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Arnica Beyond Trauma: A Case Report Summer Diarrhoea

"Like the journey described in The Alchemist, the most valuable answer is not always the most obvious one. This case reminds us that careful observation and openness to unexpected possibilities can lead to successful outcomes."



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Abstract

Acute summer Diarrhoea is a common gastrointestinal disorder characterized by frequent loose stools, abdominal discomfort, weakness, and dehydration. Homeopathic management emphasizes individualized remedy selection based on the totality of symptoms rather than the disease diagnosis alone.

Keywords: Arnica, Diarrhoea, summer, acute condition, repertory.

Introduction –

Summer diarrhea (also known as "cholera infantum" or the "disease of the season") was first described in the medical literature by Benjamin Rush (1794). According to Rush (1794, p. 160), it would sometimes begin "with a diarrhoea, which can last for several days without any other symptom...but it more frequently comes on with a violent vomiting and purging, and a high fever." He argued that it was likely caused by the "discharge of bile which generally introduces the disease...and exacerbations of the fever which accompanies it..."

Offensiveness is a feature of Arnica; there is offensiveness of the eructations, and of the flatus. The stool is horribly offensive. "Nightly diarrhoea." "Stool involuntary during sleep." "Stools of undigested food, purulent; bloody, slimy, mucus," Dark blood, very foetid stool. Here we see the tendency to oozing from the mucous membranes. Black watery stools with black vomit. "Retention of urine from exertion," from overwork, from injury, from concussion of the brain, from some violent accident. The urine is brown, or inky, dark. "Piercing pains as from knives plunged into the kidneys." "Urine very acid, with increase of specific gravity."

Arnica is a useful remedy in inflammatory conditions of the abdomen, liver, intestines, with tumefaction, tympanites, prostration, tendency to uneasiness, and so sore that he cannot be touched. This state also comes with typhoid. Do not forget the symptoms of Arnica in appendicitis. You do not need to run for the surgeon for every case of appendicitis if you know BRYONIA, RHUS TOX., BELLADONNA, Arnica and similar remedies. The homeopathic remedy will cure these cases, and, if you know it, you need never run after the surgeon in appendicitis except in recurrent attacks. If you do not know your remedies, you will succumb to the prevailing notion that it is necessary to open the abdomen and remove the appendix. It is only deplorable ignorance that causes appendicitis to be surrendered to the knife.

Case presentation -

A 55-year-old female presented with complaints of frequent loose stools for the past 24 hours during the summer season. The stools were profuse, offensive, and passed 6–7 times a day. Each stool was preceded by colicky abdominal pain and followed by marked exhaustion. She complained of weakness and abdominal discomfort.

The patient described her entire body as feeling bruised and sore, with marked sensitivity to touch. My body feels sore and tired all over and extreme weakness. She repeatedly remarked that the bed felt too hard and that she could not find a comfortable position despite extreme weakness. Every movement aggravated her soreness. She wanted to be left alone and answered questions reluctantly due to exhaustion.

There was moderate thirst for small quantities of water at frequent intervals. No vomiting was present. Examination revealed signs of mild dehydration and general weakness.

The characteristic symptoms of soreness, oversensitivity to touch, sensation of the bed being too hard, offensive diarrhoea, and pointed toward Arnica montana 200, which was prescribed. Arnica 4 times a day.

Prescription -

Date	Symptoms	Prescription
20/04/2025	Loose,offensive stool, Soreness	Arnica montana 200 , 4 times a day
21/04/2025	Next day frequency 2-3 times	Repeat as before
22/04/2025	No loose stools,feels better	Medicine discontinue

Advice –

Drink plenty of fluids to prevent dehydration.

It light easily digestible food

Take adequate rate.

Follow-Up

Within 24 hours, the frequency of stools reduced from 6–7 to 2–3 times daily. The colicky pain and offensive odor were markedly diminished.

On the second follow-up, the patient reported only two semi-formed stools. The soreness of the body had almost disappeared, and she was able to rest comfortably in bed.

By the third day, bowel functions were normal, weakness had resolved, and no further medication was required.

Other medicine for summer diarrhea.

Arnica Montana	Dysentery ;with dysuria ,all summer and autumn
Aconite napellus	Complaints from very hot weather ,especially gastro -intestinal disturbances .watery Diarrhoea in children
Aloe Socotrina	Diarrhoea ,after eating oyster ,in hot season or of beer drinkers
Ambrosia	Many forms of diarrhoea ,especially during summer months ,also dysentery
Antim crude	All Conditions are aggravated by heat and cold bathing,diarrhoea;summer ,after nursing
Arsenic Album	Gastralgia from slightest food or drink. Ill effects of vegetable diet, melons, and watery fruits generally.
Bryonia Alba	It prefers the right side, the evening, and open air, warm weather after cold days, to manifest its action most markedly.worse in morning, from moving, in hot weather, after being heated, from cold drinks, every spell of hot weather.
Camphor	Stool-Blackish; involuntary. Asiatic cholera, with cramps in calves, coldness of body, anguish, great weakness, collapse, tongue and mouth cold.
Aethusa	Anguish, crying, and expression of uneasiness and discontent, lead to this remedy most frequently in disease in children, during dentition, summer complaint, when, with the diarrhoea, there is marked inability to digest milk, and poor circulation. Symptoms set in with violence.

Chincona	Undigested, frothy, yellow, painless worse at night, after meals, during hot weather, from milk, fruits.
Croton tig	Valuable remedy in diarrhoea, summer complaints and skin affection
Gambogia	Profuse watery diarrhoea in hot weather
Ipecac	Especially indicated in fat children and adults, who are feeble and catch cold in relaxing atmosphere; warm, moist weather. Amebic dysentery with tenesmus.
Merc .cor	Dysentery; tenesmus, not relieved by stool; incessant. Stool hot, bloody, slimy, offensive, with cutting pains and shreds of mucous membrane.

Conclusion –

This case serves as a reminder that a remedy should not be prescribed merely for the disease name but for the individuality of the patient. Arnica, often overlooked in gastrointestinal complaints, proved effective when its characteristic picture was clearly expressed. Such experiences encourage physicians to look beyond routine prescriptions and remain faithful to the fundamental homoeopathic principle of individualization, where the patient's unique expression of illness guides remedy selection.

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Urinary Tract Infections in Summer: Understanding the Increased Risk in Women

Introduction

Summer is often associated with vacations, outdoor activities, and increased exposure to heat. However, the hot weather also brings a rise in certain health problems, including urinary tract infections (UTIs). Women are particularly vulnerable to UTIs due to anatomical and physiological factors, and the risk may further increase during the summer months because of dehydration and changes in daily routines.

Urinary tract infections remain one of the most common bacterial infections encountered in obstetric and gynaecological practice. Awareness of summer-related risk factors and preventive measures can help reduce the incidence of these infections and their complications.



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What is a Urinary Tract Infection?

A urinary tract infection occurs when bacteria enter and multiply within the urinary system, affecting the urethra, bladder, ureters, or kidneys. The majority of infections are caused by *Escherichia coli* (*E. coli*), bacteria commonly found in the intestinal tract. Women are more susceptible because their urethra is shorter, allowing bacteria easier access to the bladder.

Why Are UTIs More Common During Summer? Several factors contribute to an increased risk of UTIs during hot weather:

Dehydration

High temperatures increase fluid loss through sweating. When water intake is inadequate, urine becomes concentrated and less frequent. Reduced urine output limits the natural flushing of bacteria from the urinary tract, increasing the risk of infection.

Increased Perspiration

Excessive sweating creates a warm and moist environment around the genital area, which may encourage bacterial growth.

Outdoor Activities and Travel

Summer vacations, long journeys, and outdoor activities often lead to delayed urination and reduced water consumption. Holding urine for prolonged periods allows bacteria more time to multiply within the bladder.

Swimming and Wet Clothing

Spending extended periods in wet swimsuits or damp clothing may contribute to irritation and create conditions favorable for bacterial growth.

Dietary Changes

Increased consumption of sugary beverages and reduced water intake during summer can contribute to dehydration and may indirectly increase susceptibility to urinary infections.

Symptoms of UTI

Common symptoms include:

- Burning sensation during urination
- Frequent urge to urinate
- Passing small amounts of urine repeatedly
- Lower abdominal or pelvic discomfort
- Cloudy or foul-smelling urine
- Blood in urine

If the infection spreads to the kidneys, symptoms may include:

- Fever
- Chills
- Nausea and vomiting
- Back or flank pain
- General weakness

Kidney infections require immediate medical attention.

Special Considerations During Pregnancy

Pregnancy increases the risk of urinary tract infections due to hormonal influences and changes in the urinary tract.

During summer, dehydration can further increase susceptibility.

Untreated UTIs in pregnancy may lead to:

- Kidney infection (pyelonephritis)
- Preterm labour
- Low birth weight
- Maternal complications

Regular antenatal check-ups and urine screening remain essential for early detection.

Diagnosis

Diagnosis is usually based on:

- Clinical symptoms
- Urine routine examination
- Urine culture and sensitivity testing
- Additional investigations in recurrent cases

Early diagnosis helps prevent complications and guides appropriate treatment.

Prevention: Summer Tips for Women

Simple preventive measures can significantly reduce the risk of urinary tract infections during hot weather:

- Drink adequate amounts of water throughout the day.
- Do not ignore the urge to urinate.
- Maintain proper genital hygiene.
- Wipe from front to back after using the toilet.

- Change out of wet swimwear promptly.
- Wear loose-fitting cotton clothing.
- Avoid excessive consumption of sugary drinks.
- Urinate after sexual intercourse.
- Include water-rich fruits such as watermelon, cucumber, and citrus fruits in the diet.

Homoeopathic Perspective

Homoeopathy adopts an individualized approach in managing urinary complaints. Remedies are selected according to the individual patient's symptom profile and overall constitution.

Commonly used remedies include:

Cantharis

Indicated when there is intense burning before, during, and after urination with frequent urging.

Sarsaparilla

Useful when severe pain occurs particularly at the end of urination.

Apis Mellifica

Considered when burning and stinging sensations are associated with scanty urine.

Staphysagria

Often prescribed in recurrent urinary infections, especially when symptoms are associated with sexual activity.

Homoeopathic treatment should always be individualized and undertaken under the supervision of a qualified practitioner.

Patients with fever, severe pain, pregnancy-related urinary symptoms, or recurrent infections should seek prompt medical evaluation.

Conclusion

The summer season brings unique challenges that can increase the risk of urinary tract infections in women. Dehydration, excessive sweating, delayed urination, and prolonged use of wet clothing are important contributing factors. Maintaining adequate hydration, practicing good hygiene, and seeking early treatment for urinary symptoms can help prevent complications. Awareness and timely intervention remain the keys to preserving urinary health, particularly among women and pregnant mothers during the hot summer months.

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Severe Impetigo with superadded infection treated with individualized homoeopathic medicine

Keywords: severe impetigo; individualized homoeopathic medicine; Pulsatilla pratensis

Introduction

Impetigo is a common infection of the superficial layers of the epidermis that is highly contagious and most commonly caused by gram-positive bacteria. It most commonly presents as erythematous plaques with a yellow crust and may be itchy or painful. The lesions are highly contagious and spread easily. Impetigo is a disease of children who reside in hot humid climates. The infection may be bullous or nonbullous. The infection typically affects the face but can also occur in any other part of the body that has an abrasion, laceration, insect bite or other trauma. Diagnosis is typically based on the symptoms and clinical manifestations alone. Treatment involves topical and oral antibiotics and symptomatic care. (1) Homoeopathic medicine is efficacious in cases of dermatological conditions, whether of endogenous or exogenous origin. (2)

Case report

A 79-year-old elderly male seen in our low-income patient clinic, presents with extensive skin lesions over the right cheek, chin, jawline, upper neck for eight days. Multiple lesions are crusted, eroded, oozing, vesiculopustular and ulcerated with honey colored crust in various places. The surrounding skin is erythematous, inflamed and appears edematous, some lesions are coalescing into larger ulcerated areas.

He has severe stinging, itching and sticking pains in the face which are better by cold water, being in a cold room, and being fanned. Itching is especially aggravated at the time of the evening and night. He has a mild feverish (hot) sensation with a decrease in thirst and dryness of mouth.

Figure

Medication history: Paracetamol, cortisone, L-Cetirizine without relief.

Family history

Mother: Asthma - died; Father: Died

Medical history

No major illness such as diabetes, hypertension and thyroid problems.

Physical generals:

Appetite: low

Thirst: thirstlessness with fever - down to 3-4 glasses water per day

Stool- normal 1 times/day

Urine- no foul odor, or any dysuria.

Not any specific desires and aversions

Normally sensitive to cold temperatures, but no change since beginning of impetigo

Physical examination

No pallor, icterus, cyanosis, or clubbing.

No lymphadenopathy

Temperature: 99.8 F (axillary); Pulse-82/min; RR-18/min; Blood pressure: 110/70

CNS: Conscious, well oriented to time and place



Dr Girish Parmar

Associate Professor & HOD,
Department of Surgery



CVS: S1 S2 heard, no abnormalities

Respiratory: Clear to auscultation and bilaterally equal

Abdomen: Soft, non-tender, non-distended, and no hepatosplenomegaly.

Skin: Positive findings: Local examination of the skin reveals multiple lesions, crusted, eroded and oozing. Lesions appear vesiculopustular and ulcerated with yellow (honey colored) crust in places. Surrounding skin is erythematous, inflamed and appears edematous; some lesions are coalescing into larger ulcerated areas.

Differential diagnosis

Herpes simplex, *Tinea corporis*, *Ecthyma impetigo*

Case analysis

Classification of homeopathic symptoms

1. Physical general characteristic- Thirstlessness with feverishness
2. Physical general characteristic- dryness of mouth.
3. Physical particular characteristic with modality- Stinging itching, amelioration in cold room, and open air (fans).
4. Physical particular characteristic modality- stinging itching with aggravation in the evening and night.

Repertorization

Table 1

		puls.	rhus-t.	sep.	aps.	merc.	ant-c.	bry.	lyc.	alum.	sabad.	amc.	barc.	calc.	d.
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		7	7	7	7	7	7	7	7	7	7	7	7	7	7
		18	16	16	14	14	13	13	13	12	12	11	11	11	11
Clipboard 1															
1. GENERALS - AIR; IN OPEN - amel.	(260) 1	3	3	2	2	1	2	2	2	3	3	2	1	1	2
2. GENERALS - COLD - amel.	(116) 1	3	1	1	2	1	2	2	2	1	1	2	1	1	1
3. STOMACH - THIRSTLESS - fever; during	(119) 1	3	1	4	3	2	2	1	1	2	3	1	1	2	2
4. MOUTH - DRYNESS	(339) 1	2	3	3	2	3	2	3	3	2	1	1	3	2	3
5. SKIN - ERUPTIONS - crusty	(112) 1	2	3	2	1	3	3	2	3	2	2	2	2	3	1
6. SKIN - ERUPTIONS - stinging	(83) 1	3	2	3	3	2	1	2	1	1	1	2	2	1	1
7. SKIN - ITCHING - evening	(66) 1	2	3	1	1	2	1	1	1	1	1	1	1	1	1

Remedy differential

Radar 10.0 Homeopathic Software was used as the case presented with characteristic physical generals and particulars, so the Kentian approach was applicable. The repertorisation chart presents the five close remedies: Sepia (16/6), Rhus. tox. (15/6), Arsenicum album (14/6), Merc. sol. (14/6), Pulsatilla (14/6). The first three remedies are ameliorated by hot or warm weather, the fourth remedy Merc. sol. is worse from heat and cold. Pulsatilla pratensis is better by cold, fans, and is thirstless, with dryness of mouth. (3)(4)

Prescription : Pulsatilla pratensis 30CH given frequently TDS for 4 days

Timeline of patient follow-up

Table 2

Sr.No	Date	Patient symptoms	Prescription
1	19/06/2025	Impetigo eruptions on the face	Pulsatilla 30 TDS for 4 days
2	28/06/2025	No eruptions on the face Face is clear he came after 8 days Given follow-up late.	Sac. lac. was given

Figure 2

Discussion: Dermatology is a branch of medicine where homoeopathic treatment has proven effective. While treatment of dermatological conditions is reported in homoeopathic literature, impetigo treatment is not commonly described. Severe impetigo is challenging for the homoeopathic physician to manage; patients are quite impatient when dealing with skin complaints, as it not only affects the appearance but also may cause physical discomfort.

This case treated with individualized homoeopathic medicine showed improvement as Hahnemann outlined in Aphorism 189 the appropriate treatment for local diseases. (5) The aphorism emphasizes that the remedy administered must not only match the nature of the specific local afflictions but also correspond to the entirety of symptoms displayed by the patient.

**CONCLUSION**

The presented case highlights the possible efficacy of individualized homoeopathic medicine in cases of skin infection. There is a need, nevertheless, for further elaborative study and suggested well-designed research. Ethical approval: Institutional Review Board approval is not required.

Declaration of patient consent: The authors certify that they have obtained all appropriate patient consent. Conflicts of interest: There are no conflicts of interest.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation: The author confirms that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

Financial support and sponsorship: Nil.

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The Summer Song

The sun burned white o'er a dusty lane,
Where summer clutched the golden grain.
But nature's lab, in secret ways,
Prepared for all the fevered days.

Under a sky of shimmering bronze,
A glutton lay on shaded lawns.
His tongue was white, like morning frost,
From sweets and feasts and temper lost.
Antimonium Crudum he did take,
For the bloated gut and the heavy ache.
It calmed the nausea of the greed,
When summer indulgence was his creed.

Across the field, a traveller bold,
Found that the heat no mercy hold.
His stomach groaned with a sudden roar,
As he rushed for the farmhouse door.
Aloe Socotrina, the bitter leaf,
Brought the frantic bowel its quick relief.
For the morning rush and a heavy core,
He felt the dragging weight no more.

Yet in the dry and windless heat,
Another felt the dust's defeat.
A sinus clogged with a stringy thread,
A pressure mounting in the head.
Kali Bichromicum was the key,
To set the viscid mucus free.
For the tough discharge that will not flow,
It let the summer senses glow.

Beside the well, a worker lay,
Still as a stone in the heat of day.
"Do not move me," was his cry,
As the needle-pains in his chest did fly.
For the thirst for liters, cold and deep,
And the joint that only rest could keep,
Bryonia offered its cooling hand,
To the parched and rigid in the land.

The heat remained, the cicadas sang,
While through the woods the echoes rang.
From a white-coated tongue to a heavy limb,
The summer faded at the healing whim.
With sugar spheres and a liquid trace,
The season found a gentler face.

Dr. Anit Acharya,
Professor
Dept of HMM Editor

A Sketch Guide to Summer Health & Homeopathy

Common Summer Ailments & Homeopathic Relief



Heat Stroke & Dehydration

Symptoms:
High fever,
headache,
dry skin.



Belladonna
manage
heat stroke



Natrum Mur
electrolyte
balance



Sunburn & Skin Irritation



Cantharis
Intense exposure,
blisters,
inflammation.



Urtica Urens
topical &
systemic
relief



Gastrointestinal Disorders

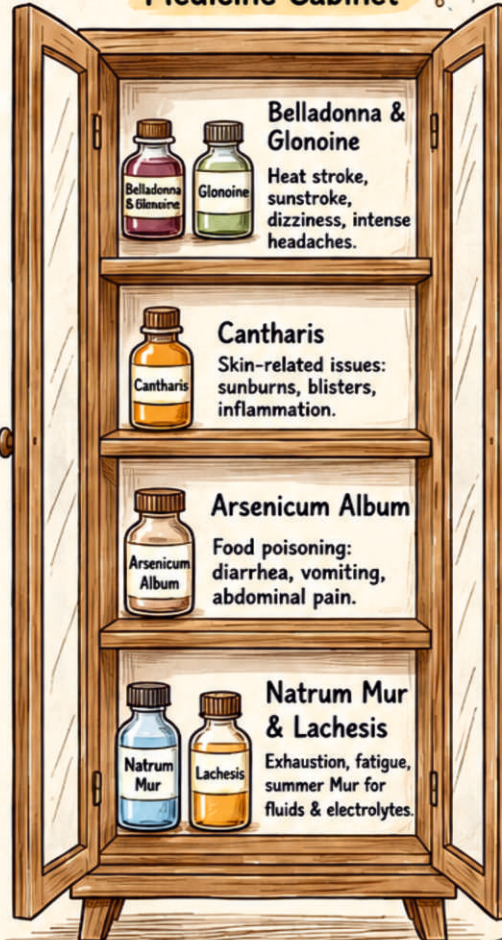


Arsenicum Album
treat vomiting,
diarrhea



Camphora
Contaminated
food/water.
Vomiting,
diarrhea.

The Homeopathic Medicine Cabinet



Belladonna & Glonoine

Heat stroke,
sunstroke,
dizziness, intense
headaches.



Cantharis

Skin-related issues:
sunburns, blisters,
inflammation.



Arsenicum Album

Food poisoning:
diarrhea, vomiting,
abdominal pain.



Natrum Mur & Lachesis

Exhaustion, fatigue,
summer Mur for
fluids & electrolytes.



Preventive Measures (Avoid the Heat)



Stay Hydrated

Drink plenty of water
and electrolyte-rich
fluids.



Sun Protection

Wear protective clothing,
hats, apply sunscreen.



Food & Water Hygiene

Avoid contaminated water,
ensure food is cooked
and clean.

Mosquito Protection



Use repellents to
minimize mosquito-
borne diseases.

Stay Cool • Stay Safe • Stay Healthy
Nature's Care, Homeopathy's Cure. ♥

JALA HOMOEOPATHY QUIZ

IDENTIFY THE FOLLOWING:

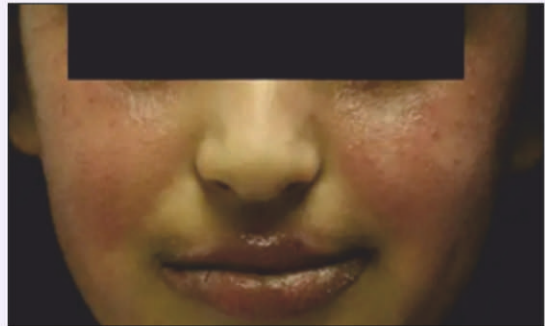
1. Identify the plant name-

- a) Ranunculus scleratus
- b) Symphytum
- c) Passiflora incarnata
- d) Fragaria



2. Identify the clinical condition

- a) Acne rosacea
- b) Atopic dermatitis
- c) Systemic lupus erythematosus
- d) Actinic prurigo



3. Great debility caused by summer heat; chronic effect of sunstroke, exhaustion, anaemic, milky, watery with weak ankles.

- a) Natrum carbonicum
- b) Lac caninum
- c) Pulsatilla
- d) Palladium

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Peripheral OPD -Kakanpur 31-03-2026



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