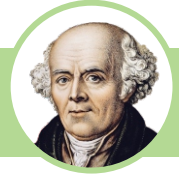




RATIONAL PHYSICIANS

A FREE PDF QUARTERLY SCIENTIFIC AND NEWS JOURNAL
INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS



H A P P Y



N E W Y E A R

Image Courtesy: <https://www.freepik.com/free-vector/happy-new-2022-year-holiday-vector-illustration-golden-metallic-numbers-2022>

- Science Beyond Science
- Sarcoma of the Head
- Lifestyle Disorders
- NY Resolutions
- Astro-Homoeopathy
- Sulphur in Psoriasis

THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR



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www.iihp.in

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Dr Sudhanshu Arya
Managing Editor

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KEY NOTES

The Editorial

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः

I feel the new year is the best time to start with a Vedic chant of hope and prayer 'May everybody be happy and free from disease'. Though still fearful of Omicron and its consequences, I hope this on-going misery will come to an end and we will be able to call 2022 the post-pandemic year.

New year is the time of new hopes, desires and resolutions. Share with us what are yours and here we list what are ours. To celebrate the completion of 100 years of the 6th Edition of Organon we resolve to read a page or better an aphorism a day, this year. At IIHP we have started a celebration programme to commemorate this important occasion, details are published somewhere in this issue.

2021 has been a bad year as we lost many stalwarts from Indian and international homoeopathic scene. Latest being the untimely demise of Dr Robin Murphy and Dr Meesha Norland. Looking at the immense contribution they made to the world of homoeopathy it is an immense and irreparable loss.

I am happy our journal has been received well by the student community as we have many articles from student contributors sharing their moments of 'Aha' with homoeopathy, in addition there are many articles by teachers and stalwarts. Feeling happy to cover the breadth of homeopathy.

IIHP has been doing its best to help upgrade the new comers by way of organizing seminars and webinars and at the same utilizing the experience and knowledge of the senior doctors and scientists in doing so. I am happy to acknowledge the achievement of IIHPian Dr Nisanth and Smita Nambisan who invented the GIPCI card to help prevent and manage the at risk population from thalassemia.

Younger ones need motivation to step in the shoes of stalwarts and the senior ones need to help younger ones, encourage them to do more research, be more careful in clinical records and findings so that our knowledge is expanded. I feel in these 2 years our understanding of corona and other virus disease must have increased multi-fold. Making use of this information in the treatment of relatively common and established disease patterns is need of the day. Vaccination, long term effects of virus diseases and role of homeopathy in dealing with the main disease and its complication has to be explored and establishment of protocols needs to be undertaken.

We hope you will find this issue of Rational Physicians informative and useful. Waiting for your feedback.

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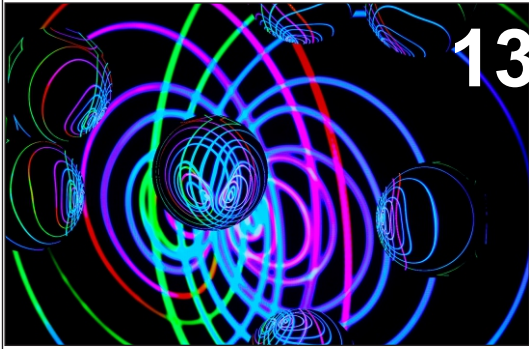
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NEWS & UPCOMING EVENTS

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UPCOMING EVENTS



Call for Papers & Posters

Focal Theme:
Non-Communicable Chronic Diseases . Prevention & Management through AYUSH

Sub topics: Metabolic syndrome, Mental health, Women & Child health, Integrative medicine, Autoimmune diseases, Oncology, Other chronic diseases, Economic of NCD's, Nutrition.

Special Highlight: AYUSH For Nutrition

Inform, inspire and delight our international delegates with your AYUSH knowledge! It is the great opportunity to share your ideas in Ayurveda, Yoga, Naturopathy, Unani, Siddha, Homeopathy & Soava Rigpa with a global audience.

Register and submit your abstract on www.ayushdubai.org

Key dates

- 1) Last date of delegate registration: 15 January 2022
- 2) Last date of submitting abstract: 31st December 2021
- 3) Notification of selected abstracts: 5th January 2022
- 4) Confirmation of acceptance: 10th January 2022
- 5) Conference date: 28-31 January 2022

Delegate Registration Fees

AYUSH Practitioners & professionals: AED. 350/- (AED. 300 for associate institution members)

Student Registration: AED. 250/- (AED. 200 for associate institution members)

Contact: delegate@ayushdubai.org +971 50 426 5970, +971 50 6381722

Office No: 206B, Unique World Business Centre, Al Karama, Dubai, UAE
www.ayushdubai.org www.sifuae.com info@ayushdubai.org
+971 56 6814702, +971 55 7734380, +971 52 9798684,

Associate
Organizations



28-31 January 2022

DUBAI: IIHP & AYUSH International Conference and Exhibition 2022

An International Conference and Exhibition related to AYUSH is being organized at Dubai during 28-31 January 2022. IIHP is associate organiser to this event.

For details please refer to the relevant websites and phone numbers mentioned in the brochure and also see the letter from the National President IIHP - Dr M A Rao.

STOP PRESS:

Considering the rise in global covidcases the 2nd Global Ayush Conference, Dubai is postponed

NEWS & REPORTS

15 November 2021

Bhopal, Madhya Pradesh: IIHP congratulates Dr Nisanth Nambisan and Dr Smita Nambisan

IIHP congratulates doctor duo Dr Nisanth Nambisan and Dr Smita Nambisan on inventing a card for the sickle cell sensitive population. This card will help in the management of the disease. PM Modi inaugurated Genetic Counselling



Card in a grand function on the occasion of Birsa Munda Jayanti marked as 'Janjaatiya Gaurav Divas' 15th Nov 2021 in the presence of more than 2 lakh tribals. The GIPCI (Genetic Inheritance Prediction Counselling Identification) card also called Gene Card has been invented by Dr. Nisanth Nambisan and Dr. Smita Nambisan of Bhopal.

For a video about this event

<https://www.youtube.com/watch?v=xdGvwIJ-Zwg>



पौष्म इन भोपाल पौष्म मोदी आज छठवीं बार भोपाल आएंगे; जनजातीय गौरव दिवस पर 2.5 लाख आदिवासी शहर में

आप सुबुन स्वागत है

पहली बार भोपाल में 3.50 घंटे रहेंगे पौष्म, एक दिन में 2 कार्यक्रम होंगे...

...भील आदिवासी यही कहकर करते हैं अभिनंदन

प्रधानमंत्री नरेंद्र मोदी जनजातीय समुदाय के लिए 'राशन आफके ग्राम' योजना का शुभारंभ करेंगे। इसी आयोजन में वे दो व्यक्तिगत को जैनेटिक कार्डिंग का प्रदर्शन करेंगे। मिसन का शुभारंभ करोगे साथ ही 50 एकलव्य आरंभ आवस्यय विद्यालयों का लुचुअल भूमिपूजन भी करेंगे।

मोदी के लिए जैकेट डाक्टर, साफा-माला डिंडोरी से और जोबट से आएंगे तीर-धनष

किस-कहां और कैसे जाएंगे प्रयाणमंजो	11-20 बजे	12-30 बजे	1-40 बजे	1-00 बजे	2-40 बजे
पौष्म मोदी	राशन आफके ग्राम	जैनेटिक कार्डिंग	जैनेटिक कार्डिंग	जैनेटिक कार्डिंग	जैनेटिक कार्डिंग

वाक्यमंजो के बीचोंबीच मिसन से दिवस में आएं... एयरपोर्ट से एम्प्राई-17 हेलिकॉप्टर जंजी और स्टेशन में जंगल, बाकी जंगल क्लेचक कर...



PM in Bhopal today for Janjati Gaurav Diwas, will launch 'gene card' mission

State holiday today
State government has declared November 15, Monday, a general holiday for the state on the occasion of Birsa Munda Jayanti. Earlier, the day was an optional holiday for the state staff. Meanwhile, CM Shri Singh Chauhan took stock of preparations for the 'Tribal Pride Day' to be organised at Jamboree Maidan in the presence of PM Narendra Modi on Monday, P.2

Boost to the mission to prevent and control 'hemoglobinopathy', said Madhya Pradesh national health mission (NHM) director Prityanka Das.
It is simple to use. The genetic codes of men and women will be written on the card. Place one card on top of the other, and susceptibility of their couple's progeny to thalassemia and sickle cell disease can be established, explained GIMC associate professor Dr Nisanth Nambisan. The gene code information is derived from a blood test that is free of cost at government-run clinics. The special colour-coded genetic inheritance predic-

tion card, which began as a pilot project in tribal districts of Jabalpur and Alirajpur, will now be expanded to all tribal blocks first, and then across the state, said Das. Pregnant women in both tribal districts have been screened for genetic diseases.

► Continued on P 3

NEWS & UPCOMING EVENTS



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30 Nov 2021

Maharashtra : IIHP Mourns Demise of Dr Robin Murphy and Dr Misha Norland

Homoeopathic fraternity worldwide lost two great souls and good human beings. Their teachings and guidance will be remembered always. Our prayers for the departed souls.

National President & CEC members IIHP

Dr Robin Murphy



Homoeopathic fraternity lost an international homoeopath and academician Dr Robin Murphy recently.

He published the “Homeopathic Medical Repertory” in 1993 and the “Lotus Materia Medica” in 1996 and Meta Repertory 2021 which were huge hits. He was the director of the Hahnemann academy of North America which sponsors seminars on Homeopathy and natural medicine.

Dr. Robin Murphy was born on August 15, 1950 in Grand Rapids, Michigan. He carried out his undergraduate studies at the University of Michigan at Ann Arbor. There he discovered their homeopathic collection and became intrigued with the system it described.

In 1976 he entered the National College of Naturopathic Medicine (NCNM), on a Hahnemann Scholarship. He directed the homeopathy program at NCNM from 1980-1984. He also taught at Bastyr University.

Dr Misha Norland



International Homoeopath and Teacher - Dr Misha, the Founder and Principal of The School of Homeopathy, Devon, England passed away peacefully during sleep.

He was made a Fellow of The Society of Homeopaths in the U.K. for “outstanding services to homeopathy”. Misha was part of homoeopathy since the early days of its recent revival and was a founder member of the British Society of Homeopaths. Misha was internationally recognized and respected both as a teacher and as a clinician.

With nearly 40 years of homoeopathic practice, 30 years of teaching, 26 years of video-taping cases, and 19 years of conducting provings, Misha had an extraordinary depth of understanding, knowledge and experience. An insightful and popular lecturer worldwide, Misha was also a frequent contributor to the various U.K. and European journals.

We lost a great homoeopath, researcher and teacher.

Photos and write-up after Facebook/Internet

1 December 2021

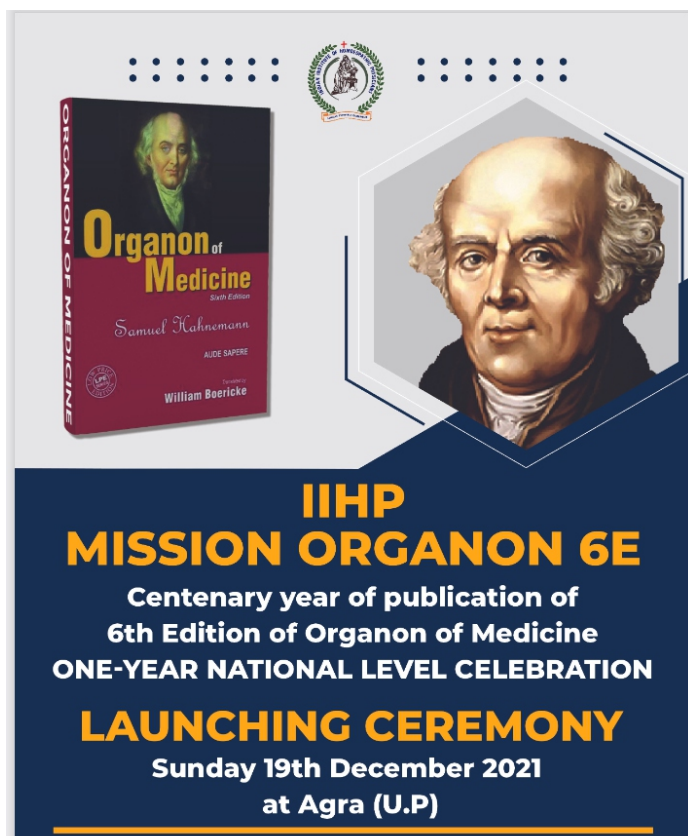
Maharashtra: IIHP Mission Organon 6E

Recently the Organon of Medicine 6th Edition by Dr Samuel Hahnemann, the guidebook of homeopathic practice and the philosophy completed 100 years of its publication. To commemorate this great occasion IIHP decided to have year-long celebrations, from 1st December 2021 to 31st December 2022. Many activities are planned in this regard. A brochure covering the details of this celebration is released.

NEWS & UPCOMING EVENTS



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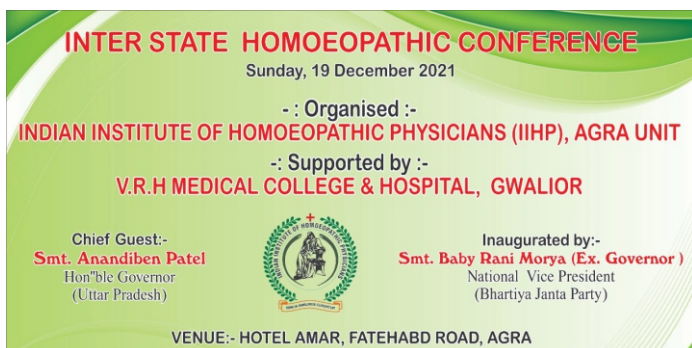


Detailed and official launch of these activities will commence during the state seminar of IIHP organized by its unit of Agra.

20 December 2021

Agra Uttar Pradesh: Successful Organization of One Day Inter-State Seminar by IIHP Agra

A one day interstate seminar of IIHP was organized in Hotel Amara Agra on 19th December 2021 by IIHP Agra Unit. Star attraction of the seminar was the participation of the honourable governor of UP Smt. Anandiben in this seminar.



IIHP launched year-long celebrations to commemorate the 100 years of the Organon 6th Edition during this seminar.

For a detailed report of the seminar please click [here](#).

For details of the programmes being organised under Mission Organon 6E of IIHP click [here](#).

Report by Dr. Sudhanshu Arya

IIHP Agra Interstate Seminar & 100 years of the Organon 6th Edition.

After a drought of two years it was a feast for every homoeopath when IIHP-Agra unit organized a one-day interstate seminar in Agra on 19th December 2021. However the main attraction of the show was online participation of the honourable governor of Uttar Pradesh Smt. Anandi Ben Patel. Not only she addressed the gathering online she listened to and watched it as well.

After a brief welcoming and garlanding session the seminar hall was connected to the Raj Bhawan. Reminiscing from her experiences with homoeopathy, honourable governor appreciated the medical science of homoeopathy and urged the homoeopaths and its organizations to help the masses especially women and children through this unique therapy.

Guest of honour, former governor of Uttarakhand Smt. Baby Rani Morya also recounted her pleasant experience with homoeopathy and gave her best wishes for the growth of homoeopathy while assuring her support whenever homoeopathy needs it.

First scientific session started with Prof Dr Muktinder Singh describing the various remedies and how to use them differentiating each one from other in paediatric cases through his video cases. Around the same time Dr Muktinder Singh who is Chairman of the IIHP Scientific Committee announced the launch of year wide celebrations to commemorate the 100yrs of Organon 6th Edition. IIHP is organizing year-long and nation-wide celebrations. Details of this 'IIHP Mission Organon 6E' are appended in the end of this report.

After this session Dr Sudhanshu Arya, President IIHP- UP State read out the message of the National President Dr MA Rao which could not be delivered in the welcome session due to time constraints. This session was followed by a delicious lunch.

Second session saw Prof Dr M K Gupta describing his success in treating a case of paediatric sarcoma of head. Third and the last session was with Dr Juhi Gupta presenting her approach to case recording for brilliantly registering our successes in a potentially critical and threatening environment created by other therapeutic systems. The valedictory session was a bit long because of the long list of supporters and workers who made this seminar a possibility and a success.

This seminar was supported by Vasundhara Raje Homoeopathic

NEWS & UPCOMING EVENTS



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medical College and Hospital, Gwalior, with Dr Ram Kumar Shivhare and Dr P Kumar Pippal being present as its representatives. President IIHP-Agra unit Dr Rajendra Singh along with Dr H S Tomar - Vice President IIHP Agra plus Seminar Coordinator and Dr H Pal Treasurer –IIHP Agra and teammates ensured this seminar a grand success and almost establishing that the next big event of World Homoeopathy Congress by IIHP is held at the love city of Agra in 2024.

Please also visit and like the related post on the Facebook wall of honourable governor Smt Anandi Ben also on the wall of IIHP National and UP. Do not forget to visit the IIHP website at www.iihp.in for more details and photographs related to this other events.

About IIHP Mission Organon 6E

Hahnemann was a brilliant scholar and a genius, this is evident in all his books and treatises but the best example is the Organon of Medicine. The English version of this masterpiece was first published in the year 1921 and this year in 2021 it has completed 100yrs of publication.

To commemorate this historical milestone, IIHP will organize academic and clinical programmes throughout India from 1st December 2021 to 31st December 2022. Seminars and webinars will be organized to sensitize the homoeopathic profession about the importance of the 6th edition of Organon. Emphasis will be made to sensitize the homoeopathic students in various homoeopathic medical colleges. Eminent academicians and clinicians will be invited to share their knowledge and clinical experience. IIHP will also bring out a small booklet containing the salient features of the 6th edition which will be distributed among the homoeopathic professionals during the time of conferences. This will be the best tribute to Dr Samuel Hahnemann and other stalwarts associated with the publication of the 6th Edition.

Hence IIHP requests all the state branches of IIHP, Principals of the homoeopathic medical colleges and individuals to give the highest priority to this matter and take appropriate steps to take forward this matter to recognize the historical milestone initiated by Dr Hahnemann.

IIHP is ready to extend any sort of help to interested homoeopathic medical colleges to make this mission a

Salient points of the IIHP Mission Organon 6E

1. Highlights of the history of various editions of the Organon
2. Introspection into the 6th edition of the Organon
3. Aphorism wise differences between 5th and 6th edition
4. Evolution of potencies in different editions of Organon
5. Different case taking strategies in the 6h edition of Organon on drug proving
6. Major contributions in the 6th edition
7. How 6th edition has brought revolutionary change in potency, dose and repetition
8. Role of 6th edition of Organon in future research
9. Any topic related to promoting the 6th edition of Organon

For programme details and assistance please contact the following resource persons

Prof Dr Muktinder Singh, Chairman – IIHP Scientific Committee, Mb: 9815127201

Prof Dr Tanvir Hussain Mission Director, IIHP Homeopathic Quality Education Improvement Programme Mb: 9814406786

Dr. Kaumudi Padmamala Secretary Scientific Committee Mob: 91 9247177528

Reported by Dr Sudhanshu Arya, President IIHP-UP State



लखनऊ: उत्तर प्रदेश की राज्यपाल आनंदीबेन पटेल ने आज राजभवन से वर्चुअली इण्डियन इंस्टीट्यूट ऑफ होम्योपैथिक फिजीशियन की आगरा शाखा द्वारा आगरा में आयोजित इन्टर-स्टेट होम्योपैथिक कांफ्रेंस को सम्बोधित किया। बतौर मुख्य अतिथि राज्यपाल ने अपने सम्बोधन में कहा कि एक समृद्ध, सफल एवं सतत भारत के निर्माण के लिये स्वस्थ भारत का होना नितान्त जरूरी है। इसके लिये देश के प्रत्येक नागरिक के स्वास्थ्य में सुधार करना चाहिए। उन्होंने होम्योपैथिक चिकित्सकों से कहा कि वे गुणवत्तायुक्त चिकित्सा प्रणाली के निर्माण के लिए निरंतर शोध करें।



गरीब महिलाओं और बच्चों को कारगर होम्योपैथिक चिकित्सा देने के लिए अग्रसर हों चिकित्सक- आनंदीबेन पटेल

LETTERS TO THE EDITOR



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Image Courtesy: <https://unsplash.com/photos/Bd57AjNdf8> Photo by Farhab abas

The Readers of
the Rational Physicians
are
BUSY
A LOT BUSY

ROAD MAP

April-June 2022 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 April 2022.

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

15.03.22

For the April-June 2022 Issue



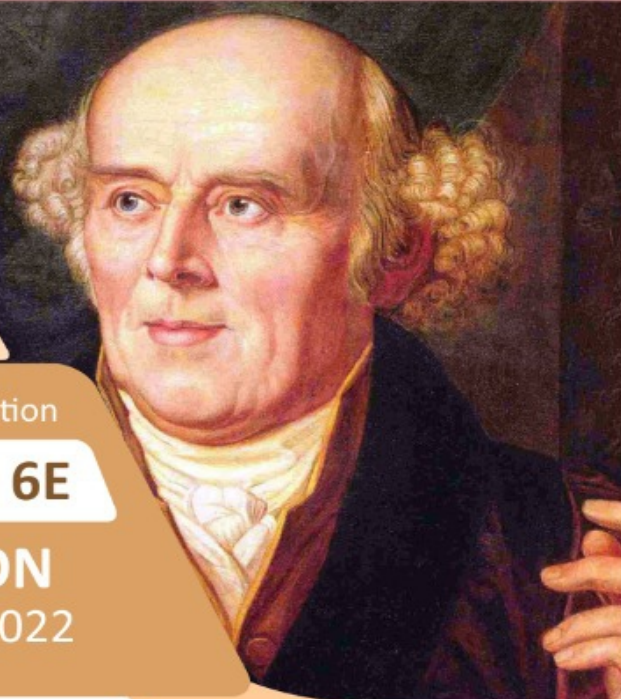
Centenary Celebrations of Organon 6th Edition

IIHP–MISSION ORGANON 6E

YEAR LONG CELEBRATION

December 2021 to December 2022

Events & Programs



National level Seminars, webinars & workshops :

- History of different editions of Organon
- Introspection into 6th edition of Organon
- Aphorism wise differences between 5th and 6th edition
- Evolution of potencies in different editions of Organon
- Different case taking strategies in the 6th edition of Organon
- On Drug proving
- Major contributions in 6th edition
- How 6th edition has brought revolutionary change in potency, dose and repetition
- Role of 6th edition of Organon in future research
- Any topic related to promoting the 6th edition of Organon

Institutional level Academic programs :

- Essay Competition / MCQ
- Poster competition
- Debate competition
- Any other event that promotes Organon among student community
- (All Winners will be given Cash prizes, books and gift hampers, winners to be displayed on IIHP website, Free entry to IIHP congress for winners and Free life membership to IIHP to winners after completion of BHMS / M.D)

(Webinar schedules regarding dates, time, link for the webinars and Resource persons for the above programs will be intimated in due course of time. Dates for competitions in the institutes will be intimated to the selected Homoeopathic Colleges)

For details please contact :

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Prof. Dr. V.K. Gupta
(President of Honour IIHP)

Prof. Dr. Ravinder Kochhar
(National Secretary General IIHP)

Prof. Dr. TANVIR HUSSAIN
IIHP Mission Director
Mobile : 9814406786

Dr. M.A. Rao
(National President IIHP)

Prof. Dr. G. Srinivasulu
(National Finance Secretary IIHP)

ORGANON IS THE VITAL FORCE FOR HOMOEOPATHIC PRACTICE – PLEASE READ REGULARLY

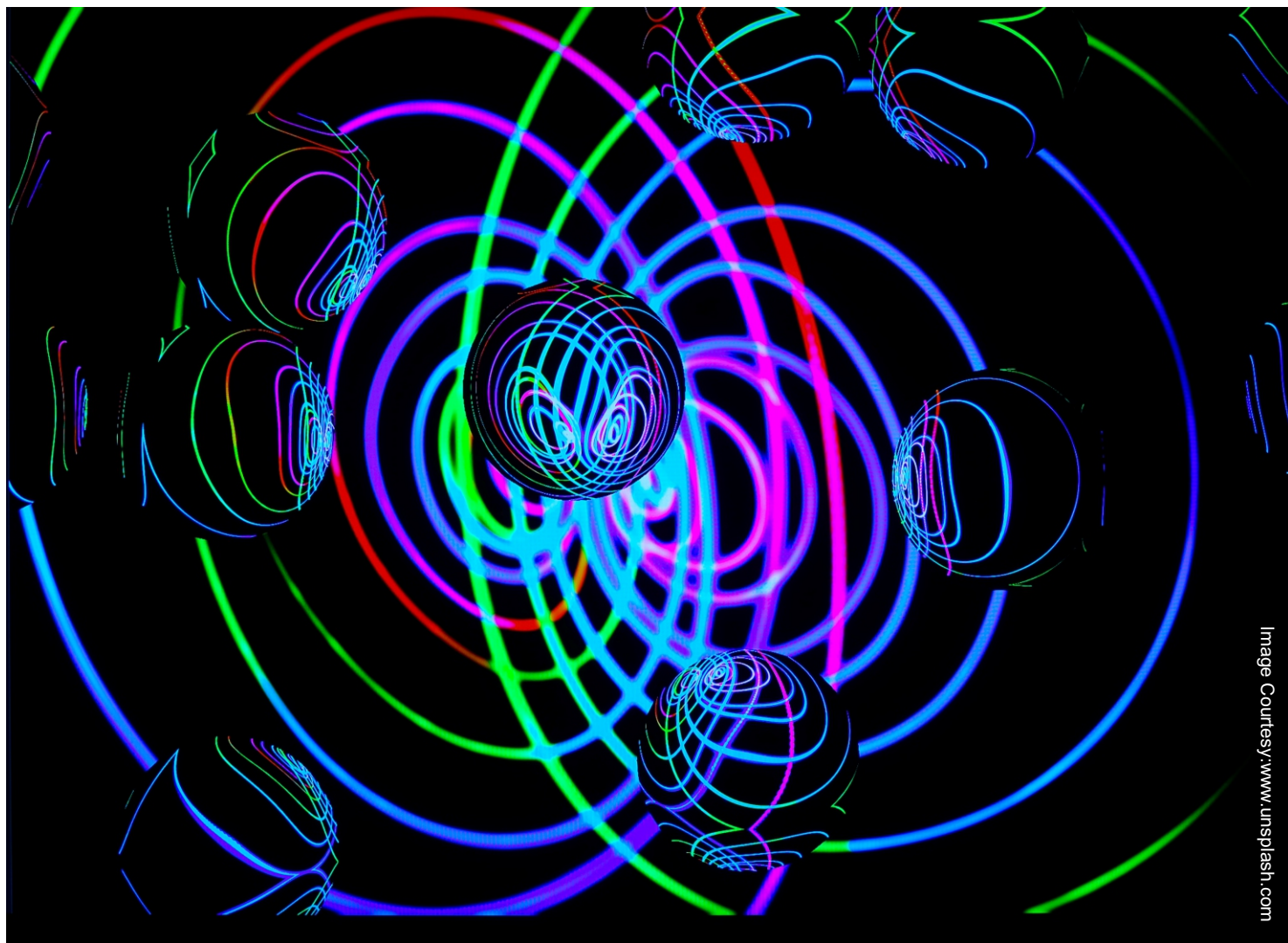


Image Courtesy: www.unsplash.com

Science beyond Science

Dr. Rachna Srivastava
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9453135917

During my early years of graduation, I became aware of the skeptic movement which was campaigning against Homeopathy, maintaining it was not evidence-based and was harmful. Homeopaths all over the world are being treated in a very hostile manner. Many countries are planning to start campaigns to stop the dispensing of homeopathic preparations. They even declare the "end of Homeopathy". While the others very sympathetically say that "any treatment that does not harm patients cannot be all bad". So, from this perspective, they let it be carried on. This is perhaps the most ridiculous issue in the debate; we just can't be left on the mercy of the others.

Now as a homeopath, the controversy surrounding the evidence base for Homeopathy both concerns and disturbs me and I intend to use all my skills in clinical research to establish its true therapeutic value.

There are several main obstacles to wider acceptance of Homeopathy by the scientific community. I am discussing two basic reasons for the same.

The Ultra-small Doses:

The main is the apparent implausibility that ultra-diluted medicines could have a biological effect. A wide range of scientists claim that Homeopathy is no better than a placebo. Placebo is the Latin word for I will please, and refers to any medical treatment that is inert. They argue that the homeopathic medicines are something like a super-placebo, which have the ability to evoke large non-specific health effects thus treating a wide range of illnesses. Homeopaths have been regularly witnessing, from the times of Dr Hahnemann, this kind of inevitable scepticism that is born out of our scientific background. We use infinitesimal small doses of the potentised medicines and that's the reason why they say that our medicines contain "Nothing" whatsoever.

There are certain qualities of a placebo effect:

- Placebo effects tend to be small and short-lived.
- Placebo effects are unreliable; the patient who benefits today might not do so tomorrow.
- In case a clinician tells the truth (i.e. this is a placebo), the effect is most likely to disappear.
- Research shows that larger sized pills have a stronger effect than smaller pills and generally, injections have a more powerful effect than pills.
- It does not work on the comatose patients.
- It does not work on the insane.
- It does not work on the infants and kids.
- It does not work on the animals.

Well then, Homeopathy works on infants, on kids, on comatose patients, on insane patients and also on the animals. There are veterinary homeopathic consultants, animal lovers, trainers, shelters, rescues and breeders who are using homeopathic remedies for animals and getting results. Definitely this cannot be called a placebo-effect.

Another point here is that, well if we cannot prove efficacy of a potentized remedy therapeutically, then can we not prove it the other way round? There are obviously reasonably good arguments either way. Simply let a remedy (a mineral most probably) be taken for a considerable period of time in repeated doses. Will it not produce the symptoms, it is meant to treat? If yes then how can a medicine which has "nothing" produce symptoms? It simply cannot unless it has "something" which is beyond the explanation of our present-day technology. I don't intend to harm anyone from the pathognomic effects of a drug but sometimes we must turn things on their head to consider possible solutions.

We need to engage in different ways to challenge perceptions because these are the times of extreme pressures on us and unlike the skeptics, the detractors and denigrators of Homeopathy are not interested in listening and discussing, only in abusing.

Non-performance in RCTs:

Secondly the currently unknown physiological mechanism about its working or location of action in the body makes its acceptance doubtful. Less encouraging is the narrow "drug-trial" attitude for the Evidence-based medicine. Evidence-based medicine refers to a medicine relying totally upon prospective randomized control trials (RCTs). RCT is a study in which a number of people are randomly assigned to two (or more) groups to test a specific drug or therapy. One group receives the

treatment (the experiment group) being tested; while the other group receives a placebo or an alternative treatment or no treatment at all (the control group). The RCTs are viewed as the gold standard for clinical research. Unfortunately, Homeopathy does not perform well in the frame of its parameters.

It is true that there is no conceivable scientific explanation that could possibly explain it and we simply have not yet discovered how homeopathy works, but the clinical experiences of the

homeopaths since last two centuries just cannot be overlooked by some clinical trials of prejudice medical associations.

The problem with Homeopathy during RCTs is the underlying philosophy which is based on the concept of Individualization rather than generalization. In Homeopathy, medicines are prescribed on the basis of individual's genetic make-up. Every patient can have a different modality for same ailment. So there are times when the "unspecific-factors" come into play, where such randomized trials seem to have a restricted relevance. Hence, the efficacy of a drug cannot be known in a generalized study on a group of people. We are indeed in need of organized attempts in fundamental research and any "new" trial that provides clear evidence of effectiveness and will be capable of overcoming these restrictions soon.

Due to these reasons it is extremely disappointing how the word "Homeopathy" seems to raise barriers and produce knee-jerk reactions within the medical profession. There are doctors who discourage patients from even trying homeopathy without giving it a chance. Nevertheless, since referrals are not necessary, many patients choose to give it a try anyway. The findings of various recent surveys, confirm that people are very receptive to Homeopathy. A large percentage of people are open to it and it is heartening to see that negative news stories spun by detractors have very little impact on the decision-making of people. We do not have authentic statistical data but it is clear that still only a small fraction of population opts for Homeopathy. It is gaining recognition but it is not as popular as it should be, especially amongst the rural and uneducated population.

The limitations of present RCTs led to difficulties in securely defending the evidence base of Homeopathy. The negative reports of authorities have a devastating impact on the outside perception of the RCT evidence in Homeopathy & so "The Placebo Effect" has become the definitive word for many outside observers of Homeopathy. And so any two-way discussion on the topic of the RCT evidence is now typically a sterile and polarized debate that descends into a mere argument and rancour. It is simply impossible to prove everything by a statistical data. The fact is not well understood by people who only rely on such statistics without understanding their limitations and start doubting their homeopath.

However, it is seen in general practice that often patients come to a homeopath with a bag full of "evidence proven drugs", that they have been taking for years without any improvement. It is a well-known fact that most "proven" medicines don't work for most people. In that case can we not question the proven evidence of such drugs?

And after the treatment of a year or so if they regain their healthy state back by Homeopathic remedies, it is simply called a "Placebo Effect"...! Thousands of homeopaths round the world are serving the humanity, making people healthier, improving the lives of children, curing the sick, preventing deadly epidemics, treating cancer, auto-immune diseases and so on, and they are finally rewarded with a single word "Placebo".

We must remember that most homeopaths of the past were the allopathic converts. It is the need of the hour that all homeopaths must unite to make whole-hearted attempts and actively participate to create more public awareness about our system of healing. The fast-moving world today demands planned marketing skills and proper advertisement along with a pure and genuine heart and soul of a "Homeopath", Dr Hahnemann expected each of us to have. It is clear that the world today needs Homeopathy, without being aware of it.

The GOOD NEWS:

The good news is despite the fundamental and clinical research in Homeopathy still being in its infancy, it is fantastic to see the growing evidences of the ultradoses. In the year 2011, the IIT (Team Bombay), reports the fascinating proof that certain homeopathic remedies made from metals even in high potency, contain measurable amounts of the starting material, even at extreme dilutions of 1 part in 10 raised to 400 parts (i.e. the 200C). It is said that at 200th dilution the likelihood of there being even one atom of the starting material approaches zero. However, according to this paper, dilution does not work so simply.

Using electron microscopy (TEM), electron diffraction, and atomic spectroscopy, Prashant Chikramane (Ph.D, research scholar and his team of Professors) found that, contrary to the arithmetic, there are nanogram quantities of the starting material still present in these 'high potency' remedies in the form of nanoparticles.

The whole homeopathic community is indebted for their researches and we thank the entire team for their continued efforts. The important work he and his collaborators have undertaken will enable us to speak confidently about the evidence. We are indeed grateful for their dedication and admirable work ethic and we hope to see some more researches to provide the scientific rationale for the cures we are privileged to observe. It is disappointing that the news was not much highlighted by the higher

authorities who were supposed to shout it from the highest roof tops and have the results of the paper, published repeatedly in scientific journals and broadcast them to millions through the social media. It is clear that it is high time to react to the arguments of the naysayers in this context, by letting our real cures and positive stories better known. Not just for our own sake, but also for the sake of all those deserving people who could benefit from Homeopathy.

In the meantime, we hope that in near future the new laboratory research on nanoparticles and gene expressions may lead to better understanding of the physics and chemistry of the "modus operandi" of Homeopathy. This is the reason why Dr. Samuel Hahnemann is called a genius because he discovered a SCIENCE, almost two centuries ago, which is still far-far beyond the present day science.

Note: The article was originally published in. Nov 2015, issue of Vital Informer, New Delhi.

About Dr. Rachna Srivastava

Dr. Rachna Srivastava is a graduate from Dr Harisingh Gour University, Sagar, M.P., in 2010. She has served as a Medical Officer in National Rural Health Mission, M.P. After which she left the job to pursue her post-graduation in Organon of Medicine from Maharashtra University of Health Sciences, Nashik, Maharashtra. She also worked as Assistant Professor in Jayoti Vidyapeeth Women's University, Jaipur. She is a life member of Indian Institute of Homeopathic Physicians (IIHP) and Research Society of Homeopathy (RSH). She has also been actively participating in many National seminars, conferences and workshops. Presently she is running her private clinic in Lucknow as her main focus has always been her clinical practice of Homeopathy. Inspired and nurtured by her father Dr. U.K. Srivastava, she is also a prolific writer and serves the homeopathic community by contributing through her writings both in Hindi and English. She has also written numerous articles for homeopathy in various reputed journals.

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A Case of Lipoma by Mind Method

Dr Renuka Kandimalla, BHMS

Srisurya Homoeo Care, Moti Nagar, Hyderabad

Mobile: 9948594090, 9177089666, 9453135917

A maid of my friend visited me for overgrowths on her both hands. On enquiring her, she narrated that she has no problem with them but people are asking her about them frequently so she approached me. More than that she cut them with blade to get rid off. For that she is giving sardonic laugh. On thorough case taking following rubrics came to my mind.

1. Naïve
2. Credulous
3. Frivolous
4. Light desire for
5. Coquettish not enough
6. Delusions enlarged
7. Lipoma

Remedy came was Belladonna. I had given her in Millisemal potency. 0/.1, 0/3 cured her almost.



Clipboard Clipboard Clipboard Clipboard Clipboard
m 1 2 3 4 5

Full Symptom Combine Symptom Copy Symptom Print Symptom Rubric Notes

Repertory Search in All Search Cross Themes Similar Synonyms
Internal Search Repertory Cases Ref. Words
Intelligent Words

Search Symptoms Lipoma

Patient List Quick Repertorisation x Repertory Search Results Complete-> Mind-29221

Type keywords for Quick Repertorisation Record Clear

Strategies/Filters Applied Normal

Record from Favorite Repertories

Symptoms: 7 Remedies: 234

Show Repertorisation Tools Prescribe Remedy List Record Replace

Remedy Name	Bell	Puls	Sulph	Stram	Bar-c	Calc	Gels	Arg-n	Ka
Totally	15	11	9	9	7	7	7	6	
Symptoms Covered	7	6	5	4	4	3	2	4	
Kingdom									
[Complete] [Mirilli's Themes]Naive: (103)	1	1	3	1	1	1		1	
[Complete] [Mind]Frivolous: (25)	1	4	1	1	1			1	
[Complete] [Mind]Credulous: (6)	3	3			1			1	
[Complete] [Mind]Light:Desire for: (54)	4		1	4		3	4		
[Complete] [Mind]Coquettish:Not enough: (5)	1	1	1						
[Complete] [Mind]Delusions, imaginations:Enlarged: (120)	1	1		3			3	3	1
[Complete] [Generalities]Tumors:Lipoma: (40)	4	1	3		4	3			3

IIHP : the Network for Qualified Homoeopaths

SARCOMA OF HEAD/ NEW BORN BABY

Prof.(DR.) M. K. Gupta M.D. (Hom.)

Former Principal, Professor Organon of Medicine and Homoeopathic Philosophy

V.R.H. Medical College & Hospital Gwalior M.P.

Chief Co-Ordinator Indian institute of Homoeopathic Physicians M.P. State

e-mail id- drmkguptagwl@gmail.com

A Sarcoma is a cancer arising from transformed cells Mesenchymal (connective tissue) origin. Sarcoma can arise from any form of connective tissue. There are many types of soft tissue tumors and not all of them are cancerous, many benign tumors are found in soft tissue. Some soft tissues behave in a ways between a cancer and a non cancer. Spindle cell tumor is not a specific diagnosis or specific type of cancer. Scientists don't know exactly what causes most soft tissue sarcoma. There is no treatment in conventional medicine except

1. Surgery 2. Radiotherapy 3. Chemotherapy

A new born baby was brought to us on 23rd October 2018, first of twin delivered on 13.10.18 in a private nursing home, having large lump on right parietal region; consulting pediatrician referred the case to pediatric surgeon who suggested MRI Brain and Cytopathology

Report of MRI -14.10.2018

Well define irregular extra- cranial heterogenous hemorrhagic soft tissue intensity mass at right temporo-parietal region causing flattening underlying temporo- parietal bone with multiple feeding vascular channels at anterior and posterior aspect of the mass--? Soft tissue sarcoma.



VENUS SPIRAL CT, MRI & LIFE IMAGING CENTRE

Alankar Building, Hospital Road, Lashkar, Gwalior - 01 (M.P.)
Ph.: 0751-2433318, 2337521, E-mail: venusgw123@gmail.com

Dr. Neeraj Sharma
(MD)

• Trained in Radiodiagnosis oncology at TATA Memorial Hospital, Mumbai
• Head, Department of Radiodiagnosis, Cancer Hospital & Res. Institute, Gwalior

Patient Name : B/O Mansi Age/Sex: 1 Day / F Date: 14/10/18
Ref. Physician : Dr. Ajay Updhyaya (MS, Mch)
Investigation : MRI Brain

Protocol :

Indication : Swelling at right temporal region
NC MRI
Axial & Sagittal - T1 & T2 W Image
Coronal - Flair
Dw - Axial

- There is evidence of welldefine irregular extra-cranial heterogenous hemorrhagic soft tissue intensity mass measuring 25x46x50 mm is seen at right temporo-parietal region causing flattening underlying temporo-parietal bone . There are multiple feeding vascular channels is seen at anterior & posterior aspect of the mass.
- Both cerebral paranchyma reveals normal signal intensity pattern of gray & white matter of both cerebral hemisphere. No focal solid or cystic intracerebral space occupying lesion is seen.
- Basal ganglia & internal capsule appears normal.
- Lateral ventricles, 3 rd ventricle & 4 th ventricle are normal in size , shape & position .No midline shift is seen .
- Cerebral sulci , sylvian fissures and basal cistern are normal . No evidence of extra-axial mass or fluid collection is seen.
- Brain stem & posterior fossa structures are normal. Both C.P. angle cisterns are normal
- Sellar & Para sellar structures are normal .
- Cranio-vertebral junction appear normal in alignment. No CV junction anomaly is seen.
- Both orbital contents , intra conal & extra conal compartments appear normal .

Brief Summary -

- Welldefine irregular extra-cranial heterogenous hemorrhagic soft tissue intensity mass at right temporo-parietal region causing flattening underlying temporo-parietal bone with multiple feeding vascular channels at anterior & posterior aspect of the mass--? Soft tissue sarcoma.
- Please correlate clinically.

Dr. Neeraj Sharma (MD)
Consultant Radiologist

FACILITIES

• Latest 1.5 Tesla MRI • Multistage 3D Spiral CT Scan • Sono-Mammography • Whole Body Ultrasonography & Colour Doppler
• Echo Cardiography • Digital X-Ray • Imaging Guided Interventional Procedure (FNAC, Drainage) • Tele Radiology

The science of radiological diagnosis is based on the interpretation of various shadows produced by both normal & abnormal tissues and are not always conclusive further pathological & radiological investigation and clinical correlation required to enable the clinician to reach the final diagnosis
This reports in not valid for Medico legal purpose.

Cytopathology report - 18/10/2018

Suggestive of Spindle cell mesenchymal lesion

Dr PANKAJ
SURGICAL PATHOLOGY LAB
Dedicated for excellence in diagnostic care
Near Roxy Bridge, Jinsi Road No. 3, Lashkar, Gwalior - 474001 (M.P.)
Phone : 0751- 2441314 E mail: drpankajsurgipath@gmail.com

Dr Pankaj K. Goyal
(MD Path.)
(Reg. No. : MP-5719)
Member : IAPM, IMA, GPMA
Former Pathologist :
Tata Memorial Hospital, Mumbai

External Quality Assurance
From : Tata Memorial Hospital, Mumbai

CYTOPATHOLOGY-REPORT

PATIENT NAME: BABY OF MANSI	AGE (Y)/SEX : 04 DAYS/M
CYTOPATH NO: PSPL- C/1964/18	REF. BY: DR. AJAY UPADHYAY
DATE OF RECEIVING : 17/10/18	DATE OF REPORTING: 18/10/18
RECEIPT NO. 6950	

SPECIMEN:
FNAC from right side of scalp swelling.

NO. OF ASPIRATES: 02

ASPIRATE: Blood mixed aspirate.

MICROSCOPIC EXAMINATION:
Smears show mainly blood with few groups of oval to spindle cells with elongated nuclei.
No evident mitosis or necrosis seen.

IMPRESSION:
Suggestive of spindle cell mesenchymal lesion.

ADVISED:
Clinico-radiological correlation and biopsy for definitive diagnosis.

Dr. Pankaj K Goyal

Slides & Blocks for second opinion may be issued after minimum of 24 to 48 hours of submission of duly filled requisition form.

- All laboratory tests have their technical limitations imposed by the limits of sensitivity and specificity of the individual assay procedure as well as condition of the specimen received by the laboratory. Correlation with clinical findings and other related investigations is mandatory to arrive at final diagnosis. In case of any disparity repeat testing may be recommended.
- Not valid for medico legal purpose.

Pediatric surgeon suggested urgent surgery.

Father and other family members were reluctant for surgery, hence they consulted us.

Images of lesion at first consultation on 24.10.2018



On the basis of the possibility of head injury during the process of delivery

Arnica Montana 1M 4 doses 4 hourly was given to mother.

After one week no remarkable change was noticed.

Reported on 30.10.2018



After going through the family history of patient it was revealed that one nephew of Mr. Dinesh f/o baby were having large head with heamatoma and another one had large head. This hematoma case was also cured with homoeopathic treatment.

On the basis of Psora-sycotic taint in the family, the prominent affinity with the location and the hardness of the lump four doses of Calcarea Flour 1M were given.

No significant changes were observed.

Reported On 15.11.2018



Case was worked out thoroughly

On the basis of the totality for similimum-

- Tumor –RT temporo-parietal region
- Side affinity RT side of head
- Profuse sweat on head and coldness of extremities
- birth history- premature birth, twins

HISTORY OF MOTHER DURING PREGNANCY-

- Fear
- Anxiety of mishappening with husband and fetus
- Intense craving for chalk & indigestible things

OBS. HISTORY-

- First pregnancy (2010) – (female) FTND
- Second pregnancy (2014) – FTND, male, expired 18 days after delivery. Cause was not detected except cold 2-3 days before death

FAMILY HISTORY-

- Hydrocephalus,
- History of large head and hematoma in family

RUBRICS CONSIDERED-

♂ **BABY-**

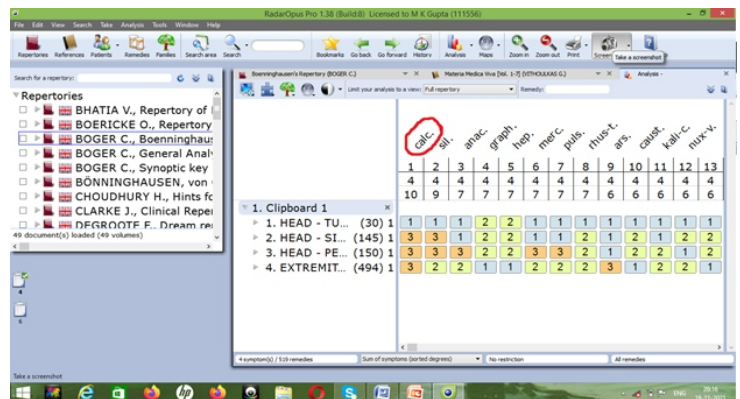
- Head - tumors – scalp; on
- Head - sides; complaints of – right
- Head – perspiration of scalp
- Extremities - coldness

♀ **MOTHER**

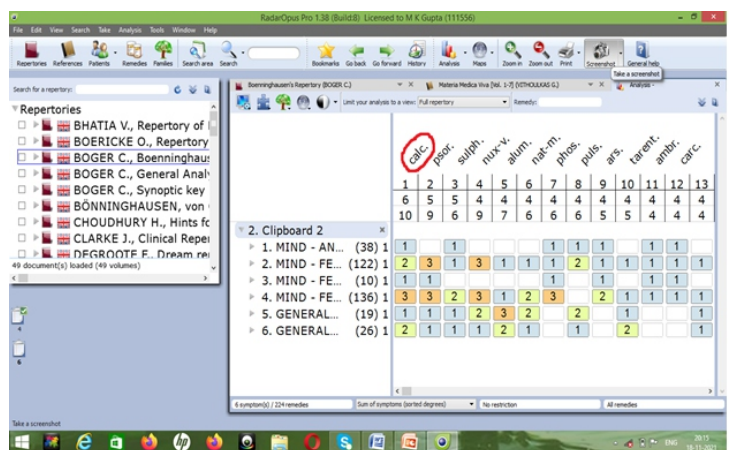
- Mind – anxiety – family; about his
- Mind – fear – misfortune, of
- Mind – fear – happen, something will – family; to his
- Mind – fear happens something will
- Generals – food and drinks – chalk – desire
- Generals – food and drinks – indigestible things - desire

REPERTORIAL ANALYSIS-

BABY-



MOTHER-



On 15.11.18

CALCARIA CARB 1M was given OD for 1 month

Reported On 20.01.2019 size of tumor reduced remarkably



Rx
CALCAREA CARB 10M
 Every 4th day for 1 month
On 29.03.2019 size of tumor reduced further



SHIKHAR
 DIAGNOSTICS MRI & CT SCAN CENTRE

X-Ray/CT No.: LL/4363/FEB-2017
 CL/4344/FEB-2017

PT. NAME: KRISHNAM SHARMA	AGE/SEX: 01 Y/M
REF. BY: DR.M. K. GUPTA	06/10/2019

MRI BRAIN

PROTOCOL:- T1W and FAST SPIN ECHO T2W AXIAL IMAGES OF BRAIN WERE OBTAINED ON A HIGH RESOLUTION DEDICATED PHASED ARRAY SURFACE COIL ON 1.5 TESLA SYSTEM AND CORRELATED WITH FLAIR, DIFFUSION, GRE AXIAL AND T2 CORONAL AND T2W SAG IMAGES.

IMAGING FINDINGS:-
 ~2.9(cc)x1.5(Trans)x2.5(AP)cm size well defined, superficial, extra calvarial, soft tissue signal intensity is noted in right parietal scalp with normal underlying parietal bone appears hyperintense on T2W, hypointense on T1W, intermediate signal intensity on FLAIR images. One prominent tortuous scalp vessel is visualized adjacent to this scalp lesion.

Cerebral parenchyma is normal in signal intensity with maintained gray and white matter differentiation.
 Corpus callosum, bilateral basal ganglia and thalami are normal in MR signal intensity.
 Lateral ventricles are normal in position, size, shape, outline and volume.
 Septum pellucidum and third ventricles are in midline and appears normal. No evidence of obvious mid line shift or mass effect is noted.
 Basal cisterns and sylvian fissures are normal.
 Sellar, parasellar and supra sellar regions are normal in MR morphology.
 Brainstem is central and normal in signal intensity.
 Fourth ventricle is normal.
 Cerebellar hemispheres and vermis are normal in signal intensity.
 Both CP angle region and internal auditory canals appear normal.
 Major intracranial flow voids preserved.
 CV junction region appear normal.
 Both orbits are grossly normal.
 No evidence of significant abnormality in visualized parts of paranasal sinuses.

OPINION:-
 No evidence of significant intracranial abnormality.

~2.9(cc)x1.5(Trans)x2.5(AP)cm size well defined, superficial, extra calvarial, soft tissue signal intensity in right parietal scalp with normal underlying parietal bone appears hyperintense on T2W, hypointense on T1W, intermediate signal intensity on FLAIR images. One prominent tortuous scalp vessel is visualized adjacent to this scalp lesion. Imaging findings represent benign superficial scalp lesion without intracranial communication or extension. Scalp vascular malformation and Dermoid are possible differentials.

Please correlate with clinical findings and relevant investigations.

Dr. Abhishek Sikarwar
 (Consultant Radiologist)

Disclaimer: The science of radiology is based upon interpretation of shadows of normal and abnormal tissue. This is neither complete nor accurate; hence, findings should always be interpreted in the light of clinical-pathological correlation. This is a professional opinion, not a diagnosis. Not meant for medico legal purposes. For any kind of typing error, please intimate us within 7 days of reporting.

■ MRI New 1.5 Tesla 16 Channel Siemens MRI (TIM-DOT-QUITE-SUTE) ■ CT Scan (32 Slice Siemens) ■ X-Ray (High Frequency Siemens)
 ■ USG ■ Color Doppler ■ Pathology

5, Hargovind Mishra Colony, Adjacent to Garg Nursing Home, Near Achaleswar Mandir Chouraha, Gwalior (M.P.) Call : 0751-2444045

Report of MRI dt. 06/10/2019

No evidence of significant intracranial abnormality.
 ~2.9(cc)x1.5(trans)x2.5(AP)cm size well defined, superficial, extra calvarial, soft tissue signal intensity in right parietal scalp with normal underlying parietal bone appears hyperintense on T2W, hypointense on T1W, intermediate signal intensity on FLAIR images. One prominent tortuous scalp vessel is visualized adjacent to this scalp lesion. Imaging findings represent benign superficial scalp lesion without intracranial communication or extension. Scalp vascular malformation and dermoid are possible differentials.

20.12.2019 tumor almost disappeared



Medicine discontinued

- Patient is still under observation
- Tumor reduced and disappeared gradually, subsequently followed by overall significant improvement and overall normal development of the baby.

Latest photograph 4.11.2021



A Note of Comparison by the Radiologist

In comparison with old MRI dates 14.10.2018, previously noted superficial scalp lesion has been significantly reduced in size and non-visualization of previously visualized intralesional blood products and associated mass effect in present study. – Dr. Abhishek Sikarwar [Consultant Radiologist]

A Case of Chicken Pox

Dr. Anita Nanakram Chawla, Nashik

B.H.M.S., M.D. (Homoeo)

Nashik's 1st M.D. Homoeopath

A boy aged 14 years had come on 22nd July 2019 along with his mother, having rashes with itching since 2 days associated fever since 5 days.

Chief Complaints:

Skin eruptions since 2 days.

Today, it is increased

Severe itching

> scratching; but scratching causes burning;

< covering

Other complaints:

Fever since 5 days.

given only Crocin by mother whenever fever used to come.

Did not take him to doctor as fever used to reduce with Crocin Mother said, it was high grade fever for 3 days, but since 2 days, fever is reduced and but skin eruptions started appearing. Today skin eruptions are increased so much, so she decided to show doctor as she got scared.

Headache Since 5 days

Throbbing Pain < evening.

Burning sensation all over the head & eyes. More on Vertex

Appetite decreased Since 5 days.

Constipated bowels Since 5 days,

Dry Hard stool. Offensive

P/ H: No any significant past history

F/H:

PGM - DM

F – expired due to liver cirrhosis, alcoholic

— Fibroid

Personal History:

Desire: Sweets, Oily, Non-veg

Aversion: Not specific

Appetite: Cannot tolerate hunger > by eating

Thirst: Thirsty

Bowels: regular

Perspiration: Profuse, Offensive

Extremities: Burning sensation on soles < night especially in summer

General Modalities:

Fan: all throughout year. Full fan in summer

Doesn't like covering

Hot patient

Mental Status:

Lazy patient

Cheerful

Talkative

Short tempered

Cannot tolerate contradiction

Company desire

Stubborn

Impatient.

O/E

PR :- 99/min

Temp:- 101.2 o F

Tongue :- Slightly White.

Skin Exam :-

Raised pink or red bumps.

Homoeopathic Treatment

Sulphur 30 / 2 times was given

Also advised to take nutritious diet and ORS.

Indication of Sulphur

Lazy patient

Cheerful

Talkative.

Short tempered

Cannot tolerate contradiction

Company desire

Stubborn

Impatient

Desire – Sweets

Desire – Oily

Profuse perspiration

Burning sensation on Vertex

Follow Up:

>> 23rd July 2019

Skin eruptions as it is. Few new eruptions are come.

Itching slightly reduced

No fever

Headache reduced

Appetite slightly improved

Constipated bowels as it is

O/E

PR :- 82/min

Temp:- 99.2 o F

Tongue :- Slightly White.

Skin Exam:-

Raised pink or red bumps. Few new eruptions seen

Homoeopathic Treatment

Sulphur 30 / 2 times was repeated as skin improvement not seen much

Also advised to take nutritious diet and ORS

Follow Up: -

25th July 2019

Very Few new skin eruptions are come

Itching reduced

No fever

No Headache
 Appetite improved considerably
 No Constipated bowels
 O/E
 PR :- 76/min
 Temp:- N
 Tongue :- Slightly White.
 Skin Exam:-
 Skin eruptions turned into Small fluid-filled. Very Few new skin eruptions seen
 Homoeopathic Treatment
 SL 30 / 2 times was given

27th July 2019

No new skin eruptions are come
 Skin eruptions are becoming dry
 Itching reduced very much
 No fever
 No Headache
 Appetite normal
 Bowels movements normal
 O/E
 PR :- 75/min
 Temp:- N
 Tongue :- Slightly White.
 Skin Exam:-
 Crusts and scabs formed
 Homoeopathic Treatment
 SL 30 / 2 times was given

29th July 2019

Skin eruptions are very much dry
 No itching
 No fever
 No Headache
 Appetite normal
 Bowels movements normal
 O/E
 PR :- 78/min
 Temp :- N
 Tongue :- Slightly White.
 Skin Exam :-
 Few areas Crusts and scabs are fallen
 Homoeopathic Treatment
 SL 30 / 2 times was given

31st July 2019

Phone call came
 Crusts and scabs are fallen almost completely.
 Here, in this case, Patient's Chickenpox rashes passed through all the phases --- Bumps, blisters and scabs --- but appeared for short duration. Patient was not much discomfort while passing through all these phases. There was no complications such as Sepsis, Dehydration, Pneumonia, etc.

Before Treatment



During treatment



After Treatment



COME JOIN US



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We Make the World of Homoeopathy
Indian Institute of Homoeopathic Physicians



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Taurus



Gemini



Cancer



Leo



Virgo



Libra



Scorpio



Sagittarius



Capricorn



Aquarius



Pisces

Astro Homoeopathy

Prof. Dr. Sunil Raghunath Patil

M. D. (Hom.)

Principal, Dhanvantari Medical College and Hospital, Nashik, (MS) India

Mobile: 09881098971

Beautiful blend of Astrology and Homeopathy, the Horoscope serves as an invaluable diagnostic tool.

Organon of Medicine (The Organon of medicine is the cornerstone of homoeopathic principles and practice, and used by homoeopathy student and practitioners.) aphorism 73.

Excess in food, or an insufficient supply of it, severe physical impressions, chills, over heatings, dissipation, strains, or physical irritations, mental emotions, and the like, are exciting causes of such acute febrile affections.

According to astrology moon is basic emotional state of a person, this revealed astrologically by the moon sign, the house location of moon and extent to which moon is waxing or waning, a weak moon will make person to easily disturbed emotionally.

Capricorn:

Social, political or business acumen of a person. As the moon rules seventh from capricorn, it can give strong ties to partner, particularly in the public or work sphere.

Homeopathic medicine: strontium carb, magnum, nux vomica, bryonia, veratrum, sulphur etc.

Capricorn: Calcarea Phos

Capricorn is the ruler of the skeletal structure, including bones, joints, knees, and teeth. The idea of the framework of the body fits well with Capricorn's nature which is dependable, serious, but also rigid and inflexible at times. They resist change and can be stubborn, unforgiving and hard on themselves and others. Calcarea Phosphorica (Cell Salt #2) is Capricorn's birth salt, and it is appropriately also the cell salt for bone strength, calcium absorption, and injury recovery.

Aquarius:

Idealistic spiritual if moon have good aspects but if have bad aspect criminal drug addicts.

Homeopathic remedy:

Good side: Lachesis, naja, cinnabar, sepia, cannabis.

Bad side: coccine, morphinum, medorrhinum, Natrum phos, hepar sulph etc.

Aquarius: Nat Mur

Aquarius is the water-bearer, and its matching cell salt is Natrum Muriaticum (Cell Salt #9). Nat Mur regulates water in the body's cells and tissues; whenever there is an imbalance

of moisture in the body, for example a runny nose or dry eyes, there is a deficiency of Nat Mur. Aquarians are forward-looking, open-minded intellectuals who love nothing more than a free-flowing conversation or debate. Other body areas governed by Aquarius are the circulatory system, lower legs, ankles, and also the wrists.

Pisces:

Highly emotional, poetic romantic.

Homoeopathic remedy: Natrum mur, carcinogen, ignatia, antim crude.

Pisces - Ferrum Phosphoricum

Pisces are artistic, altruistic, and sensitive. They like to help others and tend to martyr-like sacrifices for those they love. Pisces rules the immune system and the feet. Their birth salt is Ferrum Phosphoricum (Cell Salt #4) which carries oxygen to every cell in the body and helps speed recovery from any health condition. It is the remedy for the early stages of a fever, inflammation, and colds and supports the action of all other cell salts.

Aries:

Impulsive, egotistic, tendency to anger or domination.

Homeopathic medicine: indicated when moon is aries: apis, lycopodium, merc sol, arsenic, platina, china, veratrum album etc.

Aries - Kali Phosphoricum

Aries governs the brain, head, face, eyes, ears, and muscles. Aries individuals are often natural, headstrong leaders with lots of ambition and drive. They have a tendency towards mental overwork which makes Kali Phosphoricum (Cell Salt #6) a perfect match for Aries. Also known as Potassium Phosphate, Kali Phos nurtures the nerves and brain. It is used for the negative physical and emotional side effects of stress and exhaustion: headaches, sleeplessness, irritability, and poor memory.

Taurus:

Exaltation sign of moon create a strong determined emotional nature. Artistic nature and creativity.

Homeopathic remedy: Lachesis, sulphur, phosphorus, carcinogen, coffea etc.

Taurus — Natrum Sulphuricum

Taureans are dependable, hard-working individuals who enjoy the pleasures of life and are said to love music. It isn't surprising that Taurus rules the throat, neck, larynx, tongue, thyroid, and cervical spine. Natrum Sulphuricum (Cell Salt #11) is the corresponding cell salt. It is a remedy for the flu and key to a healthy digestive system as it supports bile production, the functioning of the liver, and the removal of waste fluids — all very important for indulging Taureans.

Gemini:

Sensitive and changeable emotions. The persons emotions will closely tied to the mind and nervous system, making it difficult for them to discriminate between thought and feeling. Homoeopathic medicines: ignatia, Natrum mur, phosphoric acid etc.

Gemini — Kali Muriaticum

Gemini is active people who love to communicate. Always on the move from one thing to the next, they tend to anxiety and worries. Gemini rules the nervous system, hands, arms, shoulders, lungs, and ribs. Kali Muriaticum (Cell Salt #5) is Gemini's birth salt. Kali Mur occurs in almost all cells in our body and is responsible for the majority of body functions to run more smoothly. It acts as a nerve tonic and relieves respiratory infections such as colds, coughs, sore throats, sinusitis, and bronchitis.

Cancer:

Moon is own house make person friendly caring and emotional.

Homoeopathic medicines: pulsatilla, phosphorus, Calcarea carb etc.

Cancer — Calcarea Fluorica

Cancers are hypersensitive souls who nurture and mother others. They seek security and stability. This tenderness can cause them to be moody, "crabby", or with a hard exterior, like a crab. Cancer governs the chest, alimentary canal, stomach, womb, and pancreas. It's matching cell salt is Calcarea Fluorica (Cell Salt #1) which encourages elasticity and toning of the cells and strengthens all tissues, including bones, muscles, teeth, and veins. It is given during pregnancy to avoid stretch marks. Calc Fluor also combats fatigue and supports periods of growth and aging.

Leo:

Moon in leo in house of domination or house of king. As the moon rules the twelfth from leo, there emotional nature often subordinate their strong personality.

Homoeopathic medicines: lycopodium, aurum met, lachesis, causticum, platina, phosphorus etc.

Leo — Magnesia Phosphorica

Leos exhibit passionate energy and attract attention. They bask in love and appreciation which can lead to egotism and self-centeredness. They have generally good health, but health problems generally arise when Leos feel neglected. Leo rules the heart, upper back, blood, and spleen. Its cell salt is Magnesium Phosphate (Cell Salt #8). Mag Phos targets the involuntary muscles which is very fitting as the heart is the hardest working involuntary muscles in our body. Mag Phos treats sharp, nerve-related pain, cramps and spasms, headache, earache, and sciatica.

Virgo:

Moon in virgo a person with many interest, hobbies and

pursuits, curious with practical bent of mind. The digestion may be sensitive and easily upset by nervous or emotional disturbance.

Homoeopathic medicines: argentum nitricum, sulphur, lachesis, cannabis indica, agricus etc.

Virgo — Kali Sulphuricum

Virgos are detail-oriented problem solvers with a good work ethic and a practical view of life, but their high standards can lead to perfectionism and illnesses from workaholic habits. Virgo governs the sympathetic nervous system, colon, small intestine, and other organs of the lower digestive system. Its cell salt is Kali Sulphuricum (Cell Salt #7) which distributes oil in the body, supplies oxygen to the cells, and supports important digestive processes, such as fermentation and enzyme production. A Kali Sulph deficiency can cause skin issues (acne, eczema, dry skin, dandruff), fungal or yeast infections, sinus congestion, and upset stomach.

Libra:

Libra is scale a sign of market, it causes a person seek recognition and gives them desire to influence the masses it make person diplomatic.

Homoeopathic medicines: veratrum album, hyoscymus, staphsagria, bryonia, lachesis, croctalus horridus etc.

Libra — Natrum Phosphoricum

Libra personalities value balance and fairness. They are very social, work well in teams, and abstain from taking sides. Libra rules the kidneys, lower back, and adrenal glands. Libra's cell salt is the pH balancer Natrum Phosphoricum (Cell Salt #10). Nat Phos is used for digestive issues, heartburn, gout, lumbago, and rheumatism as it balances acidic conditions of the cells and blood.

Scorpion:

Moon's debilitated sign person with deep frustration and vindictive nature, involve in tantra-mantra.

Homoeopathic medicines: tarantula, medorrinum, hyoscymus, lachesis cencharis etc.

Scorpio — Calcarea Sulphurica

Scorpios are curious, intuitive, and bold. They experience intense emotions which can make them spiteful when they feel betrayed by those close to them. Scorpio governs the reproductive, urinary, and excretory organs. Its cell salt is Calcarea Sulphuricum (Cell Salt #3) which is an important cleanser and blood purifier helping the body dispose of stored waste, resetting core body functions, and revitalizing the reproductive system. Calc Sulph works to eliminate infections and suppurations, including colds, sinusitis, and skin conditions like boils and acne.

Sagittarius:













Ethical and principles self righteous personality.

Homoeopathic medicines: Ferrum met, aurum met, curum sulph, aurum ars, naja, arsenic album, staph, silicea etc.

Sagittarius — Silicea

Those born under the sign of Sagittarius are full of enthusiasm for life. They love sports and traveling and have ambitions dreams which can lead to unrealistic goals. Sagittarius rules the liver, thighs, hips, and pelvis. Its cell salt is Silicea (Cell Salt #12) or Silica, a tough mineral traditionally used to make the archer's arrowheads. Silica is recommended for brittle bones and sufferers of osteoporosis as well as to strengthen a person's emotional and mental grit. It is known as the homeopathic lancet eliminating splinters and other foreign matter and for healing skin, connective tissues, hair, and nails.

Astrology Sign

Capricorn  Calc Phos	Aquarius  Nat Mur	Pisces  Ferr Phos	Aries  Kali Phos
Taurus  Nat Sulph	Gemini  Kali Mur	Cancer  Calc Fluor	Leo  Mag Phos
Virgo  Kali Sulph	Libra  Nat Phos	Scorpio  Calc Sulph	Sagittarius  Silicea

Sulphur In Psoriasis: A Sharp Trouble Shooter

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A 59 years old male first consulted me on 22/10/2018 with a history of Psoriasis all over body, got treated at Mumbai corporate homoeo clinic with great results 15 years ago and since one year it's recurred again.

Presently:

- Hyper pigmented and itching psoriasis spots all over body aggravates in Winter months
- Constipation and must take Dulcolax tablet daily.
- Hurried stool with morbid urge some times and feels anal sphincter very much loose
- Want of erection of penis and finds no enjoyment in sex
- Known case of hypothyroidism and on Thyroxin 150 mcg daily

Generals Physical:

- Want of appetite
- Want of erections
- Winter aggravates skin
- Aversion to Sour food and avoids citrus fruits.
- Sweats on Chest mostly
- Sleeps on left side
- Nightly seminal emissions

Mental Generals :

- God believer
- Spiritual personality
- Likes to be alone
- Cautious about expenses and money things

Rubrics Selected From PHATAK repertory:

1. Stools involuntary: Hurried
2. Winter aggravation
3. Aversion to sour
4. Eruptions psoriasis
5. Erection incomplete

Drugs Scored well: SULPHUR 8/4, PHOSPHORUS 5/3

Treatment Started:

22/10/18: SULPHUR 1M two doses one hour apart

23/11/18: Skin Started Improving : SACLAC given

22/12/18: Skin much better in terms of Itching and thickness of spots : Sulphur 1M one dose+ Sac Lac

28/01/2/19: Skin patches aggravated, itching again. SACLAC given again

21/2/19: Skin Patches still aggravated with itching. Old symptoms of right knee joint pain and gaseous distention of abdomen: Sac Lac + NP 6X twice a day

21/03/2019: Skin started improving. Itching better, No knee pain and no gas. Collected three months of SAC LAC

15/07/2019: Skin better in terms of itching and hyper pigmented spots. Patient Little worried about forth coming Winter.

21/08/2019: Better in skin and knee complaints

28/10/2019: Better in Skin

28/12/2019: Little flare up but patient is confident about cure. SULPHUR 1 M single dose.

20/4/2020: Winter Passed away without any skin Complaints. Sac Lac

20/6/2020: No Complaints at all.

Before Treatment



After Treatment



Lifestyle Disorders And Homoeopathy

Prof. Dr Muktinder Singh M.D. [with student contributor Dr Bhavneet Kaur]

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WHO defines lifestyle disorders as the aggregation of personal decisions (i.e., over which the individual has control) that can be said to contribute to, or cause, illness or death. A disease associated with the way a person or group of people live. The term 'lifestyle' simply means 'the way people live'. At the same time the term also represents a whole range of cultural & social values, behaviours, personal or group habits or attitudes and social/ personal activities.

LIST OF COMMON LIFESTYLE DISORDERS

- Atherosclerosis
- Heart diseases
- Obesity
- Type 2 Diabetes
- Swimmer's ears results due to loud music and constant use of headphones
- Diseases associated with smoking, alcohol and drug abuse like
- Cancer of lungs and colon, skin etc.
- COPD due to pollution and smoking
- Stroke
- Cirrhosis due to heavy alcohol consumption and hepatitis.
- Allergies
- Chronic back aches
- Anxiety and depression

HAHNEMANNIAN POINT OF VIEW

My mission behoves me only to preach upon the greatest of all corporeal blessings, health, which scarcely any take the trouble to seek after, and few know how to value until it is lost.

SAMUEL HAHNEMANN

Dr .C.F.S.Hahnemann has mentioned regarding lifestyle disorders in Organon of Medicine and named them as pseudochronic diseases In § 77 of Organon of Medicine. He writes - Those disease are inappropriately named chronic, which are incurred by persons

- who expose themselves continually to avoidable noxious influences,
- who are in the habit of indulging in injurious liquors or aliments,
- who are addicted to dissipation of many kinds which undermine the health,
- who undergo prolonged abstinence from things that are necessary for the support of life,
- who reside in unhealthy localities, especially marshy districts,

:- In Boenninghaussen Lesser Writings - The healthiest and best diet is the simple food prescribed by Homoeopathy, free from all substances containing medicinal powers and which thereby exert an influence, though often unnoticed on the human health. For drinking, well fermented beer may be used, and, whoever can afford it, a few glasses of red wine quite free from acids, properly aged and not too young.

:- Anshutz mentioned in Anshutz Sexual Ills that - If the patient wishes to make the best recovery he must abstain from all alcoholic drinks, tea, coffee and tobacco; also from all violent exercise if his vocation will permit it. In other words, while under treatment the simpler the diet and the quieter the life the sooner will the disease be conquered. He should also avoid all sexual intercourse, not only for the sake of others, but for his own sake, until completely restored to health.

:- J.H. Allen also mentioned about role of diet and regimen in managing leucorrhea in Allen J H Chronic miasm - They should have a nourishing diet, plenty of fresh air and sunshine, exercise, appropriate bathing, and anything that will restore the vigor and tone to the system.

:- In Hahnemann lesser writings, he has mentioned that -In modern times many more purely medicinal drinks and condiments have been added to our diet - snuffing and smoking tobacco, chewing tobacco and hemp-leaves, eating opium and agaric, drinking brandy, several kinds of stimulating and medicinal beers, tea Chocolate belongs to the nutritious articles, when it is not too highly spiced: otherwise it is objectionable, or even hurtful} and coffee.

:- Their frequent use as articles of diet deranges the harmonious concordance of our organs, undermines health and shortens life.

:- In J.H. Allen chronic miasm - Psora originally came as a form of itch of a contagious nature, of so contagious a nature that a shake of the hand or even a touch of the garments of the affected one would carry the disease to another.

:- In Anshutz Therapeutic ways, it has been mentioned that some observers say that many little ones have been made ill by being bundled up too much in warm weather as by being too thinly clad.

:- In Boenninghaussen lesser writings, he mentioned that The clothing of the patient ought to be comfortable, and no warmer and thicker than feels comfortable to him.

:- In general, all excess is injurious, as well in having the clothing too light as in having it too heavy, the comfort of the patient is almost the only criterion.

In Clarke's collected writings, he mentioned that Patients subject to asthma should wear woolen clothing, rub the skin well with a coarse wet towel, and take warm drinks.

EXTRACTS FROM DR HAHNEMANN'S PATIENTS DIARIES

1. instructions regarding drinks

a. Regarding use of coffee:

- Coffee should only be a holiday drink for people above 40 years, or should be used in some cases as a medicine
- The daily use of coffee or tea was considered an obstacle to healing in the chronic diseases (paragraph 260 of Organon (3)).

2. Dr. Hahnemann mentioned the importance of exercise that:

- It is in a robust, vigorous body that the mind can acquire strength to undertake and execute important and lasting acts
- they give it tone and movement
- They allow man of studies to do in half an hour what he would not do in half a day

3. Instructions Regarding respiratory hygiene

- We should not allow there to be thick leafy trees near the window of house
- Leave the windows of the room exposed to the east, where the view is free, uninterrupted by nearby trees, and not poisoned by the febrile exhalations of a swamp.
- A prolonged stay in unclean air acts as a slow poison on animal life and human, especially at a tender age.

4. Instructions regarding child's hygiene

- Wash and dry baby quite often
- Do not cover it too warmly
- Wash it thoroughly every day in cold water
- Remove it from the unnatural heat of a stove,
- Take them for walk in open air or better if he is walking himself
- Never give him food unhealthy
- Never overload his stomach even with the healthiest of foods

5. Instructions Regarding hygiene of senses

- The more innocently we awaken our senses, the more lively and easy will become our ability to think, the more capable and willing we are at work.
- Reading should be prohibited for those with a sick mind.
- Card games were also prohibited by Hahnemann in patients with chronic diseases
- By walking barefoot, the feet lose their tendency to corns, gout, and swelling.

6. Regarding sexual hygiene

- For the mind to have strength and the body to have vigor, the genitals must bear in a perfect state of health and development.

7. Regarding contagious disease

- The patient, if he is not too weak, should change his room and his bed every day, and the place it will occupy should, before it enters the morning, be well ventilated by opening the doors and all windows

MORE ABOUT LIFESTYLE

Lifestyles are learnt through social interaction with

- Immediate family, Saas-bahu, Baap-beta etc. (Micro environment)
- Community exposure, Peer groups, friends, school, place of work and mass media. (Macro environment)

Lifestyles can promote health through

- Adequate sleep,
- Programmed nutrition,
- Protection at vulnerable times,
- Efficient working environments

Lifestyles can deter health through

- Competitive working styles
- Current scenario of disintegrating familial structures

Technological advancements

FACTORS AFFECTING LIFESTYLE

1. Habits

A habit is a routine of behavior that is repeated regularly and tends to occur subconsciously

Fixed way of thinking, willing, or feeling acquired through previous repetition of a mental experience.

Many bad habits can lead to various diseases.

a. Chronic habit of itching

Lichen simplex chronicus (LSC) also known as neurodermatitis is a skin disorder characterized by chronic itching and scratching.

The constant scratching causes thick, leathery, darkened, (lichenified) skin

b. Nail biting

Biting nails can lead to broken skin on the cuticle. When cuticles are improperly removed, they are susceptible to microbial and viral infections such as paronychia.

Saliva may then redden and infect the skin. Such as gingival injury, and malocclusion of the anterior teeth.

It can also transfer pinworms or bacteria buried under the surface of the nail from the anus region to the mouth. If the bitten-off nails are swallowed, stomach problems can occasionally develop.

2. Lack of physical activity & wrong body posture - Those who do not get adequate exercise and exposure to open air and sunshine. Couch potatoes, busy executives, etc.

3. Occupational hazards

4. Dietic factors & eating habits - We make various errors in our diet that affect our life severely causing various diseases that are related to coronary heart disease, stroke, liver disorder, disturb the function of gastrointestinal tract etc.

5. Disturbed sleep wake cycle - It causes:

- More frequent traffic accidents
- Heart patients are at greater risk for myocardial infarction in the week following the Daylight Savings time shift.

· There are important connections between a disrupted clock and chronic health issues, from diabetes to heart disease to cognitive decline.

6. Use of mobiles & laptops till late night - Night-time melatonin secretion is suppressed by a relatively dim light when pupils are dilated. This has been suggested as the main way through which prolonged use of devices such as laptops and smartphones before bedtime can have a negative impact on melatonin secretion, circadian rhythms and sleep.

7. Excessive use of earphones. Swimmer's ear: When you use headphones constantly and are exposed to loud music more than you should be, the ultimate result of this is swimmer's ear. Swimmer's ear causes inflammation, irritation or infection in the ear canal or the outer ear.

MANAGEMENT OF LIFESTYLE DISORDERS

If no chronic miasm lurks in body, these disorders can be eliminated from our body by slight alteration in mode of living through good diet, regimen, and hygiene.

REFERENCES IN HOMOEOPATHIC LITERATURE BY DIFFERENT STALWARTS

:- Dr . Hahnemann mentioned that: As it is never good to overtax one's strength, he must stop working at 10 o'clock, then talk with a friend for an hour and after taking his medicine, go to bed with his head free from ideas from books or other intellectual work, he must walk for three quarters of an hour to an hour every day, but not immediately after a meal, having to rest for three quarters of an hour to an hour first. Without reading, without writing without relaxing, without indulging in leisure, it's impossible for the chronically ill organism to recover even with the most suitable remedies.

:-

http://www.pierreschmidt.ch/media/filer_public/e6/e8/e6e84419-628c-4957-99e9-b19034fb7b86/regles_hygieniques.pdf

:- Boenninghaussen Lesser Writings - He mentioned things to be avoided in diet :

- Cold meats and drink
- all sour and unripe fruit
- cucumbers and melons
- young or foaming wines
- fresh, unfermented cider
- fresh or imperfectly fermented beer, especially foaming beer
- water containing carbonic acid, such as Seltzer-water, Heppinger-water and water from like mineral springs
- coffee, tea, brandy, very fatty food, all sorts of spices
- infusions or tea made from elder-flowers, Chamomile, Baldrian, etc

- Doctors should see their patients at the beginning (of their practice) rather more frequently, but each time stay as short as possible, stay as far away as possible from the bed and the night vase (basin), and above all they should take care that the room be fully ventilated before arrival.
- The doctor should change the clothes he wore to contagious patients before approach other patients too closely, and the first should be hanged in a ventilated place where no one could approach them, until he needed them again to visit his patients

HOW DOES HOMOEOPATHY HELP?

- Homoeopathy assists the body to heal itself, to overcome an illness which brings the patient to a higher level of health.
- Homeopathic drugs act at level of mind as mind is the controller of the body. It ensures body mechanisms are carried out normally.
- Disease first shows itself at the level of mind in the form of anxiety, fear, fatigue, disinterest, mood swings, irritability, anger, dullness, indifference, lack of interest or excitement etc.
- Homoeopathic medicines send signals to the brain to control its hyperactivity or hyposensitivity and aid immune system to revert the health of the person in most natural way.
- Homoeopathy strengthens our weakened immune system to respond in times of crisis to function normally, thus bringing healing in the most natural and safe manner. It targets the mind to behave normally so that it is able to restore functions of the body.
- Dr. Boenninghaussen mentioned that along with removing what may foment disease, we need to select the remedies in accordance there with, and to come to the aid of the natural vital force, for which purpose our medical treasury affords us such valuable material.

HOMOEOPATHY CAN HELP FOLLOWING LIFESTYLE ERRORS WITH MEDICINE

We have rubrics in our repertories

8. Gulttony,
9. Drunkenness,
10. Night-watches,
8. Grief and vexation,
9. Abuse of the sexual instinct,
10. Damp dwellings,
11. Infected clothes,
12. Paints or papering of rooms, etc.,

These certain obnoxious influences even with the most careful avoidance of such ill effects continue to show their ill consequences for some time unless the proper medicine aids in this work.

- By walking barefoot, the feet lose their tendency to corns, gout, and swelling.

6. Regarding sexual hygiene

- For the mind to have strength and the body to have vigor, the genitals must bear in a perfect state of health and development.

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16. These certain obnoxious influences even with the most careful avoidance of such ill effects continue to show their ill consequences for some time unless the proper medicine aids in this work.

Top Grade Medicines Covering Ailments from Suppressed Sexual Desire

Apis
Camphor
Conium
Lyssin
Pulsatilla
Lilliumtig
Moschus
Kalibrom
Phosphoric acid
Hell.

Carbn-o
Carb-v
Kali-n
Berb.
Platina

Medicines for Ailments From Alcoholism In Complete Repertory

Phosphorus
Sulphur
Nux vomica
Phosphoric acid
Arsenic album
Calcarea carb
Lachesis
Zincum

Top Grade Medicines for Ailments from Night Watching In Murphy Repertory

Carcinosin
Cocculus
Nit-acid
Causticum
Coffea
Cuprum
Nux vomica
Selenium
Zincum

Top Medicines for Grief and Vexation In Complete Repertory

Aur.

Bryonia
Causticum
Cocculus
Nat-m
Ignatia
Staph
Phosphoric acid

Top Remedies for Ailments From Living In Cool, Damp Areas In Boericke Repertory

Dulcamara
Natrumsulph
Rhustox
Antim tart
Arsenic iod
Arsenic album
Nuxmoschata
Calcarea carb

CONCLUSION

We as a Homoeopath know it very well that correct application of knowledge regarding Lifestyle errors and miasm together we can help the suffering humanity in a great way.

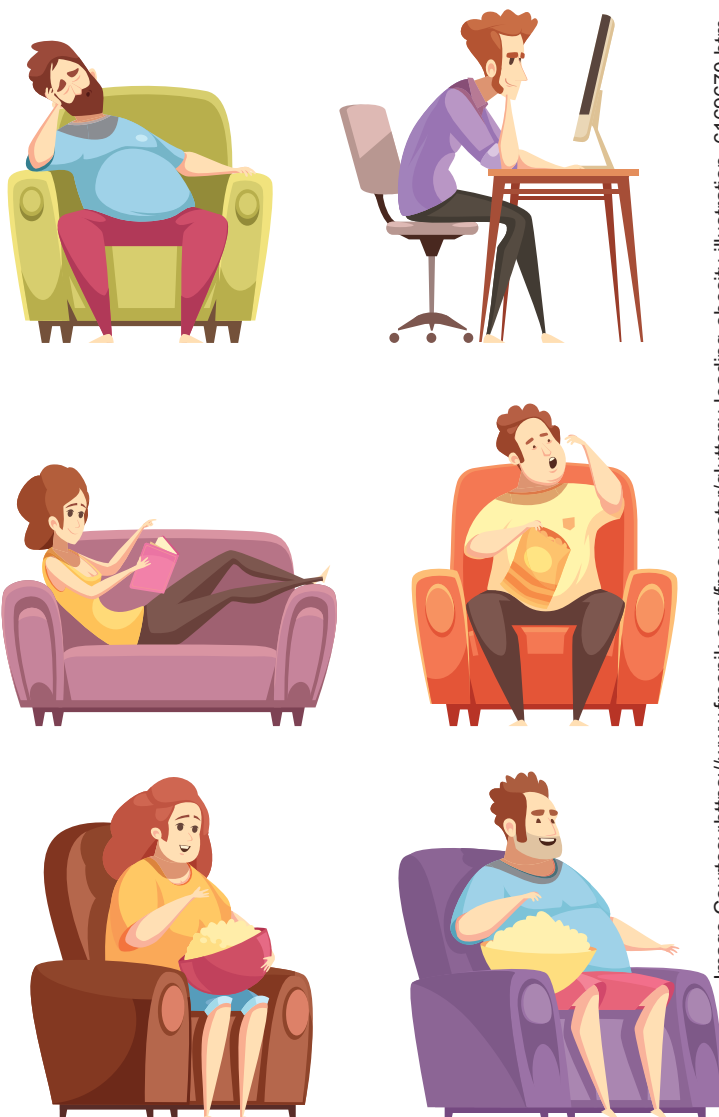


Image Courtesy: https://www.freepik.com/free-vector/gluttony-leading-obesity-illustration_6169670.htm



2022 NY Resolutions for the Homoeopaths

Here are 9 life hacks that sound like getting 9 lives out of this one that you got.

1

Learn Something New Everyday

Learning something new does not mean learning something outside homoeopathy. Within homoeopathy you can keep on learning new things every day. There is a lot happening on the homoeopathic scene. New cases, new researches and even new remedies are being discovered every day so much so that it is impossible to keep track of all the new developments. In order to keep yourself focused you can choose any area and read about it. For a suggestion I will recommend the reading of Organon, an aphorism a day. It is most relevant this year as IIHP has decided to celebrate the 100yrs of the 6th Edition of Organon from 1st December 2021 to 31st December 2022 by organizing a huge programme called 'IIHP Mission Organon 6E'. I have not been very regular with Organon but I find it gives you a new idea or its application every time you open and read it.

Apart from the above obvious reason there are several other benefits of continued learning from staving off the dementia to becoming a better and interesting person.

2

Read More Books

While you can learn new things online, in seminars and workshops; there is no pleasure like reading a book. Moreover as a homeopath you need to be consuming constantly a large portion of information every day and books are the biggest source of information which you can browse at your own pace. Books are informative, entertaining and enlightening. Books make you a better person. Books help you garner strong analytical skills and lead to an improved focus and concentration.

3

Stop Procrastinating

Internet is full of quotes about procrastination and here are few useful ones. 'Procrastination is the enemy of success.' 'Continuous improvement is better than the delayed perfection.' 'Action will destroy your procrastination.'

You don't need ADHD to procrastinate. Simple things like anxiety, fear of failure or a goal set in distant future may make you lose the motivation to do something. I understand simply coaxing yourself to do something may not work as the issues may be multiple and complex. Above all motivating yourself to do and pursue something is the main factor in overcoming this. Find out what motivates you and work on it.

4

Spend More Time in Nature

Replenish the constituent elements that make up your body as per the Hindu Belief System. Earth, wind, fire, water and space are said to be the constituent elements and any deficiency of these will cause weakness and illness. Even if you don't subscribe to these ideas, simply being in the lap of nature makes you a happy person while activities and exercising in the natural surroundings rejuvenate you.

5

Networking

If used judiciously comparing yourself with others is good. It helps you compare your strategies and results indicating your overall performance. It helps you learn new tricks of the trade simply by discussing many issues relevant to your practice. Seminars are a good occasion to socialize and make new friends with similar needs if not interests. Friends come handy when you need them, in times of crisis.

IIHP is a great networking platform for all those who are interested in homoeopathy. What you can't achieve personally you can collectively by being member of such professional associations and participating in its activities actively. A membership to it does not earn you the daily bread but sure it helps in doing so.

6

Get your documents in order

Homoeopaths use a lot of information to practice successfully. The idea is to keep your information in documents in an organized state so that it is retrieved easily and in time when you need it. Keeping this information in properly named documents will help you when you wish to review your reasons for prescribing in a similar case, the strategy or medicine. This practice comes handy or in other words is essential if you are a research oriented person. Review of your own cases successful or unsuccessful is great learning tool.

7

Travel More

Travel is the best antidote to the boredom. Travel is a great rejuvenating exercise if done at relaxed pace. It is a great learning experience. It educates you in real-life and in real time. It involves all of your senses to experience new things.

Seeing new things and new ways of living, how people live, learn how people react in different regions of the world or even in different parts of a country is a great learning experience. Informal meetings with colleagues in different regions will enrich your experiences through discussing and sharing your understanding of the subject and experiences.

8

Take Time to Reflect

"Knowing yourself is the beginning of all wisdom" Said Aristotle. At the end of the day or for that matter any other schedule, take time to reflect back on your thoughts and actions. This will guide you about your current state of being. When you reflect on your thoughts and actions, you gradually grow as a person. It is not always as easy a task as it sounds. As you are reflecting on your actions, you might find flaws and mistakes. It takes a lot of courage to accept your flaws and again a lot of effort to start working on them determinedly, but this is what reflection is all about. Working on yourself and constantly being your own (constructive) critic is vital for overall growth.

9

Polish Your Vocabulary

Last but not the least important point is to polish and sharpen your vocabulary. Its importance depends on the extensiveness of a person's personal vocabulary. Understanding and application of homoeopathic information depends greatly on the understanding of words used in homoeopathic literature. You not only need to know the meaning of the words, you need to know the circumstances of their use and must have the ability to differentiate between similar meaning words. A word may represent physical sensation or an emotion but your ability to differentiate between finer shades of the expression will always help you in accurate prescribing. This aspect becomes even more important if English is not your mother tongue.

3Rs

Just to summarise we can think of 3Rs that is

Renew / Recharge / Refresh

Renew by brushing up your knowledge of homoeopathy by reading new books and attending seminars and webinars.

Recharge by reading old books.

Refresh by reading other associated books and material like psychology.

IIHP : the Network for Qualified Homoeopaths

FIND THE REMEDY

Dr.A.Kaumudi padma mala

M.D

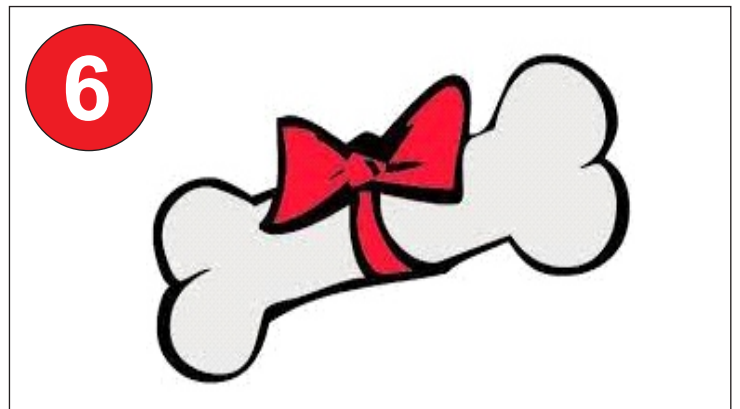
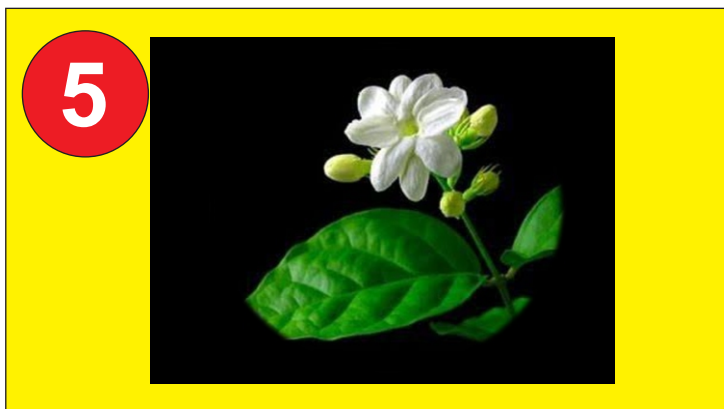
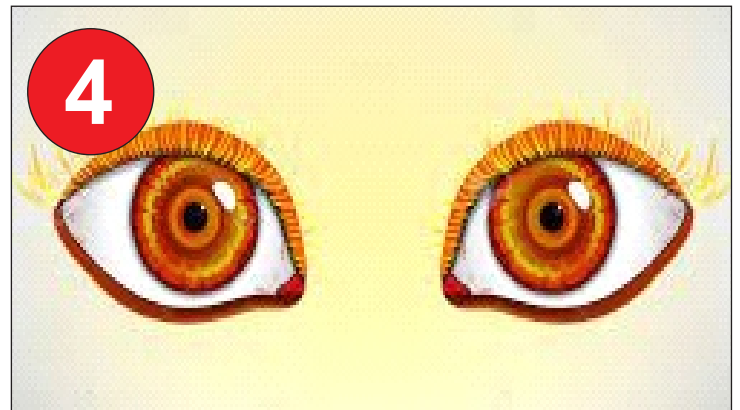
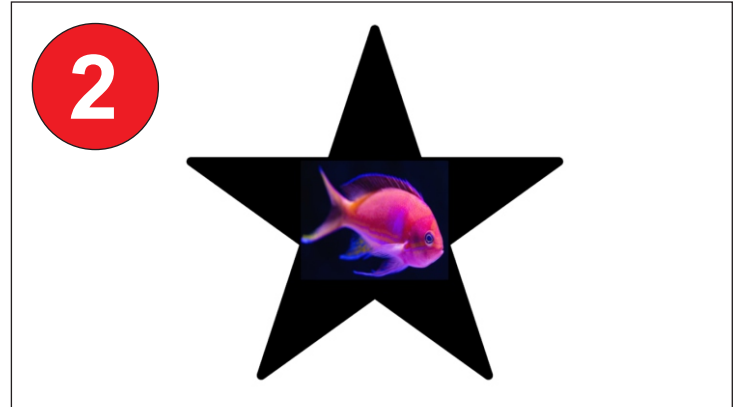
Sirivennela homoeo clinic

Visakhapatnam,A.P

9247177528

Kaumudipadmamala@gmail.com

Find the remedy from the pic which is a clue for the common name of the remedy.





**WITH IIHP
YOU MEET
GREAT PEOPLE
IN HOMOEOPATHY**



Image Courtesy: www.unsplash.com

LMHI & IIHP Signature Campaign

Image Credit: https://www.freepik.com/free-vector/electronic-signature-technology-operation-validation-digital-signing-electronic-documents-verification-virtual-agreement-confirmation_11689131.htm



THE POWER OF YOUR SIGNATURE

Reminder - LMHI Letter Drive to Write to WHO President re: Homeopathy & Antibiotic Resistance

Inbox

Bernardo Merizalde, MD

Mon, Jan 10, 8:05
PM (2 days ago) Re

to Gustavo, altunay, Evin, Raj, Ashley, Monika, Claudia, Gloria, Klaus-Hennig

Dear Colleagues,

This letter is a reminder of the Licensed Healthcare Provider Homeopathy Signature Campaign, intended to collect at least 10,000 signatures to submit to the Director General of the World Health Organization to consider Homeopathy's capability to assist in the problem of antibiotic resistance.

You can find the link, in various languages: English, Hindi, Spanish, Italian, Chinese, Russian, below the first notice of the 75th LMHI Congress, please find the letter underneath that advertisement; it is blue, with white letters, "The Letter to WHO."

<https://www.lmhi.org>

Thank you for your participation.

And please share with all your national organizations and colleagues, we need to make some noise!!

We are looking for at least 10,000 signatures. If everyone in the LMHI signs we will reach that number and more!!

Bernardo

INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS

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Ref. No.

Date

Dated 12th January 2022

CIRCULAR

Subject : LMHI Letter/Signature Drive to WHO Regarding-

Dear Members,

Please refer to my earlier communication regarding a signature campaign initiated by Dr. Bernardo Merizalde of LMHI regarding Homeopathy & Antibiotic Resistance addressed to World Health Organization.

In this connection I would like to draw your kind attention that earlier the petition was supposed to be signed by M.D doctors. Due to this many Homoeopathic graduates with BHMS/DHMS could not sign the petition. However, after IIHP Communication to LMHI to include BHMS/DHMS graduates for signing the petition, the LMHI has revised the draft petition by including BHMS/DHMS practitioners as eligible signatories.

In this connection, I would like to appeal all our members to visit the following web link of LMHI and sign the petition and submit the same as per the guidance given on the website. I am also forwarding the letter sent by Dr. Bernardo which is self-explanatory, for your kind perusal and necessary action.

Prof. Dr. Niranjana Mohanty the National Vice President of India to LMHI has already made an appeal to all qualified Homoeopathic Doctors from India to sign the petition.

IIHP being the institutional partner of LMHI, it is our duty to mobilize maximum signatories in the best interest of Homeopathy and its right place in the health care sector worldwide.

For signing the petition, please visit - <http://www.lmhi.org>

Dr. M.A. Rao

National President IIHP

How to Sign The LMHI Petition to WHO

Visit the Page
www.lmhi.org
On the lower part of the Home Page – Letter to WHO
Click on your language of choice



On the next page that opens
Fill the details
your first name > your last name > Email address > Select your country > Tick to apply your qualification > press SIGN button.
Thank you.

Please join LMHI today in petitioning the Director-General of the World Health Organization (WHO), Dr. Tedros Adhanom Ghebreyesus, to immediately begin training physicians in homeopathy as an adjunctive therapeutic measure to combat the looming crisis of antibiotic-resistant diseases.

Signing the letter is simple and takes only a minute of your time. Our deadline is January 30, 2022.

[TAKE ACTION](#) [LEARN MORE](#)

Enter your name, email, and country below to sign the petitioning letter to the Director-General. The petition is sponsored by Liga Medicorum Homeopathica Internationalis (LMHI) and administered through Americans for Homeopathy Choice (AFHC). Individuals who opt in to receive email updates will be added to the AFHC mailing list.

<div>First Name (required)</div> <div>Last Name (required)</div> <div>Email (required)</div> <div>Country</div> <div>Medical Credentials (required) Check all that apply</div> <div><input type="checkbox"/> MD <input type="checkbox"/> MBBS <input type="checkbox"/> MD(H) <input type="checkbox"/> ND <input type="checkbox"/> DO</div>	<div>1994 Supporters 10000 Needed</div> <div>Dear Dr. Ghebreyesus,</div> <div>As you know, the World Health Organization (WHO) is predicting that civilization faces a crisis of antibiotic-resistant diseases that may soon result in as many as 10 million deaths per year while pushing as many as 24 million people into extreme poverty.</div> <div>We, the undersigned, are duly licensed healthcare professionals practicing homeopathy, with the authority to diagnose and treat disease, who have reviewed the extensive research literature demonstrating the clear therapeutic value of homeopathy. Each of us has had extensive clinical experience successfully treating hundreds of thousands of patients suffering from infectious diseases worldwide.</div> <div>Homeopathy works, does not cause further antibiotic resistance, is generally devoid of side effects, is inexpensive, and is good for health of the planet.</div>
--	---



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Homoeopathic Physicians
National**



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Padmasri Dr. K.G. Saxena

1912-2003

Founder of Indian Institute of Homoeopathic Physicians

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Dr C. F. Samuel Hahnemann

1755-1843

Inventor and Founder of Homoeopathy

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Everything About IIHP – Online

www.iihp.in

Join Indian Institute of Homoeopathic Physicians

APPLICATION FORM FOR LIFE MEMBERSHIP

To

The National Secretary General

Indian Institute of Homoeopathic Physicians

Dear Sir,

I would like to join in IIHP as a Life Member. I am here with furnishing my details for your perusal.

Name of the Doctor : _____

Qualification : _____ Regn. No. _____

Name of the Board / Registering Council _____

Name of the College _____

Mailing Address with PIN Code _____

Contact details : Land Line _____ Mobile No. _____ Email ID _____

Introduced by : Dr. _____ Place _____

I am here with enclosing the Membership fees of Rs. 3000/- (Rupees Three Thousand only) by Cash / DD/ Cheque / Bank transfer towards Life Membership fees. All the cheques & DD's must be drawn in the name of "Indian Institute of Homoeopathic Physicians", payable at Nagpur

IIHP Account details

Name of the Account : Indian Institute of Homoeopathic Physicians

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

Branch : Coal Estate, Civil lines, Nagpur, Maharashtra

I here by undertake to abide by the Bye-laws, rules and regulations of IIHP

Signature of the Applicant

Signature of the introducer : _____

Date : _____

READ MORE

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<http://iihp.in/membership.html>

Why Join IIHP

<http://iihp.in/why-join-iihp.html>

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In This Networked World



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