April - June 2023

ISSN 2278-8999

RATIONAL PHYSICIANS

A FREE PDF QUARTERLY SCIENTIFIC AND NEWS JOURNAL

INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS

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- WARTS AN OVERVIEW
- FLAT WARTS
- SIMPLE GOITRE
- ACUTE GOUTY ARTHRITIS
- MENORRHAGIA & HOMOEOPATHY
- DYNAMIC MEDICINE

INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS

SIMILIA SIMILIBUS CURENTUR

DUBAI

SEMINAR OF IIHP

Indian Institute of Homoeopathic Physicians

in association with

Homoeopathy Middle East

7th & 8th May 2023 at India Club, Oud Metha, Dubai, UAE

KEY NOTES
The Editorial

Dr Sudhanshu Arya
Managing Editor
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In February 2023 IIHP organized a mega event at Panchkula with much fanfare. The 26 th National Congress of IIHP brought a much awaited opportunity to homoeopathic professionals to interact with each other, with leading practitioners and scientists and of course the homoeopathic manufacturers.

In this very National Congress IIHP announced the organization of an international event at Dubai in May 2023. The Dubai Seminar is being organized in association with the Homoeopathy Middle East. IIHP keeps on growing and is no more an Indian organization but an international one. We need your support more and more in discharging our duties in this extended role.

Soon a new team is taking charge at IIHP. Despite having served IIHP in various capacities the current portfolios are new to the team members and they deserve support from all the members and officials of IIHP. We hope the dynamic leadership of the outgoing president Dr M A Rao will continue to inspire, motivate and guide the new team.

On 10 th April we will be celebrating our master Dr Hahnemann's Birthday but we should not lose sight of the World Health Day falling on 7 th April because although the Homoeopathy is our world we have to secure a larger share on the world stage for Homoeopathy. To let that happen we need to read our literature especially Organon and Materia Medicas daily, religiously. We have to develop a culture of asking questions and I hope our scientific committee members will be happy to answer them or may be organize seminars around these questions so that everybody benefits from these queries.

Here is a little homework for the learned members of IIHP. With such a large number of learned members this journals expects and seeks quality articles from you.

We hope you will find this issue of Rational Physicians informative and useful. Waiting for your feedback with best wishes for a wonderful new financial year.

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RATIONAL PHYSICIANS

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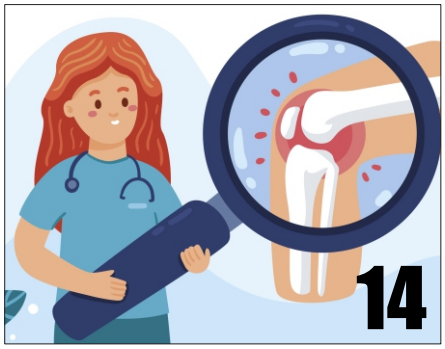

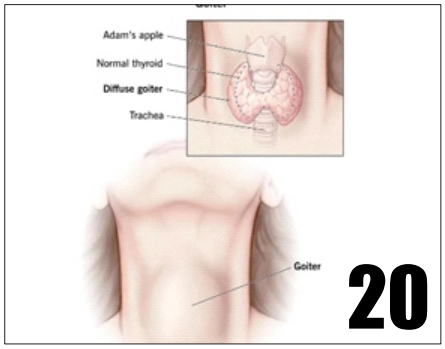

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NEWS & UPCOMING EVENTS

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IIHP National Congress

Starting this January it has been a busy time of the year for IIHP. In February we organized the National Congress at Panchkula successfully. On 11th and 12th February this year IIHP in association with Council of Homoeopathic System of Medicine, Haryana organized this congress. This event was supported by the Central Council of Homoeopathy, Ministry of Ayush, Govt. of India and National Commission of Homoeopathy, Govt. of India plus The Indian Organization for Rare Diseases. More than 60 doctors and scientists from India and abroad presented their papers in this congress. This congress was organized with the theme 'Homoeopathy for Well-being and Mental Resilience – Post COVID Scenario'.

The Hon'ble Speaker of Haryana Legislative Assembly, Shri. Gyan Chand Gupta was the Chief Guest at the inaugural functions and inaugurated the Congress. The other dignitaries of the homoeopathic world present at the inaugural function were Ms. Sangita Duggal Advisor (Homoeopathy) Ministry of Ayush, Govt. of India, Dr. Subhash Kaushik Director General Central Council for Research in Homoeopathy, Dr. Anil Khurana Chairperson National Commission of Homoeopathy, Dr. V.K. Gupta Padmashree Awardee and President of Honour IIHP, Dr.M.A.Rao National President IIHP, Dr.S.P.S. Bakshi former President CCH, Dr.Har Prakash Sharma Chairman organizing Committee, Dr.B.S.Chandhok National Advisor IIHP and Dr.Vinod Sangwan Secretary Organizing committee.

The congress was addressed by many outstanding resource persons. The list included Dr.Niranjan Mohanthy, Dr.L.K. Nanda, Dr.E.A.Rajendran, Dr Ajit Kulkarni, Dr.Shashikant Tiwari, Dr.Praveen Kumar, Dr. Girish Gupta, Dr.M.Ramaiah(USA), Dr.Navin Pawaskar, Dr.Muktinder Singh, Dr.Tanvir Hussain, Dr.Shripad Hegde, Dr. Rajesh Sofaat, Dr.Tapas Kundu, and Dr.G.Srinivasulu. On the other hand the CCRH team was led by Dr.Subhash Kaushik DG, CCRH and included Dr.Sunil Ramteke DDG, CCRH plus scientists Dr.Debdatta Nayak, Dr. Roja Varanasi and Dr. Anupriya. In addition to Dr Ramaiah from USA the foreign resource persons included Dr. Vaneeta Shahani, Dr.Santhosh Kumar and Dr.Deepak Sharma from the Middle East countries.

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More than 500 delegates from all over India and other countries took part in this conference. In addition the students of Homoeopathic Medical Colleges from Chandigarh, Ludhiana, Solan, Rohtak, Gwalior and Maharashtra actively participated in this conference to learn about advancements in Homoeopathy.

There were many stalwarts who presented their papers at the conference but the most amazing part was the participation of many young resource persons who presented their papers and were appreciated by delegates. IIHP has been serving both the seasoned professionals and novices of the homoeopathic fraternity for long. For the sake of participating students from various Homoeopathic Medical Colleges there were many programmes. These programmes included essay writing competition, quiz competition and debate competition. Prizes in the form of cash and books were given to the winning students. Dr.Kaumudi Padmamala, secretary IIHP Scientific Committee brilliantly conducted these programs meant for the students.

There was a large area for the exhibition of the homoeopathic medicines, books and softwares. There were stalls from other health related products and services as well. The exhibition was on for all 2 days. The homoeopathic and health industry had an excellent opportunity to interact with delegates from all over India during this congress. On a different note Dr Geeta Mongia, former president IIHP Delhi State Branch displayed about Save Earth and Environment Initiative by IIHP.

A souvenir having messages, articles and abstracts was released during this congress. At the end of first day's session a colourful evening full of cultural programmes was organized by the students of various medical colleges. Students performed during inaugural session also.

IIHP flag - A tricolour flag, the 3 colours representing 3 miasms, with IIHP logo in the middle was designed and presented by the Haryana Unit of IIHP at this congress.

NEWS & UPCOMING EVENTS

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IIHP has been honouring the individuals and instructions of excellence in homoeopathy at its biannual congresses for many years but this year the awards are somewhat streamlined and institutionalized in the form of defined categories. During this congress many awards were presented to individuals and institutions.

Homoeo Anmol Ratna Award – Late Dr. N Sriniwas Rao, Hyderabad, Late Dr Girendra Pal, Jaipur and Dr Renzo Galassi Italy.

Homoeo Anmol Ratna Award – Late Dr. N Sriniwas Rao, Hyderabad, Late Dr Girendra Pal, Jaipur and Dr Renzo Galassi Italy.

Homoeo Vikas Ratna Award - Dr J Rameshwar Rao, Hyderabad and Dr S.P.S.Bakshi, Delhi.

Homoeo Anusandhan Award - Drs. Nishant and Smita Nambison, Bhopal, Dr Dilip Dixit, Mumbai and Dr Tapas Kundu, Nasik.

Homoeo Ratna Award - Dr S.B. Singh, Ranchi, Dr N S Prasanth, Hyderabad, Dr K.R.K.Prabhakar Murthy, Vijaywada, Dr Ramakant B Dagade, Kolhapur and Dr.Niranjan Mohanty, Bhubaneshwar, All past National President of IIHP.
Institute of Academic Excellence Award - JJMS Homoeopathic Medical College, Hyderabad, SNJB's Smt K.B. Abad Homoeopathic College Chandwad and Sarada Krishna Homoeopathic Medical College, Kulsekharam.

Homoeo Gaurav Puraskar Award - Dr Geeta Mongia, Dr Maneesha Solanki, Dr Vasanti Bhide, Dr Vaneeta Shahani, Dr B S Chandhok, Dr L K Nanda, Dr V K Chauhan, Dr V K Khanna, Dr Ajay Dahad, Dr Miriyala Krishnaiah, Dr Harish Dhurat, Dr M K Gupta, Dr Arvind D Mahajan, Dr Muktinder Singh, Dr Tanvir Hussain, Dr MDV Ramana Rao, Dr Har Prakash Sharma, Dr Vinod Sangwan, Dr S V Santhosh Kumar, Dr Sudhanshu Arya, Dr Shiv S Vithal, Dr Shreepad Hegde, Dr Man Singh, Dr Ranbir Singh Josan, Dr Ravinder Kochhar, Dr Navin Pawaskar, Dr Ashok Sharma, Dr G Srinivasulu, Dr K S S Sivamurthy, Dr Prasad Vyawahare, Dr Jawahar Shah

Homoeo Excellence Award - Dr Darshan Kumar, Dr Rukmini Uppal, Dr Sangeeta Anand, Dr Mahesh Pagadala, Dr Ritu Manchanda, Dr Nishikant Thape, Dr Rajesh Sofat, Dr M V L Narsimha Rao, Dr S V Swamy, Dr D Subba Rao, Dr V K Pankajakshan, Dr Kaumudi Padmamala, Dr Rajneesh Gupta, Dr G Rajendra Prasad, Dr Nirmal Tej Singh Sodhi, Dr Deepak Sharma, Dr Rajendra Singh Tomar, Dr Kavita Mitra Roy, Dr M N Raju, Dr Prashanth N Baharbat, Dr S S Bhardwaj, Dr Umesh Kant Khanna, Dr Anil Kumar Sharma, Dr Surinder Kumar Bishnoi, Dr Ashok Verma, Dr Dushant Trigotra

Under the able guidance of Dr.M.A.Rao National President of IIHP the organizing team of Dr. Harprakash Sharma Chairman of the organizing committee, Dr.Vinod Sangwan Secretary of the Organizing Committee, Dr.B.S. Chandhok Chief Advisor of the Conference, Dr.Muktinder Singh Chairman of the IIHP Scientific Committee, Dr. Tanvir Hussain IIHP Mission Director, Dr Dushant Trigotra, Dr.Rajneesh Sharma from IIHP- Chandigarh and the Members of the Council of Homoeopathic System of Medicine Haryana worked hard and made the event a grand success.

Watch Photos www.iihp.in/photo-gallery.html

NEWS & UPCOMING EVENTS

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IIHP Dubai Seminar

Coming May 2023 we are organizing a two days seminar of IIHP in Dubai for 2nd time. There is academic partnership with Homoeopathy Middle East. It is a good opportunity to have fun and at the same time learn as Dubai offers many opportunities to enjoy though various activities. Browse the Internet or contact your travel agent for details of activities on offer and other travel related information but book your seat at the earliest. For your information here is the list of speakers from India and UAE - Dr. E.S. Rajendran, Dr. L.K. Nanda, Dr. Hiralal Aggarwal, Dr. Muktinder Singh, Dr. Tanvir Hussain, Dr. Maneesha Solanki, Dr. Madona Joseph, Dr. Ranbir Singh Josan, Dr. Kapil Sharma, Dr. Rajesh Sofat, Dr. Mahesh Pagadala, Dr. Rasheed Akthar, Dr.Samir Chaukkar – from India and Dr. Deepak Sharma, Dr. Santhosh Kumar, Dr. Ehab Makki, Dr. Aalim Dhandukia. Dr. Seethalakshmi, Dr. Manjari Rao, Dr Tanya Bakshi, Dr Chandraja Rathish, - from UAE

Visit this page and register at the earliest www.iihp.in/dubai.html

IMPORTANT

Please note the email address for all communications including sending the articles.

raocghs@gmail.com

Please do not send it on any other address as it may get lost. No Whatsapp please, no other person either, because you know him or her.

– Managing Editor

No PDF; just single column, single space file in MS-Word, else editing becomes difficult. Embed pictures if you like but do send separately with sequence number as per the appearance in the article.

NEWS & UPCOMING EVENTS

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IIHP NEW TEAM

A new team is going to take charge of affairs at IIHP central level. There are new hopes and aspirations of the team as well as from the team.

List of officials

National President	Dr Syed Tanvir Hussain
National Secretary General	Dr Sudhanshu Arya
National Finance Secretary	Dr Mahesh Pagadala
National Vice Presidents	
East Zone	Dr L K Nanda - Bhubaneswar
West Zone	Dr Harish Dhurat – Nagpur
North Zone	Dr Vinod Sangwan – Bhiwani
South Zone	Dr K S S Sivamurthy – Eluru
Central Zone	Dr Geeta Mongia – Delhi
National Joint Secretaries	
East Zone	Dr N P Singh – Patna
West Zone	Dr Amit Vora – Mumbai
North Zone	Dr Rajneesh Gupta – Chandigarh
South Zone	Dr Rajendra Prasad – Visakhapatnam
Central Zone	Dr Rajendra Singh Tomar - Agra

Visit the complete new team with their photos at IIHP website : www.iihp.in/organization.html

NEWS & UPCOMING EVENTS

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AP State Seminar 9th April 2023

Vishakhapatnam Unit of IIHP AP state is organizing a one day seminar on 9th April 2023 at Hotel V with Dr Mayuresh Mahajan & Dr Sunil B Ghodke. The Topics are 'Behavioural Materia Medica' and 'Understanding the Man in Disease'. Dr Shyam Kumar Vaishnav will discuss 'Evidence based approach of Homoeopathy in Ulcers'. The organizing secretary is Dr P B K Satish. You can reach him on 9849099710.

Image Credit: https://pixabay.com/vectors/doctor-hospital-medical-health-man-6 810751/

NEWS & UPCOMING EVENTS

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Molecular Homoeopathy

Homoeopathy and its scientificity have been questioned many times for long but this time scientists have devised a way to prove our critics wrong. We present here the link to the published article and press note in this regard.

A big win for Molecular Homeopathy - Instrument for Detecting Homeopathic medicine and their potency for quality control not a dream anymore: Extremely happy to announce 3 years of struggle and then 2 years of experimentation of Prof. Dr.Nisanth Nambison of Govt Homeopathic Medical College and Hospital Bhopal with Dr.H.N.Bhargaw Senior Principal Scientist & Associate Professor (AcSIR) HOD, Intelligent Materials and Advanced Processes (I-MAP) Division CSIR-Advanced Materials and Processes Research Institute (Ministry of Science and Technology, Govt. of India) and his team, finally the research paper "Unraveling the low-frequency triggered Electromagnetic Signatures in Potentized Homeopathic Medicine" has finally been published in highly reputed international peer reviewed journal - Elsevier Materials Science & Engineering B.

Link to the published Article
https://www.sciencedirect.com/science/article/pii/S0921510723001071?dgcid=coauthor

Breakthrough in detecting micro electromagnetic waves transmitted by homeopathic medicines

- Sensor developed to determine the quality & effectiveness of homeopathic medicines.
- Success in identifying the subtle electromagnetic waves propagated by homeopathic medicines.
- First time - Identification & determination of the quality of homeopathic medicine using a special sensor device now possible.
- This new study will help enhance the efficacy of homeopathic medicines by charging the medicines.
- This is the world's first device that checks the quality of medicine for quality control.
- This is an unprecedented success towards making homeopathic medicines more effective.

Bhopal. A two-year study conducted by two institutions in Bhopal with a indigenously developed experimental sensor setup - Ultra High Dilution Signature Detection sensor has confirmed that every homeopathic medicine has its own electro-magnetic signature. This signal can be identified and used to identify & determine the quality of the medicine using a special sensor device. Additionally, homeopathic medicines can be charged to increase their effectiveness.

This special study was initiated by Prof. Dr. Nisanth Nambison from the Government Homeopathic Medical College and Hospital (GHMC) in Bhopal, in collaboration with Dr. Harinarayan Bhargava's leadership from the CSIR-Advanced Materials and Processes Research Institute (AMPRI). This study was published by the international high impact peer reviewed journal Elsevier Science Direct, an academic publication company that includes the world's best lancet journals in its journals.

Prof. Dr. Nisanth Nambison,
Government Homeopathic Medical College and Hospital (GHMCH), Bhopal

Dr. Hari Narayan Bhargaw,
CSIR-Advanced Materials and Processes Research Institute (AMPRI), Bhopal

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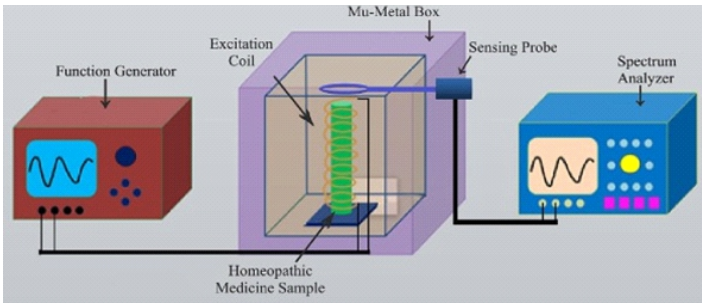
Research Results:

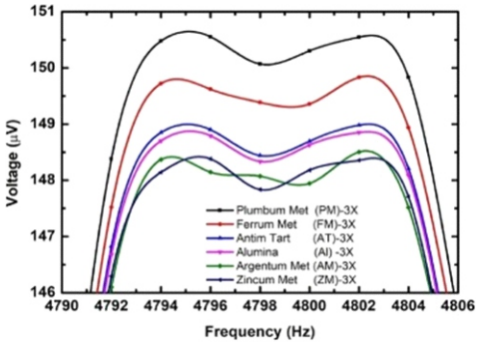
Dr. Nisanth Nambison, a researcher and a professor at the GHMC, has revealed that "this is a big win for molecular homeopathy. This is the world's first sensor developed to identify & determine the quality of homeopathic medicines. And this is the world's first device that can be used to certify the quality of homeopathic medicines. Additionally, this is an unprecedented success in the direction of making homeopathic medicines more effective." **It is noteworthy that there is currently no technique available to identify the highly diluted homeopathic medicines.** This invention will prove to be a milestone in the field of identifying, certifying & enhancing the quality of homeopathic medicine.

Dr. Harinarayan Bhargava of CSIR-AMPRI said “The study confirms that it is possible to identify homeopathic medicines by excitation with electromagnetic energy is possible even when the medicine is in very small quantities.” Researchers say that it may be effective in treating various ailments in patients by reviving the vital natural energy (immunity) to fight diseases.



Experimental sensor (Ultra High Dilution Signature Detection sensor) setup

Electro-Magnetic Signature recording of various homoeopathic medicines



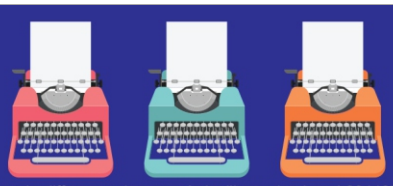
Further Research:

Some such facts have come to the fore in this research that Prof. Dr. Nisanth Nambison, Government Homeopathy Medical College and Hospital, will propose to Government of India to receive financial assistance from the Department of AYUSH for drug discovery, quality control and diagnosis of disease etc. Appreciating this unique study, Germany's organization Campace has sent a proposal for multi-centric study.

Main conclusions:

- The study filled the gap of lack of experimental and scientific evidence behind the non-obviousness of homeopathic medicines.
- Electrical magnetic (EM) signals induced by homeopathic testing samples were measured.
- The existence of a unique electromagnetic signature from homeopathic medicines was observed under lower and upper limits of low excitation frequencies of 300 Hz and 4.8 kHz through indigenously developed experimental sensor equipment.
- The study discovered a unique way of categorizing various homeopathic medicines with different ultra-low metal concentrations.
- Other researchers who participated in the study include Mohit Sharma, Avneesh Srivastava, Manoj Kumar Gupta, Mahendra R. Jadhav, Khushwant Singh Gavel, Prabhat Kumar Baghel, and Meraj Ahmad. Dr. Narendra Sharma, Dr. Abhishek Dhar Dwivedi, and their team from the Government Homeopathic Medical College and Hospital provided significant support.

LETTERS TO THE EDITOR



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The Readers of the Rational Physicians are BUSY....

ROAD MAP

July - September 2023 Issue

The editorial team of the Rational Physicians solicits advertisements, articles, news and photos related to homoeopathy to be published in the forthcoming issue to be released in July 2023.

GUIDELINES

Kindly send all the material in soft copy to

The Editor, Rational Physicians

E-mail: raocghs@gmail.com

Please send images/tables/graphs /artwork separately from articles, with due credits & titles.

Please do not compress/resize images so that the resolution and sharpness of the images remains high. If need be use one image per mail or you can share your Google drive so that we may download images in highest resolution.

Please send your articles in Microsoft Word Document format not PDF so that editing is easier.

Only selected /approved material will be published

LAST DATE OF SUBMISSION

15.06.2023

For the July-September 2023 Issue

ACUTE GOUTY ARTHRITIS

Dr. Anita Nanakram Chawla, Nashik
BHMS, M.D. (Homoeo)
Nashik's 1st M.D. Homoeopath

Image Credit: www.freepik.com

Mr. D. L., 49 Years old, had come on 28-08-2017 with following complaints

► **Unable to get up from bed** since morning on 09-08-2017. Started allopathic treatment but improvement was not seen. So his relative suggested my name to start homoeopathy Sudden onset

H/O: - Exposure to cold damp weather
Severe Physical exertions

► **Severe Pain in knee joints and toes** since 2 days,
Associated with swelling
Sudden onset,
Unable to move his limbs,
Feeling as if his limbs are paralysed,

► **Blackish eruptions with itching** since 6 months,
> Scratching.

► **Eructation** since 10-15 years,
< Sour++, Oily+
. < After eating

► **Recurrent constipation** since 20-25 years,
Dry, Hard stool.

► **Past history:** Rt. Sided kidney stone - 2012, 2015
Uric Acid increased - 3 years back

► **Family history:**
F- Gout,
Elder Brother - Renal Stone

► **Personal History:**
- Desire – Sour things
- Intolerance of milk
- Thirst: Thirst less
- Thermal: Hot
- < Heat of sun, Summer
- Fatty patient

► **About his nature:**
- Anxious look on face,
- Always in sad mood,
- Doesn't talk much with others,
- Anxious about his health,
- Short tempered,

► **O/E :-**
- PR: 92 / min.
- Temp.: 101.2 o F.
- Tongue: Thick white+++, Dry++

.

► **Joints:-**
- Knee joints: Swelling++, tenderness+++, restricted movement++
- Toes: Swelling+, tenderness+.

► **Investigations**
S. Uric Acid - 8.2 Mg/dl

► **Homoeopathic Treatment**
Antim crude 30 – three times in a day

► **Indication of Antim crude**
- Always in sad mood3+,
- Complaints usually < Heat of sun, summer.
- **Tongue:** Thick white3+,
- Thirst less (like Pulsatilla) (Bry – Thirst for large quantity of water at longer interval;)
- Desire – Sour things
- Intolerance of milk
- Eructation < Sour++.
- Constipation – Dry, Hard stool
- H/O Exposure to cold damp weather
- Patient is Fatty (like Calc. Carb)
- Good remedy for Serum Uric Acid / gouty diathesis

► **Close coming group of drugs**
- Antim crude
- Bryonia
- Pulsatilla
- Calc.Carb

► **Follow up:**

29/08/2017
- Pain in knee joints & toes reduced slightly. Swelling on knee joints and toes as it is.
- Move his limbs slightly
- Fever reduced
- Eructation, Constipation, & Blackish eruptions as it is
- Treatment: Antim Crude 30 /3 times for 2 days as there was slight improvement seen

31/08/2017
- Pain in knee joints & toes 30 % reduced. Swelling on knee joints and toes as it is
- Move his limbs+
- No Fever
- Eructation, Constipation, & Blackish eruptions as it is
- Treatment: Placebo 3 times was given for 2 days

02/09/2017
- Pain in knee joints & toes 50 % reduced. Swelling slightly reduced
- Move his limbs++
- Eructation & Constipation slightly reduced
- Blackish eruptions as it is
- Treatment: Placebo 3 times was given for 2 days

04/09/2017
- Pain in knee joints & toes 70 % reduced. Swelling reduced
- Move his limbs++
- Eructation & constipation reduced
- Blackish eruptions as it is
- Treatment: Placebo 3 times was given for 3 days

07/09/2017
- Pain in knee joints & toes 80% reduced. Swelling reduced further
- Move his limbs normally
- No Eructation & Constipation
- Blackish eruptions as it is
- Treatment: Placebo 3 times was given for 8 days

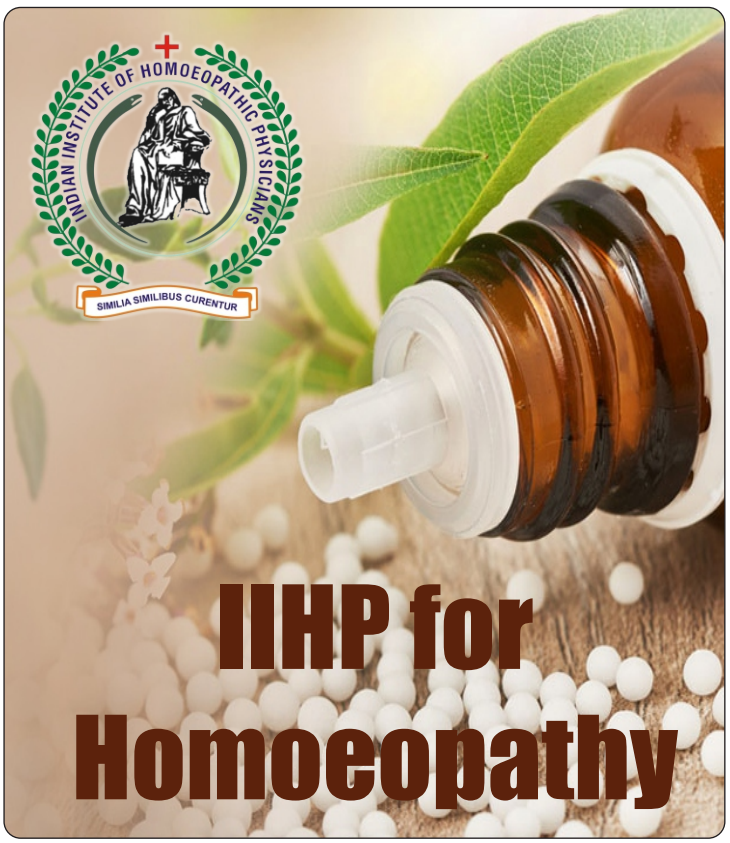
16/09/2017
- Mild Pain & swelling in knee joints & toes.
- Move his limbs normally
- No Eructation and Constipation
- Blackish eruptions slightly reduced
- Treatment: Placebo 3 times was given for 8 days

23/09/2017
- Occ. Pain and mild swelling in knee joints & toes
- Move his limbs normally
- No Eructation and Constipation
- Blackish eruptions reduced
- Treatment: Placebo 3 times was given for 15 days

08/10/2017
- No Pain & swelling in knee joints & toes
- No other complaints
- Blackish eruptions reduced 80%
- Investigation: S. Uric Acid – 5.5 mg/dl
- Treatment: Placebo 3 times was given for 15 days

22/10/2017
- Blackish eruptions reduced 90 %
- No other complaints
- Treatment: Placebo 3 times was given for 1 month

24/11/2017
- No other complaints
- Investigation: S. Uric Acid – 4.7 mg/dl
- Treatment: Placebo 3 times was given for 1 month



Homoeopathy A Dynamic and Safe Medicine of 21st Century for the Global Welfare

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Being distressed by the situation of uncertainty and chaotic state of the medical world of the 18th century, after years of continuous tireless hard research work and following inductive and deductive methodology of scientific investigations, homoeopathy was discovered by a very genius polyglot, medical reformer of his time Dr. Samuel Hahnemann who explained and incorporated the existing law of nature “similia similibus curanter” along with some other laws and established therapeutic on the ,scientific ground.

WHO has concluded in its 2005 report that the faith of the people of the world is continuously increasing on traditional, complementary and alternative system of medicines. According to them homoeopathy is being used by more than 500 million people of the world which puts this system of medicine in the category of second largest system of medicine.

In an official booklet, published by WHO itself in 2010, defining homoeopathic medicine, it has been written that homoeopathy is being used on a large scale in the world and a large market for homoeopathic medicine is being created. Giving examples it is written that in 2008. Australia spent US dollar 7.5 million, France more than 408 million, Germany 346 million, UK 62 million and US adults spent 2.9 million in 2007 on homoeopathic medicines.

The basic principles of homoeopathic system of medicine are very close to the thinking of Indian philosophy and Sags, hence the Indian land and environment provides favorable conditions for the development and promotion of homoeopathy. Due to this homoeopathy is developing at an ever faster pace in this country.

While treating, Homoeopathy chooses the medicine by considering the patient's mind and different parts of the body as a single unit and believes in the holistic health of the patients. New researches in the field of Psycho-Neuro-Endocrino-Immunology have confirmed the constitutional approach of homoeopathy. Micro potentised medicine of omoeopathy bring back natural health by harmless method by stimulating the patients natural healing energy, establishing homoeostatic balance.

In the past 200 years, many highly educated modern Doctors, Vet Surgeons and other medical personnel of the world have contributed significantly to the medical world by adopting homoeopathy. Research activities are going on in many universities and research centers of the world, and hundreds scientific research papers proving the effects of homoeopathic medicine have been published in recognized peer reviewed journals of the scientific world.

The healing and preventive power of homoeopathy has been proved from the very beginning, there have been many remarkable achievements of homoeopathy in many epidemics in world history from 1813 to 1918, for example in 1854 Cholera spread in London, patients who got treatment at Royal London Homoeopathic Hospital their death rate was 9 percent, while the death rate of the patients who got allopathic treatment was 59.2 percent, on asking for the report of the House of Commons, the manipulated report was sent after making changes under the pressure of multinational drug manufacturers. An explanation was sought by the House of Lords on this.

Even after hundreds of years, more or less the same situation prevails on the world stage of the medical science. For the prevention of the Covid -19 the medicine ARS ALB 30 recommended by the Ministry of Ayush of our country, was distributed, According to the reliable sources and own experience very encouraging results were obtained, but neither desired acceptance, nor any encouragement was received at the Govt. level.

Lacks of people were saved from Japanese encephalitis disease spread in Andhra Pradesh between 1999-2004 by Homoeopathic medicine which was praised by the Andhra Pradesh govt. later the research done by the Central Govt. on their medicine confirmed the effectiveness of these medicines in Japanese Encephalitis disease. These medicines were recommended by the former president of IIHP Dr. GLN Sashtri.

In the year 2018 MP Ayush Malaria control programme was implemented, in which highly sensitive villages of different areas affected by malaria were selected and MALARIA OFF 200 medicine was distributed in them. As per official reports there has been a decrease of 57.29 percent in malaria affected areas of Ratlam district, in Reewa disrict 72.7 percent, in Jhabua 69.6 percent, in Balaghat district 79 percent and in Gwalior district 92 percent, As compared to 2017, this of Homoeopathic medicine is a vivid example of preventive and immunity enhancing capacity.

Being afraid of their economic interest due to low cost homoeopathic medicines, multinational drug companies have been trying to spread different kinds of confusion through some so called scientists and journalists etc. since the beginning. for example Homoeopathic medicine do not contain even a single molecule or atom of the original medicine hence they cannot be effective, these medicines have only placebo effects, It is ridiculed by saying this. But the modern discoveries in the field of highly developed Physics and Chemistry, important proved theories like Quantum mechanics, Nano particles and Water memory have left behind the theories and concepts of old Newtonians and Avogadro's hypothesis and confirmed the potentisation Law of Homoeopathic medicine. Today the whole world has gone beyond the world of atoms and molecules and entered the world of energy. Dr. Hahnemann made discoveries years ahead of his time.

Potentised Homoeopathic medicines have been successfully used by thousand of physicians and vet surgeons of the world for the last 225 years for simple to complicated disorders of Infants, Children and Animals not only this, in the form of Agro-homoeopathy the most successful and amazing experiment of homoeopathic medicines have been done by scientists in the Agricultural and Botanical field, whose evidences and research papers are available. But the irony is that all these are deliberately ignored. Successful results in infants, animals and the Agro world refuse the misconception that homoeopathic medicine have a mere placebo effects.

In the past 200 years, many highly educated modern Doctors, Vet Surgeons and other medical personnel of the world have contributed significantly to the medical world by adopting homoeopathy. Research activities are going on in many universities and research centers of the world, and hundreds scientific research papers proving the effects of homoeopathic medicine have been published in recognized peer reviewed journals of the scientific world.

On the one hand, modern medical science has made a beneficial and commendable contributes by developing immediate life saving and palliative drugs and methods in acute conditions and surgical field, while on the other hand in the field of internal medicine, a colossal failure has been shown in the holistic healing direction.

The so called well tested and proved drugs have come to the fore in the form of side effects, new diseases and complications on a large scale. According to a report done at the Govt. level in America a few years ago, 2 lakh people are dying every year in America alone due to medicines prescribed by qualified doctors. These figures do not include those cases which arise in the form of disabilities of the different kind. Iatrogenic diseases g, have become the third leading cause of death in the whole world. This fact is eye-opener for the entire scientific community.

Vital force, potentisation of medicine, Individualization and Holistic approach are the fundamentals of

homoeopathic medicine. Although homoeopathic medical science originated in German country, the basic principles contained in it must have been truths discovered from the insight of Indian mystics and philosophers. Underlying principles on which it is based must had its origin in truths discovered through the insight of Indian mystics and philosophers, there is no difficulty in believing that the knowledge of Vedas and Upanishads were available all over the western world through the translation done by many scholars like Schopenhauer, Maxmuller etc Dr. Hahnemann polyglot was studious and a Genius, extremely human sensitive Physician. There is no surprise in this that Hahnemann might have had some clue or some glimpses from Indian Philosophy to discover the underlying fundamentals of homoeopathy.

The basic principle of vital force, the concept of Ayushman with the combination of life and body, properties of original drug substance even after continuous micro division of the molecules and atoms of the drug substance etc facts were discovered thousands of years ago by Indian thinkers . According to the Fritj of Capra a renowned research scholar of high energy physics (Author of The Tao of Physics an exploration of the parallels between modern physics and eastern mysticism) a surprising fact has come to fore that when two atoms are colloided with high energy method, they break into pieces, remains in its original forms, and equal to the original particle. This fact confirms the statement of philosophers of Ishavasyopanishad

ॐ पूर्णमदः पूर्ण मिदं पूर्णातपूर्ण मुदच्यते ।
पूर्णस्य पूर्ण मादाय पूर्णमेवावषिश्यते ॥

But it would be appropriate to be said here that despite the knowledge of rules of potentisation and similarity of medicine before Hahnemann being available thousands of years ago, their use in medical science was sometimes limited to the basis of experiences only. For the first time in the history of medical science the credit goes to Hahnemann for developing complete system of medicine on the basis of these laws by going through all the processes of scientific investigation and establishing therapeutics on a solid scientific basis. Being just a foreigner we cannot ignore but have to acknowledge his very important contribution to the medical world. The importance and truth cannot be understated. Homoeopathic system of medicine paves the way for the welfare of the whole world; Effective and safe homoeopathic medicines with low cost and the homoeopathic system are a boon of nature not only for mankind but for the entire biological world. It is the responsibility of all fair sensitive scientists, social workers and politicians of the world to come out of the borders of the country and abroad and make their expected active contribution by supporting and protecting very useful and safe method like homoeopathy in the wider interests of humanity, and realize the concept of a “Vasudhaiva kutumbakam”

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A Case of Warts

Dr. Rani Gupta
BHMS , PG(scholar)
Location: Pune

A 59 years old male patient came to the out patient department with the complaints of multiple warts on neck anteriorly on both the sides but majorly large in number on right side as compared to left , since 6 months. On examination warts were of skin colour , multiple in number , more on right side & jagged appearance with no itching. Had a history of warts earlier also 5-6 years ago but had got them removed surgically but it recurred back 6 months ago. Not a known case of any major illness. Patient is obese with a weight of around 96kg and height of 5.1 ft. His parents were diabetic and hypertensive and died due to cardiac failure. Patient has taken homoeopathic treatment in the past for 5years for anxiety neurosis.

Patient is very reactive in terms of anger but expresses mostly to family members. He had started with an accountant job in his career and now is the director of the institute in the firm academically. He left the actual field work and started training students of the firm because he feels the actual field work was very stressful. He used to have alot of anxiety everyday at office. He is very straightforward to people below his position level and very polite to his superiors. He was always afraid to express to his superiors. Even now when anything new thing has to be taken up he feels anxious. Even as a child he used to be very anxious before exams. Never participated in any extra curricular activities. Shy and introvert. Likes everything to be organized and planned prior , if anything happens suddenly becomes anxious. Responsible towards his duty at work and also in family. Average in decision making , requires support of wife. He is a father to a daughter. His daughter says that he is very short tempered and behaves very rudely with the workers of his office. The only stress he faces presently he says , is of his job , as he has become the director now and if things doesnt work properly he gets irritated.

He is thirstless , thermally chilly and craves sweets. Appetite is normal apparently but takes an antacid due to recurrent episodes of acidity. Warts doesn't cause any complaint but patient is concerned about its appearance getting affected due to warts.

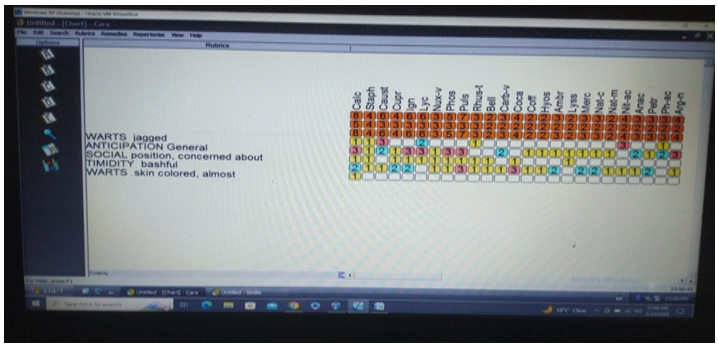
Remedy given was Calcarea carb 200 1 dose , SL 4 pills 3 times a day for 15 days.

1st Follow up – Warts were same. No change. No other symptoms. Generalities normal. Rx SL for 15 days

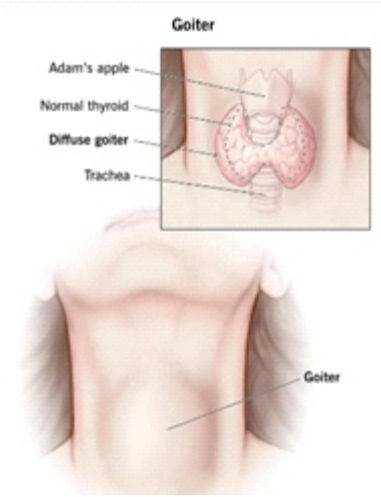
2nd Follow up – No new warts. Earlier warts same in size Felt abit itching over the warts. No other symptoms. Rx Calcarea carb 200 3 doses , SL for 1 month

3rd Follow up – Few warts reduced in size. Itching over warts is still present but tolerable. 1-2 new warts over right side. Left side warts reduced in size and number. Rx SL for 1 month.

6th Follow up – After 6 months, Warts on both the sides reduced. Patient was kept on Sl for 3 months.



Learning from the case – Clinically for warts remedies like thuja , nitric acid and so on are given due to paucity of symptoms. But constitutional treatment is a must which will help to reduce warts and even avoid its recurrence.



A Case of Simple Goitre

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Introduction: A goitre is a swelling or lump in the neck resulting from an enlarged thyroid gland. A goitre may be an overall enlargement of the thyroid, or it may be the result of irregular cell growth that forms one or more lumps (nodules) in the thyroid. A goitre may be associated with no change in thyroid function or with an increase or decrease in thyroid hormones.

Causes of Goitre: The most common cause of goitre worldwide is a lack of iodine in the diet. Selenium deficiency is also thought to be a contributing factor in goitre. In places where the use of iodized salt is common, goitre can be caused by a number of factors that influence thyroid function or factors that affect thyroid growth. Some of the diseases are:

- **Hashimoto's disease:** It is an autoimmune disorder in which the damaged and inflamed tissues of the thyroid don't produce enough hormones which gives positive feedback to the pituitary gland to stimulate the thyroid to create more hormones, and thus the thyroid becomes enlarged.
- **Graves' disease:** Another autoimmune disorder in which the immune system produces a protein that mimics TSH. This rogue protein prompts the thyroid to overproduce hormones (hyperthyroidism) and can result in thyroid growth.
- **Thyroid nodules:** A nodule is the irregular growth of thyroid cells that form a lump. A person may have one nodule or several nodules (multinodular goitre).
- The cause of nodules is not clear, but there may be multiple factors-genetics, diet, lifestyle and environment. Most thyroid nodules are benign in nature.
- **Thyroid cancer:** Thyroid cancer is less common than other cancers and generally treatable. About 5% of people with thyroid nodules are found to have cancer.
- **Pregnancy:** A hormone produced during pregnancy, human chorionic gonadotropin (HCG), may cause the thyroid gland to be overactive and enlarge slightly.
- **Inflammation:** Thyroiditis is inflammation of the thyroid caused by an autoimmune disorder, bacterial or viral infection, or medication. The inflammation

Risk factors

Anyone can develop a goitre. It may be present at birth or occur at any time throughout life. Some common risk factors for goitre includes:

- A lack of dietary iodine. In the developing world in particular, people who don't have enough iodine in their diets or access to food supplemented with iodine are at increased risk.
- Age. Goitre is more common after age 40.
- Being female. Women are more likely to develop a goitre or other thyroid disorders. Thyroid problems in women are more likely to occur during pregnancy and menopause.
- Family medical history. Family medical history of goitre or other thyroid disorders increases the risk of

goitre. Also, researchers have identified genetic factors that may be associated with an increased risk.

- Medications. Some medical treatments, including the heart drug and the psychiatric drug might increase the risk.
- Radiation exposure. Risk increases if radiation treatments around neck or chest area have been done.

Types of Goitre: There are two different types of goitre:

- Diffuse, where entire thyroid gland enlarges to a larger size and feels smooth to the touch.
- Nodular, where certain sections, or nodules, of thyroid gland enlarge and feel lumpy to touch.

Based on their functionality goitres can be classified as:

- **Toxic Goitre:** Goitre that is associated with overproduction of thyroid hormones and subsequent hyperthyroidism. It may be diffused (in the case of Graves' disease), nodular, or multinodular (in the case of Plummer disease).
- **Nontoxic Goitre:** Goitre that does not cause over or underproduction of the thyroid hormones, therefore it is not associated with either hyper or hypothyroidism. It may be diffused or multinodular.

Symptoms: Most people with goitre have no signs or symptoms other than a palpable swelling at the base of the neck. In many cases, the goitre is small enough that it's only discovered during a routine medical exam or an imaging test for another condition. Other signs or symptoms depend on whether thyroid function changes, how quickly the goitre grows and whether it obstructs breathing. Both hypo and hyperthyroidism may be associated with goitre.

Symptoms of hypothyroidism include: Fatigue, increased sensitivity to cold, increased sleepiness, dry skin, constipation, muscle weakness, problems with memory or concentration, etc.

Symptoms of hyperthyroidism include: Weight loss, tachycardia, increased sensitivity to heat, excess sweating, tremors, irritability and nervousness, muscle weakness, frequent bowel movements, changes in menstrual patterns, sleep difficulty, high blood pressure, increased appetite, etc.

Complications: A goitre itself usually doesn't cause complications. The appearance may be troublesome or embarrassing for some people. A large goitre may obstruct the airway and voice box. Changes in the production of thyroid hormones that may be associated with goitre have the potential for causing complications in multiple body systems.

Homeopathic Therapeutics: Some of the important remedies for goitre are Ars-iod, Baryta-c, Baryta-iod, Calc, Calc-iod, Iod, Nat-mur, Spongia, Kali-iod, Lach, Lyco, Phos, Thyroidinum, etc. which are described as under.

Arsenicum Iodatum: It is a remedy for hyperthyroidism and goitre where the gland is indurated. Patient is warm or even very hot yet often sensitive to cold or drafts. Marked emaciation despite eating ravenously. Constriction feeling in heart; tumultuous palpitations. Tremor of hands. Mentally there is extreme excitement and restlessness; hurry and impatience; loquacious but precise; Anger; impulse to kill. They are better in open air; worse becoming heated in bed.

Baryta Carbonica: Suited for hyperthyroidism and goitre, especially in children and adolescents. Huge enlargement of gland. Palpitations and tremor. Appetite increased with emaciation yet large, pot belly. Debilitating perspiration; nightsweats. There is atrophy of other glands: Testes, mammae, etc. Mentally they are in hurry and great industriousness; overexcited and anxious about responsibilities and challenges.

Baryta Iodata: Indicated in hyperthyroid, thyroiditis and goitre. Marked swelling of thyroid gland. Thyroiditis in childhood. Aggravated on becoming heated; intolerant of heat. Knots of cervical glands; rapid pulse; tumultuous palpitations. Mentally they are restless; impatient; compulsive; nervous and indecisive.

Calcarea Carbonica: Suited in goitre, hypothyroid, thyroiditis, hyperthyroid, etc. Hard thyroid with nodules. "Vascular" goitre. Slow, constant growth of thyroid gland. Dull and sluggish; always tired. Chilly, especially cold feet at night in bed. Internal sense of tremor (more than visible). Slow growth of children. Excessive head sweat, especially at night. Mental symptoms after oyster, exertion, heavy responsibilities and worry. Depression and constant anxiety.

Calcarea Iodata: Indicated in hyperthyroidism, thyroiditis, thyroid tumours and nodules, goitre associated with hormonal changes: Symptoms aggravated during puberty, pregnancy, or menses. Goitre more enlarged on the right side. There is faintness in a warm room. Ravenous appetite with either obesity or emaciation. Honeycombed tonsils with small crypts can be associated. Anxiety feeling in chest and heart with sudden and violent palpitations.

Iodum: It is also suited for hyperthyroidism and goitre. Swelling is right-sided and thyroid is painfully enlarged. They are hot and intolerant of hot or warm room.

Violent palpitations. Pulsations through to the fingertips. Emaciation despite huge appetite. As thyroid gland enlarges, other glands (breast, testes) shrink. They are better: eating; cold bathing and violent exertion. Mentally they are anxious with hurried feeling, restless and fidgety; cannot sit still. Loquacity; markedly rapid speech seen.

LACHESIS: Suited in menopausal women. It is also indicated in hyperthyroid, thyroiditis and goitre with left-sided lump. Tightness in throat; difficult swallowing. They are intolerant of warm room or bath. Marked hypertension with intense palpitations. Mentally they are highly loquacious. Thyroid enlargement and hyperthyroidism after disappointed love, jealousy, or suppression of intense emotions. Anger and intolerant of contradiction.

NATRUM MURIATICUM: Thyroiditis, hyperthyroidism, hypothyroidism or diffuse goitre after grief or disappointed love. They are intolerant to heat or sun. Trembling of whole body, especially the head. Violent palpitations, worse exertion or lying on left side. They take either excessive salt or have complete aversion to it. Mentally excitable and nervous.

SPONGIA TOSTA: There is markedly swollen, indurated and painful goitre, worse swallowing. Stitching pains with choking or constricted sensation in thyroid, worse tight collars. Sensation of air passing through goitre when breathing. Sensation of motion in the thyroid. Warm; flushes of heat. Aggravation comes on during sleep. Violent palpitations. Anxiety and oppression in chest. Suffocative feeling associated with goitre. Orchitis or ovarian pains. Mentally cheerfulness alternates with seriousness.

THYROIDINUM: Hyperthyroidism, hypothyroidism, Goitre all fall under its therapeutic range. Faintness on standing, especially morning on waking. Sleepiness all day long. Worse: Before or during menses. Better: After menses. Obesity or emaciation. Falling of hair. Weak heart with numb fingers. Palpitations, worse lying, worse slight exertion. Extremity pain better during menses. Mentally depression on waking in the morning; ill-tempered, quarrelsome, rages over trifles; dictatorial, averse to contradiction; paranoia.

Case Presentation: A lady aged 46 years visited the clinic with a palpable lump in front of the neck on 03-02-2023. It was generally a painless swelling with a slight discomfort felt during swallowing anything. She is married with two children and had returned from Russia last year. After coming back, she started noticing the lump. On advice she had her thyroid profile done which showed normal thyroid levels. She had h/o high fever followed by cough for 15 days last month. She complained of a plug like sensation in throat with slight hoarseness and a need of constantly clearing the throat. Since last few days she had sort of panic attacks at night, where she woke up suddenly at night feeling suffocated and slightly perspiring. After which, she feared of falling sleep again. She had a good appetite with extreme thirst and dry mouth. She had desire for cold drinks and complete aversion to sweets.

Physical Generals:
- Thirst +++ with dry tongue
- Hunger++
- Aversion to sweets
- Desire for cold drinks
- < waking on

Mental Generals:
- Anxiety
- Fear of war?

Rubrics selected from Murphy's Repertory:
- GLANDS, Thyroid, goitre
- GLANDS, Thyroid, goitre, painful, swallowing, on
- GLANDS, Thyroid, goitre, pressure, agg, touch and pressure, agg
- GLANDS, Thyroid, goitre, swollen, with suffocating spells at night
- SLEEP, Waking, fright, as from
- MIND, Anxiety, waking, on
- FOOD, Sweets, aversion, to
- FOOD, Cold, drinks, desires
- TONGUE, Dryness, of

After taking a detailed case history and repertorization, Spongia tosta was selected. She was given a dose of Thyroidinum and on the fourth day a single dose of Spongia was given along with placebo. To my surprize the lump got completely reduced to normal within a week. Follow-up of the case is being done. The before and after pics of the patient are as under.

Constitutional Homeopathic Treatment Of Menorrhagia A Case Study

"Communities and countries and ultimately the world are only as strong as the health of their women."

– Michelle Obama

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ABSTRACT

Menorrhagia denotes cyclic regular bleeding which is excessive in amount or duration, worldwide it is a major health problem for many women and Homoeopathy is one of the best mode of treatment for this disease. This case study shows the efficacy of individualized Homoeopathic medicine in the treatment of Menorrhagia. Case Summary : A 33 years, female came with a complaint of abnormal heavy menstrual bleeding over cycle since 8 years. A complete case was recorded and studied thoroughly and after totality of symptoms on the basis of individualization and constitution , Thuja occidentalis have been prescribed and patient get complete cure with in 3-4 follow up. The aim of this article is to highlight the utility of constitutional and holistic Homoeopathic approach in Menorrhagia.

KEYWORDS

Menorrhagia, Homoeopathy and Case Study.

INTRODUCTION

Menorrhagia may be defined as a heavy menstrual bleeding and the bleeding is either excessive in amount over several cycles or duration of menstrual flow more than 7 days or both. The term menorrhagia is derived from the greek word MEN meaning, Menses RRHAGIA meaning burst forth. In this disorder, menstrual blood loss is of 80 ml or more per cycle. It is the commonest cause of iron deficiency anaemia in the reproductive age of women. During the normal menstrual cycle, proliferation of endometrium is induced by the effect of oestrogen while progesterone induce secretory differentiation and extensive arteriolar vasoconstriction and dilatation takes place that resulting in bleeding & even a few women have almost no issue with their menstrual cycles, however, others suffer every month of menstruation. As a treatment for menorrhagia, homeopathic medicines have shown proven results with its holistic approach. The Homeopathic medicines maintain the mental, physical , emotional and immune reactions of the person to provide the permanent cure to disease condition.

CAUSES OF MENORRHAGIA:

The causes can vary from dysfunctional aetiology to pelvic pathology and rarely to systemic disorders.

Dysfunctional causes are basically categorised into 3:-

- Dysfunctional uterine bleeding (DUB)
- Bleeding because of some pelvic pathology.
- Medial disorders which includes coagulation defects.

Systemic causes:

- Blood dyscrasia
- leukaemia
- Thrombocytopenia
- Thyroid dysfunction
- Chronic liver disease

Pelvic pathological causes

- Uterine fibroid
- Adenomycosis
- Endometriosis
- Endometritis
- Endometrial cancer

SYMPTOMS OF MENORRHAGIA

Menorrhagia means excessive flow of blood during the menses. In this type of condition, menstrual period may be regular or too early or may last too long. Excessive flow of blood from the body produces many symptoms as following:

- Pale face
- Sunken eyes
- Lassitude
- Sense of oppression
- Pain in loins and lower extremities
- Sense of weight and pressure in pelvis
- Cold feet
- Weak sight
- Weak pulse
- Diminished appetite
- Lethargy

INVESTIGATIONS

- Complete blood count
- Haemoglobin estimation
- Pelvic Ultrasound

MIASMATIC CONCEPT OF Menorrhagia:

Latent Psora:

Menstruation too profuse, of too long lasting, watery, connected with various other body ailments. The menstruation flow for five, six, eight and more days, but only intermittently, a little flow every six, twelve, twenty-four hours, and then they cease for half or whole days, before more is discharged. The menses flow excessive, for weeks, or return almost daily. Menses of brown clots of blood or of watery blood.

Sycosis: Menses flow, offensive large, clotted, stringy large clots, dark black colour discharge are generally acrid and excoriating that produces vesicles excoriation, which are a source of great annoyance to the patient-offensive like stale fish. Many ovarian or tubular symptoms that develop during the menses, are found more in Sycosis than any other miasm.

Pseudopsora: Menstrual complaint in tubercular patients often having a prolonged and exhaustive flow, usually bright red coloured blood, offensive may be painless but are always inducing anaemia and Cholera like symptoms, such as nausea, vomiting, extreme purging, from bowel, with sweat generally tubercular in origin.

Syphilis: Syphilis directly attacks the ovaries or uterus of female reproductive system.

But the exact miasmatic diagnosis of Menorrhagia will be carried out by proper case taking, clinical symptoms and pathological clinical examination of patient.

Diathesis of Menorrhagia: Haemorrhagic Diathesis.

CASE STUDY

A female patient of name XYZ aged 33 years who was under supervision of a gynecologist came to the outpatient department of Homoeopathic medical college and hospital Chandigarh on 4th june 2022 with complaints of abonrmal bleeding since 8 years. She took multiple treatments for 8 years with no significant change in complaints, thus she switched to homoeopathy after all failed attempts. She had a fixed idea that her disease is incurable. The patient had a past history of hypothyroidism for 20 years and is still on medication and having a family history of hypertension. Patient had a dusky complexion and mentally dwarf, emotional sensitive and had a weeping tendency along with trembling over whole body. She is a housewife by profession and was being tortured by her husband. She was apparently well 8 years ago, she used method of conception basically copper-T after which her vagina became very sensitive and abonrmal bleeding over menstrual cycle with vertigo & vomiting. She had a sensation of trickling after urinating and severe pain in left ovary and left inguinal region with profuse

perspiration before menses. Patient specifically marked that all of her complaints were aggravated at night around on 3 - 4 AM and in evening at 3 PM. After every 2-3 weeks interval her menses appeared which used to last for 7 days with dark red color and clots present along with offensive odour ,heavy flow and pain in lower abdomen, hand and legs which got aggravated from heat of bed. Concomitant features vomiting and headache, neuralgic pain in whole body with hyperacidity. The mental generals reflected anger on contradiction, likes company with desire for sweets. She had moderate thirst and sensitivity towards both hot and cold thermals. She complaint of loose stool just after breakfast since many years.

Menstrual History : 18th may 2022 with persistant of bleeding till today.

Obstetric History : G2 P1 A1 L1 ; 1Male child.

BASIS OF PRESCRIPTION:

Medicine selected with the help of Materia Medica after a proper case taking and on the basis of individualization of case and constitution of patient. Furthermore, Thuja Occidentalis was chosen as it covers the patient's constitution and Hamamelis virginica covers the particular physical totality of symptoms. Thuja Occidentalis 200/2D/stat, was prescribed and on subsequent follow-ups, potency and medicine have been changed according to symptoms and based on the assessment of improvement of patient as a whole.

PRESCRIPTION:

Rx-

1. Thuja occidentalis 200/2 dose
2. Hamamelis virginica 30/TDS/7 day

DATE OF VISIT	IMPROVEMENT ASSESSMENT / FOLLOW UP	MEDICINE PRESCRIBED
11.06.2022	Last menstrual continued bleeding stopped after 3rd day of prescription and didn't appear again till today. Major complaints of headache, neuralgic pain in whole body and acidity improved. Patient mood became cheerfull and came with a big smile on face Slight complaint of loose stool just after breakfast. No further complain appear.	RX: 1) SL TDS/ 7days.
18.06.2022	Menses appeared on 17.06.2022, Bleeding without vertigo & vomiting. Dysmenorrhea improved Sadness & fix ideas of incurable disease relieved upto 90%. No complaints of uterine bleeding in between.	RX: 1) Thuja occidentalis 1M / 2 dose. 2)Magnesium phosphoricum 3X SOS 3) SL TDS/ 15 days.
3.07.2022	Flow was Normal lasted for 4-5 days with no clots and No complaints of uterine bleeding in between. Patient totally cured. No new symptoms. Patient is doing well.	RX: 1) SL TDS/15 days.
18.07.2022	Menses appeared on 16.07.2022, Bleeding without vertigo & vomiting. Dysmenorrhea improved and no associated symptoms present. No complaints of uterine bleeding in between that time and she is teling that she totally cued.	RX: 1) SL TDS/ 15days. 2)Magnesium phosphoricum 3X SOS

CONCLUSION

Homoeopathy treats the patient as a whole rather than focusing on a singular disease. The selection of remedy is based upon theory of individualization. In homoeopathy, medicines don't work just at the conclusion of disease but remove the root cause of symptoms of the disease. With the individualization of the case, Thuja occidentalis was considered as the indicated remedy and it proved effectiveness in the treatment of Menorrhagia of the patient. According to patient narration she totally cured in 3-4 follow up even with the help of homoeopathy we can regain complete health by removing all signs and symptoms of disease. Here is a case of menorrhagia that"s wonderfully treated with the help of Homoeopathy.

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Warts an Overview

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Related Words: Warts, Skin, Epidermis, Proliferation, Surgery, Virology, HPV=Human Papilloma Virus, Callus, Molluscum contagiosum, Skin tag=Acrochordon, Papilloma, Various Warts as per location affected and morphology, Cutaneous horn.

Introduction:

If anybody suffers from warts, the common perception is to go to a homoeopath and rightly so as the homeopathy is the only medicinal answer to this pathology. Mainstream medicine handles such cases with surgery of different types although with partial success as the warts reappear soon and usually more in numbers. Another common perception related to warts is that Thuja is the go to medicine for warts which seems right as Thuja covers a wide variety of warts. However in homoeopathy there is no 'best' medicine, just the 'right' medicine thus Thuja may not cover every case of warts. So how to decide which case requires which medicine? Before we solve this puzzle let's have a look at the background that led me to write it all.

In the early years of my practice, during one LMHI conference at Delhi, I happened to meet a very renowned homeopath claimed to be a cancer specialist having a house dedicated to Hahnemann. He had so many warts on his face, neck and other visible parts that I could see. It was astonishing, depressing and discouraging to see a person of his stature to have so many warts – I don't know if he could not cure those warts or chose to be indifferent. I was already struggling with warts cases.

With improvement in my observation and case-taking skills I have few successes I am sharing with you elsewhere in this very issue of the journal but these successes brought more questions to light than they answered. Purpose of science is to make life easier but to make that happen science must reach to the ground level. How can we train our graduates to practice homoeopathy scientifically repeating the 'magical cure' successfully case after case? Not everyone understands the science of a Cell-phone but even a child can use it successfully. How to make homoeopathy easier to understand and use by the young graduates, the so called children in homoeopathy?

We will be using the knowledge of the Organon, Materia Medica, Therapeutics and Virology all at the same time while dealing with warts. How to make this interdisciplinary information easy to use?

What are Warts

Noncancerous raised bumps on the skin or mucosa are warts and are said to be caused by an infection from HPV.

Causes of Warts

Skin/mucosa contact with an infected person will lead to transmission of infection but your immunity plays a vital role in the development of a wart on your skin or mucosal surfaces.

Risk factors

The HPV multiplies in the skin. All those people who have a weak immune system are at risk because their body isn't always able to successfully fight the infection off. Other people have a greater risk of getting warts because they have more frequent contact with the viruses.

Following conditions expose you to the risk of getting warts

- Direct contact with a wart
- Using community showers and baths, swimming in community pools
- Young age when your immune system is not strong enough
- Touching something contaminated with the virus, such as towels, doorknobs and shower floors.
- Sexual intercourse (genital warts)
- Nail biting and cuticle picking
- Shaving
- Injuries or infections that break the skin surface
- Frequently getting hands wet or prolonged wetness from excessive sweat
- You can always avoid contact with a person with visible warts but like many other infections there are people who remain free from warts and are in a carrier state and pose serious risk
- Immunocompromised state due to any reason including infusions and autoimmune disorders

Classification of Warts

We tend to get a very rudimentary and vague type of classification of warts – mainly on the morphology or location

Modern medicine deals with warts in one single manner – removal be it surgery or any other method, so only thing they want to know is whether it is benign or cancerous. Of all benign warts their classification is based on morphology and location. We are using the same set of classification albeit a more detailed one. Is it helpful or do we need to device a new set of classification rules?

The most basic classification of warts is into

1. Genital Warts
2. Other Warts

Another classification is as per Location but then Common warts [Verruca vulgaris] are clubbed with it arbitrarily. Probably a wart is not considered important because it is benign. A growth is considered important only when it is life threatening. I feel that is because of the difference in attitude of a modern medicine therapist and a homoeopath.

1. Genital Warts
2. Plantar Warts – on feet
3. Facial warts
4. Body Warts

Homoeopathic Approach to Warts

Science says there are several sub types of Human Papilloma Virus, the main virus type responsible for warts. In homoeopathy there is no description of viruses or any other micro-organism for that matter. We have description of the pathology in terms of sign, symptoms and sensations; with which these micro-organisms are said to be involved. We may not need to describe our cures in the terms used by the modern medicine but don't we need to update our literature as per the current scientific lingo updated by the advancements in imaging and other techniques of detection and differentiation? We are still using a phrase in our literature 'wart-like'; don't we need to define it? When we say 'lupoid wart', do we mean a wart or a case of schizostomiasis, a protozoan lesion? Please refer to a case published by NCBI. On the other side we have 5 repertories [Boericke, Clarke, Murphy, Schroyens and Van Zandvoort] that have this rubric although with just one remedy – Ferr pic. Clarke's Dictionary has 3 instances of Lupoid Warts listing in it. Do we need to define pathologies as per our own classification? Will we define all growths as Accumulative Pathologies sub divided into Non-destructive and Destructive, covering benign and cancerous pathologies respectively, further subdividing as per sensation – Painful and Non-painful?

List of warts rubrics as per our Repertories based on Classification as per Morphology

1. Broad
2. Cauliflower
3. Conical
4. Cracked
5. Cylindrical
6. Fan shaped warts
7. Filiform warts
8. Fissured
9. Flat warts (verruca plana)
10. Fleshy
11. Granular
12. Horny
13. Indented
14. Isolated
15. Jagged
16. Large
17. Mosaic warts
18. Pedunculated
19. Pointed
20. Round warts
21. Seed like warts
22. Small
23. Thick

Classification as per consistency

1. Hard Warts
2. Soft warts
3. Rough
4. Smooth

Classification as per Colour

1. Black
2. Brown
3. Red
4. Skin Colour
5. Shining

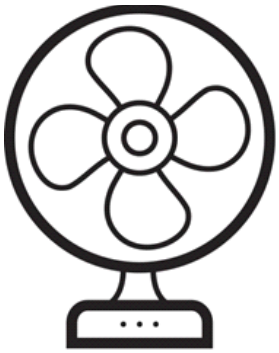
Classification as per Condition

1. Bleeding
2. Burning
3. Discharging
4. Drawing
5. Dry
6. Growing
7. Inflamed
8. Itching
9. Moist
10. Painful
11. Pulsating
12. Stinging
13. Smelling like old cheese
14. Stitching
15. Suppurating
16. Tearing

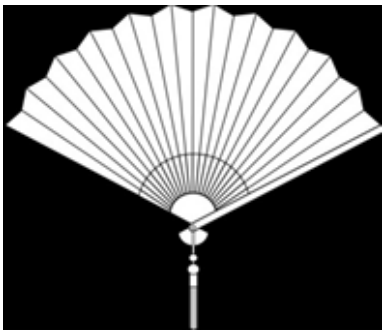
Fan shaped Warts

I would like to throw a little light on this shape of a wart listed in our literature which I understood much later after having a case and losing it feeling bewildered. Unfortunately I do not have a picture of it

What do we mean by fan-shaped warts? I do not have a real image of it but you can imagine and visualize about it by looking at the images below.



Fan = No, [Image Courtesy Vectoreezy]



Fan = Somewhat Yes, [Image Courtesy Clipart Library]

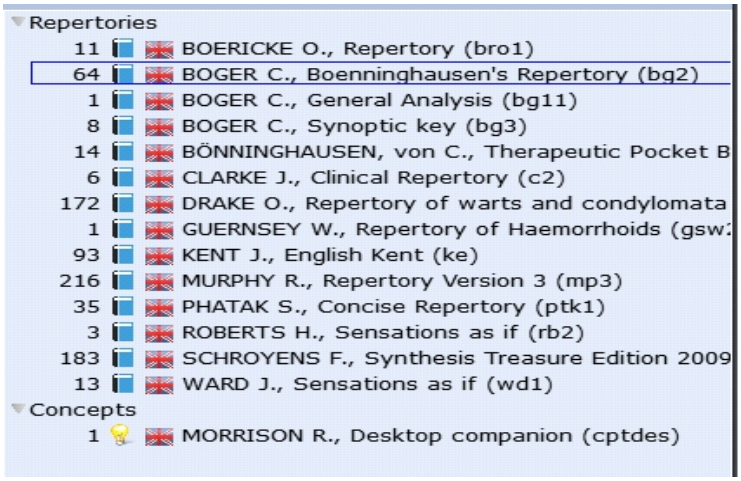
Fan = Very similar, [Dino Image Courtesy Vector Stock]

Fan shaped warts are like this Dinosaurs image - fleshy in the middle[belly] and fan like spread on the outer margin

Part 2

Wart Symptoms in Homoeopathic Repertories

Here is a list of number of rubrics with word warts in different repertories of the Software RADAR Opus



Disambiguation Warts

Across our literature we use a plethora of words for warts - Excrescences /Warts/ Papilomatosis/condylomata/ - what is the standard term?

Warts make you look ugly but what do we mean by the rubric ugly warts?

What is our take on acrochordones or skin tags?
Boger has clubbed all the similar conditions together in Analysis

W - WARTS, fungoid growths, condyloma, proud flesh, etc.: (20) ant-c. ars. bar-c. calc. carb-an. *Caust. Dulc.* ferr-pic. lach. lyc. *Merc. Nat-s.* **NIT-AC**. ph-ac. phos. sabin. sil. staph. sulph. **THUJ**.

I regard William Boericke as one of the biggest clinician in homoeopathy. Although the repertory associated with his Pocket Book is by Oscar Boericke it lists all the pathologies with warts together at one place in the following rubric

SKIN - Verruca - Condylomata, fig warts:(16)

We need to review our literature and come to a standard

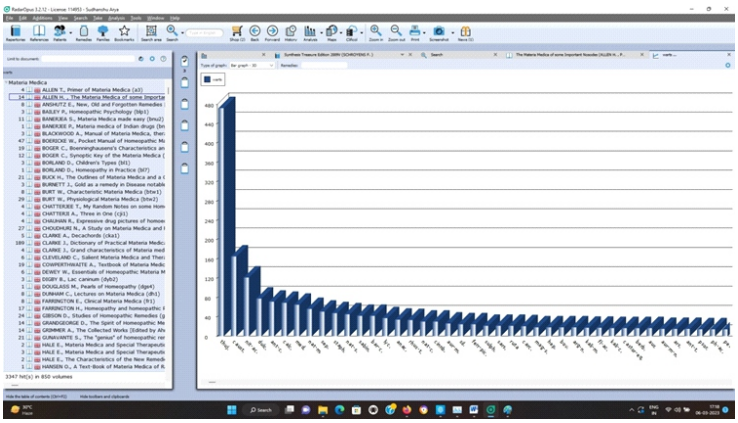
Treatment of Warts

As far as the treatment of warts is considered modern medicine is limited to just removal by surgery or using chemicals. Homeopathy is the only answer to the requirements of 'treatment' of warts. At this juncture I wish to avoid all the possible surgical procedures involved in the removal of warts. Let us consider only homoeopathic options.

Top 10 Remedies of Warts

Listed from a search in 850 reference books
But we do not work on the basis of numerical sum instead an appropriate and individual remedy is selected which renders this list useless but it is an interesting study nevertheless.

No.	Medicine	Listings
1	Thuja	477
2	Causticum	169
3	Nitric acid	126
4	Dulcamara	80
5	Antim crudum	73
6	Calcarea carb	70
7	Medorrhinum	67
8	Natrum mur	57
9	Sepia	50
10	Staphisagria	47



Homoeopathic Management of Warts

Here I have tried to summarise my experiences and the findings in the literature but I feel there are more questions than the answers I got. How many types of skin growth is amenable to homoeopathic cure – do we have any database that supports our claim to success – through homoeopathy?

In my practice all the managed cases of warts belong to a regime of low to medium potencies of medicine repeated frequently over a long time. There are other people who managed their cases with medium to high potencies in few doses spread over a long time. Can we predict and device prescribing strategies in such cases with broad guidelines for decision making? Variations in prescribing techniques are acceptable but there should be principles behind every technique even if empirical.

Does the appearance/morphology depend on the type of infecting agent or does it depend on the host conditions? There are many medicines covering a particular type of morphology then how to decide which medicine to give – although we use generalities of the patient can we make the process of prescribing more refined & more accurate? 'Of the more than 150 strains of HPV, 40 affect the genital area, but most don't pose a serious risk to health. A person can be infected with more than one HPV strain at a time.'

https://nyulangone.org/conditions/human-papillomavirus/types

Is anybody having 2-3 types of warts in the same person means that he or she is suffering from 2-3 types of HPV infections? Does that mean we have to use different medicines at different times taking up one layer [type of warts] at a time or we should use a nosode as nosodes are the medicines used when there are overlapping symptoms of many medicines or use repertory to find the nearest remedy that covers all the morphological types?

Here is a paragraph - Allen H writes in The Materia Medica of Some Important Nosodes

"Six years ago I received a severe X-ray burn on my left hand and finger.
Eighteen months afterwards warts appeared one seedy old chap, near knuckle of left index finger, second joint, gave me much concern.
Various remedies were tried.
Five months ago it became exceedingly annoying to me, and then I looked up the Materia Medical carefully, and three, sure enough, was the remedy.
I took Causticum 200, and one dose, after a while, of the cm.
I am usually a high potency man.
The result was a cure.
Then I recalled the article of Dr. W.P. Wesselhoeft, in October issue, 1906, Medical Advance, under "Reminiscences", and had I remembered it I could have been cured of the unsightly warts long before.
Some day I may write up the case for the Medical Advance.

It may help out some one suffering from these X-ray warts, so common from X-rays."

Has anyone seen warts caused by exposure to X-ray?

Can such warts be cured with Causticum and X-ray potentised?

Care during Homoeopathic Treatment

As we are dealing with HPV we have to be careful as some types of HPV cause cancers while others just limit to warts. Does that mean that anybody who is having warts is susceptible to developing cancer? Looking at the same situation from an immunological point of view it seems very possible as the HPV infections are thought to be dependent on weakness/defects of the immune system.

Immunity & Warts

It is known that a healthy individual can pass the infection without getting affected by the virus so the host immunity is of paramount importance.

How to ascertain who is having poor immunity and how to safeguard a patient or a practitioner or is it like during the COVID outbreak all the imunocompromised persons [like the ones with Diabetes, Cancer and old age people] were asked to be extra cautious.

The million dollar question is – can we remove warts in

persons with compromised or poor immunity and what are the challenges of dealing with such cases?

Other Aspects of Warts as per Homoeopathic Literature
Suppression of Warts
Warts have another important rubric associated with them in homoeopathic literature.
SKIN - WARTS - suppressed: (6) mang. meny. merc. nit-ac. staph. Thuj.

What is the real meaning of this rubric?
What do we mean by suppression?
Can Non-homoeopathic removal of warts be considered a suppression?
Sugar and warts seem to be related but I feel warts are not due to sugar rather caused by immonocompromised status of diabetics making them vulnerable to HPV infection
Can removal of these warts=results/outcomes of immunocompromise cause any further complications of immune system?
There is at least one rubric that is directly connected with suppression of warts
BACK - PARALYSIS - warts; from suppressed:(1)
Then only medicine listed is Medorhhinum
Has anybody seen or treated such a case?
Other rubrics
Can you send me a photo for following rubrics?
SKIN - ERUPTIONS - tubercles - wart-shaped:(2)
SKIN - ULCERS - wart shaped:(5)

These rubrics are found in Synthesis treasure edition and also in Kent repertory so these are observed for long-time in homoeopathy

May we have an atlas of warts based on morphology and related medicine that cured it? I suggest preparing a database of such cases where homeopathy has been effective with photographs so as to bring the winning edge to homoeopathy, the only therapy that can remove warts. I have deliberately avoided the use of word cure as I feel the word 'cure' is a taboo word in the medical world. I would love to write about it someday that why cure is a taboo world.

How to Handle Cases of Warts

Different cases of warts requiring different prescribing techniques, emphasising different morphologies is just one clue to a myriad of symptoms that make up a picture of the case good enough to make a prescription. Location of the wart is another then all the general physicals and mentals and PQRS and family tendencies, rudimentary kind of genetic predispositions help us work out a case.

[Not so]FINAL WORDS

Warts are seen in seemingly psychologically normal people, does that mean pathologies can occur without mental aberrations? Yes we don't look for abnormality – we look forward to uniqueness of the case. Normal is subjective and we know the normal is a range, not a line.
All the cases where pathology predominates are difficult to probe and handle.

We have to find windows first then only we can have a peak at the personality to determine what is unique and individual in a case. How to find such windows to the personality of a patient that we have a successful prescription?

In a clinical setup it is difficult to paint a picture so we often start with just outlines = a half cooked case and if the patient is able to persist we have time to change course of action and get to a success but there are times when a patient gets frustrated or becomes impatient before we are able to deliver changes PERCEPTIBLE to patient and the patient leaves bringing bad name to us and homoeopathy.

We have a large list of luminaries gracing the ranks of IIHP, may I expect them to barge in with their cases of similar pathologies and of course answers to the questions raised by my naïve mind.

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2 Cases of Warts

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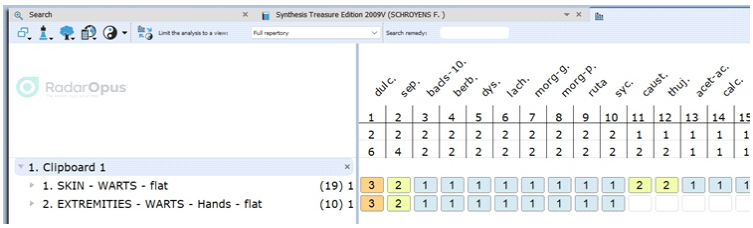
I am presenting here a few cases in which warts got removed by the use of homoeopathic medicines. This may not be a great achievement by homoeopathic standards as warts management is common to all homoeopaths. Everyone must be having successful cases of warts treated by homoeopathic medicines. However it was not easy for me in the beginning of my practice as there used to be hardly any other symptom except the pathology. No symptom from the generalities and hardly any PQRS, it was a tough job prescribing solely on the basis of morphology which is how the warts are described, classified and prescribed in homoeopathy, most of the time. It was difficult, daunting and usually with frustrating results.

The following 2 cases represent 2 similar pathologies treated very differently and with different medicines.

Case 1

On 29.6.22, this 28yrs old male presented with warts on dorsum of both hands since 2015. Had no trouble except for slight itching in a wart on the side of left middle finger. Past history – UTI at age 5-6 yrs, substantial weight loss after fever in 2014. Does not know if suffered from measles or purpura haemorrhagica after fever very recently. Concomitantly had lot of gas with indented tongue.



Dulcamara was given on just the numerical superiority and being the most prominent remedy for flat warts. Due to paucity of symptoms don't know if Sepia or Berberis would have been helpful considering history of UTI in childhood. I have no experience with Bowel nosodes though many were indicated in this case.

Rx
Dulcamara 30/5 doses per day x 20 days
19.7.22

Warts seem slight better, had slight acidity after regular food and sandwich and pulao.

Rx
Dulcamara 30/5 doses per day x 20 days
9.8.22
Better

Rx
Dulcamara 30/5 doses per day x 20 days
4.9.22

Nearly clear hands
Rx
Dulcamara 30/5 doses per day x 20 days
Patient did not return after that.

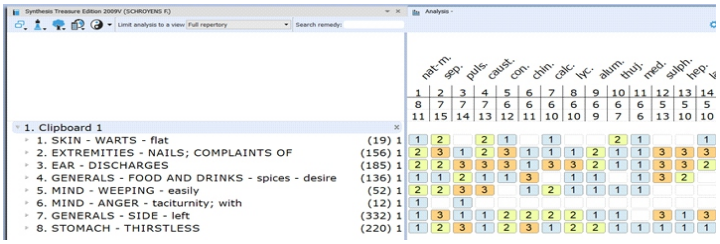
Case 2

Rx

01.06.22

This young girl of 11yrs was brought by her father. Lean and thin she had flat warts on her face – unilaterally on left side, not knowing since when. H/o bilateral ear discharge which may have started from left. Anorexic as per family with a strong desire for spicy food. 'MIRCH BAHUT KHATI HAI' was the expression of the father. Concomitantly – occasional pain head and corrugated nails for which she has taken medicine but these are still affected. She has dreams of snakes round her bed, so many and so large. Weeps easily and highly irritable [smiles when this irritability is reported]. When annoyed weeps in solitude. Irritated over trifles. After a pause father reported she never retorts, never quarrels, when hurt does not fight back but remains silent and withdrawn. Generally thisrtless. She has a liking for red colour and spicy food.

Father has dreams of snakes and impending danger in the form of steering of the vehicle getting locked while driving but is saved as the vehicle stops.



	nat-m.	sep.	puls.	caust.	con.	chin.	calc.	lyc.	alum.	thuj.	med.	sulph.	hep.
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	8	7	7	7	6	6	6	6	6	6	6	5	5	5
	11	15	14	13	12	11	10	10	9	7	6	13	10	10
1. Clipboard 1														
1. SKIN - WARTS - flat (19) 1	1	2		2	1		1			2	1			1
2. EXTREMITIES - NAILS; COMPLAINTS OF (156) 1	2	3	1	2	3	1	1	1	2	1	1	3	3	3
3. EAR - DISCHARGES (185) 1	2	2	3	3	3	1	3	3	2	1	1	3	3	2
4. GENERALS - FOOD AND DRINKS - spices - desire (136) 1	1	1	2	1	1	3		1	1		1	3	2	
5. MIND - WEEPING - easily (52) 1	2	2	3	3		1	2	1	1	1	1			
6. MIND - ANGER - taciturnity; with (12) 1	1		1											
7. GENERALS - SIDE - left (332) 1	1	3	1	1	2	2	2	2	1	1		3	1	3
8. STOMACH - THIRSTLESS (220) 1	1	2	3	1	2	3	1	2	2	1	1	1	1	1

Rx

Sepia 30/3doses per day X 15 days

14.6.22

Better

Very many warts gone

Rx

Sepia 30/3doses per day X 15 days

29.6.22

Warts dissolved into skin – leaving just blackish spots

Nails corrugation is still there so much

Recent fever – allopathic medicine was given – father was not home so could not come

Slight rattling cough – sporadic? – no reason?

Drinks cold water [even from frozen bottles]

Corrugation nails for 7-8 yrs – treated got better but reappeared

Desire for tea reported this time so much so that she makes tea secretly and father says that she has grown up to this size dinking just tea [SAMAJHIYE KI CHAI PILA KAR ITNI BADI KI HAI]

Was asked to record her food intake but did not record, on being asked why she did not record became tearful but could not answer.

Lack of confidence in telling about other family members – lack of confidence about whether brothers are younger or elder.

Is in class 6th but called father to decipher the numbers on the weighing machine? This kind of lack of confidence is very characteristic of Carcinocin.

Sensitivity into Carcinocin category – but father denied any history of TUB or CA in family.

Slight inflamed tongue = acidity - masked

Rx
Carcinocin 1M/2doses -Tonight
Followed by
Sepia 30/3doses per day X 15 days
19.7.22

This time recorded her food intake which included mainly vegetables like bottle gourds, potatoes, milk and Roti.

Face better

Nails better

Anger and weeping better

Tongue clean but slight swollen

Rx

Carcinocin 1M/2doses -Tonight

Followed by

Sepia 30/3doses per day X 15 days

24.8.22

Face and toes better but scalp slight weeping eczema from head lice

Rx

Saclac/3doses per day for 15 days

Plus advised application of custard apple seed oil for head lice

Patient did not return after this.

Puzzle - Warts & Homoeopathy

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Questions

1. Fleshy ,horny,painful,offensive
2. Old pedunculated warts suppurating with great sensitivity to touch
3. Flat,hard warts on back of hands and face
4. Warts on palms and fingers
5. Large fissured that itch and sting and bleed upon washing warts
6. In isolated jagged warts that smell or bleed easily
7. One of the top remedies for warts
8. Small pointed warts appearing in large groups
9. Periungual warts or corn like warts on palms or soles of feet tinged yellow
10. Plantar warts especially palms of hand

Find The Answer

Puzzle – Warts & Homoeopathy															
C	A	L	C	A	R	E	A	A	C	B	R	C	A	R	B
C	A	L	C	A	R	E	A	C	A	R	B	B	A	R	A
N	A	R	T	U	D	Y	S	E	A	R	A	T	E	S	A
M	R	U	F	E	T	G	E	S	A	R	T	E	A	Y	W
T	Y	E	S	B	N	M	K	L	A	G	D	E	N	Q	E
A	E	R	G	T	H	D	X	M	M	G	D	A	A	S	R
G	U	H	H	N	I	D	A	N	M	F	T	R	C	T	W
G	W	U	T	Z	F	C	X	Q	D	R	L	K	T	A	I
R	J	P	A	V	L	B	U	C	U	S	L	S	H	P	O
A	A	J	O	U	U	B	U	M	R	R	V	S	H	H	P
P	A	J	D	U	V	M	M	Q	C	T	Z	S	T	Y	O
H	Y	D	A	O	U	U	C	W	M	B	Z	M	Q	S	X
I	I	Y	O	A	R	C	U	I	I	Z	B	A	A	A	C
T	D	B	N	C	M	A	Q	E	T	B	C	T	I	G	U
E	N	D	B	T	U	I	O	P	N	A	S	U	F	R	J
S	I	R	E	W	U	D	I	C	A	C	I	R	T	I	N
I	O	P	A	D	F	G	H	J	K	L	Z	C	X	A	M
I	F	E	R	R	U	M	P	I	C	R	I	C	U	M	M
I	F	E	R	U	R	M	I	P	R	I	C	C	M	U	M

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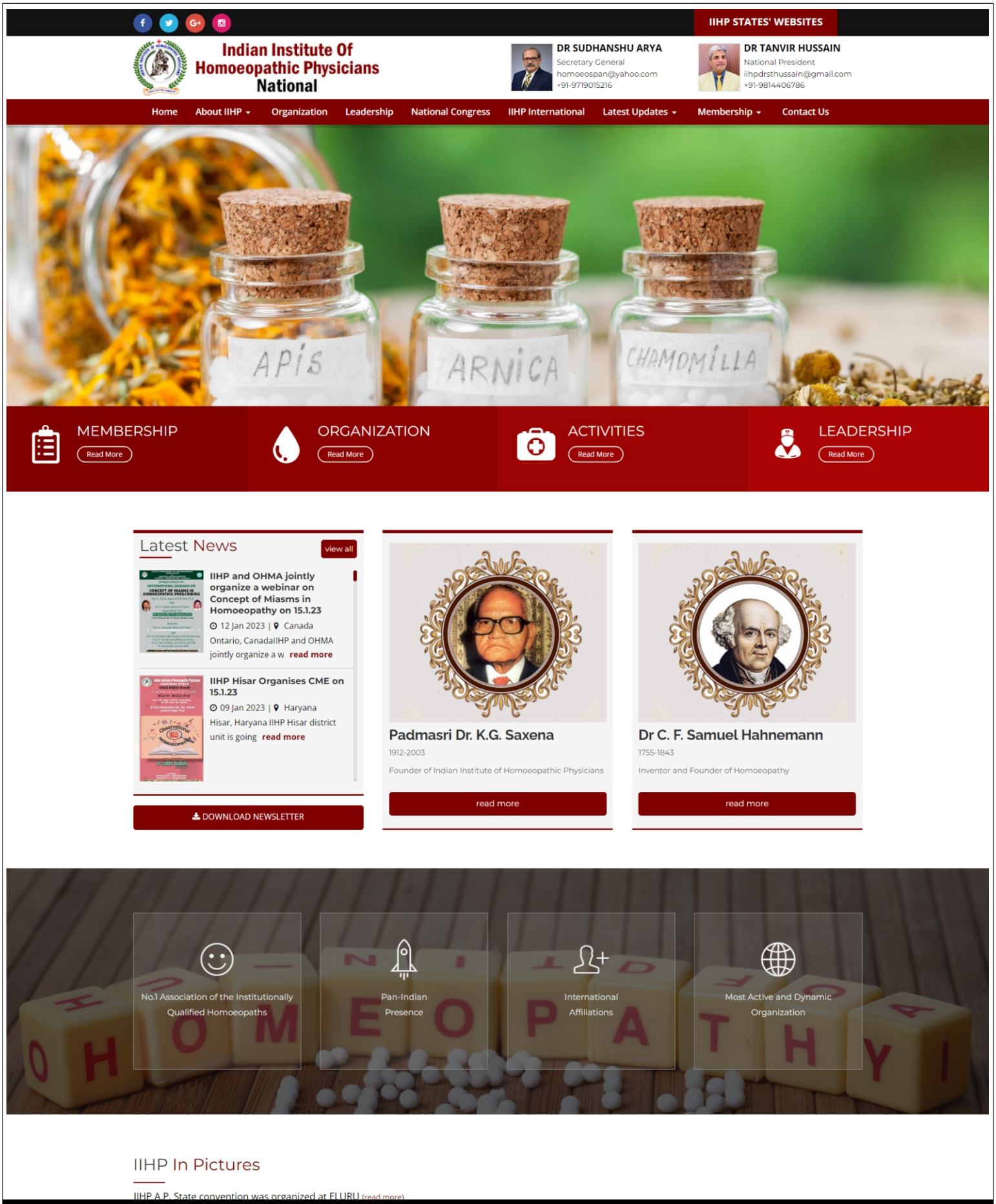

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Account Number : 34824686375 : IFSC Code: SBIN0009060 : Bank : State Bank of India

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