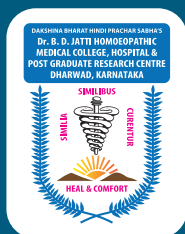


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**Dr. B. D. Jatti Homoeopathic Medical College
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Editorial

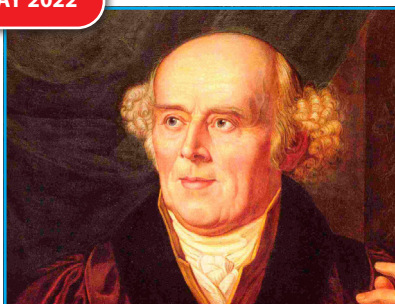
WORLD HOMOEOPATHY DAY 2022

World Homoeopathy Day (WHD) is observed on 10th April every year to commemorate the birth anniversary of Dr. Christian Friedrich Samuel Hahnemann, the Founder of Homoeopathy. Paying obeisance and tribute to the master for his unparalleled contributions to the World of Medicine, is the least of duties of a medical person. This year we are observing 267th birth anniversary of Hahnemann. The Law of similars forming the basis of Homoeopathy, though finds a mention in the teachings of Hippocrates and Paracelsus, the credit of deriving an entire system of therapeutics goes to Hahnemann & thus considered as the 'Father of Homeopathy', also as an 'Architect of Human Pharmacology, Nano Medicine and Infinite dilution conception in Chemistry'.

Homeopathy, a rapidly growing science, is practiced throughout the world. In India, it has become a household name due to safety of its pills and gentleness of its cure. One of the study states, about 15% of Indian population solely depend on Homeopathy for the health care needs. It has blended so well into the roots and traditions of the country that it is recognized as one of the National systems of Medicine and plays vital role in providing health care to growing population. Its strength lies in its evident effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels. In the recent days, Homeopathy has been effective adjuvant therapy during COVID-19 pandemic and helped many in preventing the COVID-19 disease too.

Since inception, acceptability of Homeopathy is increasing so also the criticisms and challenges on its clinical efficacy. Patrons and promoters of Homeopathy are increasing, so also its detractors. To many, Homeopathy is a religion; to some it is passion; for some more it is science; for the rest of the few it is an art. Some consider it the nano science, some others

Dr. Amit V. Rolli M.D.(Hom.) Member Editorial Board



Samuel Hahnemann

10-04-1755 to 02-07-1843

consider it as quantum medicine and few others consider the ultimate Panacea. Despite criticism, there is worldwide increase in the usage of Homeopathy and rapid expansion in the reports of results of the effectiveness of Homeopathy because of evidence based clinical practice. Today, Homeopathy is an inseparable part of health care system and with time, its contribution to the health care systems across the world, continue to increase.

WHD gives us an opportunity to review the path trodden so far, take stock of the challenges of future, while formulating strategies for the development of Homoeopathy. There is a need to focus on the quality of Education, thereby enhancing the success rate in its Practice. This is not possible unless the Homeopathic community Modernizes, Innovates, Reinvents, Forges ahead jointly with a variety of Initiatives and Research. Therefore, the current scenario needs to link Research with Education and Clinical practice with Advance scientific collaborations. Almost everywhere new pledge, new declaration and new resolutions have been taken towards improvising the health care services in the society.



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Research Report

A comparative study to assess the significance of patient symptoms over the disease symptoms for a successful prescription in cases of Acute infective sinusitis

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AN ALARMING CONDITION - VUR

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ABSTRACT: Vesico Ureteral reflux (VUR), is a condition in which urine flows retrograde, or backward, from the bladder into the ureters/kidneys. It is common in children and disappears by itself. But in few patients it continues and causes renal scarring due to repeated UTI.

KEY WORDS: VUR, UTI, Renal Failure.

INTRODUCTION: Several children are abashed with various types of health issues unaccompanied by some major disease and without disturbing their routine activities. However, these are alarming conditions for impending irreversible injury. Prior recognition and care of such symptoms at an early stage, attending to the case with proper treatment and management, thereafter, can prevent amplifying to major disease in future. A case in point is a condition called Vesicourethral Reflux (VUR).

VUR is a condition which is commonly seen in children and disappears on its own in several instances, without any treatment. Though common among children, it can be observed even in older children and adults. Girls are usually more affected than boys. Vesicoureteral reflux (VUR) is a condition in which urine flows retrograde, or backwards, from the bladder into the ureters/kidneys. Urine normally travels in one direction (forward, or anterograde) from the kidneys to the bladder via the ureters, with a 1-way valve at the vesicoureteral (ureteral-bladder) junction preventing backflow. The valve is formed by oblique tunnelling of the distal ureter through the wall of the bladder, creating a short length of ureter (1–2 cm) that can be compressed as the bladder fills. Reflux occurs if the ureter enters the bladder without sufficient tunnelling.

INCIDENCE :

VUR affects 1% to 2% of children, and it is observed that eventually one-third of children with VUR will experience urinary tract infection (UTI). Generally, VUR is more common in infants and among

children of age 2 and less. It is also observed that VUR is more likely to affect girls than boys. This condition, in few cases, is sustained when the child grows into an adult. Such cases require utmost care to prevent renal failure at an early age. A child is more likely to have VUR if a brother, sister, or a parent has it.

CAUSES AND TYPE :

Primary VUR :

Insufficient submucosal length of the ureter relative to its diameter causes inadequacy of the valvular mechanism. Congenital defect or lack of longitudinal muscle of the portion of the ureter within the bladder results in to an 'Uretero Vesicular Junction (UVJ)' abnormality.

Secondary VUR :

Increased bladder pressure associated with obstruction, usually distorts the ureter vesicular junction. The obstruction may be anatomical or functional

Anatomical :

Some such cases are, Posterior urethral valves, urethral or meatal stenosis.

Functional :

Bladder instability, neurogenic bladder and non-neurogenic bladder. Bladder infections can also cause reflux due to the elevated pressures associated with inflammation. According to several researchers, simple constipation at an early stage in childhood as well may cause VUR by reducing the capacity of the bladder, because of the constant pressure by the rectum. Functional VUR will usually get resolved once the precipitating cause is treated.

SYMPTOMS

It is observed that VUR is generally mild and hence children may not feel sick. Yet in several medical cases VUR is diagnosed after the child has experienced a 'urinary tract infection (UTI)' accompanied by fever. Such repeated UTI may lead to renal stones or renal scarring which is the

early sign of renal failure. Acute pyelonephritis associated with VUR can lead to renal scarring and ultimately chronic kidney condition known as reflux nephropathy.

Hence, VUR - even though it is not such a serious condition in several cases, it can become one of the awful conditions for future abnormalities in few unfortunate cases.

INVESTIGATION ADVISED :

Kidney and bladder ultrasound.
Specialized X-ray of urinary tract system
Nuclear scan.
Voiding cystourethrogram

PREVENTION :

Rather than VUR, renal scarring can be prevented by taking the precautionary measures like drinking enough liquids, treating the constipation, urinary incontinence or faecal incontinence, and by keeping the kidney healthy.

HOMEOPATHIC MANAGEMENT:

By labelling as VUR one cannot treat by Homoeopathic remedies nevertheless it can be cured by constituting the person as a whole. Assembling the totality of symptoms, Generalities, Modalities and the symptoms like frequent urination, burning urination, dysuria, pain in renal angle, fever produced by UTI can give a complete picture and indicate a remedy. Some of examples are as follows;

RUBRICS LIKE :

* From A clinical repertory by J. H. Clarke
-> Bladder- Cystitis,
-> Kidney- inflammation of, pyelonephritis.
Cystis.
Kidneys- aching in, affection of. Inflammation of, pain in
Urethra irritation of
Urethritis-
* From A clinical repertory by Homoeopathic Medical Repertory by Robin Murphy
Bladder- Cystitis.
Urination- frequent, Painful, Dysuria.
Urethritis- inflammation of
Kidneys- inflammation, pain in
Urine- burning, bloody.
Urination- frequent
* From Pocket Manual of Homoeopathic Materia

Medica & Repertory by William Boericke.
Inflammation- cystitis-acute, chronic.
Irritability- bladder
Pain in renal region- Pyelitis
Urethra- burning, inflammation.
Dysuria, frequent desire to,

REMEDIES LIKE... Apis, Ars.alb, Bell., Benzoic ac., Camph., Can-s., Canth., Caps., Con., Cub., Dulc., Equis., Erig,purp., Ferr-phos., Gels., Hellib., Lach., Mer-s., Merc-cor., Nit-ac., Nux-v., Pareira., Puls., Sabal, Sara., Sep., Sul., Tereb.,

DISCUSSION :

Vesicoureteral reflux (VUR), is a condition in which urine flows retrograde, or backward, from the bladder into the ureters/kidneys. It is common in children and disappears by itself. But in few patients it continues and causes renal scarring due to repeated UTI.

Homoeopathic system is feasible in treating the VUR, excluding the congenital defects, along with improving the healthy habits of the child.

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“ The doctor of the future will give no medicine but will interest his patients in the case of the human frame in diet & in the cause & prevention of disease.- **Thomas A. Edison**



A CASE STUDY ON EARLY HYPOTHYROIDISM WITH HOMOEOPATHIC MANAGEMENT

Dr. Thrupthi S. M.D.(Hom.)
Assistant Professor
Dept. of Physiology & Biochemistry

The Thyroid is an endocrine gland and it is responsible for the formation and secretion of thyroid hormones. Thyroid hormones induce effects on all nucleated cells in the human body, generally increasing their function and metabolism. Thyroid hormones are released as part of the hypothalamic- pituitary- thyroid -axis. Thyrotropin releasing hormone (TRH) bind to receptors found on thyrotropic cells of the anterior pituitary gland, causing to release Thyroid stimulating hormone (TSH) which binds on the basolateral membrane of thyroid follicular cells and induces the synthesis and release of thyroid hormones.

High TSH levels indicate Hypothyroidism. When the thyroid gland does not produce enough hormones, the pituitary gland produces more TSH to compensate. Sometime early hypothyroidism may present as a result of persistently elevated TSH with normal T3 and T4 levels. This pattern of thyroid abnormality can be considered as sub clinical Hypothyroidism.

There is no known prevention for early or sub clinical hypothyroidism in any system of medicine. Homeopathic treatment works wonderfully if you have been recently diagnosed with an early hypothyroidism. The individualized homeopathic treatment is based on the study of the patient's signs and symptoms, the duration of illness, extent of the disease, cause, emotional state of the patient, level of thyroid hormones and TSH, and other laboratory findings and factors which cause and maintain the disease.

Case report :

A 31 year old female came with the complaints of burning sensation all over the body since one month, it increases during day time and decreases during night time. She consulted an allopathic physician for the same who gave her medicine, with which patient was not better. She

decided to take homeopathy so she came to Dr. B. D. Jatti Homeopathic Medical College on 23- 12- 2020 where she came with the TSH report in which TSH – 8.05uIU/ml, T3- 112ng/dl, T4- 8.5ng/dl.

Personal history:

Appetite- Decreased

Thirst – Decreased

Sleep: Disturbances.

Menstruation: Delayed menses, scanty menses,

Mentals: As a person, sensitive, weeps very easily even after narrating her symptoms, gets irritated easily.

Totality of symptoms :

- Burning sensation all over the body
- Decreased thirst
- Delayed menses
- Scanty menses
- Disturbed sleep
- Weeps very easily even after narrating her symptoms

Prescription : 23-12-2020

1. Pulsatilla 200 1 dose
2. Sac lac 4-0-4 for 15 days

Follow up 1: 02-01-2021

Burning sensation all over the body decreased
Menses : Delayed

1. Pulsatilla 200 1 dose
2. Sac lac 4-0-4 for 15 days

Follow up 2 : 08-04-2021

Menses : Regular

1. Pulsatilla 1M, 1 dose
2. Sac lac 4-0-4 for 1 Month

On 12- 04 – 2021, TSH level: - 6.5uIU/ml

Follow up 3 : 17-06-2021

Menses : Regular

1. Sac lac 4-0-4 for 1 Month

Before Treatment

TEST NAME	TECHNOLOGY	VALUE	UNITS	REFERENCE RANGE
TOTAL THYROIDHORMONE (T3)	C.L.I.A	112	ng/dl	80-200
TOTAL THYROXINE (T4)	C.L.I.A	8.5	ng/dl	4.5-12
THYROID STIMULATING HORMONE (TSH)	C.L.I.A	8.05	µIU/ml	0.3-5.5

Comments : IF NOT ON DRUGS SUGGESTED FT3 & FT4 ESTIMATION

Please correlate with clinical conditions.

Method :

T3 - Competitive Chem Luminescent Immuno Assay
T4 - Competitive Chem Luminescent Immuno Assay
TSH - SANDWICH CHEM LUMINESCENT IMMUNO ASSAY

Pregnancy reference ranges for TSH
1st Trimester : 0.10 - 2.50
2nd Trimester : 0.20 - 3.00
3rd Trimester : 0.30 - 3.00

Reference:
Guidelines of American Thyroid Association for the Diagnosis and Management of Thyroid Disease During Pregnancy and Postpartum, Thyroid, 2011, 21, 1-46

Sample Collected on (SCT) : 19 Dec 2020 11:55
Sample Received on (SRT) : 20 Dec 2020 09:56
Report Released on (RRT) : 20 Dec 2020 12:33
Sample Type : SERUM
Labcode : 2012022574/KAR05 Dr Arjun CP MD(PH) Dr Caesar Sengota MD(Mons)
Barcode : T2547707 Page: 3 of 6

After Treatment

TEST NAME	TECHNOLOGY	VALUE	UNITS	REFERENCE RANGE
THYROID STIMULATING HORMONE (TSH)	C.L.I.A	6.5	µIU/ml	0.3-5.5
FREE THYROIDHORMONE (FT3)	C.L.I.A	2.85	ng/dl	1.74-2
FREE THYROXINE (FT4)	C.L.I.A	0.98	ng/dl	0.71-1.8

Comments : SUGGESTING CLINICAL INTERPRETATION

Please correlate with clinical conditions.

Method :

TSH - SANDWICH CHEM LUMINESCENT IMMUNO ASSAY
FT3 - Competitive Chem Luminescent Immuno Assay
FT4 - Competitive Chem Luminescent Immuno Assay

Pregnancy reference ranges for TSH
1st Trimester : 0.10 - 2.50
2nd Trimester : 0.20 - 3.00
3rd Trimester : 0.30 - 3.00

Reference:
Guidelines of American Thyroid Association for the Diagnosis and Management of Thyroid Disease During Pregnancy and Postpartum, Thyroid, 2011, 21, 1-46

Sample Collected on (SCT) : 12 Apr 2021 12:15
Sample Received on (SRT) : 13 Apr 2021 09:58
Report Released on (RRT) : 13 Apr 2021 11:27
Sample Type : SERUM
Labcode : 1304039966/KAR05 Dr Arjun CP MD(PH) Dr Caesar Sengota MD(Mons)
Barcode : U5134675 Page: 1 of 2



Mr. Sachin Ambore
III Year BHMS

A COMPARATIVE STUDY TO ASSESS THE SIGNIFICANCE OF PATIENT SYMPTOMS OVER THE DISEASE SYMPTOMS FOR A SUCCESSFUL PRESCRIPTION IN CASES OF ACUTE INFECTIVE SINUSITIS



under the guidance of
Dr. Monika Katti
Associate Professor
Dept. of Organon of Medicine & Hom. Philosophy

ABSTRACT: Homoeopathy is a holistic science. The crux of homoeopathy lies in individualization. We treat the patient not the disease. Disease symptoms helps to diagnose the disease and will be common in all the patients. If we prescribe on disease symptoms we will only get specific remedies which will remove the symptoms but the patient will still not be cured. This will only result in palliation. If we take the individual peculiarities of the patient to select the remedy we will get the similimum which will cure the patient. This study intends to differentiate the dual approach in the case of sinusitis to see which approach gives better results; taking disease symptoms into consideration or taking patient symptoms. This study will also validate the significance of tailored medicine in homoeopathy. Acute sinusitis is a condition in which the cavities around the nasal passages become inflamed. It can be triggered by a cold or allergies or may be caused by infection, It is the common inflammatory disorder of nasal cavities that may extend to nasal sinuses. Almost all age groups and both the sexes are equally affected. Presently all conventional systems of care treat acute sinusitis and alleviate the suffering of the patient. Nevertheless, with other systems of treatment, Homoeopathy too proving its efficiency in treating the cases of Acute Sinusitis.

KEY WORDS: Patient symptoms, Disease symptoms, Acute infective Sinusitis.

INTRODUCTION: As we all have an individuality in health, we also have an individuality in disease. The signs and symptoms of a disease are nothing but the reaction of a person to the disease causing morbid agent or stimulus. Every person reacts to any external agent according to his/her individuality and so a person's individuality is reflected in his/her disease too. Homoeopathic medicines are prescribed on the basis of individualization, which is tailoring the remedy according to individual

needs. We treat the patient not the disease. Disease symptoms helps to diagnose the disease and will be common in all the patients. If we take the individual peculiarities of the patient to select the remedy, we will get the similimum which will cure the patient.

OBJECTIVE OF THE STUDY:

1. To study the significance of patient symptoms in selecting the remedy
2. To study the significance of disease symptoms in selecting the remedy
3. To compare the efficacy of the remedy selected on the basis of patient symptoms over the disease symptoms in management of Acute Infective Sinusitis

METHOD: As it was a comparative study, 30 cases were divided into two groups based on patient symptoms and disease symptoms and all have undergone processing through case taking, formal analysis of the case, analysis of symptoms and prescription based on patient symptoms and disease symptoms. The data was represented in the standardized case proforma prepared for the study. Every case was analyzed based on totality of symptoms with reference to Materia medica knowledge. The potency selection and repetition of the dose is done according to the susceptibility of the case. Treatment of each case is done on the basis of individualization.

SAMPLING DESIGN: It is a prospective, non-control quasi experimental study where the pretest and post test data are analyzed and it is also a purposive sampling method.

SELECTION OF PATIENT: As it was a time bound study samples were taken after screening the cases with the inclusion and exclusion criteria and every acute condition coming to the hospital were considered for this study.

Statistical chart showing remedy administered based on patient symptoms			
SI No	Remedies	No. of Pts.	%
1	Pulsatilla	5	33.3%
2	Natrum muraticum	2	13.3%
3	Nux vomica	2	13.3%
4	Phosphorous	1	6.6%
5	Dulcamara	1	6.6%
6	Kali carbonicum	1	6.6%
7	Aconitum napellus	1	6.6%
8	Thuja	1	6.6%
9	Kali phosphoricum	1	6.6%

Statistical chart showing remedy administered based on disease symptoms			
SI No	Remedies	No. of Pts.	%
1	Arsenicum album	10	66.6%
2	Allium cepa	3	20%
3	Kali bichromicum	1	6.6%
4	Rhus toxicodendron	1	6.6%

DISCUSSION: RGHUS has given a golden opportunities for undergraduates under the "Undergraduate Student Grant 2020-2021" to boost the confidence in their future personal life. The study period was between the period 22/03/2021 to 09/11/2021. Through this study we intend to show the significance of patient symptoms over the disease symptoms for making a successful prescription. Disease symptom will only help in diagnosis of the disease which will lead to selection of specific remedy. Patient symptoms will help in

individualizing the patient and select a remedy which is a constitutional similimum. So, present study was taken to prove the remedy selected according to patient symptoms is more efficacious as compared to the remedy selected according to disease symptoms in managing the patients of acute infective Sinusitis. This result will guide us further to treat the patients of sinusitis more effectively and helps us to strengthen the principles of homoeopathy.

RESULTS: - A comparative study to assess the significance of patient symptoms over the disease symptoms for a successful prescription in cases of Acute Infective Sinusitis. It is found that, out of fifteen patients who were treated based on patient symptoms, 73.3% (11 cases) have recovered, 26.6% (4 case) have improved and another group of fifteen patients who were treated based on disease symptoms, 66.6% (10 cases) have not recovered, 20% (3 cases) have improved, and 13.3% (2 cases) have recovered.

CONCLUSION: Conclusions are summarizing the achievements and indication of scope for future works. As it was a comparative study, 30 cases were divided into two groups based on patient symptoms and disease symptoms. 15 cases which were selected based on the disease symptoms, methodology mentioned. The cases were followed regularly, and at the end of the study, arrived at following conclusions.

1. The maximum age incidence of patients suffering from Acute Sinusitis was observed in the age group of 21-40 years with 60 percent and least incidence was observed in age group of 0-20 and 41-80 years each with 20 percent.
2. It was also observed that, Females are more prone to get exposed to Acute Sinusitis than males, percentage being 60% and 40% respectively.
3. Remedies which gave maximum benefit to the complaints were Arsenicum album (66.6%), that followed by Allium cepa (20%) & Kali bichromicum and Rhus Toxicodendron

(6.6%) each, as individualization was followed.

4. The results which are obtained at the end of study showed recovery in 02 cases (13.3%), improved in 3 cases (20%) and not recovered in 10 case (66.6%).

And 15 cases which were selected based on the patient symptoms, methodology mentioned. The cases were followed regularly, and at the end of the study, arrived at following conclusions.

5. The maximum age incidence of patients suffering from Acute Sinusitis was observed in the age group of 21-40 years with 53.3 percent and least incidence was observed in age group of 61-80 years with 6.6 percent.
6. It was also observed that, Females are more prone to get exposed to Acute Sinusitis than males, percentage being 66.6% and 33.3% respectively.
7. Remedies which gave maximum benefit to the complaints were Pulsatilla (33.3%), that followed by Natrum muraticum and Nux vomica (13.3%) each & Phosphorous, Dulcamara, Kali carbomicum, Aconitum napellus, Thuja and Kali phosphoricum (6.6%) each, as individualization was followed.
8. The results which are obtained at the end of study showed recovery in 11 cases (73.3%), improved 4 cases (26.6%) .

Thus, with these results in hand, the present study can be further taken up in a broader manner to achieve the universal applicability of the current observations. This present study contributed to the enhancement of current knowledge base in following ways:

- The remedy selected according to patient symptoms is more efficacious as compared to remedy selected according to disease symptoms.

Statistical Data Showing results of					
Sl. No.	Results	Cases with patient symptoms		Cases with disease symptoms	
		No. of Pts.	%	No. of Pts.	%
1.	Recovered	11	73.3%	02	13.3%
2.	Not recovered	00	00%	10	66.6%
3.	Improved	04	26.6%	03	20%

- The efficacy of homoeopathic remedies in Acute infective sinusitis selected on the basis of patient symptoms established 90% recovery when individualization is followed.
- The major contribution of this research study was establishing to treat the patients of sinusitis effectively and help to strengthen the principles of homoeopathy. It proved its efficacy, by showing the recovery rate of 90% by treating patients based on the individual symptoms.

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The Totality of the Symptoms means all the symptoms of the case which are capable of being logically combined into a harmonious and consistent whole, having form, coherency and individuality
- Stuart Close

Hearty Congratulations From :
Management of Dakshina Bharat Hindi Prachar Sabha Principal, Faculty, Staff and Students

For being awarded the Short-term Research Grants for Undergraduate Students for the year 2021-22
under Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru



Ms. Renuka Andappa Malavad
III BHMS

Research Title : *A study on the effectiveness of specific homeopathic medicines in the management of bleeding piles.*

under the guidance of



Dr. Chetana C. Yeravintelimath M.D.(Hom.)
Professor & Head
Dept. of Physiology & Biochemistry



Ms. V. Akshaya
III BHMS

Research Title : *Assessment of effectiveness of homoeopathic medicines in the treatment of chronic tonsillitis in children below 15 years of age.*

under the guidance of



Dr. Roopa V. Kadadevaramath M.D.(Hom.)
Professor
Dept. of Materia Medica



Ms. Sri Vaishnavi
IV BHMS

Research Title : *An observational study on the effectiveness of specific homoeopathic medicines used in the treatment of plantar & achilles types of calcaneal spur.*

under the guidance of



Dr. Praveen M. Kulkarni M.D.(Hom.)
Associate Professor
Dept. of Hom. Pharmacy



Ms. Shagufta Zaheeraga Patil
IV BHMS

Research Title : *An Observational Study Of the effectiveness of 50 Millesimal Potency in the management of Allergic Rhinitis.*

under the guidance of



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