



HOMOEEO श्री

An effort by Narayan shree Homoeopathic Medical College, Hospital & Research Centre, Bhopal

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Editorial



DR. YUKTI PATEL

HOUSE PHYSICIAN

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It is my pleasure to announce the publication of 80th Edition of Homoeo-Shree.

I am very thankful to college officials for giving me the chance to work as an associate editor of Homoeo-Shree. I would like to pay my sincere thanks to our Principal Dr. R. S. Agrawal for providing this platform.

I would like to thank all the people who have contributed their part in this edition.

I hope this edition of Homoeo-Shree will be helpful to all students & Practitioners. Enjoy Reading.



DR. YUKTI PATEL
House physician
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PATENTS IN HOMOEOPATHY

"The physicians high and only mission is to restore the sick to health to cure as it is termed"

Every homoeopathic entity either a practicing physician or budding homeopathic student, is well aware of this above written Dr. Hahnemann's aphorism number 1 of organon

of medicine, and following this mission of "curing the suffering person with his /her knowledge of this vast, complete, natural system of treatment."

For achieving this mission every homeopath uses their method or strategy of homeopathic practice, like, classical method, pathological method or practicing on Red line symptoms and so on...

In same way "patents" or use of patents in practice to treat or cure the sufferer is a new worthwhile key as per the modern fast growing medical world.

It is a never ending debate among the homeopathic world in terms of prescribing homeopathic patents, some call it boon for practice, while others call it a bane, unethical and against the Hahnemannian principles of single and simple medicine.

"Homeopathy has a very vast literature which is not everyone's cup of tea, to mug up". & specially for the budding homeopaths, who have just entered in this vast system of treatment.

In today's era of modern medical science, where markets are flourished with multiple brands of allopathic medicines with different attractive compounds such as syrups, tablets, ointment etc. In the same way homeopathic pharmacies, come up with the idea of patents to keep homeopathies' name, not merely as a sweet pill system but a system with complete range of product as per patient's needs, which is very much necessary to attract and to satisfy patient psychology.

What are Patents :-

Patent medicines are combinations of two or more than two drugs, mixed with specific calculated proportions along with a vehicle.

The drugs are mostly similar or which are clinically, pathologically used in particular disease condition.

Eg. Rhustox & Ruta are clinically proven to be much effective in joints complaints and thus combinations of these two medicines, in specific proportion' is done to make a patent for joints complaint.

PATENTS & THEIR AUTHENTICITY:-

Patents are reliable and proved combinations of medicines and also approved by food and drug administration (FDA).

DRUG AND COSMETICS ACT 1940 also approves manufacture and sale of patents.

Some homeopathic pharma companies also conduct clinical trials of their products in different hospital OPD to know its efficiency.

TYPES OF PATENTS :-

1. DROPS.
2. SYRUPS.
3. EXTERNAL APPLICATIONS.
4. TABLETS. etc.

- Major manufacturing companies and products:-
- Reckweg, WSI, SBL, Bakson etc.

EXAMPLE OF PATENTS:-

- (A) DROPS- Tyrol drop for thyroid dysfunction, B trim drop for obesity etc.
- (B) SYRUPS- Alfalfa- general tonic, Jondila- for GI complaints.
- (C) EXTERNAL APPLICATIONS - a. Ointment Sulphur for skin affections, b. Berberis aq. gel for acne etc.
- (D) TABLETS - Tab. Y-lax as a laxative, Tab. FP. for fissure and piles etc.

CONCLUSION :-

Every coin has two sides, as discussed earlier, it is a non ending debate between homeopaths, regarding use of patents,

some says- student and practitioners will be addicted to this shortcut of treatment and thus dignity and originality of homeopathy will be vanished,

while the other says- patents are helpful in time management as case taking for many cases requires very much time to select remedy and keeps new practitioners attached to homeopathy as by making it easy to practice.

Practice is purely a matter of choice and not a compulsion for anyone to practice or study a specific method and to rely on it.

One should always remember he/she is a pioneer of homeopathy and it is his/her duty to treat his patient by only homeopathic mode of treatment, irrespective of his/her tool of practice.



DR. VISHAKHA DESHMUKH
House Physician

WHY TO DO SURGERY WHEN YOU CAN CURE IT WITH HOMOEOPATHY

There are so many diseases for which surgery is advised, but if the condition or disease has not progressed to great extent, so we can treat or cure it by homoeopathy. We don't need to do surgery for that. There are some diseases and their

indicated medicines are as follows:

1. **RENAL CALCULI**- Most common disease of excretory system. Stones are formed by salts of urine, or due to hyperexcretion of relatively insoluble urinary constituents.

TYPES OF STONES-

1. OXALATE STONES [75%]
2. PHOSPHATE STONES [10-15%]
3. URICACID STONES [5%]
4. URATE STONES
5. CYSTINE STONES [2%]
6. XANTHINE STONES [very rare]

INDICATED REMEDIES FOR RENAL CALCULI:

1. **BERBERIS VULGARIS**- Pain in the region of kidneys is most marked, hence it is useful in renal and bladder problems. Inflammation of kidneys with hematuria.
Sticking pain in the region of kidneys radiating around the abdomen, to the hips and groins.
Urine with thick mucus and bright red mealy sediments. [Uric acid diathesis] constant urging to urinate with burning pains during micturition and urine very slow to flow. Indicated in mainly left sided complaints.
2. **HYDRANGAEA ARBORESCENS**- This remedy is beneficial for dissolving kidney stones and preventing their recurrence. Burning in urethra and frequent desire to urinate. Sharp pain in the loins, specially left.
Urine hard to start. Profuse deposits of white amorphous salts.
1. **SARSAPARILLA**- Indicated in renal calculi, hematuria and bright's disease. Urine scanty, slimy and flaky. Severe pain at the conclusion of urination. Urine dribbles while sitting.
Pain from the right kidney, extends downwards.
Renal colic and dysuria in infants. Child screams before and while passing urine. Sands present in diaper.
2. **CANTHARIS VESICATORIA**- Inflammation of kidneys, bladder, pleura usually associated with bladder irritation. Intolerable urging and tenesmus. Nephritis with hematuria. Violent paroxysms with cutting and burning in entire renal region with painful urging to urinate. Bloody urine passing in drops.
Urine scalds and passes drop by drop.
3. **THLASPI BURSA PASTORIS**- Frequent desire to pass urine. Haematuria, accumulation of gravel, renal colic.

4. **CALCAREA CARB**- Renal colic when formation of stone is due to uric acid.
5. **URTICA URENS**- Stones in the kidney. Urine thick. It expels gravel and stones from the kidneys.
2. **GALL STONE**- A hard painful mass that form in the gall bladder due to disposition of digestive fluid.

Or

Gall stones are deposits of digestive fluid made of solidified substance found in bile, like cholesterol.

Indicated medicines for gall stone:

1. **CHELIDONIUM**- Head remedy for gall stones. If taken for a long time, it expels stones, from the gall bladder and prevents their formation.
2. **FEL TAURI**- Biliary calculi, obstruction of the gall duct, nausea and disordered digestion.
3. **CHOLESTERINUM**- Good remedy for obstinate gall stones. It removes congestion and cures fever due to upsetting of gall stones.
4. **HYSDRASTIS CANADENSIS**- Gall stone colic, weak muscular power, poor digestion and obstinate constipation.
5. **MANGANUM**- Gall stone colic, it dissolves stone in healthy bile. It cures congestion and tumefaction of the liver.
6. **CHIONANTHUS VIRGINICA**- Biliary colic or gall stone colic. It liquifies bile, prevents the formation of stones and expels those already formed. Obstruction of liver in malarial places. Constipation, stools clay coloured, urine almost black.
7. **CARDUUS MARIANUS**- Enlargement of liver and spleen. Swelling of gall bladder. Gall stone colic. Biliary fever. Stool hard, difficulty knotty, alternate with diarrhoea.
3. **OVARIAN CYST**- A solid or fluid-filled sac or pocket within or on the surface of an ovary.

Indicated remedies for ovarian cyst:

1. **LACHESIS**- Left sided ovarian cyst relieved by discharge from the uterus. Cannot bear anything in that region.
Suppuration and chronic enlargements of the ovary. Amel- by pressure
2. **CALCAREA CARB**- Polypi of the uterus and ovaries. Cutting pain in the uterus during menstruation. Menses too early, too profuse, too long lasting with vertigo.
3. **IODIUM**- Congestion and dropsy of the right ovary. Dull pressing pain extending to uterus. Wedge like pain in the right ovarian region.
4. **KALI IOD**- Ovarian cyst that has secured burning, tearing and twitching pains in the ovarian region, specially the right side. The sensation of congestion and swelling of the ovaries as from corrosive tumor there.

Affection connected with syphilis.

5. **KALI CARB**- Both groins are painful and bloated. Sticking pain about the uterus and ovarian region.
4. **CORNS**- Thick round lesions typically appearing on

the feet due to repetitive rubbing or pressure.

Indicated remedies for corns-

1. **THUJA**- Its mother tincture can be used locally on the corns.
2. **SULPHUR**- Corns developed due to pressure. e.g. shoe pressure
3. **RANUNCULUS BULBOSIS**- Corn on soles of feet are very sensitive to touch with smarting pain and burning pain.
4. **ANTIM CRUD**- Large horny corns on soles of feet. Very sensitive when walking, specially over stone pavements. Great sensitiveness of soles. Thickened skin of soles and feet.
5. **FERRUM PICRATE**- Corns with yellowish discolouration.
5. **BOILS**- A boil is a pus filled bump in the skin that is caused by a bacterial infection. It develop when a hair follicle and the surrounding tissue become infected.

INDICATED REMEDIES FOR BOILS-

1. **BELLADONNA**- When the boils are red, during the

stage of inflammation. There is throbbing pain without formation of pus. Blood boils.

2. **ARESENIC ALBUM**- Carbuncles with burning as if coals of fire were put on affected part. Cutting and burning pain worse after midnight.
3. **HEPAR SULPH**- In early stages of pus formation. Extreme sensitiveness of parts with sharp sticking pains. It will stop formation of pus or will abort pus. Suppuration around the root of the nails and end of the finger.
4. **ARNICA MONTANA**- Tendency to small painful boils one after another which are extremely sore. Small boils in crops.
5. **LACHESIS**- Boils of bluish colour exuding acrid pus which is offensive. Burning pains sensitive to touch.
6. **ANTHRACINUM**- In carbuncles it is an excellent remedy. It has burning with high fever.
7. **CALCAREA SULPH**- Abscess slow to heal after rupture with a continuous discharge of yellow pus.
8. **LEDUM PAL**- When boils are caused by needle pricks.



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INSOMNIA AND ITS HOMOEOPATHIC MANAGEMENT

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance

and quality of life.

How much sleep is enough varies from person to person, but most adults need seven to eight hours a night.

At some point, many adults experience short-term (acute) insomnia, which lasts for days or weeks. It's usually the result of stress or a traumatic event. But some people have long-term (chronic) insomnia that lasts for a month or more. Insomnia may be the primary problem, or it may be associated with other medical conditions or medications.

- Waking up during the night
- Waking up too early
- Not feeling well-rested after a night's sleep
- Daytime tiredness or sleepiness
- Irritability, depression or anxiety
- Difficulty paying attention, focusing on tasks or remembering
- Increased errors or accidents
- Ongoing worries about sleep

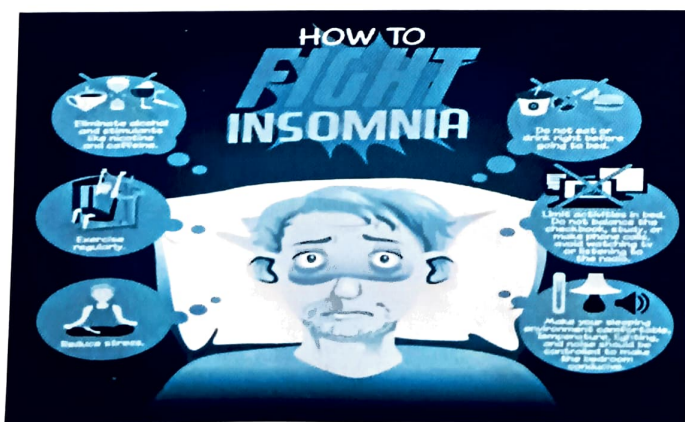
Causes

Insomnia may be the primary problem, or it may be associated with other conditions.

Chronic insomnia is usually a result of stress, life events or habits that disrupt sleep. Treating the underlying cause can resolve the insomnia, but sometimes it can last for years.

Common causes of chronic insomnia include:

- **Stress.** Concerns about work, school, health, finances or family can keep your mind active at night, making it difficult to sleep. Stressful life events or trauma - such as the death or illness of a loved one, divorce, or a job loss - also may lead to insomnia.
- **Travel or work schedule.** Your circadian rhythms act as an internal clock, guiding such things as your sleep-wake cycle, metabolism and body temperature. Disrupting your body's circadian rhythms can lead to insomnia. Causes include jet lag from traveling across multiple time zones, working a late or early shift, or frequently changing shifts.
- **Poor sleep habits.** Poor sleep habits include an irregular bedtime schedule, naps, stimulating activities



before bed, an uncomfortable sleep environment, and using your bed for work, eating or watching TV. Computers, TVs, video games, smartphones or other screens just before bed can interfere with your sleep cycle.

- Eating too much late in the evening. Having a light snack before bedtime is OK, but eating too much may cause you to feel physically uncomfortable while lying down. Many people also experience heartburn, a backflow of acid and food from the stomach into the esophagus after eating, which may keep you awake.

Chronic insomnia may also be associated with medical conditions or the use of certain drugs. Treating the medical condition may help improve sleep, but the insomnia may persist after the medical condition improves.

Additional common causes of insomnia include:

- Mental health disorders. Anxiety disorders, such as post-traumatic stress disorder, may disrupt your sleep. Awakening too early can be a sign of depression. Insomnia often occurs with other mental health disorders as well.
- Medications. Many prescription drugs can interfere with sleep, such as certain antidepressants and medications for asthma or blood pressure. Many over-the-counter medications - such as some pain medications, allergy and cold medications, and weight-loss products - contain caffeine and other stimulants that can disrupt sleep.
- Medical conditions. Examples of conditions linked with insomnia include chronic pain, cancer, diabetes, heart disease, asthma, gastroesophageal reflux disease (GERD), overactive thyroid, Parkinson's disease and Alzheimer's disease.
- Sleep-related disorders. Sleep apnea causes you to stop breathing periodically throughout the night, interrupting your sleep. Restless legs syndrome causes unpleasant sensations in your legs and an almost irresistible desire to move them, which may prevent you from falling asleep.
- Caffeine, nicotine and alcohol. Coffee, tea, cola and other caffeinated drinks are stimulants. Drinking them in the late afternoon or evening can keep you from falling asleep at night. Nicotine in tobacco products is another stimulant that can interfere with sleep. Alcohol may help you fall asleep, but it prevents deeper stages of sleep and often causes awakening in the middle of the night.

Insomnia and aging

Insomnia becomes more common with age. As you get older, you may experience:

- Changes in sleep patterns. Sleep often becomes less restful as you age, so noise or other changes in your environment are more likely to wake you. With age, your

internal clock often advances, so you get tired earlier in the evening and wake up earlier in the morning. But older people generally still need the same amount of sleep as younger people do.

- Changes in activity. You may be less physically or socially active. A lack of activity can interfere with a good night's sleep. Also, the less active you are, the more likely you may be to take a daily nap, which can interfere with sleep at night.
- Changes in health. Chronic pain from conditions such as arthritis or back problems as well as depression or anxiety can interfere with sleep. Issues that increase the need to urinate during the night - such as prostate or bladder problems - can disrupt sleep. Sleep apnea and restless legs syndrome become more common with age.
- More medications. Older people typically use more prescription drugs than younger people do, which increases the chance of insomnia associated with medications.

Insomnia in children and teens

Sleep problems may be a concern for children and teenagers as well. However, some children and teens simply have trouble getting to sleep or resist a regular bedtime because their internal clocks are more delayed. They want to go to bed later and sleep later in the morning.

Risk factors

Nearly everyone has an occasional sleepless night. But your risk of insomnia is greater if:

- You're a woman. Hormonal shifts during the menstrual cycle and in menopause may play a role. During menopause, night sweats and hot flashes often disrupt sleep. Insomnia is also common with pregnancy.
- You're over age 60. Because of changes in sleep patterns and health, insomnia increases with age.
- You have a mental health disorder or physical health condition. Many issues that impact your mental or physical health can disrupt sleep.
- You're under a lot of stress. Stressful times and events can cause temporary insomnia. And major or long-lasting stress can lead to chronic insomnia.
- You don't have a regular schedule. For example, changing shifts at work or traveling can disrupt your sleep-wake cycle.

Complications

Sleep is as important to your health as a healthy diet and regular physical activity. Whatever your reason for sleep loss, insomnia can affect you both mentally and physically. People with insomnia report a lower quality of life compared with people who are sleeping well.

Complications of insomnia may include:

- Lower performance on the job or at school

- Slowed reaction time while driving and a higher risk of accidents
- Mental health disorders, such as depression, an anxiety disorder or substance abuse
- Increased risk and severity of long-term diseases or conditions, such as high blood pressure and heart disease

Some common homeopathic medicines, which are used to treat insomnia or Sleeplessness problem due to anxiety and other health factors, along with the symptoms when they are prescribed for use:

Arnica: It is used to ease patients when they overwork physically and is also useful for treating insomnia caused due to jet lag.

Aconite: Aconite cures acute cases of insomnia, which results because of fear, shock, paranoia, grief, or due to some bad news. Anxiety, tension, and restlessness also cause insomnia, which is cured by aconite.

Arsenicum album: This homeopathic remedy treats insomnia where a patient feels sleepy during the daytime, but cannot sleep at night. Restlessness and having bad dreams are observed.

Calcarea phosphoric: This homeopathic medicine treats insomniac patients who experience difficulty in waking up in the morning. The patient becomes anxious, restless, and gets irritated easily and tends to avoid daily routine.

Causticum: Causticum is used in cases of insomnia

treatment using homeopathic remedies where bedwetting is likely by the patient, especially during the first phase of the night. The patient develops a fear of the dark and a strong sense of justice.

Chamomilla: This homeopathic remedy used in cases of sleeplessness in babies where teething, anger or colics cause disruption in sleep. The eyes do not close completely during sleep, and the patient moans. It is also used in grown-ups who are irritable and peevish and experience fearful dreams.

Cocculus: Cocculus cures insomnia, which occurs due to over exhaustion and overstrains. It prevails in people who work during night shifts and need to spend sleepless nights due to work.

Coffee: This homeopathic remedy is derived from coffee beans and provides relaxation to insomniac people. When a person gets overexcited and is kept awake because of constant thoughts, coffee can calm that person and make him fall asleep.

Equisetum: This homeopathic medicine cures insomnia where the patient wets the bed while dreaming. This happens due to immature nervous functioning.

Ignatia: Ignatia is one of the best homeopathic remedies for insomnia occurring from extreme shock, grief, or emotional stress. The patient becomes very moody, jerks his limbs during sleep, and experiences disturbing dreams.

CHOLERA



PRAGATI JHADE
BHMS IInd Prof.

Synonyms - BLUE DEATH because pearson skin turn bluish grey from extreme loss of fluid. Also called as Asiatic cholera, Epidemic cholera.

Introduction :-

The word Cholera is from Greek: Kholera from Khole "bile".

Cholera is an infection in small intestine caused by the bacterium vibro cholerae, which

was discovered in 1883 by Robert Koch during outbreak in Egypt.

Vibro Cholerae has two major biotypes - Classical and El Tor, which was first isolated in Egypt in 1905. Currently, El Tor is the predominant Cholera pathogen.

o Vibro Cholerae :- The organism is a Comma-Shaped, gram negative, aerobi? bacillus whose size varies from 1-3 mm in length by 0.5-0.8 mm in diameter.

Its antigenic Structure consists of a flagellar H antigen and a Somatic O antigen. It is the differentiation of the latter that allows for separation into pathogenic and non

pathogenic strains.

o Cause (Transmission Mode) :- Drinking Contaminated water and eating raw and undercooked Seafood.

Epidemiology :-

Cholera likely has its origins in the Indian subcontinent, it has been prevalent in the Ganges delta since ancient times. Researchers have estimated that each year there are 1.3 to 4.0 million cases of cholera and 21,000 to 14,300 deaths worldwide due to Cholera.

Pathophysiology of cholera:-

Vibro Cholerae accumulates in Stomach



Produces toxins



will bind to G- protein coupled receptor

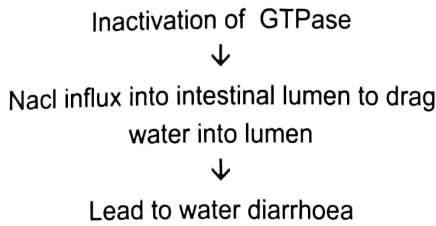


Increase cAMP



G-protein stuck in "o" position



**Clinical Findings :-**

Incubation Period -1 to 2 days on average from 12 hours to 5 days depends on host factor.

Sign and Symptoms -

- a) Profuse, watery diarrhoea
- b) Stomach
- c) leg cramps
- d) Mild fever
- e) Vomiting
- f) Sunken eyes and cheeks
- g) dry mucous membranes
- h) decreased urinary output

Stage of cholera :-

- a) Stage of evacuation - profuse, painless, watery diarrhoea followed by vomiting, rice watery Stool.
- b) Stage of collapse - because of dehydration
- c) stage of Recovery - If death is doesn't occur patient Show sign of Clinical improvement.

Complication:-

- a) Severe dehydration
- b) Shock
- c) Renal failure
- d) Death

Risk factors :-

- a) Poor Sanitary condition -

Rare in developed countries.

Common in Asia, Africa & latin America.

- b) Raw or Undercooked food - contaminated seafood, even in developed countries. Especially Shellfish.

- c) Hypochlorhydria -

People with low levels of stomach acid Such as children, older adults, and some medications.

- d) Type O blood -

Reasons aren't entirely clear.

Twice more likely

Investigation:-

- stool culture for Vibrio cholerae.
- Stool dipstick.

Prevention :-

- Basic health education and hygiene.
- Mass chemoprophylaxis.
- Provision of safe water and sanitation.
- Comprehensive multidisciplinary.

Approach : water, Sanitation, education and communication.

Prognosis :-

The prognosis of cholera can range depending on the severity of the dehydration and how quickly the patient is given and responds to treatments.

Death (mortality) rates in Untreated Cholera can as high as 50%-60% during large outbreaks but can be reduced to about 1% if treatment protocols are rapidly put into action.

Treatment :-

- Oral Rehydration Salts.
- o upto 80% of cases can be treated through this
- Intravenous fluid (Ringer lactate)

For severe case.

- Antimicrobial therapy
- o can diminish duration of diarrhea, reduce volume of rehydration fluid needed, and shorten duration of V. cholera excretion.

Vaccines:-

Parental vaccineo 2 does administered 2 weeks part.

Efficacy of approximately 50%, and hardly exceeds 6 months.

- not recommended.
- Killed WC/RBC Vaccine - Killed whole - Cell V. cholerae
- Safe in pregnancy and breastfeeding only mild side effects.
- Efficacy of approximately 50% after 3 years.

Live, attenuated CVD 103 -HgR Vaccine.o Protection as early as 1 week after vaccination, with > 90%.

Unknown efficacy for Children under 2 No adverse side effects

HOMOEOPATHIC THERAPY :-

- (1) Croton tiglium - Cholera with profuse diarrhoea profuse, diarrhoea that gushes out stool is watery, yellowish or dirty greenish and profuse.
- (2) Champhor - For cholera with Weakness o Cholera where patient loss Strength rapidly Sudden diarrhoea with watery and sour smelling Stool.
- (3) Veretrum album - Indicated when there is copious diarrhoea and vomiting which is profuse, yellowish, watery, forcible vomiting soon after taking fluid Stool is watery greenish gushing mixed with flaxes.
- (4) Arsenic album - Cholera is due to consumption of contaminated water, raw fruit, vegetables. Vomiting of clear water with nousea, and retching and rice watery diarrhoea.
- (5) Cuprum met - Cholera with muscular cramp diarrhoea greenish, greyish water with violent cramp in abdomen vomiting of water frothy greenish fluid.



Fresher's Party for 1st Prof. 27 June 2024



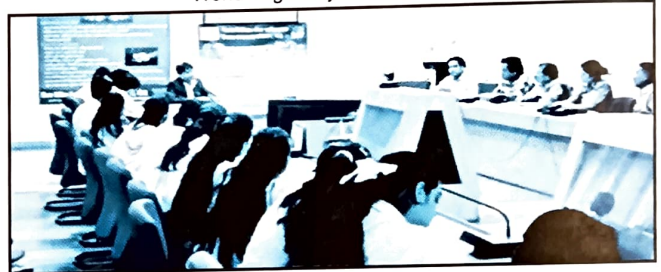
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World Yoga Day 21 June 2024



District Court Visit for FMT Students 10 July 2024



World Population Day 11th July 2024

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