

Homoeopathy Sans Frontières

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Editorial

WORLD HOMOEOPATHY DAY 2021

The World Homeopathy Day is observed every year on April 10 in memory of Founder of Homoeopathy who was born on this day, Dr. Christian Friedrich Samuel Hahnemann. This year in 2021, it will be the 266th birthday of Hahnemann. On this day, let's learn some of the most intriguing facts of the alternative system of medicine and World Homeopathy Day 2021.

Every year April 10, his birth anniversary, World Homeopathy Day is celebrated as a tribute to Hahnemann. This year in 2021, it will be the 266th birthday of Hahnemann. On this day, let's learn some of the most intriguing facts of the alternative system of medicine and World Homeopathy Day 2021.

The theme of 2021 is "integrative medicine: Roadway of homoeopathy"

Before Indian independence, the Bore Committee was set up by the British imperial government in 1942 to design a blueprint for health planning, entirely based on modern biomedicine, and this was adopted as the guide for the development of health services in post-independence India. However, soon after independence, the Chopra committee was set up in 1948 to supplement the Bore committee and recommended the role of Indian Systems of Medicine & Homeopathy (ISM&H) (eventually re-christened as Department of AYUSH). It suggested moving towards a 'synthesis' of all the systems to formulate one Indian system.

Government considers launching exclusive health programmes for integrating homeopathy in treatment of diseases for wider and better health delivery or provides homeopathy as an adjunct to the ongoing programmes for prevention and treatment of those identified diseases.

In AYUSH services, the primary health centres (PHCs) are being strengthened under the National Health Mission by the government. The aim behind this exercise is to provide a package of essential public health services. The government is trying to achieve this by upgrading single doctor PHCs to two doctor PHCs by posting AYUSH practitioners in that setting.



Dr. Sameer H. Fast M.D.(Hom.) Member, Editorial Board

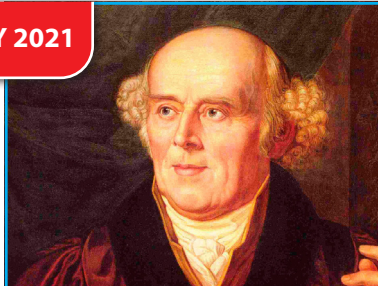
A few government-run pilot projects integrating homeopathy in national health programmes have proven

beneficial, with homeopathic practitioners using their soundly trained clinical judgment for exercising their own role as a public health care provider or in referring patients to the higher health care centre for conventional or more specialised care. The ability to differentiate between these two pathways has made these programmes more holistic as well as successful.

Huge numbers of skilled homeopathic practitioners are engaged in public health care wellness centres and other national programmes, which would help achieve universal health coverage in India, as well as employing capable students looking for public health care jobs.

According to the Homoeopathy Research Institute 200 million people around the world use homoeopathy regularly. Half of these people are in India. There are 200000 registered homoeopathic doctors in India, with 12000 doctors added each year.

World Homeopathy Day is celebrated not only to commemorate the birth of Dr. Hahnemann. It's also a day to understand the challenges and future strategies to develop homeopathy even further. It aims to create awareness about the alternative system of medicine and to improve accessibility and success rates. World Homeopathy Day seeks to bring the community together to innovate, reinvent and modernize the system of medicine so that more people can reap its benefits.



Samuel Hahnemann
10-04-1755 to 02-07-1843

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Inside Story

Article

Scope of Homoeopathy in Urethral stricture

Research Report

A Clinical study on the role of Causa occasionalis in the treatment of the Acute diseases

Case Study

Utility of BCCR in a Case of Non healing Ulcer

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SCOPE OF HOMOEOPATHY IN URETHRAL STRICTURE

Dr. Prashant I. Kubasad M.D.(Hom.)
 Professor & Head
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What is a urethral stricture?

A urethral stricture is a narrowing of the urethra caused by injury, instrumentation, infection and certain non-infectious forms of urethritis.

What is the incidence of urethral stricture?

The narrowing of the urethra is estimated between 200 and 1200 cases per 100 thousand people, and it will be dramatically increased within people over 55 years

What causes urethral stricture?

The common causes of urethral stricture are:

- Inflammatory
 - Secondary to urethritis
 - Secondary to balanitis xerotica obliterans
- Traumatic
 - straddle injury being the most common, occur during work, bicycle riding, and sports
 - Pelvic fracture related urethral injury
- Iatrogenic
 - Secondary to urethral instrumentation
 - Secondary to urethral catheterisation
 - Secondary to transurethral prostatectomy
 - Secondary to radical prostatectomy
- Idiopathic.

What are the common sites of urethra where stricture is seen

in the bulb or bulbous urethra (70% - 80%), post gonorrhoeal stricture.

What are the signs and symptoms of Urethral Stricture

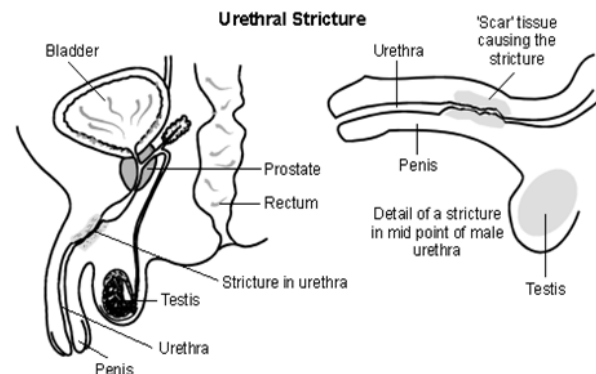
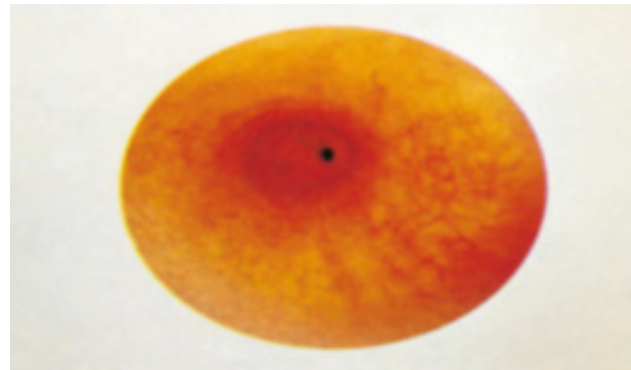
The most obvious sign of urethral stricture is

- Hesitancy of micturition, straining to void and a poor urinary stream.
- Pain during urination.
- Urinary frequency by day and night is common and is due to incomplete bladder emptying,
- Micturition is prolonged and is followed by post-micturition dribbling as a result of urine trickling from the dilated urethra proximal to the stricture.
- Urinary tract infection.

Some patients with severe urethral strictures are completely unable to urinate. This is referred to as acute urinary retention, and is a medical emergency.

How to diagnose Urethral stricture

- A well-established stricture may be palpable as scarring along the line of the urethra
- Urethroscopy allows the stricture to be viewed as a circumferential scar
- Urinalysis
- Urinary flow test — measures the strength and amount of urine flow
- Pelvic ultrasound



- Retrograde urethrogram — uses X-ray images to check for a structural problem

- Urethroscopic appearance of a urethral stricture

Prevention –

1. Avoid injury to the urethra and pelvis.
 - Be careful with self-catheterization
 - Use the smallest possible catheter needed for the shortest time
2. Avoid sexually transmitted infections
 - Chlamydia is now the more common cause.
 - Infection can be prevented with condom use, or by avoiding sex with infected partners.

How it is managed

Medical - There is no medical therapy to treat urethral stricture disease, however, urinary tract infections (UTIs) should be adequately treated prior to surgical intervention

Surgical treatment –

Surgical treatment of urethral stricture disease is indicated when the patient has severe voiding symptoms, bladder calculi, increased postvoid residual, or urinary tract infection or when conservative management fails.

Catheterization. Inserting a small tube (catheter) into your bladder to drain urine is the usual first step for treating urine blockage dilation. Your doctor inserts a tiny wire through the urethra and into the bladder. Progressively larger dilators pass over the wire to gradually increase the size of the urethral opening. It may be curative in patients with isolated epithelial strictures (no involvement of corpus spongiosum). Recurrence of the urethral stricture is the most common complication

Urethroplasty. This involves surgically removing the narrowed section of urethra or enlarging it.

Internal urethrotomy-Internal urethrotomy involves incising the stricture transurethrally using endoscopic equipment, Care must be taken not to injure the corpora cavernosa because this could lead to erectile dysfunction. Recurrence of the stricture is the most common complication, with up to 80% of strictures recurring after an internal urethrotomy.

Endoscopic urethrotomy. For this procedure, your doctor inserts a thin optical device (cystoscope) into your urethra, then inserts instruments through the cystoscope to remove the stricture or vaporize it with a laser

Permanent urethral stents

Permanent urethral stents are placed endoscopically. They are most successful in short-length strictures in the bulbous urethra. Complications occur when a stent is placed distal to the bulbous urethra, causing pain while sitting or during intercourse. Other complications involve distal migration of the stent with pain.

Remedies for urethral stricture

- *Clematis* – A/F - Suppressed gonorrhea,
Indications - It affects mucous membranes of eyes and urethra and the glands, Burning, itching, stinging, crawling pains. Urine flows by fits, starts or dribbles, strains out a few drops, then full stream flows. Stricture. Urethra feels like a large whipcord, painful on pressure. Burning in urethra during urination. Last drop causes violent burning.
- *Chimaphila*, A/F - Abuse of alcohol
Indications - SCANTY URINE, LOADED WITH ROPY MUCO PURULENT SEDIMENT. SUGAR IN URINE. MUST STRAIN before urine flow comes. Unable to urinate without standing with feet wide apart and body inclined forward. Forked stream of urine, Burning and scalding during micturation and straining afterwards, FEELING OF A BALL IN PERINEUM.
- *Cantharis* – Indications - Acts chiefly on the urinary and sexual organs, perverting their function and setting in violent inflammation, causing frenzied delirium stimulating hydrophobia symptoms. Burning, scalding urine, with cutting, intolerable urging and fearful tenesmus or dribbling. Burning thirst but aversion

to liquids, Painful urination as a concomitant in any diseased condition.

- *Merc. sol-* A/F - Fright , Suppressed Gonorrhoea, Suppressed foot sweat.
Indications - 'Living thermometer'. Over-reactivity from or with weakness, nearly everything aggravates, < Night from darkness to daylight, OFFENSIVENESS of secretions, Urinates more than he drinks, Male genitalia-Phimosis, paraphimosis, Itching and burning < urination > washing with cold water.
- *Nit. Acid* - A/F Abuse of mercury, Syphilis, Scrofula, Continued loss of sleep, Long lasting anxiety, Overexertion of mind and body from nursing sick, Loss of dearest friend, Bad effects of repeated doses of digitalis
Indications - Offensiveness and corrosiveness of all discharges especially urine, faeces and perspiration. All discharges are thin, acrid, often, brown or dirty yellowish-green coloured. Pains appear and disappear quickly (Bell), < on change of temperature or weather, during sleep. Urine-dark, scanty, offensive, smells like horse's urine. Urine cold on passing. Urine bloody, albuminous, contains oxalic acid, uric acid and phosphates. Sensation as if hot wire in urethra
- *Arnica* – A/F Bad effects of mechanical INJURIES, even if received years ago Traumatism of grief, remorse or sudden realization of financial loss
Indications - Injury due to blunt instruments, trauma in all its varieties like mental or physical and their effects recent or remote. OVERSENSITIVE TO PAIN, HEAD HOT WITH COLD BODY, Discharges are FOUL.
- *Magnesium Mur* - Indications - Urine-pale yellow, can be passed by bearing down with abdominal muscles, weakness of bladder. In dark, cannot tell whether passing urine or not. Weakness of bladder- passes urine in drops.

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"He who studies medicine without books sails an uncharted sea, but he who studies medicine without patients does not go to sea at all"- **William Osler**



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A CLINICAL STUDY ON THE ROLE OF CAUSA OCCASIONALIS IN THE TREATMENT OF THE ACUTE DISEASES

ABSTRACT: We have often heard the notion in homeopathic parlance that the symptoms of an illness are everything and a homeopathic physician just needs to perceive the effects of disease, while turning a blind eye to the concept of cause of disease.

Every effect has underlying causation(s) and appreciating the fundamental concept of causation is essential in the study of life sciences. Each and every stream of medical science dealing with therapeutic interventional approach has to be very unambiguous in its understanding of the cause-effect axis.

The great philanthropist, 'Dr. Samuel Hahnemann' who gave due consideration to the concept of causation, mentioned in his aphorism-5 about importance of causation.

We know that causation, is the part of complete symptom with four pillars such as location, sensations, modalities and concomitants. The causations and modalities mentioned in Materia Medica and also in Repertories are taken that can result in producing symptoms in sensitive and susceptible individual. Henceforth, removal of totality of symptoms with the help of causation will result in complete cure of the individual. So every physician must look for cause in each and every case, who are suffering with acute distress for rapid, gentle and permanent cure..

KEY WORDS: Causa Occasionalis, Acute Diseases. .

INTRODUCTION: Research Mind is door to an ocean of possibilities like diagnosing the new diseases in pandemic, management of such diseases and proving of new Homoeopathic drugs. And also new inventions of homoeopathic remedies. Such research is inculcated in finding out the root cause of the disease to make the management of disease more scientific.

This is a preliminary attempt to understand the significance of the cause of the disease in treatment of the acute diseases.

"Health is not valued till the sickness comes" and the curious mind of every intelligent physician bothers how it is started and why? [cause] . Among the physicians of orthodox system, the concept of "Tolle causam" (remove the cause) was prevalent. They believed that by removing the cause of disease, it could be cured. Later they change the concept by proposing, bacteria are the only cause behind the disease, and by removing the bacteria a cure could be attained, but it is not so, bacteria and viruses are end products of the disease. Homoeopathy goes further and propagates that there is a cause in the dynamic

level that comes to activity much before the invasion of microbes. This dynamic cause should be removed to cure a patient. If we know the cause of the disease it is easier to select the similimum.. In case of acute diseases the causative factor is usually well marked and as it is of recent origin, it remains fresh in the memory of the patient. There is not only one cause behind any disease but a series of causation. For example, Anorexia nervosa due to sadness causes anemia, anemia causes hypotension, and hypotension causes vertigo. So when a person suffering from vertigo, simply measuring blood pressure does not solve the problem. We have to see the cause of low blood pressure i.e. anemia or hypoproteinemia. So we ought to find the most probable exciting cause, confirmed through more number of observatory symptoms. Hence acute diseases in earliest fertile and virgin soil are the best opportunity for prescribing with the treatment of entire patient and making the suffering humanity in a perfect balance of health.

Hence this study is taken to know the role of causa occasionalis in the treatment of acute diseases.

OBJECTIVE OF THE STUDY:

1. To understand the role of causa occasionalis in the treatment of acute disease
2. To understand the occurrence of causa occasionalis in the treatment of acute disease

METHOD:

All the cases has undergone processing through case taking format, analysis of the case, analysis of symptoms, evaluation of the case, and synthesis of the case and each case is investigated to classification of the diseases by modern and Hahnemannian method. The symptoms and causations of cases which are found in rubric form in the Kent's repertory were taken. The causation, where not found in Kent's repertory, the application of causation is done by taking from the Materia Medica book. The potency selection and repetition of the doses had been done according to the susceptibility of the case. Treatment for each case was done on the basis of individualization. Follow ups were watched and analyzed as per criteria setup in each case.

SAMPLING DESIGN:

It is an observational study on prospective, non control research where the pretest and post test data are analyzed and it is also a Purposive sampling method.

SELECTION OF PATIENT:

As it is a time bound short term study samples are taken after screening the cases and taking account of inclusion and exclusion criteria and every acute condition coming to the hospital were considered for this study.

REMEDIES USED: Statistical chart showing remedy administered

SI No	Remedies	No of patients	Percentage
1	Pulsatilla	07	23.3%
2	Calc-carb	06	20%
3	Rhus-tox	04	13.3%
4	Ars-alb	03	10%
5	Arnica	03	10%
6	Ferrum-met	01	3.3%
7	Colocynth	01	3.3%
8	Nux-vom	01	3.3%
9	Sangunaria	01	3.3%
10	Natrum-sulph	01	3.3%
11	Bryonia	01	3.3%
12	Kali-bich	01	3.3%

DISCUSSION:

RGUHS has given a golden opportunities for undergraduates under the "Undergraduate Student Grant 2019-2020" to boost confidence in their future professional life.

The Study Period Was between the period 25/10/2019 to 20/01/2020.

This study aims to understand the significance of the cause of the disease, in treatment of the acute diseases. Study may sharpen the skills of the physician to select the remedy based on different causes.

In future this study may help in quick clinical assessment for diagnosis and treatment and managed well with homeopathic medicines in acute non- surgical conditions.

Among various system of medicine, homoeopathy gives great importance to causation. Causation is one of the elements of symptoms, which when strong and genuine is of much benefit in remedial diagnosis, and so far in my research out of 30 acute diseases, maximum cases(i.e. 28) are successfully recovered by remedies selected on basis of most probable cause.

RESULTS: 'A Clinical study on the role of *causa occasionalis* in the treatment of the acute diseases, we found out of thirty patients, 93.3% (28 cases) have recovered and 6.7% (2 cases) had dropped out.

CONCLUSION: Conclusions summarizing the achievements and indication of scope for future work.

Hippocrates gave this wonderful quote that 'if someone wishes for good health, one must first ask oneself, if he is ready to do away with the reasons for his illness, only then it is possible to help him.

Likewise every individual should be capable of leaving behind the reasons (i.e cause) that made him sick. Henceforth causation is given a prime importance since the time of beginning of medical practice, unfortunately significance have seen downfall in day to day practice.

We took 30 acute subjects and treated based on '*causa occasionalis* and arrived the following conclusions.

The maximum incidence of patient suffering from acute disease with detection of probable cause was observed in the age group of 1-40 years respectively with 67 percent and least incidence was observed in age group of 41-80yrs with 33 percent.

Also observed, that females are more prone to be affected with acute diseases with detection of probable cause and their percentage is 70%..

Most commonly observed causation's are 'exposure to cold weather', 'after taking cold food'and'manual labour'.

Remedies which gives maximum benefit were Pulsatilla (23.3%) that is followed by Ars.alb (20%).

The results which are obtained at the end of study showed recovery in 28 cases (93.3%), and dropped out 2 cases (6.7%).

Hence this study shows the understanding of *Causa Occasionalis* which plays a major role in treatment of acute diseases justifying Hahnemann's concept as stated in aphorism 5.

STATISTICAL DATA SHOWING CAUSE OCCASIONALIS:

Out of 30 cases 6 cases were shown the causation of-

Exposure to cold weather	20%
After eating cold foods	20%
Manual labour	16.6%
Change of food	13.3%

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www.homoeo360.com dt; 28/02/2019 time 10:00



UTILITY OF BBCR IN A CASE OF NON HEALING ULCER

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Male patient aged 60yrs resident of Dharwad, came with the history of wound over Right foot since 3months. These complaints started after the history of itching over the Right leg, after scratching he got small lesion with watery discharge from the Right foot. Mean while he went to pilgrimage and exposed to cold weather for 20days. Wound size increased and developed dark or black discoloration of Right leg. He took allopathic treatment for 20 days with no improvement in the sufferings and diagnosed as Non healing ulcer. He was advised to go for skin grafting of affected area. Patient denied to go for grafting.

In case taking he revealed severe pain,swelling and discoloration of skin of rt leg with burning sensation in the internal parts of Right leg. Diet- Mixed, Appetite –Normal, Thirst – Normal, Desires and Aversions – Nothing significant, Bowels-Regular, Micturation –N, Thermal reaction – Pt is very sensitive to cold air, Habits- Tobacco chewing and Beedi smoking. In past history nothing significant history obtained.

O/E- Pitting oedema of Right leg, Ulcer completely covering dorsum of Right foot, Slough over the ulcer, offensive smelling of wound, thin watery discharge from the lesion, no active bleeding points over the lesion and black discoloration of Right leg.

On observing these complaints Ars-Alb 200 one dose was prescribed and dressing done with Echinacea mother tincture. Advised to come for follow-up after 7days.

After one week – no significant change observed the case is once again reviewed and guiding symptoms like nonhealing ulcer, dark discoloration of skin of Rt

leg, decomposed appearance of the wound complaints increased after exposure to cold weather and pt exhausted with his sufferings are considered. These symptoms were reviewed in BBCR repertory and Lachesis 200 is prescribed, dressing continued with Echinacea mother tincture. Advised to come for follow-up after 7days.

After 7 days, improvement is observed. Wound size slightly reduced, granulation tissue at the edges appeared and fresh bleeding at the lesion noticed. Advised to come for follow-up after 15daysand alternate dressing with Echinacea mother tincture continued.

After one month much improvement in complaints observed, wound size reduced to 50%, swelling reduced,. One more dose of Lachesis 200 is given as black discoloration of skin is persisting. Advised for follow up after 1 month dressing with Echinacea mother tincture twice in a week.

After one month wound is completely healed and discoloration of skin is alsoreduced. Normal scar formation and healthy skin appeared. Dressing with Echinacea mother tincture stopped and continued with placebo for 15 days.

In this case utility of BBCR is as follows –

Skin & Exterior body – Ulcers – Foul, offensive – 972

Skin & Exterior body – Swelling – bluish, black - 967

Skin & Exterior body- Unhealthy, suppuration, difficult healing-976

Conditions of Aggravations and ameliorations in general –
 Air – cold in, agg– 1105



Before Treatment



After Treatment

“Homeopathy did not merely seek to cure a disease but treated a disease as a sign of disorder of the whole human organism. This was also recognized in the Upanishad which spoke of human organs as combination of body mind and spirit. Homoeopathy would pay an important part in the Public Health of the country along with other systems. Medical facilities in India are so scanty that Homoeopathy can confidently visualize a vast field of expansion”.

- Shri. K. R. Narayan.

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 2020-21
under Rajiv Gandhi University of Health Sciences, Karnataka
Bengaluru**



Ms. Majji Vani Gayatri
III BHMS

Research Title : *"Pharmaconomial study of Olfactory method in the treatment of Acute Non specific Rhinitis."*



Ms. Kudikala Sneha
III BHMS

Research Title : *"A clinical study on the effectiveness of specific Homoeopathic medicines in the management of Lower Urinary Tract infection in females."*



Mr. Sachin Umesh Ambore
II BHMS

Research Title : *"A comparative study to assess the significance of patients symptoms over the disease symptoms for a successful prescription in cases of acute infective sinusitis."*

under the guidance of



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Associate Professor
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Dr. Monika Katti M.D.(Hom)
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Dept. of Organon of Medicine

College Activities



16-02-2021 : Graduation Ceremony 2021



16-03-2021 : Induction Ceremony of 1st BHMS 2020-21 Batch



26-02-2021 : Industrial visit by the students of 4th BHMS to Khadi Gramodyog, Garag



21-06-2021 : Yoga Camp