the miasmatic load. Complaint started after delivery, warts with itching, bleeding& other physicals were covered by constitutional remedy sepia. From this case we can understand hazard of suppression of skin disease of internal miasmatic disease and we learn that it requires to deal with internal homoeopathic medicine rather than external removal of expression of disease.

Lichen planus and Homoeopathy



Dr. Nidhi Joshi
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Abstract:

Lichen planus is one of the non-infectious dermatological diseases. The term like is originated from Greek word. It is chronic condition. Affected on stratified squamous epithelial cell. In homoeopathy we treat patient based on holistic approach and individualization. Each medicine is unique and from this, some of the medicine is used in treatment of lichen planus. Sulphur, arsenic, mer. sol, borax etc are good homoeopathic medicine in case of lichen planus.

Keywords: Lichen planus, Homoeopathy, Individualisation

Introduction:

Lichen planus is a chronic dermatosis characterised clinically by irregular, violaceous, shining, flat topped, pruritic papules. The lesions are distributed symmetrically with sites of predilection being flexor surfaces of the wrists, forearms, legs, and external genitalia. Buccal mucosa is also involved in many cases of lichen planus.

The term lichen planus comes from the Greek word “leichen,” which means “tree moss,” and the Latin word “planus,” which means “flat,” which properly describes the surface of the cutaneous lesion. Lichen planus is a group of chronic inflammatory diseases affecting stratified squamous epithelia. It is one type of skin disease which is also associated with autoimmune disorders, such as alopecia areata, vitiligo and ulcerative colitis, more commonly than would be expected by chance. Some of the Drug may cause lichen planus. Lichen planus is a condition that forms an itchy rash on the skin or in the mouth. It has intensely itchy, flat-topped papules that usually arise on the extremities. It is seen in middle aged people.

The prevalence of Lichen Planus is 0.89% in the general population and 0.98% in patients seeking dermatological care according to a recent meta-analysis of 46 studies. There are many medicines for lichen planus in homoeopathy, but some are mentioned here.

Sulphur:

Patients with papules and extreme skin dryness respond very well to Sulphur. The skin is very dirty and unhealthy in persons. Extreme itching in the eruptions. Most patients needing Sulphur complain of worsening of itching towards night-time and when getting warm in bed. Scratching is also marked and provides some relief from itching. a burning sensation follows scratching is seen in many patients who needs sulphur. Most attacks are in spring season. Along with these symptoms, a marked burning in palms and soles is a characteristic symptom for using Sulphur. The patient may also have an increased craving for sweets.

Merc Sol:

Merc sol. is one of best indicated medicine in this condition. It is prescribed when the main complaint given by the patient is irregular ulcers inside the cheeks. The edges are not well defined. The cheeks give a very unhealthy and dirty appearance. In addition to these there is increased saliva in the mouth, highly offensive odour from the mouth. Along with these metallic taste in mouth seen in some patient.

Beryllium:

Weak will. Hysteria. Indecisive. Sensitive to criticism, passivity, yielding, “I have to protect myself” by being hard, unobtrusive, and unassuming. Dryness. Small ulcerations on lips and tip of tongue. Lichen planus of mouth. Itching papulae < warmth of bed, scratching.

Borax:

Borax is most often used for Oral lichen. Patients who really benefit from Borax have ulcers inside the cheeks and on tongue. In contrast to Merc Sol, Homeopathic remedy Borax works well when the mouth remains extremely dry. A bitter taste in mouth may be present. Excessive heat in mouth is a marked symptom to be taken note of.

Sulphur Iodatum:

Sulphur iod. is considered the best Homeopathic medicine for Lichen Planus of face and arms. The face and arms are covered with papular eruptions, with constant itching. Sulphur Iod holds a great promise in curing. The face and arm from Lichen Planus.

Plantago:

Plantago is another Homeopathic medicine of great help in the treatment of Oral Lichen Planus. It is a very effective remedy when the area involved is inside cheeks and the tongue.

Thuja:

An excellent medicine that gives wonderful results in the treatment of Lichen Planus of pigmented variety. The patient has hyper pigmented brown-coloured spots. The spots are marked on the face, hands, and arms.

Anthrakokali:

Anthrakokali is a very rare Homeopathic medicine that can help a few Lichen Planus patients. Being rare does not mean that this remedy has a less powerful effect than other well-known Homeopathic medicines. Anthrakokali shows its effect when papular eruptions are prominently present on hands and feet. The papules may also cover scrotum in males. Intense itching in the papular eruptions is always present. This medicine also gives good results in the Lichen Planus cases where the dominant site is skin over tibia (a bone in front of the leg).⁴

Antimonium crudum:

Dry skin. Itching when warm in bed. Sensitive to cold bathing. Worse at night.

Conclusion:

Homoeopathic system of medicine is based on individualization concept. Here many medicines are indicated for specific diseases. With help of homoeopathy, we can treat this type of disease at a deeper level so that the disease does not recur for a long time, for many years or months. The dose and repetition of medicine depend on severity of case and posology. When you diagnosed any case do proper totality of symptom and select medicine with use of homoeopathic principles.

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Insomnia....Get a Sound Sleep with Homoeopathy

Abstract:

Insomnia is one of the sleep disorders having multiple causes. There are various rubrics related to insomnia in repertories like Kent repertory, clinical Murphy repertory & a dictionary of material medica by J.H Clark & under these rubrics various good homoeopathic remedies for insomnia.

Key Words:

Sleep disorder, insomnia, homoeopathic therapeutic.

Abbreviations:

DIMS- Disorder of initiation or maintains of sleep

Introduction:

Sleep is prime & urgent necessity of our natures. Sleep is act of closing the doors of the brain against external intrusion while the process of rest & repair is going on within. There are various causes which disturb sleep result in sleeplessness which is nothing but Insomnia. Insomnia is very common & is, with nearly 15-30% of general population complaining of a period of insomnia per year requiring treatment. Insomnia is so often the forerunner of mental disorder. Depending upon different causation for insomnia homoeopathic remedies have good scope to treat this condition.

Insomnia:

Insomnia - Insomnia is also known as the DIMS and Commonest disorders of sleep.

There are several types of sleep disorders known. All these various sleep disorders are divided in 2 sub-types:

I. Dyssomnias II. Parasomnias. Insomnia belongs to first type Dyssomnias.

Dyssomnias:

Dyssomnias are sleep disorders that are characterised by disturbances in the amount, quality or timing of sleep.

Insomnia means one or more of the following:

1. Difficulty in initiating sleep (going-off to sleep).
2. Difficulty in maintaining sleeps (remaining asleep).

This can include both:

- a. Frequent awakenings during the night, and
- b. Early morning awakening.

3. Non-restorative sleeps where despite an adequate duration of sleep, there is a feeling of not having rested fully (poor quality sleep).

AETIOLOGICAL FACTOR:



Homoeopathic Understanding of Mental Illness:

The homeopathic understanding of health is intimately connected to its understanding of the mind in general. Homeopaths don't separate the mind and body in the usual way; they generally assume that body and mind are dynamically interconnected and that both directly influence each other. Homeopaths base virtually every homeopathic prescription on the physical and psychological symptoms of the sick person. Psychological symptoms often play a primary role in the selection of the correct medicine to make proper similimum for cure. In homoeopathy as we consider mind & body connected with each other so for psychological illness or mental illness homoeopathic system become precious gift for those people who are suffering from psychological illness.

Homoeopathic Therapeutics:

The characteristic indications for a few of the most important homoeopathic remedy are useful in insomnia which is as follows:

Arsenicum Album:

The person who needs Arsenicum is and disturbs overanxious, restless, fearful, perfectionist type of person. He or she has a driven nature; an anxious state over anything specific or just things in general; and suffers from a fussy meticulousness, all of which create a high strung and nervous individual. In general, people needing Arsenicum tend to assume that there are hostile forces at work in the world and that they must work vigilantly against them. They have a deep-seated insecurity, from which develops a dependency on others, a possessiveness of objects and people, a tendency towards fastidiousness, and deeply-felt anxieties and fears. They may have various anxieties and fears, especially about their health, their future, and their financial status, all of which are heightened when they are alone, and then diminished when they are with others. To reduce the chances of things going wrong, they become over conscientious. They over prepare for everything and are inordinately fastidious. Most commonly, their physical and psychological symptoms will be particularly apparent at midnight and shortly after.

The symptoms which typify the Arsenicum type are often seen in insomniacs. Because the symptoms of Arsenicum are worse late at night and because these people tend to be perfectionist, they usually require things to be "just right" in order to fall asleep. Part of their hypersensitivity to the environment lies in a sensitivity to noise—any noise.

Nux Vomica:

Nux Vomica has several similarities to Arsenicum but more distinct differences. People who need Nux are hurried and impulsive, like those who need Arsenicum, though Nux people are more prone to irritability, anger, and maliciousness. Even those Nux people who have learned to control their rage tend to feel a hyperirritability and anger inside themselves struggling to be expressed. They are dissatisfied, rarely content, hypercritical of others, impatient, and jealous. They are very competitive. Cannot keep from falling asleep in the evening while sitting or reading hours before bedtime & awake at 3 or 4 a.m. ; sleeplessness from rush of ideas, fall in to dreamy sleep at day break from which he is hard to arouse, & then feel tired & weak

Carcinosinum:

Chronic or acute insomnia, causeless, worse evening after going to bed. Main cause for sleeplessness from anticipation & anxiety, grief, mental activity. Restless sleep, unrefreshing sleep, waking at midnight after, 4am from dreams. Wakes early & frequent. Wakes as from a fright from shocks through the body or twitching

Coffea Cruda:

Coffee increases the sensibility of nerves, making them over excitable & over sensitive. Hyperactivity of mind & body. Nervous sleeplessness from rush of ideas, mental activity, awakes at or hears every sound after pleasurable excitement. Sleeps until 3 a.m. after which only dozing, effects of sudden emotion especially pleasurable one.

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Chamomila:

Sleepless from abuse of narcotics, coffee .Drowsy but cannot sleep. Drowsiness with moaning, weeping & wailing during sleep, anxious, frightened dreams with half open eyes. Pain disturbs sleep.

Lachesis Muta:

Sleeplessness from cerebral irritation of alcoholics, frightful dreams of snakes. Sudden starting when falling asleep. Sleepiness yet cannot sleep Sleepiness wide-awake in evening .sleeps into aggravation.

Hyosymus Niger:

Sleeplessness without apparent cause. Nightly sleepless, nervous wakefulness, intense sleeplessness, spoor, with convulsions falls asleep while answering .Start out of sleep frightened. Sits up & then goes to sleep again. Laughs during sleep. Child sobs & cries in sleep without waking, comatose sleep with convulsions & involuntary movements of the limbs.

Belladonna:

Restless, crying out, sleeplessness & drowsiness with flushed face dilated pupils' .The pt.has horrible dreams. Starting when closing the eyes or during sleep. Moans & tosses about in sleep Jerks during sleeps staring when closing the eyes of during sleep. Sleeplessness during fever.

Conclusion:

In the Homoeopathy for psychological illness depending upon causation & totality of symptom there are various remedies are available which are helpful for the different psychiatric illness like insomnia.

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