



HOMOEOSHREE

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

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Editorial



DR. PRIYANKA TIWARI

Assistant Professor

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It gives me immense pleasure to bring out 83rd 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 Sir for providing this platform and his co-operation. I would like to pay my thanks to Dr. Sandeep Jha Sir, Chief Editor of this magazine for his support and co-operation. I would also like to thank all who helped me in their respective field of work and capacities which helped me to maintain magazine's level and quality high.

During publication of this edition annual fest of the college "Aaroh-2025" was organized from 27th Feb-25 to 10th Mar-25 and a grand cultural event was organized on 11th March, 2025 in the very prestigious "Ravindra Bhawan" of Bhopal city.

A detailed tour of the Aaroh-2025 is also one of the attractions of this issue.

What's new in this issue to read? We have opted awareness of psoriasis, mental health, miracles of Homoeopathy, stress management during pregnancy and benefits of organ donation.



DR. PRIYANKA TIWARI
Assistant Professor
Associate Editor

HOMOEOPATHIC MANAGEMENT AND MIASMATIC BACKGROUND OF PSORIASIS

Introduction:- Psoriasis is a chronic autoimmune condition that causes the rapid buildup of skin cells. This buildup of cells. Causes scaling on the skin's surface.

Psoriasis is the result of a sped up skin production process.

Typically, skin cells grow deep in the skin and slowly rise to the surface eventually they fall off.

The typical life cycle of a skin cell is one month. In the people with Psoriasis, this production process may occur. In just a few days because of this, the skin cells don't have time to fall off this rapid over production leads to the buildup of skin cells. The extra skin cells form scales and red patches that are itchy and sometimes painful.

Psoriasis is a chronic inflammatory, hyperproliferative skin disease. It is characterized by well-defined, erythematous scaly plaques. Skin lesions are localized or generalized, mostly symmetrical, sharply demarcated, red papule and plaques and usually covered with white or silver scales.

Psoriasis causes great physical, emotional and social burden disfigurement, disability and marked loss of productivity are common challenges for people with psoriasis. There is also a significant cost to mental well-being, such as higher rates of depression, leading to negative impact for individuals and society. Social exclusion, discrimination and stigma are psychologically devastating for individuals suffering from psoriasis.

Type of Psoriasis

- ◆ Plaque Psoriasis.
- ◆ Guttate Psoriasis.
- ◆ Inverse Psoriasis.
- ◆ Pustular Psoriasis.
- ◆ Erythrodermic Psoriasis.

Plaque Psoriasis - Most common form of Psoriasis. An estimated 80% of people with plaque psoriasis. It is characterized by thick red patches of skin with a silver or white scaly layer.

These patches appear on elbow, knee, lower back the scalp and the area behind the ear, forearm and trunk, face, palm, soles and nails. Patches are usually 1-10cm wide.

Guttate Psoriasis - Appear in small red spots on the skin. It's the second most common type affecting 10% of people with psoriasis. Most of the time start during childhood or young adulthood. The spots are small, separate and drop shaped called droplet psoriasis and usually appear on face and scalp.

Inverse Psoriasis - Flexural or inverse psoriasis often appear in skin fold such as under breast fold or in armpit or groin area. These type of psoriasis is red and often skinny and smooth seals are usually absent.

Pustular Psoriasis - Severe form of psoriasis it develop fast in the form of many white pustules surrounded by red skin pustular psoriasis may affected isolated area of the body like hand and feet or cover most of the skin surface

Miasmatic Background of Psoriasis -

◆ Psoriasis is one of the mixed miasmatic skin manifestation, predominantly psoric and sycotic manifestations.

◆ Hahnemann - "In literatures, it is given that the exact cause for the Psoriasis is not known but homoeopathic concept regarding basic cause for the chronic diseases like psoriasis is psora. Psora or the itch disease is behind this the oldest and most hydra-headed of all the chronic miasmatic diseases. It was thus that psora become the most universal mother of chronic diseases".

◆ J.K. Kent - "The original simple psora has added to it syphilis and sycosis. Hence now the human race is affected by complex mixed miasm and outbreaks of their manifestation.

The Psoric manifestations of Psoriasis -

Skin has dry, rough, dirty or unhealthy appearances. Itchy is the persistent symptom. There is very little suppuration, there may be few vesicles or a popular manifestation with the dry skin. There is a decided tendency for fine, thin scales the eruptions dry down and scale off. Itching eruptions aggravated in open air, evening and ameliorated by scratching but burning and smarting follow the scratching. These eruptions do not suppurate but dry down and become dead scales.

Disturbances roused in the psoric patient by grief, sorrow or other harrowing emotions. All psoric manifestations are associated with coldness and ameliorated by heat. One of the strongest characteristics of psora in its latent state is the mental condition psoric patients are mentally alert. They are quick and achieve in their motions. This activity is very pronounced and especially pronounced in the keenness and activity of the mind.

They will work like Trojans for a short time, but they are easily fatigued both mentally and physically and profound. Prostration follows. The fatigue is accompanied by the desire to lie down and this desire is quite characteristics of this type of patient.

A peculiar characteristics of the mental information is that it produces a sense of bodily heat while they are working another peculiarity of the mental state is anxiety, fear.

The sycotic manifestation of psoriasis -

The sycotic patient is exceedingly suspicious. He dare not trust himself. He is jealous cross and irritable he is absent minded in certain things and finds difficulty in getting the right word. The more he looks at the word after he has written it, the more it seems and the less confident he is that it is right. He forgets recent happenings but remembers distant past events very clearly.

Homoeopathic Management

Arsenic Iodatum - Dry, scaly, itching, marked exfoliation of skin in large scale, enlarged scrofulous gland debilitating high seats, especially of beard, worse, washing.

Arsenic Album - Itching, burning, swelling, oedema, dry rough scaly worse cold and scratching. Malignant pustules ulcer with offensive discharge.

Borax - Erysipelas in face, itching on back of finger joints. Trade eruptions on fingers and hand, itching and stinging.

Berberis Aquifolium - Dry, rough, scaly, eruption on scalp extending to face and neck. Tongue thickly coated.

Clematis Erecta - Red, burning, vesicular, scaly, scabby itches terribly, worse, wasting in cold water, worse face and hand and scalp around occiput.

Corallium Rubra - Red, flat ulcer changing to copper colored spot, psoriasis of palm and soles.

Cuprum Met - Chronic psoriasis.

Dulcamara - Pruritus always worse in cold, wet weather humid eruption on face, genitals hands etc. warts, large, smooth on face and palmar surface of hand. Thick, brown yellow crusts, bleeding when scratched.

Graphites Rough, hard persistent dryness, oozing out a sticky eruption.

Rawness in bend of limbs, groin, neck behind ear unhealthy skin, every little injury supportive swelling of feet.

Hydrocotyle - great thickening of epidermoid layer &

exfoliation of seals especially on extremities palms and sole, intolerable itching, profuse sweat.

Iris Versicolor - Pustular eruption, psoriasis, irregular patches with shining scales with night itching.

Kalium Arsenicosum - Intolerable itching worse from warmth, walking, undressing.

Kaliom Bromatum - Itching worse on chest, shoulder & face sleeplessness due to worry.

Natrum Muriaticum - Dry eruption especially on margin of hairy scalp and bends of joint, fever blister itching often exertion, greasy skin.

Nitricum Acidum - Ulcer bleed easily, sensation, splinter like pain zigzag, irregular edges, base look like raw flesh.

Petroleum - Itching as night, skin dry, constricted, very sensitive rough and cracked leathery, especially on hand, cracks bleed easily worse in winter.

Sepia - Itching not relieved by scratching; worse in bends of elbows and knees. Ringworm like eruption every spring.

Sulphur - Dry, scaly, unhealthy, itching burning, worse scratching and washing. Excoriation especially in folds pruritus, especially from warmth.

Mercurices Solubilize - Almost constantly moist, vascular and pustular eruption, itching, worse from warmth of bed, persistent dryness of skin connote indication mercuries.

GLIMPSES OF AAROH - 2025

Annual function of the institution with the title "AAROH-2025" - A flight towards a new horizon was organized from 27th February to 10th March 2025. The cultural program was held on 11th March, 2025 in the very prestigious "Ravindra Bhawan" of Bhopal city.

Dr. Ayesha Ali, Registrar, M.P. Homoeopathic Council, honored the occasion as Chief Guest of the cultural event.

Prior to this various committee were formed the details of which is as follows:-

MANAGING COMMITTEE -

- ◆ Smt. Pratibha Chouksey
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- ◆ Dr. Ravi Chouksey
- ◆ Dr. Vishakha Deshmukh
- ◆ Dr. Yukti Patel
- ◆ Mr. Kamlesh Mishra
- ◆ Mr. Kamlesh Banke

OTHER EVENTS COMMITTEE -

- ◆ Dr. Yogeshvari
- ◆ Mrs. Kiran Singh

- ◆ Mrs. Anita Raghuvanshi
- ◆ Mrs. Jyoti Sarathe
- ◆ Mrs. Sandhya Pareek

RECEPTION COMMITTEE -

- ◆ Mr. Manoj Mulchandani
- ◆ Mr. Leeladhar Mali
- ◆ Mr. Santosh Verma
- ◆ Mr. Jay Singh Rathore
- ◆ Mr. Yogesh Kushwaha

Various events were organized during the Sports & Cultural week.

List of Events -

- ◆ Poster Making
- ◆ Face Painting
- ◆ Mehndi
- ◆ Rangoli
- ◆ 100 Meter Race
- ◆ 200 Meter Race
- ◆ Relay Race

- ◆ Cricket
- ◆ Badminton
- ◆ Volleyball
- ◆ Kho-Kho
- ◆ Drama/Skit
- ◆ Solo Song
- ◆ Solo Dance
- ◆ Group Dance
- ◆ Extempore
- ◆ Quiz
- ◆ Debate
- ◆ Dumb Charades
- ◆ Musical Chair

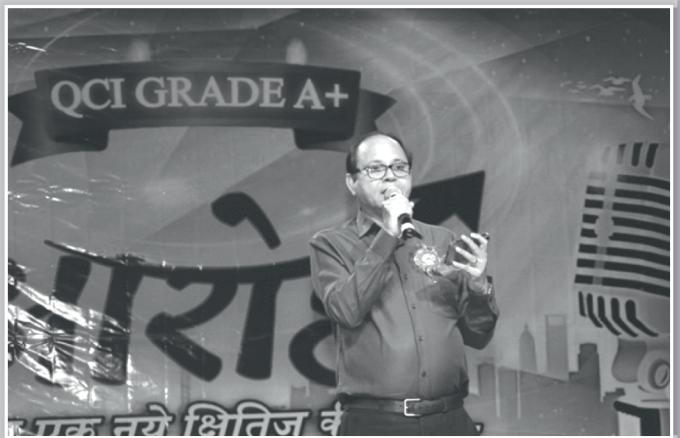
Students took active participation in all the events and bagged various prizes. Winners and Runner up were awarded with Medal & Trophy along with certificates which were distributed on 11th March, 2025 during main cultural event. Awards to the meritorious students were also distributed.













JAYASHRI NILE
BHMS-IV Prof.

MIRACLE OF HOMOEOPATHY

Homoeopathy, a system of natural healing founded by Dr. Samuel Hahnemann in the late 18th century, has long fascinated both practitioners and patients alike. Based on the principles of "Like cures like", homoeopathy uses highly diluted substances to stimulate the body's innate ability to heal itself.

The miracle of Homoeopathy lies in its gentle yet profound effect on health. Unlike conventional treatments that often suppress symptoms, homoeopathy seeks to treat the root cause of illness by restoring balance in the mind and body. From chronic disease like asthma and arthritis to acute condition such as colds, fevers and allergies, homoeopathy has offered hope where conventional methods sometime fall short.

HOLISTIC HEALING FOR ALL

One of the most remarkable aspects of homoeopathy is its individualized approach. Two patient with the same diagnosis might receive entirely different remedies, based on their unique physical symptoms emotional state, lifestyle and personality. This personalized attention help not only in physical recovery but in emotional and mental well-being as well.

Homoeopathy has been used successfully to treat a wide variety of conditions; chronic diseases like eczema, asthma and rheumatoid arthritis, as well as acute issues such as fevers, migraines, allergies and even emotional trauma.

Its gentle nature makes it especially suitable for

children, the elderly and even pregnant women.

THE MIRACLE IN EVERYDAY LIFE

The "Miracle" often lies in the simplicity and elegance of the remedy and in its ability to trigger long-term, lasting healing without side effects.

Eg.-Child suffering from chronic tonsillitis who avoided surgery through a carefully selected homoeopathic remedy.

Or an elderly women with arthritis who regained mobility after years of pain.

Or man battling anxiety who found peace after months of personalized homoeopathic care.

They are echoes of a system that believes healing is more than just removing disease.

The miracle of Homoeopathy lies not just in its remedies, but in its philosophy a belief in treating the person as a whole, not just the disease. It teaches us patience, observation, and the value of inner balance. In a world that often seeks instant cures, homoeopathy gently reminds us that true healing take time, care and trust in the body's wisdom.

At the heart of homoeopathy lies a deep respect for the human organism rather than suppressing symptoms, homoeopathy aims to stimulate the body's own healing mechanism. Remedies are made through a process of serial dilution and succession (vigorous shaking), which enhances their energetic properties while removing toxicity.

"The introduction of homoeopathy forced the old school doctor to stir around and learn something of a rational nature about his business".



IRMEEN KHAN
BHMS-IV Prof.

HEALING THE SILENT STORM : MENTAL HEALTH AND THE HOPE OF HOMOEOPATHY

Mental health is no longer a hidden issue. It is a rising crisis among the youth, burdened by competition, isolation and unprocessed trauma, silently screening for help.

News of suicides have become too frequent. People are ending lives for reasons once considered small such as failure in exams, rejection in love or family pressure. With this, some started to harm others for little trifles, the news of killing people are increasing day by day. Recently I received a sad news that one of my school batch mate ended his life because he could not clear his post-graduation entrance exam for the 3rd time. He might have believed that his life is worthless. If only someone had truly heard him and his story.

That's where Homoeopathy offers the hope.

Unlike conventional psychiatry, homoeopathy treats the individual and not the diagnosis.

It listens to unspoken pain and heals the mind gently and holistically.

Some Homoeopathic remedies-

1. Natrum Mur - Grief from past trauma, silent suffering, consolation aggravates.
2. Ignatia Amara - Shock, mood contradictions, sighing.
3. Anacardium Orientale - Duality of mind, lack of confidence, feeling of being dominated.
4. Alumina - Confusion of identity, slow throughout, suicidal despair without fear.
5. Belladonna - Sudden rage, violent impulse, fear of imaginary things.
6. Bryonia Alba - Fear of loss of business, stress, wants to be left alone, wants to go home.
7. Stramonium - Fear of darkness, want of light and company, violent behaviors from past trauma, horror.

Homoeopathy does not cure emotions, it balances them. It allows the mind to process pain, loss, fear and confusion - gently, safety and deeply.

Homoeopathy may not change the world overnight but it can change a life, one silent storms at a time. All it takes is a step and someone who truly listens. You deserve to be heard, you deserve to heal.



DR. SHEFALI SHINDE

Professor & HOD,
Department of Obs/Gynae

Now a days stress is also one of the major factor of day to day life. Pregnancy itself is major task of female's life.

If a pregnant - women feels stress during pregnancy either physical or mental, it is very essential to reduce her stress physically or mental, it is very essential to reduce her stress physically as well as mentally.

Stress during pregnancy is dangerous for mother as well as fetus too.

Mental stress during pregnancy can give negative impact on foetal development. There is increased risk of preterm birth, low birth weight, long term behavioral and cognitive problem in the child.

If there is persistent stress there are increase chances of preeclampsia, premature labor, miscarriage etc.

Women who is dealing with stress during pregnancy, can manage the things by following proper guidelines like:-

- Physical exercise - Doing proper physical exercise, engage herself in regular, moderate exercise. Such as walking, prenatal yoga, etc. as advices by healthcare advices.
- Nutrition - she should take balanced diet rich in fruits, vegetables, proteins, minerals, etc.

- Sleep - Should take adequate sleep to release herself mentally as well as physically. She should increase water intake, hydration also helps to release stress.

She should practice deep breathing techniques, pranayama, meditation etc.

She can consult psychologist for proper counselling and she can talk to her loved ones.

If pregnant women follow these small things in her day to day life she can easily cope up with her stress and give birth to a healthy child.

Along with all these we can use homoeopathic medicines for the purpose of improving mood swings. Such as Aconite, Ignatia, Pulsatilla, Nat Mur, Sepia etc.

Aconite - can be used if there is severe palpitation along with fear of death.

Ignatia - Can be used if there is weeping disposition with alternate mood swings and if there is history of any grief which continuously hurting her.

Pulsatilla - can be given with changeability of symptoms, mood fear of strangers along with thirstlessness. Patient feels comfortable in open air.

Nat Mur - weeping disposition, feeling loneliness with desire for salty things.

There are other various medicines which can be given according to symptom similarity and we can use constitutional medicines also.

ORGAN DONATION: A GIFT OF LIFE



DR. SOURABH SHARMA

Introduction

Organ donation is one of the most selfless acts a person can perform, giving someone a second chance at life. With the increasing prevalence of organ failure due to various diseases, the need for organ transplants has become a crucial aspect of modern medicine. Despite

advancements in medical science, the gap between the demand for organs and their availability remains significant. This is where organizations like ORGAN India play a vital role in bridging the gap through awareness campaigns, donor registrations, and patient support initiatives.

Understanding Organ Donation

Organ donation is the process of giving an organ or tissue to someone who needs a transplant. It can be classified into two types:

1. Living Donation: When a healthy individual donates an organ, such as a kidney or a part of the liver, to a patient in need.

2. Deceased Donation: When a person's organs are donated after brain death or cardiac death. Organs such as

the heart, liver, kidneys, lungs, pancreas, and intestines can be donated after death.

The Need for Organ Donation in India

India faces a severe shortage of organ donors. Every year, thousands of patients with organ failure wait for life-saving transplants, but only a fraction receive them due to a lack of donors.

- ◆ Kidney transplants: Over 200,000 patients require a kidney transplant annually, but only about 10,000-12,000 transplants take place.
- ◆ Liver transplants: Around 50,000 patients require liver transplants, but less than 2,000 get one.
- ◆ Heart and lung transplants: The situation is even more critical, with only a handful of transplants occurring every year due to a lack of donors.

The Medical Community's Awareness Gap: A Critical Concern

One of the less discussed, yet crucial challenges in the field of organ donation in India is the surprising lack of awareness within the medical community itself-including modern medicine practitioners, AYUSH professionals, homeopathic doctors, and allied healthcare workers.

Despite being a subject rooted in clinical science, the

concept of organ donation and brain death is still not well understood by a large portion of our healthcare providers. This lack of knowledge among medical professionals sends a confusing and often harmful message to the public: If doctors themselves are unaware or hesitant, why should common people trust or participate in organ donation?

This gap in understanding not only undermines the deceased donation program but also slows down the larger transplant ecosystem. For organ donation to become a social norm, it must first be embraced and advocated by every arm of the healthcare system- not just transplant surgeons or a few specialty centers.

The Role of Homeopathic and AYUSH Graduates

Homeopathic and AYUSH medical graduates form a significant portion of India's healthcare workforce, especially in rural and semi-urban areas. These practitioners often serve as the first point of contact for patients and their families. If empowered with accurate knowledge and understanding about organ donation and brain death, they could become powerful advocates for the cause.

Including basic training on organ donation, brain death, and the transplantation process in homeopathy and AYUSH curricula could be a game-changer. These professionals have the trust of their communities. If they are equipped with the right information, they can clarify myths, counsel families, and refer potential donors-thereby saving countless lives.

Myths and Misconceptions About Organ Donation

Several myths hinder organ donation in India. Some of the most common misconceptions include:

- ◆ Myth: Organ donation disfigures the body.
Fact: Organs are retrieved with utmost care, and the donor's body is treated with dignity.
- ◆ Myth: Only young and healthy people can donate organs.
Fact: Age is not necessarily a barrier; medical suitability is determined on a case-by-case basis.

- ◆ Myth: Organ donation is against religious beliefs.
Fact: Most major religions support organ donation as an act of compassion and charity.

The Role of ORGAN India in Promoting Organ Donation

ORGAN India (Organ Receiving C Giving Awareness Network) is a national initiative that works tirelessly to generate awareness about organ donation and transplantation. It has played a key role in spreading knowledge among the general public, patients, and the medical fraternity.

Some of its significant contributions include:

1. Awareness Campaigns: Seminars, webinars, and

public outreach programs conducted in hospitals, schools, colleges, corporate offices, and community centers.

2. Medical Fraternity Engagement: Collaborations with hospitals and institutions to train doctors, nurses, and transplant coordinators on organ donation procedures and best practices.
3. Helping Patients in Need: Providing guidance and support by connecting patients with medical experts and transplant coordinators.
4. Facilitating Actual Donations: Assisting families in making life-saving decisions to donate organs and tissues after brain death.

Legal Aspects of Organ Donation in India

The Transplantation of Human Organs and Tissues Act (THOTA), 1994, governs organ donation and transplantation in India. The Act:

- ◆ Recognizes brain death as a legal form of death.
- ◆ Prohibits commercial trading of organs.
- ◆ Requires mandatory consent for donation.

How All Healthcare Professionals Can Contribute

The responsibility to create awareness should not lie with just one segment of the medical fraternity. Every healthcare worker, regardless of their discipline, has a role to play.

Here's how you can contribute:

- ◆ Educate patients and families about the importance of organ donation.
- ◆ Dispel myths during consultations and community interactions.
- ◆ Encourage voluntary donor registration in your community.
- ◆ Participate in or organize awareness drives and community sessions.
- ◆ Advocate for the inclusion of organ donation awareness in all streams of medical education-including homeopathy and AYUSH.

Conclusion

Organ donation is a noble act that can save and enhance multiple lives. But for it to become a national movement, we need a united healthcare front. The lack of awareness among healthcare providers, especially in alternate medicine systems and allied sectors, is a roadblock that must be urgently addressed.

Let us all-doctors, nurses, paramedics, and students-stand together as ambassadors for this life-giving cause. If we, as medical professionals, are not informed and convinced, how can we expect the common man to understand and act?

Let's change this narrative. Let's become the bridge between medical knowledge and community trust.



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