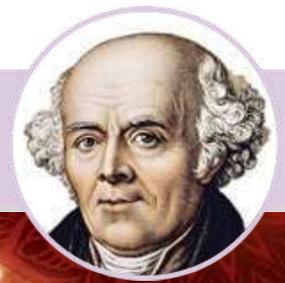


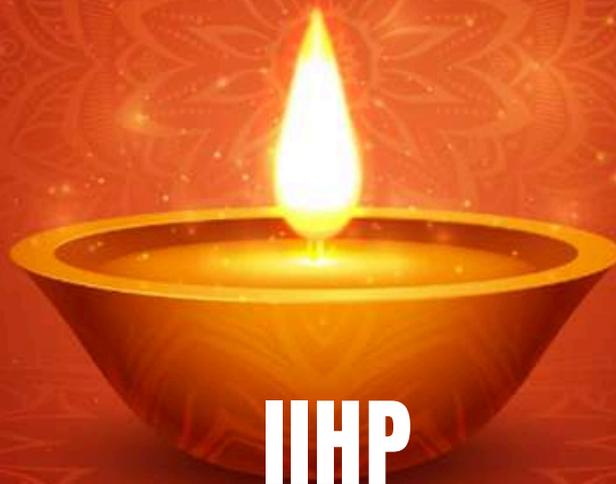


RATIONAL PHYSICIANS

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



Happy Diwali
FESTIVAL OF LIGHTS



IIHP

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ILLUMINATING THE PATH TO PROGRESS AND PROSPERITY THROUGH KNOWLEDGE SHARING

- Usefulness of Nosodes
- Secondary Infertility
- Lymphadenopathy
- Hirsutism
- Ill Effects of Tea
- Homoeopathy & Nutrition

THIS IS
THE SIGN
YOU'VE BEEN
LOOKING FOR



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IIHP : The Professional Association of the Institutionally Qualified Homoeopaths

www.iihp.in

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KEY NOTES The Editorial

Dr Sudhanshu Arya

As this issue of the Rational Physicians reaches in your hands the festive season will have begun already. Across traditions and celebrations that mark this time of year, let us embrace the common spirit of hope and harmony. Let this Diwali bring renewed energy to our mission, joy to our community, and peace to every soul we touch. Wishing you and your loved ones a sparkling Diwali filled with 3Ws of wisdom, wellness, and warmth.

Talking of festivals - Dr K G Saxena's Birthday is one such festival which was celebrated with fervour across the country by all IIHPians. Its importance is known to all but to make it more popular we have dedicated a new page on our website to the cause of Homoeopathy Vikas Divas and launched a hash tag to it. #HomoeopathyVikasDivas. You can read in detail, in this issue of your beloved journal, about the various programmes held in this respect.

In addition to the HVD [Homoeopathy Vikas Divas], IIHP, especially its Women's Cell, under the leadership of chairperson Dr Geeta Mongia, extended its full support to the Swasth Nari Sashakt Parivar campaign launched by our Prime Minister Modi ji.

With the same celebratory spirit we participated in the One Day National Seminar by IIHP MP State, held at Gwalior. IIHPians from all over India travelled to participate in it. Travelling is one great way of gathering knowledge and information from around us and many of us will be travelling to Dubai to participate in the 3rd International Ayush Conference and Exhibition in February 2026. Winter season is the seminar season, especially in India, as the scorching heat and rains are over. Brace yourself to participate in many more seminars spread all over India and make sure to keep visiting IIHP website about news and reviews regarding these forthcoming programmes.

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

Dr Sudhanshu Arya
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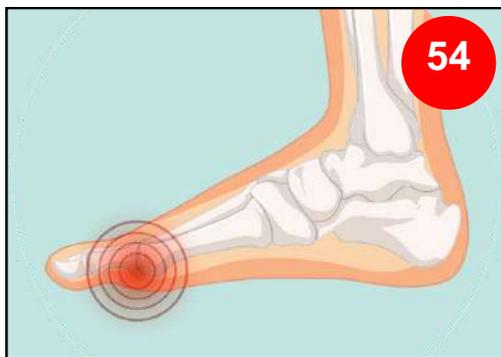
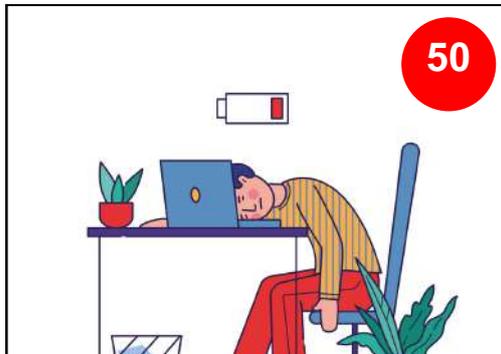


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RATIONAL PHYSICIANS

October – December 2025 | Contents



- 3 Editorial
- 5 News & Upcoming Events
- 37 Letters to the Editor
- 37 Road-Map
- 38 The Effectiveness Of Individualized
- 41 Homoeopathic Treatment In Psoriasis
- 44 Usefulness of Nosodes in One-Sided Diseases, Ayushi Pandey
- 46 Ill-effects of Tea with Homoeopathy-1
- 50 Weakness - A Case Study
- 54 Constitutional Treatment in a Case of Gout
- 56 Homoeopathy Heals Chemical Dermatitis
- 59 Successfully Treated Hirsutism
- 63 Secondary Infertility Treated With Homoeopathy
- 66 Homoeopathy and Nutrition Sub-centimetric Lymphadenopathy
- 70 Puzzle

◆ DISCLAIMER ◆

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NEWS & UPCOMING EVENTS



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01 July 2025

Dr. N.R.JAYAKUMAR honored by Director ISRO



Dr. N.R.JAYAKUMAR was honored by Director of ISRO -Sri Harikotta for serving as AMO to ISRO staffs on the occasion of National Doctors day on July 1st 2025.

02 July 2025

IIHP Vijayawada unit Observes Founder's Death anniversary

NEWS & UPCOMING EVENTS



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IIHP Vijayawada unit observed the 182nd Death anniversary of founder of Homoeopathy, Dr Hahnemann, on 2nd July, 2025, in the chambers of Dr KRK PRABHAKARA MURTY's Kasturi Homoeo clinic, at Vijayawada. In the morning hours senior doctors KRK & Prasad garlanded the founder's portrait. Dr Prabhakara Murthy paid rich tributes to the master and said his last rites were attended by few people only. Later his mortal remains were removed to place them in a cemetery especially meant for Glorified personalities. He further said this type of changing was in practice earlier, as great Napoleon Bonaparte's mortal remains were also changed from St Helena islands to Paris, more or less in those times only. Dr Bhaskar narrated his trip to Paris and visit to Hahnemann's grave. President Dr Narendra, Dr D Prasad, Dr S Ramakrishna, Dr Kishore, Dr Jyothi, Dr KV Brahmam, Dr Hanumanth Rao and others participated and paid floral tributes to Dr Hahnemann. Light refreshments were served by the Secretary.

02 July 2025

IIHP Andhra Pradesh Urges to participate in Memorial Observance

INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS ANDHRA PRADESH STATE BRANCH <small>Regd. No. 14247</small> State Office Address : Sa' Surya Homoeo Clinic, Kumanrapalem, Visakhapatnam-46 IIHP AP STATE EXECUTIVE COMMITTEE (2025-2027)		
PRESIDENT Dr. D. Narendra Nath <small>RAJESWARA HOMEOID 7th Line, Chandrababu Nagar, Guntur - 07 ☎ 9849560336</small>	GENERAL SECRETARY Dr. P.B.K. Satish <small>SRI SURYA HOMEOID CLINIC Korumantapalem, VSP-46 ☎ 9849009710</small>	TREASURER Dr. M.S.R. Sastry <small>SRI GAYATHRI HOMEOID CLINIC D.No. 2-B-3, Venkat Nagar, Kakinda- 03 ☎ 9848065479</small>
<p>Immediate Past President & CEC Member : Dr. VK Pankajakshan, Eluru Cell : 9440183626</p> <p>State Advisors : Dr. MDV Ramana Rao, Guntur Cell : 9848477690 Dr. KVRLN Sarma, Vizag Cell : 9849253805 Dr. B.S. Venkateswar Rao, Vizag Cell : 9849182052</p> <p>Vice Presidents : Dr. B.S. Mohan, Amalapuram Cell : 9491232004 Dr. P. Chandrasekhar Rao, Vizag Cell : 9849807255 Dr. P. Kumaralah, Ananthapur Cell : 9441519899 Dr. N.B.V. Tirak, Rajamahendravaram Cell : 9440426979</p> <p>Joint Secretaries : Dr. K.Vivekananda, Srikakulam Cell : 9293763613 Dr. Kurapati Srinivas, Eluru Cell : 9885202326 Dr. D. Kodanda Rami Reddy, Guntur Cell : 8121494438 Dr. I. Lakshmi Deepak, Vijayawada Cell : 9491348193</p> <p>Ladies Representatives : Dr. P. Kamalavalli, Guntur Cell : 9848401490 Dr. V. Balitha, Vizag Cell : 9849793978 Dr. Shanthi Priya, Ananthapur Cell : 9959869510</p> <p>Cultural Secretary : Dr. P. Hariprasad Rao, Chikakalapeta Cell : 9012924987</p>		
<p>Dr. CFS HAHNEMANN Memorial Observance - 02nd July-2025</p> <p>“Homoeopathy is a perfectly simple system of medicine, remaining always fixed in its principles as in its practice.” -Dr. Samuel Hahnemann 10 April, 1755 - 2 July, 1843</p> <p>We pay tribute to the founder of Homoeopathy, Dr SAMUEL HAHNEMANN, on his death anniversary. Let's honor his pioneering work and legacy by continuing to promote holistic health and wellness.</p> <p style="text-align: center;"> AP State President </p> <p style="text-align: center;"> AP State General secretary </p>		



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In a letter issued by President - IIHP AP state urged the members to participate in Memorial Observance on 2nd July on the death anniversary of Dr Hahnemann.

15 July 2025

IIHP Haryana delegates held a productive meeting with Haryana Health Minister



IIHP delegates held a productive meeting with Haryana Health Minister Madam Arti Singh Rao Ji at the Civil Secretariat, Chandigarh, followed by discussions with Registrar Dr. Vaibhav Badani and Superintendent at the DG AYUSH office in Panchkula. The meetings, held in a positive atmosphere, focused on advancing Homoeopathy in Haryana. Key points discussed were 1. HPSC rule framing for HMO posts 2. Immediate filling of 120 HMO posts as announced by CM Haryana 3. Create Deputy Director post at DG AYUSH 4. Revival of Stalled Homoeopathic Medical College, Ambala 5. Strengthening Homoeopathy at Sri Krishna AYUSH University Kurukshetra with PG Course & Research Department 6. Expanding Homoeopathic dispensaries with permanent posts.

Attendees: Dr. Vinod Sangwan, National General Secretary, IIHP, Dr. Anil Sharma, National Executive Member, IIHP, Dr. Ashok Verma, State President, IIHP Haryana, Dr. Avneet Singh Warraich, State General Secretary, IIHP Haryana, Dr. Anoop Singla, State Spokesman, IIHP Haryana.

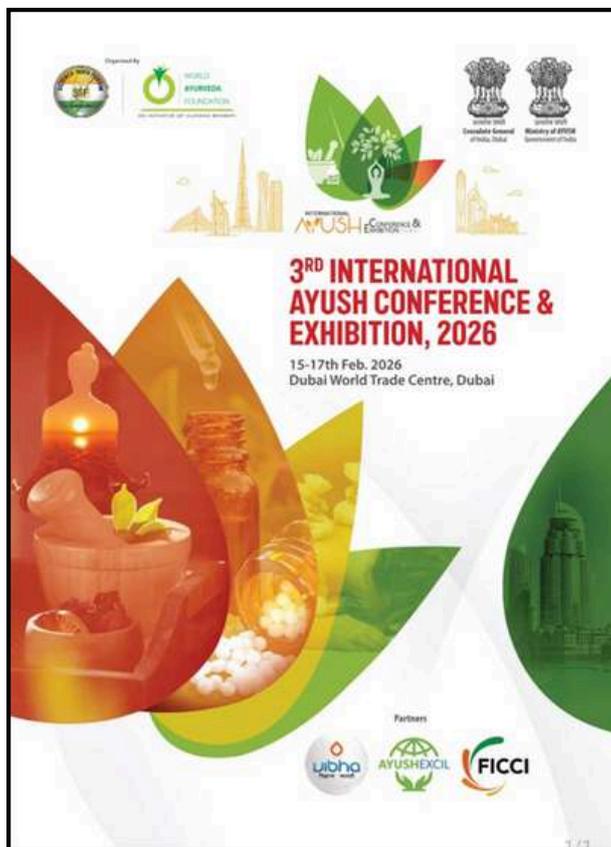
NEWS & UPCOMING EVENTS



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17 July 2025

3rd International Ayush Conference and Exhibition, Dubai in 2026



Dr. Vaneeta from Dubai reported about an international AUSH event being held in Dubai in February 2026.

17 July 2025

Indian Institute of Homoeopathic Physicians (IIHP) Punjab Branch Elections



NEWS & UPCOMING EVENTS



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Today's election for the Core Committee (2025–2027) for IIHP Punjab state unit was conducted at Lord Mahavira Homoeopathic Medical College, Ludhiana. The committee comprises dedicated professionals committed to advancing the science and practice of homoeopathy in Punjab.

President : Dr.Promod Kumar (Principal, LMHMC & H), General Secretary : Dr.Pardeep Singh, Finance Secretary : Dr ParveenKaur, Vice Presidents: 1. Dr.Vipan Gupta, 2. Dr YadwinderVasudeva, 3. Dr Ravinder Singh, 4. Dr Vikas Gupta, Organising Secretary: Dr.BrijBhushan, Joint Secretary : 1. Dr.Ankit Mehta, 2. Dr.VidhurVithal, Advisors : 1. Dr.GurpreetKaur, 2. Dr.TanvirHussain
Reported by Dr Rajesh Sofat.

20 July 2025

IIHP Delhi State Branch Organises CME with Dr MdParvez

**INDIAN INSTITUTE OF
HOMOEOPATHIC PHYSICIAN
DELHI STATE BRANCH**

**Join Us for CME
on
“TRAUMA AND
STRESSOR- RELATED
DISORDERS”**

**20th July 2025, Sunday
Time : 3:00 Pm - 5:00 Pm**

Dr. MD PARVEZ
BHMS (DELHI)
PG SCHOLAR IN
ORGANON OF MEDICINE AND
HOMOEOPATHIC PHILOSOPHY

**Venue: Dr. B.R Sur Homoeopathic
Medical College, Hospital and
Research Centre, Nanakpura, Moti
Bagh, New Delhi 110021**

IIHP Delhi State Branch organised a CME on Trauma and Stressor related Disorders on 20th July 2025. The speaker was Dr MdParvez. It was held at Dr B R Sur Homoeopathic Medical College, Hospital and Research Centre, Moti Bagh, New Delhi.

20 July 2025

IIHP Telangana Organized a Webinar on Autism




Indian Institute of Homeopathic Physicians (IIHP)
Telangana State
Organizing a Webinar on
“Autism – Its Deeper Insights with Homeopathy”

Speaker: Dr. T. Deepak Varma B.H.M.S.
Classical Homeopath, Khammam
Convener, CME Programmes, IIHP, Telangana State
Date: Sunday, 20.07.2025
Time: 6 PM – 8 PM

Moderator : Prof. Dr. Ch. Srinivas Reddy M.D. (Hom.)
Vice Principal (Admin),
JSPS Govt. Homoeo Medical College, Hyderabad

Organized by:

Dr. G. Chandra Sekhararao	Dr. Ch. Hari Krishna	Dr. N. Rambabu
President IIHP Telangana State	General Secretary IIHP Telangana State	Treasurer IIHP Telangana State

And
Team, IIHP Telangana State
All Are Invited

The webinar link will be shared shortly.

IIHP Telangana organized a webinar on Autism – Its Deeper Insights with Homoeopathy. The speaker was Dr T Deepak Varma. The webinar was moderated by Prof. Dr Ch. Srinivasa Reddy.

20 July 2025

IIHP Visakhapatnam Unit Organized Installation Ceremony of the new committee with seminar



NEWS & UPCOMING EVENTS



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Dear Doctors, Today we have conducted first CMEP. Our General Secretary Dr.RajaSrikanth invited me and Dr.Sarmagaru AP state advisor who has introduced Visakha office bearers.LaterDr.RaghavendraRao, new president has done PramaanaSweekaaram with all members.LaterDr.K.Sarma, Dr.G.Radhika, Dr.B.Sasidhar have spoken for the new office bearers and the welfare of young practitioners.LaterDr.M.ChandraSekhar, CMEP Convenor gave a lecture on Rare and Underrated remedies in daily practice, dealt on essential practical points.Later a Quiz conducted by Dr.P.Siva Rama krishna and Dr.G.Rajendra Prasad. Lastly Snacks & Tea served to more than 30 participants. Next CMEP will be in Sept.Free camp in Aug - by Dr.V.Sunitha, Org.Secretary.
Reported by - Dr.P.RaghavendraRao, President, IIHP -Visakha

20 July 2025

CME program titled "Homoeopathic Approach in Autoimmune Disorders" organized by IIHP Lucknow SCR



On July 20, 2025, a Continuing Medical Education (CME) program titled "Homoeopathic Approach in Autoimmune Disorders" was organized by IIHP Lucknow SCR at the Dr. O.P. Srivastava Centre for Advanced Study in Homoeopathy, located in Lucknow. The event featured lectures by Adarsh Kumar Singh, Dr.Archana, Dr.Gauri Shankar, Dr.AmbujShukla, Dr.RachnaSrivastava, and Dr. Sunil Kumar.

As part of the program, a quiz competition was held on the same topic. Dr. Sugandha Srivastava secured first place, Dr.Ayushi came second, and Dr.AmitSrivastava stood third. All winners were awarded prizes.

The event was graced by the presence of Dr. O.P. Srivastava, President of the Indian Institute of Homoeopathic Physicians (Uttar Pradesh), Dr.MadhuRanjan (Vice President), Dr.AmbujShukla (Secretary), and Dr. P.K. Maurya (Treasurer), among others.

Prof. Dr.RenuMahendra, President of IIHP Lucknow SCR, along with Dr.AvinashSrivastava (Secretary) and Dr.AmitSrivastava (Treasurer), warmly welcomed all attending doctors and contributed significantly to the success of the CME.

Additionally, all participants were awarded certificates for attending the CME.

The program was also attended by Dr.AnshulSrivastava, Dr.SatyaprakashMaurya, Dr. J.P. Yadav, Dr.Uday Raj Maurya, and other distinguished doctors.

NEWS & UPCOMING EVENTS



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21 July 2025

IIHP CHD STATE BRANCH delegation met the new Principal of HMC Chandigarh Dr Renuka Tandon



A delegation of IIHP CHD STATE BRANCH led by Dr. B S Chandhok National Advisor, Dr Dushyant Trigotra National Jt. Secy North & Dr Pankaj Prasher met the new Principal of HMC Chandigarh Dr Renuka Tandon. Reported by Dr Chandhok.

23 July 2025

IIHP Chandigarh State Branch AGM



NEWS & UPCOMING EVENTS



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IIHP CHANDIGARH STATE BRANCH AGM held today. Smooth & unanimous consensus chose Dr Pankaj Prashar, a senior Homoeopath as the New President for the year 2025-27. Dr Renuka Tandon, Principal HMC Chandigarh was the Guest of honour.

26 July 2025

IIHP CEC Meeting at Gwalior



A CEC meeting of IIHP was held on 26th July 2025 between 6:30 p.m. to 9:30 p.m. at hotel Gwalior Regency, Gwalior, MP.

Lighting of the lamp and garlanding of portraits of Dr Hahnemann and Padmashri Dr K G Saxena was done by International Chief Coordinator Dr M A Rao and National President Dr KSS Siva Murthy. Floral tributes were paid by all the CVC members. Hosting IIHPMP state branch richly felicitated all the CEC members and all other invitees. National President Dr KSS Sivamurthy addressed the gathering and briefed all the activities and objectives fulfilled of IIHP in his trimester in his opening remarks. CEC unanimously approve the last CEC meeting resolutions held on 28 April at Delhi. National Secretary General Dr Vinod Sangwan reviewed the status of the life members and activities of the organisation across the country. National Finance Secretary Dr Prashant Bharbat detailed the updated balances of IIHP SBI and UCO bank accounts and fixed deposits. There were certain issues that were discussed in the meeting with Scientific Committee Chairman Dr Muktindar Singh, Dr Khawaja Samiuddin, Dr Anil Sharma and Dr Sudhanshu Arya.

Finally the hosting IIHP MP state General Secretary Dr Atul Gupta extended vote of thanks to all the participants of the CC meeting which was followed by sumptuous dinner.

27 July 2025

One Day National Scientific Seminar at Gwalior



NEWS & UPCOMING EVENTS



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Gwalior, July 27, 2025 – The Indian Institute of Homoeopathic Physicians (IIHP), Madhya Pradesh State Unit, successfully organized a one-day National Scientific Seminar at Hotel Radisson, Gwalior. The event brought together Homoeopathic doctors and postgraduate students from various states and Homoeopathic medical colleges across India.

The seminar commenced with the lighting of the ceremonial lamp and floral tributes to MaaSaraswati, Dr. Samuel Hahnemann, and PadmashriDr. K. G. Saxena, founder of IIHP. The chief guest of the inaugural session was Dr. K. S. S. Shivamurthy, National President of IIHP, and the special guest was Dr. M. A. Rao sir, International Chief Coordinator of IIHP.

Dr.Tajwar Khan, Chairman of the Organizing Committee, delivered the welcome address, while Dr.NarendraPathak, President of IIHP MP, presented an overview of the state body's achievements. Inspiring speeches were then given by Dr.Shivamurthy and Dr. MA Raosir.The inaugural session concluded with a vote of thanks by Dr.Atul Gupta, Secretary of IIHP MP.

The scientific sessions featured eminent speakers:

Dr.AjitKulkarni delivered the first lecture on “Utility of Body Language in Homoeopathy and Amazing Cases in Homoeopathy.”

Dr.TanvirHussain presented on “Role of Homoeopathy in Advanced Cases of Cancer.”

Dr.Juhi Gupta discussed “Annihilating the Mystery of Psoriasis with Homoeopathy – A Multidimensional Analytical Approach.”

Dr. Samir Chaukkar concluded with an insightful lecture on “Autism and its Management in Homoeopathy and Bach Flowers.”

The seminar ended with a valedictory ceremony, during which mementos were presented to participating doctors and delegates. Dr. V. K. Jain, Secretary of the Organizing Committee, proposed the final vote of thanks.

This successful event highlighted the growing importance of scientific exchange and collaborative learning in the advancement of Homoeopathy across India.

07 August 2025

CME on Autism and Homoeopathy at Kalaburagi, Karnataka



The Continuous Medical Education (CME) Cell and Career Guidance & Placement Cell of H.K.E.S. Dr.Maalakaraddy Homoeopathic Medical College & Hospital, Kalaburagi organized a combined academic and career-oriented program on 7th August 2025.

NEWS & UPCOMING EVENTS



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Following this, a Campus Placement Session was held, where healthcare and wellness organizations interacted with interns and final-year students.

The program was coordinated under the leadership of Dr. Nayeemunnisa Begum, Professor, PG Guide, Head of the Department of Practice of Medicine, Coordinator of the Medical Education Cell, and IIHP Central Executive Committee (CEC) Member. Dr. Begum, recipient of several distinctions has been instrumental in organizing regular CMEs that enhance the cognitive and psychomotor domains of students and faculty.

The Indian Institute of Homoeopathic Physicians (IIHP) has been a constant driving force in promoting academic excellence and professional growth through its CME initiatives, workshops, and networking opportunities. The involvement of IIHP members such as Dr. Samir Chaukkar and Dr. Nayeemunnisa Begum in this event reinforced the importance of IIHP's role in uplifting the standards of homoeopathic education and practice nationwide.

The event received overwhelming participation from postgraduate scholars, interns, and undergraduate students. It successfully combined clinical enrichment with career empowerment, reflecting the institution's commitment to holistic learning, professional guidance, and healthcare excellence.

07 August 2025

IIHP Telangana – Karimnagar Unit Organised CME



NEWS & UPCOMING EVENTS



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IIHP Karimnagar organized a CME on Ailments from, Clinical Importance of Rubrics in Acute Chronic Cases on 7th August 2025. Many doctors attended, actively participated and interacted in the discussions. Thanks and Greetings to our esteemed Speaker Dr. Krishnakanth for his session. Thanks to Dr Aruna for nice arrangements and homely delicious buffet breakfast.

10 August 2025

CME at Hanumakonda by IIHP Warangal & OHMA

Invitation

We Cordially Invite you on the Occasion of

CME PROGRAMME

On 10th August 2025 - 6.00pm onwards

Venue : **Hotel Ashoka**, Hanumakonda.

Dinner : **Follows..**

Guest Speaker
Prof. Dr. G. Chandra Sekhara Rao
MD (Homeo), Ph.D (Homeo), FHPC (Psychiatry), SCPH
Gold Medalist
President, IIHP-Telangana State

Chief Guest
Dr. B. Prameeladevi
Regional Deputy Director Dept. of AYUSH, Wgl.

Special Guests
Dr. A. Appaiah
DMGHO, Hanumakonda Dist.
Dr. M.N. Raju
Immediate Past President, IIHP-Telangana State

Guest of Honor
Dr. Ch. Harikrishna
General Secretary, IIHP-Telangana State

Invited by..

President Dr. K. Sudhakar Rao Cell : 9441903663	General Secretary Dr. N. Rambabu Cell : 9849662401	Treasurer Dr. Basani Srikanth Cell : 7331125356
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Organising Secretary
Dr. Pavushetty Sreedhar
Cell : 9515280646

and **OHMA & IIHP Committee**

**ORUGALLU HOMOEOPATHIC MEDICAL ASSOCIATION
&
INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS
HANUMAKONDA - WARANGAL**

Special Thanks to Our Sponsor : **SBL World Class Homeopathy**

A CME programme with eminent speaker Dr Chandrasekhar Rao was organised by IIHP Warangal Unit in association with Orugallu Homoeopathic medical Association at Hanumakonda.

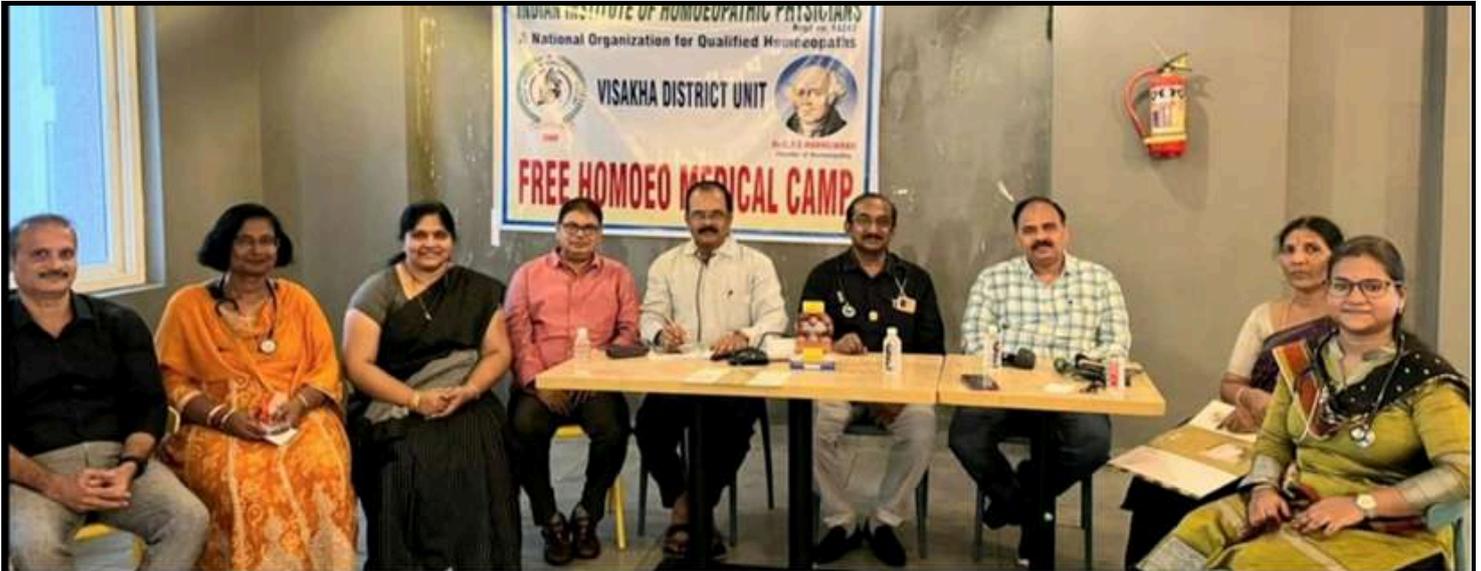
NEWS & UPCOMING EVENTS



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17 August 2025

IIHP Visakha District Branch Members conducted a Free Homeopathy Medical Camp



Indian Institute of Homeopathic Physicians- Visakha District Branch Homeo Doctors had conducted a Free Homeopathy Medical Camp at M.V.V.City, Madhurawada on 17/08/2025. IIHP State Chief Secretary Dr.P.Satish, State Vice President Dr.P.Chandrasekhar had inaugurated the camp. District President Dr.P.Raghavendra had created awareness regarding the Homeopathy treatment for all the patients who had attended the camp by addressing the fact that no need to take any strict precautions and the Homeopathy medicine can be used safely by all the age group people. Dr.G.Rajendra Prasad, Dr.SheetalMadan, Dr.G.Sravan Lakshmi, Dr.K.Ramesh and Dr.V.Sunitha from the organization had participated and provided Medical services to almost 120 patients. Organization Secretary Dr.V.Sunitha had given the Vote of Thanks and also had shared 9494361836 mobile number requesting people to contact this if any camps required in the Visakhapatnam District.

NEWS & UPCOMING EVENTS



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24 August 2025

IIHP Telangana State and Greater Hyderabad Chapter Organised a Seminar on Cancer



The seminar, Basic Cancer Module–One, was organized by IIHP Telangana State and IIHP Greater Hyderabad Chapter on 24th August 2025 at Hotel Western Ashoka, Hyderabad. The program was a grand success with excellent participation. Dr. Gurram Sreeram, medical oncologist from pi health cancer hospitals Gachibowli, spoke on Risk Factors & Screening in Cancers, highlighting early detection and preventive care. Dr. Tanvir Hussain, past President of IIHP, delivered an engaging session on the Homeopathic Approach in Cancer Cases, sharing valuable clinical insights. The event saw an enthusiastic response from members and non-members, creating an ideal blend of oncology and homeopathy. The sessions were followed by high tea and dinner.

Reported by Dr. Madhu Varanasi, President, IIHP Greater Hyderabad Chapter.

31 August 2025

IIHP Bareilly Unit Meeting Held



NEWS & UPCOMING EVENTS



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IIHP Bareilly held a meeting today [31st Aug 2025] at the clinic of Dr Sudhanshu Arya. Senior members Dr A K Rastogi, Dr G S Raizada along with Dr Praveen Gupta, Dr Deepak Saxena, Dr Dinkar Arya, Dr Pallavi Agarwal, Dr Seema Kumar, Dr Vivek Bhaskar Arya were present and discussed future plans of IIHP Bareilly especially regarding Homoeopathy Vikas Divas apart from general welfare of the members. It was decided to hold this important event on Sunday 28th September 2025. – Reported by Dr Sudhanshu Arya

31 August 2025

Installation ceremony IIHP Chandigarh State Branch



In a glittering get together on Sunday 31st Aug 25, Chandigarh State Branch of IIHP New President Dr Pankaj Prasher & Gen Secretary Dr Anuradha were installed at Chandigarh in the prestigious PCA Club over Igh Tea. Large number of members attended inspite of very heavy rain and flooding of roads.

31 August 2025

IIHP Jaipur Meeting Held



NEWS & UPCOMING EVENTS



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A general meeting of Indian Institute of Homoeopathic Physicians, Jaipur was held on 31/8/25. The matter discussed and decisions taken were.....1. Under the Organizing secretaryship of Vice-president Dr.Pancet Shah, a National webtune will be hosted/organised by IIHP Jaipur.2. To improve the awareness about Homeopathy a Car Rally will be organised, we will try to ensure participation of Senior homoeopathic Physicians, other homeopathic organisations, Pharma organisation and public. Dr. Husain Abbas and Dr.Sayema Ali will coordinate this.3. In September a free Medical Camp will be organised, Dr.Mukesh Gupta will coordinate this.4. For now, we are 29 members. Life Membership of IHP is open for qualified homeopathic Physicians, interns and final year students.5. In October or November an Educational Seminar will be organised at Jaipur.6. For promotion of Homeopathy, IIHP Social media activities will be initiated, Dr.KirtyShekhawat will coordinate, Joint Secretary Dr. Husain Abbas will help in this.7. Need and uses of Artificial intelligence in Homeopathy was discussed by Dr.Mukesh Gupta, he will coordinate for this.8. Dr. Ajay Yadav, General secretary highlighted the activities of IIHP at all India level and of Jaipur unit.9. Thursday educational classes will be kept continued, participation of learner and teachers will be increased. Dr. AK Laduna will keep on coordinating this. 10. Life Membership certificate were presented to honourable new members Dr.Sunita Gupta, Dr.NehaPanchal, Dr.KirtiShekhawat, Dr.Saad Khan. Vote of Thanks was given by. President Dr. AK Laduna to all members who attended the meeting despite rain, distances and Sunday family liabilities. Special thanks to Dr.Mukesh Gupta for selection of venue, delicious food and other coordination.

02 September 2025

Homoeo Medical Camp Organised by IIHP Visakha Unit



Homoeo Medical Camp on 2/9/25 was inaugurated by Visakha senior political leader and present MLA Sri Vamsi Krishna Srinivas and medicines distributed to the first patient. Dr.G.Rajendra Prasad, Dr.P.B.K.Satish (AP state General Secretary) Dr.S.Anand, Dr.K.Ramesh, Dr.VakaSuneetha (Visakha unit Organising Secretary) Dr.P.Raghavendra (Visakha Unit President) organised the total medical Camp and supplied one month medicines for over 100 patients.

NEWS & UPCOMING EVENTS



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14 September 2025

IIHP Nagpur unit and Maharashtra Branch celebrated Homoeo Vikas Divas



Today The IIHP Nagpur unit and Maharashtra Branch celebrated HomoeoVikas Divas in memory of Dr. K.G. Saxena at ManavVikas Multipurpose Society, located near Khapa, on the Karanja Amravati Road, approximately 70 km from Nagpur. Distribution of Blankets, towels, toiletries and Groceries was done to the inmates. Dignitaries present on this occasion were, Dr. M.A. Rao Sir, Dr.VasantiRao, Dr.FalashrutiThape, Dr.NamrataKhajanji, Dr.Mahliqa Sheikh, Mr.Devendra Thakur. Event was well organised by Director Mr.RajabhauJodh .

Reported by Dr.NishikantThape . Vice President West Zone IIHP and Secretary ManavVikas Multipurpose Society Khapa.

14 September 2025

3in1 Programme by IIHP Nizamabad Unit



NEWS & UPCOMING EVENTS



Image Credit: <https://www.vecteezy.com/vector-art/2934804-online-news-vector-illustration-flat-computing-background>. Artist: Юлия Ганюкина

On 14-9-2025, Sunday at Nizamabad Homeopathy Vikas Divas celebrations, CME programme and Investiture ceremony hosted by IIHP Nizamabad Dist Unit was a grand success by Gracious presence of our IIHP National President Dr K S S Sivamurthy, National Vice President Dr Mahesh Pagadala, Telangana State President Dr Chandrasekhar Rao and his team & Active participation of doctors in and around Nizamabad district. The programme began with Dr KG SAXENA's Birth Anniversary celebrations as HOMOEOPATHY VIKAS DIVAS by Lightening Lamp, Garlanding Portraits & Cake cutting etc. CMEP started with Chief speaker Dr Chandrasekhar Rao sharing his ideas about Homoeopathic treatment in Infertility & Carcinoma cases. Second speaker Dr Harikrishna shared his ideas about Hypertension and Homoeopathic approach. Third speaker Dr M N Raju shared his insights into Metrohagia and Homoeopathic treatment. Fourth speaker Dr G Krishnamurthy shared his ideas about Hormonal disorders and Homoeopathic treatment. The exchange of ideas created vibrant atmosphere where knowledge, experience and perspective was shared openly. Every session maintained high level of engagement reflecting keen interest of participants.

After Sumptuous lunch Investiture ceremony of IIHP Nizamabad Dt was conducted by National & State Office bearers. All newly elected executives were felicitated with Shawl by our National President Dr Sivamurthyji and IIHP TG State Office bearers. Newly elected IIHP Nizamabad Dist Unit richly felicitated the National & TG State office bearers attending. The gathering celebrated heartfelt speeches of Achievements & Advancements of IIHP in our country by our National President & Others. Finally Newly elected IIHP Nizamabad Dist President Dr Krishnamurthy extended vote of thanks and Dr Deepak babu played National Anthem.

17 September 2025

IIHP Women's Cell Extends full support to SwasthNariSashaktParivar

Womens's Cell

Extends full Support to
**SWASTH NARI
SASHAKT PARIVAR
CAMPAIGN**

17 September - 2 October 2025

#SWASTHNARISASHAKTPARIVAR

- Free Check-up of Women of all Ages.
- Nutrition related Information and Counselling.
- Menstrual Cycle related Awareness and Counselling.

TIME

CONTACT
Dr Geeta Mongia
+91-9910992075

NEWS & UPCOMING EVENTS



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With the launch of the National Campaign ‘SwasthNariSashaktParivar’ by GOI under the guidance of Prime Minister Modiji, IIHP decided to support this programme with full dedication. This led to organization of various programmes by different branches all over India. The Women’s Cell of IIHP under the dynamic leadership of Dr GeetaMongiaji took up the job with aplomb and saw organization of medical camps, awareness camps and even awareness rally by IIHP members.

19 September 2025

IIHP Puducherry UT branch conducted the Birthday celebration of Padmashri Dr K G Saxena



The IIHP Puducherry UT branch conducted the Birthday celebration of our beloved Padmashri Dr KG Saxena ji very Founder General Secretary of IIHP and a legend in Homoeopathy as directed by the IIHP Central Committee to celebrate his birthday 2025 as Homoeopathy Vikas Divas. Wonderful CME program and an awareness program on Ophthalmic Diseases lectures by the VASAN EYE CARE Doctors of Puducherry. Dr Senthil Kumar Jegadesan President In-charge of BERH, National Commission Of Homoeopathy Ministry of AYUSH Govt of India has Participated as Chief Guest. Congratulations to Dr M PrakashRao President IIHP Puducherry and Dr N Balaji General Secretary IIHP Puducherry for their efforts.

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NEWS & UPCOMING EVENTS



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21 September 2025

IIHP UP & Lucknow – SCR Unit Organises Live Webinar

LIVE WEBINAR

Organised by
IIHP - UP & Lucknow SCR Unit

Topic :
Understanding Migraine & Its Homeopathic Perspective

Date
Sunday, Sep 21st 2025

Time
At 04.00 - 05.00 PM

Speaker
Dr. Ambuj Shukla
BHMS (Gold Medalist)
PG Hom.(London)
PGNAHI

LINK WILL BE
UPDATED SOON...

A Live Webinar on Migraine and Its Homoeopathic Perspective was organised by IIHP UP State and Lucknow SCR Unit on 21st September 2025, Sunday, 4-5pm. Speaker was Dr Ambuj Shukla, Secretary UP State Branch. The webinar was very well moderated by Dr Rachna Srivastava

21 September 2025

IIHP Greater Hyderabad Organises Homoeopathy Vikas Divas



NEWS & UPCOMING EVENTS



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On the occasion of "HOMOEOPATHY VIKAS DIVAS," the IIHP Greater Hyderabad Chapter organized a cake-cutting ceremony, sponsored breakfast, and distribution of essential items to orphan children. Report by Dr.Madhu Varanasi.

21 September 2025

IIHP Andhra Pradesh State and Visakha Unit organised 113rd Birth Anniversary of Dr K G Saxena



Indian Institute of Homoeopathic Physicians – Visakhapatnam District and Andhra Pradesh State Homoeopathy Doctors on 21.9.2025, grandly celebrated the 113th birth anniversary of Padma ShriDr. K.G. Saxena, the founder of the institution and the first honorary homoeopathic physician to the President of India, under the title "Homoeopathy Vikas Divas" at the NSS Bhavan, Andhra University.

The event commenced with the lighting of the lamp by the State President of the institution, Dr. D. NarendraNath, who attended as the chief guest. Dr. G. Rajendra Prasad garlanded the portrait of Dr. Saxena, the founder of IIHP. The State General Secretary, Dr. P B.K.Satish, conducted the cake-cutting ceremony. Dr. B. VenkateswaraRao gave a speech on the life history and achievements of Dr. Saxena. The inaugural session was conducted by Visakhapatnam President Dr.RaghavendraRao. Following this, under the coordination of Medical Education Convener Dr. M. Chandrasekhar, speakers like Professor Dr.SanapalaAnandaRao delivered an educational talk on homoeopathic treatments for digestive disorders. Prominent doctors including Dr.Muralikrishna, Dr. S. SrinivasaRao, Dr.Rajendra Prasad, and Dr.VenkateswaraRao shared insights on important cases and their successful treatment methods.

Dr.VakaSunitha informed the gathering about the upcoming free homoeopathy medical camps, stating that one would soon be conducted at Ram Nagar. Dr.Shivakanthi distributed Life Membership Certificates of the medical association. The event concluded with a vote of thanks delivered by Secretary Dr. Raja Sreekanth.

Reported by Dr.P.B.K.SATISH, A.P.STATE GENERAL SECRETARY.

21 September 2025

IIHP Haryana State Unit Meeting Held

NEWS & UPCOMING EVENTS



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A meeting of Indian Institute of Homoeopathic Physicians (IIHP) Haryana was held on 21st September 2025 at Dr. Anil Sharma's Clinic, Rohtak. It was attended by Executive Members of IIHP Haryana, under the chairmanship of Dr. Ashok Verma, President, IIHP Haryana to discuss key initiatives and organizational matters.

It was decided that 1. Dr. K.G. Saxena's birthday will be celebrated annually as Homoeopathic VikasDiwas to promote homoeopathy. 2. A mega free medical camp will be organized in Jhajjar on 28 September 2025 to mark the occasion. 3. All district units of IIHP Haryana are notified to celebrate Homoeopathic VikasDiwas between 21 November and 28 November 2025 in their respective districts.

Election of Office Bearers, IIHP Haryana was held under the supervision of National Secretary General, Dr. Vinod Sangwan (Bhiwani), the following executive members unanimously elected:

Dr. Avneet Singh Warraich (Kurukshetra) as General Secretary, IIHP Haryana. Dr. Saurabh Sharma (Rohtak) as Joint Secretary, IIHP Haryana. Tapash Sangwan as Executive Member, IIHP Haryana.

A Homoeopathic Seminar at Ayush University, Kurukshetra will be held & Speakers: will be

1. Dr. R.K. Manchanda, 2. Dr. Anil Khurana, 3. Dr. Dilip Soni, 4. CCRH Team

The Tentative Date: First week of December 2025.

Planning of IIHP District-Level Meetings - Decision: IIHP meetings will be conducted in every district of Haryana under the supervision of state body members to strengthen organizational activities and outreach.

Promotion of Young Homoeopathic Doctors - To foster leadership and promote homoeopathic activities in the state, young homoeopathic doctors will be encouraged to take on responsibilities within IIHP Haryana. Specific roles and initiatives will be assigned to develop their leadership qualities and enhance their contribution to homoeopathic outreach and activities.

22 September 2025

IIHP Gwalior organises DR K G Saxena Birthday and hold a rally to promote female health under SwasthNariSashaktParivar Campaign of GOI



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IIHP Gwalior Unit CME Report

The IIHP Gwalior Unit, MP, organized a CME on 21st September in the memory of Dr. K.G. Saxena. The session featured two eminent speakers: Dr. Durgesh Pathak, who delivered an insightful talk on Dengue, and Dr. Divya Dixit, who presented on Recent Advancements and Researches in PCOD and PCOS (2025). The program was graced by Dr. M.K. Gupta, Chief Coordinator of IIHP, as the Chief Guest. Also present were Dr. Narendra Pathak, State President, Dr. Atul Gupta, State Secretary, along with esteemed dignitaries and advisors from MP State including Dr. Amarnath Pathak, Dr. Kalpana Tiwari, Dr. O.P. Gupta, and Dr. Rupa Anand.

The event was well-coordinated by the IIHP Gwalior Unit team led by Dr. Divya Dixit (President), Dr. Devesh Pathak (Secretary), Dr. Humera (CME Secretary), and Dr. Premrata Kushwa (Treasurer).

The CME concluded with a warm fellowship and a delightful dinner. The IIHP Gwalior Unit thanks all the doctors for their enthusiastic participation and looks forward to organizing more such academic and enriching programs in the future.

22 September 2025

IIHP Women's Cell Holds a Rally at Gwalior



NEWS & UPCOMING EVENTS



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Today, on the 22nd of September, the IIHP Women's Cell, Gwalior, in collaboration with VasundharaRaje Homoeopathic Medical College, Gwalior, organized a rally focusing on menstrual hygiene as a part of the Swasthanarisashaktbharatabhiyaan envisioned by the Hon'ble Prime Minister. The rally was actively participated in by the students of VRHMC, who carried handmade posters to educate women about the importance of menstrual hygiene and the role of homoeopathy in promoting well-being. On this occasion, the IIHP Women's Cell extends heartfelt gratitude to the Principal of VasundharaRaje Homoeopathic Medical College, the management team, President kushwah sir and the teaching staff for their gracious presence and support during the program.

25 September 2025

IIHP Agra Unit Celebrated Dr K G Saxena's Birthday Anniversary



Agra IIHP unit members celebrated Homoeo Vikas Divas by garlanding at the picture of Dr K G Saxenaji.

25 September 2025

IIHP Jaipur Organises a Webinar



INDIAN INSTITUTE OF
HOMOEOPATHIC PHYSICIANS,
JAIPUR
is Organising

WEBINAR

THE HIDDEN LANGUAGE HEALING ROLE OF HOMOEOPATHY IN

AUTISM

Facilitator -
Dr. AK Lodhna
President IIHP, Jaipur

Coordinator -
Dr. Puneet R Shah
Vice President IIHP, Jaipur
+91-998366775

Dr. Ajay Kumar
Gen. Sec. IIHP, Jaipur
+91-9782084283

Dr. Husain Abbas
Joint Sec. IIHP, Jaipur
+91-9920756852

YouTube LIVE
25th SEP 2025
Thursday
1:00PM - 2:00PM

On the auspicious occasion
of birthday of our most
prestigious & respectable,
Dr. K. G. Saxena,
Founder, Sec. General IIHP.



KEYNOTE SPEAKER



Dr. Vidur Vithal
MD (Hom.) PhDs.
- Core Committee Member as Joint Secretary in IIHP Punjab State.
- Experienced Homoeopathic Paediatrician.
- Expert in handling behaviour disorders ADHD, AUTISM etc.
(EMAIL: info@drvithal.com)

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TO REGISTER FILL GOOGLE FORM & JOIN OUR WHATSAPP GROUP

NEWS & UPCOMING EVENTS



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IIHP Jaipur is going to organise online Webinar on the auspicious occasion of birthday of our most prestigious & respectable Dr. K. G. Saxena (Founder Sec General IIHP).

Topic: The Hidden Language - The Healing Role of Homoeopathy in Autism Spectrum Disorder.

Keynote Speaker - Dr.VidurVithal BHMS, MD (Hom.) Paeds.Homoeopathic Pediatrician.Core Committee Member as Joint Secretary in IIHP Punjab State.Co-Director - Dr.Vithal's Homoeopathic Medicare Centre, Khanna. Punjab, India. He has extensive experience in managing children with Autism through individualized homoeopathic treatment. His patients showed notable improvements in communication, behavior, sensory integration, and social interaction in children with ASD.

27 September 2025

IIHP Women's Cell Kalaburagi, Karnataka Celebrates Double Dhamaka

IIHP WOMEN'S CELL KLB

CELEBRATES DOUBLE DHAMAKA

SWASTH NARI: SASHAKT PARIWAR-
Initiative by Govt Of India
Homeopathic Vikas Divas -
113th birth anniversary of
Padmashree Late Dr K.G.Sexana ji
Founder IIHP

 **saturday**
27th sep 2025

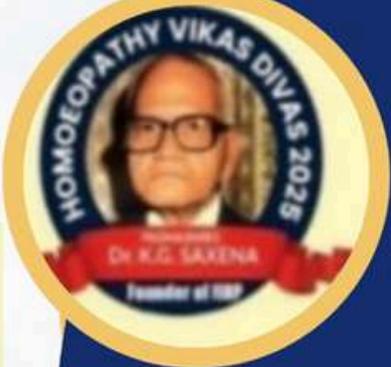
 **Time 11 am onwards**

 **National Degree**
College for women
klb

JOIN US

For an insightfull lecture on **'COMPLEXITIES OF WOMENHOOD AND HOMEOPATHIC MANAGEMENT'**

Speaker -DR NAYEEM UNNISA BEGUM
Professoer and HOD Hke's Dr MRHMC klb



Dr Nayeem unnisa



A Workshop called SwasthNariSashaktParivar & Homoeopathic VikasDiwas Celebration {Double Dhamaka} were organised at National Women's Degree College of Arts and Science Kalaburagi Karnataka. Guest Speaker was Dr. Nayeemunnisa Begum, Professor & HOD, H.K.E.S. Dr. Maalakaraddy Homoeopathic Medical College & Hospital, Kalaburagi

Dr. Nayeemunnisa Begum IIHP CEC member from Kalaburagi city chapter Karnataka organised a Double Dhamaka Celebration on the occasion of SwasthNariSashaktParivar—an initiative by the Government of India under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi Ji—along with the celebration of Homoeopathic VikasDiwas at National Women's Degree College of Arts and Science Kalaburagi Karnataka. The event aimed at empowering women with knowledge on health, wellness, and the role of Homoeopathy in family and community health.

The theme was Healthy Women – Empowered Families highlighting the importance of women's health in building strong families and a progressive nation. Along with this theme awareness was created on the role of Homoeopathy in preventive care, lifestyle management, and women's health issues.

Participants included Dr. Nuzhat Jahan principal National Women's Degree College of Arts and Science Kalaburagi along with the students from B.A & B.Sc. all semesters.

The program began with a formal inaugural session and welcome address by the college authorities. Dr. Nayeemunnisa Begum delivered an inspiring and informative guest lecture focusing on:

- Women's health as the foundation of empowered families.
- The relevance of SwasthNariSashaktParivar in today's socio-health scenario.
- The contribution of Homoeopathy in public health and women's wellness.

The interactive session witnessed active participation from students, with engaging discussions and questions. The feedback was highly positive, with many participants acknowledging the importance of health awareness and the role of Homoeopathy in family well-being. The workshop created a platform for motivating young women to take charge of their health and contribute to community empowerment.

28 September 2025

IIHP Bareilly Unit Celebrated Padmashri Dr K G Saxenas' Birthday as Homoeopathy VikasVivas

NEWS & UPCOMING EVENTS



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Padmashri Dr K G Saxena's Birthday was celebrated as Homoeopathy Vikas Divas by IIHP Bareilly unit at Dr Sudhanshu Arya' clinic on 28th September 2025. Many members were present despite the recent unrest in the city.

Programme started with the reading of Dr Saxena's Biography. It was read by Dr Seema Kumar which was followed by expression of gratitude and reverence to Dr K G Saxena. While discussing about Dr Saxena's struggle and efforts senior member Dr Rakesh Sharma reminisced about his own struggle in getting homeopathic colleges regularised and recognised by UP state govt in his college days. Dr Deepak Saxena talked about the problems faced by students of homeopathy today. Dr Sudhanshu Arya talked about 3Cs in the life of Dr Saxena. He said that Dr Saxena was 'Convinced' of action to get homoeopathy recognised by the GOI, he had 'Courage' to take action in this regard and at the same he was 'Committed' to this cause. Dr A K Rastogi thanked all who came to make this occasion memorable.

This was followed by cake cutting. It was done by former district president Dr A K Rastogi after which snacks were enjoyed by all members.

Reported by Dr Sudhanshu Arya

28 September 2025

IIHP Jhajjar District Unit organises a Free Medical Camp

पद्मश्री डॉ० के.जी सकसेना के जन्म दिवस पर
इंडियन इंस्टीट्यूट ऑफ होम्योपैथिक फिजिशियन, हरियाणा
जिला शाखा, झज्जर
निःशुल्क होम्योपैथिक कैम्प



पद्मश्री डॉ० के.जी सकसेना

दिनांक : रविवार 28 सितम्बर / समय : सुबह 9 बजे से दोपहर 2 बजे तक

सौजन्य से : माता श्योबाई बंसल चैरिटेबल होम्योपैथिक औषधालय, झज्जर

NEWS & UPCOMING EVENTS



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On the occasion of Homoeopathy Vikas Divas, IHP Jhajjar District Unit organised a free medical camp at the premises of Baba Prasad Giri temple, Jhajjar. More than 150 patients were given treatment. On this occasion Dr Ashok Verma - Jhajjar, Dr Anil Sharma- Rohtak, Dr Charu, Dr Yogesh, Dr BrijBihariYadav were present.

28 September 2025

IIHP Delhi state Branch celebrated Homeopathy Vikas Divas with Fanfare



IIHP Delhi state branch celebrated Homoeopathy Vikas Divas on 28th September 2025 with fanfare. Dr Madhu Rani Teotia IAS, Special Secretary to Chief Minister Delhi who happens to be a NHMC graduate was the chief guest and Dr Kinny Singh IAS, Special Secretary Health, Govt of Delhi & Dr Neeraj Gupta, Principal Dr B R Sur Homoeopathic Medical College were Guest of Honour.

A seminar on the topic 'PCOD : A growing concern ' was held on this occasion. Speakers Dr Shweta S Gupta, Prof Dr Madhu Agarwal, Dr Deepak Sharma, Dr Renu Garg, Dr Vikas Kumar Singh delighted a huge audience with their views.

Dr S C Gupta of Delhi was honoured with Life Time Achievement Award on this occasion.

28 September 2025

Free ENT Medical Camp organised on the occasion of Homoeopathy Vikas Divas at Farrukhabad



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कानपुर
 28 सितम्बर 2025 4

होम्योपैथिक चिकित्सा शिविर में मरीजों की जांच के साथ मिली



होम्योपैथिक निःशुल्क चिकित्सा शिविर में मौजूद मरीज।

दवाईयां

अजय सम्बन्धारी सेवा

परमेश्वर 27 सितम्बर। परमेश्वरी डॉ. केशव सम्बन्धारी के जन्मदिन के अवसर पर खास प्रसिद्धि के अर्हता के लिए डॉ. मधुरान सखसेना द्वारा आयोजित किया गया है। इस अवसर पर मरीजों को जांच, कान, गला का परीक्षण किया गया। इसके साथ ही उन्हें बताया गया कि दवाईयां किस तरीके से लेनी चाहिए। होम्योपैथिक में परम्परागत रूप से दिन जड़ी बूटियों का प्रयोग होता है उनके परिणाम अच्छे होते हैं। होम्योपैथिक दवाईयां

एर्बलिक रोगों में अधिक लाभ प्रदान करती हैं। डॉ. मधुरान सखसेना ने बताया कि होम्योपैथिक दवाईयां खाली पेट, एक छोटे चम्मच पानी के साथ लेनी जाती हैं। यदि दिन में तीन बार लेने के निर्देश हों तो सुबह खाली पेट लेनी चाहिए दूसरी खाने से पहले, तीसरी खाने से से पहले। यदि दवा को अधिक खुरक लेने का निर्देश हो तो अधिक खुरक दिन में समय के समान लेना चाहिए। यदि दवा लेने में कोई रुकावट हो तो फिर जिसके दवा बहुत सकते हैं। होम्योपैथिक दवाईयां का प्रयोग हर रोग के भीतर निहित गुणवत्ती रोगियों को जवाब करता है। अर्बलिक दवा लेने पर फलक परिणाम का कोई त्रुटि होता है। उन्होंने कहा कि होम्योपैथिक चिकित्सा पद्धति विश्व में चिकित्सा पद्धतियों में एक है। उन्होंने कहा कि होम्योपैथिक दवाईयां कभी नुकसान नहीं करती हैं। एर्बलिक जटिल रोग जटिल रोग का निदान होम्योपैथिक दवाईयां का प्रयोग

On the occasion of Homoeopathy Vikas Divas IIHP UP Vice President Dr MadhuRanjanSaxenaheld a Free medical camp at Farrukhabad in which ENT check-ups of the patients were performed and free medicines were given.

28 September 2025
IIHP Vijaywada Unit Observed Homoeopathy Vikas Divas



NEWS & UPCOMING EVENTS



Image Credit: <https://www.vecteezy.com/vector-art/2934804-online-news-vector-illustration-flat-computing-background-ArtistKjura-Ganonenko>

IIHP Vijayawada unit observed the 113th birth anniversary of Padmasri. Dr.K.G.Saxena (25th September 1912), today, ie..on 28-09-2025, in the chambers of Dr KRK PRABHAKARA MURTY's Kasturi Homoeo clinic, at Vijayawada, in the morning hours. Senior doctors KRK, Narendra, Radha Rani garlanded Dr. K.G. Saxena's portrait.

Dr Prabhakara Murthy paid tributes to Dr.K.G.Saxena and spoke about his great services in recognition of Homoeopathic system in India. He also told Dr Saxena came to Vijayawada on 30th March, 1982, had an exhaustive meeting in the clinic of Dr SithapathiRaogaru.As usual he spoke about the /his struggle for recognition of Homoeopathy in India, etc.Dr KRK, further narrated and requested all the doctors to spare some time and energy for the furtherance of the organisation.

President Dr Narendra, Dr ChanduRadha Rani, Dr S Ramakrishna, Dr Kishore, Dr Ramesh, Dr Ramya ,DrHanumanthRao, Dr Saranya and others participated and paid floral tributes to Dr.K.G.Saxena Light refreshments were served by the Secretary, he also proposed a vote of thanks.

Reported by -Dr N HanumanthaRao, Secretary, IIHP, Vijayawada unit(AP branch)

28 September 2025

IIHP Chennai-Tamilnadu Celebrates Homoeo Vikas Divas



IIHP Chennai and Tamilnadu organized a CME program on 28 9.25 Sunday evening at Madan Homoeopathic Clinic Adambakkam Chennai. Dr NRJayakumarGeneral Secretary IIHP Tamilnadu, at his Clinic premises,on the occasion of 113th Birth.Anniversary of Padmashri KG Saxena ,Homoeopathy Vikas Divas.

Dr M PrakashRao President IIHP Puducherry UT has participated as Chief Guest inaguratedthe event and at the end delivered his lecture. Dr KolliRaju President IIHP Tamilnadu delivered his lecture on brief History of Dr KG Saxena and his Contribution for the development of Homeopathy in India. Dr G NagendraBabu Head of the Department of Materia Medica Sri Sai Ram Homoeopathic Medical College Chennai delivered his lecture on Dr CFS Hahnemannian concept of Viral Diseases.Dr NRJayakumar General Secretary IIHP Chennai and Tamilnadu delivered lecture on Viral Fevers with Cases Presentation. Dr P B Kaushik MedicalDirector, Vasan Eye care Chennai delivered a lecture on Cataract and various Ophthalmic Diseases. Dr Asokan Chief Medical Officer Vasan Eye Care Hospitals Saidapet Chennai delivered his lecture on Common retinal Ailments.Dr G Preethi Chief Medical Officer, Vasan Eye Care

NEWS & UPCOMING EVENTS



Image Credit: <https://www.vecteezy.com/vector-art/2934804-online-news-vector-illustration-flat-computing-background>. Artist: Юлиан Ганюшин

Neelagrani Chennai delivered her lecture on A Modern Approach to Glaucoma and its treatment. Rtn Dr Lakshmi Pathy Chairman Indian Red Cross Society Puducherry UT has distributed the IIHP life membership Certificates. Dr JaiDeep Singh General Manager Vasani Eye care Chennai region participated and took care of all the arrangements. Mr Phillip Manager Vasani Eye care Chennai has coordinated the Program. Dr R S Saravanan Member C EC IIHP Participated and Delivered the vote of thanks. 40 doctors including students and Interns of the Venkateswara Homoeopathic Medical College Chennai also participated.

01 October 2025

IIHP Delhi and IIHP Women's Cell Organize a Camp



WOMEN CELL OF IIHP organised a Free Camp in NOIDA on 1st October 2025 (under SWASTH NARI SASHKT PARIVAR CAMPAIGN). A total of 104 Patients were seen out of which 78 were WOMEN only. At the same time Homoeopathic consultation given and Blood Tests with discounted rates provided. Female patients were given counselling for Menstrual problems, hygiene. Examination for breast tumour was done (4 out of 78 had positive signs for growth, so further investigations were advised). Sanitary napkins were also distributed.

It was a busy day for all of our team members...namely 1. Dr GeetaMongia 2. Dr KusumBhardwaj 3. Dr Anuj Kumar 4. Dr Nivedita 5. Dr SnehaValsangkar 6. Dr RukmaniUppal 7. Dr Kavita Labra 8. NutanPandit 9. AshaChauhan.

Path lab technicians were 1. Rajkumar 2. Sakshi

Helpers were 1. Sunil 2. Santosh 3. Kamal

Our special thanks to Mr NirmalLakhina (Medicine Palace).



#1 Association of Homoeopaths **Indian Institute of Homoeopathic Physicians**

IMPORTANT

Attention Contributors

From the March 2024 issue we are going to create index and searchable database for the Rational Physicians articles. All the contributors are requested to provide Key-words [maximum 20] and a Summary [maximum 35 words] of the article separately along with the main article.

The e-mail for sending all communications and articles: homoeospan@yahoo.com
Just to ensure that your mail does not end up in spam folder please inform by the Whatsapp number 9719015216 as well [Dr Sudhanshu Arya – Managing Editor]



PhotoCredit: FarhanAbas@www.unsplash.com



The Readers of
the
Rational
Physicians
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BUSY....

ROADMAP **OCTOBER 2025 - DECEMBER 2025 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 October 2025.

GUIDELINES

Kindly send all the material in soft copy to The Managing Editor, Rational Physicians
E-mail: homoeospan@yahoo.com

Please send images/tables/graphs /artwork separately from articles, with due credits & titles. Kindly include a list of 15-20 keywords related to the article and a small introduction to your article separately.

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

01.12.2025

For the October - December 2025 Issue

AN OBSERVATIONAL STUDY ON THE EFFECTIVENESS OF INDIVIDUALIZED HOMOEOPATHIC TREATMENT IN PATIENTS WITH PSORIASIS: A 1-YEAR FOLLOW-UP

Dr. Khushbu Navadia, BHMS, MD (Hom), PhD (Scholar) is an Associate Professor at the Department of Physiology and Biochemistry, Swami Vivekanand Homeopathic Medical College and Hospital, Bhavnagar.

Dr. Chitra D. Mel, BHMS, MD (Part – 1) is a practicing Homeopath at “Inside Homoeo Care”, Pal, Surat with 18 years of clinical experience especially in skin disorders.

Prof. (Dr.) Zameer F. Refai DHMS, MD (Hom), PhD (Malaysia) is the HOD and PhD Guide in the department of Practice of Medicine, P. P. Savani University, Kosamba, Surat



Abstract

Background: Psoriasis is a chronic inflammatory skin disorder with substantial impact on quality of life. Conventional treatments offer symptomatic relief but may lead to side effects or relapses. This study evaluates the efficacy of individualized homeopathic treatment in managing psoriasis through patient-reported outcomes.

Methods: An observational study was conducted over 12 months on 50 diagnosed psoriasis cases. Individualized homeopathic remedies were prescribed based on classical principles. Improvements were recorded using patient-reported outcomes (PROs) at baseline, 6 months, and 12 months.

Results: 72% of participants reported significant relief in symptoms such as itching, scaling, and erythema. Statistical analysis using paired t-tests ($p < 0.05$) indicated a meaningful reduction in symptom severity scores. Graphical trends supported consistent improvement. No adverse effects were reported.

Conclusion: Individualized homeopathic treatment showed promising results in improving patient-reported outcomes in chronic psoriasis. A larger randomized study is warranted.

Introduction: Psoriasis affects approximately 2–3% of the global population and presents with erythematous plaques, itching, scaling, and psychosocial distress. Homeopathy, with its individualized approach, offers a gentle yet potentially effective alternative. The present study aims to evaluate the effects of individualized homeopathic prescriptions on patient-reported symptoms of psoriasis over a 1-year period.

Methodology

Study Design: Prospective, observational

Duration: 1 year

Sample Size (N): 50 patients

Inclusion Criteria:

·Age 18–60 years

·Diagnosed psoriasis (clinical or histopathological)

·No concurrent immunosuppressive therapy

Exclusion Criteria:

- Severe systemic illness
- Patients on biologics or corticosteroids
- Unwilling to continue follow-up

Treatment Protocol:

- Individualized homeopathic remedies based on totality of symptoms.
- Follow-up every 2 months.
- Potency and repetition tailored per case.

Treatment Protocol:

- Individualized homeopathic remedies based on totality of symptoms.
- Follow-up every 2 months.
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Outcome Measures:

Patient-reported improvement on a 10-point Visual Analog Scale (VAS) for:

- Itching
- Scaling
- Redness
- Sleep disturbance
- Confidence/social interaction

Statistical Analysis

- Paired t-test and Wilcoxon signed-rank test for comparing pre- and post-treatment VAS scores.
- p-value <0.05 considered significant.
- Software: SPSS v25.

Results

Demographics:

Variable	Value
Sample size	50
Age range	20-58 years
Gender (M:F)	28:22
Mean duration of Psoriasis	3.6 years

Patient-Reported Symptom Scores (VAS Scale: 0–10)

Symptom	Baseline Mean ± SD	12-Month Mean ± SD	p-value
Itching	7.6 ± 1.2	2.1 ± 1.4	<0.001
Scaling	6.9 ± 1.4	2.3 ± 1.2	<0.001

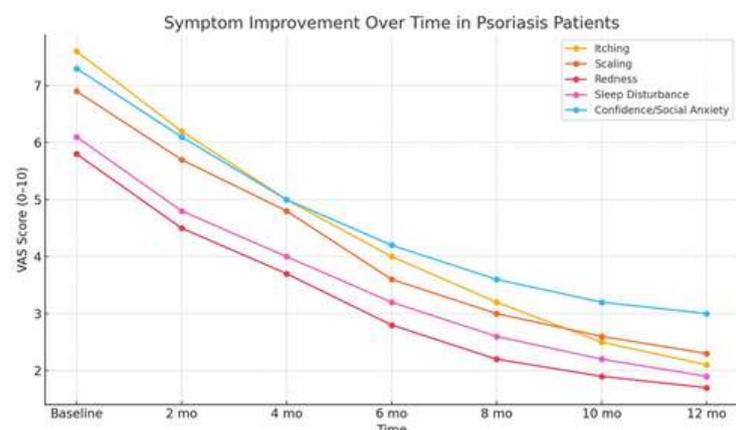
Redness	5.8 ± 1.7	1.7 ± 1.1	<0.001
Sleep Disturbances	6.1 ± 1.5	1.9 ± 1.3	<0.001
Confidence/Social Anxiety	7.3 ± 1.3	3.0 ± 1.6	<0.001

Remedies Frequently Prescribed

Remedy	% of Cases
Arsenicum album	18%
Sulphur	16%
Graphites	14%
Lycopodium	12%
Psorinum	10%
Others (Sepia, Natrum mur, Kali ars, etc.)	8%

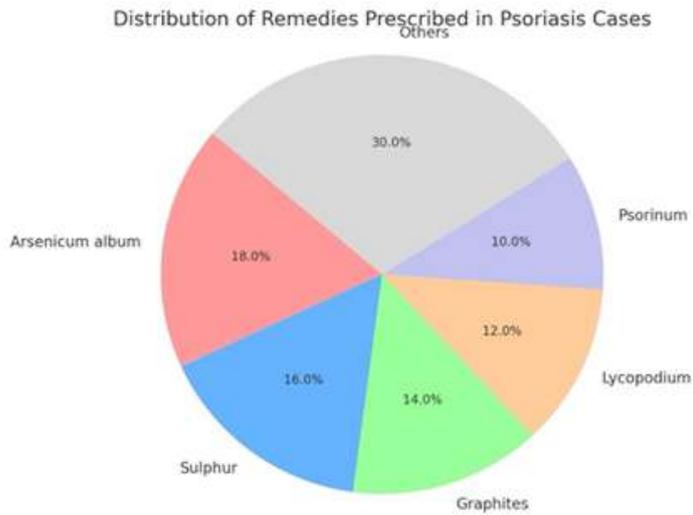
Graphical Representation

1.Symptom Improvement Over Time (Mean VAS)



(Graph will show 5 lines: Itching, Scaling, Redness, Sleep Disturbance, Social Confidence — each descending over 12 months)

2. Remedy Distribution Pie Chart



(Graph shows proportion of commonly used remedies)

Discussion: This observational study highlights the potential of homeopathy in improving chronic symptoms of psoriasis. Patients reported substantial relief in itching, scaling, and emotional discomfort. The individualized approach seems pivotal in holistic relief.

While the absence of a control group limits causality inference, the consistent improvement across various domains suggests a strong therapeutic benefit.

Limitations:

- Lack of control/placebo group
- Subjective reporting without PASI scoring
- No biochemical or histological markers used

Conclusion: Homeopathy, when practiced classically and individualized, has the potential to alleviate not just dermatological but also emotional burdens of psoriasis. Larger RCTs with objective measures are encouraged.

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- 1.National Psoriasis Foundation.<https://www.psoriasis.org>
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Authors Bio:

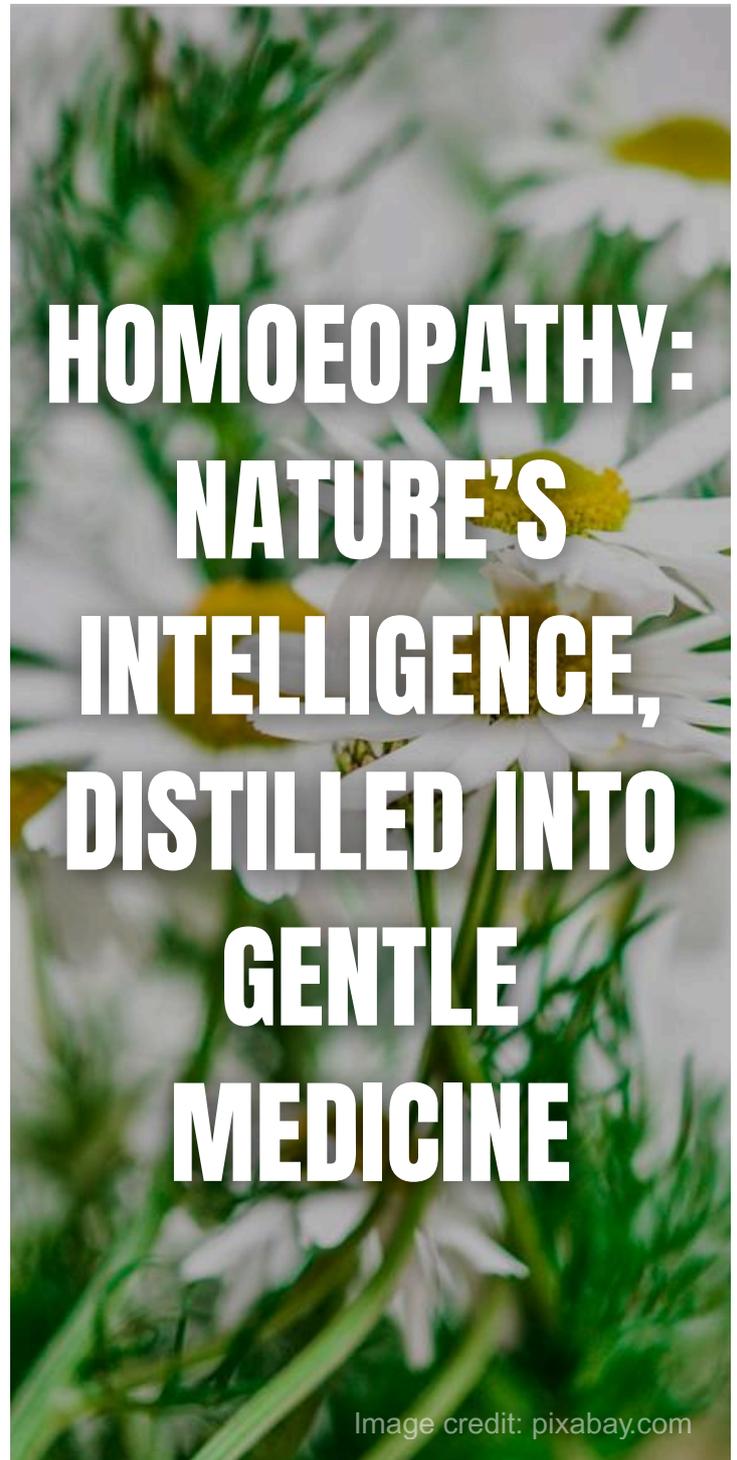
1.Dr. Khushbu Navadia, BHMS, MD (Hom), PhD (Scholar) is an Associate Professor at the Department of Physiology and Biochemistry, Swami Vivekanand Homeopathic Medical College

and Hospital, Bhavnagar. Her research focuses on pain management strategies.

2.Dr. Chitra D. Mel, BHMS, MD (Part – 1) is a practicing Homeopath at “Inside Homoeo Care”, Pal, Surat with 18 years of clinical experience especially in skin disorders.

3.Prof. (Dr.) Zameer F. Refai DHMS, MD (Hom), PhD (Malaysia) is the HOD and PhD Guide in the department of Practice of Medicine, P. P. Savani University, Kosamba, Surat. The article was written under his guidance.

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Usefulness of 'Nosodes' in 'One sided diseases'

Dr. Ambuj Kumar Shukla

BHMS (Gold medalist) PGNAHI

Lucknow



Image credit: freepik.com

One sided diseases, due to paucity of symptoms are very difficult to cure. A very experienced physician can select the remedy on the basis of 'physiognomic features' (i.e.; medicine as a person) or on the basis of very strange/rare particulars or generals, however it is a difficult job as it is not possible in all the cases. Second method is that, consider the few symptoms of the disease with generalities (i.e.; desires, aversions, thermal reaction and general mental state of the patient) and prescribe the possible similimum and in the second prescription find a new similimum making a new totality of the presenting symptoms plus newly added accessory symptoms and continue the same till the disappearance of symptoms. These are the directions given by our master Dr. Hahnemann.

One more and very effective approach in such cases is 'use of nosodes'. Uses of nosodes with different approaches were very less in practice at the time of Dr. Hahnemann. Dr. Hering, Dr. H C Allen, Dr. Kent, Dr. Clark, Dr. Elizabeth Hubbard worked more on nosodes and explored their multiple therapeutic approaches. Furthermore Dr. B K Bose, Dr. B K Sarkar, Dr. J N Kanjilal, Dr. S K Dubey, Dr. Raman Lal Patel, Dr. Kasim Chimthanawala, and other Indian doctors also worked and verified the multiple approaches of nosodes.

Dr. Clark and Dr. Elizabeth Hubbard have remarked that "The nosodes will stir up the depths and throw out the indications for a curative prescription".

In one sided diseases the miasmatic dyscrasia remains in latent form and nosodes, being deep acting in nature and having features of so many polycrests within them have great ability to root out the disease. In one sided diseases these nosodes can be very useful as –

- These can initiate or complete the cure process which is brought about by correct similimum, but incomplete or there is relapse of disease due to miasmatic load.
- These can bring out the clear portrait of disease if given on the basis of past history, family history and/ or on the basis of miasmatic features and pave the way to select a similimum.
- These can directly cure if they hit the miasmatic dyscrasia, and as a result body starts healing naturally with its vital force.

1) Case of cold abscess: A male of 26 years presented with dull aching pain in the region of right side of lateral lower ribs, radiating to right upper chest and left side of abdomen for more than 40 days. After consultation with chest physician and having no abnormalities in X ray and C T thorax he was diagnose

as a case of 'Intercostal myalgia', and given analgesics, which gave him no relief. Patient visited to Govt. Homoeopathic dispensary near his house and the physician prescribed Ranunculus B 30 which relieved him for few days but after few days his condition became more severe. On first consultation his sign and symptoms were: -

Pain was dull aching with no peculiar modalities, Thirst – normal, Sleep - disturbed due to pain, Appetite - normal, Desire - sweets, Perspiration - normal but offensive, Reaction - hot, Built - average, tall, Tendency to get cold with mild cough, or fever and sometimes headache, with every change of weather (esp. towards cold weather). Patient was fond of travelling and was involved in multiple businesses like property dealing, travels and few sales businesses. Past/H - pneumonia in early childhood, F/H - not significant.

O/E: No s/s of any inflammation, no tenderness. Even patient could not explain properly about pain.

Assessment: Because no clear picture of disease was there; following points were taken on the basis of his past history and miasmatic background:

- Tendency to get variable troubles with change of weather – like cold, fever, dyspnoea or headache.
- Diagonal complaints - pain was radiating to right side of chest and left side of abdomen. 3. Past history of pneumonia.
- Involvement in multiple business to make money and desire for traveling at various places.

On the basis of these points patient appeared to be under the influence of 'Tubercular miasm' and to get the clear picture of disease Tuberculinum 1M was selected to be prescribed.

25/01/2025:

Rx – Tuberculinum 1M – 3doses, sac. lac. - tds and bd, for 15 days.

12/02/25: It was a great surprise that patient came with a large cystic swelling with pain and sign of inflammation at the right side of lower rib region. He was happy as he had no distressing pain inside ribs and abdomen. He also complained - soreness inside oral cavity with increased salivation, thirst +, O/E - swelling was hard, tenderness ++

Rx - Merc sol 200/ 3 doses, followed by 1M (after 15 days) with sac lac. in different doses. Patient was also explained that boil might rupture and oozing might take place for which he had not to be worried.

15/ 03/2025: Patient told that abscess was oozed after about 10 days and drained out completely within next 15 days.

Patient had no sign of abscess and no symptom of any pain.



Before



After

Conclusion: Tuberculinum opened up the case, enabled the vitality strong enough to get the disease come out with full symptoms of 'Merc sol', which were hidden due to miasmatic load, and Merc. Sol. easily cured the case.

2) A case of Vitiligo: A male child of 06 years, presented with hypo pigmented spots over left peri orbital region. After detailed case taking, Calcarea phos. 200 was given as a constitutional medicine which gradually improved the condition, but after 6 months his condition showed no improvement and remained standstill even after prescribing the same in 1M. A dose of Bacillinum 1M was given considering his miasmatic state and it did its job well. All the spots vanished gradually within 4 months.



Before



After

Conclusion: Here Bacillinum cleared the miasmatic obstacle and permitted the constitutional medicine (calc. phos.) to act well to cure the case.

3) A case of Alopecia areata: A girl of 7 years presented with multiple large hairless patches over scalp for about last 4 years. Local applications and corticosteroids were given by dermatologists, caused hair to grow but condition recurred in more severe condition with the cessation of treatment. When she was brought to us, no definite symptoms were there to select a similimum. Following points were taken for miasmatic consideration: -

1. Desire for travelling
2. Tendency to catch cold but thermal reaction was hot.
3. Restless, overactive and intelligent but poor concentration.
4. Suspected tuberculosis in family (as her uncle was got treated with allopathy for mesenteric lymph nodes in his childhood)

Analysis: As these features were of Tubercular miasm so Tuberculinum was selected to be prescribed as an anti-miasmatic remedy with the hope of getting some new symptoms to make complete picture of the disease.

12/04/2019

Rx - 3 doses of Tuberculinum 1M were prescribed with placebo and in all the next visits she came with new hair and within a year her scalp was full of hair and she required no other medicine along the course of treatment. Except this her mother told that her tendency to catch cold was also lessened to near normal.



Before



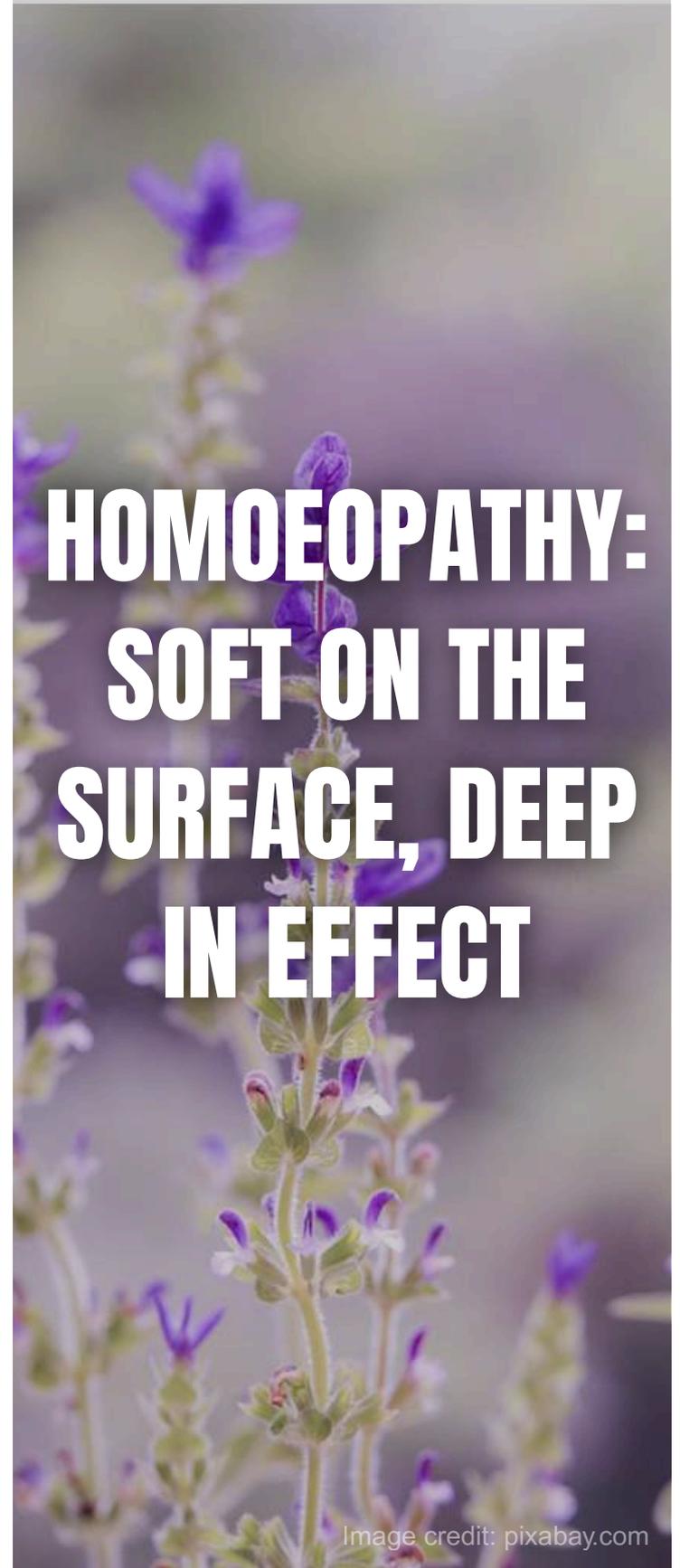
During



After

Conclusion: Vitality of the patient became strong enough after administration of Tuberculinum as it hit the miasmatic dyscrasia and nature restored the patient to normal health.

These cases required Tuberculinum/ Bacillinum; in the same way other nosodes are also useful if selected on the basis of past history, family history and miasmatic analysis.



Efficacy of Thiosinaminum in Keloid & Fibroma

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There are so many medicines in our homoeopathic literature that have limited usage but excellent therapeutic utility. One of them is THIOSINAMINUM – a chemical derived from ‘oil of mustard’, acts as a resolvent externally and internally for cicatrices, adhesions, strictures, tumours, enlarged glands

Characteristics: Thiosinaminum belongs to the same chemical group as urea. The colourless bitter crystals are soluble in water, alcohol and ether. It has been used externally and internally in cases of lupus, chronic glandular tumours, and for dissolving scar tissue and internally for resolving tumours of the uterine appendages. Its therapeutic value is also good in stricture of the rectum and tinnitus aurium, when ossicles are bound by fibrous bands.

CASE STUDIES:

• CASE 1- CASE OF KELOID

DATE: 5/7/2024, A Girl of 10 years presented with soft tissue overgrowth (Keloid) over right knee, which started after an insect bite. The keloid was increasing in nature. Before coming for homoeopathic consultation, she was taken to dermatologist who advised her parents to get injectable steroid treatment and explained that chance of recurrence were most likely, so her parents come to get her treated with homoeopathy.

Girl was apparently normal without having any abnormal sign/symptoms of any disease except one keloid which used to itch on and off. Earlier she had taken Ledum pal 30 C BD as told by a homoeopathic physician but it did not provide any relief.

- Family history – Not specific
- Past history- Not specific
- Desire – Fast food, chocolate
- Thermal reaction= Ambithermal

On the basis of pathological action and indications given in homoeopathic literatures- ‘Thiosinaminum 6C’ was taken for choice.

Date-5/7/24

Rx

Thiosinaminum 6C/ TDS
Sac lac/BD/15 Days

Date-22/7/24

Keloid regressed by 50%
No other abnormal s/s were observed.

Rx

Thiosinaminum 6C/ OD
Sac lac/TDS/15 Days

Date: 7/8/2024

Keloid much better. Keloid had shrunk.
General condition= normal

Rx

Thiosinaminum 6C/ OD
Sac lac/TDS/15 Days

Date: 23/8/24

Keloid almost gone. (No growth of soft tissue was observed).

Only scar was remaining. No itching.

General condition = normal

Rx

Phytum /TDS
Sac lac/BD/15 Days

Patient is now having no overgrowth or any sign of keloid. Patient is under observation since last 9 months and is alright.



Before



After

• CASE OF FIBROMA OF BASE OF TONGUE

DATE-21/10/24; 52 yrs Married female [Teacher] presented with following complaints on 21st October, 2024.

1. Elevated soft tissue growth over base of tongue .
2. Sensation of foreign body is present.
3. Reaction – towards hot

No peculiar characteristics are found on conversation ,everything was normal. Patient before coming for homoeopathy consultation; visited Oral surgeon and they advised Cauterization. On the basis of pathological indication , Thiosinaminum 6 C wasprescribed along with placebo.

Date: 21/10/24

Rx

Thiosinaminum 6C/ HS

Sac lac/TDS/15 Days

Date: 7/11/2024

Condition was better with decrease of elevation at the base. Sensation of foreign body reduced.

Rx

Thiosinaminum 6C/ HS

Sac lac/TDS/15 Days

Date: 27/11/24

No such improvement was there. Thuja was prescribed as an intercurrent .

Rx

Thuja 1M/3 Dose

Sac lac/BD/15 Days

DATE: 4/1/25

All complaint were better.

Rx

Sac LAC /TDS

Phytum/BD

Patient is now having no elevation of soft tissue of base of tongue or any sensation of foreign body. Patient is under observation since last 4 months and is alright.



Before

During

After

Conclusion: Above mentioned cases prove the efficacy of thiosinaminum even in diluted form. Although not all the pure surgical diseases can be treated with medicines only ; but as mentioned about, such types of medicines in our literatures, we must work in this regard and share the results to enrich our clinical studies.

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- 3) A Dictionary of Practical Materia Medica by John Henry Clarke.

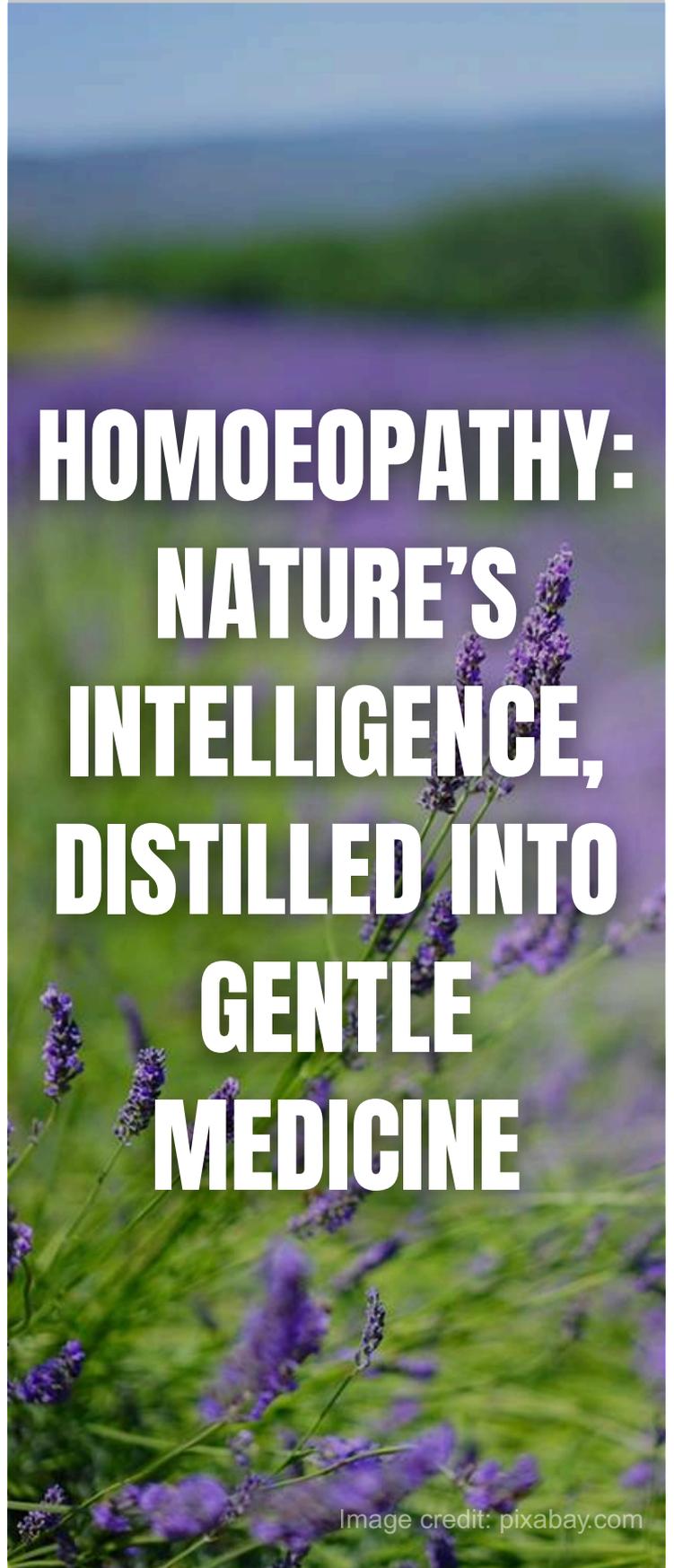


Image credit: pixabay.com

III-effects of tea tackled with Homoeopathy.

Dr. NayeemUnnisa



Abstract

Background: The journey of Tea in India began with British discovery and commercialization in the 19th century, transforming tea from a luxury drink for the elite to a beloved beverage for all. Tea consumption in India is widespread, with about 64% of the population drinking it regularly. The per capita consumption is estimated at around 840 grams annually. Tea consumption is reported to be associated with Dyspepsia, especially in Asian population. This clinical study is directed to determine the incidence of dyspepsia in tea drinkers, to assess the effectiveness of Homoeopathic constitutional medicine in its treatment. Prospective exploratory study was adopted and

Result showed Females were affected the most. The prevalent age group was that of 16-30 years of age.

Conclusion: From this study it is evident that Homoeopathic remedies act significantly in Dyspepsia of the tea drinkers.

Introduction: British introduced the cultivation of tea, particularly in Assam and Darjeeling. Prior to this, various herbs and spices were used in tea preparations,

Assam Tea:

The *Camellia sinensis* var. *assamica* tea plant, native to Assam, became the foundation of India's tea industry.

Darjeeling Tea:

The mountain region around Darjeeling also became a significant tea-producing area, known for its unique flavor.

India is a major tea-producing and consuming country, with Assam being the largest tea-growing region. Tea is a cultural staple, often enjoyed with meals and as a social beverage. India's tea consumption in 2023 was estimated at around 1197 million kilograms.

Health Benefits: Tea is believed to have little health benefit in providing a gentle energy boost, anti-aging and anti-diabetic for thousands of years.

Excessive tea consumption, can lead to several health issues, including digestive problems like dyspepsia, sleep disturbances, caffeine dependence, and reduced iron absorption. In India, the use of adulterated tea leaves can further pose health risks due to toxins and harmful additives.

Specific Ill-Effects:

Digestive Problems: Excessive tea consumption can lead to acid reflux, indigestion (dyspepsia), and upset stomach, especially in individuals sensitive to tannins and caffeine.

Sleep Disturbances: The caffeine in tea can interfere with sleep patterns, leading to insomnia and difficulty falling asleep.

Caffeine Dependence: Regular tea drinkers can develop a dependence on caffeine, experiencing withdrawal symptoms when they reduce or stop consuming tea.

Iron Absorption Issues: Tannins in tea can interfere with the absorption of non-heme iron, potentially leading to iron deficiency anemia, particularly in individuals with plant-based diets.

Adulterated Tea: In India, adulterated tea leaves containing harmful substances like marble dust, lead, or other toxins can cause various health problems, including digestive issues, neurological disorders and even cancer.

Other Issues: Excessive tea consumption can also lead to stress, anxiety, restlessness, headaches, and dizziness, especially in individuals sensitive to caffeine.

Additional Considerations:

Hydration: Tea can act as a diuretic, potentially leading to dehydration if not balanced with adequate water intake.

Bone Health: High oxalate content in tea may negatively impact bone health, potentially contributing to a decrease in bone density, especially in individuals with low calcium intake.

Dental Problems: Dark-colored teas like black tea can stain teeth over time.

Medication Interactions: Tea, especially when consumed in large quantities, may interact with certain medications, affecting their absorption or efficacy.

Micro plastics: A study revealed that tea bags, especially those made from plastic materials, release micro plastics and nano plastics into the tea during brewing, posing potential health risks.

Dyspepsia:

The term dyspepsia (Greek “dys” [bad], “Pepsis” [digestion]) is used for a spectrum of symptoms localized by the patient to the epigastric region (between the navel and the xiphoid process) and the flank.

It is a very common gastrointestinal diagnosis and the incidence rate is on the rise, Dyspepsia is diagnosed based on the clinician’s symptom assessment such as acid regurgitation and heartburn, consumption of tea is also related to heartburn and reflux.

Theoretically, theophylline, a component of tea, may contribute to relax the LES, leading to Dyspepsia.

Functional dyspepsia (FD) refers to a group of symptoms arising from the epigastric region that do not originate from an organic disease. FD is divided into 2 diagnostic categories of meal-related dyspeptic symptoms in the Rome IV criteria; they include: postprandial distress syndrome (PDS), characterized by postprandial fullness and early satiation, and epigastric pain syndrome (EPS), characterized by epigastric pain and burning.

Potential lifestyle factors associated with dyspepsia include tobacco, alcohol and analgesic consumption. Dietary habits like consumption of smoked food, fast food, salty food, coffee/tea, and spicy food, Problems with sleep, employment, physical and social activities may also cause dyspepsia by decreasing mucosal production, limiting neutralizing base production, and decreasing blood flow to the inner layers of the stomach, interfering with normal physiological protective mechanisms of the stomach.

The symptoms include epigastric pain and burning (60 to 70%), feeling bloated after a meal (80%), early satiation (60 to 70%), distension in the epigastric region (80%), Nausea (60%), and vomiting (40%).

Objective:

The clinical study is directed

- To determine the incidence of dyspepsia in tea drinkers.
- To study the effectiveness of Homoeopathic constitutional medicine in the treatment of dyspepsia in tea drinkers.
- To create awareness of Homoeopathy as an available alternative, among subjects participating in the study.

Source of data: Data was collected from the subjects of OPD/ IPD/ Villages, health camps of Dr. MRHMCH. Kalaburagi.

Following are inclusion criteria:

- All diagnosed cases with H/o of dyspepsia
- Both the sexes irrespective of socioeconomic status.
- Ailments from tea drinking.

Methodology:

The following methodology was adopted:

1. Type of research: prospective exploratory study.
2. Patients were selected based on inclusion and exclusion criteria.
3. History as per the Performa prepared was taken on the basis of Homoeopathic totality.
4. Dyspepsia questionnaire used for evaluation.
5. Suitable statistical test adopted in the study.
6. Sampling size minimum 30, Simple random sampling procedure adapted.

n = sample size

$Z = 1.65$ (value) p = prevalence rate = $7q = 100 - p = 93$
 $E = \text{Error} = 7$

$n = \frac{Z^2 \times p \times q}{E^2}$

$n = \frac{(1.65)^2 \times 7 \times 93}{7^2}$

$n = 2.72 \times 7 \times 93$
 49

$n = 37$

7. Cases were followed according to the signs and symptoms until treated in the due course of study.

Observations and results:

Table 1: Distribution according to Gender:

GENDER	NO. OF CASES	PERCENTAGE
MALE	18	48.64%
FEMALE	19	51.35%
TOTAL	37	100%

Table 2: Distribution according to Age:

AGE GROUP	NO. OF CASES	PERCENTAGE
16- 30 yrs	21	56.75%
31- 45 yrs	14	37.83%
46- 60 yrs	2	5.40%
TOTAL	37	100%

Table 3: Distribution according to Occupation:

OCCUPATION	NO. OF CASES	PERCENTAGE
H/W	4	10.81%
LABOURER	2	5.40%
FARMER	5	13.51%
BUSINESSMAN	4	10.81%
STUDENT	15	40.54%
TEACHER	3	8.10%
DRIVER	4	10.81%
TOTAL	37	100%

Table 4: Distribution according to Remedy given:

REMEDIES	NO. OF CASES	PERCENTAGE
NUX-VOM	20	54.05%
CHINA OFF	8	21.62%
ABIE NIG	5	13.51%
PULS	3	8.10%
DIOSC	1	2.70%
TOTAL	37	100%

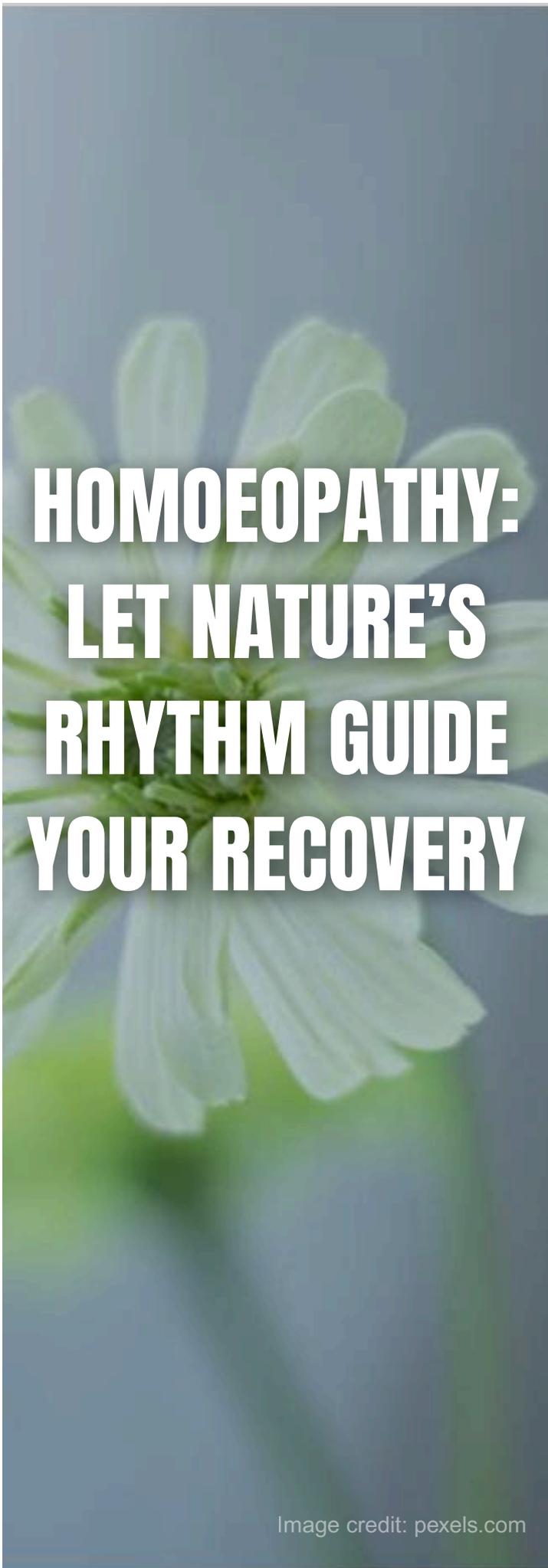
Table 5: Distribution according to the Result:

RESULT	NO. OF CASES	PERCENTAGE
IMPROVED	24	64.86%
NOT IMPROVED	3	8.10%
RECOVERED	10	27.02%
TOTAL	37	100%

Conclusion: Although Homoeopathic remedies have worked tremendously in the improvement of patients suffering from "dyspepsia" there is still a need for deeper study regarding the efficacy of various drugs specific to dyspepsia of tea drinkers which may result in complete recovery.

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**HOMOEOPATHY:
LET NATURE'S
RHYTHM GUIDE
YOUR RECOVERY**

Image credit: pexels.com

Weakness: A Case Study

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Abstract

Weakness, a pervasive symptom in clinical practice, significantly impacts an individual's functional capacity and quality of life. This article provides a comprehensive overview of a case of weakness, encompassing its varied aetiologies, the differential diagnostic approach by describing the therapeutics of weakness. The aim is to equip busy Homeopaths with a robust framework for understanding, diagnosing and managing weakness effectively.

Introduction: Weakness, medically termed asthenia or debility, is defined as a reduction in muscle

strength, leading to decreased power and endurance. The sensation of weakness can be generalized, affecting the entire body, or localized to specific muscle groups. Differentiating true muscle weakness from fatigue, which is a subjective feeling of tiredness or lack of energy without objective loss of muscle strength, is crucial for accurate diagnosis and correct management.

Causes of Weakness:

The causes of weakness are diverse and can be broadly categorized as follows:

A. Neurological Causes: Such as,

- ☒ Cerebrovascular Accidents (Stroke), Multiple Sclerosis, Spinal Cord Lesions, Amyotrophic Lateral Sclerosis (ALS),
- ☒ Peripheral Neuropathies (like Diabetic Neuropathy, Guillain-Barré Syndrome, Chronic Inflammatory Demyelinating Polyneuropathy, etc.),
- ☒ Neuromuscular Junction Disorders (like Myasthenia Gravis, Lambert-Eaton Myasthenic Syndrome),
- ☒ Radiculopathies, etc.

B. Muscular Causes (Myopathies): Such as,

- ☒ Muscular Dystrophies (e.g., Duchenne, Becker, Limb-Girdle muscular dystrophies),
- ☒ Inflammatory Myopathies (e.g., Polymyositis, Dermatomyositis, Inclusion Body Myositis),
- ☒ Metabolic Myopathies (e.g., glycogen storage diseases, lipid storage diseases, mitochondrial myopathies),
- ☒ Drug-Induced Myopathy (e.g., statins, corticosteroids, colchicine), etc.

C. Systemic Causes: Such as,

- ☒ Endocrine Disorders (e.g., Diabetes Mellitus, Thyroid Dysfunctions, Adrenal Insufficiency-Addison's Disease, Cushing's Syndrome),
- ☒ Electrolyte Imbalances (e.g., Hypokalemia, Hypo/Hyponatremia, Hypo/Hypercalcemia),
- ☒ Infections (acute infections like flu, sepsis, polio, etc.; chronic infections like HIV, TB),
- ☒ Malignancy,
- ☒ Chronic Diseases (like Heart failure, kidney disease, liver failure, COPD, etc.)
- ☒ Nutritional Deficiencies (like Deficiencies in Vitamin D, Vitamin B1, B12, and protein)
- ☒ Anaemia

D. Iatrogenic and Drug-Induced Weakness:

- ☒ Medications (e.g., sedatives, muscle relaxants, some antihypertensives).
- ☒ Critical Illness Myopathy/Neuropathy (Prolonged corticosteroid use)

D. Iatrogenic and Drug-Induced Weakness:

- ☒ Medications (e.g., sedatives, muscle relaxants, some antihypertensives).
- ☒ Critical Illness Myopathy/Neuropathy (Prolonged corticosteroid use)

Diagnostic Approach to Weakness:

A systematic approach is essential for identifying the underlying cause of weakness.

A. Proper Case Taking: Taking a complete case may help in proper diagnosis.

B. Physical Examination: General Assessment for vital signs, signs of systemic illness (e.g., pallor, jaundice, thyroid enlargement, skin rashes) should be done.

C. Investigations: Basic tests to conclude common causes can be done in the form of:

Blood Tests: Blood tests like CBC, Blood sugar, Electrolytes, RFT & LFT, Thyroid profile, Vitamin levels, etc. might help to rule out certain medical conditions.

Imaging Studies: Profound persistent weakness may call for: MRI Brain/Spine - to detect CNS lesions (stroke, MS, tumours, spinal

cord compression); or CT Scan - for acute stroke, spinal trauma.

In case the above tests are inconclusive, Myopathies, or inflammatory neuropathies can be suspected.

A Case Study: Sept' 2024

A mild, gentle lady aged 43 and a mother of 2 children, visited for her weakness prominent since last one year. She had h/o COVID in 2021 and 2022, and frequent episodes of cough and cold ever since. She developed palpitations after walking upstairs or talking for a while.

There was extreme weakness which increased from least exertion. Getting up in the morning and preparing breakfast for her school-going children was a huge task for her, because of which she started feeling depressed and worried about the future as to how things will be managed. She had totally stopped going out in parties or get togethers. Thinking about her weakness she had disturbed sleep because of lot of dreams usually about the arguments that were going on in the family. Her condition was worst during menses and she had h/o leucorrhoea. She was occasionally constipated. Her husband used to prepare 1 litre of electrolyte solution for her to drink throughout the day to manage her daily activities. Her thirst was decreased (less than 2 litres/day) and appetite average. Her Hb was 11gm%.

After taking the whole case and proper repertorization of case, Stannum Met 200 single dose was prescribed. Her husband said that she was 40% better in a week after the first dose itself. She was kept on placebo for a month after which the medicine was repeated. After the 2nd dose of remedy, she cried in her 3rd visit with a few gastric complaints for which she was given Pulsatilla. The weakness has almost gone after 4 months of treatment and

her energy and Vitamin levels increased. Her episodes of dry cough have significantly gone down and her sleep has improved. The case is still under observation, with occasional mild gastric or female troubles.

Rubrics selected were:

- GENERALS, Weakness,
- GENERALS, Weakness, morning – rising, - on
- GENERALS, Weakness, ascending stairs, from
- GENERALS, Weakness, exertion, - from slight
- GENERALS, Weakness, menses, - during – talk, can scarcely
- GENERALS, Weakness, - talking, from
- MIND, Fear, crowd in
- SLEEP, Dreams, quarrels

Homeopathic Therapeutics of Weakness:

Treatment for weakness is highly dependent on the underlying cause, which is crucial. According to the origin of weakness the remedies are described under 5 major headings:

A. Remedies indicated in Neurological weakness:

1. Gelsemium: The patient can be very weak and tired. The eyelids feel very heavy; the patient can't keep them open and wants to prop them open (K 241: eye heaviness lids). It is one of the trios of sleepiness.

2. Curare: Curare doesn't experience general weakness, but weakness of the nerves resulting in neurological weakness. The patient is very tired and has difficulty with movements. Typical is the shuffling gait, dragging the feet on the ground because they can't raise them.

3. Conium: Think of Con if the weakness goes together with trembling. Becomes weak from the suppression of sexual desire. During the menopause the patient perspires profusely at night. Think of Conium if the weakness goes together with tumours, vertigo, weakness and numbness of the legs, when there is a stomach-ache which extends to the back.

4. Zincum: It is a top remedy for Brain-fag. They have cerebral depression and impending paralysis. Zinc should be thought of in neuro-genic weakness, in people with low vitality. They have relief from discharges.

5. Hellebores: It is indicated in sensorial depression of with general muscular weakness, which may go on to a complete paralysis. They have involuntary sighing and are slow in answering questions.

B. Remedies indicated in Mental weakness:

6. Picric acid: Pic-ac. is mentally very weak. They can't read 3 lines in a book. They develop a strong aversion to books due to brain-fag, so much so that when they see a book, they want to throw it away (dd. Staph.), and they have weak memory. (Prominent mental weakness)

7. Silicea: In case of weakness in patients who do fine mental work like homeopaths, lawyers, students, etc. consider Sil.

8. Kali-phos: They have nervous exhaustion resulting from overexertion, stress or worry. They may be irritable and restless, and disturbed from the slightest noise. It is helpful in the recovery phase from an acute illness such as flu, where there is muscular weakness, tiredness, mild depression and sometimes a persistent low fever.

9. Natrum carb: In case of weakness on the mental level, picture NAT-C. (K 95: work, mental impossible), and, as mentioned before: PIC-AC. and SIL.

C. Remedies indicated in Physical weakness:

10. Arsenic alb: It is indicated for people who have extreme anxiety, restlessness and a strong desire for order and control. They are perfectionists, who have a fear of illness, death or of being alone. It is commonly used for conditions associated with gastrointestinal disturbances, or respiratory issues. It is in "Trios of weakness" (others being Carbo-veg, Mur-ac).

11. Carbo-veg: Indicated in low vitality from loss of fluids; there is state of collapse, must have air. They want to be fanned esp. in fainting spells.

13. China: In physical weakness after discharges or loss of vital fluids it is helpful. They can be dizzy while walking or while rising from seat.

14. Veratrum-alb: It is indicated after severe gastrointestinal symptoms, such as vomiting and diarrhoea, accompanied by extreme weakness and coldness. They have a pale or bluish face and a craving for cold drinks. They have weakness which is out of proportion to their illness.

15. Antim-tart: They have extreme weakness, which is especially linked to respiratory illnesses. They can have severe respiratory distress with rattling cough and difficulty in expectorating mucus. It has great sleepiness or irresistible inclination to sleep, with nearly all complaints (Nux-m., Op.).

16. Calcarea-carb: In case of weakness in construction workers, farmers, seamen who perform heavy physical work, give priority to CALC.

17. Capsicum: Characteristic is the strong aversion to any physical effort. They do not want to do anything, lie down the whole day and can be very irritable when someone makes critical comments about this. They are usually obese, dirty and lazy type of people who live in the past. (homesickness).

D. Remedies indicated in Emotional weakness:

18. Phosphoric-acid: In weakness after being emotionally upset or after grief, picture PH-AC. and IGN. (K 51: grief, ailments from). It is usually found in young people who grow rapidly. (Prominent emotional weakness)

19. Stannum met: There can be a tremendous weakness in STANN. The patient can't talk from weakness (K 1420: weakness, talking from). The least effort exhausts the patient; he can't even dress himself. It is useful in the combination of weakness and pulmonary problems. The extreme weakness can cause emotional problems. All complaints are very slowly aggravated or ameliorated.

E. Remedies indicated in weakness due to Hormonal issues:

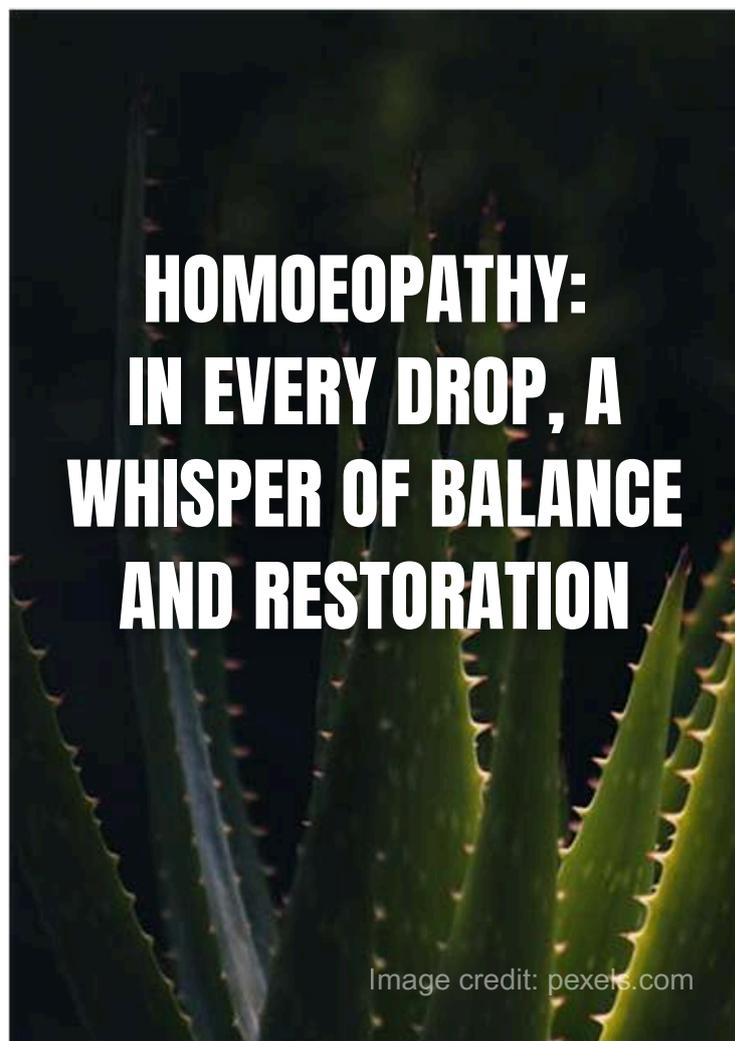
20. Helonias Dioica: It is easily confused with Puls., but Helon is very thirsty. Any kind of uterine

problem that is combined with extreme weakness (with or without fits of warmth). The patient sometimes feels the uterus moving. Diabetes with severe weakness and raging thirst.

21. Aletris farinosa: Tired women who have uterine problems with or without leucorrhoea, sometimes anaemia. The physical weakness of the patient can also show itself on the mental and emotional level.

22. Selenium: Severe weakness combined with sadness. There are usually sexual problems, e.g. impotence, prostate gland problems, AIDS. They sometimes want to lie down the whole day. Weak memory. Cannot bear the sun or warmth: they will get exhausted. Dislike drafts of air, even warm air. Aggravated by tea, wine, salt and lemonade. It is considered esp. in the combination of weakness and impotency.

23. Iodum: The weakness is usually combined with emaciation, in spite of the increased appetite. They can have overactive thyroid.



Constitutional treatment in a case of Gout

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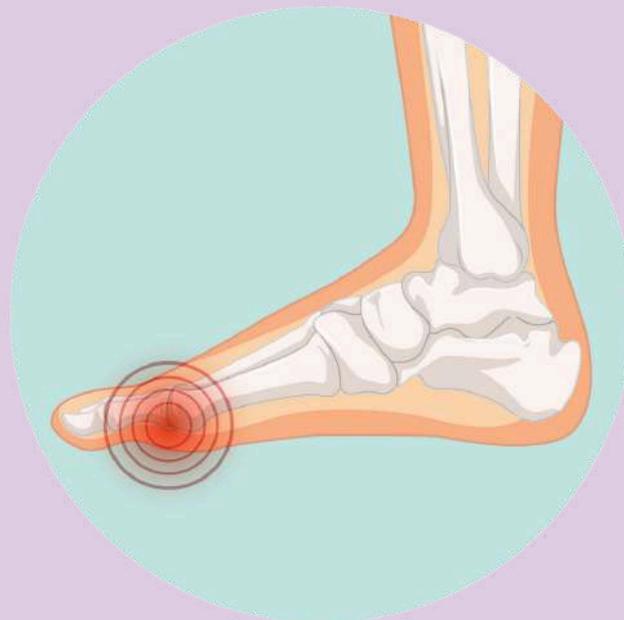


Image credit: freepik.com

A 40 years old, male patient presented with severe, episodic pain and swelling of right ankle joint since 1 year, with sudden onset and increasing progression, which would occur 1 – 2 times/week. Pain would aggravate while walking and ameliorate from pressure. Patient has taken allopathic medicines with temporary amelioration.

Past Medical History: none

Family History: Mother – DM, Father: Apparently healthy, Elder Sister: apparently healthy

Personal History: Diet: mixed, Appetite: good, Thirst: Thirst less+, Desire: alcoholic drinks+++ , Aversion: n.s, Bladder/Bowel: n.a.d. Sleep: side-right, good. Dreams: unremembered. Thermals: warm agg++.

Mentals: Nature: reserved, talks with smile on face for every question. Behaves well with others, but expresses anger on wife, hits her and children, if angry. Patient is irritable at home. In general, has good relation with family.

Insecured about others success. Patient's relative built a home about 1 year ago. He is disturbed since then, always keeps complaining to wife about other's achievements. He wants to have what others own, feels jealous. Very competitive. Remembers if someone hurts him, hates that person, plans and takes revenge(verbal). Aim: wants to work hard and earn well to achieve his dreams. Fears: n.s.

Locomotor system Examination: Inspection: right ankle swollen, red Palpation: right ankle tenderness seen.

Investigations: S. uric acid levels: 10.1mg/DL.

Probable Diagnosis: Gout.

Gout is a purine metabolism disorder characterized by sudden, severe attacks of inflammatory arthritis, resulting from persistently elevated uric acid levels in the body. It presents as an intermittent episode of severely painful arthritis (gout flares); it may be acute or chronic. Complications include recurrent attacks, tophi, joint deformity, renal calculi. Treatment of Gout can be difficult due to increased severity of pain. Gout is an inflammatory arthritis characterized by intermittent episodes of joint swelling and pain (gout flares), usually affecting the first metatarsophalangeal joint.

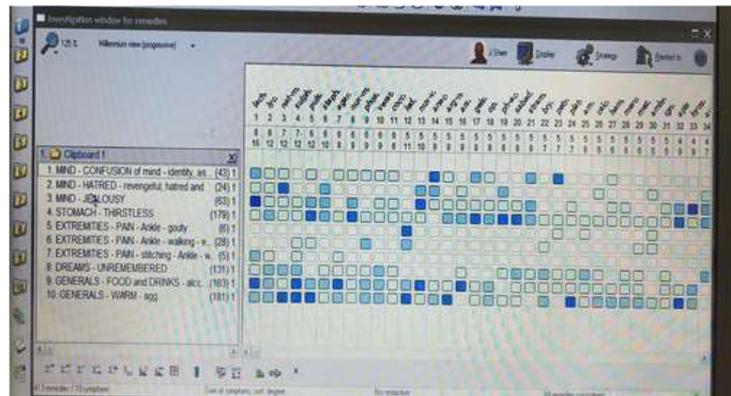
It occurs due to an increased uric acid levels in the body, which crystallizes as monosodium urate (MSU) in the synovial fluid, bones, cartilage, tendons, bursae stimulating an acute inflammatory attack. This is usually caused by inheritance, increased consumption of sugary drinks, beer, alcohol, purine-rich foods such as red meat, seafood. Gout usually occurs in middle age. Men are six times more prone to develop gout than women. Women at menopausal age are at more risk to develop gout. Initially, gout attacks are usually monoarthritic. But polyarthritic attacks can also occur, affecting the feet, heels, ankles, knees, wrists and elbows.

The goals of therapy are to stop an acute attack, prevent recurrent attacks, and prevent complications.. Currently used allopathic drugs are known to have significant side effects such as nausea, vomiting, diarrhea, drug sensitivity, hepatotoxicity, gastrointestinal bleeding. Therefore, there is a need for alternative drugs with minimal side effects. Whereas homoeopathic medicines not only reduce the levels of uric acid and symptoms of gouty arthritis, but also reduce the tendency to excessive formation of uric acid, significantly reducing exacerbations, aids in treating diseases without side effects, and can therefore be an effective and good alternative to other hypouricemic and analgesic drugs.

Case Analysis: His complaints started since 1 year. When asked, he revealed that his relative built a new home about 1 year ago, since then he is disturbed, feels jealous and wants to own it. Considering this as a probable cause for his present complaint including his mental symptoms like dual nature, jealousy, insecurity, competitiveness and revengeful attitude with physical symptoms like ankle pain better with pressure and thermally being hot patient with a desire for alcoholic beverages, the following rubrics was considered.

Repertory used – Synthesis Repertorisation (Rubrics selected): 1. Mind – duality sense of 2.Mind – HATRED – revengeful and hatred 3. Mind – Jealousy 4. Stomach – Thirst less 5. Extremities –

Pain – Ankles – walking agg – stitching pain 8. Dreams – unremembered 9. Generals – Food and Drinks – alcoholic drinks – desire 10. Generals – warm agg.



Differential Remedies - Lachesis 8/16 –
Lyco 8/12 –
Natum mur 8/12 –
Sulphur 7/12 –
Puls 6/12

Lycopodium – Lycopodium is adapted more specially to ailments developing gradually. Mild temperament of lymphatic constitution, with catarrhal tendencies. Symptoms characteristically run from right to left , affecting predominantly right side. Thermally Hot. Chronic gout with chalky deposits in joints. With one foot usually the right seems hot while another cold.

Natum mur. – The prolonged taking of excessive salt causes profound nutritive changes to take place in the system. There seems to be a retention in the tissues giving rise to symptoms loosely described as gouty or rheumatic gout. Psychic causes of diseases, ill effects of grief, fear or anger. Depressed. Consolation aggravates.Irritable. Gets into passion about trifles. Wants to be alone to cry. Ankles weak & turn easily. Cracking in joints after motion.

Lachesis – Great loquacity, jealousy & suspiciousness. The modalities are most guiding to the remedy. Worse after sleep(Kali.bich) Lachesis sleeps into aggravation; ailments that come on during sleep(Calc),worse left side,presure or constriction. Better by warm applications & appearance of discharges.

Prescription – Rx – Lachesis 200 one dose SI x bd x 1 month.

Auxillary Line of Treatment:- Lifestyle changes such as changes in diet , reduction in alcohol intake and exercise. Avoid foods that are high in purines Dietary measures may include adequate magnesium & zinc intake Use of probiotics, may promote purine & uric acid catabolism by the gut microbata.

Homeopathic Skin Healing from Chemical Exposure at Dr. Batra's

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Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification- B.H.M.S, F.C.H.D, P.G (Clinical psychology)



Abstract: Chemical-induced skin reactions, such as contact dermatitis, are common worldwide, often resulting from prolonged exposure to irritants or allergens in the workplace. Homeopathy offers a unique, holistic approach by addressing the root cause of the condition. This paper explores the case of a 50-year-old male suffering from chemical-induced skin reactions who sought treatment at Dr. Batra's, focusing on the effectiveness of homeopathic treatment in alleviating his symptoms and addressing underlying emotional stressors.

Keywords: Chemical-induced skin reactions, Dr. Batra's, homeopathic treatment

Introduction: Chemical-induced skin reactions, including contact dermatitis, occur when the skin comes into contact with irritating substances or allergens, often leading to inflammation, redness, and itching. The causes can range from exposure to chemicals in the workplace, like cleaning agents, dyes, or preservatives, to environmental factors. Symptoms typically include swelling, rash, blistering, and severe itching, often exacerbated by

stress. Complications may include chronic skin conditions, secondary infections, or scarring if left untreated. Timely management is crucial to alleviate symptoms and prevent further complications.

Case details: The patient is a 50-year-old male who has been battling a distressing skin condition since 2014. His occupation in the Food Corporation of India (FCI) warehouse exposed him to harsh chemicals such as sodium benzoate and Salphos tablets, commonly used for grain preservation. These chemicals are known to cause hypersensitivity and skin reactions over time, which likely triggered his condition. The symptoms began with itching and sticky watery exudation starting on his left hand and gradually spread across his body. The itching is intense, causing restlessness, and scratching provides temporary relief, though it is followed by burning sensations and continued watery discharge. The condition worsens in the summer, with no specific time of aggravation, affecting him both day and night, leading to disturbed sleep. A foul-smelling odor, resembling fish washing water, emanates from his body. His medical history includes tuberculosis in 2005, for which he completed the full course of DOTS. His family history reveals that his mother had eczema and asthma.

Additionally, the patient experiences breathlessness after minimal exertion and occasionally uses an asthma inhaler. After starting treatment at Dr. Batra's, the patient began experiencing significant improvement. Over the course of 8 months, the intensity of the itching reduced, watery discharge became less frequent, and the foul odor diminished. By April 2025, the patient was free from itching, odor, and any fresh complaints, showing a marked improvement in his overall condition.

Physical Generals

Diet	Normal
Appetite	Good
Desire	Sour
Aversion	Sweet
Thermal Reaction	Winter
Thirst	Decrease
Stools	Normal
Urine	Normal
Perspiration	Profuse
Sleep	6 hours refreshing
Dreams	N.S

Mental Generals: The patient exhibits a cool and calm nature but is highly sensitive and emotional. He tends to isolate himself, particularly due to his skin ailments, which has contributed to feelings of inferiority and a reluctance to engage in social gatherings. His emotional state worsened after the deaths of his parents—his father in 2007 and his mother in 2014—during which time he faced significant stress, particularly related to his daughters' marriages. He feels confined by family restrictions and lacked the freedom to pursue personal goals, contributing to his emotional turmoil. Although he is quick to anger and may shout when upset, he tends to keep his emotions

outwardly expressed rather than internalized. His sensitivity extends to witnessing distressing events, such as accidents, where he experiences fainting spells, and he consciously avoids such situations. This combination of stress, emotional vulnerability, and external pressure has significantly impacted his mental and emotional well-being.

Past History:

Tuberculosis In 2005
Taken Complete Course Of Dots

Family History:

Mother Had Eczema And Asthma

Case analysis: Reportorial totality

- MIND – IRRITABILITY
- MIND - RESERVED
- MIND – FORESAKEN – isolation sensation of
- SKIN – ECZEMA
- SKIN – ITCHING - VOLUPTOUS

Repertory screenshot

Selection of Remedy

Psorinum 200

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
MIND – IRRITABILITY	Yes	No	No	No
MIND – RESERVED	Yes	No	No	No
MIND – FORESAKEN – Isolation Sensation	Yes	No	No	No
SKIN – ECZEMA	Yes	No	No	No
SKIN – ITCHING – VOLUPTOUS	Yes	No	No	No

Results

Month	Progress	Prescription
1st Month	Initial stage, no significant improvement	Psorinum 200, 2 doses (1st week), followed by Biochemic Ferrum Phos 6X / LA
2nd Month	Slight increase in symptoms	Sac Lac 200
3rd Month	Gradual improvement, scaling and smell reduced	Sac Lac 200 + Ferrum Phos 6X
4th Month	60-70% improvement, visible positive outcome	Sac Lac 200 + Ferrum Phos 6X
5th Month	Complete disappearance of skin lesions	Sac Lac 200 + Ferrum Phos 6X

Discussion & Conclusion: In conclusion, the patient, who had been suffering from chemical-induced skin reactions, showed significant improvement through homeopathic treatment at Dr. Batra's. Over the course of five months, the patient's symptoms, including itching, scaling, and foul odor, progressively reduced, with a complete resolution of skin lesions. The treatment focused on addressing both the physical and emotional aspects of the condition, resulting in a marked improvement in overall well-being. This case highlights the efficacy of homeopathy in managing chronic skin conditions triggered by environmental and emotional stressors. Ultimately, the patient achieved a remarkable recovery, emphasizing the holistic approach of homeopathy.



Acknowledgments: I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

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Successfully treated hirsutism at Dr. Batra's – a complete recovery

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Image credit: freepik.com

Abstract: Hirsutism is a condition characterized by excessive, male-pattern hair growth in women, particularly affecting areas such as the face, chest, and back. This paper discusses a case of a 35-year-old female presenting with hirsutism for the past 1.6 years. The paper highlights the complete recovery observed under homeopathic care at Dr Batra's clinic, emphasizing the effectiveness of a holistic and non-invasive treatment modality in managing hirsutism.

Keywords: Hirsutism, Dr Batra's, homeopathic

Introduction: Hirsutism is a condition in women characterized by excessive, coarse hair growth in areas like the face, chest, and back, typically in a male-pattern distribution. It is commonly caused by hormonal imbalances, especially elevated androgens, often due to conditions like PCOS, adrenal disorders, or idiopathic factors. Symptoms may include facial hair, acne, irregular periods, and in severe cases, voice deepening. If left untreated, it can lead to emotional distress and complications like infertility or metabolic issues.

This paper presents a case of hirsutism successfully treated with individualized homeopathic care, highlighting a holistic and non-invasive approach.

Case Profile: Hirsutism is a condition in women characterized by excessive, coarse hair growth in areas like the face, chest, and back, typically in a male-pattern distribution. It is commonly caused by hormonal imbalances, especially elevated androgens, often due to conditions like PCOS, adrenal disorders, or idiopathic factors. Symptoms may include facial hair, acne, irregular periods, and in severe cases, voice deepening. If left untreated, it can lead to emotional distress and complications like infertility or metabolic issues. This paper presents a case of hirsutism successfully treated with individualized homeopathic care, highlighting a holistic and non-invasive approach.

Physical Generals

Diet	Non vegetarian
Appetite	Normal
Desire	Spices, pungent

Aversion	N.S.
Thermal Reaction	Sensitive to both –but predominantly chilly
Thirst	Profuse
Stools	Normal
Urine	Normal
Perspiration	Scanty
Sleep	Sound
Dreams	N.S.

Examination:

1. ACTH Stimulation Test—34.28--Normal
2. Cortisol Test--N
3. S. Testosterone—High—1.98 Ng/ML
4. Usg Pelvic Region—Normal Ultrasound

Mental Generals:

A 35-year-old housewife, living with her husband and two children. She is generally confident, extroverted, and friendly, with a fast pace of work and a direct, often abrupt way of speaking. She expresses anger through shouting and is sensitive to reprimands, which can lead to weeping. Though outwardly social and desiring company, she remains reserved and secretive by nature. Sympathetic and intolerant of injustice, she enjoys cooking as a hobby and tends to hesitate slightly in social interactions due to self-consciousness about her facial hair, despite otherwise having a strong sense of self.

Past History

N.S

Family History

N.S

Case analysis: Reportorial totality

Repertory used	Rubrics selected
F.Schroyens synthesis	<ul style="list-style-type: none"> - MIND – SENSITIVE – reprimands, to - MIND – SECRETIVE - MIND-ABRUPT-harsh - MIND – CHEERFUL - MIND – SYMPATHETIC - GENERAL – food and drinks: spices desire - MOUTH – INDENTED – Tongue - FACE – Hair growth of hair – women in - EXTREMITIES – Tingling

Repertory screenshot:

Selection of Remedy:

- Remedy Chosen: Sepia
- Dosage & Potency: Sepia 200C followed by Sepia 1M
- Frequency: Once weekly
- Basis for Selection: Abrupt, harsh in speech, easily irritable, weeps easily, sensitive to reprimands
- Constitutional traits: Reserved yet extroverted, sympathetic, intolerant to injustice
- Physical traits: Predominantly chilly in nature
- Mental makeup: Confident, fast-paced worker, secretive, yet desires company
- Objective: To address hormonal imbalance contributing to hirsutism and to bring emotional and constitutional balance.

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Sensitivity to reprimands, weeping easily	✓			✓
Reserved, secretive nature	✓	✓		
Abrupt, harsh replies, speaks without thinking			✓	
Facial hirsutism (chronic hormonal imbalance)		✓		
Fast-paced work, restless nature				✓
Cannot tolerate injustice	✓		✓	
Predominantly chilly	✓			

Sympathetic, desires company	✓			✓
Confident, extroverted, friendly		✓		✓

Materials and Methods:

F.Schroyens synthesis repertory by Radar Opus application

Month	Progress	Prescription
1st Month	Initial presentation with increasing facial hair; emotional and hormonal	Sepia 200C weekly, followed by Sepia 1M, Sac Lac as placebo support.
2nd Month	Slight emotional improvement; hair density unchanged.	Sepia 1M weekly, Sac Lac 2/1 days.
3rd Month	Feeling more emotionally stable; hair growth steady.	Continued Sepia 1M, Sac Lac .
4th Month	Notable reduction in emotional outbursts; early signs of thinning facial hair.	Sepia 1M
5th Month	Facial hair visibly softer, less dense; improved confidence.	Same prescription maintained.
6th Month	Hair growth on chin and upper lip reducing significantly.	Continuation of Sepia 1M
7th Month	Emotional equilibrium maintained; social confidence improved.	Same remedies; regular follow-up observed.
8th Month	Hair thinning continues; complexion and skin texture improved.	Sepia 1M weekly, supportive remedies as before.
9th Month	Rare outbursts; confident in public; uses less concealer for facial hair.	Continued with Sepia 1M
10th Month	No new hair growth; significant cosmetic and psychological improvement.	Same prescription pattern
11th Month	Maintained improvement; no fresh complaints; emotionally balanced.	Sepia 1M weekly

Discussion & Conclusion:

This case of hirsutism in a 35-year-old female illustrates the effectiveness of homeopathic treatment in addressing both physical and emotional symptoms. The patient showed significant improvement in facial hair growth, with thinning hair and enhanced skin texture. Emotional stability, reduced irritability, and increased confidence were also observed. The prescribed remedy, *Sepia 1M*, along with complementary remedies like *Spongia* and *Rhus Tox*, proved beneficial in managing the hormonal imbalance and psychological aspects of the condition. By the 10th month, the patient reported near-complete recovery, demonstrating the potential of homeopathy as a holistic and sustainable approach for treating hirsutism.



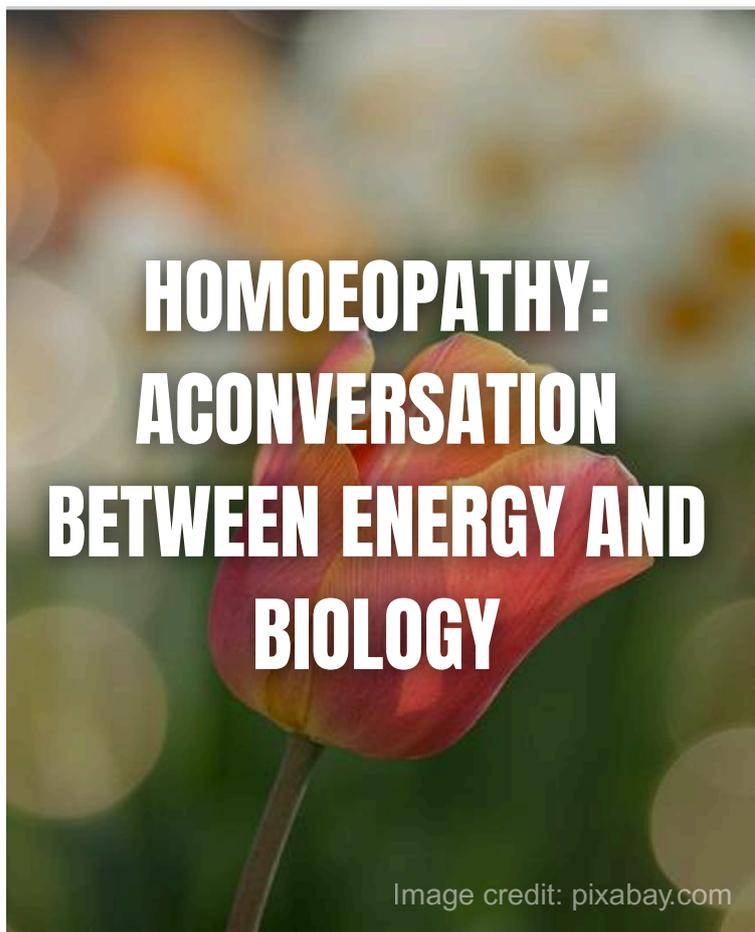
Acknowledgments:

I take this opportunity to thank those who have helped and supported me personally and professionally during this case study.

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Healing the path to Parenthood again

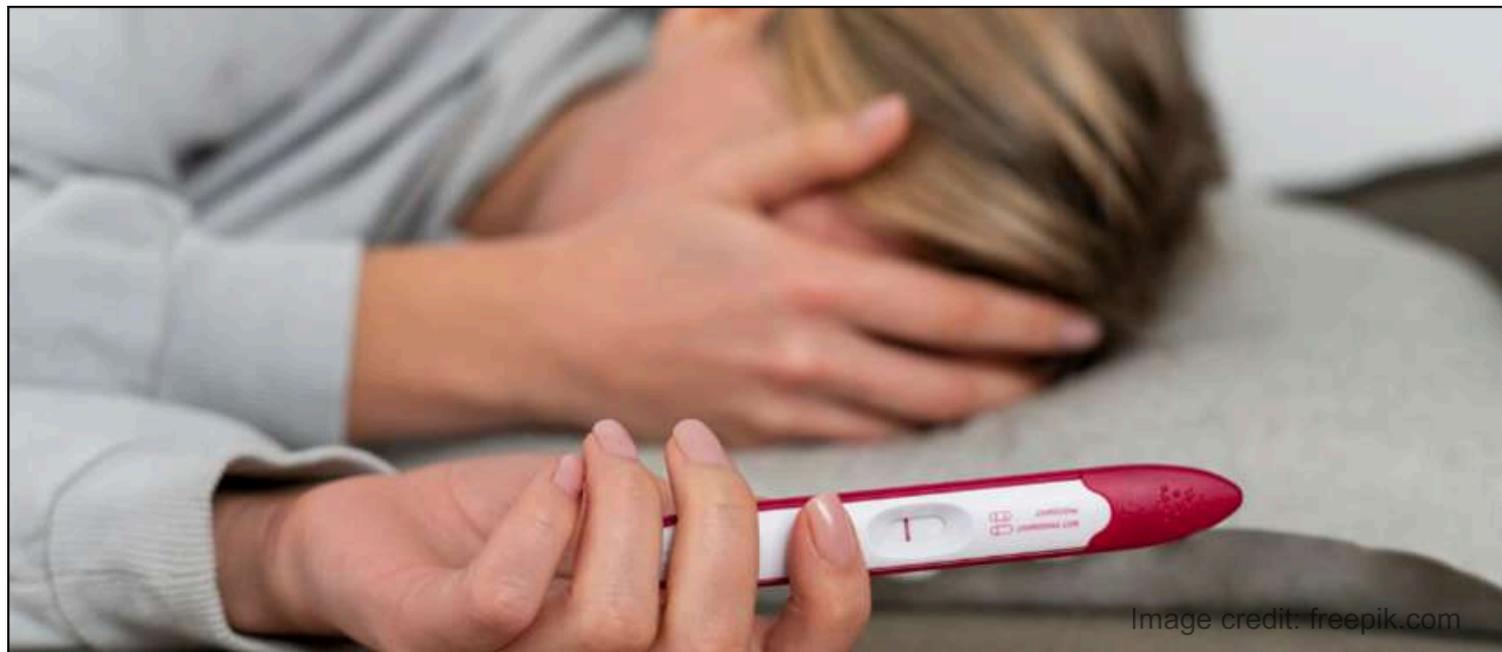
- Secondary Infertility treated with Homoeopathy

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Abstract: This case study provides a detailed account of treating secondary infertility in a 31-year-old female patient through an individualised homoeopathic regimen. It's a case of a 31-year-old female who had struggled with secondary infertility and other co-morbidities like PCOS, and Iron deficiency anaemia, following several treatments, including hormonal intervention every month and without any result. The case was treated using constitutional remedy, i-e, Natrum muriaticum with infrequent repetition and dose was increased as per the need with a suitable inter current i-e- Thuja occidentalis 200, patient experienced overall change in her well-being at the level of mind and body, helped her to conceive with minimal doses of suitable medicine. This case can be an example to indicate a potential role of homoeopathic remedies in treating infertility cases.

Keywords: Infertility, secondary infertility, homoeopathy, constitutional remedy, individualised, pregnancy, natrum muriaticum, PCOS, Anaemia.

Introduction: Infertility is a significant social and medical problem affecting both couples and over all family. Infertility refers to an inability to conceive after having regular unprotected sex.

Risk factors of infertility:

In women, ovulation disorders- premature ovarian failure, polycystic ovary syndrome, problems related to the anatomy of the uterus & fallopian tubes, etc.

In men, abnormal sperm count, testicular infections, varicocele, undescended testes, hypogonadism, genetic abnormality, mumps, hypospadias, etc.

Types of infertility:

- 1.Primary infertility (when a woman is unable to ever bear children).
- 2.Secondary infertility (when a woman has been pregnant but has failed to achieve a live birth after having a live birth previously).

Case details-

Case received on 23-01-2022, Mrs. DS, 31-year-old female, did M. Com, looks after her husband's business. Approached with the complaints of irregular menses post first delivery (1st child age 3.5 years). Took treatment for 18 months and underwent all investigations. For 6 months, she was on hormonal pills

every day to maintain her menstrual cycle. Before marriage, she had PCOS in 2021, naturally conceived during 1st delivery in 2018.

Life Space:

Childhood-Dull student, if someone forces her, then she uses to read, if stressed or forced, then she doesn't work. She said that she studied just to get married, was not interested in studies, and feared of teacher. Anticipation that the teacher may beat her. Irregular to school sister was very intelligent, but didn't approach "because I had an ego". She gets hurt when she gets scolded in front of everyone. She used to retaliate at teachers and even left school. Father had a huge business loss, she was poor at mathematics, didn't have any clarity, so she shifted from MEC TO CEC, again MEC, failed in her degree and cleared later. Her elder sister took care of her and said that her sister was everything. Fights used to take place between Fa and Mo. Her colleagues were all men, but she was very confident. She was given freedom to work. She went to Chennai, Mumbai, etc., to work. If she doesn't like anything at the workplace straightaway, she usually resigns. She was stubborn. The opposite person should convince her, but she never goes back and talks. Shouts in anger+3, If she decides anything, she will definitely do it. On the day of her marriage mother expired due to cardiac failure. She didn't attend her mother's funeral out of pain and cried during the interview. She was feeling better after her first child's birth. Pt used to fight with her husband, saying that he needed to be with her all the time and take care of her. The husband used to use bad words in front of everybody, which put didn't like. One day, she tried to commit suicide by hanging. She said that she acted just to gain his husband's attention. Neighbours rescued her. Patient said that she is trying to adjust according to her husband. Not on good terms with her brother-in-law. She preferred LSCS during her 1st delivery due to fear and increased blood pressure.

Consolation aggravation+3, expects from husband, she feels confident in his presence, no issues at present. Pt wants the kitchen, washroom everything

to be clean; otherwise, she will not use them. Nail biting is present. Fear of cats+3.

Physical Generals:

- Appetite- Normal
- Thirst- +2, feels dry
- Desire- Spicy+2, junk food+3, slate pencil+3, mud+3
- Aversion- Non veg+3, feels nauseated, sugar+3, sweets+3, ghee+3
- Perspiration- scanty+3
- Thermals- Ambi towards chilly
- Menstrual history- F.M.P- 13 years, cycle- every 45 days (only when on medication), duration-3-4 days, flow- 2 pads/day, no clots, consistency-thick, odour+ no staining.
- Lower abdominal pain & extremities pain, before menses.
- Obstetrical H/O- G3 P1 A2L1 (Spontaneous abortion in 2019, 2023)

Case Processing:

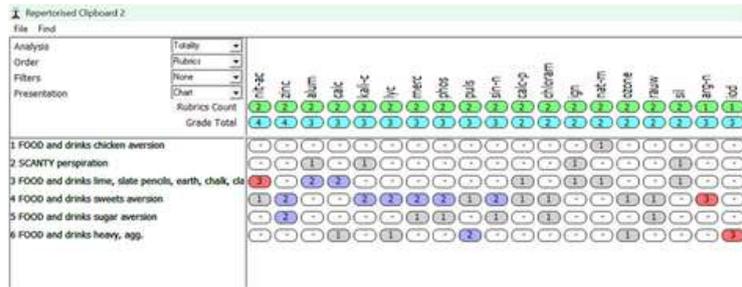
Chronic Totality:

1. Anticipatory anxiety+3
2. Egotism+3
3. Impulsive in anger+3
4. Anger shouts+3
5. Consolation aggravation+3
6. Stubborn+3
7. Wants to be cared+3
8. Grief long-lasting+3
9. Fastidious+2
10. Nail biting
11. Perspiration scanty+3
12. Desire- junk food+3, slate pencil+3, mud+3
13. Aversion-Sweets+3, Ghee+3, Sugar+3, Non veg+3
14. Abdominal pain before menses +3
15. Anaemia

Reportorial Syndrome-

Analysis	Totally	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
1 ANXIETY anticipating	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
2 EGOTISM, self-esteem General	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
3 IMPULSIVE	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
4 SHREKING, anger, during	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
5 AGGRAVATION, consolation	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
6 GRIEF, death of, loved ones or friends	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
7 FASTIDIOUS	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
8 BITING nails	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
9 PAIN General ovaries: menses app. before	11	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	

Pdf:



Follow Up:

Based on a comprehensive case history, characteristic mentals and physicals, which included her disposition to irritability, impulsiveness, and anaemia, all indications were compiled and prescribed Rx Natrum muriaticum 200, 1M gradually in a treatment period of 2 years, and Thuja 200 as intercurrent, once she faced spontaneous abortion and later with the treatment continued, she conceived, the clinical outcome was evaluated after remedy administration by MONARCH CRITERIA- score 10/13 indicates, good clinical outcome. She is out of anaemia, with regular periods, and the interpersonal relationship between the patient and her husband improved; overall well-being of the patient is well maintained by individualised homoeopathic treatment.

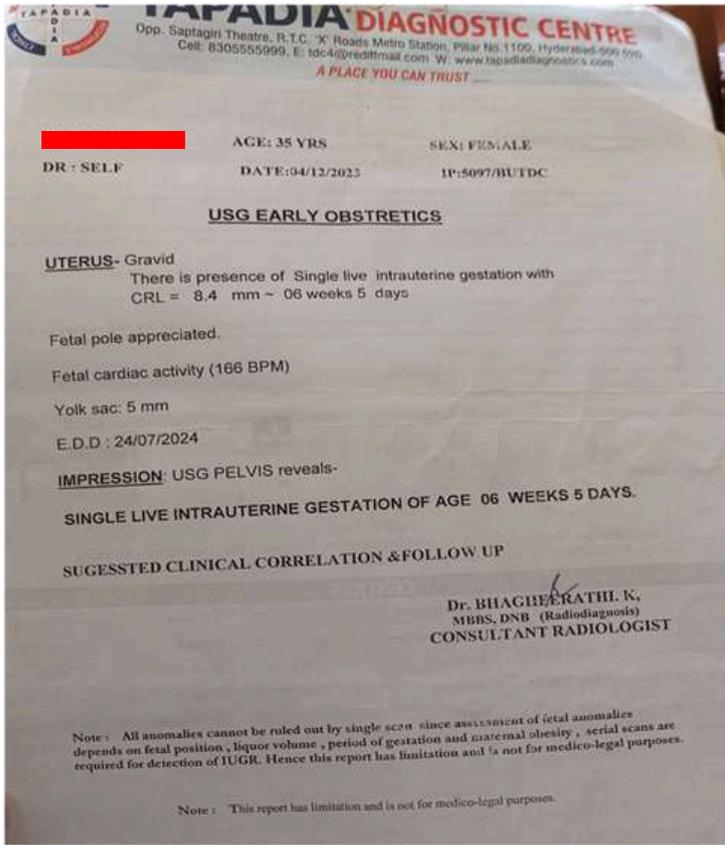
Monarch Criteria:

S.NO	DOMAINS	YES	NO	NOT SURE OR N/A	SCORE
1	Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	2	-1	0	2
2	Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	1	-2	0	1
3	Was there an initial aggravation of symptoms?	1	0	0	0

4	Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed?)	1	0	0	1
5	Did overall well-being improve? (Suggest using a validated scale.)	1	0	0	1
6A	Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease?	1	0	0	1
6B	Direction of cure: Did at least two of the following aspects apply to the order of improvement of symptoms? -from organs of more importance to those of less importance? -from deeper to more superficial aspects of the individual? -from the top downwards?	1	0	0	0
7	Did "old symptoms" (defined as non-seasonal and non-cyclical symptoms previously thought to have resolved) reappear temporarily during improvement?	1	0	0	0
8	Are there alternate causes (other than the medicine) that, with a high probability-could have caused the improvement? (consider known course of the disease, other forms of treatment, and other clinically relevant interventions)	-3	1	0	1
9	Was the health improvement confirmed by any objective evidence? (e.g. laboratory test, clinical observation, etc.)	2	0	0	2
10	Did repeat dosing, if conducted, create a similar clinical improvement?	1	0	0	1
	Total				10

Investigations:

Usg- Abd & Pelvis:



Testimonial:

నమస్కారం.

నా [REDACTED] మాకు 2018లో ఒక పాప పుట్టింది. ఆ తర్వాత నాకు పీరియడ్స్ రెగ్యులర్ గా రాలేదు. 2021 డిసెంబర్ లో చాలామంది డాక్టర్స్ కి చూపించాము, ఫాలిక్యులర్ స్టడీస్ చేపించాము, అనేక మందులు వాడాము. ఒకసారి కన్సల్ట్ అయ్యి మళ్ళీ 2 నెలల్లో అబార్షన్ అయ్యింది. ఆ తర్వాత నా ఆర్గేగం పూర్తిగా దెబ్బతిన్నది. పీరియడ్స్ పూర్తిగా ఆగిపోయాయి. అప్పటికే నా వయసు 32 సంవత్సరాలు. చాలా కుంగిపోయాను. అప్పుడే నాకు డాక్టర్ శివానీ గారి గురించి తెలిసింది. ఆమె దగ్గర హోమియోపతి ట్రీట్మెంట్ ప్రారంభించాము. ట్రీట్మెంట్ తీసుకున్న 16 నెలల తర్వాత ప్రెగ్నెన్సీ వచ్చింది కానీ ఈ సారి కూడా 2 నెలలకి మిస్ క్యారెజ్ అయ్యింది. ఈ సారి పూర్తిగా ఆశలు వదులుకున్నాను. చాలా కుంగిపోయాను. ఇక పిల్లలు పుట్టరని అనుకున్న తరుణంలో డాక్టర్ శివానీ గారు చాలా ధైర్యం చెప్పారు... మానసికంగాను నన్ను ధైర్యం కొల్పకుండా నిలబెట్టారు. నీకు ఖచ్చితంగా పిల్లలు పుడతారు అన్నారు. నా కేసు స్పెషల్ స్టడీ చేశారు. తను ఎంత పనిలో వున్నా ప్రతి 15 రోజులకొకసారి ఫోన్లో కూడా వివరాలు అడిగి తెలుసుకునేవారు. ఆ తర్వాత మాకు 35 సం|| వయసులో 1st జూలై 2024 రోజున పండంటి మగ బిడ్డకి జన్మనిచ్చాను. నా కూతురు ఒంటరి కాకుండా తనకి తమ్ముణ్ణి ఇచ్చినందుకు చాలా సంతోషంగా వుంది. ఆ రోజు డాక్టర్ శివానీగారి పుట్టిన రోజు. అదే రోజు మా బాబు పుట్టినందుకు మేము గర్వపడుతున్నాము. శివానీ గారికి మేము ఎప్పుడూ రుణపడివున్నాము....

ధాంక్యూ శివానీ గారు.

ఇట్లు

[REDACTED]

Conclusion:

This case study firmly establishes the beneficial role of Homoeopathy in managing cases of secondary infertility, focusing on the qualitative totality of symptoms and reportorial analysis led to a successful conception. Through repeated counselling and a positive attitude, the harmony between the couple was also maintained.



**HOMOEOPATHY:
GENTLE MEDICINE FOR
A WORLD IN NEED OF
KINDNESS**

Image credit: pixabay.com

AN OVERVIEW ON SWOLLEN SUBCENTIMETRIC MESENTERIC LYMPH NODES WITH ITS CONSTITUTIONAL HOMOEOPATHIC MANAGEMENT: A CASE REPORT

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Abstract: Hirsutism is a condition characterized by excessive, male-pattern hair growth in women, particularly affecting areas such as the face, chest, and back. This paper discusses a case of a 35-year-old female presenting with hirsutism for the past 1.6 years. The paper highlights the complete recovery observed under homeopathic care at Dr Batra's clinic, emphasizing the effectiveness of a holistic and non-invasive treatment modality in managing hirsutism.

Keywords: Subcentimetric mesenteric lymph nodes, Mesenteric lymphadenitis, Constitutional Homoeopathy, German New Medicine.

Introduction: Mesenteric lymph nodes play a key role in abdominal immune defense by filtering antigens from the gastrointestinal tract. Subcentimetric lymphadenopathy is frequently detected in children, it may manifest with colicky pain, fever, nausea, or loss of appetite, sometimes resembling appendicitis. Conventional management is largely supportive, whereas Homoeopathy offers a constitutional approach that considers the totality of symptoms, individual

characteristics, and miasmatic background, in line with Hahnemann's Organon of Medicine.

German New Medicine & Correlation:

In German New Medicine (GNM), mesenteric lymphadenopathy is linked to self-devaluation conflicts centered on digestion or nourishment. Biological Conflict, "I cannot digest this situation" or "Something is attacking my gut/territory." In the conflict – Active Phase, reduction in lymphatic tissue, usually asymptomatic and in Healing Phase, lymph nodes swell (hyperplasia) as a part of repair, which clinically appears as palpable or radiologically detected lymphadenopathy.

Case Study:

A 9-year-old female, fair complexion, fatty and flabby, presented on 3rd February 2025 with complaints of Abdominal pain from last 1 month after eating fatty food, while prolonged sitting and frequent eating with nausea after taking meal and character of pain is colicky, recurrent and intensity moderate to severe. He had been diagnosed with Multiple subcentimetric mesenteric lymph nodes, largest measuring 6 mm in short-axis diameter on ultrasonography dated 30th January 2025. He also reported episodes of Fever with chills in evening aggravated in night and loss of appetite. Frequent colds, tendency to glandular swellings and her Complaints began after contracting tuberculosis (from mother, who had pulmonary TB).

Clinical Observation:

Height: 4'11" Weight: 46 Pulse: 78/min Blood Pressure: 118/78 mm of hg

USG Abdomen as on 30-01-2025: Multiple subcentimetric mesenteric lymph nodes, largest measuring 6 mm in short-axis diameter.

USG Abdomen as on 11-03-2025: No significant abnormality.

Family History: Mother: Pulmonary tuberculosis.

Father: Allergic rhinitis

Tubercular miasmatic background suspected.

Physical Generals:

Appetite: Diminished.

Thirst: 8-9 glass

Desire: sweet, eggs, Paneer

Aversion: milk, green vegetable

Perspiration: profuse over face and scalp, around neck even pillow became wet

Sleep: prefers lying on abdomen.

Thermal: chilly patient. Miasmatic background: Tubercular.

Mental Generals:

Timid, easily frightened.

Fear of being alone, desires company.

Weeps easily, sensitive to reprimands.

Mild, affectionate disposition.

Analysis of Symptoms:

Characteristic Particulars: Abdominal pain < fatty food, < sitting, < frequent eating, Glandular (lymphatic) involvement.

General Symptoms: Chilly patient, Perspiration on head during sleep, Craving sweets, aversion milk, Sleeps on abdomen.

Mental Symptoms: Fear of being alone, Timidity, weeps easily, Sensitive to reprimand, Desire for company.

Analysis of Symptoms:

Characteristic Particulars: Abdominal pain < fatty food, < sitting, < frequent eating, Glandular (lymphatic) involvement.

General Symptoms: Chilly patient, Perspiration on head during sleep, Craving sweets, aversion milk, Sleeps on abdomen.

Mental Symptoms: Fear of being alone, Timidity, weeps easily, Sensitive to reprimand, Desire for company.

Evolution of Symptoms:

-Fear of being alone+++

-Sensitive to reprimands+++

-Timidity ++

-Desire sweets++

-Perspiration on scalp, face and around neck ++

-Glandular involvement ++

Totally of Symptoms:

- Timid, fearful of being alone, desires company.
- Sensitive to reprimand, weeps easily.
- Chilly constitution. -Perspiration on head during sleep.
- Craving sweets, aversion milk.
- Abdominal colic < fatty food, < prolonged sitting, < frequent eating.
- History of tuberculosis and tendency to glandular enlargement.

Reportorial Totality:

MIND-TIMIDITY

MIND-SENSITIVE-reprimands, to

MIND-FEAR-alone, of being

GENERALS-FOOD and DRINKS-sweets-desire

GENERALS-FOOD and DRINKS-milk-aversion

GENERALS-HEAT-lack of vital heat

ABDOMEN-PAIN-eating-after-agg.

Prescription:

03-02-2025- Calcarea cabonica 200/1dose.
Followed by placebo TDS x 15 days.

Justification & Selection:

Based on the clear keynote symptoms both mentally and physically, Calcarea Carbonica emerged as the simillimum. Child is timid, fear of being alone and sensitive to reprimands with tendency to glandular and lymph node swellings with desire for sweets match the essence of Calcarea carbonica. The potency 200C was selected based on moderate vitality with marked mental involvement.

Follow Up :

17-02-25 – pain reduced significantly, nausea subside no further associated complaints Placebo TDS x 15days.

3-03-25 – Patient timidity subsides, slight confidence built improved – Placebo TDS x 15 days.

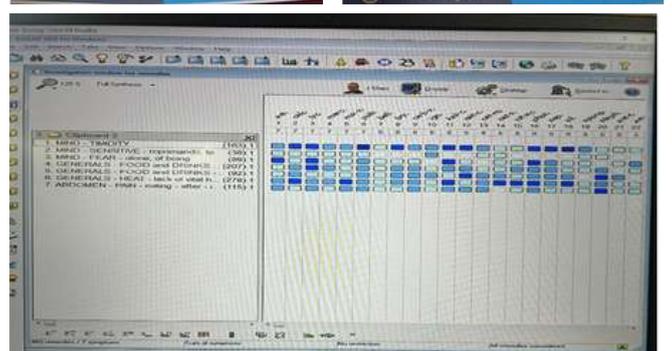
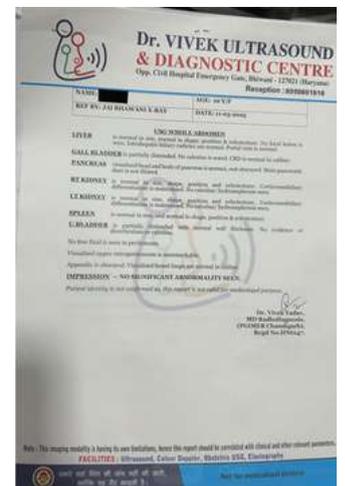
18-03-25 – Repeat USG as on 11-03-25, No significant abnormality seen.

Conclusion:

Homoeopathy aims to treat the man in disease rather than the disease in man. In this case, the single constitutional remedy Calcarea carbonica 200 not only resolved the physical pathology of Subcentimetric mesenteric lymphadenopathy but also brought about a positive transformation in the patient's emotional and mental state. The integration of German New Medicine provided a deeper insight into the underlying conflict, allowing holistic healing.

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NAME THE LANDMARK ACHIEVEMENTS IN THE DEVELOPMENT OF HOMOEOPATHY MEMORABLE SACRIFICE AND CONTRIBUTION OF Dr.K.G.SAXENA

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A



B



C



D



E



F



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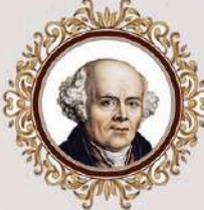
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At times, I find myself tormented by thoughts that erupt when I face difficult cases. Yet I believe these “tormenting thoughts” are often the very questions others are quietly wrestling with too. Perhaps by seeking answers to a few broad questions, we can move closer to clarity:

- What would bring outstanding change to our journal?
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We're not just seeking articles—we're seeking inspiration. Let's make this journal a beacon for practitioners, thinkers, and seekers alike.

While I do not wish to highlight only one aspect of homeopathic success, I believe we can begin by sharing more stories of acute pathologies—cases that challenge us clinically and philosophically. Alternatively, we might explore the psychological trends underlying specific pathologies, offering deeper insight into the human condition.

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