

ANAND HOMOEOPATHIC MEDICAL COLLEGE

&

RESEARCH INSTITUTE

[MANAGED BY SHRI RAMKRISHNA SEVA MANDAL]



Hahnemannian News
by SRKSM

MEDICAL BULLETIN

ISSUE 2018

: PUBLISHED BY :

Anand Homoeopathic Medical College
& Research Institute

Affiliated To

Sardar Patel University,
Vallabh Vidyanagar

Recognized by

Central Council of Homoeopathy &
Department of AYUSH
New Delhi

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MESSAGE

PRESIDENT



Education is ability to meet life situations. It make the future citizens of our country and propels them for being best. With motto of "Bahujan hitay, Bahujan sukhay" – Shree ramkrishna seva mandal, through its contribution in education field not only imparts excellent education but also produces citizens to serve humanity.

Through publication of such medical literature we can share the knowledge and it also encourages budding homoeopaths. I would like to appreciate the efforts of Anand Homoeopathic Medical College and research institute for publication of medical bulletin issue of year 2018.

Mr. Hemantbhal J. Patel
President, SRKSM

SECRETARY



Education plays an important role in development of country. Through it's work, life skills and value based education. Shree Ramkrishna Seva Mandal has developed its own identity in education field. Every year Anand Homoeopathic Medical College and R.I (Run by SRKSM) publishes its medical bulletin which gives glimpse of it's work and progress.

The college has also signed MOU with CCRH, New Delhi for the purpose of research work. The college profile possesses highly qualified, dedicated faculty members who mentor the young, enthusiastic students and prepare for their illuminating future. It's my heartily wishes that the institute progress day by day and reach the highest standards in the field of homoeopathy.

Mrs. Jyostnaben K. Patel
Hon. Secretary, SRKSM

PRINCIPAL



Dr. Neelam Trivedi

It is always a matter of pride to work as a team leader of any battalion. We have young generation of students and faculties who always synchronize with each other and enjoy the work. This helps to establish positive vibrations in most of the places.

To survive is now a day now a days is tough but such attitude helps us to survive and grow in trouble also. It is our strength. We have learnt so many good things in our school life without knowing their importance that time. But those things help us to be strong enough in awkward situation. I am thankful to god as he created situation to make us learn that nothing goes in vain. Always there are fruits of heavy work.

My advice to my student is that they have to work very hard and be gentle person which can pay you a lot.

I always think how to mould generation but now I realized they mould by themselves in such a way that can lead to complete a big task.

All the very best to all who are joined with us knowingly or unknowingly

SPHERES OF REMEDIES

Cantharis corresponds more particularly to affections of bladder and urethra, not of the kidney; belladonna to those of bladder, especially its neck, and the first stage of kidney affection, congestion; Terebinth to the kidney and not to the bladder, to the first stage of kidney affection, that of congestion and hematuria before albumen is effused; Merc sol to the kidney when albumen is being effused, but before dropsy occurs, Apis and Arsenic to the kidney and to the second stage when albumen in advance is effused, and when in addition, the disease has endured so long that dropsical effusions have occurred in the cellular tissues

IMPORTANCE OF NON VERBAL COMMUNICATION

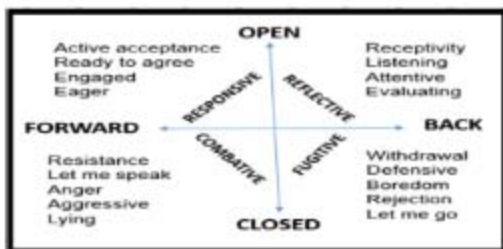
Dr Kosmika Makwana
M.D. (Hom.) Part-I

Humans relied on Nonverbal communication for thousands of years before we developed the capability to communicate with words. Nonverbal communication is a process of generating meaning using behaviour other than words. Nonverbal communication is typically governed by the right side of the brain. Nonverbal communication is ambiguous & credible than verbal communication. It is also more involuntary & convey more meaning than verbal communication. Verbal communication is easy to understand while nonverbal communication require a keen observation. This Nonverbal signals are also called the body language & kinesics.

Whole structure of body language is based on the following elements:

- (1) PERSONAL APPEARANCE (2) GESTURE (3) POSTURE
- (4) FACIAL EXPRESSION (5) EYE EXPRESSION
- (6) SPACE & DISTANCING (7) VOICE & INTONATION (Paralinguistic) (8) TOUCH (Haptics)

Basic Modes of the body languages are:
Open, Closed, Forward & Back



THE RESPONSIVE MODE (between open & forward):

Active & extroverted person

CUES : Leaning forward, good eye contact, Using hand gesture often to emphasize, open hand with palm visible, moving closure, warm & relaxed smile, good tuning, frequent nodding of head and repeated glance, firmness.

THE REFLECTIVE MODE (between open & back):

Attentive but Passive person

CUES : Leaning back in chair, looking upwards, Gazing steadily at an object, Furrowing of the eyebrows, General stillness, Resting chin on hands, head shaking, folding arms.

THE COMBATIVE MODE (between closed & back):

Inverted & Aggressive person

CUES : Redness of face, Rapid loud speech with frequent repetition, strong eye contact, Stiff & rigid posture, False & sarcastic laughter, exaggerated use of pointer, hands on hips, tightly closed lips, clenched fist, short breath & Scowling.

THE FUGITIVE MODE (between closed & forward):

Defensive & withdrawal person

CUES: Relaxed slumped body, low tone of voice, Rolling eyes, glancing often at watch or other objects, Sighing, Downcast eyes, Wringing hands, Doodling, Inattentive to dress or hygiene, Becoming silence, make distance & nervous.

UTILITY OF NONVERBAL

COMMUNICATION IN CLINICAL PRACTICE:

Body language has definitive place in homeopathy & has tremendous potential in redefining the concept of totality. Body language is bridge between mind & body and when person become sick, he represents the sickness through his unique body language. If verbal language offers only 35% communication, a homeopath is at 65% loss if he pays no attention to the nonverbal communication.

Body language or kinesics helps to understand the constitution of the patient. Body language serves to act as a facilitator in conversation & evaluating mental expression, disposition, hereditary & miasmatic trend. It also saves the valuable time.

It has special utility in case of one-sided disease, psychiatric & pediatric cases as well as in deaf, dumb & imbecile cases & in case of ill defined (contradictory) data. It helps to know the Clinical diagnosis of case & explaining the rubrics. Giving gradation to mental symptoms by appreciating the associated body language, it also enriching & simplifying the intricate study of Materia medica & repertory.

Gesture helps to understand individuality:

Throughout the case taking Repeated & spontaneous gesture represent individuality. Posture helps us to find out the modalities in disease condition. Right interpretation of it helps in forming the totality.

Facial expression helps to perceive the intensity & depth of emotion.

It is most powerful because facial expression are interactive, reactive & it reflects the true emotion. Eye expresses the truth of person. Eye movement, gaze & contracted or dilated pupils reflect patient nature & attitude.

Voice & Space indicates patient's intensity, attitude & mental state.

It is very important to know how it is said rather than what is said. Each way of touch has its own meaning. In mind section there are various rubrics related to touch which helps in forming totality.

Linking remedies with basic Modes according to dispositional characters.

Responsive mode suggest psoric miasm, Reflective mode suggest sycotic miasm, Combative mode suggest tubercular & syphilitic & fugitive mode suggest sycotic, tubercular & syphilitic

References: Body languages & homeopathy by dr Ajit Kulkarni

www.similima.com

REGIONAL TRIOS

Flatulence: Carbo Veg, China, Lycopodium.

Burning Sensation: Arsenic alb, Phosphorus, Sulphur

Pain: Aconite, Chamomilla, Coffea.

Delirium: Belladonna, Hyoscyamus, Stramonium.

Effects of Grief: Ignatia, Nat.mur, Acid-phos.

Rheumatism: Causticum, Rhus tox, Sulphur.

ROLE OF HOMOEOPATHY IN TREATMENT OF RHEUMATOID ARTHRITIS

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Dr. Priya J. Shah
M.D.(Hom.) Part – II

It is an autoimmune disease which causes chronic inflammation of joints and surrounding tissues. It also affects heart, skin, blood vessels, lungs and muscles. It can occur at any age but usually between 25 and 55. Women are affected 3 times more often than men. If the onset is before age of 16 years, it is called juvenile rheumatoid arthritis.

Infection, genetic predisposition and hormonal imbalance are predisposing factors. Rheumatoid arthritis has bilateral presentation. Usually affects joints on both sides of body more or less equally. Primarily affects the smaller joints like knee, feet and ankles. Pain, inflammation and deformation are characteristic symptoms. Onset may be associated with fever.

SIGN AND SYMPTOM:

Like osteoarthritis the onset is insidious, but it is with prodromal symptoms of malaise, weight loss, and stiffness of affected joint. Pain is severe and there is symmetric joint swelling. Stiffness of affected joint is very prominent in morning, lasts over 30 minutes. Subcutaneous nodules, splenomegaly, lymphnode enlargement and low grade fever are rare symptoms. Some cases are with dryness of mucous membrane.

Deformities may be formed after months or years if untreated. Modern concept classified three types of deformities. A careful look will help differentiable use of homoeopathic medicines.

(A) Swan-neck deformity: Hyperextension of distal interphalangeal joint with flexion of proximal interphalangeal joint.

(B) Boutinnier deformity: Flexion of distal interphalangeal joint with extension of the proximal interphalangeal joint.

(C) Z-thumb deformity: Fixed flexion and subluxation at metacarpophalangeal joint.

DIAGNOSTIC CRITERIA:

The diagnosis is confirm if the patient meets at least 4 criteria out of following.

- (1) Morning stiffness of joints > 30 minutes
- (2) Arthritis and soft tissue swelling of 3 joint group.
- (3) Arthritis of the hand and joints.
- (4) Symmetric arthritis.
- (5) Subcutaneous nodules specific place.
- (6) Rheumatoid factor at a level above the 95th percentile.
- (7) Radiological changes suggestive of joint erosion.

MANAGEMENT:

- Normally treating rheumatoid arthritis is aimed
- (a) To reduce pain and inflammation.
- (b) To preserve the function of the joint and
- (c) To prevent the deformity.

Patient education may be required, sometimes to give confidence to patient.

By giving education to family member and loved one, emotional support given to the patient. The case require lengthy treatment and observation during symptom free phases. Recurrence are common along with homoeopathic remedies. Physical and occupational therapies like warm water therapy, posture training, traction, ice application, electrical stimulation, ultrasound and gait training can help to reduce the pain and inflammation. Appropriate joint rest is essential in order to reduce deformities.

Regular exercise can strengthen the involved muscles and connective tissue, increase their flexibility, increase bone density, improve range of motion and to a persons overall sense of well being. Various available splints suitable for location of affection can help to prevent contracture, to provide rest to the joint and reduce pain.

HOMOEOPATHIC REMEDIES OFTEN USED FOR RHEUMATOID ARTHRITIS

(1) ABROTANUM

Rheumatism with excessive pain before the swelling.

Commences: Joint stiff, swollen, with pricking sensation, wrist and ankle joint painful, inflamed, very lame and sore.

(2) ACTEA SPICATA

Arthritis of small joints especially wrist, fingers, ankles, toes.

Character of pain is tearing and tingling.

Pains worse from touch and motion. Swollen and red joints with slight fatigue.

(3) BELLADONNA

Shiny, swollen joints of first stage of inflammation. Shooting pain shifting rapidly. Affected joint is with heat, redness, throbbing and burning pain. Arthritis affection with subcutaneous red streak.

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(4) BENZOICUM ACIDUM

Tearing and stitching pain in smaller joints with redness and swelling, worse at night.

Cracking sound from the affected joint on motion.

(5) BRYONIA ALBA

Arthritis with red hot and swollen joints.

Stitching and tearing pains worse on least motion.

Arthritis affection with other general symptoms of remedy like dryness of mucous membrane, great thirst, complaints aggravated by least motion. Etc. Pain better by absolute rest and lying on painful side.

(6) CAULOPHYLLUM

Wrist rheumatism, especially women, pain worse while closing hand. Character of it is erratic drawing and changes one joint to another suddenly.

(7) CIMICIFUGA RACEMOSA

Rheumatism with muscular soreness, pain in small joints of who uses it more as profession like computer professionals, piano players.

(8) COBALTUM METALLICUM

Pain in the wrist with fatigue worse in morning.

(9) DULCAMARA

Rheumatic pain from exposure to cold damp and rainy weather or changes in hot weather. Rheumatoid arthritic affection alternates with diarrhoea; arthritis follows acute skin eruption.

(10) EUPATORIUM PERFORIATUM

Aching and soreness in wrist with swelling.

(11) KALMIA

Rheumatic manifestation with cardiac disorder, inflammation of small joints with red hot, swollen joint. Arthritic pain rapidly shifting from one joint to another. Pain worse from least motion.

(12) MEDORRHINUM

Rheumatoid arthritis with strong syphilitic background. Arthritic joint with sensation of burning heat.

(13) PHYTOLACCA

Arthritic pain shift rapidly like electric shock. Nature of pain is shooting, lancinating and flying to other part, pain better by stretching the limbs.

(14) RHODODENDRON

Rheumatoid arthritis of acute stage; drawing and tearing pain worse at rest and in wet, cold and windy weather.

(15) RHUS TOXICODENDRON

Rheumatic pain worse by rest, rheumatism more on right wrist and finger joints. Pain on first motion after rest. Tenderness in affected parts.

(16) VIOLA ODORATA

Pressing pain in right carpal and metacarpal joints.

CONIUM

One remember years ago, in Athens visiting the prison of Socrates, where the old philosopher calmly met death. He had been condemned to die by drinking the expressed juice of hemlock. He was asked to walk about. He walked to and fro till, motion and sensation failing in his legs, he laid down. His legs become cold and senseless, then abdomen and so upward. This is the way with hemlock, it kills extremities from upwards, while the brain remains clear.

Dr. M.L. Tyler

CALENDULA AS AN ANTISEPTIC

Dr. Nitesh Babariya

M.D.(Hom.), Part-II

Common Name: Marigold.

Family: Compositae.

Calendula is native to Europe but because of its beauty and adaptability gardeners have spread it around the world. The flowers range in colour from mild yellow to deep orange and because of their intensity have been called "Golden drops of sunrise." "Calends" means first day of month. This flower blooms on the first day of month on at least once a month.

Calendula belongs to same family as those often great vulneraries Arnica and Bellis perennis. It is useful for lacerated wounds and suppurating wounds.

Unlike Arnica Montana it has no irritating property. Capable of producing erysipelas if we use it as local application in broken wounds.

Some experiences by our masters:

Dr. Jahr who was in Paris during 'coup de Etat' of 1949 treated number of cases of gunshot wound with comminuted bones and saved several limbs by means of Calendula. It prevented suppuration and Pyemia.

C. Crosby gives it internally (in 3X) as well as externally. He also had excellent result from its use as a hot compress (an ounce to a pint) in pneumonia and often internal inflammations.

Copper gives this modality < in cloudy weather (The flower close when dark cloud passes over)

In Germany it is regarded as "Cancer cure".

A correspondent of Homoeo world mention that a friend of his who chewed for a minute of a leaf of calendula noticed that it entirely removed for some days a difficulty of passing water. Such as is commonly met with in old man.

"C.W. himself a pharmacist, noticed the following effect on himself when making the fresh plant tincture. There was such a feeling as if some

overwhelming calamity was hovering over me as to be almost unbearable, three years ago, just after making the tincture my old enemy the gout nipped me in the middle of spine and in three days spoiled all my powers of walking and then the dreadful feeling becomes very much exaggerated." His experience led him to conclude that *Calendula* acts on spinal cord.

Physiological action: It acts mainly on circulatory system, the capillary vessels become partially paralyzed and consequently receives more blood which attract large amount of blood cell together with Viscosity on adhesive quality.

Clinical Utilities:

Calendula officinalis is the chief homoeopathic medicine for wound. It is magical in its ability to soothe the pain, stop bleeding, promote rapid healing and prevent scarring.

It is also an excellent antiseptic thereby preventing infections.

It should be part of every midwifery's bag of neck.

In obstetric practice it is invaluable. The application of sponge saturated with solution of *calendula* after delivery gives the greatest comfort to patient.

Calendula preparation are widely used as an external application available in the market as liniments, lotion, ointment, cream and antiseptic powder.

Cosmetically *calendula* juice is used as hair colouring agent which gives yellow and golden color. *Calendula* is mixed with chamomilla, lavender for making baby oil and cream.

Calendula is used internally preferably in low potency to treat septic condition.

Dr. William Boericke has written in his *Materia Medica*-

"A most remarkable healing agent applied locally. Useful for open wounds, parts that will not heal, ulcers etc. promotes healthy granulation and rapid healing by first intention.

Locally aqueous *Calendula* for all wounds. Internally tincture to third potency. Use *calendula* cerate for burn, sores, fissure and abrasion.

Calendula contain essential oil, flavonoid, glycosides, saponins, terpene alcohol, sterols, carotenes, Xanthophylls, polysaccharides, tannins, and other constituents contain much nitrogen and phosphoric acid.

Calendula is indicated when the individual feels worse in damp, heavy, cloudy weather. There is tendency to get cold easily and great affinity to cold. As the season shift from summer to chilly fall days, many people are susceptible to cold and flues.

ALMOST SPECIFIC

Some remedies so exactly reproduce disease condition as to become specific. Such are *canth.* In cystitis, *Bell* in scarlet fever, *Merc.* Cor in dysentery and *Latroectus* in angina pectoris.

Dr. Hahnemann.

GENERAL HINTS IN HOMOEOPATHIC PRESCRIBING

Dr. Arpita Macchi
M.D (Hom.) Part-II

- "Know your drugs by their peculiarities just as you recognize your friends not by number of limbs but by their idiosyncrasies." (Dr. Margaret Tyler)
- Type and temperament do not rule out a remedy if other indications correspond. If present, however, they are valuable confirmation.
- Do not think that remedies particularly adapted to women are never indicated in the male sex. *Sepia*, for example, is frequently called for in men.
- Never prescribe on one symptom alone but on the whole symptom complex, remembering always that symptoms have a relative value. "Generals" and "mentals" rank first, then "peculiar" and finally "particulars" are referred to his complaint; e.g. "I feel worse in winter" is a general, but "My rheumatism is worse in cold cold weather" is a particular. "Particulars" are invariably emphasized by patient.
- As a rule unless symptoms are well marked they may be discarded.
- Objective signs are usually lower value than subjective symptom except, perhaps, in straightforward acute diseases.
- During the treatment of chronic cases old and often forgotten symptoms may make a temporary appearance. These are not to be regarded as indications for a change of drug. When general improvement is being maintained minor incidental aches and pains may be ignored. Troublesome symptoms, however, sometimes call for an undercurrent remedy in low potency.
- Symptoms generally disappear curatively in reverse order of their appearance.
- It is seldom advisable to use a chronic remedy during the course of an acute ailment-choose the corresponding acute drug.
- Golden rule-When definite improvement sets in discontinue the administration of remedy and do not repeat until the patient fails to show further reaction to dose.
- Continue with same potency as long as it gives a reaction.
- If the remedy be well chosen do not be in hurry to change. In case of apparent failure first try another potency (higher or lower) of the same drug.
- When in doubt as to the advisability of repeating or changing - wait!
- High potency often cause a preliminary aggravation. Low potencies. 12 to 30., useful at the beginning of either acute or chronic cases, and especially when deep, organic changes are suspected.
- High potencies, 200 up, mostly used in chronic conditions and in infrequent doses.

THE HOSPITAL

The Hospital is Well Situated in the middle of the town opp. sardar baug just beside the new bus stop and 1k.m. away from railway station

FACILITIES :- Hospital has 50 bedded indoor facilities and is well equipped with latest equipments and gadgets. it also has proper accommodation for physicians, surgeon, Gynaecologists, Dentist etc. and RMO with sufficient Auxiliary nursing staff.

Hospital have also Dispensing, line store, medical store, preparation room, examination room, labor room, operation theater, dressing room, sterilization room with full equipments as per necessary requirements.

the hospital is well equipped with the state of the art latest USG machine, dental chair, physiotherapy unit, ECG machine, patient monitoring system, tread mills, etc.

SERVICES :-

Attached with Anand Homoeopathic Medical College and Research Institute, Anand Hospital provides teaching facilities to the students of 2nd, 3rd, 4th B.H.M.S. Students. after completion of studies there is one year of compulsory internship training at the Hospital as per CCH, New Delhi recommendations.

With pure homeopathic treatment, in different department viz. Homoeopathic Medicine, Surgery, Gynecology, Eye, ENT, Skin, Dentistry, Psychology, Pediatrics, etc. approximately 75000 patients gets treated annually in the hospital. The hospital also has a fully fledged in-house Laboratory.

Hospital also provides free immunization and arranges Mobile van camps, rural health check-up camps, school health check-up program, and have its peripheral clinics in the surrounding villages for the service of the poor.



કુટુંબ બચાવવાના પહેલાં સમુદાય મુલાકાતો...
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8th March Women's day celebration



Women's day celebration



21st June-2018 - World Yoga day celebration



MOU in presence of AYUSH Minister-Mr. Shripad Naik



Sankara eye hospital visit



Educational visit to Amul Dairy by IV BHMS students.



Seminar of AHMC and RI faculty member



Sport week winners



Alumni Meet of 1980 batch



Alumni Meet of 1980 batch