



JALA HOMOEEO VISION



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Female Disorder

Krushik Sheladiya

(Final Year BHMS)

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Homoeopathy can offer good health to women in all stage of their lives from infancy through old age. It is beneficial for the full range of emotional, mental and physical problems that a woman is likely to experience, and can help her through the transitional and developmental milestones of her life.

During the teen years homoeopathy can help with the hormonal changes of puberty and the acne that often appears at this time, but primarily it can assist with the emotional upheavals, which frequently occur as little girls make the transition to womanhood.

Later in life when a woman gets pregnant, or has a hard time conceiving (homoeopathy can help with problems of infertility), it can assist with difficulties frequently encountered, such as morning sickness and depression. By treating the mother during pregnancy and making her as healthy as she can be, we can ensure that the baby will be born healthy and free of inherited diseases. By treating throughout pregnancy, we also assist the mother to go through childbirth safely and joyfully.

The homoeopathy healing art is beneficial in helping women overcome the effects of hormonal shock to the system, can occur after a difficult birth, abortion, hysterectomy, and the use of birth control pills.

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HOMOEOPATHY FOR WOMEN HEALTH

Homoeopathy can be used to treat many common physical and emotional symptoms associated with menstrual cycles, hormone imbalances, and pre-menstrual syndrome. Because of its emphasis on treating the whole patient on a physical, mental and emotional level, it is ideally suited for homoeopathic remedies by stimulating the body's healing system to regain a sense of balance, problems involving hormonal imbalances respond well to homoeopathic treatmentHomoeopathy

BENEFIT

Homoeopathic remedies are completely non-toxic and without side-effects. Hence, they can safely be ingested during pregnancy when other types of medicines cannot be freely prescribed. Further, when the mother is homeopathically treated during pregnancy, the foetus is also being treated. Since treatment is constitutional and not symptomatic, both mother and child will be healthier, ensuring an Easier pregnancy and Benifit Ideally, both parents should be treated before the baby is conceived as remedies act very deeply, right down to the genetic level. For example, a woman who has two children with cleft lips will be able to have a third normal child if given the correct homoeopathic treatment before conceiving the child.

Regarding post-partum depression, much misery can be alleviated by homoeopathic treatment; remedies work quickly and effectively in cases.

Homoeopathy offers a safe and effective solution to the uncomfortable symptoms of menopause compared to HRT which has been found to cause many side effects ranging from nausea and varicose veins to strokes and cancer.

PULSATILLA – A different approach of learning it through reviewing literature

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ABSTRACT

The aim of this article is to arouse research aptitude among students of Homoeopathy so that scientific & documental backbone of Homoeopathic science can be upgraded in view of present time. Dr. Hahnemann introduced this in Homoeopathic practice in 1805, the genus *Pulsatilla* (Ranunculaceae, Buttercup family) comprises about 70 species, an exhaustive survey of literature revealed that sporadic information is available only on 15 species, only 11 species of *Pulsatilla* have been partially investigated for their phytoconstituents. Various species of *Pulsatilla* has traditional as well as alternative & complimentary medicinal uses. In Homoeopathic literature many claims are present for its utilisation to help human being but where is that documentation which creates confidence in budding Homoeopaths for its use in clinical practice?

KEY WORDS

Wind flower, *Pulsatilla*, Phytoconstituents, *Pulsatilla nigricans*, Ethnopharmacology, Homoeopathic indications, scope of research both at student level & at well organised level.

INTRODUCTION

Botanical name – *Pulsatilla nigricans* Linn.

Member of family Ranunculaceae,

Synonyms – *Anemone pratensis* L., *Pulsatilla pratensis* Mill., *P. vulgaris* Mill.,

common name – English- wind flower; French- Pulsatille; German- Kuchenschelle.

Hahnemann introduced this in Homoeopathic practice in 1805. Allen's Encyclop Mat. Med. Vol. VIII,20. Whole plant is used to prepare mother tincture under old method class III.

MAIN PART

Hahnemann introduced *Pulsatilla* in Homoeopathic practice in 1805. It is well known as predominantly a female medicine with its usage in children & males too in our day to day practice. Lot of information is available in our materia medica for use of this medicine, some important indications for its use can be quoted as follows :

1. Loving & lovable personality. Looks beautiful, charming & attractive. Highly emotional, gentle, soft, friendly, affectionate, talkative, kind hearted, obedient, adjust to any surrounding or situation like a river. Five main characteristics are sweetness, dependence, friendliness, flexibility & gentle emotionalism.
2. Extreme of both pleasure & pain. Weeps & tears come easily for happiness as well as sadness. Sensitive to reprimands & rudeness. Has to share all her/his feelings or problems with all close people (family members, friends, relatives, colleagues etc.) & after sharing feels happy or relieved of her/his sufferings.
3. Changeable & contradictory in thoughts, becomes highly irritable & angry. Changeability of moods & symptoms.

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3. Changeable & contradictory in thoughts, becomes highly irritable & angry. Changeability of moods & symptoms.
4. Timid, shy, indecisive, submissive, dependence on others, easily discouraged. Forsaken feeling. When she is unable to get what she wants, she develops deep feeling of being neglected by loved one. Always needs the care, affection, appreciation, sympathy & consolation by the loved one & this relieve all their suffering/discomfort. Aversion to opposite sex & marriage, feels it is sin to think of or indulge in sex but it doesn't mean that she does not have desire for sex – it is out of various fears about the life after marriage.
She will be an excellent wife in all aspect if her husband is caring & loving.
5. Strong belief of God, follows religious rituals, prayers, pooja, fasting etc. & some may develop religious fanaticism.
6. Fear of strangers, opposite sex, being alone, darkness, high places, narrow places, closed rooms. Needs company of close or known people.
7. Thirstlessness.
8. Warm blooded, cannot tolerate heat, feels suffocation in closed rooms. Likes fresh & cool open air, comfortable by moving around slowly in cool fresh air.
9. Feels better by keeping head high with 2 or 3 pillows. Lies with hands on or under the head.
10. Thirstlessness, can remain without water for hours together. Crack in middle of lower lip. Toothache better by holding cold water in mouth. Better by cold application, cold food & drinks though not thirsty.
11. Aversion to fat food, warm food & drink. Dyspepsia with great tightness after meal; must loosen clothing. Pain in stomach an hour after eating. No two stools alike. Diarrhoea rumbling, watery; worse at night. Dysentery; mucus & blood with chilliness. Two or three normal stools daily.
12. Dry cough in evening & at night; must sit up in bed to get relief & loose cough in the morning with copious mucous expectoration. Expectoration bland, thick, bitter, greenish.
13. Urine – increased desire; worse when lying down. Involuntary micturition at night, while coughing or passing flatus.
14. Urticaria, after rich food, with diarrhoea, from delayed menses, worse undressing. Acne at puberty. Varicose veins.
15. Shifting/wandering pains hands, legs, hip joint or anywhere in the body. Numbness in legs when standing long time.
16. Preventive & curative for chickenpox & measles. Mumps with infection shifting to breast or testicles.
17. In female: amenorrhoea, suppressed menses from wet feet, nervous debility or chlorosis. Menses too late, scanty, thick, dark, clotted, changeable, intermittent. Leucorrhoea acrid, burning, creamy. Diarrhoea during or after menses.
18. In male: orchitis; pain from abdomen to testicles. Thick, yellow discharge from urethra, late stage of gonorrhoea. Stricture, urine passed only in drops & stream interrupted. Acute prostatitis.

Anti-anxiety activity studies of various extracts of Pulsatilla Nigricans Stoerck carried out by Sandeep Goyal, Suresh kumar, S.D. College of Pharmacy, Barnala, Punjab, India & published in international journal of pharmaceutical sciences & drug research 2010; 2(4); 291-293 states that phytochemical screening of methanolic extract showed presence of flavonoids, tannins & carbohydrates. Flavonoids have shown anti-anxiety activity in various studies. Further, the anxiolytic effect of flavonoids has been attributed to its effect on central nervous system & benzodiazepine receptors. Therefore, flavonoids of methanolic extract of *P. nigricans* may be responsible for the anti-anxiety activity.

A study carried out by Tayyeba Rehman, Saeed Ahmad from Department of BHMS, University college of Conventional Medicine, Faculty of Pharmacy & Alternative Medicine, The Islamia University of Bahawalpur, Department of Pharmacy, The Islamia University of Bahawalpur, Bahawalpur, Punjab, Pakistan on evaluation of antibacterial & antioxidant potential of some homoeopathic mother tinctures` published in Indian journal of Research in Homoeopathy, published by Wolters Kluwer – Medknow states that Pulsatilla contains flavonoids, tannins, carbohydrates, glucoside pulsatoside, triterpene saponins & steroids. Flavonoids & triterpenoids have marked antimicrobial activity. Antibacterial activity of Pulsatilla nigricans may be due to presence of flavonoids & triterpenoids. Moreover, a previous study showed that protoanemonin from Pulsatilla nigricans is the main constituent responsible for its antibacterial activity. It contains high content of flavonoids that might be responsible for its antioxidant activity.

A study carried out by Z.S.SAIFY, FOZIA NOOR, NOUSHEEN MUSHTAQ AND AHSANA DAR Department of Pharmaceutical chemistry, faculty of pharmacy, University of Karachi, HEJ Research Institute of Chemistry, University of Karachi, Pakistan on Assessment of Anemone Pulsatilla for some biological activities & published in Pakistan Journal of Pharmaceutical sciences, Vol. II(1), January 1998, pp 47-53 states that The drug Pulsatilla, a highly valuable modern curative is obtained from the whole herb of Anemone pulsatilla. Pulsatilla contains a glycoside ranunculin (Martindale). The fresh plant yields an acrid oily substance called, Oil of Anemone which has a burning peppery taste. This oily substance decomposes into Anemonin and Anemonic acid. Anemonin is a crystalline substance, tasteless and odourless when pure. Anemone pulsatilla virtually owns its biological actions to Anemonin. It is a powerful irritant and in overdoses cause violent gastroenteritis. The oil acts as a vesicant when applied to the skin. Anemonic acid seems to be inert. Anemonin may cause local inflammation and gangrene when subcutaneously injected, vomiting and purging when given internally.

The Anemone pulsatilla (ethanolic extract) is spasmolytic in action. The extract exhibited complete inhibition of the spontaneous activity of isolated rabbit jejunum in a dose of 600 μ l. This inhibition is dose dependent and reversible. Anemone pulsatilla has long been used in traditional medicine as an antispasmodic. The present study lends credence to its use in diarrhoea. The traditional use of Anemone pulsatilla as a nervine and in the treatment of insomnia, tension and neuralgia calls for studies to determine its exact mode of action by estimating the changes in brain biogenic amines. Since this is a preliminary study, involving the determination of presence or absence of biological activity on scientific basis, the positive results have paved way for further studies and investigation of this herb as an effective phytochemical agent.

The Genus Pulsatilla : A Review by Suresh Kumar, Reecha Madaan, Asim Farooq, Anupam Sharma, S. D. College of Pharmacy, Barnala, Punjab, India, Panacea Biotec Limited, New Delhi, India, University Institute of Pharmaceutical Sciences, Panjab University, Chandigarh, India published in Pharmacognosy Reviews, Vol. 2, issue 3, Jan-Jun, 2008 states that The review includes 84 references on the genus Pulsatilla, and comprises ethnopharmacology, morphology, phytoconstituents, pharmacological reports, clinical study and adverse effects of

the prominent species of *Pulsatilla*. Triterpenoid saponins and flavonoids constitute major classes of phytoconstituents of the genus. A few species of this genus have medicinal value, among these, *P. nigricans* Stoeck. (family Ranunculaceae) has been traditionally used in the treatment of nervous disorders, and as a remedy for ovaritis, ovariangia and sexual debility. Despite a long tradition of use of some species, the genus has not been explored properly. In the concluding part, the future scope of *Pulsatilla* species, especially *P. nigricans*, has been emphasized with a view to isolate bioactive moieties which could be used for multifarious biological activities.

CONCLUSION

To carry out scientific and documented study of any of our Homoeopathic medicine is multifactorial work. We should take help of modern technology for analysing phytochemicals/ active biomolecules quantitatively as well as qualitatively present in the sample/ crude substance. Its biological action on living being i.e. on lower animals as well as healthy human being (probably widening drug proving), clinical application can be published & retested in unbiased way. This is huge task requiring financial assistance, trained research faculties & workable infrastructure with legal assistance & guidance. This does not mean we cannot do anything, as a student of the system we should not forget quote given by our master Dr Hahnemann "test everything, keep truth". The inclusion of Essentials of Pharmacology in syllabus by NCH may help us further in such study. From above information we may conclude that *Pulsatilla nigricans* has active biomolecules having anxiolytic action and can be compared with mental picture described in our literature, spasmolytic action can be compared with GIT & Respiratory disorders, antibacterial, anti-inflammatory & antioxidant action can be compared with leukorrhoeal discharge, respiratory infections, ear infections, ovaritis, vaginitis, prostatitis etc. but if will not BE A STUDENT, POSITIVE THINKER, A HARD WORKER, it would be simple escapism. It's time to contribute the system which gives honour to us. Who am I to explain utility of *Pulsatilla*? Starworts of Homoeopathy has described so nicely but if we will not dare to use it, will not carry out experiments & will not have experience of its use, it will remain on paper. I given idea to medical officers and some students of our college for such experiments, let hope for the better. Be positive with limitation of space we will continue in next issue. Your valuable inputs will help to grow together. Thanks to all known, unknown references. Here intension is to encourage new generation for a better education, training and research aptitude.

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ROLE AND BENEFITS OF YOGA IN PREMENSTRUAL SYNDROME

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ABSTRACT : Yoga can be beneficial for managing premenstrual syndrome symptoms. It can help reduce physical discomfort, relieve stress, improve mood, and promote overall well-being.

KEYWORDS : Yoga, PMS, Psychoneuroendocrine factors, Hormonal imbalances.

ABBREVIATION : PMS- Premenstrual syndrome, CNS- Central nervous system

INTRODUCTION : Premenstrual syndrome (PMS) is a Psychoneuroendocrine disorder of unknown aetiology, often noticed just prior to menstruation. There is cyclic appearance of a large number of symptoms during the last 7-10 days of the menstrual cycle.

The exact cause is not known but the following hypotheses are postulated

(A) Alteration in the level of oestrogen and progesterone starting from the midluteal phase either there is altered oestrogen : progesterone ratio or diminished progesterone level

(B) Neuroendocrine factors :

- Serotonin: is an important neurotransmitter in the CNS. During the luteal phase decreased synthesis of serotonin is observed in women suffering from PMS
- Endorphins: the symptoms complex of PMS is thought to be due to the withdrawal of endorphins (neurotransmitter) from CNS during the luteal phase

(C) Psychological and psychosocial factors may be involved to produce behavioural changes

Sign and symptoms of PMS may be related to water retention such as abdominal bloating, Breast tenderness, swelling of the extremities, Weight gain. Or may related to neuropsychiatric symptoms like irritability, depression, mood swing forgetfulness, restlessness, increased appetite, tearfulness, anxiety, tension, confusion, and headache. Sometimes fatigue, dyspareunia, tiredness or other behavioural symptoms may also appear.

YOGA, ITS ROLE AND BENEFITS :

Yoga is a holistic Practice that originated in ancient India and has been practiced for thousands of years. It encompasses physical postures (Asana), breathing exercises (Pranayama), Meditation, and Relaxation techniques. The word "yoga" comes from the Sanskrit word "yuj," which means to unite or join, representing the Harmonious integration of the body, mind and spirit, and promotes normal hormonal secretion which results in several positive effects on various aspects of women's health, including the management and improvement of PMS. Here are some common benefits of practicing yoga for PMS

- Physical relaxation: Yoga incorporates gentle stretching, deep breathing, and relaxation techniques that help release physical tension and reduce muscle cramps, aches, and bloating associated with PMS.
- Hormonal balance: Certain yoga postures, such as inversions and forward bends, can help regulate hormone levels by stimulating the endocrine system. This can potentially alleviate mood swings, irritability, and other emotional symptoms of PMS.
- Stress reduction: PMS symptoms can be exacerbated by stress. Yoga promotes relaxation and allowing to manage stress more effectively and reduce its impact on your physical and emotional well-being during this time.

- Improved circulation: Yoga practices that incorporate gentle twists and inversions can enhance blood circulation in the pelvic region, reducing discomfort and relieving symptoms such as breast tenderness and cramping.
- Enhanced mood and emotional well-being: Yoga helps release endorphins, the "feel-good" hormones, which can improve mood and alleviate depression or anxiety associated with PMS.
- Better sleep: PMS symptoms often disrupt sleep patterns. Regular yoga practice can promote better sleep quality and help combat insomnia, ensuring that you rest adequately during this time.

SOME YOGA POSES AND TECHNIQUES THAT CAN BE HELPFUL FOR ALLEVIATING PMS SYMPTOMS

- Child's Pose (Balasana): Start on your hands and knees, then lower your hips back toward your heels, stretching your arms forward and resting your forehead on the mat. This pose helps relax the body and calm the mind.
- Cat-Cow Pose (Marjaryasana/Bitilasana): Begin on your hands and knees, and alternate between arching your back upward (cow pose) and rounding your back (cat pose). This movement can help relieve lower back pain and menstrual cramps.
- Supine Twist (Supta Matsyendrasana): Lie on your back and hug your knees to your chest. Extend your arms out to the sides and lower both knees to one side, while keeping your shoulders grounded. This pose helps release tension in the lower back and abdomen.
- Bridge Pose (Setu Bandhasana): Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground while pressing your arms and shoulders into the mat. Bridge pose can help alleviate fatigue, improve circulation, and relieve menstrual discomfort.
- Legs up the Wall Pose (Viparita Karani): Sit sideways against a wall with your hips touching the wall. Swing your legs up the wall as you lie down on your back. Your body should form an L-shape with your legs resting against the wall. Relax your arms by your sides, close your eyes, and focus on your breath. This pose helps improve circulation, reduces swelling in the legs, and promotes relaxation

CONCLUSION :

By engaging in regular yoga practice, individuals with PMS may experience reduced pain and discomfort associated with menstrual cramps, decreased severity of mood swings, improved emotional well-being, reduced anxiety and stress levels, enhanced relaxation and better sleep patterns, and increased overall quality of life during the menstrual cycle..

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FIBROID CONFLICT.....

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If female has fibroid in uterus, then conflict with - Ovary / Uterus related pathologies indicates prolong worry about her children. Uterine fibroid – Related to Emotional aspect.

- Pathology conflict –
1. Anterior wall – Related to daughter
 2. Posterior wall – Related to son
 3. Fundus – Mixed
 4. Cervix – Related to Husband

Bulky uterus - uterine fibroids occurs only when there is problem with children and husband. Posterior wall uterine fibroids occur when there is problem with son – as it is nearer to spine son is support for mother so when there is problem with son posterior wall fibroids get developed. Anterior wall fibroids occur when there is problem with daughter as it is away from spine. When there is problem with husband ovarian and cervix problem occur. So reproductive organ problem in both male and female only related with children / husband / wife with its emotional aspects not related to any others. When there is a nun or spinster due to suppression of feeling of not husband or child. There is chance of getting these related problems, even emotional pathologies of mammary glands related anxiety with husband and children not with others.

ACHIEVEMENT

1. B.H.M.S. Final Year Result April Examination 2023 - In Jay Jalaram Homoeopathic Medical College BHMS final year Students get 90 % Result in University Examination, which was held in April 2023.
2. MOU Signing Ceremony at CCRH, New Delhi - on the Occasion of World Homeopathy Day Jay Jalaram Homoeopathic Medical College Morva Rena Signed MOU with Central Council for Research in Homoeopathy [CCRH] at CCRH Headquarters, New Delhi for Research Training in the Field of Homoeopathy in Presence of Dr. Subhash Kaushik, Director of General CCRH, Dr. Vijay Patel Principal of Jay Jalaram Homoeopathic Medical College and Hospital, Dr. Tushar Acharya Professor of HMM Department at Jay Jalaram Homoeopathic Medical College Morva Rena Also Joined as a Witness in MOU Signing Ceremony.



ROLE OF HOMOEOPATHY IN MANAGEMENT OF LEIOMYOMA

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ABSTRACT

Leiomyoma is the benign tumor of smooth muscles of uterus. Its etiology is unknown but it has few risk factors. It mostly presents with menstrual disturbance, pain, infertility, abortion or one of the complication. Many homoeopathic medicines can be given for the treatment of the said disease with their different indications.

INTRODUCTION

Leiomyoma is a benign neoplasm of the muscular wall of the uterus composed primarily of smooth muscle. They are the most common pelvic tumors. Leiomyomas, or fibroids, are the most common benign tumors of the uterus. The incidence of fibroid in literature ranges between 25% and 50%. In autopsy studies, leiomyomas of the uterus have been found in up to 77% of women. Exact etiology of the disease is not known, but the probable risk factors are nulliparity, obesity, oral contraceptive pills positive family history. Fibroids can be classified into Intramural (60-70%), fibroid (20%) and submucosal (10-15%). [1]

SIGNS AND SYMPTOMS

Leiomyoma of uterine fibroid may present with different symptoms depending upon the type of fibroid. Most common presentation is with menstrual disturbances like menorrhagia, dysmenorrhoea: pressure symptoms especially nervous pressure symptoms like backache: frequency/retention/difficulty in micturition: constipation/ tenesmus/difficulty in defecation: varicosity/edema: severe spasmodic agonizing pain or fibroids with malignant changes. It may lead to infertility or spontaneous abortions.[1]

HOMOEOPATHIC MANAGEMENT

According to Synthesis repertory under the Rubric "Female Genitalia. Tumors- Uterus-myoma" many medicines can be given for fibroid of uterus among which top medicines are Calcarea carbonica, Calcarea fluorica, Phosphorus and Silicea. Other important medicines which are important as regard to fibroid of uterus are Apis Mellifica, Arnica Montana, Aurum Iodatum, Aurum Muriaticum Natronatum, Calcarea Iodatum, Calcarea Sulphuricus, Calcarea Phosphorica, Calendula Officinalis, Conium Maculatum, Hydrocotyl Asiatica, Hydrastininum Muriaticum, Iodum, Kali Bichromicum, Kalium Carbonicum, Kalium Iodatum, Lachesis Mutus, Ledum Palustre, Mercurius Corrosivus, Secale Cornutum. [2]

Few of these medicines which are commonly used clinically are described below :

1. Aurum Muriaticum Natronatum -Indurated cervix. Coldness in abdomen. metritis, uterus fills up the whole pelvis. leucorrhoea with spasmodic contraction of vagina, ovariandropsy. [3]
2. Fraxinus Americana -Enlargement of uterus. Fibrous growth and prolapse uterine tumors with bearing down sensations. cramps in feet watery non-irritating leucorrhoea. dysmenorrhoea. Worse afternoon and night.[3]
3. Trillium Pendulum-Haemorrhages from fibroid with prolapse. Sensation as through the hips and back were falling to pieces, better tight bandages, bearing down sensation. Leucorrhoea copious yellow, Stringy. [3]

4. Medorrhinum-Sycotic warts in the genitals, offensive, profuse, dark, clotted. stains difficult to wash out, sensitive spot near os uteri. Leucorrhoea thin acrid. Excoriating, fishy odor. sterility, metrorrhagia, complaint worse from daylight to sunset. [3]
5. Ustilago Maydis -Flabby condition of uterus, vicarious menstruation, uterus hypertrophied, cervix bleeds easily, profuse menses after miscarriage Bright red bleeding, partlyclotted. Oozing of dark blood, clotted."[3]
6. Calcarea carbonica Fibroids in menopause with heavy bleeding. Menses milky too early, too profuse, too long with vertigo. Increased sweat around the external genitals. Uterine polypi. Complaints aggravate during full moon. [3]
7. Phosphorus-Fibroid with red fresh heavy uterine bleeding. Slight hemorrhage from uterus between period. Menses too early and scanty. Notprofuse, but last too long. Weeps before menses, suppuration of mammae burning, watery offensive discharge. [3]

CONCLUSION

Uterine fibroid is increasingly becoming common nowadays as its treatment is surgical, patients prefer to try other alternative or complementary therapies for its cure. Homoeopathy is the second most common mode of treatment in India and many homoeopathic medicines are available for its treatment of leiomyoma. Few common medicines are mentioned above with their therapeutic indications which can be utilised for quick selection of similimum.

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How Low Hb affects Woman's Health

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A Healthy Woman make a Healthy family and health of family is wealth of society. Woman's health is an important social determinant of health. Prioritizing women's health helps achievement of the 4th and 5th goals of Millennium Development Program.

Health of women is also affect the economic status of country. Health deterioration is start with low Hb in women.

Anaemia is associated with poor cognitive and motor development in children, and work capacity in adults especially in women, influencing country economic development.

Among pregnant women, iron deficiency anaemia is also associated with adverse reproductive outcomes such as preterm delivery, low-birth-weight infants, and decreased iron stores for the baby, which may lead to impaired development.

Failure to reduce anaemia may result in millions of women experiencing impaired health and quality of life, and may impair children's development and learning. Anaemia is an indicator of both poor nutrition and poor health.

Iron-deficiency anaemia is the most common type of anaemia across the world. It is caused by the lack of red blood cells or haemoglobin. Women are especially susceptible to iron-deficiency anaemia for the simple reason that they lose blood every month during their menstrual cycle.

Low Hb is also indicates Malnutrition which is seriously affect growth of body. In this compromised condition health is deteriorate with low immunity. This may cause many kind of health problems.

Who are in the higher-risk group?

While all women are at risk of being anaemic during pregnancy, certain groups are at an increased risk. Let's take a look at them:

- Women who are pregnant with more than one baby.
- Women who have back-to-back pregnancies.
- Those who experience a severe form of morning sickness and vomit a lot.
- Pregnant teenagers.
- Those who didn't take sufficient amount of foods which are rich in iron.
- Those who already have anaemia.

Above this condition is favourable for low Hb, and other than this many female faces Iron deficiency anaemia which is 40% contribute in all types of anaemia. Once anaemia is developed and not correct as soon as possible that may cause low immunity and this result in health deviation.

Following symptoms may appear as alarming signs of health deterioration.

- Fatigue (extreme tiredness; can be mild to severe)
- Difficulty breathing; being short of breath
- Rapid heart rate (fast heartbeat, even if you are sitting still)
- Pale (lighter than normal coloured) skin
- Lips, gums, lining of the eyelids, nail beds, and palms are less pink than usual
- Feeling cold
- Confusion or loss of concentration
- Dizziness or fainting.

Women and Anaemia

The most common type of anaemia worldwide is iron deficiency anaemia, which is caused by a shortage of iron. Women are especially likely to develop this type of anaemia for several reasons. First, women aged 12 to 49 lose blood approximately once a month during their periods. Iron is needed to make the new blood that replaces the blood lost with each menstrual period. The risk of anaemia is higher among women with periods that are especially long or include very heavy bleeding. Some women also lose iron from uterine fibroids (non-cancerous growths in the womb) that bleed slowly, or from bleeding caused by using certain intrauterine devices (IUDs) for birth control.

Second, women need extra iron during pregnancy for the proper development of their babies. In fact, pregnant women need 50 percent more iron than usual (27 mg per day instead of the usual 18 mg per day). Women also lose blood during childbirth. It is important for women who are pregnant or plan to become pregnant to have their iron levels checked and to tell their health care providers about any symptoms of anemia. Prenatal vitamins contain iron and can help prevent low iron levels and pregnancy-related anemia.

Low Hb affects the cellular growth and may cause functional and physiological impairment of the body. Because of Hb is principle component who carry oxygen in body, and oxygen is very necessary for cellular metabolism. Low Hb cause low Oxygen concentration that may cause metabolism defect which is lead in cellular defect results in health deterioration.

Overall as a medico our prime duty to awake for low Hb alarming signs and symptoms. Don't take lightly and give appropriate treatment and nourishment with remove the maintaining cause of anaemia.

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Let's know how stress causes PCOS

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ABSTRACT

Stress is not itself considered as a direct cause of PCOS, but it can be the major cause of PCOS. Majorly any kind of stress, can easily disturb PNEI (psycho neuro endocrine immunology axis) which can lead to PCOS.

KEYWORD

PCOS, hormonal imbalance, depression, insulin resistance, amenorrhea, polycystic ovaries, hirsutism, infertility.

INTRODUCTION

Ovaries are small, oval-shaped, paired female sex glands, located on either side of uterus. It is covered by single layer of germinal epithelium. Cortex part of ovary consist of numerous follicular structures in various phases of their development, these are- Primordial follicles, maturing follicles, Graafian follicle and corpus luteum. They produce and store egg(ovum) and releases hormones that control menstrual cycle and pregnancy. Ovaries continue to release egg each menstrual cycle until menopause. Ovulation takes place on 14th day of 28-day menstrual cycle, when LH surge takes place. Egg begins its travel through fallopian tube, in its way if sperm comes in its contact then it got fertilize and convert to zygote, this will further divide and implant into uterus. And if no fertilization takes place then ovum will get released out of body and around 28th day (in 28-daycycle)menstruation will takes place.

Biological function of ovary : maturation of follicles, ovulation, secretion of reproductive hormones.

PCOS : Polycystic ovary syndrome

PCOS as it is termed- syndrome, includes many symptoms. It is a common hormonal condition that occurs when ovaries produce higher level of androgen, which will cause imbalance between reproductive hormones. It affects 1 in 5 women in their child bearing age. Female with PCOS often have irregular menstrual cycle, unpredictable ovulation or an ovulation and infertility.

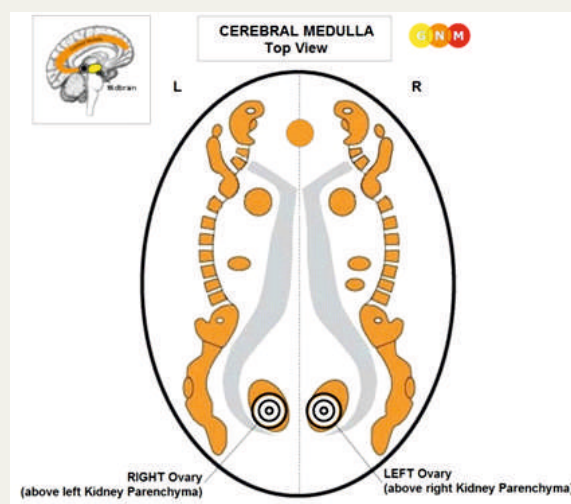
- Loss Conflict is a biological conflict related to ovaries. So if any women feel betrayal or unloved, she will get depressed and that will cause stress to her mind and body which will cause hormonal imbalance which will lead to development of one or more small fluid-filled cysts in ovaries.

(Loss Conflict—fear of losing beloved person, Pet, After Miscarriage or Coerced Abortions, after an argument, Betrayal or unfaithfulness of a partner or friend, constant self-blaming following break up, etc. It only concerns with person or pet, not the loss of home*).

MAINPART

Being diagnosed with PCOS can be challenging journey and for some women, the diagnosis can cause a vast range of emotions that can have adverse effects on their condition and lifestyle worsening PCOS. As we know each and every organ is controlled by its particular center in brain.

A woman after loss conflict (like unfaithfulness of partner) undergo depression condition and symptoms like Acne, weight gain, irregularity in her menses, infertility, growth of facial hair has started to develop. These all symptoms have developed due to abnormal secretion of stress hormone, cortisol and androgen or may be due to Insulin Resistance (chronic stress lead to increased insulin resistance which can lead to higher insulin production that will contribute to hormone imbalance and the production of excess androgen hormone from ovaries).



Psychology of PCOS :

PCOS is a psychosomatic disorder, it starts to develop since women get affected by loss conflict (like unfaithfulness of partner), the area of brain which control ovary started to get affected by it and changes in ovary started to begin and it get worsen according to duration and intensity of conflict. As long the conflict affects her, hormonal imbalance will also continue and causes different kind of sign and symptoms.

Biological Conflict :

loss conflict- (unfaithfulness of partner) lead women to stressed condition which will disturb her hormone secretion, there will be increased pulse frequency of GnRH leads to increased pulse frequency of LH.

Conflict active phase :

Necrosis of ovarian cell will take place. During this there is increased pulse frequency and amplitude of LH will result in chronic elevated level of LH, which will act on theca cell to produce more androgen and there will be less aromatization. FSH level is not increased, so comparatively less secretion of oestrogen, which will affect follicle development and will not lead to ovulation. Immature follicles get accumulate in ovary. According to duration and intensity of conflict symptoms develop, if there is prolonged conflict then there will be irregular periods, a delayed menarche, amenorrhea, or infertility and this will remain up to the conflict is resolved.

There might be unilateral or bilateral affection of ovary, it depends upon the handedness of women (right handed or left handed) and whether the conflict is related to mother/child or partner.

Right side ovary affection - loss conflict related with partner.

Left side ovary affection - — loss conflict related with mother/ child

So according to the conflict and its relation, that side of ovary is affected but many times more than one conflict affects females so bilateral affection of ovary is there and so multiple cysts get formed.

Healing phase : When conflict resolve, necrosed tissue are replenished with new cell. Healing is done by inflammatory reaction and edema, which will cause pain.

During this phase - fluid filled cyst will be formed at the site of necrosis (It will mainly take 9 months to complete). Due to much water retention (at the site of healing) larger cyst will be formed, which will cause pain, particularly during menstruation and menstrual heavy bleeding. Due to multiple conflict— many cysts are formed “polycystic ovaries”.

SYMPTOMS

- Irregular menstruation or Amenorrhea : the lack of ovulation will prevent the lining of uterus from shedding every month. Sometimes less than 8 periods/ year or no menstruation at all.
- Weight gain
- Hormonal acne: Excessive androgen will lead to more secretion of oil.
- Infertility: Due to lack of ovulation. (Anovulation is due to constant elevation of LH level but lack of LH surge).
- Hirsutism: Because of increased level of androgen.
- Depression and anxiety
- Darkening of skin: patches of dark skin, especially in the folds of neck, armpits, groin and under breasts- Acanthosis nigricans.

CONCLUSION

Due to chronic stress (Loss Conflict), there is imbalance between reproductive hormonal level and increased androgen level. In conflict active phase, there is increase in FSH and LH ratio (LH is higher than FSH) which will lead to less development of ovarian follicles, accumulation of immature follicles and anovulation. Ovary gets enlarged twice than its normal size. During healing phase, the immature follicle will fuse together water will get lodged in it and form cyst. Due to multiple conflict, multiple cysts may get formed and there may be involvement of bilateral ovaries. This will produce adverse kind of sign and symptoms mentioned above.

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DYSMENORRHEA & HOMOEOPATHY

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ABSTRACT

Menstruation or period is a natural process & some discomfort may occur during this process is normal but when it becomes more pain full at that level a girl or woman unable to do daily activities or household works or job during menstruation, we call it as dysmenorrhea. In that cases our homoeopathic remedies give wonderful results and improve woman health.

KEYWORDS

Dysmenorrhea, types, causes, menstrual leaves, homoeopathy remedies, general measures.

INTRODUCTION

Dysmenorrhea means painful menstruation of sufficient magnitude so as to incapacitate day to day activities. There are two types of dysmenorrhea: 1) primary (i.e., spasmodic) 2) secondary (i.e., congestive).

In primary dysmenorrhea, causes are mostly confined to adolescents, ovulatory cycles. Psychological factors of tension (stress) and anxiety during adolescence, lower pain threshold, and hormonal imbalance are another causes. In this type of dysmenorrheal pain begins few hours before or just with onset of menstruation. Usually lasts for few hours may extend to 24 hours but may persists beyond 48 hours. Pain is usually cured following pregnancy and vaginal delivery.

In secondary dysmenorrhea menstrual pain is associated in presence of pelvic pathology, common causes are endometriosis, adenomyosis, IUCD in utero, cervical stenosis, uterine fibroid, pelvic congestion, endometrial polyp, chronic pelvic infection, pelvic adhesion etc. pain usually appears 3-5 days prior to period and relieves with onset of bleeding.

MAIN PART

Dysmenorrhea affects women's daily activities. some girls absent in school because of pain and women faces so many difficulties in her work.

Worldwide, menstrual leave is currently offered only in small number of countries including Japan, Taiwan, Indonesia, South Korea, and Zambia. In India, Bihar and Kerala are the only Indian states that have introduced menstrual leave policies for women. but what about other countries?

So here our role starts, we have so many homoeopathic remedies in our material medica which acts as blessings for women who works in painful periods. Some systemic discomforts like nausea, vomiting, fatigue, diarrhea, headache and tachycardia or other gynecological symptoms like dyspareunia, dysuria, abnormal uterine bleeding and infertility are helps in selection of homoeopathic remedy because we are believing in the concept of individualization.\

Following few homoeopathic remedies are indicated in cases of dysmenorrhea :

Belladonna : Indicated in cases of congestive form of dysmenorrhea. Pains come suddenly and cease suddenly flow is offensive and clotted. There is pain preceding the flow and a sensation of heaviness as if everything would protrude from vulva and relieved by sitting up straight.

Cimicifuga : The characteristics indication for this remedy in dysmenorrhea is pain flying across the pelvic region from one side to other side. Headache preceding menses, during menses sharp pain across abdomen has to double up the patient.

Ignatia : Useful in dysmenorrhea with menstrual colic or bearing down in the hypogastric region, hysterical labour like pains relieved by pressure.

Viburnum opulus : - Sudden pain in uterine region before menstruation and much backache during menses. Spasmodic dysuria in hysterical subjects also call for remedy. Pain going around pelvis and also empty gone feeling in stomach but bearing down is more violent.

Magnesium phosphorica : Indicated in neuralgic and crampy pain preceding the flow. Pain is relieved by warmth and aggravation from motion. Uterine engorgement with characteristic crampy pain will indicate the remedy.

Colocynth : Severe left-sided ovarian pain causing patient to double up. Pain extend from umbilicus to genitals.

Xanthoxylum : Useful where the pain is agonizing, burning, extending down thighs with a feeling as if limbs were paralyzed. Headache over left eye the day before menses and it seems to correspond to women of delicate and nervous temperament is characteristic of remedy.

Coculus : Indicated remedy in uterine cramps with suppressed irregular menses and sero-purulent discharge. Severe headache accompanied by nausea and seasickness is characteristic symptom.

Caulophyllum : Hysterical convulsion with dysmenorrheal, pain shoot to various parts of body pain are spasmodic and labor like with passages of large quantities of pale urine.

Pulsatilla : Dysmenorrheal calls for remedy when menses are dark in colour and delayed, more severe the pain are the more chilly the patient Will getting feet wet. Useful remedy in congestive type of dysmenorrhea. Patient has craving for open air is characteristic symptom.

CONCLUSION

Dysmenorrhea is a symptom rather than disease but not just a symptom. So, we have to rule out the cause and select homoeopathic remedy which improve women health.

Along with homoeopathic medicine Apply heat to the abdomen. Placing a hot water bottle or heating pad against the abdomen can relax the muscles and relieve cramps.

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Blood Donation Camp



Inauguration Of Jala Homoeovision

મોરવા કોલેજમાં હોમિયોપેથીકને લગતું ન્યૂઝ મેગેઝીન લોન્ચ કરાયું

વિશ્વ હોમિયોપેથીક દિવસની મોરવા જલારામ હોમિયોપેથીક કોલેજ ખાતે હોમિયોપેથીકને લગતા ન્યૂઝ મેગેઝીન લોન્ચ કરવામાં આવ્યું છે. આ ઉપરાંત જલારામ હોમિયોપેથીક કોલેજમાં હવે હોમિયોપેથીક વિષય પછે સારા એ માટેના કેન્દ્રીય હોમિયોપેથીક રિસર્ચ સેન્ટર સાથે જલારામ હોમિયોપેથીક કોલેજ દ્વારા એન્થ્રોપુ કરવામાં આવ્યું છે.

કહેરના મોરવા ખાતે આવેલી જલારામ હોમિયોપેથીક કોલેજ ખાતે વિશ્વ હોમિયોપેથીક દિવસ ૨૬૮ બોટલ રક્ત એકત્રિત કરવા રક્તદાન કેમ્પ ઉપરાંત હોમિયોપેથીક કોલેજમાં સારવાર કેમ્પ યોજવામાં આવ્યો.



World Homoeopathy Day Celebration

મોરવા રેણા ગામની જય જલારામ હોમિયોપેથીક મેડિકલ કોલેજમાં વિશ્વ હોમિયોપેથીક દિવસ ઉજવાશે

ગોધરા : ૧૦ એપ્રિલ એ હોમિયોપેથીક શોધક ડૉ.હનેમાનની જન્મદિવસ તરીકે વિશ્વ ભરમાં વિશ્વ હોમિયોપેથીક દિવસ ઉજવામાં આવે છે. જય જલારામ હોમિયોપેથીક મેડિકલ કોલેજ મોરવા રેણા ખાતે વિવિધ પ્રકારના કાર્યક્રમો દ્વારા વિશ્વ હોમિયોપેથીક દિવસની ઉજવણી કરવામાં આવશે. જેમાં મક્ત હોમિયોપેથીક નિદાન અને સારવાર કેમ્પનું આયોજન કરેલ છે. હોમિયોપેથીક શોધક ડૉ.હનેમાન ની ૨૬૮મી જન્મ જયંતી હોવાથી ૨૬૮ રક્તદાન દ્વારા ૨૬૮ બ્લડ યુનિટનું દાન કરવામાં આવશે. કોલેજના ન્યૂઝ બુલેટિન પ્રથમ આવૃત્તિનું વિમોચન, નવીન કોલેજ કેરિનનું લોકાર્પણ, પોસ્ટર મેકિંગ સ્પર્ધા, સાંસ્કૃતિક કાર્યક્રમ, હોમિયોપેથીક સીડીસ્ટા પદ્ધતિ વિશે જાગૃતિ અભિયાન જેવાં અનેક કાર્યક્રમોનું આયોજન કરવામાં આવેલ છે. તેમ સંસ્થાના ટ્રસ્ટી ડો.વિજય પટેલ દ્વારા જણાવવામાં આવ્યું છે.



ગોધરા-દાહોદ ભાસ્કર 11-04-2023

મોરવા રેણાની જય જલારામ હોમિયોપેથીક કોલેજમાં હોમિયોપેથીક દિવસની ઉજવણી



મોરવા રેણાની જય જલારામ હોમિયોપેથીક કોલેજમાં વિશ્વ હોમિયોપેથીક દિવસની ઉજવણી કરી હતી. જેમાં આજે ડૉ. હનેમાનની 268મી જન્મ જયંતી હોવાથી 268 બોટલ રક્ત એકત્રિત કરવા માટેનો રક્તદાન કેમ્પ તથા હોમિયોપેથીક સારવાર કેમ્પ યોજવામાં આવ્યો હતો. ખાસ આ દિવસે કોલેજ દ્વારા એક ખાસ હોમિયોપેથીક ને લગતા ન્યૂઝ મેગેઝીન લોન્ચ કરવામાં આવ્યું હતું. આ કાર્યક્રમમાં ગોવિંદ ગુપ્ત યુનિવર્સિટીના સિનિકેટ મેમ્બર ડૉ. અરુણ સોની, અને પંચમહાલ જિલ્લા આયુષ્ય એન્ડો, ના પ્રમુખ, સેકેટરી હાજર રહ્યા હતા. સમગ્ર કાર્યક્રમ કોલેજ ના એમ્પી અને પ્રિન્સિપાલ ડૉ. વિજય ભાઈ પટેલ દ્વારા આયોજિત કરવામાં આવ્યો હતો.



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