



KQHDA HOMOEEO SANDESH



KARNATAKA QUALIFIED HOMOEOPATHIC DOCTORS' ASSOCIATION ®

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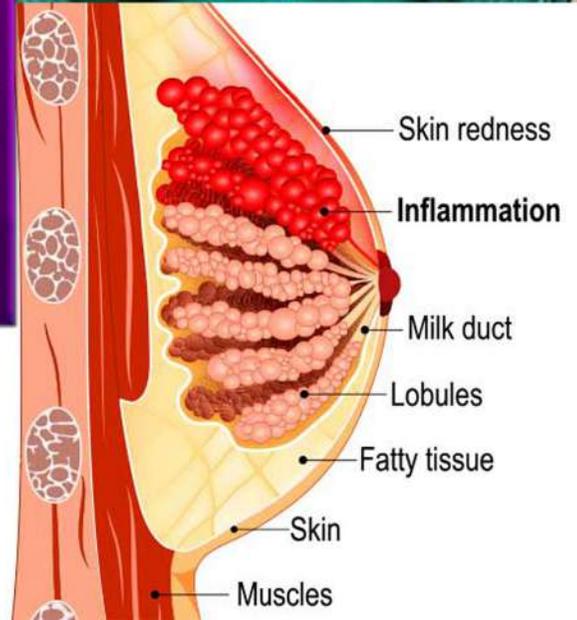
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Editor's Message

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Uterine Fibroids are non-cancerous tumors that grow in the uterus and are very common in about 25% to 30-% of reproductive age women.

There are 3 types of Fibroids; Submucosal (grow into the uterine cavity), Intramural (within the wall of the uterus), subserosal (grow outside the uterus).

The commonest type of Fibroid is Intramural. Though the exact reason of Fibroid is unknown, they are harmless and can either be single or multiple.

The symptoms of Fibroid are;

- Heavy or prolonged menstrual flow,
- Pelvic pain,
- Frequent urination,
- Painful intercourse,
- Constipation,
- Backache and leg pains.

The fibroids can affect ovulation and cause increase in Oestrogen levels.

It is important to maintain a low BMI as high BMI can increase oestrogen levels in the body which can increase the chances of fibroids.

Most of the fibroids do not affect the fertility chances, except submucosal fibroid can affect as they grow in the lining of the uterus and can affect fertility by blocking the fallopian tubes, preventing the fertilized egg to implant in the uterus and can increase the chances of miscarriage.



Not all fibroids need to be surgically removed, but some fibroids more than 8-10cm causing pressure on the nearby organs or rapidly growing may require surgery but it is not so common.

Many women opt for hysterectomy for huge sized fibroids or if it is submucosal. Not all fibroids need Hysterectomy.

Homoeopathy has great results in treating fibroids, most of the sycotic remedies work well in managing fibroids. Homoeopathic remedies like Sabina, Thlaspi Bursa pastoris, Millefolium, Erigeron are few of the remedies useful for heavy menstrual bleeding. Constitutional remedies work well in treating Fibroids, remedies like Thuja, Calc Carb, Sepia, Lycopodium, Lachesis, Graphites, Medorrhinum as per the individual case it can help treat fibroids completely.

Similarly, Mastitis, an acute bacterial infection can be treated with Homoeopathy without any surgical intervention.

Acute Conjunctivitis is a common eye infection affecting people of all age groups especially children. In this issue, treatment of acute conjunctivitis without eye drops, or orally, the symptoms are treated successfully with evidence-based cases through mode of Olfaction.

On behalf of the editorial board, I would like to thank Dr Trupti Deorukhkar from Mumbai, Dr Archana Khade from Bengaluru and Dr Pranav Shah from Gujarat for their interesting articles. I also would want to thank the Editorial team members Dr Trupti Pai and Dr Chiranth for their continuous help and sincere effort in completion of this issue.

- Prof. Dr.Shreepad Hegde



PIONEER

Dr Mahendra Lal Sarkar (Sircar)

Birth: 2nd November 1833, Howrah, India
Death: 23rd February 1904, Calcutta, India.



About Dr Sarkar:

- Founder of Indian Association for the Cultivation of Science.
- Born in Howrah District at Paikpara village. He lost his parents when he was a child and was brought up by his maternal uncles Ishwar Chandra Ghosh and Mahesh Chandra Ghosh.
- He had recurrent malarial fevers, followed by Bronchial Asthma to which he succumbed on February 24th 1904.

Education Journey:

- He was a brilliant student and received several scholarships. During his time, he was among the very few who had a great zeal for science.
- He wanted to pursue medicine so he joined the Calcutta Medical college. During his 2nd year of medical college, he was so esteemed by his professors, he was invited to teach Optics to his fellow students.
- In 1860, he graduated with the highest honours in Medicine and Surgery and received several scholarships.
- He became the second MD of Calcutta after Dr Chandrakumar Dey in 1862.
- In 1898, was honoured with an Honorary Doctorate degree by the University of Calcutta.

Transition to Homoeopathy:

- During his clinical years, he treated several renowned persons including Author Bankim Chandra Chattopadhyay. Though he used to criticise Homoeopathy initially, when he saw the benefits of Homoeopathy on the ordinary people who couldn't afford the European medicines, he was amazed seeing the results of Homoeopathy and decided to turn to Homoeopathy.
- He was highly influenced by William Morgan's "The Philosophy of Homoeopathy" and interacted with Dr Rajendralal Dutt, a leading homeopathic Practitioner in Calcutta.
- He later proclaimed that Homoeopathy was much more superior to the Western Medicine. He dedicated his life on the Propagation of the Principles of Homoeopathy.
- He became one of the prominent Homoeopaths of his time and was also a personal physician for Sri Ramakrishna Paramhansa.



Accomplishments:

- 1867: Started a campaign for National Science Association and gathered several scientists to come together.
- 1868: Founded the Calcutta Journal of Medicine. He was the editor of this journal for 20 years.
- 1876, 2nd July: Founded the Indian Association for the Cultivation of Science (IACS). It was the first native science institution of community of Indian Scientists. This was one of the greatest achievements and a platform for upcoming scientists.
- 1887: Honorary Magistrate and Sheriff of Calcutta.
- Supported Women Education especially higher education and arranged higher education at the IACS for women who wanted to pursue higher education like Sarala Devi Chaudharani.

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on
1st Sunday
of
Every Month**

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....**



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CASE REPORT -HOMEOPATHIC APPROACH IN A FEMALE WITH FIBROID

INTRODUCTION:

Fibroid is a commonest benign tumour arising from the muscle layer of the uterus. The etiology though is not well understood, a variety of factors play a role in the development of fibroid, including age, parity, race, genetic and hereditary predisposition. Fibroids can be asymptomatic or produce symptoms related to menstrual pattern and pregnancy. A case of fibroid managed with Homoeopathic medicine has been presented.

MATERIAL AND METHODS:

The case diagnosis was confirmed by history and investigations. Patient was monitored and managed efficiently with homoeopathic medicine. The constitutional remedy was prescribed in infrequent doses, anti-miasmatic remedy was given considering the strong miasmatic background.

RESULT INTERPRETATION AND CONCLUSIONS:

The patient felt better symptomatically and her reports also showed regression in the size of the fibroid.

SCOPE AND SIGNIFICANCE OF RESULTS:

Homeopathy can efficiently manage fibroid patients, treating them symptomatically with Homeopathic medicine.

KEYWORDS: Fibroid, Homoeopathy, ultrasound

CASE HISTORY:

Miss. S.S 35/F, unmarried female, working as Mehendi artist, residing in Mumbai, consulted for,

CHIEF COMPLAINTS:

Profuse menses since 3 months, lasts 8-10 days.

Spotting daily since 15 days.

Blood is dark red with clots.

Menstrual history

FMP - At 14 years of age.

LMP - 23/11/2016.

Colour- dark red with few clots.

Duration – 7 days

Odor - non offensive.

Cycle - 26-28 days, Regular cycles.

Staining- indelible

Before - pain in back, abdomen. & legs.

During-pain in abdomen, pulling pain in legs.



After - leucorrhoea 2-3days; thick whitish cream discharge.

She has pain in calves from 8 months; worse after walking; difficulty while going downstairs.

She has edema in her feet from 8 months, worse after walking.

PHYSICAL GENERALS

Appetite - Less; can tolerate hunger.

Likes- fish, spicy, meat.

Dislikes- sour, sweets.

Stools - unsatisfactory.

Perspiration - more on face.

Sleep - can't sleep easily; refreshing sleep.

Dreams - of dead parents

Thermal modality - Chilly

MIND

She has 3 brothers and 2 sisters, she lives with 3 brothers & 1 sister in law; 2 other sisters are married.

Childhood - lot of struggles, started working after 10th (after father's death); worked very hard for siblings; no relatives helped her. She remained unmarried for the sake of her siblings.

Reserved, will keep emotions to self, never share, has no friends.

Likes to help others will also go out of her way to help others. Is very sensitive to rudeness.

Anger- suppresses, always keeps it within her, scared, feels how will opposite person react.

Fear of being alone; wants company always.

Fear of dark. Fear of ghost esp. scared of sleeping in front of open window or door even if

having company; says "what if someone comes"

P/H

Renal calculi - July 2016.

F/H

Mother-died 4yrs back by Breast Cancer.

Father - MI died in 1994.

Maternal uncle- Leukaemia.

Maternal aunt- Bladder Cancer.

Maternal grandfather - Oral Cancer.

Brother- Mentally retarded.

USG PELVIS - 3/10/2016

Shows bulky, anteverted uterus, in midline multiple ill-defined echogenous intramural uterine fibroid; largest in lower posterior wall, 4.9 x 3 cms.

DIAGNOSIS

Uterine fibroid

MIASMATIC ANALYSIS: Syco-syphilitic

Sycosis:

- Renal calculi
- Fibroid
- Oedema feet
- Indelible menses
- Dark red clotting bleeding

Syphilis

- Strong history of cancer in family
- Father – MI
- Mother – Ca Breast



HOMOEOPATHIC APPROACH TO THE CASE

- To restore normal menses.
- To avoid Hysterectomy.
- To take care of the strong miasmatic background.

Carcinosin 1M one dose was given as a miasmatic remedy to take care of the strong syphilitic miasm in the background.

CASE TOTALITY

- Strong Responsibility after death of parents
- Suppressed anger++
- Sensitive to rudeness
- Hardworking+
- Fear of being alone, wants company always
- Fear of dark, ghosts
- Fastidious+
- A/F-cares, worries
- Likes-Fish2+,spicy,meat
- Dreams of dead parents

RUBRICS

- Responsibility strong too
- Anger suppressed, controlled
- Sensitive oversensitive rudeness to
- Company desires wants
- Fear ghosts specters of
- Cares worries full of
- Fish desires
- Dreams dead people of
- Tumours uterus

REMEDY given on 25/11/2016

Lycopodium 200 once a day for 7 days

	Total	Count	responsibility; ε	anger; suppres;	Sensitive,overs	Company,, Desi	fear; ghosts, sp	cares, worries,	food and drink;	dreams; dead; I
<u>lyc</u>	16	8	1	1	-	4	3	3	1	1
<u>calc</u>	18	6	3	-	2	-	3	3	-	4
<u>phos</u>	18	6	-	-	-	1	3	4	3	4
<u>nat-m</u>	13	6	1	2	1	-	1	4	4	-
<u>kali-c</u>	12	5	3	-	-	-	1	3	-	3
<u>cocc</u>	11	5	1	-	2	-	3	3	-	2
<u>kali-br</u>	11	5	-	-	-	3	3	3	-	1
<u>carc</u>	9	5	2	-	-	-	1	4	1	1

FOLLOW UP: 16/12/2016

- No spotting.
- Pain in calves reduced by 25%.
- Oedema in feet & pulling sensation in hypogastrium reduced.
- Appetite is less, constipation +

Rx:

Lycopodium 200 once a day for 7 days

FOLLOW UP: 26/12/2016

- Pain in calves reduced by 75%.
- Oedema in feet & pulling sensation in hypogastrium reduced.
- Appetite is improved, constipation +

Rx:

SL 30 tds for 15 days.

FOLLOW UP: 18/1/2017

- LMP 27/12/2016
- Flow lasted for 5 days, small clots were present.



- Pain during menses bearable.
- No spotting in this cycle.
- Appetite improved
- Occasional constipation

USG PELVIS - 14/12/2016

Bulky uterus, anteverted, 2 small 8 mm & 11mm intramural fibroids at uterine body, smaller seedling fibroids seen.

Rx:

Lycopodium 200 once a day for 15 days

DISCUSSION

The patient was under treatment for almost 2 years. She was given constitutional remedy every month (considering the structural changes). Whenever she suffered from any minor ailments it was successfully managed with homeopathy. Her menstrual complaints were much better with the homeopathic management. There was also a reduction in the size of the fibroids.

CONCLUSION

For managing pathological cases, it is imperative to adhere to the cardinal principles of Homeopathy of individualisation and theory of miasms. A single remedy at a time & minimum dosage along with antimiasmatic remedy has been used successfully in treating fibroid cases.

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Dr Archana Khade, BHMS, PGDEMS(Mumbai)

Homeopathy: A Rapid Solution for Mastitis

ABSTRACT:

In the realm of alternative medicine, homeopathy stands out for its individualized approach and ability to address a wide range of health concerns. This case study sheds light on the remarkable efficacy of homeopathic remedies in treating mastitis, a painful condition affecting breastfeeding women.

KEYWORDS: Breastfeeding, mastitis, Homoeopathy

CASE HISTORY:

A 30-year-old female visited in October 2023 for extreme pain in both the breasts post-delivery in July 2023. Patient was still breastfeeding and was unable to tolerate the pain. Pain more in right breast than left, radiating to the right arm. The type of pain was poking-type along with itching of the part, more in the mornings and afternoon. Pain better with pressure or gentle massage. She had a history of high fever of 104F few weeks back.

ASSOCIATED COMPLAINTS:

She has complaint of on and off hammering type of headache. Her energy levels were low and

concentration was on her pain than on herself and her baby. During the case taking she was in a lot of pain. She was getting angry and irritated because of the pain while narrating her symptoms.

ABOUT HERSELF:

She used to be very cheerful, talkative, social, loves working, very optimistic and now laughing was also painful for her. Even with the discomfort, she always made sure to attend the functions around and never wanted to miss her presence there. However, due to the pain, she was very much distressed now. She was angry that she could not do anything about the pain and discomfort. She gets irritated and angry when someone speaks to her when she is in pain. She gets an impulse to hit that person. She is usually fastidious and wants all her things to be in proper place. Wants to get back to work soon.

Physical Generals:

Loves: Chicken but it aggravates.

Perspiration: Profuse perspiration.

Past History: Three abortions in the past.

On Examination: Breasts, no lumps. Both breast



Totality of Symptoms:

1. Desires to work, be in a company and also anxiety.
2. Pain, poking, stitching and pricking sensation.
3. Pain in right mammae.
4. Constipation
5. Profuse perspiration

Repertorial Totality:

[Complete] [Chest]Pain:Mammae: (435)
[Kent][Chest]PAIN:Tearing:Mammae:Milk, breasts,in: (1)
[Kent] [Mind]SHRIEKING:Trifles, at: (1)
[Kent] [Mind]HURRY:Mental work, in: (8)
[Kent] [Mind]ANXIETY: (202)
[Kent] [Mind]COMPANY:Desire for: (58)
[Kent] [Chest]PAIN:Stitching: (182)
[Complete] [Rectum]CONSTIPATION: (906)
[Complete] [Perspiration]PROFUSE: (484)
[Complete] [Mind]RESPONSIBILITY: Strong, or too: (69)

Indicated Remedies: Lycopodium, Kali group remedies, Lac can and Bryonia which are leading mastitis remedies.

Remedy Prescribed:

Kali Carb 200 3 doses – 1 powder daily
Bryonia 200 – water doses – thrice a day
Lac Can 4 pills twice daily.

Explanation:

Allen's says for Inflammation of mammary glands, breasts much swollen, hot, sharp pains etc. Bryonia is a very good remedy. In lectures of Homeopathy, Kent says, "In inflammatory conditions of the breast one of the most striking

things is the stony hardness of the breasts, hardness and heaviness. Bryonia is often suitable for inflammation of the breasts at other times. Bryonia is more right-sided and is complementary to Kali carb, and is an excellent remedy for pain.

Diet and Advise:

1. Avoid using tight or too loose clothing around the breasts.
2. Avoid saturated fats like cheese, bakery products, fried and spicy foods and if not possible just limit the intake of fats to prevent blocked ducts and include foods naturally containing some lecithin like cooked green vegetables and wholegrains.
3. Continue her breast feeding, especially from right side.
4. Avoid too much hot fomentation or rigorous massage at that area.

Follow up after a week:

Pain Reduced, Breast emptying properly with pain. No Irritability. Overall feeling good and relaxed. **Rx:** PL

Follow up after a month-

No pain or any complaints. No Headache. Patient started going to work. **Rx:** PL

Conclusion:

Right indicated remedy covering the physical and mental symptoms act more efficiently and give better results. Along with constitutional remedy, when indicated acute remedy is given, it helps clear the case successfully.



Dr Pranav Shah (M.D., Ph.D.)

Assistant Professor – Department Of Homoeopathic Pharmacy, Government Homoeopathic Medical College – Dethali , Siddhpur – Patan Gujarat.

Dr Rakesh labana

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Homeopathy: A Rapid Solution for Mastitis

Introduction:

In our daily practice, mainly we administer the homoeopathic medicine by oral route. Olfaction is preferred only in case of convulsive, epilepsy, coma, deaf and dumb cases, and some time in paediatric patients who reject to take homoeopathic medicines even in oral route. An inhaled medication passes quickly and transversely through the respiratory tract epithelium.

Dr. Hahnemann have mentioned in 6th edition of organon of medicine (§ 288) and in the materia medica pura about the effectiveness of olfaction. The action of aconitum in olfaction is mentioned in Hahnemann's Materia medica pura.

Aim: To study route of administration of Homoeopathic Medicine by Olfaction (Inhaler) in case of Acute Conjunctivitis with reference to Patan District (Gujarat)

Objective:

- To study Route of Administration of Homoeopathic Medicine by Olfaction
- To study the Quick Action of Homoeopathic

Medicine by Olfaction

- To Study the Selection of Potency in case of Acute Conjunctivitis
- To Know the Medicine in case of Acute Conjunctivitis

Materials and Methods:

Study type: purposive, randomise - clinical study

Study site: Government Homoeopathic Medical College and Hospital, Dethali, Siddhpur – Patan (Gujarat)

Selection of patient: interview technique who have been suffering from conjunctivitis.

Consent form: consent form taken after explanation of study purpose.

Number of patients: 20 cases.

Inclusion criteria: acute conjunctivitis, all ages and all sexes.

Exclusion criteria: patients on other medications.

Selection of medicine: according to acute totality of symptoms

Selection of potency: according to susceptibility of patients.



Preparation of homoeopathic inhaler: add homoeopathic medicine to the white organically grown cotton wick, place the homoeopathic medicinal saturated wick inside the inhaler body. The tube cover will protect the homoeopathic medicinal saturated wick. They are easy to reuse as you can add more homoeopathic medicine to the organically grown cotton wick at any time, or simply replace the wick entirely.

Dispense of homoeopathic inhaler (how to use of inhaler?): place the nasal inhaler near the nostrils, and then slowly inhale while waving inhaler stick back and forth under the nostrils. Think 5-5-5 when using a nasal inhaler. Count to 5 while inhaling in count to 5 while holding breath, count to 5 while exhaling

Repetition of remedy: according to the need of the patient.

Duration of action: duration of action of medicine of condition was reviewed and recorded.



1.1 Analysis based on age incidence:

In our study out of 20 patients, as per age groups the number of patients suffering from conjunctivitis were;

Sr No.	Age group	No. of patients
1	0-10	0
2	11 - 20	9
3	21-30	8
4	31-40	2
5	41-50	1

Table no.1.1.

Analysis based on age incidence

1.2. Analysis On the basis of gender:

Sr. No	Gender	No. of patients
1	Male	15
2	Female	5

Table no.1.2 Analysis based on gender

1.3 Analysis on the basis of sides of eyes:

Sr. No.	Side of Eyes	No. of Patients
1	Both	9
2	Right	4
3	Left	7

Table no.1.3 Analysis based on side of eyes

1.4 Analysis based on selection of

medicine: After proper case taking based on totality, we prescribed the mentioned different medicines to 20 cases. Out of the 13 cases of Euphrasia, 12 showed improvement while one did not. In other 7 cases, all 7 responded well to the prescribed remedies shown in the analysis below.



Preparation of homoeopathic inhaler: add homoeopathic medicine to the white organically grown cotton wick, place the homoeopathic medicinal saturated wick inside the inhaler body. The tube cover will protect the homoeopathic medicinal saturated wick. They are easy to reuse as you can add more homoeopathic medicine to the organically grown cotton wick at any time, or simply replace the wick entirely.

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medicine: After proper case taking based on totality, we prescribed the mentioned different medicines to 20 cases. Out of the 13 cases of Euphrasia, 12 showed improvement while one did not. In other 7 cases, all 7 responded well to the prescribed remedies shown in the analysis below.



Sr.No.	Medicine Prescribed	No. Of Patients
1	Euphrasia	13
2	Ignatia Amara	1
3	Nat. Mur	1
4	Pulsatilla	1
5	Rhus tox	1
6	Ruta Graveolens	1
7	Sulphur	1
8	Thuja Occidentalis	1
	TOTAL	20

Table no.1.4 Analysis based on selection of medicine

1.5 Selection of potency: The potency was selected based on 1. Susceptibility of the patient, 2. Seat of disease, 3. Nature and intensity of symptoms, 4. Stage and duration of the disease, 5. Previous treatment of the patient.

Sr.No.	Potency	No. of patients
1	30C	6
2	200C	14

Table no. 1.5 Analysis based on selection of potency

1.6 Duration of Action of medicine

(Time: Minute): Duration of Action of medicine time based on improvement was seen from 0 minutes to 30 minutes and above.

Sr .No.	Duration of Action of medicine (Time: Minute):	No. of patients
1	0 – 10	2
2	11 – 20	7
3	21 – 30	8
4	30 above	3
	Total	20

Table no.1.6 Analysis based on action of time

1.7: Before Treatment Grading of the conjunctivitis: The conjunctivitis in 20 patients were graded from grade 0 to grade 5.

Sr. No.	Before Treatment Grading of the conjunctivitis	No. of patients
1	Grade 0.5	0
2	Grade1	4
3	Grade2	4
4	Grade3	5
5	Grade4	7
	Total	20

Table no.1.7 Before Treatment grading of the conjunctivitis

1.8 After Treatment Grading of the Conjunctivitis: After giving the indicated remedy, majority patients showed improvement as well as symptoms severity also decreased in our study.

After using the homeopathic inhaler out of 20 as many as 19 showed improvement and their oxford scale came to 0 & 1 grade. Only 1 patient didn't show improvement and had grade 3 conjunctivitis.

Sr. No.	After Treatment : Grading	No. of Patients
1	Grade0	10
2	Grade1	7
3	Grade2	2
4	Grade3	1
5	Grade4	0
	Total	20

Table: 1.8. After Treatment grading of the conjunctivitis

1.9 Analysis based on improvement:

In our study, we found that after giving a homeopathic inhaler, out of 20 patients, 19 showed improvements in their symptoms and only 1 patient was not improved.

Sr. No.	Result	No. of patient
1	Improved	19
2	Not Improved	1
	Total	20

Table no.1.9 : Analysis Based On Improvement

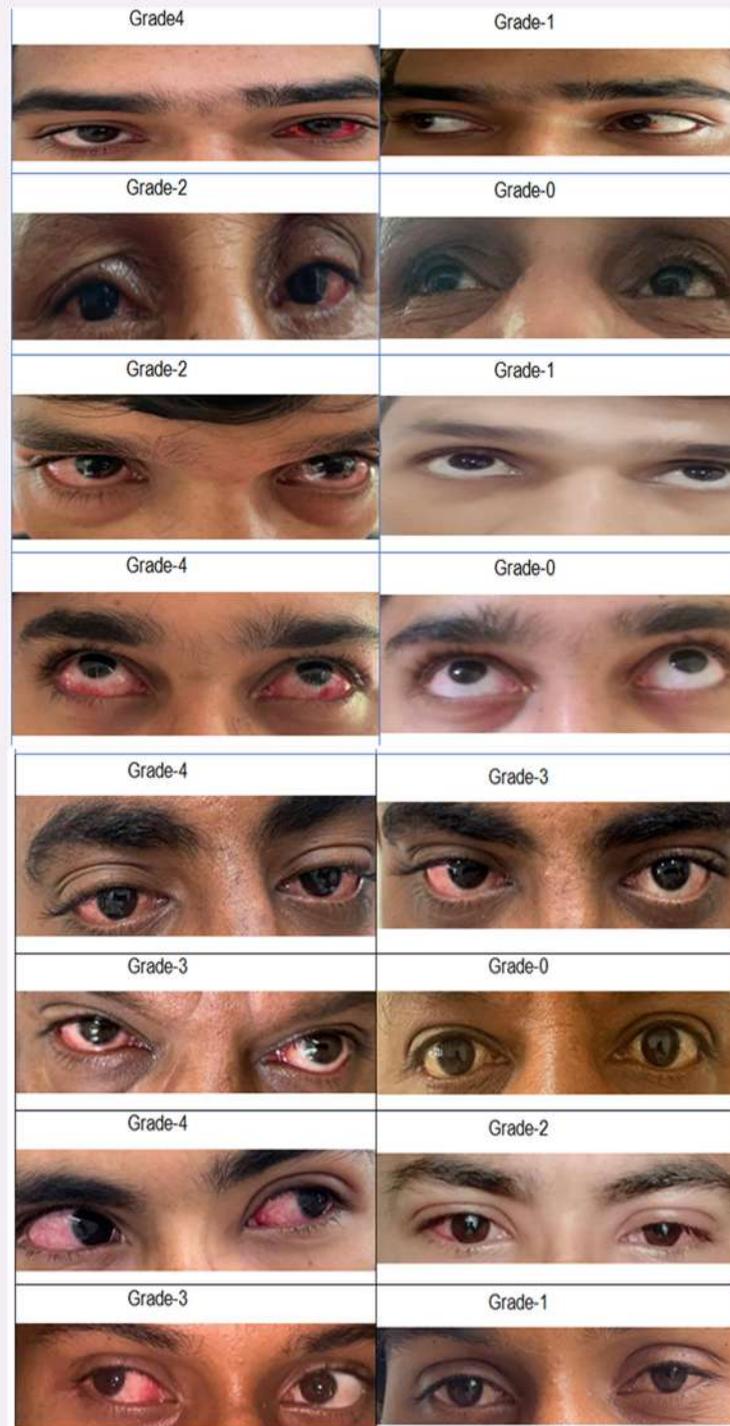
Conclusion: After analyzing all data, the following conclusions was made;

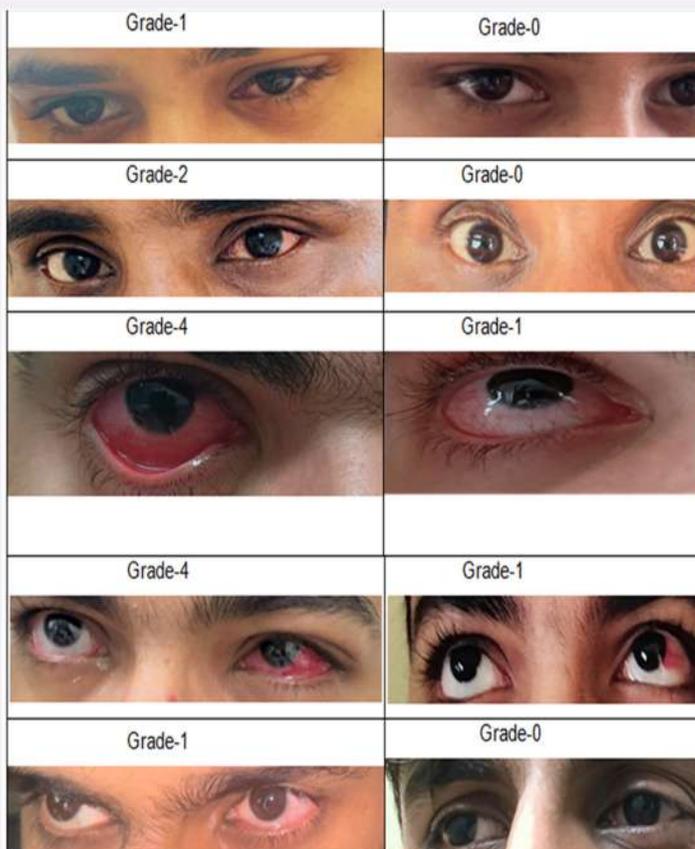
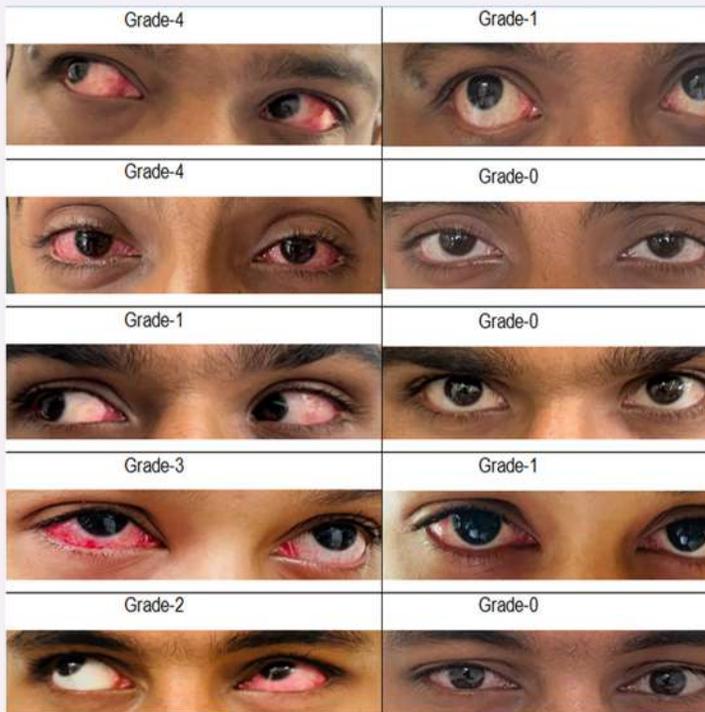
1. Out of 20, 17 patients who were suffering from conjunctivitis were from the age group 11-20 and 21-30.
2. Most of them were male patients (15/20) in compared to females (5/20).
3. Most of them were suffering from grade 3 and grade 4 of conjunctivitis as per the Oxford scale.
4. After the indicated medicine was given for inhalation, the patients of grade 1 to grade 4 improved significantly and most came down to grade 0 and grade 1, except one patient who did not show any improvement to the indicated medicine and was grade 3.

Hence from the above data, we can conclude that the indicated homeopathic medicine when given in inhaler form showed significant improvement within 20 to 30 minutes. Most of the patients responded well to Euphrasia 200.

The reason for the case that did not show any improvement was because of the habit of chronic tobacco chewing and smoking.

Conjunctivitis HOMOEOPATHIC INHALER Photograph of before and after giving homeopathic inhaler





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Journey of 2024

Karnataka Qualified Homoeopathic Doctor's Association had a year filled with Conferences, Medical camps, online as well as offline Monthly CMEs.

Events conducted in the year 2024;

1. National Conferences:

- February 2024 - National Conference at Belgaum. The highlight of this conference was 'Empowering wellness for non Communicable diseases.'

- April 2024 – National Conference at Bengaluru on 21st April at Gandhi Bhavan, Bengaluru. The highlight of the event was the “Dronacharya Award” awarded to Prof Dr B D Patel and the “Dr Sharada Homeo Prashasthi Award” being Award to Smt. Tripuramba, the most eminent Homoeopathic Practitioners for their remarkable contribution in the field of Homoeopathy. The eminent speakers for this Conference were Dr Pradeep Kumar Gupta, Dr Winston Verghese, Dr Ritu Gupta and Dr Umesh Akkaladevi.

2. Medical camps:

- February 24th: Health Check up camp by Dr Anusha Kulkarni, Life Member KQHDA at her clinic at RMR Park, Manjunath layout.
- August 15th: Camp for Senior Citizens and distribution of Preventive medicine for Dengue.
- September 9th: Cancer Detection and Homoeopathic Camp
- November 24th: Medical camp in coordination with the Bhavasar Ksatriya Samaj where around 200 patients had participated. The Camp had doctors from other fraternity like dermatology, Gynaecology along with Homeopathy.

- December 22nd: Medical camp in association with Bhagwaan Buddha Homoeopathic College, Bharat Vikas parishad and Govt. Homoeopathic Medical College. Along with Homoeopathic, the camp had eye specialists, Orthopedics and General Medicine practitioners for the medical camp.

3. Monthly CMEs:

Regular monthly CME's were conducted throughout the year with several Eminent resource persons who shared their experience regarding Clinical cases, Fibroids, Endometriosis, Menstrual disorders, Summer related diseases, Haematology and Anemia in cancer patients. The speakers for the monthly offline CME's were Dr P D Praveen Kumar, Dr Lakshmi B S, Dr B D Patel, Dr Shreepad Hegde, Dr H L Swamy, Dr Sreechitra Haridas, Dr Prabha M Swamy, Dr Mangesh Kamath, Dr Sujatha Gokak, Dr Subhaprada Gothe, Dr Rakesh Gupta, Dr Trupti Deorukhkar, Dr Reetha Krishnan and Dr Monalisa John, Dr Anjali Prabhu and Dr Prashant Nuval.

4. Webinars:

- The October Webinar was by Dr Rakesh Gupta, Associate Professor &HOD of Forensic Department at Smt. CMP Homoeopathic College, who explained the effectiveness of Homoeopathic remedies in cases of Fever where fevers like dengue were controlled and



successfully treated with Homoeopathy.

Dr Trupti Deorukhkar, Associate Professor of Gynaecology and Obstetrics Department at Smt. CMP Homoeopathic College, through case studies explained the efficacy of Homoeopathic medicine in Uterine Fibroids with brief understanding of therapeutics.

- The November Webinar the resource persons, Dr Reetha Krishnan, showed how homoeopathic can work in IPD patients with proper observation and clinical skills.

Dr Monalisa John through showed how through proper observation and knowledge of materia medica, acute cases as well as Cancer cases in their earlier stages, too can be handled well with Homoeopathy.

- The year ended with the December Webinar by Session by Dr Anjali Prabhu who spoke on Importance of Observation in Clinical Assessment.

Dr Prashant Nuval through evidence-based cases explained the efficacy of Homoeopathic remedies and how quickly they can act when correct similimum is selected.

**Do not miss
the CME
by KQHDA
on 1st Sunday of
Every month
For details**

**Email: [kqhda1992@
gmail.com](mailto:kqhda1992@gmail.com)**



ಡಾ.ವಿಜಯಲಕ್ಷ್ಮಿ. ಕೆ. ಪಾಟೀಲ

ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ಮುಖ್ಯಸ್ಥರು | ಆರ್ಗನಾನ್ ಆಫ್ ಮೆಡಿಸಿನ್ ವಿಭಾಗ.
ಬಿ.ಪಿ.ಪಿ.ಎಸ್. ಹೋಮಿಯೋಪಥಿಕ್ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು
ಆಸ್ಪತ್ರೆ, ಬಾಗಲಕೋಟೆ.

ಮೋ : 8095126826 ಮೇಲ್ ಐಡಿ : pviyajylaxmi8@gmail.com

ಮಳೆಗಾಲದ ಸಾಮಾನ್ಯ ಆರೋಗ್ಯ ತೊಂದರೆಗಳಿಗೆ ಹೋಮಿಯೋಪಥಿ:

ಬಿಸಿಲಿನ ತಾಪದಿಂದ ಬಳಲಿ ಬೆಂಟಾಗಿ ಇನ್ನೊಂದು ಮಳೆಗಾಲ ಪ್ರಾರಂಭವಾಯಿತೆಂದರೆ ಮಕ್ಕಳಿಂದ ವಯೋವೃದ್ಧರವರೆಗೆ ಎಲ್ಲರಿಗೂ ಖುಷಿಯೋ ಖುಷಿ.. 4 - 5 ದಿನ ವಿಧ ವಿಧವಾದ ಕರಿದ ಕುರುಕಲು ಆಹಾರ ಪದಾರ್ಥಗಳನ್ನು ಬಾಯಿ ಚೆಪ್ಪರಿಸಿ ಆನಂದಿಸುತ್ತಾರೆ ಇನ್ನೂ ಕೆಲ ಜನ ಮಾಂಸಾಹಾರ ಸವಿಯುತ್ತಾರೆ.. ಮುಂದೆ ಮತ್ತೆ ಗೋಳು ಪ್ರಾರಂಭ ವಿಪರೀತ ಮಳೆಯಿಂದ ಗ್ರಾಮೀಣ ಪ್ರದೇಶಗಳಲ್ಲಿ ಮಣ್ಣಿನ ಮನೆಗಳು ಸೋರಿ ಅಪಾರ ಹಾನಿಯಾಗಿ ತೊಂದರೆ ಅನುಭವಿಸಿದರೆ ನಗರ ಪ್ರದೇಶಗಳಲ್ಲಿ ಮಳೆ ನೀರು ಮನೆ ಸೇರಿ ತೊಂದರೆ ಅನುಭವಿಸುವುದು ಒಂದೊಡೆಯಾದರೆ ಇನ್ನೊಂದೆಡೆ ಸುಮಾರು ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳು ಉದ್ಭವಿಸುತ್ತವೆ.

ವಿಪರೀತ ಮಳೆಯಿಂದ ಕಲುಷಿತ ನೀರು - ಆಹಾರ ಸೇವನೆಯಿಂದ , ಬ್ಯಾಕ್ಟೀರಿಯಾ - ವೈರಾಣು ರೋಗಗಳನ್ನು, ಮಳೆ ನೀರು ಎಲ್ಲೆಂದರಲ್ಲ ನಿಂತು ಸೊಳ್ಳೆಗಳ ಕಾಟದಿಂದ ಹಲವಾರು ರೋಗಗಳನ್ನು ಕಾಣಬಹುದು.

ಸಾಮಾನ್ಯವಾಗಿ ಮಳೆಗಾಲದಲ್ಲಿ ಕಾಡುವ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳೆಂದರೆ ಸೋಂಕು ರೋಗಗಳಾದ ಶೀತ, ಕೆಮ್ಮು, ಅಸ್ತಮಾ, ಸಾಮಾನ್ಯ ಜ್ವರ, ಸೈನುಸೈಟಿಸ್. ಅತಿಸಾರ, ಆಮಶಂಕೆ, ಕಾಲರಾ, ಛಾಯೆ ಫಾಯ್ಡು, ಮಲೇರಿಯಾ, ಡೆಂಗ್ಯೂ ಜ್ವರ, ನ್ಯೂಮೋನಿಯಾ , ಹುಳುಕಡ್ಡಿ (ಗಜಕರ್ಣ) ಈ ರೀತಿಯಾದ ಸಾಮಾನ್ಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳ ಜೊತೆ ಇನ್ನು ಹಲವಾರು ರೋಗಗಳನ್ನು ಕಾಣಬಹುದು...

ಮಳೆಗಾಲದ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ಸಾಮಾನ್ಯ ಆರೈಕೆ ಕ್ರಮ ಹಾಗೂ ಮುಂಜಾಗ್ರತೆ ಕ್ರಮಗಳು : ಹೊರಗಿನ ಕಲುಷಿತ ನೀರು - ತಿಂಡಿಗಳನ್ನು ಸೇವಿಸಬಾರದು .ವೃದ್ಧರು ವೈದ್ಯಕೀಯ ಸಮಸ್ಯೆಯುಳ್ಳವರು ಹೊರಸಿಲು ದಾಡದೇ ಬೆಚ್ಚನೆಯಾಗಿ ಮನೆಯಲ್ಲೇ ಇರಬೇಕು. ಮನೆಯಿಂದ ಹೊರ ಹೋಗುವವರು ಕೊಡೆ, ರೇನಕೋಟ್ ದೊಂದಿಗೆ ಹೊರ ಬೀಳಬೇಕು. ಯಾವಾಗಲೂ ಬಿಸಿ ನೀರು -ಬಿಸಿ ಆಹಾರ ಸೇವಿಸಬೇಕು. ಹಸಿ ಬಟ್ಟೆಗಳನ್ನು ಧರಿಸಬಾರದು, ಬಟ್ಟೆಗಳನ್ನು ಇಸ್ತ್ರಿ ಮಾಡಿ ಧರಿಸಬೇಕು. ಗೋಡೆಗಳು ತಂಪಾಗಿದ್ದರೆ, ತೇವಾಗಿದ್ದರೆ ಅಲರ್ಜಿ, ಅಸ್ತಮಾ, ಫಂಗಸ್ ಸಮಸ್ಯೆಯುಳ್ಳವರು ಅಂತ ಕೋಣೆಯಲ್ಲಿ ವಾಸಿಸಬಾರದು. ಸೊಳ್ಳೆಗಳ ಕಡಿತದಿಂದ ತಪ್ಪಿಸಿಕೊಳ್ಳಲು ಸೊಳ್ಳೆ ಪರದೆ, ಸೊಳ್ಳೆ ಬತ್ತಿ ಮುಂತಾದ ಸೊಳ್ಳೆ ನಿಯಂತ್ರಣಗಳನ್ನು ಉಪಯೋಗಿಸಿ ಮಲೇರಿಯಾ ಹಾಗೂ ಡೆಂಗ್ಯೂ ಜ್ವರಗಳಿಂದ ರಕ್ಷಿಸಿಕೊಳ್ಳಬೇಕು.. ಮಕ್ಕಳನ್ನು ಮಳೆಯಲ್ಲಿ ಆಟ ವಾಡಲು ಬಿಡಬಾರದು.

ಮಳೆಗಾಲದ ಆರೋಗ್ಯ ತೊಂದರೆಗಳಿಗೆ ಮನೆಮದ್ದುಗಳು : ಇಂಥ ತೊಂದರೆಗಳಿಗೆ ವಿನಾಕಾರಣ ರಾಸಾಯನಿಕ ಔಷಧಿಗಳನ್ನು ಸೇವಿಸಿ, ವಿನಾಕಾರಣ ಚುಚ್ಚುಮದ್ದುಗಳನ್ನು ತೆಗೆದುಕೊಂಡು ದುಷ್ಟರಿಣಾಮಗಳ ತೊಂದರೆಗೊಳಗಾಗದೆ ಪಾರಂಪರಿಕ ಮನೆ ಮದ್ದು ಮಾಡಿ ರೋಗ ಬರದಂತೆ ಮುಂಜಾಗ್ರತೆ ವಹಿಸುವುದು ಸೂಕ್ತ.



ಕೆಲ ಪಾರಂಪರಿಕ ಮನೆಮದ್ದುಗಳು - ಬಸಿಯಾದ ಹಾಲಿಗೆ ಶುದ್ಧ ಅರಿಶಿಣ ಬೆರೆಸಿ ಕುಡಿಯಬೇಕು... ಶುಂಠಿ ಚಹಾ ಕುಡಿಯಬೇಕು. ಜೇನು ತುಪ್ಪ ಹಾಗೂ ಕರಿಮೆಣಸು ಉಪಯೋಗಿಸಬೇಕು. ಬಸಿ ನೀರಿನಲ್ಲಿ ಉಪ್ಪನ್ನು ಹಾಕಿ ದಿನಕ್ಕೆ 2-3 ಸಲ ಮಕ್ಕಳಸಬೇಕು. ಬಸಿ ನೀರಿನ ಉಗಿಯನ್ನು ತಗೆದುಕೊಳ್ಳಬೇಕು. ದಿನ ಪ್ರತಿ ಬೇಯಿಸಿದ ಮೊಟ್ಟೆಯನ್ನು ಸೇವಿಸಬೇಕು... ತಾಜಾ ಹಣ್ಣಿನ ರಸಗಳನ್ನು ಸೇವಿಸಬೇಕು.. ಸಾಧ್ಯವಾದಷ್ಟು ಬೀದಿ ಬದಿಯ ಆಹಾರ ತ್ಯಜಿಸಬೇಕು..

ಮಳೆಗಾಲದ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳ ಹೋಮಿಯೋಪಥಿ ಚಿಕಿತ್ಸಾ ಕ್ರಮ :

- 1) ಶೀತ, ಕೆಮ್ಮು, ಅಸ್ತಮಾ, ಸೈನುಸೈಟಿಸ, ಜ್ವರದಿಂದ ಬಳಲುವವರಿಗೆ : ಹೋಮಿಯೋ ಜಾಷಧಿ ಎಕೋನೈಟ, ಎಲಿಯಮ್ ಸೀಪಾ, ಆರ್ಸೆ ಆಲ್ಬ, ಬೆಲ್ಲಾಡೋನಾ, ಬ್ರಯೋನಿಯಾ, ಕಾಲ ಬೈಕ, ಕಾಬೋ೨ ವೆಜ, ಡಲ್ಫಿಮೆರಾ, ಜೆಲ್ಲಮಿಯಮ್, ಇಪಿಕಾಕ, ರಸ್ ಬಾಕ್ಸ ಗಳು ಸಹಾಯವಾಗುತ್ತವೆ..
- 2) ಟಾಯಫಾಯ್ಡ್ ಜ್ವರದಿಂದ ಬಳಲುವವರಿಗೆ : ಬೆಷ್ಟೆಶಿಯಾ, ಎಸಿಡ ಮೂರ, ಆರ್ನಿಕಾ, ಆರ್ಸೆ ಆಲ್ಬ, ಬ್ರಯೋನಿಯಾ, ಜೆಲ್ಲಮಿಯಮ್, ಪೈರೋಜೀನಿಯಮ ಟಾಯಫಾಯಿಡ್‌ದಿಂದ ಬಳಲುವವರಿಗೆ ಈ ಔಷಧಿಗಳು ರಾಮಬಾಣ ವಿದ್ವಂತೆ.
- 3) ಮಲೇರಿಯಾ ಜ್ವರ ಹೀಡಿತರಿಗೆ : ಎಕೋನೈಟ, ಆರ್ಸೆ ಆಲ್ಬ, ಸೆಡ್ರಾನ, ಸಿಂಕೋನಾ, ಚಿನೀನಮ್ ಸಲ್ಫ ಔಷಧಿಗಳು ಸಹಾಯವಾಗುತ್ತವೆ.
- 4) ಡೆಂಗ್ಯೂ ಜ್ವರದಿಂದ ಬಳಲುತ್ತಿರುವವರಿಗೆ : ಬೆಲ್ಲಾಡೋನಾ, ಎಚಿನೇಶಿಯಾ, ಯುಪೆಟೋರಿಯಮ್, ಪೈರೋಜೀನಿಯಮ್ ,ರಸ್ ಬಾಕ್ಸ, ಕೆರಿಕಾ ಪಪಾಯಾ ಔಷಧಿಗಳು ಸಹಾಯವಾಗುತ್ತವೆ.
- 5) ಕಾಲರಾದಿಂದ ಬಳಲುವವರಿಗೆ : ಆರ್ಸೆ ಆಲ್ಬ, ಕುಪ್ರಮ ಮೆಟ್, ಕ್ಯಾಂಫರ್, ವೆರೆಟ್ರಮ್ ಅಲ್ಬ ಔಷಧಿಗಳು ಸಹಾಯವಾಗುತ್ತವೆ..
- 6) ಗಜಕರ್ಣ (ಫಂಗಲ್) : ಬೆಸಿಅನಮ, ಡಲ್ ಕೆಮೆರಾ, ಸಲ್ಫರ್, ಸೇಪಿಯಾ ಮುಂತಾದವುಗಳು ಸಹಾಯಕ್ಕೆ ಬರುತ್ತವೆ....

ಸ್ವಯಂ ಔಷಧ ಸೇವನೆ ಅಪಾಯಕಾರಿ. ಈ ಮೇಲೆ ತಿಳಿಸಿದ ಹೋಮಿಯೋ ಔಷಧಿಗಳನ್ನು ವ್ಯಕ್ತಿಗತವಾಗಿ ಅಭ್ಯಸಿಸಿ ಔಷಧಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡಲಾಗುವುದು. ರೋಗದ ತೀವ್ರತೆಯನ್ನು ವ್ಯಕ್ತಿಯನ್ನು ಆಧರಿಸಿ ಸತ್ವ ಹಾಗೂ ಔಷಧಿ ಪುನರಾವರ್ತನೆ ನಿರ್ಧರಿಸಲಾಗುವುದು..

ಡಾ. ವಿಜಯಲಕ್ಷ್ಮಿ. ಕೆ. ಪಾಟೀಲ...

BRAINVITA

1. Identify the plant and give any 3 PQRS Symptoms



2. If in a patient there is main issue related to Security especially in terms of finances, relationships, job and health, Needs Strength and energy which ROW of the Periodic table are we talking about? Name any 3 remedies that belong to this row?

*Please send the answers with Full name to
kqhda1992@gmail.com before 31st of May 2025
First 5 winners' names will be announced in the next issue*

Answers of Brainvita Issue 12

1. Aconite Napellus

PQRS Symptoms: Great Fear and Anxiety of Mind, Intense nervous restlessness, tossing about in agony, Ailments from dry, cold winds or drafts of air.

2. Pioneer: Carroll Dunham, Book written by him Homoeopathy; the science of therapeutics.

3. Corallinum Rubrum , common name Red Coral



PHOTO GALAXY

KQHDA in association with
Bhavasara Kashtriya Samaj
Organised FREE medical Camp at
Shivajinagar on 22-12-2024

