



# KQHDA HOMOEEO SANDESH



KARNATAKA QUALIFIED HOMOEOPATHIC DOCTORS' ASSOCIATION ®

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## Editor's Message



ENT problems occur frequently in the community, and most are managed without consulting medical services. Whilst reasonable for many problems, there are likely to be important groups in the community with ENT problems that might benefit from Homoeopathic medicine intervention. The study suggests that otitis media, tonsillitis, adenoid hypertrophy upper respiratory tract infections and foreign bodies are the most common ENT problems in paediatric population. Although many of these are not an emergency, but they significantly add to the morbidity in children. So proper facilities to treat and early diagnosis and treatment helps in reducing the long term morbidities.

Arthur Logan Turner FRCSE FRSE LLD (4 May 1865 – 6 June 1939) was a Scottish surgeon, who specialised in diseases of ear, nose and throat (ENT) and was one of the first surgeons to work at the purpose-built ENT Pavilion at the Royal Infirmary of Edinburgh., He is considered as father of ENT.

With Homoeopathic medicine almost all acute cases of ENT diseases may be treated successfully. Some of the ENT surgical cases like Chronic tonsillitis, etc are treated completely without surgery. Along with that allergic rhinitis, ENT catarrh of different origin, sinusitis, anosmia, ear infection, vertigo, meniere's syndrome, otitis extern, tympanitis, acute sore throat, allergic pharyngitis, laryngitis tracheo





bronchitis acute tonsillitis, and throat infection of various cause etc are managed successfully with indicated medicine. Endless list of medicines for ENT diseases mentioned in homoeopathic materia medica and repertory.

In this special issue on ENT, interesting cases are discussed by Prof.Shreepad Hegde, Dr.Kiran Shanbhag, Dr.Shivashankar and Dr. Chandrashekhar Bhat, hearty thanks to their articles. This issue contents includes stalwart pioneers, Quiz, photo gallery. Thank all the members of editorial board for their whole hearted support to bring this issue of our magazine.

**"Get your ears, nose & throat in tune, come see us soon!"**

**Wish you all happy and prosperous VIJAYA DASHAMI**

***- Prof. Dr.Shreepad Hegde***



# PIONEER

## *Dr Charles Julius Hempel*

Birth: 5th September 1811 in Solingen Prussia

Death: 25th September 1879 in Grand Rapids, Michigan



### **ABOUT THE PIONEER:**

- A German-born Translator and Homoeopathic Physician, Dr Hempel is one of the oldest honorary members of the British Homœopathic Society, and has received the compliment of diplomas and certificates of membership from many American medical colleges and associations.

- He is greatly indebted to many enthusiastic advocates of Homoeopathy, few of the oldest homoeopathic practitioners in New York and Philadelphia, namely Dr Hans Burch Gram, Dr Channing, Dr Hall, Dr John Franklin Gray and Constantine Hering.

- Hempel was employed by the publishing house William Radde in NYC where he translated most of the work of Hahnemann and Jahr in English.

- He was well known as the Father of English Homoeopathic Literature for his translating most of Hahnemann's and Gottfried Heinrich George Jahr's work in English.

- He not only translated medical work but also wrote Life of Christ, True Organization of New Church and New Grammar in German Language.

### **HIS JOURNEY:**

- 1835: Came to United States and joined the University of New York. During his medical college days, he translated the work for many eminent homoeopaths and after graduation continued with the translating work.

- 1845: Graduated from the University of New York.

- 1855: He married Mrs Mary E Calder, Daughter of Mr George Coggeshall, Founder of Grand Rapids.

- 1857: Professor of Materia medica and therapeutics in the Hahnemann Medical college, Philadelphia.

- After his father-in-law's death he moved to Grand Rapids to take care of the estates and got busy with his extensive and busy practice.

- 1867: Recommended Chair of Homoeopathy by the Physicians of Michigan but the Regents of the University of Law succeeded in making the law inoperative.



- 1872: Developed blindness and when his health deteriorated, he moved to his fatherland to Rome and Naples, but it did no good to him, his increasing blindness made him return back to Grand Rapids. Here he became total blind, paralysed and helpless.

- Though he turned blind, with the help of his wife as amanuensis he dictated a work on principles of Homoeopathy and Materia Medica and Therapeutics.

- 1879: Died at the age of 68 at his residence at Grand Rapids.

- 1880: His last work was edited and published by Dr H R Arndt

## ACHIEVEMENTS:

- His translations and original works the following are the most prominent:

- Hahnemann's *Materia Medica Pura*, in four volumes

- Hahnemann's *Chronic Diseases*, in five volumes

Jahr's *Symptomen Codex*, in two volumes

- Hartmann's *Acute and Chronic Diseases*, in four volumes. (Baer's work on the same subject)

- Jahr's *Clinical Guide*, one volume,

- Jahr's *Mental Diseases and their Homoeopathic Treatment*, one volume

- Jahr's *Diseases of Women and Children*, one volume, 8vol

- Jahr's *Venereal Diseases*, one volume, 8vol

- Teste's *Materia Medica* ; Small's *Domestic Physician*

- Hempel and Beakley's *Domestic Physician* ; Hempel's *Domestic Physician*; *Homoeopathic Domestique*;

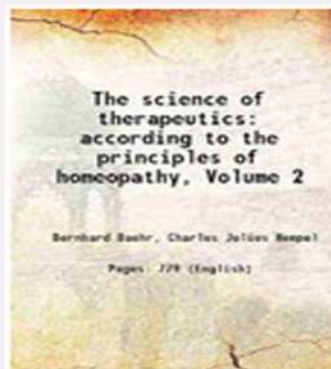
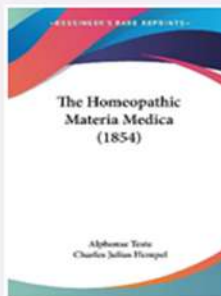
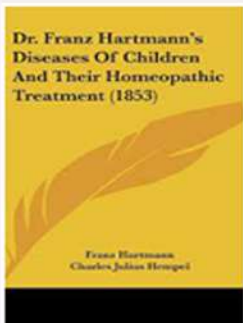
- Rane's *Organon of Homoeopathy*

- Hempel's *System of Materia Medica and Therapeutics*.

- Translated all of Johann Christoph Friedrich von Schiller's writings not previously translated.

## Conclusion:

With his work on Translations of Homoeopathic work of Eminent Homoeopaths especially translating work of Hahnemann in English, Dr Charles Julius Hempel has contributed immensely in the field of Homoeopathy helping number of budding homoeopaths across the world to know about the miraculous proving in Homoeopathy and understanding the *Materia Medica*.





## **Prof. Dr. Shreepad Hegde MD (Hom)**

*Former Professor, GHMC Bangalore*

*President KQHDA*

*Director Tattva Homoeopathic Research Center, Bangalore.*

## NASAL POLYP

Nasal polyps are soft growths on the lining of the nose or the spaces inside the nose, known as sinuses. Nasal polyps aren't cancer. Nasal polyps often occur in groups, like grapes on a stem. Causes are chronic inflammation due to infection, allergies, drug sensitivity or immune disorders. Symptoms may include a runny nose, stuffiness or post-nasal drip. In some cases, there may be no symptoms. Signs may include a congested or runny nose, postnasal drip, or feeling like your nasal passage is blocked or swollen.

Nasal polyps grow in inflamed tissue of the nasal mucosa. The mucosa is a very wet layer that helps protect the inside of your nose and sinuses and humidifies the air you breathe. During an infection or allergy-induced irritation, the nasal mucosa becomes swollen and red, and it may produce fluid that drips out. With prolonged irritation, the mucosa may form a polyp. A polyp is a round growth (like a small cyst) that can block nasal passages.

Polyps can grow large enough to block the nasal passages, resulting in chronic congestion. Symptoms can include: a sensation that nose is blocked, runny nose, postnasal drip, which is when excess mucus runs down the back of your throat, nasal stuffiness, nasal congestion,

reduced sense of smell, breathing through your mouth, a feeling of pressure in your forehead or face, sleep apnoea, snoring, Pain or headaches may also occur if there's a sinus infection in addition to the polyp.

### **Surgery:**

The type of surgery depends on the size of the polyp. A polypectomy is an outpatient surgery done with a small suction device or a micro debride that cuts and removes soft tissue, including the mucosa. For larger polyps, ENT doctor can perform an endoscopic sinus surgery using a thin, flexible endoscope with a tiny camera and small tools on the end. ENT doctor will guide the endoscope into your nostrils, find the polyps or other obstructions, and remove them.

### **What are the potential complications of nasal polyps?**

Treating nasal polyps, especially with surgery, may result in nosebleeds. Surgery may also result in infection. Continued treatment with nasal steroid sprays or oral corticosteroids may lower your resistance to sinus infections.

**Advantages of Homoeopathic Treatment for Nasal Polyp:** Homeopathy offers an alternative

by treating nasal polyps internally, without invasive procedures. Homeopathy treats the symptoms of nasal polyps as well as help shrink the size of the nasal polyps. *Timely administered homeopathy medicines help avoid surgery and its inherent complications. Moreover, it is very common for the condition to recur even after surgery. Homeopathy also has preventive role to offer, by which chance of recurrence is minimized.*

These medicines, which are both natural and safe, attack the disease at the root and set off the body's own restorative processes for complete cure. Some leading medicines for treating nasal polyps are

1. Calcarea Carb
2. Phosphorus
3. Teucrium Marum Varum
4. Conium.
5. Hekla Lava
6. Lemna minora
7. Sangiunaria nitricum
8. Kali Bichromicum
9. Kali nitricum.
10. Ammonium mur
11. Allium cepa
12. Baryta iodide

**Case of Nasal Polyp:** Female child of 8 years complains of frequent cold and nose block for 3 years. Frequent sneezing, irritation inside the nose, rubbing of the nose, breathes through mouth, blowing or sneezing does not remove the obstruction. Nose block, continuous flow of discharge from the nose. Severe coryza in open air.

Mother is suffering from severe bronchial asthma.

On examination: Nose red, congested inside the mucous membrane, Large polyp in both the nostrils. tenderness on pressure.



**BEFORE TREATMENT**

**21/05/2023:** Teucrium Marum Verum 200 tid for 5 days. Then repeated SOS.

**14/06/23:** Better up to some extent, still nose blocking continues, Teucrium 1M b d for 5 days.

**27/06/23:** Better still mild sneezing and blocking follows, size of the polyp reducing. Tuberculinum 1M bd for one day.

**16/07/23:** Very good improvement, polyp reduced completely. Patient is on observation.



**AFTER TREATMENT**



## **Dr Mrs Kiran S Shanbhag, BHMS**

Senior Consulting Homoeopath, Bengaluru

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## Case of Lichen Planus

There are zillions of ways to unlock a given case. The mode of reaching the medicine does not matter, as long as it finally covers the core of the case. Let us see how a case of Lichen Planus was unlocked with proper analysis, reasoning and understanding of Homoeopathic Materia medica.

An old lady, aged 49yrs, Mrs UBS was diagnosed with oral lichen planus, on allopathic Rx since 2018. Forecan, Candid, Clobetasol were some of the local applications she was using. A Primary school teacher by profession, she had to keep talking.

### **Presenting Complaints:**

Burning in the mouth aggravated by eating, more by spicy and warm food and drinks. Salivation more. Better by ice-cream and anything cold.

Eating was dreadfully painful for her pain< chewing, talking. Salivation even on talking.

Her skin as such was problematic. Palms had blackish marks of previous healed Lichen Planus. Axilla and inner thigh dark. White desquamation of both heels

On examination, excoriated patches on the tongue and cheeks, with white lacy patterns criss-crossing the lesions, the pathognomonic Wickham striae.

Other generals summarized for the sake of brevity

Hot pt, sleeps on abdomen

Jerks and fall feel on going to sleep, Obesity.

Her speech was babbling like a child (which I assumed could be due to pain)

### **Medical History:**

Known diabetic since a year, on Gluconorm SR 850 tablets. Her HbA1c was 6.7.

Hypothyroid since 17years, on Eltroxin 100 micrograms

Her Haemoglobin was 8.6, she had swelling of the Feet.

### **Life Situation:**

She worked in the school opposite her house, just across the lane. She says the principal is hostile and critical. She is very sensitive to criticism. Suffers from low confidence and self-doubt. Jolly kind of a woman who enjoys drawing, art, crafts. Desires appreciation. She is very attached to her husband. She says he is very caring. As soon as she finishes school, he goes across the street picks her up and they both walk back home. I felt a little weird about this ritual (They are married for 26 years). I thought to go deeper to understand this routine of hers.





On further probing, she said she feels looked after and sense of belonging due to this ritual. I zoomed out to just understand further. I felt she was a little childish, parasitic, expecting and getting a lot of nurture and care from her relationship. The babbling talk, jolly, interests in drawing at 49yrs. A bread winner in the family, happily doing so, demanding only to be mothered by her husband. She has Fear of lizards. With all these data received, we now have to narrow down to a remedy.

### ***My analysis of the case:***

The only sure-shot symptom in this case was Oral Lichen Planus. Rest was my analysis and debatable.

Hence, I took the diagnosis as an anchor and looked into the complete repertory.

Beryllium met was the only remedy mentioned.

**Single remedy rubrics always carry a weightage.**

Beryllium is in row 2 and column 2 of periodic table.

Though, I am not very well versed in this method of analysis, I knew for sure, the psychosocial development is lowest on left hand side of periodic table. And Row 2 is where the baby is snugly protected in Utero. Almost like a parasite. This understanding of mine gave me better confidence to prescribe this remedy.

I went with Beryllium 200C, since I was not sure if this is going to be a pathological prescription, or a constitutional similimum.

**Dosage:** 6 doses BD were given on 23<sup>rd</sup> April 2023. Follow up on 27<sup>th</sup> May, 2023, surprised me.

The pain and burning was almost 80% better. Palmar eruptions, heel desquamation, salivation too was much better. The ankle oedema was still there mildly (haematinics were given too with dietary advice). She can even eat akki roti now, but at room temperature, not piping hot. I put her on PL and am still waiting this far.

### ***My preparedness for further follow up:***

Lichen planus has a tendency to abate and recur. As long as I am able to reduce the intensity and frequency of attacks, I know I am on the right track to cure. Maybe I will want to go for higher potency if need be later. Her symptoms have not asked for it so far, so will wait and keep her on PL.

Beryllium is also indicated in Pneumoconiosis, sarcoidosis. I have used it in the past, with no results in these conditions.

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## **My take home Lesson and understanding of Materia Medica:**

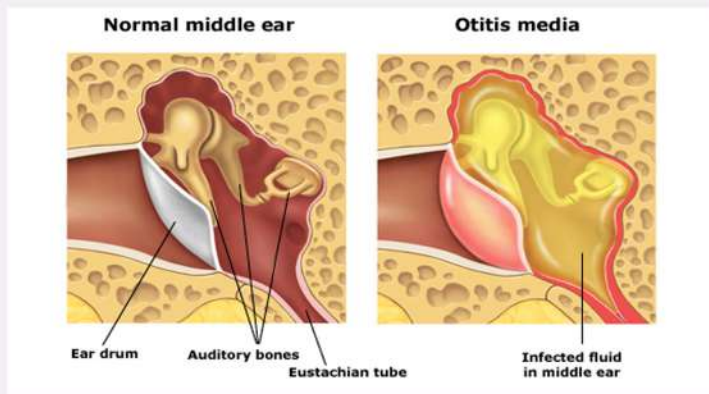
A pathological prescription works only if it covers the core of the constitution.

Borax, merc sol do come close and were there in my mind too.

Borax is also on the left-hand side row 3. But the fear is I may not be able to exist independently from my source of protection, yet I may be pushed out of my abode in the protective uterus any time soon (fear of descent).

Merc on the other hand is row 6. Issues of power authority. A little too much to think for in this case of care, nourishment and protection in a hungry child of 49yrs.

This case elicits the importance of analysis, use of single remedy rubric and our understanding of materia medica.



## **Short case of Eustachian Catarrh**

A doctor aged about 62yrs had symptoms of pain above and front of the left ear, since about 18 months before consultation. He had tried various therapies including homoeopathy. Remedies like Ars Iod, Hepar Sulph etc were already tried based on the diagnosis of Eustachian catarrh by the previous physician but to no avail.

An ENT was also consulted, who initially suspected it as sinusitis and prescribed nasal drops. Did an audiometry test, which turned out normal. Finally concluded it as eustachian catarrh.

Multiple courses of antibiotics were prescribed. Still the saga continued. The pain was severe enough to disable the doctor from his regular activities of the day. The pain was felt inside the left ear radiating above and in front of it causing hemicrania on the left side. Aggravated by cold weather or drinks. Ameliorated by warm weather or drinks. Pain better by moving the TMJ joint of that side. Mucous collection in the throat at night, scanty expectoration in the morning, which Ameliorates. No deafness or discharge from ear. With all this data, I was not convinced it was Eustachian catarrh to begin with.

### **Analysis of the case:**

All infections of the ear, sinuses ruled out considering the long duration of ailment. TMJ arthritis ruled out as pain better by moving the



joint, not vice versa. Dental opinion showed NAD. To rule out CNS pathology, I did a CT scan too. It came normal. No history of trauma too.

My deep instinct felt, it could be trigeminal neuralgia, due to some local compression/swelling in ear, yet not sure. I had few remedies like Rhus tox, Causticum, Spigelia, Hypericum, Verbascum in mind.

Since TMJ arthritis was ruled out, Causticum and Rhus Tox fell out of favour. Both also have cracking in TMJ, absent in the patient. Spigelia had hemicrania sunrise to sunset. Not much of ear symptoms

Between Hypericum and Verbascum, the latter covered both neuralgic and catarrh symptoms.

Mullein oil which we dispense for ear pain, is nothing but Verbascum thapsus. It suited the case the most.

The remedy prescribed was Verbascum Thapsus 1M single dose on 23rd July 2021. Pain diminished and disappeared after 48 hrs. It recurred in a mild form about 2 to 3 days later, a second dose was repeated.

About a month after 2nd dose, the patient was on intercity travel (climate change) so the pain returned with slightly higher intensity, Here I repeated the Verbascum in 10M potency on Sept 2021.

After this prescription, there was no recurrence in these 2 years. Somewhere few months down one dose of Tuberculinum 10M was also taken to combat the tendency to catch cold. So far, she is fine.

No other medicine or repetition was asked for by the body. This case shows us how homoeopathy comes to rescue when the symptoms do not give

a clear diagnosis.

The satisfaction of relieving a patient from a dreaded pain is a rewarding experience. It reinforces both our and the patient's belief in homoeopathy.

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## Dr Shivashankar A.,BHMS, MD (HOM)

Asst. Professor, Dept. of Homoeopathic Materia Medica  
Bhagwan Buddha Homoeopathic College

### Case of Allergic Rhinitis

25/01/2023

**Name:** Yathish raj

**Age:** 10 yrs. Sex: Male.

**Education:** Studying 4th standard at Mallathahalli Govt School.

**Address:** Mallathahalli, Bangalore.

#### PRESENTING COMPLAINTS:

- 1.Sneezing frequent nearly 40-50 times a day since 1 year.
- 2.Nose block both nostrils. More on right side.
- 3.Heaviness of head since 2-3 days.
- 4.Burning in throat. Soreness since 2 to 3 days.

**On examining nose:** He has not cleaned nose well. Dark yellowish discharge adhering to nostrils.

**Diagnosis:** Allergic rhinitis.

#### OBSERVATION:

- Looks downwards and speaks.
- Big curved ears.
- Opens mouth frequently.
- Small forehead.
- Big eyes, big eyelashes.
- Sitting with leaning backwards
- Casual while answering.

#### MOTHER'S VERSION ABOUT PATIENT:

- Weak in studies, weak memory, weak in mathematics, Weak in writing letters.
- Not much active at studies. More active at games not in studies.
- Doesn't eat well. Doesn't eat vegetables in sabji and sambar.
- Appetite less. Eats and drinks less.
- Passes stool once in 2 days.
- Urine smells a lot.
- Touches filthy things with hands without washing his hands touches his face.
- Gets fever once in 1 to 2 months.
- He is born by C- section delivery.
- The boy started talking at the age of 5 to 6 yrs. Only speech delayed.
- (Mother told that even his father also learnt speaking late.)
- He cries when he is not given snacks.

#### PERSONAL HISTORY:

**Appetite:** decreased. Likes food to be cold and even water.

**Thirst:** less thirst.

**Desires:** Bisibele bath (mother says he will not eat vegetables in Bisibele bath, poori, Dosa, Ice cream (even in winter), mutton, chicken.

Mother says he gets saliva more in mouth, and spits frequently.



## LIFE SPACE INVESTIGATION:

He is the only child in the family. Belongs to lower middle class. Mother was working in garments earlier. Now she left because of her diabetes. The boy plays kho kho, kabbadi, running race.

Hobbies: Craft work, making kites, butter flies from paper, repairing cycle like cycle chain etc. Gets angry when beaten by friends and beats back, scolds.

## SYSTEMIC EXAMINATION:

### CVS:

Auscultation: S1 & S2 heard, no cardiac murmur. No abnormal sounds heard.

### CNS:

E4V5M6. All 12 cranial nerve reflexes normally elicited. Pt is conscious and oriented about time and space.

### PA:

**Inspection:** No scar marks found.

**Palpation:** Soft, non-tender.

**Percussion:** No organomegaly found.

**Auscultation:** Normal bowel sounds heard.

### RS:

**Inspection:** Chest B/L symmetrical, no scar marks present.

**Auscultation:** Normal vesicular breath sounds heard, no wheezing or crepitus heard.

## DIAGNOSIS: ALLERGIC RHINITIS

## ICD CLASSIFICATION 11: CA08.0

## ANALYSIS OF SYMPTOMS:

### Common

- Sneezing
- Nose block
- Headache.
- Weakness of memory
- Appetite less
- Recurrent fever.
- Disturbed sleep

### Uncommon

- Sneezing continuously.
- Pain, burning throat.
- Heaviness of head.
- Appetite decreased
- Thirstless
- Desire cold water
- Constipation
- Urine offensive
- Untidy.
- Excessive salivation.
- Sleeps on abdomen
- Anger tendency.
- Artistic aptitude (for craft)

**EVALUATION OF SYMPTOMS:** The case is rich in mental generals followed by physical generals and characteristic particulars. So Kentian method is chosen.





## Mental generals

- Anger tendency.
- Casual (frivolous).
- Untidy.
- Playing desire for (playful).
- Artistic aptitude.

## Physical generals

- Desire for cold food.
- Desire for cold water.
- Thirstless.
- Excessive salivation.
- Sleeps on abdomen.

## Characteristic particulars

- Sneezing continuously.
- Burning pain in throat.
- Heaviness of head.

### TOTALITY OF SYMPTOMS:

- Anger tendency.
- Casual (frivolous).
- Untidy.
- Playing desire for (playful).
- Artistic aptitude.
- Desire for cold food.
- Desire for cold water.
- Thirstless.
- Excessive salivation.
- Sleeps on abdomen.
- Sneezing continuously.
- Burning pain in throat.
- Heaviness of head.

### REPERTORIAL ANALYSIS:

- Sulph 21/12
- Bell 19/11
- Puls 19/10
- Nat mur 18/10
- Silica 13/10
- Ars 18/9
- Phos 17/9

### REMEDY PRESCRIBED:

1. Sulphur 200 water dose daily morning 1 spoon for 5 days
2. Placebo 2-0-2

Yatish raj			
MIND			
1	MIND - ANGER		✕
2	MIND - ART - ability for		✕
3	MIND - FRIVOLOUS		✕
4	MIND - PLAYFUL		✕
5	MIND - UNTIDY		✕
HEAD			
6	HEAD - HEAVINESS		✕
NOSE			
7	NOSE - SNEEZING - constant		✕
MOUTH			
8	MOUTH - SALIVATION - profuse		✕
THROAT			
9	THROAT - PAIN - burning		✕
STOMACH			
10	STOMACH - THIRSTLESS		✕
SLEEP			
11	SLEEP - POSITION - abdomen, on		✕
GENERALS			
12	GENERALS - FOOD and DRINKS - cold drink, cold water - desire		✕
13	GENERALS - FOOD and DRINKS - cold food - desire		✕
Remedies	ΣSym	ΣDeg	Symptoms
sulph.	12	21	1, 2, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13
bell.	11	19	1, 2, 3, 4, 6, 8, 9, 10, 11, 12, 13
puls.	10	19	1, 3, 6, 7, 8, 9, 10, 11, 12, 13
nat-m.	10	18	1, 5, 6, 7, 8, 9, 10, 11, 12, 13
sil.	10	13	1, 2, 3, 6, 7, 8, 9, 10, 12, 13
ars.	9	18	1, 6, 7, 8, 9, 10, 11, 12, 13
merc.	9	17	1, 3, 6, 7, 8, 9, 10, 12, 13
phos.	9	17	1, 2, 6, 8, 9, 10, 11, 12, 13
ign.	9	15	1, 4, 6, 8, 9, 10, 11, 12, 13
calc.	9	14	1, 5, 6, 8, 9, 10, 11, 12, 13
dulc.	9	14	1, 6, 7, 8, 9, 10, 11, 12, 13
lach.	9	14	1, 3, 4, 6, 8, 9, 10, 11, 13
stram.	9	13	1, 3, 5, 6, 8, 9, 10, 11, 12
cocc.	9	11	1, 4, 6, 8, 9, 10, 11, 12, 13
lyc.	8	17	1, 6, 8, 9, 10, 11, 12, 13



## REASON FOR PRESCRIPTION:

- Lean, Thin, Tall
- Casual patient
- Untidy
- Artistic aptitude for craft

## FOLLOW UP ON 30TH JAN 2023:

Only mother had come. The boy had been to school. She told running nose reduced a lot. Since, 2 days she has not seen him wheezing almost. He is doing well. As medicines got over, she had come to collect medicine for few more days for him.

## FOLLOW UP ON 13 FEB 2023:

No sneezing episodes since, 15 days. No headache, No throat pain. Early morning waking at 6 AM. Going to play kabbadi with friends.

## OBSERVATION:

Face is glowing. Pt is lively & active. Smiling

## INTERPRETATION:

After the remedy along with reduction of complaints there is overall well-being of the patient as per the Aphorism 253 mentioned in our Organon of Medicine.

## KQHDA Activities:

- Free Medical camps conducted regularly for the benefit of suffering mankind.
- Immune Boosters distribute during epidemics as a gesture of social responsibility
- Free CMEs conducted on 1st sunday of every month since 1992 for the benefit of the practitioners and students of homoeopathy.
- Sponsors a Gold medal every year for the topper in Materia medica during the Convocation of RGUHS.
- Organises National Seminar in the month of April every year to commemorate the birthday of Dr. Samuel Hahnemann.

Come & Join as a  
Life-member  
of KQHDA....



**ಡಾ|| ಚಂದ್ರಶೇಖರ್ ಭಟ್**

ಎಂ.ಡಿ (ಹೋಮಿಯೋ)

ಡಾಕ್ಟರ್ ಭಟ್ಸ್ ಹೋಮಿಯೋಪಥಿ

ಬೆಂಗಳೂರು

## ಹೋಮಿಯೋಪಥಿ ಪ್ರಾಕ್ಟೀಸ್ E.N.Tಯ ಮಹತ್ವ..

ಸಹೃದಯ ವೈದ್ಯ ಮಿತ್ರರೇ,

ಸುಮಾರು ಎರಡು ಶತಮಾನಗಳಿಂದ ಹೋಮಿಯೋಪಥಿ ಅನೇಕ ಏರಿಳಿತಗಳ ಕಂಡು, ಪ್ರಸ್ತುತ ವಿಶಿಷ್ಟ ಆರ್ಥಿಕ ಪ್ರಗತಿ ಕಾಣುತ್ತಿರುವ ಭಾರತದಲ್ಲಿ ಅಪಾರ ಜನಪ್ರಿಯತೆ ಹೊಂದುತ್ತಿರುವ ವಿಶೇಷ ಪ್ರಾಕೃತಿಕ ವೈದ್ಯಕೀಯ ಚಿಕಿತ್ಸಾ ಪದ್ಧತಿಯಾಗಿದೆ. ನಮ್ಮ ದೇಶದಲ್ಲಾಗುವ ಯಾವುದೇ ಸಣ್ಣ ಬದಲಾವಣೆ - ಪ್ರಗತಿ ವಿಶ್ವದ ಗಮನ ಸೆಳೆಯುತ್ತಿರುವುದು ಹೆಮ್ಮೆಯ ಸಂಗತಿ, ಹೀಗಿರುವಾಗ ಆರೋಗ್ಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಜನ ಸಾಮಾನ್ಯರಿಗೆ ಸಾಮಾನ್ಯವಾಗಿ ಬಾಧಿಸುವ ಅನೇಕ ರೋಗಗಳನ್ನು ಯಾವುದೇ ದುಷ್ಪರಿಣಾಮ ಅಥವಾ ಪ್ರತಿಕೂಲ ಪರಿಣಾಮಗಳಿಲ್ಲದೆ ಸುರಕ್ಷಿತವಾಗಿ ಧೀರ್ಘ ಕಾಲದವರೆಗೆ ಆರೋಗ್ಯ ಗುಣಪಡಿಸುವ ವಿಧಾನ ನಮ್ಮಲ್ಲಿದೆ. ನಮ್ಮ ದೈನಂದಿನ ಪ್ರಾಕ್ಟೀಸ್‌ನಲ್ಲಿ ಕ್ಲಿಷ್ಟಕರವಾದಂತಹ ವಿರಳವಾದಂತಹ ದೊಡ್ಡ ರೋಗಗಳಿಗೆ ಎಷ್ಟು ಮಹತ್ವವಿದೆಯೋ ಅದಕ್ಕೂ ಹೆಚ್ಚು ಸಾಮಾನ್ಯ ರೋಗಗಳಾದ E.N.T ಸಂಬಂಧಿತ ಅಲರ್ಜಿ, ಶೀತ, ಪದೇ ಪದೇ ಬರುವ ಜ್ವರ ಕೆಮ್ಮು, ಮಕ್ಕಳ ಶೀತ ಗಡ್ಡೆಯ ಸೋಂಕು (Tonsil Adenoid), ಸೈನಸ್ ಸಮಸ್ಯೆಗಳು ಇತ್ಯಾದಿ ಸಮಸ್ಯೆಗಳನ್ನು ನಾವು ಕಡಿಮೆ ಸಮಯದಲ್ಲಿ ಹೆಚ್ಚು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಚಿಕಿತ್ಸೆ ನೀಡಿದ್ದೇ ಆದಲ್ಲಿ ವೈದ್ಯರಿಗೂ- ಹೋಮಿಯೋ ಪದ್ಧತಿಗೂ ಅತೀ ಹೆಚ್ಚು ಜನಪ್ರಿಯತೆ ತರಬಲ್ಲದು ಮತ್ತು ಸಮಾಜಕ್ಕೂ ಇದರ ಅವಶ್ಯಕತೆ ಬಹಳ ಇದೆ. ಆದ್ದರಿಂದ ಪ್ರತಿ ಹೋಮಿಯೋ ವಿದ್ಯಾರ್ಥಿ, ಈಗಷ್ಟೆ ಪ್ರಾಕ್ಟೀಸ್ ಪ್ರಾರಂಭಿಸಿರುವ ಕಿರಿಯ ಉತ್ಸಾಹಿ ವೈದ್ಯರು ಸಾಮಾನ್ಯ ರೋಗಿಯ ಸಾಮಾನ್ಯ ಕೂಗಿಗೆ ಹೆಚ್ಚು ಗಮನ ಕೊಟ್ಟಲ್ಲಿ ಯಶಸ್ಸು ನಿಶ್ಚಿತ. ಪ್ರತಿಸಶತ 60% ಜನರಲ್ ಪ್ರಾಕ್ಟೀಸ್ - E.N.T ಸಂಬಂಧಿತ.

ಕೋವಿಡ್ ಸಮಯದಲ್ಲಿ ಅನೇಕ ವೈದ್ಯರು ಇಂತಹ ಪರಿಸ್ಥಿತಿಯನ್ನು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ನಿಭಾಯಿಸಿದ್ದರಿಂದಲೇ ಹೋಮಿಯೋಪಥಿ ಮನೆ ಮನೆಗೆ ತಲುಪುವಂತಾಗಿದ್ದು. ಪ್ರಾಕ್ಟೀಸ್ ಮಾಡುವ ವಿಧಾನ ಏನೇ ಆಗಿರಲಿ ರೋಗಿಯ ಮುಖದಲ್ಲಿ ಚಿಕಿತ್ಸೆ ಫಲಿಸಿದ ಮಂದಹಾಸವಿದ್ದರೆ ಸಾಕು ಅದೇ ಮಾಸ್ಕರ್ ಹಾನಿಮನ್ವವರ ಉನ್ನತ ಉದ್ದೇಶವಾಗಿತ್ತು. ಹಾಗಾಗಿ E.N.T ಸಂಬಂಧಿತ ಅನೇಕ ಕಾಯಿಲೆಗಳಲ್ಲಿ ಅದರಲ್ಲು ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಸೂಚಿಸಿದ ಸನ್ನಿವೇಶಗಳಲ್ಲಿ (ಉದಾಹರಣೆಗೆ - ಶೀತಗಡ್ಡೆ Adenoid ಸೋಂಕು, ಮೂಗಿನ ದುರ್ಮಾಂಸ, ವಿಚಲನಗೊಂಡ ಮೂಗಿನ ಸೆಪ್ಟಂ,ಕಿವಿ ಪರದೆಯ ರಂಧ್ರ) ನಾವು ವೈದ್ಯರು ರೋಗಿಯ ವಿಶ್ವಾಸಗಳಿಸಿ, ಚಿಕಿತ್ಸೆ ಕೊಟ್ಟು ಧೀರ್ಘಕಾಲದವರೆಗೆ ರೋಗ ಗುಣಪಡಿಸಬಹುದು,ಹೋಮಿಯೋ ವೈದ್ಯ ವಿಧಾನದಲ್ಲಿ ನೋಸೋಡ್ಗಳ ಪಾತ್ರ,Constitutional ಮೆಡಿಸಿನ್,Miasmatic ಅನಾಲಿಸಿಸ್ ,MOTHER TINCERS ಗಳ ಸಹಾಯದಿಂದ ಚಿಕಿತ್ಸೆ ನೀಡಿದ್ದಲ್ಲಿ, ಪದೇ ಪದೇ ಬರುವಂತಹ E.N.T ಸಮಸ್ಯೆಗಳನ್ನು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಗುಣಪಡಿಸಬಹುದು. ಕೊನೆಯಾಗಿ ಅತೀ ಮುಖ್ಯವಾಗಿ ಎಲ್ಲ ಖಾಸಗಿ ವೈದ್ಯರ ಪ್ರತಿನಿತ್ಯದ ಚಿಕಿತ್ಸಾ ಫಲಿತಾಂಶಗಳನ್ನು - ಶಿಸ್ತುಬದ್ಧವಾಗಿ ಸಂಶೋಧಿಸಿ ದಾಖಲಿಸುವ





ಸಲುವಾಗಿ ಹೋಮಿಯೋಪಥಿ ಬೋರ್ಡ್ ನಿಂದ ಸರಳ ವೇದಿಕೆ ಕಲ್ಪಿಸಿದ್ದೇ ಆದಲ್ಲಿ ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಸರ್ಕಾರದ ಅನೇಕ ಯೋಜನೆಗಳಿಗೆ ಹೋಮಿಯೋಪಥಿ ಆರ್ಥಿಕ ದೃಷ್ಟಿಯಿಂದ- ಸುರಕ್ಷತೆ ದೃಷ್ಟಿಕೋನದಿಂದ ಅತಿ ಮಹತ್ವದ ಪಾತ್ರ ವಹಿಸಬಲ್ಲದು.

E.N.T ಸಂಬಂಧಿತ ರೋಗಗಳಿಗೆ ಹೋಮಿಯೋಪಥಿ ವಿವಿಧ ಚಿಕಿತ್ಸಾ ಆಯಾಮಗಳಿಂದ ಕೂಡಿದ್ದು ದೀರ್ಘಕಾಲದವರೆಗೆ ಪರಿಣಾಮಕಾರಿಯಾಗಿದೆ. ಮೂಲ ಶಾಸ್ತ್ರದ ಪ್ರಕಾರ ಪ್ರತಿ ರೋಗಿಯ ವಯಕ್ತಿಕ ವಿವರವಾದ ರೋಗ ಲಕ್ಷಣ ರೋಗ ಚಿಹ್ನೆಗಳೊಂದಿಗೆ, ಕುಟುಂಬದ ಇತರ ಸದಸ್ಯರ ಅನುವಂಶೀಯ ರೋಗಗಳ ಆಧಾರದ ಮೇಲೆ MIASM (ಮೈಯಾಸ್ಮ) ನಿರ್ಧರಿಸಿ ಚಿಕಿತ್ಸೆ ಕೊಟ್ಟಿದ್ದೇ ಆದಲ್ಲಿ ಸಂಪೂರ್ಣವಾಗಿ ಗುಣಪಡಿಸಬಹುದು. ಉದಾಹರಣೆಗಾಗಿ ಅಂದಿನ ಭೇಟಿಯ (ರೋಗಿಯ) ದಿನ. -ಇರುವ ಎಲ್ಲಾ ವಿವರಗಳಲ್ಲಿ ಸಮಾನ ಸರಿಹೊಂದುವ Similimum ರೆಮೆಡಿ ಸೂಕ್ತ ಪೊಟೆನ್ಸಿ ನಿರ್ಧರಿಸಿ ಕೊಡತಕ್ಕದ್ದು. ಅಲ್ಲದೇ ಪದೇ ಪದೇ ಬರುವ ಶೀತ-ಕೆಮ್ಮು-ಜ್ವರ ಇತ್ಯಾದಿ(ಅಡಿನಾಯ್ಡ್ - ಶೀತ ಗಡ್ಡೆ) ಗಳಿಗೆ. ನಂತರದ ಭೇಟಿಗಳಿಗೆ ಮಯಾಸ್ಮ ಆಧರಿಸಿ ಔಷಧಿ ಕೊಟ್ಟಾಗ ರೋಗ ಮರುಕಳಿಸುವುದನ್ನು ತಡೆಯಬಹುದು(ಉದಾಹರಣೆಗೆ: ಸಲ್ಫರ್, ಧೂಜ, ಟ್ಯುಬರ್ಕುಲಿನಮ್ ಇತರೆ) ರೋಗಿಯ ಇಮ್ಮುನಿಟಿ ಹಾಗೂ ಪರಿಪೂರ್ಣ ಆರೋಗ್ಯಕ್ಕೆ ಕನ್ನಿ ಟ್ಯೂಷನ್ ಮೆಡಿಸಿನ್ ನೀಡುವುದು. ಅಲ್ಲದೆ ಸೂಕ್ತ ನೋಸೋಡ್ ಔಷಧಿಯ ಉಪಯೋಗ ಚಿಕಿತ್ಸೆಗೆ ತುಂಬ ಸಹಕಾರಿಯಾಗಬಲ್ಲದು. ವಿಶೇಷವಾಗಿ ಹಿಂದಿನ ಔಷಧಿಗಳು ಫಲಿತಾಂಶ ನೀಡಿದ್ದಾಗ ನೋಸೋಡ್ ಮೆಡಿಸಿನ್ ನೀಡಿ ಪುನಃ ರೋಗಿಗೆ ಎಂದಿನಂತೆ ಸೂಕ್ತವಾದ ಔಷಧಿ ಕೊಟ್ಟರೆ ಹೋಮಿಯೋಪಥಿ ಚಿಕಿತ್ಸೆ ಪರಿಪೂರ್ಣವಾಗಿ ರೋಗವನ್ನು ಶಮನಗೊಳಿಸುತ್ತದೆ. ಈ ಕೆಳಕಂಡ ಮದರ್ ಟಿಂಚರ್ಗಳು ಪರಿಣಾಮಕಾರಿಯಾಗಿವೆ (ಏಕಿನೇಶಿಯ, ಜಸ್ಸೀಶಿಯ, ಅರ್ಬಿಕೇರಿಯ, ಅಗ್ರಫಿಸ್ ನೂಟನ್ಸ್ , ಫೈಟೋಲಕ, ಇತರೆ)

- ಡಾ. ಚಂದ್ರಶೇಖರ್ ಭಟ್  
ಎಂ.ಡಿ (ಹೋಮಿಯೋ)

## BRAINVITA

1. What is this condition, and in which disease condition it is seen?



2. Identify the pioneer and name the book has he written?



3. Name the remedy which has these features?

- o Violent headache, unable to lie down on back of head
- o Nausea with giddiness while swimming, riding in boats
- o Bad effects of Anger, ill effects of loss of sleep, taking care of sick.
- o One sided paralysis with numbness of the limbs
- o Slightest exertion brings on too much fatigue and fainting.

4. Give the name and family of the drug whose common name is Fox-Glove?

***Send us your answers with your Full name and Address  
by E-mail to [kqhda1992@gmail.com](mailto:kqhda1992@gmail.com)***

### **Answers of Brainvita Previous issue**

1. Digitalis Purpura
2. Erysipelas
3. Gottlieb Heinrich George Jahr, G. H. G. Jahr's Manual of Homoeopathic Medicine (1836)
4. Anacardium Occidentale



# PHOTOGALAXY



Team KQHDA Honoring  
Dr. Sumana B Pallegar  
Consultant Neurosurgeon  
on August CME 2023



Team KQHDA Honoring  
Dr. Raksha Pavan  
on August CME 2023



Team KQHDA honoring  
Dr Shivashankar A  
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