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GARDI HOMOEOPATHY TIMES

“ The truth we mortals need,
Us best to make and keep,
The All-wise slightly covered over,
But did not bury deep. ”



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Message

It is my immense pleasure to introduce Gardi Homoeo Times- an initiative by L.R. Shah Homoeopathy College under the umbrella of Gardi Vidyapith on the auspicious occasion of Republic Day, 2023. I would like to take this opportunity to extend my heartfelt greetings to the Principal, Faculty Members and the Students of this prestigious institute for their immense contributions in the publication of this magazine.

Homoeopathy is an integral part of AYUSH and the 2nd largest system of medicine according to the World Health Organization. This quarterly magazine is a commendable initiative by the team of L.R. Shah Homoeopathy College to propagate this system of medicine.

I congratulate the members of the Editorial Board for their painstaking efforts in bringing out this magazine and hoping for more milestones to be achieved in the upcoming period.

I express my best wishes for the success of this magazine being launched and published.

With Best Compliments!

Mr. D. V. Mehta
Chairman



Dr. Arvind Bhatt
Principal
L. R. Shah Homoeopathy College

Message

It is my immense pleasure to introduce L. R. Shah Homoeopathy College's magazine "Gardi Homoeo Times" to the world of homoeopathy. Our prime aim is to Entrust our rich heritageteto the budding homoeopaths by providing informative literature compiled by the faculties and students and to cultivate the routes of this holistic science in the upcoming generation for better future of the health of the human being.

As homoeopathy treats the person as a whole on principle of "Similia Similibus Curentur" which "let like be treated by likes" Similarly, I believe the proper nurturing of budding homoeopaths through the updated knowledge of the system and new developing technologies in the health field may bring flourishing future for the system as well as healing of the mankind.

Dr. Arvind Bhatt
Principal



Mr. Jay D. Mehta
Managing Director
Gardi Vidyapith

Message

Greetings of peace to one and all...

L R Shah Homoeopathy College is an institute managed by T V Mehta Charitable institute in the city of Rajkot. "Heal and Comfort" are the two bywords for service of this Institution which renders yeomen service to the suffering humans.

The College is situated in the beautiful campus of Gardi Vidyapith, Rajkot. The College is affiliated to Saurashtra University, Rajkot and is recognized by National Commissions for Homoeopathy and Ministry of AYUSH, New Delhi. The College offers Undergraduate and Post-Graduation programs in Homoeopathy and is the first of its kind in Saurashtra University to offer PG courses in 4 specialties. The College has vast campus with plenty of greenery with shade giving and fruit bearing trees. The campus is adorned with a large playground for students' recreation and to tap their talents in sports activities. Separate hostel facility for boys and girls is also available in the campus.

The faculty are geared towards the promotion of Homoeopathy and research activities. The College has a vast library with national/international journals and periodicals. A full-fledged Homoeopathy Hospital with 50 beds and state-of-the-art facilities are available. The College has bagged number of ranks and gold medals at the University level; a clear indication that the College has well qualified and dedicated Teachers.

Welcome to L R Shah Homoeopathy College. You all are unique to enter and be the future faces, hands and hearts of Homoeopathy and to take it into the great 21st century – world of technology. In India the Government is strongly supporting the "alternate system of medicine" that is Homoeopathy.

"To all the students and aspirants, enter into a new scheme of a professional study life. Take up your role with responsibility, dedication and commitment."

I wish all the best for the Gardi Homoeo Times.

Mr. Jay D. Mehta
Managing Director

Efficacy of homoeopathy in Vitiligo : A Case Report



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ABSTRACT

Background : Vitiligo is a multifactorial polygenic disorder with a complex pathogenesis. It is not a rare condition and moreover due to its disfiguring appearance, it causes extreme psychological stress (also social stigma by many). However, the treatment and control of vitiligo remains a major challenge worldwide, hence, paving the way for complementary and alternative medicines.

Case Report : A 10 year old child presented with white spots on left side of face below the ear and at the back of neck since 3 years. A holistic method of Homoeopathic treatment was followed to achieve an ideal response in the shortest, harmless and most reliable way. The efficacy of the treatment is supplemented by photographic images of the skin before and after treatment.

Conclusion : This case demonstrates the efficacy of Individualized Homoeopathic medicine in achieving the desirable clinical response within six months without any adverse effects. In the early stages of vitiligo, homoeopathy may be beneficial, but larger, more rigorous clinical trials are required to validate this finding.

Keywords : Vitiligo, Individualized Homoeopathic Medicines, Tuberculinum bovinum.

INTRODUCTION

Vitiligo is an autoimmune skin condition characterized by the destruction of epidermal melanocytes causing loss of melanin pigment. Vitiligo affects fewer than 1% of the world's population, however it may affect up to 3% in particular groups. Both genders are affected equally and there is a positive family history in 30% cases.⁽¹⁾

The criteria to evaluate the response of the treatment of vitiligo includes interruption of spread; the reappearance of skin pigmentation and overall improvement of the quality of life during treatment.^(1,2-4) However, no therapeutic study has yet demonstrated the long-term benefits using these criteria, and hence more research is needed to establish the evidence for an effective treatment.^(1,2-4) Moreover, a gentle, cost effective and permanent solution is required to combat the stress related to cosmetic skin changes.

The clinical responses to homoeopathic treatment in vitiligo patients may be regarded as an ideal response to treatment.⁽⁵⁾ Since the only complaint is skin depigmentation, it can be classified as a local disease. Due to the lack of observation on the part of both the physician and the patient, this disease usually appears to be one-sided. The pathophysiology of vitiliginous lesion is demonstrated by the destruction of melanocytes, indicating the underlying syphilitic miasm. A thorough case taking and deep evaluation of the case reveals many hidden disequilibria in the mental, emotional, and physical planes, in addition to the skin depigmentation, and all of these together constitute the totality of the case, which has been given maximum weightage in

our practical approach.

CASE DESCRIPTION

Presenting complaints : White spots on left side of face below the ear and at the back of neck since 3 yrs.

History of Presenting complaints : The spot first started on the neck and then gradually progressed to face without any traceable cause. Homoeopathic treatment was taken a year ago for 2 months but with no improvement.

Past History : He suffered from pneumonia in childhood; recovered by taking Allopathic medicines.

Family History : His grandfather died due to tuberculosis of lungs. Mother had gallstones, got operated. His elder sister is also suffering from vitiligo, undergoing homoeopathic treatment.

Personal History : The child is a student of standard five with complete history of vaccination and timely milestone development. His diet is irregular and his hobby is playing carom.

Physical Generals : The child is chilly and takes cold easily (+++). His salivation, appetite and thirst are moderate. He has desire for cold milk(++) and salty food(+). His urine and stool is regular, clear and satisfactory. He has profuse perspiration on face especially nose(++). His sleep is sound and refreshing and prefers to sleep on his lateral side. His tongue is moist and slightly white coated.

Mental Generals :

The child is very restless(+++), cannot remain at one place. According to his parents, their child is very disobedient(+++), fearless(+) and very quarrelsome(++). He is often very abusive with his parents as well as others(+++).

General Physical Examination :

The outlook of the child was lean, thin with narrow chest and long eyelashes. His weight and height was 30 kg and 140 cms respectively. On palpation his cervical lymph nodes were enlarged with slight pain on pressure. No other findings were detected.

Skin Examination :

Multiple white irregular disseminated macules with well defined margin.

Diagnosis : Vitiligo

Therapeutic Intervention :

Based on emaciated outlook, enlarged lymph nodes, long eyelashes with family history of TB; restless, disobedient, fearless, quarrelsome and abusive temperament; thermally chilly with tendency to catch cold easily; having desire for cold milk and perspiration especially on nose, Tuberculinum bovinum 1 M/ 1 dose was given on 2.08.2019 through repertorization and final consultation with materia medica.^(6,7)

Follow up:

Date	Changes in symptoms	Medicine prescribed	Remarks
09/09/2019	Brownish spots started appearing on the face.	Placebo	Improvement
04/10/2019	No further improvement seen.	Tuberculinum 1M/ 1dose	Standstill condition
20/11/2019	White spot on the face was almost covered by normal skin colour.	Placebo	Marked Improvement
10/12/2019	Normal skin color completely regained on face. No spots appeared at the back of neck.	Placebo	Improvement
07/02/2020	White spot remaining on neck.	Tuberculinum 1M/ 1dose	Standstill condition
28/02/2020	Normal skin color completely regained on neck. No white spots remaining on face or neck.	Placebo	Marked Improvement
13/06/2020	No relapse of the condition. Child had a fall and sprained his ankle.	Rhus toxicodendron 30/4 doses	Acute condition requires an acute remedy

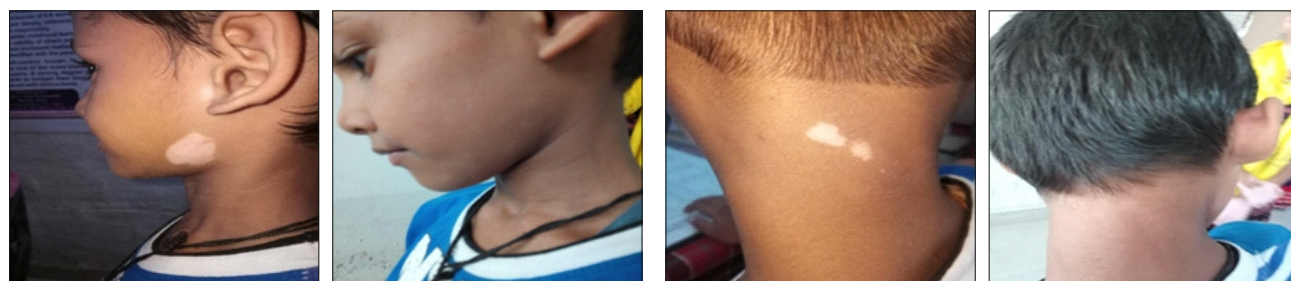


Fig. 1 : Vitiligo On Face .
Before & After Treatment

Fig. 2: Vitiligo On The Neck
Before & After Treatment

CONCLUSION

Vitiligo is thought to be caused by multiple immune response genes.⁽⁸⁾ Homoeopathic medicine employs a holistic approach to the understanding of the patient and incorporates this approach to provide individualized patient treatment.⁽⁹⁾ This case report exemplifies the efficacy of individualized

homoeopathic medicines in producing the desired clinical response in a reasonable amount of time without causing any detrimental ramifications.

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Nocturnal enuresis and its homoeopathic management



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ABSTRACT

In the absence of congenital urinary tract malformations or congenital or acquired central nervous system problems, nocturnal enuresis is defined as intermittent incontinence during sleep in a child aged 5 years or older.⁽¹⁾ Enuresis is generally distressing for both children and parents, and it has a negative impact on family life in many circumstances.

KEYWORDS: Homoeopathy, Nocturnal enuresis

INTRODUCTION

Enuresis is defined as the involuntary or voluntary wetting of clothes or bedding with urine for at least three months in children over the age of five. Enuresis can be primary or secondary. In

ABSTRACT

In the absence of congenital urinary tract malformations or congenital or acquired central nervous system problems, nocturnal enuresis is defined as intermittent incontinence during sleep in a child aged 5 years or older.^[1] Enuresis is generally distressing for both children and parents, and it has a negative impact on family life in many circumstances.

KEYWORDS: Homoeopathy, Nocturnal enuresis

INTRODUCTION

Enuresis is defined as the involuntary or voluntary wetting of clothes or bedding with urine for at least three months in children over the age of five. Enuresis can be primary or secondary. In children who have not had 6 months of nighttime pee control, Nocturnal Primitive Enuresis develops..

EPIDEMIOLOGY

In India, the prevalence ranges from 7.61 percent to 16.3 percent. Children aged 5–8 years (and 6–8 years) have the highest prevalence, whereas children aged 11–12 years (8–10 years) have the lowest. Enuresis affects 1.4 percent to 28 percent of children aged 6 to 12 years around the world. Male children have a higher prevalence of nocturnal enuresis than female children.^{[2][3]}

AETIOLOGY^[4]

- Delayed maturation of the cortical mechanism that allow voluntary control of micturation reflex
- Defective sleep arousal
- Reduced anti-diuretic hormone production at night, resulting in an increased urine output (nocturnal polyuria)
- Bladder factor (lack of inhibition, reduced capacity, overactive)
- Sleep disorder

DIAGNOSTIC CRITERIA:^[5]

The Diagnostic and Statistical Manual of Mental Disorders 5 criteria for diagnosis of enuresis are as follows.

- Urine voiding into bed or clothes on a regular basis, whether involuntarily or intentionally.
- The behavior either (a) results in clinically significant distress or social, functional, or academic impairment after occurring twice a week for at least three months (b) results in clinically significant distress or social, functional, or academic impairment after occurring twice a week for at least three months.

The behavior is seen in children who are at least 5 years old or have attained the developmental level equal.

INDICATIONS OF SOME HOMOEOPATHIC MEDICINES^{[6][8]}**Equisetum Hyemale**

Severe, dull pain and feeling of fullness in bladder, not relieved by urinating. Frequent urging with

severe pain at the close of urination. Urine flows only drop by drop. Sharp, burning, cutting pain in urethra while urinating..^[11]

Squilla Maritima

- Tenesmus of bladder after micturition. Frequent calls to urinate, especially at night, with scanty or profuse discharge of pale urine. Involuntary micturition, especially when coughing. Inability to retain urine. Enuresis nocturnal.^[12]

Calcarea Carbonica

- Too frequent emission of urine, even in the night. Wetting the bed
- Craving for eggs; for indigestible things, chalk, coal

Cina

- Nocturnal enuresis; urine white, turbid, at times fetid.
- In children there is extreme ill-humour and naughtiness
- Frequent want to make water, with profuse discharge. Wetting the bed. Urine soon becomes turbid.
- Involuntary emission of urine (at night)^[11]

Natrum Muriaticum

- Frequent and urgent want to urinate, day and night, sometimes every hour, with copious emission. Involuntary emission of urine, sometimes on coughing, walking, laughing, or sneezing. Nocturnal emission of urine. Clear urine, with red sediment, resembling brick-dust^[11]

Pulsatilla^[8]

- Children are peevish, changeable, pale and chilly
- Involuntary micturition : urine dribbles while sitting or walking ; while coughing or passing wind ; at night in bed, especially in little girls.
Enuresis nocturnal for two years, in a girl. Mild disposition, fair complexion, frequently changing color, delicate frame ; the complaint has been preceded by an acute exanthema, probably measles.

Studies were done in homoeopathy

A prospective, single arm, non randomised, open-label, observational trial conducted on 34 individuals of 5 to 18 years of age presenting with nocturnal enuresis at OPD of Calcutta homoeopathic medical college and Hospital, was found that totally 13 different homoeopathic medicines used. Kreosotum was the most frequently used medicine (26.5%), followed by Calcarea phosphoricum (17.6%), Calcarea carbonica (11.7%).^[11]

Calcarea carb, Sulphur, and Puls are the most commonly utilised constitutional medicines, according to a study conducted on 30 enuretic children at the SKH hospital postgraduate research centre in Beed. Sep, Silicea, Merc, Thuja, Arg-Nit, Benz Acid, Ars Alb, Lyco, and Kali Bich are also used for miasmatic constitutional treatment, which shows improvement in 56.66 percent of cases, while 5 cases (6.66%) showed no relapse of symptoms within 5 to 6 months, and 8 cases

(26.66%) showed very minor or minimal improvement in bed wetting..

MURPHY'S REPERTORY:^[9]

Bladder, bed wetting, enuresis APIS, ARGN, ARN, ARS, BELL, BENZ AC, CAUST, EQUIS, FERR, GRAPH, KREOS, LACC, LYC, MAG P, NAT M, NIT AC, PULS, RHUST, SEP, SIL, SULPH, THY

Bladder, bed wetting, enuresis children in – Bell, Caust, Cina, Kreos, Lyco, EQUIS

Bladder bed wetting, enuresis, dreams of urinating while – Kreos, Seneg, Sep

Bladder bed wetting, enuresis, first sleep – CAUST, SEP, Kreos, Phos

THE ESSENTIAL SYNTHESIS^[10]

Bladder, urination, involuntary night – APIS, ARGN, ARN, ARS, BELL, BENZ AC, CAUST, EQUIS, FERR, GRAPH, KALIN, KREOS, LACC, MAG P, NAT M, PULS, RHUST, SEP, SIL, SULPH

Bladder urination children in – Carb v

CONCLUSION

In India, nocturnal enuresis is very common and has a significant emotional and psychological impact, which can have a negative impact on one's quality of life. Homoeopathy has been shown to be effective in the treatment of nocturnal enuresis in studies..

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MAGICAL BULLET FOR DEPRESSION HOMOEOPATHY



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Abstract

Everyone occasionally feel blue or sad. But these feelings are usually short lived and pass within couple of days. When you have depression, it interferes with daily life and cause pain for both you and who cares for u. It's not the same as “feeling low today”. The core feature of depression is sense of pessimism and loss of pleasure in activities that were enjoyable.

Keywords

Homoeopathy, Depression, Mental Disorders.

Introduction

Depression is amongst the leading cause of disability worldwide. This is the most common burden of the disease worldwide and is expected to be the leading one till 2030.¹ In developed countries 8 out of 10 has the leading cause of mental illness.² Depression is one among the mental health disorders mentioned in different classificatory systems like International Classification of Disease And Diagnostic And Statistical Manual of Mental Disorders.³ With such a widespread arena of mental disease, it is pertinent to understand therapeutic modalities as to whether present healthcare system is able to deal with this burden and how far will be able to combat with. Homoeopathic physician deal with variety of psychiatric cases these days. There has been paradigm shift of psychiatric illness that were primarily in domain of modern science but now treated by homoeopaths.

Depression is clinically defined as- “clinical condition characterized by prolonged low mood and sadness, person feels low, life is useless and there is no happiness ,presence of strong feeling of hopelessness ,emptiness and numbness” .⁴

Etiology⁵

Two basic theories are stated:

1. Cognitive theory⁵-by Aaron Beck : According to this, negative thoughts have central control or role in depression. He proposed 3 central thoughts –the cognitive triad which includes Negative thoughts of self, Negative thoughts of future and Negative thoughts about environment.

2. Learned helplessness⁵ - According to this, due to repeated adverse events, patient starts to believe that he has no control over events and loses motivation to act on.

In Homoeopathic approach for treating mental disease the emphasis is given on:

1. through psychiatric evaluation
2. mental status examination
3. understanding history
4. personality understanding
5. knowing any adverse past life experiences
6. individualisation⁶

Homoeopathic history taking⁷

One the most important and necessary component of homoeopathy is the proper case taking and detail history taking. This process starts as soon as the patient enters the physician's cabin. Appearance of patient speaks a lot of himself. Then the degree of enthusiasm with which he greets, even on the first consultation also gives certain hints towards the remedy such as if the patient is irritated on waiting for just ten minutes might be Arsenic Nat mur, Mercurius or Nux. If he is a reserved kind then it might be Natrum, Aurum, Baryta, China or Silica. Also, the way or position with which the patient sits on the chair can also be helpful, like a patient who prefers to sit as far as they can, or who chooses a chair more distant than the one meant for them are more likely to be cautious type like Natrum, Nux, Arsenicum, Aurum etc. The clothes patient wears also speak about himself such as – if a woman wears rather manly suits then it might be Ignatia, Natrum Muriaticum or Nux, dirty untidy dressing sense might be Baryta, Mercurius or Sulphur.⁷

During physical case history also observe the degree of preciseness with which the patient answers. If the patient describes his symptoms with exact objective description then they might be Kalis, Aurum, or Causticum, Lachesis or Medorrhinum etc. Hypochondriacal description might indicate to Calcarea, Kalis, Phosphorus and Natrum Muriaticum. So, by the time one reaches mental, one will have personality of patient even if it is of vague sense. While taking mental, first let the patient speak of himself without asking anything. Their first few words initially go straight to the point reducing the remedies to just a few remedies. Once patient is exhausted, start with specific questions. Useful initial question can be “what would u like to change about yourself”⁷

Aid to process of treatment -Rubrics

- Mind-indolence(loss of ambition)-aversion to her usual work-cit. acid⁹
- Mind-concentration-difficult-crazy feeling on top of head wild feeling in head with confusion of idea-lil.t⁹
- Mind-sadness-alternate with vehemence – ambra⁹
- Mind – suicidal disposition-but lacks courage – chin.nux v ,alum⁹
- Sleep-sleeplessness –from grief –nat mur ,ign¹⁰
- Sleep –sleeplessness-from homesickness-caps¹⁰

- Sleep-sleeplessness-thoughts,inactivity,activity of mind from same idea always repeated –puls.,cal.,¹⁰
- Sympathy agg,-con.¹¹
- Company agg.-eupha¹¹
- Depression –grap,ign,nat mur¹¹

Homoeopathic substance with potential to treat⁸

- Arsenic alb is prescribed to people who are restless, irritable ,obsessively neat, as well as individual who are excessively tearful and contemplate suicide.
- Aurum met is reserved for individual who are overwhelmed with feeling of worthlessness and guilt
Graphites often have thoughts of death especially in evening, they may have anxiety in morning any experience bouts of crying.
- Depression that is accompanied by involuntary laughing would be best treated by phosphorus.

Conclusion

Depression is a common mental entity which has imposed a major burden on the society nowadays. This not only impacts the person involved but is also troublesome for the relatives of the patient. Modern medicine makes the patient dependent on medication along with posing various side effects on the patient's health. On the other hand, various studies on the mental illness show the scope of homoeopathy in mental diseases. Hence, homoeopathy is beneficial for these patients and help them recover through this and lead a happy and healthy life.

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MIASM - A NEW INSIGHT



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Dr Hahnemann discovered the Theory of Miasm. It is a great discovery of Dr Hahnemann. It is majorly misunderstood by Homoeopaths all over the world. This is a new insight to throw some light upon the theory of miasm in a different way.

KEY-WORDS: Miasm, Survival, Evolution, Need

INTRODUCTION:

Dr Hahnemann describe mainly three miasm - Psora, Sycosis, Syphilis in his book "Theory of Chronic Disease". He proposed this theory of chronic disease after 12 years of toil and experience. The Science of Homeopathy with its Miasm theory is now widely understood. let us now consider it under new light.

MIND & BODY - ONE UNIT

We as human beings are perfect embodiments of mind, spirit, soul and energy in a concrete matter called body. If God has embodied our 'soul, spirit and mind' in solid appearing body, there must be a sense to it and relation between each other. Dr Hahnemann also mention this in Organon of Medicine in aphorism 9. Vital force maintains the homoeostasis in man. Whenever there is derangement in homoeostasis, it disturbs the harmony, which leads to activation of defense mechanism through which individual better survive in that situation. It is through the activation of miasmatic processes.

DARWIN'S PERSPECTIVE:

Man is always maintaining an equilibrium to the external environment. "Survival of the fittest", in book "Origin of Species" by Charles Darwin, suggested that "Organisms best adjusted to their environment are the most successful in surviving and reproducing. "There was a continual 'struggle for existence' in nature, in which only the fittest would survive. Charles Darwin in his theory mainly talk about two things: 1) Survival 2) Evolution

Each and every organism on this earth mainly strive for survival and after the survival evolution of that particular organism occurs. Three basic functions for survival

- a. Energy production for self-survival
- b. Multiplication for species survival
- c. Protection of self and species.

Survival is nothing but the fulfilment of basic needs (food, water and shelter etc.) of that

organism. Until and unless there is fulfilment of these needs, Organism is maintaining adaptation and equilibrium to the environment. Whenever there is threat to the survival, Organisms starts to make change in their Constitution for the better adaptation and to survive in that environment. The most "fit" individuals in a given population, are those that are less likely to perish in the face of these external threats, and are thus, most likely to pass on their traits to the next generation. These most fit individual changing their Constitution for better survival and after that it pass their traits to the next generation, this is how evolution take place.

Darwin defined evolution as "descent with modification," the idea that species change over time, give rise to new species, and share a common ancestor. This defense mechanism is an innate characteristic which is God gifted in each and every organism. And this is how we made from single cell to the multicellular organism. As we see above Survival is depends upon mainly basic needs of organism. So, what are the basic needs for human organism?

PSYCHOLOGY OF BASIC NEEDS:

According to humanistic psychologist Abraham Maslow basic needs are as follows:

- 1) Physiological Needs - oxygen, food, water, and a relatively constant body temperature, sex, sleep, shelter
- 2) Safety Needs - Safety needs are protection, security, order, law, limits, stability etc.
- 3) Needs of Love, Affection and Belongingness - These needs are relationships, family, affection, work group etc.
- 4) Needs for Esteem - Esteem needs are responsibility, status, achievement, reputation.
- 5) Needs for Self-Actualization - Maslow describes self-actualization as a person's need to be and do that which the person was "born to do." It is a personal growth & fulfilment of SELF.

So, whenever there is Unfulfillment of these needs, the survival(defense) mechanism is get activated. If a man is to remain healthy, every organ and therefore every cell has to function properly and 'conscientiously'. If every cell works conscientiously to produce energy, there will be sufficient energy to carry on normal assigned functions as well as become prosperous and evolve. This rational thinking leads to progress of mankind.

'Needs' of a cell or a man are 'sensed' by his faculties. We have been provided with 5 senses to sense the needs and sense the dangers. All for the purpose of better life. For a Psoric person the needs we saw were bare minimum things required to sustain life. The man's needs are (a) earning daily bread to provide energy and (b) knowledge which ultimately helps him to earn bread and which also helps him to protect himself.

Similarly, for a 'cell' the need is oxygen and nutrition which will provide him energy.

PSORA:

When the needs are at a premium that is when there is 'hypoxia' or 'ischemia', the cell starves for it. It wants it but does not get it. The senses are increased. Cell becomes hypersensitive. The least amount of oxygen is now welcome. This is what we call it as Psora - the

Physiological/functional defense.

All this time the cell was fighting a lone battle with a hostile stimulus purely using 'physiologic defense'. The physiological defense is the most primary defense and every being has to go through it. It is worthwhile remembering that cell adopts the secondary defense only when the primary physiologic defense has failed. The secondary defense is by bringing about structural changes and is called morphological defense.

After the first defense the 'organism' is not bound to go to the two secondary defenses in order of Psora > Syphilitic > Sycosis or Psora > Syphilitic > Sycosis. The secondary defensive mechanism, as the books of pathology tell us, totally depends upon the genetic code of the individual organism.

SYCOISIS:

If the 'individual' who has inherited the constructive element' from the parents (or even acquired it during life time in the form of venereal disease, gonorrhoea) will resort to 'constructive pathology' (sycotic) as response to the continued hostile stimulus. A constitution, which uses constructive pathology more often and more easily due to the inherited or acquired trait in the genes is 'Sycotic constitution'. When organisms that fail to stop the irritating hostile factors by physiologic defense adopt a more solid approach, that of fortification or construction.

SYPHILIS:

If an individual has genetically acquired from his parents (or acquired through Syphilitic infection), the destructive element (Syphilitic), then after the primary 'physiological defense' (Psora) the individual organism and its cells resort to Syphilitic or 'destructive pathology' as a response to the continued hostile stimulus. Thus, in these cases Psora, which has to be present as a base, is followed by Syphilitic as secondary defense.

CONCLUSION:

As seen above that whenever there is unfulfillment of psychological or biological needs and whenever there is threat to organism, the Miasm blooms or the defense get activated in the form of different miasmatic processes for better survival.

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LIFESTYLE DISEASES

“Keeping fit for a better tomorrow”



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Abstract

Rapid development of mankind has led to progress but also been enduring uncountable lifestyle diseases which are the ailments that are primarily based on the day to day habits of people. Habits that detract people from activity and push them towards a sedentary routine can cause number of health issues that can lead to chronic non-communicable diseases that can have life threatening consequences.

Keywords : Lifestyle diseases, sedentary routine, non-communicable diseases, life-threatening consequences.

Introduction

What are lifestyle disorders?

Lifestyle diseases are symptomatic of everything that is wrong with today's lifestyle. Although the term was once used interchangeably with 'longevity diseases', this no longer holds true, as lifestyle diseases are no longer specific. Diseases that are linked with lifestyle choices such as those caused primarily by the consumption of junk food, lack of physical activity, work stress and other factors have now begun to affect young adults and children as well.

Causes of lifestyle disorders :

Excessive of smoking, alcohol consumption, tension, wrong dietary style, Excess of anger, excitement and jealousy.

List of lifestyle disorders :

Diabetes, Arteriosclerosis, Heart diseases, Hypertension, Nephritis, Anxiety disorder, Allergies, Alzheimer's disease, Chronic Backache, Depression, Cancer.

Impact of lifestyle disorders :

The impact of chronic diseases on the lives of people is serious when measured in terms of loss of life, disablement, family hardship, poverty and economic loss to the country. The range of disease burden or disability adjusted life years (DALY) rate among the states in 2016 was 9-fold for Ischaemic heart disease; 4-fold for chronic obstructive pulmonary disease; 6-fold for stroke and 4-fold for diabetes across India. Of the total death from major disease groups, 62% of all deaths were caused by non-communicable diseases.⁽¹⁾

Non-Communicable disease & Homoeopathy

Non-communicable diseases (NCDs) killed 38 million people in 2012 — 16 million of them under the age of 70.⁽²⁾ Homoeopathy deals with the holistic approach and treats the patients on individualistic manner by constitutional treatment, derived by considering the mental, physical, emotional, spiritual individual. The benefit of homoeopathy is that when a person takes the right

remedy, not only does the disease being target is cured, but the overall immunity of the person is also boosted and their tendency to any other disease they are susceptible to also reduces.

Let us consider some clinical cases given by Dr. J. Crompton Burnett⁽¹⁾, a renowned converted homoeopath, showing the efficacy of homoeopathy in respect to the major lifestyle diseases.

- ❖ A gentleman of middle age, resident in London, suffering from Aneurysm of the aorta was considered in a dying state. After proper case taking, the principal remedies were Aurum metallicum, Chelidonium majus, Carduus marianus, Ceanothus americanus, Glandium quercus, Aconitum napellus, Ferrum metallicum, Cactus grandiflorus and Baryta muriaticum; the first named and the four last being directly specifically curative.
- ❖ Another case mentioned by Dr. Crompton was of a lady in Belgravia with Angina pectoris was cured by Aurum metallicum, 3 trituration, 6 grains every four hours.
- ❖ A case of an asthmatic gentleman of 50 years of age, with moderate emphysema of the lungs. After a prolonged course of constitutional treatment, he was partly cured which led Dr. Crompton to finally prescribe one drop powder of Aralia 3x which cured the case permanently.
- ❖ A case of cancer of the left breast in a middle aged woman with deep crack in the angle of her mouth on the left side with thick indurated edges, probably of an epitheliomatous nature. Dr. Crompton prescribed a homoeopathic preparation of Condurango for about three years, with gradual, slow amelioration and eventually perfect cure.

Conclusion

A general conclusion from most of the genetic and epidemiologic studies have strongly suggested that reducing identified occupational hazards, modifying dietary habits and changing lifestyle-risk aspects could avert most cases of cardiovascular disorder, stroke, diabetes, neurological diseases and many type of cancers.

"Motivation is what gets you started, Habit s is what keeps you going." – Jim Rohn.

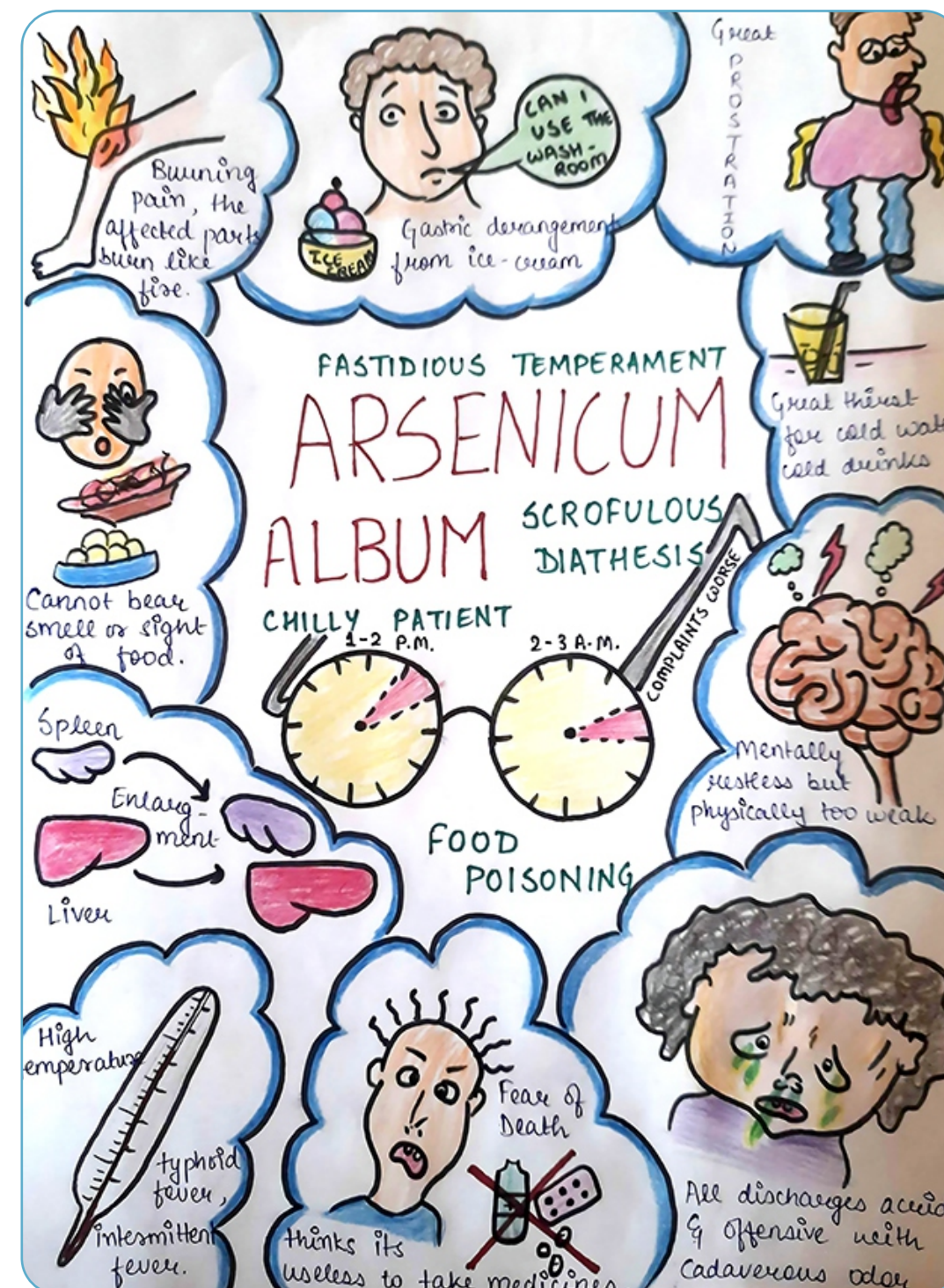
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ARSENICUM ALBUM



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Events Gallery



CAMPS



EDUCATIONAL VISIT



BLOOD AND ORGAN DONATION CAMP



INTERNATIONAL YOGA DAY



GANESH VISARJAN WITH TREE PLANTATION



GURU PURNIMA



HAHNEMANN BIRTHDAY CELEBRATION



HOMOEQ-QUIZ



INTER-CLASS CRICKET TOURNAMENTS



ORIENTATION 2022



Events Gallery



PAPER PRESENTATION BY FACULTY AT KOLKATA



PHARMACY EDUCATIONAL TOUR



RANKER FELICITATION



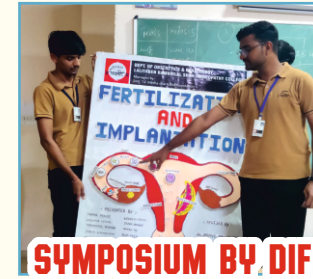
SCHOOL HEALTH PROGRAMME



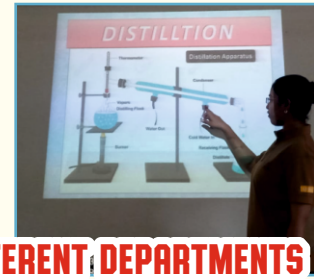
TEACHERS DAY CELEBRATION



COVID VACCINE DRIVE



SYMPOSIUM BY DIFFERENT DEPARTMENTS



SEMINAR BY EXPERTS



THALASSEMIA TEST DRIVE

