

Materia Novum

The Journal of Homoeopathy



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Dr. Samuel Hahnemann

The Father of Homoeopathy



!!!!..... I Have Not Lived in Vain.....!!!!

10th April 1755 ---- 2nd July 1843

Materia Novum: The Journal of Homoeopathy

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Editorial

Homoeopathy is a science, which is time tested and the practice of Homoeopathy is an art to be mastered in order to be a Homopathician. Ever since the need for research in Homoeopathy is admitted by the fraternity myriad of researches have been conducted and articles published in National and International journals.

Though research is a part of the Postgraduate curriculum, our Institute has been promoting and undertaking research to inculcate the acumen of research in the minds of the budding Homoeopathic doctors even in undergraduate courses. This research at undergraduate level is a unique feature of our institute. Two of our interns been awarded STSH research projects by the Central Council for Research in Homoeopathy two years in a row, is a testimony of our efforts in this regard.

Materia Novum is a platform where our research outcomes and the efficacy of Homoeopathy would see the light of the day. It is an endeavor from our side to augment, the scientific value of Homoeopathy and to master the art of cure by the wholistic medicine of the age-HOMOEOPATHY

Dr.F.F.Motiwala
Editor-In-Chief
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A case study of Calcaneal Spur with Plantar Fasciitis a Pathological Approach

- Case Report

Dr.Bhalerao S.U

ABSTRACT:

A 62 yr male patient complaint of Left heel pain since 2yrs pain was experienced by movements of foot. On the grounds of pathophysiological changes prescription of Phosphorus & Calcarea Flourica was done. So after giving the dose beneficial results was observed.

Introduction:

Calcaneal spur is a bony out growth from calcaneal tuberosity when the foot is exposed to constant stress: calcium deposits pile up in bottom of Heel bone deposits pile up on each other causing spur shaped deformity Inferior calcaneal spur has calcification of calcaneus lies superior to plantar fascia insertion thus leading to plantar fasciitis in my case

Case report: Dt 12/05/17

Name: RBS

Address: Tidke colony , Nashik.

Age: 62yrs

Sex: male

Status: married

Religion: Hinduism

Occupation :- Shop owner & Cyclist

Chief complaint-

Location :- left Heel , left Foot

Sensation :- pain sharp & shooting in foot since 2 yrs .pain is progressive

Modalities :- Worse by first stepping , cycling , jogging & standing (I took it as physical exertion)
Better by rest , & sleep .

Concomitant :- Not identified in case

Past History:-

Patient had similar complaint since 2 yrs taken steroid injection in left heel

No history of any other systemic medical illness

Family History :-

No systemic illness identified in family

Allergies:- Nil

Habits/ Addiction :- Nil

Thirst : Adequate intake not increased or decreased at time of case taking

Appetite :- Not reduced

Desires :- Not specific

Aversions:- not specific

Bowel Habits :- two times

Micturation Habits : 4/0

Sleep :- refreshing

Dreams : Not specified

Perspiration :- normal

Thermal State :- Ambithermal

GENERAL EXAMINATION:

Vital signs:

Temp: afebrile Pulse- 78/bpm B.P.- 140/90mmHg R.R 17

Pallor, Clubbing, Cyanosis, edema were absent

Local examination:-

Left foot :

Inspection : No swelling over ankle or foot

Palpation : Tenderness at Heel ,

Joint movement : Limited Dorsiflexion due to pain (plantar fasciitis)

No other deformity noted

Differential diagnosis:-

1. Plantar Fasciitis
2. Calcaneal Spur
1. Stress fracture of Calcaneal
2. Spinal stenosis L5 ,S1

Probable diagnosis:-

1. Plantar Fasciitis
2. Calcaneal Spur

Probable remedies

1. Phosphorus
2. Calcarea Flourica

Final Prescription:-

CALCAREA FLOURICA 6 x TDS 15 days (12/05/17)

Patient was advised avoiding of strenuous physical exertion

Reason for Selection:-

Exostoses

Follow up 1

Date: 31/5/17

Pain in left heel is significantly reduce (80%)

No new complaints

GC good , Vitals are stable .

Left foot Examination

Inspection : No Visible swelling over ankle or foot

Palpation : Tenderness at Heel is reduces remarkably ,

Joint movement : On Dorsiflexion no pain .

Rx- Calc.F.6x BD for 7 days

Follow up-2

Date-06/6/17

Pain is totally reduced

No new complaints

GC good , Vitals are stable .

Left foot Examination

Inspection : No Visible swelling over ankle or foot

Palpation : Tenderness at Heel is Absent ,

Joint movement : No pain restriction identified

Rx- S.L BD for 7 days

Observation:-

In 1st follow up after prescribing the remedy pain reduced significantly but persisted so that reason the same remedy was prescribed not changed .In 2nd follow up the pain was totally reduced patient was symptom free so only placebo was given .

Interpretation: -Patient was prescribed Calcarea Flourica 6 x according to reference of J.H.Clarke the pathophysiology of patient condition of Exostosis was similar to that as said by Clarke



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- 3.J.H.Clarke, The prescriber, Pg: 187

“SOMATOPSYCHIC EFFECTS OF NOCTURNAL ENURESIS IN PAEDIATRIC AGE GROUP AND ITS CORRESPONDING MATERIA MEDICA IMAGES”

Dr.Ruta Katyare (PG Scholar)

ABSTRACT:

Enuresis also known as bedwetting is involuntary urination while asleep after the age at which bedwetting can become a cause of embarrassment for both children and their parents. The symptoms and diagnosis of the disease have been clearly defined in medical research. Further the understanding of the somatopsychic effects could lead to better treatments and help to reduce prevalence through preventive measures. The prevalence of nocturnal enuresis for females is 10.6%, for males it is 16.9% and the overall prevalence is 13.7%,

In preparing the dissertation on “SOMATOPSYCHIC EFFECTS OF NOCTURNAL ENURESIS IN PAEDIATRIC AGE GROUP AND ITS CORRESPONDING MATERIA MEDICA IMAGES”, I have observed and studied various causes and psychological impact for selection of homeopathic similimum. MateriaMedica images of various drugs are formed with the help of conceptual image format.

Bed wetting can possibly tarnish the self-confidence of the child developing a strong fear of being ridiculed by peers.

KEY WORDS:

Nocturnal enuresis, somatopsychic effects, DSM- 5 criteria.

INTRODUCTION:

BACKGROUND AND JUSTIFICATION OF STUDY

Enuresis also known as bedwetting is involuntary urination while asleep after the age at which bedwetting can become a cause of embarrassment for both children and their parents. Bed wetting can sometimes occur during a stressful event in a young person’s life. Conflict at home or school may cause your child to have nightly accidents. The birth of a sibling, moving to a new home or another change in routine can be stressful to children and may trigger bed wetting incidents.

Punishing your child for wetting the bed will not solve the problem. Bedwetting children face problems ranging from being teased by siblings, being punished by parents, and being afraid that friends will find out.

A growing number of parents today are concerned about the side-effects of conventional drugs, especially in the treatment of young children. Bed wetting is a distressing disorder that carries a significant burden. This disorder has psychological, social and financial implications for child and family. By identifying and treating bed wetting at an early age, it is hoped that its impact can be minimized..

Most children outgrow bed wetting by about 7 years. By this age, bladder control is stronger and more fully developed. lifestyle changes, medical treatment , and support from family and friends can help children overcome bedwetting.

AIM AND OBJECTIVES:

AIM: To study the psychological changes in cases of Nocturnal Enuresis in paediatric age group. (ie. 5 to 10 years.)

OBJECTIVES:

To evaluate psychological changes in children of Nocturnal Enuresis.

To evolve different MateriaMedica images in treatment of Nocturnal Enuresis in paediatric age group.

Material and methods

Study setting: Cases taken from MHMC OPD at institute, Camps and peripheral OPD's

Selection of samples: 30 cases

Inclusion criteria:

- Cases of Nocturnal enuresis diagnosed as per DSM- V Criteria
- Children of both sexes and age between 5 to 10years of age.

Exclusion criteria:

Cases with fatal diseases and congenital disorders like mental retardation, cerebral palsy.

Study design: Case series.

Intervention: Cases will be seen as per homoeopathic management.

Selection of tools: The DSM-5 criteria for nocturnal enuresis

Brief of procedure: A case will be taken with CRF and conceptual image will be formed and accordingly psychological cause will be evaluated. Medicine will be given. Follow up will be taken accordingly.

OBSERVATION AND RESULT

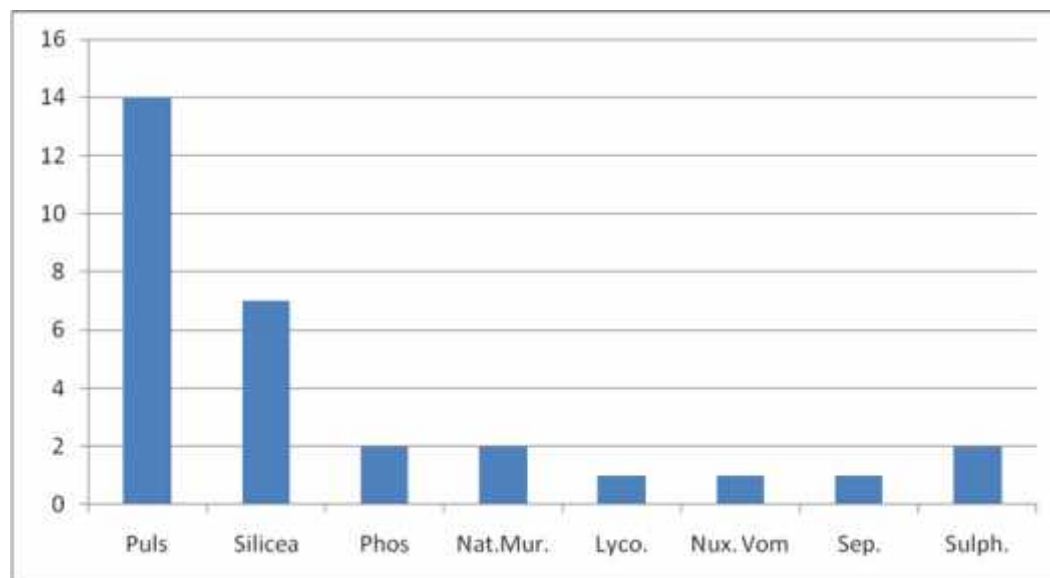


Table showing frequency of medicines and corresponding materia medica images formed.

Name of medicines	Number of times used
Pulsatilla	14
Silicea	07
Phosphorus	02
Natrummur	02
Lycopodium	01
Nux Vomica	01
Sepia	01
Sulphur	02

Materia medica image of each drug is formed with the help of conceptual image format.

Diagram 1: Pie chart showing frequency of psychological changes seen in cases

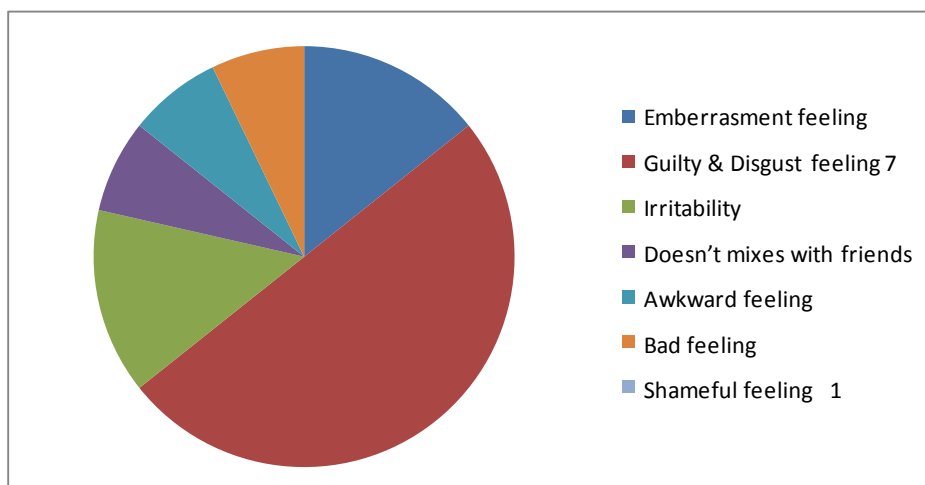


Table showing frequency of psychological changes in patients

Sr. no.	Psychological changes	Frequency(no. of cases)
1	Disgust and guilty feeling	7 (46.6 %)
2	Embarrassment	2(13.33 %)
3	Irritability	2 (13.33 %)
4	Doesn't mix with friends	1 (6.6%)
5	Awkward feeling	1 (6.6%)
6	Bad feeling	1 (6.6%)
7	Shameful feeling	1 (6.6%)

RESULT

Out of 30 cases selected, maximum prevalence was noticed in females.

The study of 30 cases includes female 21 i.e. Approx 70% and male 9 i.e. approx 30%. Maximum patients were from age group 5 to 10 years. Psychological impact i.e. (somatopsychic effect) of each case have been studied properly. 15 cases out of 30 cases had shown psychological impact on mind. ie 50% show effect on mind.

Improved cases- 23 and not improved

CONCLUSION

After end of study it is concluded that all children who are having c/o nocturnal enuresis not show somatopsychic effect, only few patients show the symptoms. Study concludes that NOCTURNAL ENURESIS DOESN'T HAVE SOMATOPSYCHIC EFFECT ON ALL CHILDREN. Maximum prevalence is seen in females than in males.

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ABSTRACT: -

Polycystic ovarian diseases affect approximately 5-7% of women especially in the young reproductive period (second and third decade of life). The studies of family members with PCOS indicate that an autosomal dominant mode of inheritance with premature male pattern baldness as the male phenotype may exist. Major features of PCOD include menstrual dysfunction, anovulation, and signs of hyperandrogenism. Although the exact etiology is not clear, PCOD is an abnormality of the hypothalamic-pituitary-ovarian system. A characteristic of the syndrome is inappropriate gonadotropin secretion, which is more likely a result of, rather than a cause of, ovarian dysfunction. Clinically all types of menstrual irregularity, Obesity, Skin manifestations, Unusual hair growth & Infertility and PCOD affects premenopausal women, and the age of onset most often is perimenarchal.

Aim : To evaluate the role of homoeopathic medicines in cases of polycystic ovarian disease.

Objectives : 1. To study and assess the efficacy of homeopathic medicines in treating Polycystic ovarian disease. 2. To study the most common homoeopathic medicine in PCOD. 3. To study the most common miasm in PCOD.

Method :- The study was undertaken by studying cases of patients attending the Gynecology & Obstetrics OPD (Out Patient Department) of Homoeopathic Hospital. 30 female cases with age group 16- 35 were taken and prescribed with homeopathic medication and analysed for outcome assessment on the basis of menstrual regularities.

Inclusion criteria:

- 1) Patients of age group between 16 to 35 years from all socio economic strata.
- 2) Both unmarried and married females.

Exclusion criteria:

- 1) Diabetes mellitus, Metabolic and Cardiovascular diseases.
- 2) Endometrial neoplasia and all other ovarian cysts.

Study design: Case series study.

Introduction: The condition was first described in 1935 by American gynecologists Irving F. Stein, Sr. and Michael L. Leventhal, from whom its original name of *Stein-Leventhal syndrome* is taken. Polycystic ovarian syndrome (PCOS), also known as PCOD (polycystic ovarian disease) is one of the commonest cause of infertility. Patients suffering from polycystic ovarian disease (PCOD) have multiple small cysts in their ovaries (the word poly means many). These cysts occur when the regular changes of a normal menstrual cycle are disrupted. The ovary is enlarged; and it produces excessive amounts of androgen and estrogenic hormones. This excess, along with the absence of ovulation, may cause infertility.

PCOD is condition which affects the ovary that can produce different problems to women as below.

Menstrual disorders, Insulin resistance, Infertility, Hormonal changes, Affects heart and blood vessels, High levels of male hormones (androgens), Affects even appearance

The disease does not have a clear etiology (everything ranging from genetics, hormonal to insulin resistance)

The underlying cause of Polycystic ovarian disease is unknown & polygenic is suspected, as there is a well-documented aggregation of the disorder within families especially an increased prevalence as it has been noted between affected individual, & their sisters (32 – 66%.) & mothers (24 – 52%)

There are also some precipitating and maintaining factors for polycystic ovarian disease such as; Family history of ovarian cyst, overweight women, stressful life, No physical activity, Fat / lipid levels, Insulin / glucose (sugar), Blood pressure (hypertension), Overactive pituitary glands, Overproduction of insulin and testosterone which plays a very important role in PCOD.

Symptoms include anovulation, irregular menses, hyperandrogenism, clinically manifested by hirsutism, acne, androgenic alopecia. Endocrine dysfunctions like insulin resistance, dyslipidaemia, obesity, acanthosis nigricans, type 2 diabetes mellitus, obstructive sleep apnea, metabolic disorders, cardiovascular diseases, endometrial neoplasia & high cholesterol level.

Which Women's are more prone to polycystic ovarian disease?

women who match one of the below factors in them are more prone to Polycystic ovarian disease,

Family history of ovarian cysts, Overweight women, No physical activity, Stressful life,

Fat / lipid levels, Insulin / glucose (sugar) levels, Blood pressure (hypertension),

Overactive pituitary glands, Overproduction of insulin and testosterone.

Common symptoms of Polycystic ovarian disease include the following

Menstrual disorders, Infertility, High levels of masculinizing hormones, Metabolic syndrome .

Asians suffering from Polycystic ovarian disease are less likely to develop hirsutism.

Today's woman an epitome of care & warmth, blessed with an indispensable power to play a myriad of roles often overlooks her health, current lifestyle & ever changing personality of today's women may get affected by either dysfunction of reproductive system or other associated diseases involving various systems of the body.

One of the common problems affecting the today's women is Polycystic ovarian disease; the leading cause of female sub fertility, the disease is diagnosed by symptoms itself.

The neurotransmitters produced in the higher center of brain and are passed into hypothalamus & to pituitary through hypothalamic-hypophyseal axis. There are number of psychological causes like emotion, shock, grief, mortification, anger, fear, delusions, that affect the mind, such psychological factors could be the root cause of hormonal imbalance through neuro-hormonal pathway leading ultimately to Polycystic ovarian disease .

In Allopathy, it is said that Polycystic ovarian disease is incurable, only it needs to be managed and to prevent the problems, combination of treatment has been given to meet the goal of cure such as; Birth Control Pills – hormone therapy, diabetes medications, fertility medications, laparoscopy, life style – modifications like regular exercise, healthy diet, weight control and avoidance of smoking. Still with all these things the downside is that they provide only temporary relief besides leading to

drug dependency, risk of life because of other complications without eliminating the problem from the root.

In homoeopathy we consider, A person as whole, In other words it is the patient in disease & not the disease in the patient which is to be treated.

In treating Polycystic ovarian disease we consider the psychological factors along with the physical factors which help us to select a most similar remedy which covers all the symptoms of a patient as a whole. With the help of homoeopathic law of nature i.e., ‘similia similibus curentur’ & ‘law of individualization’. We can select a simple, single, minimum dose of remedy according to patient’s symptom similarity. In our homoeopathic system there is safe, rapid, gentle & permanent cure for Polycystic ovarian disease.

Nowadays, it has become a very common condition leading cause for infertility, therefore I had made an effort to take this topic for dissertation purpose and, we can cope the problem with the utility of homoeopathic remedies.

Discussion: poly cystic ovarian disease (pcod) is a very complex endocrine disorder, commonly seen in women of age group of 12-45 yrs. (reproductive age). It is more like an epidemic these days and seen that one in every three females is either suffering from PCOS or a thyroid disorder- (hypothyroidism and hyperthyroidism). In most cases, getting the conclusive diagnosis of Polycystic Ovary Syndrome comes from the appearance of your ovaries in an ultrasound done by a doctor. Here a special mention, in many cases ultrasound does not reveal PCOS. But, a person shows majority all its symptoms.

menstrual problems observed during PCOD study

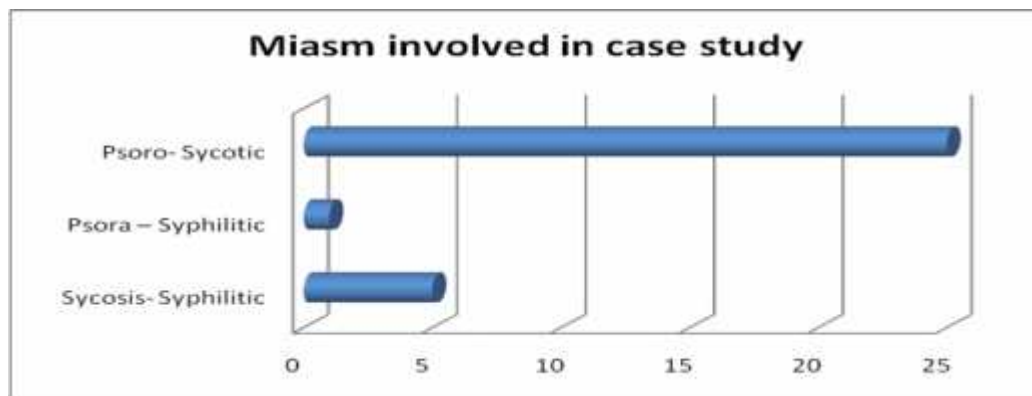
- painful periods centered in ovaries,
- prolonged and heavy bleeding with bright red blood and dark dots
- all sorts of cycle problems, either too short, too long or none at all.

Diet and Regimen (Modification of life-style)

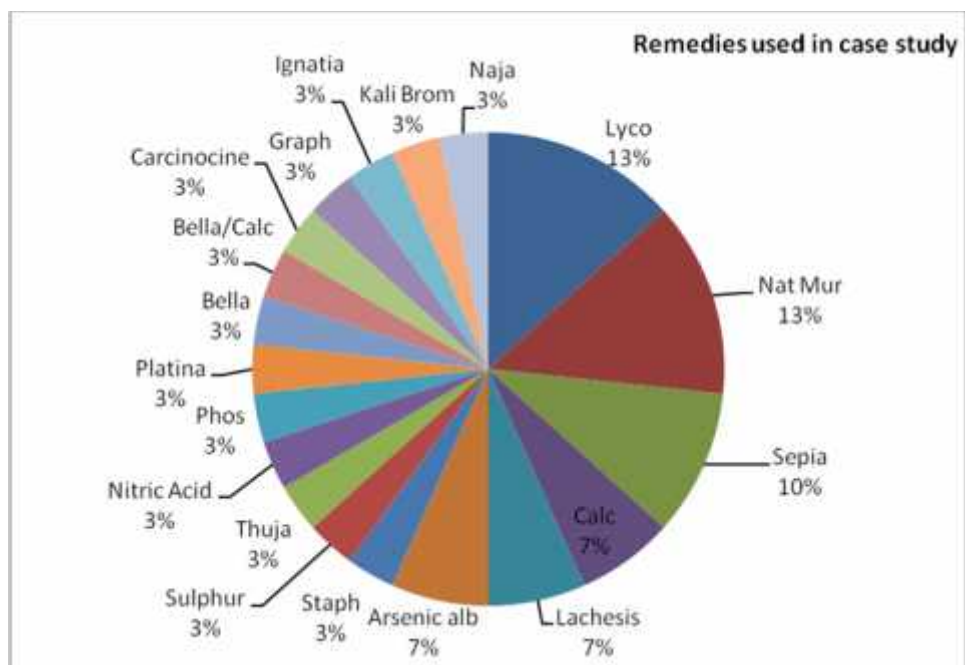
The patients were also counseled on the role of the different factors that affect PCOD. They were actively encouraged to reduce weight if they were obese and to eat healthy food. Obese patients were asked to lose weight by following a scientific diet and exercise programme. They were also asked to initiate measures that would reduce their stress level.

Observation:

MIASMATIC DISTRIBUTION IN CASE STUDY



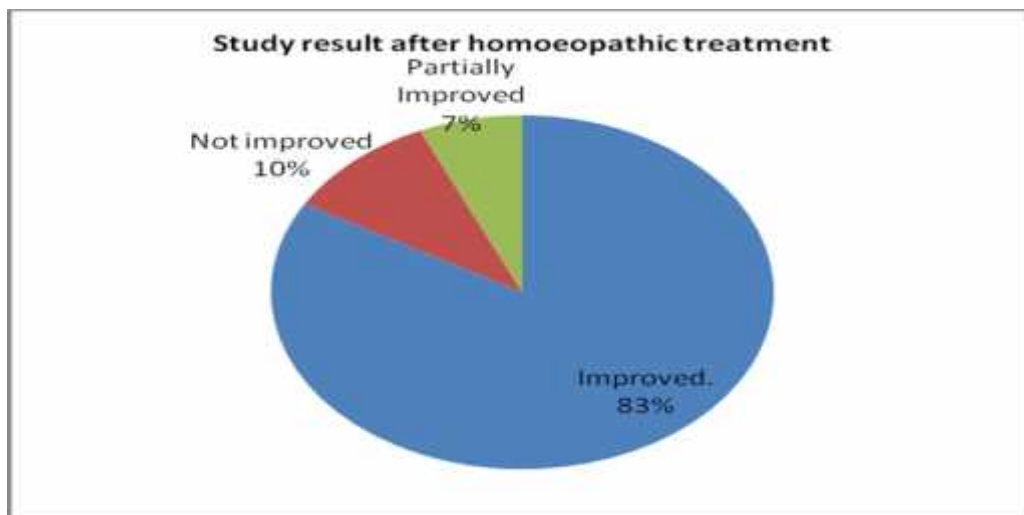
REMEDY PRESCRIBED IN CASE STUDY



REMEDY PRESCRIBED IN CASE STUDY

Sr. No.	Remedy prescribed	No of patient	Percentage
1	Lycopodium	4	13%
2	Nat Mur	4	13%
3	Sepia	3	10%
4	Calc	2	7%
5	Lachesis	2	7%
6	Arsenicum Album	2	7%
7	Staphisagria, Sulphur, Thuja Nitric Acid, Phosphorus, Platina Belladonna, Bella/Calcarea carb, Carcinocine, Graphitis, Kali Brom, Ignatia&Naja	Each remedy 1 case	Each @ 3%

CASE STUDY RESULT



Conclusion:

Patients from the age group 16 – 20, 21 – 30, 31 – 35 years were addressed in study.

25 cases have shown favorable result, 03 were partially and 02 patients no improved after the treatment. Hence the success rate was 83%.

Master chart

Sr.no.	Name	Age	Miasm	Remedy	Result	Objective fulfilled
1	D. N. D.	34	Psora-Sycosis	Arsenic alb	Improved	1,2,3
2	L. K. M.	33	Psora – sycotic	Carcinocin	Improved	1,2,3
3	R. D. K.	30	Psora – Sycotic	Kali Brom	Improved	1,2,3
4	K. P. D.	22	Sycosis- Syphilitic	Phosphorus	Partially Improved	2,3
5	S. H. A.	18	Psora– sycotic	Belladonna	Improved.	1,2,3
6	M. G. P.	28	Psora- Sycotic	Sepia	Improved	1,2,3
7	M. T. N.	19	Psora- Sycotic	Nat Mur	Improved	1,2,3
8	H. C. D.	31	Psora – Syphilitic	Nat Mur	Improved	1,2,3
9	U. K. L.	28	Psora- Sycotic	Sepia	Improved	1,2,3
10	P. S. L. Z	22	Sycosis- Syphilitic	Lachesis	Improved	1,2,3
11	S.D.D.	28	Psora-sycosis	Platina	Improved	1,2,3
12	S.M.B.	34	Psora-sycosis	Lachesis	Improved	1,2,3
13	S.J.M	31	Psora-sycosis	Naja	Improved	1,2,3
14	R. D. K.	30	Psora-sycosis	Nat mur	Not improved	2,3
15	SRT	24	Syco-Syphilitic	Lyc	Improved	1,2,3
16	SMT	19	Psora- Sycosis.	Calc-C	Improved	1,2,3
17	SGK	25	Psora- Sycosis.	Sepia	Improved	1,2,3
18	SRD	21	Psora-Sycosis	Sulphur	Improved	1,2,3
19	MBI	33	Psora- sycosis	Graph	Partially Improved	2,3
20	KMY	18	Psora-Sycosis	Bella/Calc	Not improved	2,3
21	KBI	26	Psora-Sycosis	Calc	Improved	1,2,3
22	AKD	24	Psora – Sycosis	Nitric Acid	Improved	1,2,3
23	BGT	30	Psoro- Sycotic	Lyc	Not Improved	2,3
24	ASK	31	Sycosis- Syphilitic	Lyc	Improved	1,2,3
25	SAG	33	Sycosis-Syphilitic	Arsenic alb	Improved	1,2,3
	VAR	28	Psoro- Sycotic	Staph	Improved	1,2,3
27	RSK	23	Psoro- Sycotic	Ignatia	Improved	1,2,3
28	KMN	24	Psoro- Sycotic	Nat-M	Improved	1,2,3
29	MBD	29	Psoro- Sycotic	Lyc	Improved	1,2,3

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“EVOLVING CONCEPTUAL IMAGE OF KALI CARB THROUGH CLINICAL CASES”

Dr. Sayali Gunjal ,Dr. Saurabh Gunjal (PG Scholars)

ABSTRACT:

When the topic of dissertation was to be selected there were various thoughts that there was a need for exploration of some new areas in Materia Medica. A study of one remedy in different clinical cases enables to understand the theme and every aspect of remedy widely, which in turns helps to differentiating one remedy from the other remedies. Conceptual Image helped to extract exact totality of the patient so we can easily understand that patient in every aspect of life, his expression and impression and easily arrive at psycho- somatic correlations. The main theme of Kali Carbonicum is the vital fear and reactivity that is seen when a person lacks the support of a family. Their dependence on the group or Family is so great that their entire life revolves around their family.

Keyword: Conceptual image, Kali carb, Homoeopathic Similimum.

INTRODUCTION:

The study of conceptual image enables us to extract the exact totality of the patient. We can easily understand the patient in every aspect of his life, his expression and his impression and easily arrive at psycho-somatic correlations. We can analyze data and evolve an unmistakable individual image of the disease. A Homoeopathic physician who conscientiously applied this plan in the understanding of his patients and remedies finds a progressive improvement in his case records which portray for him the indicated remedy so unmistakably that he is able to dispense with, in the majority of cases, the elaborate and time-consuming technique of repertorization. The main theme of Kali carb is the vital fear and reactivity that is seen when a person lacks the support of a family. The main symptom is fear of being alone and desire for company. Anxiety is seen everywhere, strong desire for support. Their dependence on the group or family is so great that her entire life revolves around their family – the health of family members, the integrity of the family, the amount of support they get from the family, etc. They seek to belong to a group/family so that they are never alone. Also in situations where they feel they are not getting enough support they become irritable and quarrelsome and start nagging. Peculiar to kali Carbonicum is quarrelsomeness only with family and husband, and not so much with outsiders. After quarrelling, she can get quite tearful, “weeping, when telling of her sickness”, and also can display a more pitiable state of begging and entreating. The sycotic aspect of Kali Carbonicum is seen in the feeling: “I am too weak to support myself and need the company of family”. Conceptual Image helps us in evaluating the mental general, physical general, particular of the patient. It also helps in analyzing the patient regarding his diathesis, temperament, miasm, his expression, impression etc. Core, Form, Individuality and Differentiations are the pillars of the Conceptual Image which guides us towards the similimum. We can easily identify the ailments from, precipitating factors, antecedents and heredity of the patient. Physician can easily analyze the feeling state, intellect as well as the dream of the patient. We learn theme of Kali Carbonicum from different books which is only theoretical. When we learn Kali Carbonicum clinically in 30 different patients were able to formulate the conceptual image. Remedy is evolve with the study of intra-uterine life, family history, childhood, Adulthood and present state of the patient. It is also evolved with the help of expression those are mental, physical and particular to disease condition.

objectives:

1. To study conceptual image of Kali Carbonicum. 2. To study clinical utility of Kali Carbonicum.

material and methods - Study settings: OPD cases, cases from peripheral OPD and from camps.

Selection of samples: 30 cases Age group from 30yrs to 60yrs

Inclusion:

Patient of age group 30yrs to 60yrs Clinical cases in which Kali Carbonicum was prescribed

Study Design: Case series

Brief of procedure: Cases in which remedy Kali Carbonicum was prescribed be taken for the study, detail analysis and evaluation was done and conceptual image was be formed.

Outcome assessment:

Conceptual image was formed of 30 clinical cases in which Kali carb was prescribed as constitutional remedy

Data collection:

Data was analyzed as per format of conceptual image

Conceptual image of each patient was formed and combined of 30 patients.

Result:

The age incidence commonly found was 31 yrs to 40 yrs in 36%. The sex ratio predominantly seen in Female 66%

Discussion:

This was case series study in which 30 cases of Kali Carb was studied and conceptual image was formed. Age group found was 21 – 30 was 20%, 31 – 40 was 36%, 41- 50 was 20% and from 51- 60 was 23%. The sex ratio of male was 33% and that of female was 67%.

In predisposition of family history the prominent disease found was Diabetes Mellitus in 30%. HTN in 43%, Migraine in 2% and Osteo Arthritis in 2% of cases. In past history the prominent disease found was Typhoid in 10%, Malaria 16%, Dengue 6% and Tuberculosis in 3% of cases. Thermally all patients were chilly. Core mental types were Anxiety, Fear, Irritability and Quarrelsome. In physical generals they were Wheatish, Fair, Lean thin and Obese. Desires commonly observed were Sweets in 40%, Warm drinks in 13% and Cheese in 10% and Aversion to Sour in 16%, Bread in 13%, Cabbage in 10% and Milk in 6%. Clinical Utility was observed commonly in Asthma in 10%, IBS in 10%, OA in 10% and Migraine in 13%.

Conclusion:

This study shows that role of Conceptual Image to study Kali Carbonicum was helpful where the detail study was done. The 30 cases were studied in detail, findings of family history were HTN and DM in maximum cases and past history are Malaria, Tuberculosis, Typhoid and Dengue. Thermally found Chilly. Core mental types were Anxiety, Fear, Irritability and Quarrelsome. In physical generals they were Wheatish, Fair, Lean thin and Obese. Desires commonly observed were Sweets, Warm drinks and Cheese and Aversion to Sour, Bread, Cabbage and Milk. Clinical Utility was observed commonly in Asthma, IBS, OA and Migraine.

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“STUDY OF THE EFFICACY OF NUX VOMICA IN THE MANAGEMENT OF IRRITABLE BOWEL SYNDROME.”

ABSTRACT

Aim: To determine the efficacy of Nux Vomica in the management of irritable bowel syndrome.

Method: - Simple randomized sampling procedure is adopted for the study. Study was conducted at Hospital attached to Post Graduate Homoeopathic Medical College, Maharashtra. 30 patients were administered Nux vomica.

Result: Highest incidence of getting IBS is found in 3rd to 4th decades, female are more victims than Male gender, Hindu population were seen on high incidence.

Conclusion: - Homoeopathic treatment efficacious in the management of IBS & has important role for in treatment of IBS when prescribed Homoeopathically.

Keyword: IBS, GI Tract, Homoeopathy & Constitution.

INTRODUCTION

Irritable Bowel Syndrome is a "functional" disorder, where the primary abnormality is an altered physiological function, rather than an identifiable structural or biochemical cause e.g. inflammatory, infectious or structural abnormality. Irritable Bowel Syndrome is characterized by a group of chronic recurring symptoms in which abdominal pain or discomfort is associated with a change in bowel pattern, such as loose or more frequent bowel movements, diarrhoea, and/or constipation. In today's fast and modern life psychological stress is continuously increasing in human economy, which is the main causative factor of IBS, due to which the prevalence is continuously progressing (>20%) of IBS, not only in India but also in other countries. IBS is the psychosomatic disorder in which mental affections like anxiety or mental stress causes altered bowel movement on somatic or physical plane. Irritable Bowel Syndrome (IBS) can have significant impact on individual's social, personal, and professional life. Homeopathy offers proven treatment for the IBS which treats the Mind and Body connections. So we can say Homoeopathic system has scope in diseases caused due to mental affections, which effect on physical plane (psychosomatic).^{1,2,3}

As far as Homoeopathy is concerned it has got ample scope in the fore said disease condition. This individualistic, holistic therapeutics can help a lot to the suffering humanity to its maximum extent.

Homoeopathy as a branch of therapeutics has proved its efficacy since centuries. It considers both the body and mind as a source of symptoms and notably these symptoms may not be considered at all of importance. One of the causes of Irritable Bowel Syndrome is psychogenic. Homoeopathy can do a lot for such diseases. Homoeopathic system of medicine is based on holistic approach in which mental and physical both symptoms considered in each individual case, so we able to find out the exact simillimum medicine which is able to give permanent cure. Constitutional and miasmatic approach also plays important role in cure of IBS.

METHODS AND MATERIAL

Study setting:- Hospital attached Post Graduate Homoeopathic Medical College & Post graduate institute. [OPD & IPD.]

Selection of samples:- Simple Randomized sampling procedure will be followed for selection 30 cases sample.

Inclusion / Exclusion criteria:-

Inclusion criteria:-

Age group 10 years to 60 years of age

Both Gender will be involved in study

Exclusion criteria:-

Cases with advanced and irreversible pathology condition with organ damage and medically emergency cases.

Patient with Allopathic treatment especially Steroids

Study design :-Case series study

Intervention:- Routine pathological and laboratory investigation will be carried if needed

Selection of tools:- History from patient, Clinical examination, laboratory examination thermometer, Stethoscope, BP apparatus. Homoeopathic software database like Hompath, RADAR etc

Brief of procedures:- Case taking as per standard Proforma, clinical diagnosis, investigation as per requirement for final diagnosis, analysis and evaluation of symptoms . A group of medicine will be obtained after Repertorisation / non Repertorisation. Selection of similimum from that group after referring Materia Medica. Proper follow up will be adapted as per symptomatology of case.

Outcome assessment:- Result will be considered by both subjective parameter and objective finding for assessing the case in follow up. End result assessment will depend upon score scale which patient score after the medicinal intervention considering 3 heading. Recovered:- No recurrence of sign and symptoms for 6 months Improved: – 60 -70 % improvement seen after medicinal intervention for 6 month Not improved:- No change in sign and symptoms even after sufficient time of treatment.

Data collection:- History from patients of signs and symptoms. General physical examination will be conducted to know the health status and rule out Symptoms in cases.

Statistical techniques & Data analysis:- Appropriate statistical technique like frequency distribution table, Average, percentage etc will be applied to get the result. Data will be presented using various data presenting technique such as pie chart, Bar diagram, Graphs tec.

Data analysis will be done by proper cleaning critical scrutinizing and proper setting of data

DISCUSSION

The study was conducted in IPD and OPD Hospital attached to Post graduate Homoeopathic medical college & Post Graduate institute. All cases were sampled with randomized sampling from Medicine OPD having complaints or ontological diagnosis as IBS according to case definition and inclusive criteria. All cases were prescribed with homoeopathic medicine after case taking, Repertorisation and study with Organon and Homoeopathic Materia Medica. Patient was advised to take simple palatable diet and do not exposed with allergens or triggering factor of disease along with tolerable exercise. This study shows that IBS is more common in females than in male. Female cases were 17 and their percentage was 57 %. Mean while male cases were 13 and percentage was 43 %. This study shows that prevalence of IBS is almost higher in age group 31-40 years of age scoring almost 43 % .

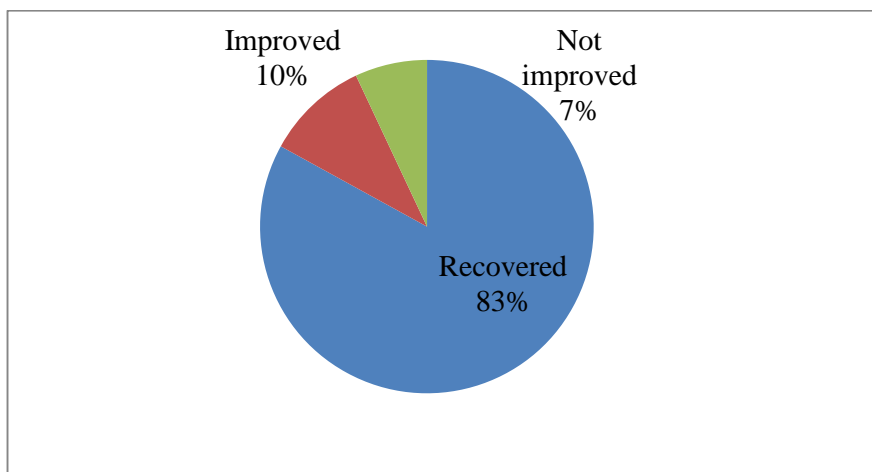


FIG: STUDY RESULT

Result of study after Homoeopathic medication, after administration constitutional Homoeopathic medicine in 30 cases 25 Patient recovered i.e. in 83 %. Some patient shown partial improvement and it was 3 patients scoring 10 % of patient in study. The patient not improved after Nux Vomica was 2 patient scoring 7% of total of study population.

Highest number of cases belong to psora-syphilis i.e. 14 cases scoring 47 %. Second group is Syco-syphilis 8 cases scoring 27 % third one is psora -tubercular having 6 cases scoring 20%. Lastly tubercular and psora each 1 case scoring 3% each respectively. Hence it is shown that IBS has psora-syphilis predominance that conforms to literature.

CONCLUSION

Work with I.B.S. was challenging. Initially it was a question from our side that how to diagnose the case. When this complaints were solved then we have understood what exactly the clinical presentation of I.B.S. And we had applied Manning's criteria for diagnosis of IBS which consists of Pain eased after bowel movement, Loose stools at onset of pain, More frequent bowel movements at onset of pain, Abdominal distension, Mucus per rectum, Feeling of incomplete emptying. In this occasion we have taken care of more than 90 cases from which 30 cases have included in this thesis as sample. The study was case series study and we have observed the result of Nux vomica in the cases of I.B.S. Result of study after Nux Vomica in 30 cases, 25 Patient recovered i.e. in 83 %. Some patient shown partial improvement and it was 3 patients scoring 10 % of patient in study. The patient not improved after Nux Vomica was 2 patient scoring 7% of total of study population. So Nux Vomica has scope in the treatment of IBS.

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“TO STUDY THE EFFICACY AND UTILITY OF NATRUM MUR WITH SPECIAL EMPHASIS IN URTICARIA.”

Dr. Ulka Hiray, Dr. Richika Nagote (PG Scholars)

ABSTRACT

Objective: The aim of this study was the efficacy and utility of Natrum Mur with special emphasis in urticaria.

Methods: Simple Randomized, single blind, study design had been adopted for the study in Hospital attached to Homoeopathic medical college, A total no. of 30 individuals of all age group, of both sexes and religions presented with signs and symptoms of Urticaria were included in the study. Accordingly the various outcomes were assessed by different attributes and variables.

Result: The prevalence of Urticaria was found in all age group incidence but was quite high in young age group, where there was mental psycho-emotional suppression. Natrum Mur was found to be a Positive improvement with homoeopathic treatment in urticaria.

Conclusion: Homoeopathic treatment is efficacious in the treatment of urticaria significantly.

Keywords: Urticaria; Homoeopathy, Repertory.

Introduction

Urticaria also called as nettle rash or hives or wheals in a common language simply means itching with rash. Medically Urticaria may be defined as circumscribed, raised erythematous, usually pruritic areas of edema. These eruptions can remain on the body for variable period, anywhere between few seconds to even hours. They have a tendency to disappear and reappear. They tend to disappear without leaving behind any trace.¹

Urticaria being a common problem, with 15% to 23% of the general population experiencing at least one episode in their lifetime. The precise prevalence of Urticaria may never be known. Many patients experience transient episodes of hives and do not report them to a health care provider because of their readily identifiable cause, inconsequential nature, and spontaneous resolution. If the Papular Urticaria that develops after an arthropod bite is included in the spectrum of urticarial lesions, The Urticaria rash is a symptom of an allergic and immunological event-taking place at the dermal level. The exact understanding is illusive to an extent. What causes Urticaria is more difficult to answer than what happens during Urticaria. In almost half the cases we know what causes or induces the Urticaria; and half the time, the patients themselves have no clue as to its exact causation.²

The Holistic science of Homoeopathy looks at any skin disorder as an external expression of the internal disharmony. In other words, it is understood that due to certain internal disharmony, the Urticaria is manifested as an outcome. Certain emotional factors that came up frequently in such patients were being easily identified with characteristic symptoms of Natrum Muriaticum. Along with this, the observation that Natrum Muriaticum was frequently prescribed in cases of Urticaria persuaded me to undertake this study of evolution of Natrum Muriaticum in Urticaria.³

As per the above explanation I had study the causation, evolution and expression of Urticaria in Natrum Muriaticum along with its psychosomatic and psychodynamic correlation and had compare and contrast it with cases of Natrum Muriaticum without Urticaria.

Homoeopathy is effective in managing all the symptoms of allergies and also plays an important role in preventing relapse of the condition and improving the general health of the person.⁴

METHOD AND MATERIAL

study setting:-Hospital attached Homoeopathic medical college & Post graduate institute, [OPD & IPD.]

Selection of samples:- Simple randomized sampling procedure will be followed for selection 30 cases sample.

Inclusion criteria:-

All Age group will be taken in study.

Both gender will be involved in study

Exclusion criteria:-

Cases with advanced and irreversible pathology condition with organ damage.

Patient with Allopathic treatment especially Steroids

Study design :-Observational study

Intervention:-Health promotional intervention had been done regarding diet, sleep, exercise & sleep.

Routine pathological and laboratory investigation like CBC, ESR was been carried where needed

Selection of tools:-History from patient, Clinical examination, Clinical tools like laboratory examinations. Thermometer, Stethoscope, BP apparatus

Homoeopathic software data base.

Brief of procedures:- Case taking as per standard Proforma, clinical diagnosis, investigation as per requirement for final diagnosis, analysis and evaluation of symptoms. A group of medicine will be obtained after Repertorisation/non Repertorisation. Selection of similimum from that group after referring Materia Medica. Proper follow up was adapted as per symptomatology of case.

Outcome assessment: outcome assessment was done by history of suffering from patient in follow up

Data collection:-History from patient, General physical examination was been conducted.

Statistical techniques & Data analysis:- Appropriate statistical technique like frequency distribution table, Average, percentage etc was applied to get the result. Data was presented using data presenting technique such as Bar diagram.

CONCLUSION

In order to study the topic “**TO STUDY THE EFFICACY AND UTILITY OF NATRUM MUR WITH SPECIAL EMPHASIS IN URTICARIA**” we have studied 30 cases of Natrum Muriaticum, all cases were prescribed with medicated pills with desired potency of Natrum Mur

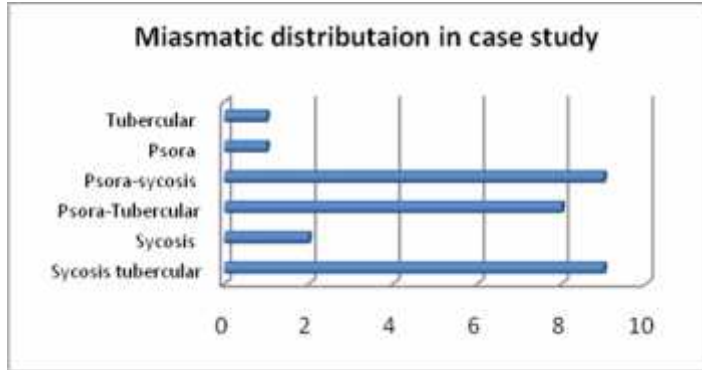
The child is that they have extremely easily hurt feelings. As a child dwells on reprimands, insults or criticisms and finds it very difficult to forgive. Anything which implies criticism or humiliation is intolerable. As being very much attached to the family members takes an early responsibility of the family both in favorable and in an unfavorable environment to an extent they suppress their desires and ambition. When these emotional and sensitive people grow up as an adult becomes very sympathetic to the problems of others as identifies self. These emotional person when comes across any slightest contradiction either suppress their emotions and suffer within or retaliates back but still keeps brooding over it. In old age these sensitive and emotional people still holds their past of grief who among these have difficulty to cope up with their bereavement; find it difficult to move on in life and others who learns to deal it tries to quickly regain control and composure on days of outburst.

Overall the keynote symptom is Ailments from Grief, Suppression of anger and strong desires, and later these mental causes has direct physical effect on them, which is expressed outwardly as other major ailments of natrummuriaticum were found in 24 cases like Disappointment

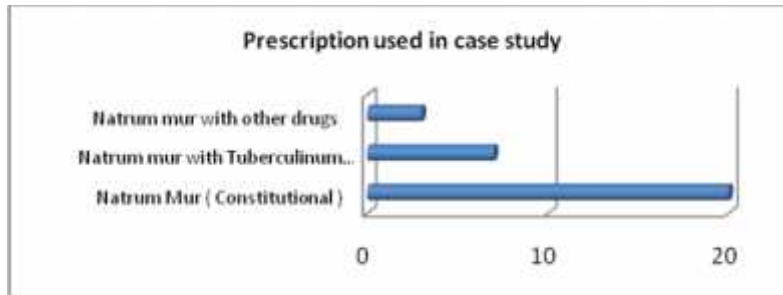
in love, Bad news, Shock, Anxiety, Guilt, and Contradiction These confirm the data that beneath a highly sensitive skin there lays a highly sensitive soul.

When the number of cases of Natrum Muriaticum in Urticaria and it is observed that sensitive and irritable as disposition were found more in Urticaria cases and these people uses mostly Suppression and Somatization as Defense Mechanism.

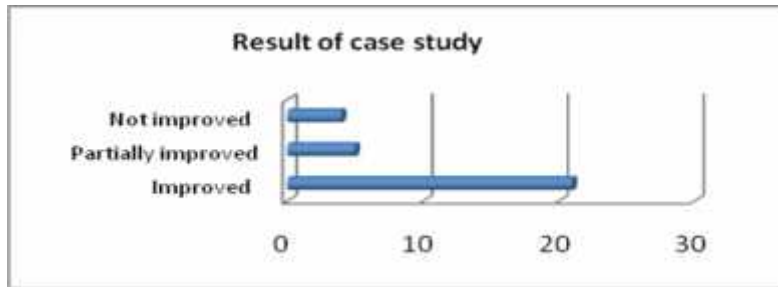
MIASMATIC DISTRIBUTION IN CASE STUDY



REMEDY PRESCRIBED IN CASE STUDY



CASE STUDY RESULT



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HOMOEOPATHIC TREATMENT OF ACNE VULGARIS

Dr. Priyanka Lunkad (PG Scholar)

ABSTRACT

Acne vulgaris is the most common skin disorder. The peak incidence is between 16 to 18 years in women and 16 to 19 years in men. Usually the incidence decreases after teens, but sometimes it may persist even in the thirties.¹

The effects of Acne vulgaris on patients is diverse and vary from psychological effects like withdrawal, developmental problems, depression and anxiety to physical effects like scarring and disfigurement. Modern medicine provide just a temporary relief. With the use of most suitable homoeopathic medicine, acne vulgaris can be properly treated.

The case reported here is that of very severe acne vulgaris according to global acne score in an 18 year old girl who was successfully treated with homoeopathic medicine. Patient was observed for 8 months, in these 8 months her acne score reduced from 39 to 2.

Introduction

Acne a term derived from the Greek “acme” or prime of life. The young girl who is desperately aware of the smallest comedo and the young man, with his face or back a battlefield of acne cysts and scars. Both need treatment and help in coming to terms with their condition. Then what is acne?

Acne by definition is multifactorial chronic inflammatory disease of pilosebaceous units. clinical presentations include seborrhoea, comedones, erythematous papules and pustules, nodules, deep pustules or pseudocysts, and ultimate scarring in few of them.² According to Harrison’s internal medicine 17th ed. The clinical hallmark of acne vulgaris is the comedone. Comedones are usually accompanied by inflammatory lesions: papules, pustules, or nodules³. Acne vulgaris, the common type of acne, occurs during puberty and affects the comedogenic areas of the face, back, and chest. Familial tendency may be there. In boys, 30–40% of whom have acne between the ages of 18 and 19. In girls the peak incidence is between 16 and 18 years. Adult acne is affecting 1% of men and 5% of women aged 40. Patients with acne often complain of excessive greasiness of the skin, with blackheads, pimples developing & may be associated with inflammatory papules and pustules developing into larger cysts and nodules. Resolving lesions leave inflammatory macules and scarring¹.

What causes the Acne?, Hormonal disturbances, fluid retention, external factors such as rubbing, friction pressure, and stretching of the skin, occupation, use of cosmetics can trigger acne. Diet - In some patients acne is made worse by chocolate, nuts, and coffee or fizzy drinks, also seasonal variation also affect the acne. Iatrogenic factors such as corticosteroids, OC pills are reputed to cause acne¹. Acne is influenced and aggravated by stress, often minor stresses⁴.

Acne is associated with psychosocial distress, including anxiety, depression, self-consciousness, embarrassment, lowered self-concept, lack of self-confidence and perceived social rejection. There is also resultant lower academic performance and higher unemployment⁵.

Acne vulgaris is easy to diagnose but the polymorphic nature of acne vulgaris and its varied extent of involvement do not permit simple evaluation of its severity. Because the acne lesions may vary in number during the natural course of the disease, various measurements have been developed, in that one is Global acne grading system (GAGS). This system divides the face, chest and back into six areas and assigns a factor to each area on the basis of size. Acne severity was graded using the global score. A score of 1-18 is considered mild; 19-30, moderate; 31-38, severe; and >39, very severe (Doshi, Zaheer and Stiller)

As the acne affects the physical as well as emotional pain, so only external application is not the permanent treatment. According to aphorism 5, & 7 we should consider all the causes, his moral & intellectual character, patients remark & remarked by those around him & observation of physician to form a portrait of disease & give medicine on the basis of this⁷, only then we achieve permanent cure .

Acne is not always an easy condition to deal with because of the often complicated underlying causes.

homoeopathic medicines should be thought of as a first line treatment⁸. homoeopathic similimum aimed at prescribing the totality of the symptoms is always the preferred method of using homoeopathic medicines, there are a number of remedies that are commonly prescribed for those suffering from this condition²¹

acne vulgaris were reviewed by Nwabudike L.C & showed that patients who went into remission did not relapse upon cessation of homeopathic treatment⁹

in another research by Dhiren Chandra Das, Tikendrajit Sarma on Utility of Homoeopathic Repertory in Treatment of Acne Vulgaris show that overall 73.26% improvement is noticed in treatment group, while control group shows 8.16% improvement¹⁰

A study on Efficacy of Homoeopathic medicine in treatment of Acne by Swami Shraddhamayananda¹¹

shows a definite role of homeopathic medicines in the treatment of acne, in this study 97 cases out of 100 showed promising results within six months

Case report

A female of 18 years came on 10/10/15 for homoeopathic treatment of acne vulgaris with following Symptoms

History of presenting complaint

Patient was alright 1 and ½ year back. Patient used to get very small size papules, 1 or 2 in number before menses and used to disappear within 3-4 days. But since 1 and ½ year it was gradually increased and it become papules as well as pustules and require 15-20 days to disappear. Itching is present. It leaves scar mark. <when indigestion <before menses, skin is oily. She used allopathic treatment for 1 year, had dryness of the skin and diarrhoea while taking treatment. She stopped it for few months but after stopping the treatment it came back within 2 months.

Forehead (2) - No lesions (0) - comedones (1) , Papules(2) pustules (3) nodules (4) -
Right cheek (2) - No lesions (0) -comedones (1) , Papules(2) , pustules (3) , nodules (4) - .
Left cheek (2) - No lesions (0) -, comedones (1) , Papules(2) ,pustules (3) , nodules (4) - .
Nose(1) - No lesions (0) , comedones (1) -, Papules(2) -, pustules (3) -, nodules (4) - .
Chin (1) - No lesions (0) , comedones (1) -, Papules(2) -, pustules (3) -, nodules (4) - .
Chest and upper back (3) - comedones (1) , Papules(2) , pustules (3) -, nodules (4) - .

Any other associated symptoms: - not present

Generals : Menstruation is regular. Her Appetite is Adequate But little at a time. Indigestion if eats large amount at time.her thirst is of moderate amount.

She has Desires for spicy,& Aversion for sweet foods. Her Sleep is sound. Her bowel movements are twice a day but unsatisfactory. Thermal reaction of a patient is chilly

Perspiration:- little only on exertion

Past history: - nothing specific

Family history: - Elder sister – acne ; Father – Hypertention on treatment

CONSTITUTION:-

Physical Make-up :- lean and thin

Thermal State: - chilly

PHYSICAL EXAMINATION:-

B.P. - 120/80 mm of Hg

Pulse- 86/min

Nails- pink

Tongue- mild white coating

Sclera- clear

Conjunctiva- pink

Skin- oily

SYSTEMIC EXAMINATION:

CVS- S1 S2 heard

CNS- conscious & well oriented

P/A- soft & non tender

R/S- Air entry bilaterally equal

Mentals:

I like to talk. Since childhood I have many friends. Mostly people likes me due to my talkativeness. I am very moody. If my mood is not good then I tell opposite person that don't talk to me. I get angry easily when anything does not go by my way. Without my permission if someone kept my books or things somewhere then I get angry, Ist I tried to tell them, but if I am very angry then I express my anger. I stopped talking to my brother but if there is some work then I talk with him. I don't give trouble to anyone so don't trouble me. I don't express my anger in front of my grandparents. I never do makeup while going out, it won't make any difference, I stay normal but I don't dress up like countryside girl. I am very punctual in my work. I keep my things clean. I mixed up easily. Earlier I had fear of talking to opposite person, but now I am confident. Earlier I was fat, and boys in my school used to tease me and call me bulldozer. But in 11th and 12th, friends were good , and also my sister encouraged me. One girl in my school group was very bossy maybe that's why I had less confidence.

Observation: - constant frowning on forehead, speaking fast, argumentative nature. Ego in her talking.

Dignosis:-

Very severe Acne Vulgaris

Case was repertorised on the following on following symptoms by using RADAR.

No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
10	0	0	7	7	7	3	3	3	3	3	3	3	3	5	5	5	5	5	5	5	5	5	5		
17	17	16	1	10	10	11	12	11	10	3	3	7	11	11	10	10	9	9	9	9	9	9	9		
1. MIND - FROWN, disposed to	(19)	1	2	3	1	-	1	1	-	-	-	-	1	-	-	-	-	3	-	-	1	-	1		
2. MIND - HARD for inferiors and kind for superiors	(4)	1					1										1								
3. MIND - EGOTISM	(52)	1	2	2	2	-	-	2	1	-	-	2	-	1	-	-	2	2	-	-	-	-	1		
4. MIND - LOQUACITY	(203)	1	1	1	1	1	2	2	1	1	1	1	1	1	1	-	4	-	1	3	1	3	1	2	
5. MIND - SENSITIVE	(266)	1	3	3	3	3	3	2	3	3	2	2	2	3	1	1	3	2	3	2	1	1	2	2	3
6. GENERALS - COLD - agg.	(283)	1	3	3	2	2	2	1	3	3	3	3	2	1	2	3	3	1	3	2	3	3	2	3	2
7. GENERALS - FOOD and DRINKS - sweets - aversion	(90)	1	2	1	2	1	1	-	2	2	2	1	-	-	1	3	1	-	1	-	-	-	1	2	-
8. GENERALS - FOOD and DRINKS - spices - desire	(92)	1	1	2	3	2	1	1	3	1	1	-	1	1	1	-	-	1	-	1	2	-	-	-	-
9. FACT - ERUPTIONS - acne - stomach complaints; with	(7)	1	1	2	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
10. SKIN - ERUPTIONS - pimples - itching	(54)	1	1	2	1	1			2	2	1	1	1	1	3	2		2	1	1	2		1		

Prescription:- Lycopodium 200 single dose ; Sac. Lac TDS X 15 days

Basis of Prescription: In repertorisation lyco[17/10], nux-v [17/8], sulph [16/8] were coming in leading score. In this case lycopodium were selected because it covers mentals , physicals as well as particulars. Nux v. And sulph were coming in repertorization but their mental state is not matching with patients mental state

Follow up:-

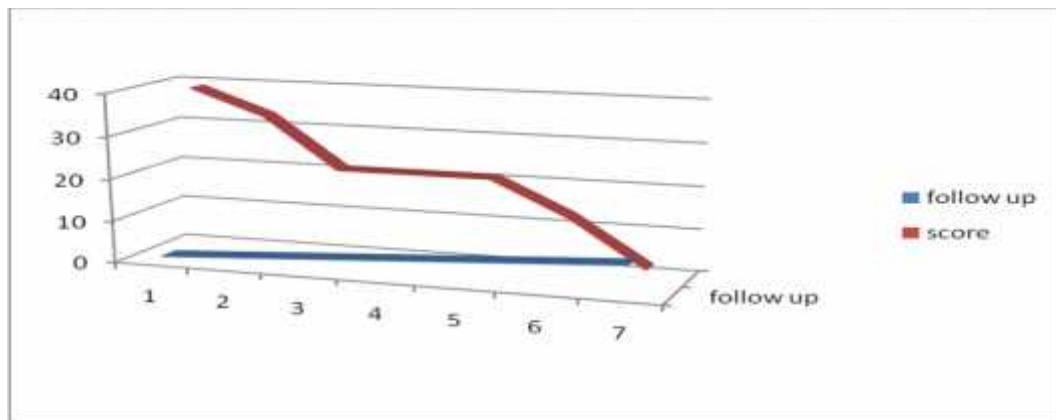
Date	Follow up	Treatment																																										
30/10/15	<p>Itching better Anger decreased Menses regular. LMP- 28/10/15 Skin- oily Bowel- satisfactory</p> <table border="1"> <thead> <tr> <th></th> <th>No of lesions (0)</th> <th>comedones (1)</th> <th>Papules(2)</th> <th>pustules(3)</th> <th>nodules (4)</th> </tr> </thead> <tbody> <tr> <td>Forehead (2)</td> <td>-</td> <td></td> <td></td> <td></td> <td>-</td> </tr> <tr> <td>Right cheek (2)</td> <td>-</td> <td></td> <td></td> <td>-</td> <td>-</td> </tr> <tr> <td>Left cheek (2)</td> <td>-</td> <td></td> <td></td> <td>-</td> <td>-</td> </tr> <tr> <td>Nose (1)</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>Chin (1)</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>Chest & upper back(3)</td> <td>-</td> <td></td> <td></td> <td>-</td> <td>-</td> </tr> </tbody> </table>		No of lesions (0)	comedones (1)	Papules(2)	pustules(3)	nodules (4)	Forehead (2)	-				-	Right cheek (2)	-			-	-	Left cheek (2)	-			-	-	Nose (1)	-	-	-	-	-	Chin (1)	-	-	-	-	-	Chest & upper back(3)	-			-	-	<p>Sac.Lac /1 dose, Sac.lac X 15 days</p>
	No of lesions (0)	comedones (1)	Papules(2)	pustules(3)	nodules (4)																																							
Forehead (2)	-				-																																							
Right cheek (2)	-			-	-																																							
Left cheek (2)	-			-	-																																							
Nose (1)	-	-	-	-	-																																							
Chin (1)	-	-	-	-	-																																							
Chest & upper back(3)	-			-	-																																							

5/12/15	No pustules, no itching Size of papules decreased Skin- towards normal Anger decreased					Sac. Lac. 1dose Sac.Lac TDS X 1 month	
		No lesions (0)	comedones (1)	Papules (2)	pustules (3)		nodules (4)
	Forehead(2)	-			-		-
	Right cheek(2)	-			-		-
	Left cheek (2)	-			-		-
	Nose(1)	-	-	-	-		-
	Chin (1)	-	-	-	-		-
	Chest & upper back(3)	-		-	-		-
2/1/16	Pimples decreased earlier , but mild flare up as menses approached Vitals – NAD					Sac. Lac. 1 dose Sac.Lac TDS for 1 month	
		No lesions (0)	comedones (1)	Papules (2)	pustules (3)		nodules (4)
	Forehead (2)	-			-		-
	Right cheek (2)	-			-		-
	Left cheek (2)	-			-		-
	Nose (1)	-	-	-	-		-
	Chin (1)	-	-	-	-		-
	Chest & upper back(3)	-		-	-		-
5/2/16	Complaints are same as previous. LMP- 1/2/16 Vitals – NAD					Lyc0.200, 1 dose Sac.Lac	

						TDS for 1 month	
	No lesions (0)	comedones (1)	Papules (2)	pustules (3)	nodules (4)		
	Forehead (2)	-			-	-	
	Right cheek (2)	-			-	-	
	Left cheek (2)	-			-	-	
	Nose (1)	-	-	-	-	-	
	Chin (1)	-	-	-	-	-	
	Chest & upper back(3)	-		-	-	-	
8/3/16	No papules on cheeks Before menses flare up still present but decrease in intensity Vitals stable Skin- oiliness of skin decreased					Sac. Lac. 1 dose Sac.Lac TDS for 1 month	
		No lesions (0)	comedones (1)	Papules (2)	pustules (3)	nodules (4)	
	Forehead (2)	-			-	-	
	Right cheek (2)	-		-	-	-	
	Left cheek (2)	-		-	-	-	
	Nose (1)	-	-	-	-	-	
	Chin (1)	-	-	-	-	-	
	Chest & upper back(3)	-		-	-	-	

20/6/16	Anger decreased Skin- smooth					Sac. Lac. 1 dose	
		No lesions (0)	comed ones (1)	Papules (2)	pustules (3)	nodules (4)	Sac.Lac TDS for 1 month
	Forehead (2)	-	-	-	-	-	Advised to stop treatment.
	Right cheek (2)	-	-	-	-	-	
	Left cheek (2)	-	-	-	-	-	
	Nose (1)	-	-	-	-	-	
	Chin (1)	-	-	-	-	-	
	Chest & upper back(3)	-	-	-	-	-	
5/5/17	Now since one year no medication for acne. No menstrual flare ups. Skin is smooth. No recurrence of acne vulgaris.						

Discussion: Diagram no. 1. Global score in follow ups.



This line diagram shows that subsequent reduction in global score. Her global score reduces from 39 to 2 after 7th follow up. She required repetition once. Patients anger decreased, there was no menstrual flare up . No recurrence of acne vulgaris after last medication. Patient has satisfaction after taking the treatment.

Conclusion

Above case of acne vulgaris was treated successfully with homoeopathy. Her global score reduced from 39 to 2. There is no recurrence of acne vulgaris since last medicine.

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MANAGEMENT OF STRESS THROUGH HOMEOPATHY WITH THE HELP OF SYNTHESIS 9.0 REPERTORY

Dr. Samata Jain (PG Scholar)

ABSTRACT

Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being. Homeopathy is like a cleanup process on all levels of physical, mental and emotional state. Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to them. Homeopathy is highlighted as a holistic system with its concern for prevention and promotion of stress and mental health. Synthesis 9.0 Repertory is one of the modern repertory among all repertories. It is an enlarged version of the 6th American edition of Kent's Repertory. it contains some rubrics related stress.

Keywords: Stress, Homeopathy, Mental Health, Synthesis 9.0 Repertory- stress related rubrics, Remedies.

INTRODUCTION

Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to them. The word stress means different things to different people. Some people define stress as events or situations that cause them to feel tension, pressure, or negative emotions such as anxiety and anger. It is big problem in our society. Stress related not only the major physical illness but also many of the minor aches & pains we experienced in day-to-day life may be caused or worsened by stress. Stress is a common experience. Stress start due to problems at work or in social relationships etc., illness or things about these perceived threats. Stress has both positive and negative effects. Stress is a normal, adaptive reaction to threat. It signals danger and prepares us to take defensive action. If not managed appropriately, stress can lead to serious problems. Exposure to chronic stress can contribute to both *physical illnesses*, such as heart disease and *mental illnesses*, such as anxiety disorders, cancer etc. diseases. The field of health psychology focuses in part on how stress affects bodily functioning and on how people can use stress management techniques to prevent or minimize disease.^[1]

TYPES OF STRESS:-

- 1) Acute stress- Sometimes stress can be brief, and pressures of a particular situation, such as a deadline, a performance or facing up to a difficult challenges or traumatic events. This type of stress often gets called acute stress.
- 2) Episodic acute stress- some people seems to experience acute stress over and over. This is sometimes referred to as episodic acute stress.
- 3) Chronic stress- the third type of stress is called chronic stress. This involves ongoing demands, pressures and worries that seem to go on forever, with little hope of letting up. Chronic stress is very harmful to people's health and happiness.^[2]

STRESSOR: - THE Circumstances that cause stress are called "stressor." Stressor Vary in severity & duration; some events, such as the death of loved one are stressful for everyone but in other situations, individuals may respond differently to the same event-what is stressors for one person may not be stressful for another. Despite the wide range of stimuli that can potentially produce stress, it appears that many events we find stressful share several characteristics.

- 1) They are so intense that they produce state of overload we can no larger adapt to them.

2) They evoke incompatible tendencies in us, such as tendencies both to approach & to avoid some object or activity.

3) They are uncontrollable beyond our limit of control.^[3]

Philosophical Approach: -Dr. Hahnemann classifies the mental diseases and gives brief guidelines of their treatment in 6th edition of Organon of medicine (Aphorism 210 – 230).^[4]

Hahnemann has classified mental disease under—
“One sided disease”

↓
Mental symptoms → Physical symptoms
↓

These are divided into 4 types: -

1. **Somato – psychic diseases** (Aphorism 216): -Treatment consists of selection of similimum on the basis of corporeal and mental symptoms in a person followed by an antipsoric remedy.
2. **Acute flurrying** (Aphorism 221): -Acute remedy is selected first on the basis of corporeal and mental symptoms followed by an antipsoric remedy, is the suggested way of the treatment.
3. **Mental diseases of doubtful origin** (Aphorism 224): -In these types of diseases, display of confidence, friendly exhortations and sensible advice is to be given to bring down the emotional upset, and if it does not help, a deep antipsoric remedy, has been suggested as the proposed mode of treatment.
4. **Psychosomatic disease** (Aphorism 225): -Treatment consists of display of confidence, friendly exhortations, sensible advice to bring down the emotional upset, and if it does not help, a deep antipsoric remedy is prescribed.

Dr Hahnemann is said to be pioneer in treatment of mental disorders, where he saw the aberrant behaviors of mental patients as a disease. He gave pioneering ideas about the nature of mental disease and how sufferers ought to be treated. The holistic approach to treatment not only relieves complaints of such kind but also makes the person more functional to become more adaptable and better equipped to handle stress of life. Homoeopathy considers that health is intimately connected to understanding the mind in general. Mind and body are dynamically interconnected. Some psychological symptoms arise from physiological process and vice versa. So we consider the patient as a whole.^[5]

Dr. Kent, in his book, Lecture’s on Homoeopathic Philosophy, stresses on the importance of ‘characteristic symptoms’ to individualize the patient, for proper remedy selection. He quotes, “Par.147:Of all these medicines that one whose symptoms bear the greatest resemblance to the totality of those which characterize any particular natural disease ought to be the most appropriate and certain homoeopathic remedy that can be applied; it is the specific remedy in the case of disease”. He adds, “It is necessary to have individualizing characteristics to enable you to classify that which you have, to perceive the value of symptom, and , if you must settle down to a few remedies, to ascertain which of these is more important than another, or most important of all. You cannot individualize unless you have that which characterizes”.^[6]

Synthesis 9.0 Repertory is one of the modern repertory among all repertories. It is an enlarged version of the 6th American edition of Kent’s Repertory. It is the printed version of RADAR computer program.^[7]

Synthesis 9.0 Repertory- Mind.^[8]

MIND – STRESSED Anger (413);

Ailments-care worries (24);

Excitement (454);

Ailments-excitement-emotional (98);

Hurry (233);

Restlessness (686);

Tension mental (26);

MIND - FASTIDIOUS - stressed; only when

Time being on (see anxiety -time) Work in his etc. other Rubrics which are related to Stress are taken.

HOMOEOPATHIC REMEDIES REFLECTS 'STRESS'^{[9][10]}

Arg-nit is a 'trapped' person. Remains in tenseness. The hurried behavior coupled with anxiety leads to confusion and consequent mistakes. Impulsive, eccentric, whimsical nature and hidden irrational motives cause stress in others. Stressors for are blocked exits (crowds, closed places, bridges, tunnels, high places, aero planes, precipice etc.) or stressful events where he can't find a way out his irritable bowel syndrome is stressful for his wife who doesn't understand what to cook.

Arsenic Alb. drives everyone in all fields. His anxiety, domineering attitude and restlessness make others to dance as per his dictation. Insecurity inside drives him to seek security outside. Ars. is always strained. A fire brigade indeed! Aurum represents high sense of duty, which compels him to work as an unstoppable machine 'Robot'. He wants to be the best. He thinks that he has neglected his duty. This leads to anxiety of conscience----self-reproach----worthless feeling---- disgust of life -----suicidal disposition. His violent anger stresses the concerned and suicide done secretly makes the life of others stressful.

Carcinocin :

is also workaholic. It has stress from two dispositions-performance and conscientiousness. He wants to do the work perfectly and ideally. The rigid moral values have to be maintained; they are not to be compromised. The sensitive, soft, tender mind gets affected soon, producing guilty feelings if mistakes are done by him. The responsibilities produce stress, the commitments developed out of duty-bound nature motivate for work. Being a gentleman, he can't hurt others, he can't square a person. He burns inside due to strain. Rejection, deprivation of love, reproaches, struggles; prolonged suppressions make him vulnerable to produce stress. Prolonged active stress leads to cancer like diseases. Unpredictable stress comes from humiliation, sexual abuse etc.

Gelsemium (Gels):

This remedy is indicated when you have feelings of weakness, trembling, and mental dullness (being "paralyzed by fear"). It is also useful when a person experiences anxiety about an upcoming event such as stagefright about a public performance or interview, or anxiety before a test, impending visit to the dentist, or other stressful events. Chills, perspiration, diarrhea, and headaches will often occur with nervousness. Fear of crowds, a fear of falling, and even a fear that the heart might stop are other indications for Gelsemium.

Ignatia amara (Ignatia, Ign) :

sensitive person who is anxious because of grief, loss, disappointment, criticism, loneliness (or any stressful emotional experience) may benefit from this remedy. The primary factor for this remedy is emotional stress, especially disappointment or grief. Other indications are a defensive attitude, frequent sighing, and mood swings. The person may burst unexpectedly into either tears or laughter.

Lachesis :

is indeed a stressor for everyone in work area, in family or in society. His vigor coupled with jealousy, vindictiveness, revengefulness and possessiveness keep 'nerves on edge'. Worse: whatever restricts or enforces. Better: whatever detents, expands, radiates, stimulates or releases. Lach. releases his stress through conversation (loquacity), creative ventilation, through seminal emissions.

Lycopodium (Lyc) :

Lycopodium patients attempt to cover an inner sense of inadequacy by putting up fronts, by pretending to be something they are not. They feel anxiety from mental stress and suffer from a lack of confidence. They can be selfconscious and feel intimidated by people they perceive as powerful. They can feel a deep anxiety and fear of failure, when they take on responsibility. They usually do well, once started on a task.

Nux.Vom:

the most workaholic of our materia medica, develops the stress out of his ambitious nature and resorts to stimulants that land him more in trouble; the vicious cycle is continued. Nux. Can't constraint himself from the stress and abuses others being short- fused. His violent anger produces stress in all - the boss, the subordinates and the family members. 'Fragile' ego is the cause of stress in Silicea. He can't endure for long –neither the physical stress nor the mental one. He breaks down and goes into neurosis. Conscience with lack of grit play a major role in development of stress in Silicea. He is a person of 'caliber without fiber'. routinism, dependency, conservatism, and lack of determination make him defensive and withdrawing and he can't capitalize; hence remain stressed.

Syphilynum:

is a stressor nosode. He is pervert, unstrung, hooligan, cruel, and liar. He makes things more complex and produces stress. He is an exploiter, a schemer in work area, but want of idealism and perversion ruin the business. He is anti-social and creates threatening situations.

CONCLUSION:

Stress is an emotional and physical strain caused by one's response to pressure exerted from the outside world. Long term stress can sometimes turn into anxiety and cause an array of behavioral mental and emotional symptoms. Constant stress increases can causes many grave diseases even to cancer. It triggers addictive behaviors that contribute to death and disability, such as smoking, alcoholism, drug abuse, and overeating. Addictive habits and superficial attempts to change one's lifestyle may not work in severe cases of anxiety or stress because they fail to address the root issues that lead to symptoms. Homeopathy, on the other hand, is one of the best ways to address underlying issues and ultimately remove stress and anxiety, which in turn brings physical health if the remedy is prescribed professionally.

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A Case Report of Leucorrhea

Dr.Shubhangi N Potdukhe(PG Scholar)

ABSTRACT

Leucorrhea is abhorrent condition, experienced by many women. This is a case report of patient suffering from Leucorrhea, treated with homoeopathic medicine. Followed by Homoeopathic case taking and based on the totality of symptoms sepia was prescribed in accordance with the principles of homoeopathy. The patient got relieved of the condition, which shows the efficacy of Sepia, Homeopathic medicine in treatment of Leucorrhoea.

Keyword: Leucorrhea, homeopathy, sepia.

Introduction: Leucorrhoea is strictly defined as an excessive normal vaginal discharge. The symptoms of excessiveness is subjective to individual variation. The term Leucorrhoea should fulfill the following criteria:¹

The excess secretion is evident from persistent vulval moistness or staining of the undergarments (brownish yellow on drying) or need to wear a vulval pad. It is non-purulent and non-offensive. It is non-irritant and never causes pruritus.

Methodology:

A detailed case history of the patient was taken and the medicine had been selected on the basis of totality of symptoms. Follow up of the case had been taken at regular intervals.

Case:

A 21 year Female, Mrs. A S. Married, Housewife, Came on Date: 14/10/2016 with complaints of Leucorrhea since 1-1 ½ years with creamy yellowish thick moderate discharge having no smell with generalized weakness which is aggravated during exertion and better by rest and having burning micturition since one month.

Generals:

Her appetite was good. She has desire for sour, spicy food and thirst is of moderate amount. Bowel movements are normal. She has regular menses. With complaints of Leucorrhea since 1-1 ½ years with creamy yellowish thick moderate discharge having no smell. Thermal reaction of patient is chilly. There was a general feeling of weakness. Past History was nothing specific.

Per Vaginal examination: Vulva: Healthy, Vagina: Inflamed, Discharges- Thick, creamy, yellowish, Cervix: Healthy.

Mentals :

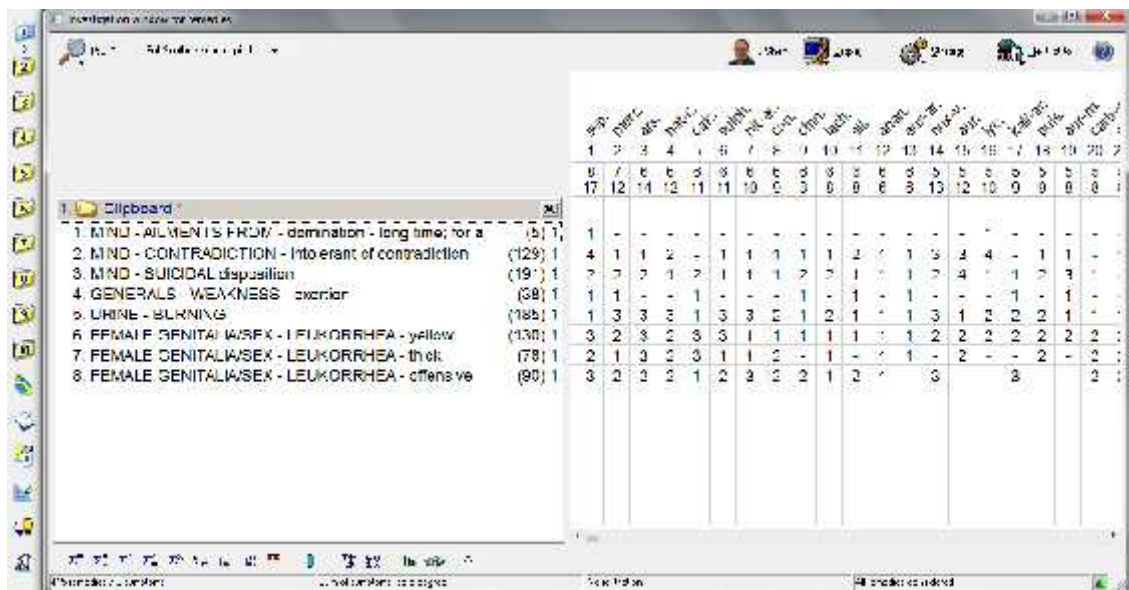
She was a well-mannered house wife not much communicative in nature. She said her complaints started after domination by mother in law in the family. She is always having tension at home related to family issues because of which she want to commit suicide. She gets angry when anything happen to against her wish. Get angry when contradicted by anyone

Evaluation :

a) Mental general: - A/F: Domination by mother in law Get angry when contradicted by anyone Want to commit suicide due to tension b) Physical generals:- Thermally: Chilly, Generalized weakness c) Particulars:- Leucorrhoea, thick, Creamy, yellowish in color Urine, burning, hot.

Rubric selection-³

-Mind: A/F domination by others, along history of -Mind: contradiction intolerant of
-Mind: Suicidal disposition -Generalities: Weakness decreases by exertion
- Urine, burning, hot -Female genitalia, Leucorrhoea, yellow
- Female genitalia, Leucorrhoea, thick, creamy - Female genitalia, Leucorrhoea, offensive



Prescription-(14/10/2016) _Sepia 200 1 dose, Rubrum30TDS for 15 days

Follow Up:

Date	Complaints	Prescription
2/11/2016	Thirst- Adequate. Appetite- Good. Burning during urination reduced. Weakness reduced.Leucorrhoea quantity decreased.	-Sac lac 1 dose. - Rubrum TDS for 15 days.
20/11/2016	Mentally feeling fresh. Thirst- Adequate. Appetite- Good.Burning during urination reduced. Weakness reduced.Leucorrhoea quantity decreased.	-Sac lac 1 dose. - Rubrum TDS for 15 days.
2/12/2016	Thirst- Adequate.Appetite- Good. No burning during urination.Leucorrhoea decreased in quantity which is yellowish and bland.	-Sac lac 1 dose. - Rubrum TDS for 15 days.
18/12/2016	Thirst- Adequate. Appetite- Good. No burning during urination. No complaints of Leucorrhoea.	---

Discussion: Patient was prescribed with sepia 200 considering her mental physical and particulars. Regular follow up was taken and during the follow the patient showed steady improvement in her condition. Initially burning urination was relieved. The Leucorrhoea became bland and there was also reduction in quantity of discharge. After two months of treatment the patient is completely relieved of the Leucorrhoea.

Conclusion: In this case Sepia 200 when given on the basis of symptom similarity relieved the patient of Leucorrhoea.

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ALLIUM SATIVA - Case Report

Kamlesh Bagmar M.D. (Hom.) (Schol.)¹

Prasad Saundankar² B.H.M.S.

Abstract:

Introduction: This case is illustration of Allium Sativa, a neglected¹ used Indian drug along with characteristic of Liliaceae family. And it's also an attempt to share importance of correlating Mind and Body in understanding the drug through applied way.

Key words: Allium Sativa, Liliaceae

Case Presentation: This 35 year old female had big gumboil for which she consulted dentist. Dentist advised to do surgical procedure after swelling and infection get reduced. She took prescribed antibiotics and analgesics for two days. Afterwards she complained of abdominal pain++, with desire to press with temporary amelioration, loss of appetite, eructation. She said now I have no daring to take that medicine. She requested to give homoeopathic medicine as she had experience about Homoeopathic Medicines as harmless and without adverse effects. She once again told as she has lot of trouble from previous medication. She started getting stool urge frequently along with burning in chest. Despite of this yesterday she had Vadapav (farinaceous food), after which her stomach upset got increased. On examination per abdomen vague tenderness, afebrile, no signs of dehydration noted.

Analysis of Case: Commonly patient coming with gastro intestinal disturbance after Antibiotic / Allopathic management we think to prescribe Nux Vomica as reflected in HMM and Repertory with high grades.

Generals - History; personal - medicine; of abuse of allopathic

Generals - Medicine - allopathic - abuse of

Generals - Medicine - allopathic - oversensitive to²

To correlate body and mind will give us Complete understanding of Applied HMM in this case.

Body:

Stomach - Indigestion - diet; from errors in –

Physical, Particular, Characteristic, Causative Modality.

Abdomen - Flora; intestinal - complaints of only drug mentioned is Allium s. (We all know that antibiotics cause disruption in normal intestinal bacterial flora).

Abdomen - Inflammation - Colon - flora; with pathological intestinal all-s. - Physical Particular Expression for the cause.

Abdomen - Pain - sitting - bent forward - amel. - pressing pain All-s.- Physical Particular characteristic modality

Stomach – Heartburn; Stomach – Heaviness; Stomach – Indigestion² Physical particular common pathogenomic expression.

Mind: Commonly we consider Delusion Poisoned as affected by medicinal effects. But Delusional rubric has minimal role in prescribing when a person actually has suffered from medicine. Whereas we can consider this response in terms of fear as the stimulus (medicine) is available.

Mind - Fear – medicine

Mind - Fear - medicine - taking too much medicine; fear of

Mind - Fear - poisoned - being poisoned; fear of

Mind – Gourmand² (As in spite of her Gastro intestinal upset she had Vadapav)
Mental, general, characteristic, concomitant.

Mind and Body: Mind – Gourmand and Stomach - Indigestion - diet; from errors.

A person who enjoys eating and often eats too much is Gourmand and he is the one who likely will have indigestion or stomach upset.

Management and Outcome:

Allium Sativa 30 three doses, eight hourly was prescribed for a day and she felt better not only for her Gastro Intestinal symptoms like abdominal pain, loss of appetite, eructation and properly formed stool but also her Gumboil disappeared.

Discussion:

Allium sativa is of great help to a Homoeopath when patient consumes allopathic medicines and has side effects of it with fear of taking further medication.

References:

1. Vithoukias G., Materia Medica Viva
2. Schryons F., RADAR 9.0

Liliaceae Family and its indications: As a human being evolved from his animal ancestors he learnt to control his instincts; the wild uncontrolled animal side of his became more controlled, civilized, moral and spiritual, seeking salvation ultimately. But along with it he was gifted with the feelings of guilt, feelings of a criminal or a sinner or a doom if he behaved otherwise.

From ancient times garlic and onions are prohibited for religious and moral people. They are considered below dignity or vulgar or impure if used in diet. (Roman and Greek History). Hinduism and Jainism also believe that the substance likes Garlic and onion produce more devil like' (Tamas Satva) qualities in humans and 'divine' qualities do not develop so abstain from eating. Thus the drugs in Liliaceae family (Allium Sativa, Allium Cepa, Aloes Soc., Lili. Tig., Veratrum Alb., Veratrum Vir.) revolves around the tug of war between the pure and the impure, the divine and the devil, the moral and the immoral aspects of our existence and when either side becomes more powerful the indications for Liliaceae become clearer.

HMM indications:

Allium sativum: Common name-Hindi Lasoon; Marathi Lasnoo; English Garlic
Chemical composition: An acrid volatile oil, starch, mucilage, albumen, sugar and little Potassium.

Why the name 'Rason'? as it contains five other juices except acid juice; so, consuming acidic food after taking garlic is effective; It has five tastes at the same time, viz. sweetness, saltiness, metallic taste, pungency and bitterness which are helpful in increasing digestive power, strength and merit. It is also nutritious, refreshing and purgative. Garlic in appropriate quantity removes chronic dyspepsia, flatulence, colic pain. The pod or flake sex exciting, antiphlegmatic, febrifuge, anthelmintic; also effective in heart disease and dropsy. **(Banerjee P., Materia Medica of Indian Drugs)**

Therapeutic actions: Garlic gives warmth and is a digestive agent. It prevents flatulence, colicky pain and is diuretic. It is a tonic and useful in case of irregular menstruation; extract is invaluable remedy for earache and other ear diseases. It has anthelmintic action and prescribed in asthma, paralysis, gout, rheumatic fever, neuralgia, epilepsy, and dropsy. **(Charak)**

It is the garlic of our everyday use and is adapted to high livers and fleshy people who consume an enormous quantity of food and suffer from indigestion as a result of their gluttony. Their bowels are apt to be disturbed by the slightest deviation in diet. The least change in their usual manner of living increases the dyspepsia. Heartburn, belching, copious flow of saliva after eating, wind colic, great distension and pressure in epigastrium and transverse colon are important symptoms. (N. M. Choudhary)

Arsenicum album's complementary remedies are Phosphorus and Allium sativa. (E. A. Farrington)

Allium sativum is another remedy to be classed among the neglected remedies in our Materia Medica. I consider it to be an important and valuable remedy in certain cases for which Bryonia, Kali bichromicum, Sulphur, Lachesis, belladonna etc. are given today. (G.Vitholkus)

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It's a vast topic can't be narrated by using few words. We always read or hear to donate organs and often most of the time, not only illiterate but the literate society also had a great fear to do this. We just listen it & make misuse of our both ears, by listening with one ear & removing it by other. What we mean by DONOR ? is a person who give to a good causes.

'LIFE' is very precious. Everyone loves their existence. We often listen to spread life. Spreading life widely against death. Everyone wants to be HERO, everyone wants to be admired for their courage or actions. So, the action of being donating the organ will lead to be a HERO. After donating, life goes on. The need is being fulfilled for their existence. As water, plastic is being recycled, so they should not be waste then why not life ?

If we want to be a winner of Human Race, we should be able to make our heart emotions so strong that the consent for donation should be easily made. Our old thought and many religious terms and conditions, customs, rituals may form into crisis or hurdles for Organ donation. I don't want to hurt any religious trends but it is a firm belief that In the next time i.e.punarjanam, we will lack that organ what is being donated in this life span. It is believed that the body is god's gifted and we should return it as it is. But imagine, the same circumstance or situation where you need or your dear one needs but there is no donor. And your or your dear ones life goes in vain.

If all the world thinks like that then there will be no survival. We see this god gifted nature and beautiful scenery by our eyes. After our death, who knows about the next life of existence but by donating it the other can enjoy his existence. His black and white life will be colorful.

Don't behave like a Monster , Life teaches us only one thing. Even nature's says that Giving is the best policy without asking in return. Then why should we ask everything in return. LIFE is a never ending bottle of making your good deeds better and also trying to be better by donating even after the death. LIFE is like spring, who nurtures soul's green sprouts. Encourages and leads them but what after the death.

Donating Organ is a fearsome word, even dreadful as a drawn sword but it's a task we are supposed to bear with a smile where one's can freely employ their existence by our small contribution. After death, our organs either be buried or burned as per our religious funeral but it can be used by other one and helps themselves for recovery of their health.

Don't go away by deserting the needy one. We are often taught by the thought of Giving. We often come across that if we give one, he (God) gives us hundred.

LET YOUR FAITH, BE BIGGER THAN YOUR FEAR. The fear of being losing one individual is more dreadful but the faith of being recurred is like a warrior VICTORY. LIFE is so big and strong, you of years or more. And you're not died even after you are funeraled. Life goes on and on. No one can deny your existence. Lessons of bright colors and a happy atmosphere will be as a gift from your side to a little who just peeped out by your gift.

"The earth had enough resources for men's need but not for men's greed", is what one of India's greatest visionary MAHATMA GANDHI had to say. Our human race is becoming greedy. Today's individual is not hearing the sorrow of the others. As for as individuals are concerned, a

very important task where each one make difference in the matter of a civic consciousness is saying YES to Organ donation. It can certainly be one way of fighting the huge waves of death ocean which is life threatening.

THE ABRUPT AND THE INVETABLE. It ended as suddenly as it had started. A silence descended on the town; a graveyard silence, a mournful silence hung in the air-as if in memory of the death! A split had appeared on the earth's surface & once again, this slightly larger & yet again, this as a yawning abyss opened up & swallowed what was left of the derelict town. Only your donated organ will not be the burial of little sleepy town.

“ORGAN DONATION” is when a person allows an organ of theirs to be removed, legally, either by consent while the donor is alive or after death with the assent of the next of kin. DONATION may be for research, or , more commonly healthy transplantable organs and tissues may be donated to be transplanted into another person.”

Now, I will end my essay by the poem with a feeling of person who has survived back & return as a warrior from the death bottle. The one who donates the organ is the Winner of the HUMAN RACE.....

My Life...After a death battle....
I open my eyes..... Ah!
The joy of a new day....
No Matter what comes along.....
My happiness will stay,
I take a deep breath....
I am glad, I am alive,
The rest of the day is bonus.....
No matter how hard I strive....
I will walk for a walk.....
Mo matter what weather
I will walk in the fields
Smell the grass and the heather,
I know I am a winner.....
Who win a life after death.....
I see in the right vein,
To me all of life.
Is joy a gain and again.
My work is just a game I like to play
I love the hunt...
The Chase....
The fray....
I welcome the challenge..
I'm a smiling & think & new thought
To BE A DONOR AND BE A HERO...

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