

# Homoeopathy Sans Frontières

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## Editorial

### HOMOEOPATHY AND YOGA

Yoga is one of the oldest disciplines in India which is practiced to get both spiritual and physical well being which provides health and happiness. It is actually disciplining of body and mind. The real meaning of yoga is to join or to unite. Yoga is a science which was studied 5000 years ago. It was mentioned in Rig Veda and was developed by Indus Saraswati civilization. Yoga improves persons mental well being, gives mental clarity and improves physical health, relaxes mind and sharpens concentration. In modern lifestyle our brain is constantly engaged in endless thoughts and it never rests in tranquility. As a result of which we lack focus, skill and vitality. This yoga calms the brain and enhances our vital functioning. So a compulsory need has arisen in modern life to adopt the practice of yoga in our daily life. Both Homeopathy and Yoga are now a part of Ayush medicine system of India. Both of these systems possess the quality of treating the sick naturally and gently. Both these systems aim at increasing our immunity. As per the current situation we all are facing the adverse effects of the pandemic Covid 19 and it's after effects. There is no specific treatment and vaccine available under the conventional system of medicine. A robust immune system is necessary to fight the disease. So yoga helps us to keep ourselves relaxed both physically and mentally.

Physical postures, breathing exercises and meditation if practised on regular basis under the guidance of trained masters will definitely fetch the benefits to fight the current health issues. Homoeopathy is a holistic system of medicine, while yoga comprises breathing exercises, meditation and postural exercises

**Dr. Chetana C. Y.** M.D.(Hom.) Associate Editor

and both of these systems helps to treat the sick naturally. Both these systems when used and practiced together complement each other and helps in healing the person as a whole at physical, mental and emotional plane. Hence we can say that Homoeopathy and yoga are the keys for living a healthier and happier life. Yoga plays a very important role in student's life. Now yoga is included compulsorily for students in schools as part of their learning curriculum. It's really surprising to see counselling cells in schools where children are undergoing sessions to come out of emotional problems. The amount of stress and anxiety the students are facing is really giving us terrible health issues. This yoga helps students by reducing their stress and adds up confidence and help them to gain clarity and peace of mind. Many students have expressed themselves that yoga helps them to control emotions and has increased the ability to deal with situations that are frustrating and increases concentration power. So dear all start practicing yoga, eat healthy food, practice the habit of early to bed and early to rise, to keep yourself healthy and happy. Practice pranayama and meditation to improve concentration and memory. I wish all the readers a happy and healthy life that calms your mind and keeps you in peace and silence and enhances your self confidence, patience and will power.



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## Inside Story

### Case Study

Subclinical Hypothyroidism: A case report

### Research Report

A clinical study on the effectiveness of different Homoeopathic medicines in the management of lower urinary tract infections in females

### Article

Relationship of remedies - a key to prescription

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## SUBCLINICAL HYPOTHYROIDISM: A CASE REPORT

**Dr. Kirankumar C. Gaddi** M.D.(Hom.)

Professor & Head

Dept. of Homeopathic Materia Medica

**Introduction:** Subclinical hypothyroidism is defined as an elevated serum TSH level with a normal serum fT4 concentration.

**Case summary:** The case reported here presented with the complaint of feeling cold. A single medicine *Calcarea carbonicum* was prescribed based on the totality of symptoms formed after case taking and repertorization which helped in bringing down the TSH level to normal range with symptomatic relief in the patient. Homoeopathic treatment has given favourable result in this case and demonstrates the scope of Homoeopathy in such cases.

**Keywords:** Homoeopathy, Subclinical hypothyroidism, *Calcarea carbonicum*, TSH.

Subclinical hypothyroidism is defined as an elevated serum TSH level with a normal serum fT4 concentration.

1. Subclinical hypothyroidism is seen in around 8% - 11% of population. More prevalence is seen in women population. And it increases with increasing age. It is usually seen in young adults as it is a primary stage of primary hypothyroidism. In this condition the T3 and T4 levels remains unchanged while the TSH levels are mildly elevated. On the basis of previous studies, it is known that 80% of subclinical hypothyroidism cases have TSH levels less than 10 IU/ml.

2. Homoeopathic literature provides a good scope for treating cases of subclinical hypothyroidism and at the same time prevents from turning out to overt hypothyroidism. The presenting case shows the efficacy of Homoeopathic medicine in the treatment of subclinical hypothyroidism which had the major symptom of feeling cold.

**Patient Information:** A female aged 30years, moderately built approached my clinic complaining that she feels chilly since a year and that she has back pain which is aggravated on exertion and better by hot application and lying on back. While detailing her complaints she also

told that she has delayed menses since 7 years and she feels better when she is constipated.

The patient did not suffer from any major illness in the past and there is no significant family history of related disease.

**Physical generals:** The patient is thermally chilly. Her appetite has reduced. She has decreased thirst. Her sleep pattern has been increased. She has increased perspiration.

**Diagnostic assessment:** The case was clinically diagnosed & confirmed by laboratory investigation as Subclinical Hypothyroidism with TSH 6.74  $\mu$ IU/ml

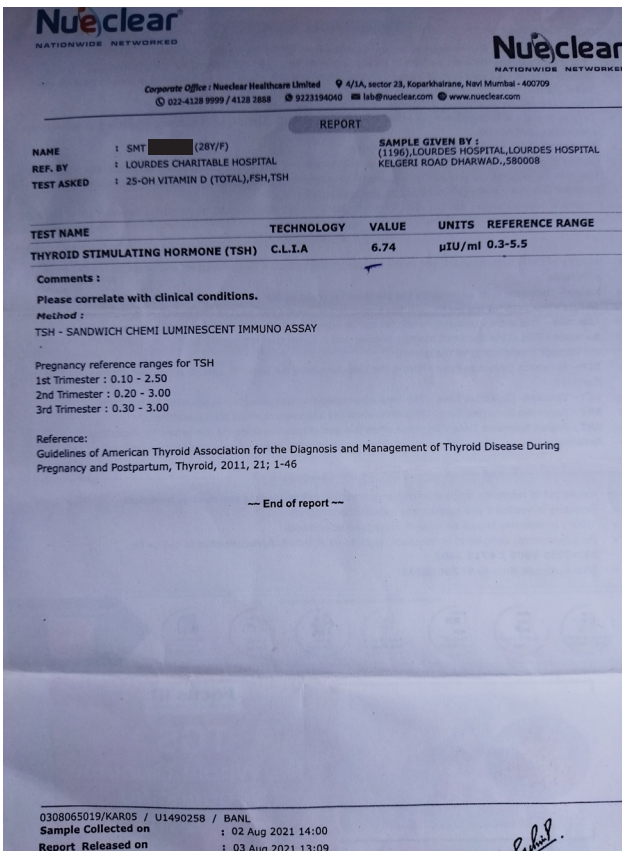
**Therapeutic intervention:** After repertorisation, the medicines were *Calcarea carb*, *Carbo veg*, *Ars alb*, *Nuxvom* and *Sepia*. After carefully analyzing the symptoms of patient, considering the repertorial result, and referring back to Homoeopathic Materia Medica, *Calcarea carb* was prescribed. The patient was also advised for dietary management like intake of plenty of water, consumption of iodine, avoidance of cabbage, peanuts etc.

**Discussion:** Hypothyroidism is seen more in women than in men thereby affecting the whole family. Its treatment consists of lifelong medication with Levothyroxine with increasing dosages as per requirement. The present case showed remarkable improvement clinically and also by investigations at a very short time. *Calcarea carb* was selected by individualizing the case.

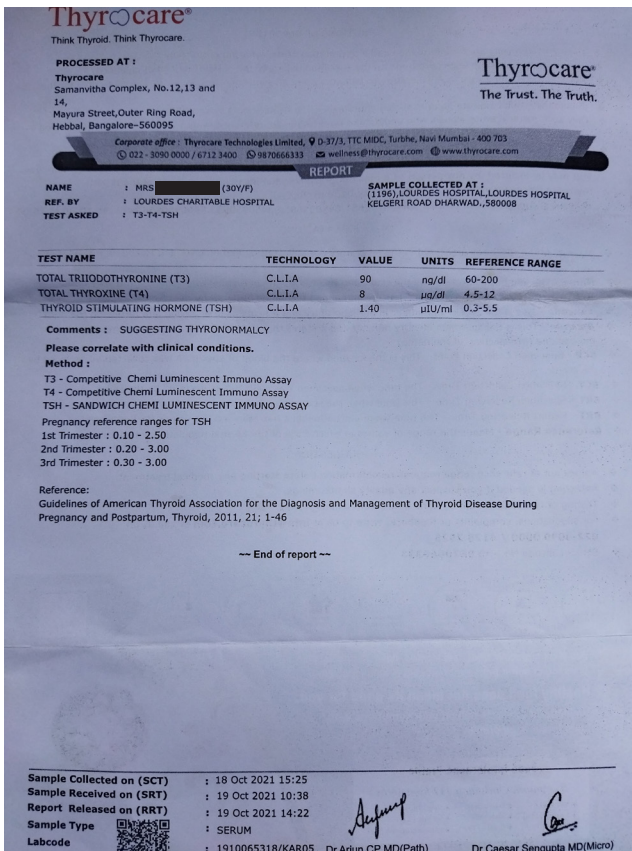
**Conclusion:** The case report shows that Hypothyroidism can be well managed under Homoeopathy. There is a need for showing such response by treating more number of cases.

Follow Ups and Outcomes:

Date	Symptoms	Laboratory Findings	Medicine Prescribed
21-08-2021	Feeling cold, Back pain, pain in both lower extremities < exertion > rest and warmth	TSH: 6.74microIU/ml Normal (03 to 5.5)	Calcarea carb 200 One dose
07-09-2021	Feeling of coldness decreased, Back pain and pain in both lower limbs persists but can endure more exertion	-	Calcarea carb 200+ One dose
03-10-2021	No much further improvement	-	Calcarea carb 1M One dose
19-10-2021	No feeling of coldness, now she can take cold water bath which she was doing earlier, No pain.	T3: 90 T4: 8 TSH: 1.40 Micro IU/ml	Sac lac
29-10-2021	No symptoms	-	Sac lac
10-11-2021	No symptoms	-	Sac lac



Before Treatment



After Treatment

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



**Ms. Kudikala Sneha**  
III BHMS

## A CLINICAL STUDY ON THE EFFECTIVENESS OF DIFFERENT HOMOEOPATHIC MEDICINES IN THE MANAGEMENT OF LOWER URINARY TRACT INFECTIONS IN FEMALES



under the guidance of  
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Associate Professor  
**Dept. of Hom. Pharmacy**

**Objectives :**

- To study clinical presentation of Lower Urinary Tract infection.
- To understand the efficacy of the Specific Hom. Medicines in treating Lower Urinary Tract Infection.

**Field/ Experimental work details:** It is a prospective, non-control quasi experimental study where the pretest and post test data are analyzed. The subjects for this study were selected from OPD setup of Dr. B. D. Jatti Homeopathic Medical College, Hospital and Post Graduate Research Centre, Dharwad. 30 Subjects were selected based on inclusion and exclusion criteria, clinical findings. All the 30 cases have undergone processing through case taking, formal analysis of the case, analysis of symptoms and prescription based on the specificity. The cases in which symptoms are found in rubric form in the Kent's Repertory and Phatak's Repertory, the indicative rubrics were taken on primary basis by which the case was prescribed by specific remedy. The specific medicines which were not found in Kent's Repertory and Phatak's Repertory were taken from the Materia Medica book.

**Inclusion criteria:**

- Subjects who have consented for the study.
- Subjects with any of the symptom of UTI.
- Female subjects belonging to all age groups, irrespective of ethnic group, socio-economic status and occupation.

**Exclusion criteria:**

- Subjects with pre-existing dynamic diseases or with an active treatment for any other chronic diseases.
- Women with pregnancy.
- Subjects who require emergency/ critical care.

**Informed Consent:** Informed consent was taken from each patient.

**Study period:** 3 months

**Lab procedures:** Urine microscopy, Complete

blood count was done to rule out the infections and complications associated with UTI.

**Statistical test:** Paired 'T' test was used to assess the relevance of hypothesis.

**Follow up:** The follow up of the cases was done on basis of clinical features, preferably initially once in 7 days and after one month once in 15 days.

**Parameter:**

*Recovered:* Complete relief of the presenting complaint.

*Not recovered:* No relief of the complaint.

*Improved:* Partial relief of the complaint.

**Detailed analysis of results:**

**Observation and analysis:** In this study, a total number of 30 cases with injury as alone complaint were taken up, irrespective of their sex and socio-economic status. Based on the master chart prepared for the purpose of encompassing all the relevant observations, a statistical study was conducted with respective age, sex, type of injury, medicine administered and result of the treatment.

**1. Age incidence:**

Sl. No.	Age	No. of patients	Percentage
1	01-20	02	6.6 %
2	21-40	24	80 %
3	41-60	04	13.7 %

**2. Statistical chart showing remedy administered:**

Sl. No.	Remedies	No. of patients	Percentage
1	Cantharis	12	40%
2	Staphysagria	02	6.6%
3	Sarsaparilla	08	26.6%
4	Berberis	05	16.6%
5	Equisitum	02	6.6%
6	Apis mellifica	02	6.6%

### 3. Statistical data showing results:

Sl. No.	Results	No. of cases	Percentage
1.	Recovered	24	80%
2.	Not recovered	4	13.3%
3.	Improved	2	6.7%
Total		30	100%

**Contributions made towards increasing the state of knowledge in the subject:** Urinary tract infections are the most common outpatient infection. With the exception of a spike in young women aged 14-24 years old, the prevalence of UTI increases with age. The prevalence in women over 65 years of age is approx. 20% compared with approximately 11% in the overall population.

So far in Homoeopathy, patients treated with prescriptive totality; sometimes it is difficult to get most similar medicine in conventional method. So, this research has helped the physician to get the specific medicine for UTI in females where the symptoms of UTI alone will be the symptoms to treat.

This study aimed at understanding the significance of approach of the disease treatment by a symptoms of urinary tract infection i.e., clinical features by specific remedies. The current study may sharpen the skills of the physician to select the remedy based on clinical features of UTI.

In future this study may help in quick clinical assessment of urinary tract infections diagnosis and treatment of them with specific homeopathic medicines when the infection present themselves as alone complaints, depicting a picture of one sided diseases.

This present study contributed to the enhancement of current knowledge base in following ways:

- To get statistics of urinary tract infection treated by considering infection as alone complaint.
- To device approach for those cases in which no other complaint exists. (eg.: one sided diseases)
- To continue in further research for effectiveness of the drugs in general for UTI.
- So far in Homoeopathy, patients treated with prescriptive totality; sometimes it is difficult to get most similar medicine in conventional method. So this research may help the physician to get the specific medicine for UTI where symptoms of UTI are to be treated.

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

In the past two decades, world has witnessed rapid urbanization, motorization, industrialization and migration of people resulting from socioeconomic growth and development, with alteration in traditional ways of living and working, the various infections, like urinary tract infection is common, due to lack of proper care procedures, the people are becoming more and more prone for infection been seen. Of that population, women are being most commonly affected due to short urethra. Women get UTI up to 30 times often than men. 40% of the women population is affected once in their lifetime.

Presently all conventional systems prescribe the antibiotics as the first line of treatment and if complications occur, they suggest for surgery. Nevertheless, with other systems of treatment, Homoeopathy too proving efficient in treating the cases of UTI with immediate relief. So, present study helped the Homeopathic physician to prescribe medicines specifically basing on the clinical presentation. Instead of detailed approach for such cases, a specific approach may be equally effective thus making the prescription more rapid and also effective & rewarding.

So present study was taken up and a total of 30 cases were selected based on the methodology mentioned. The cases were followed regularly, and at the end of the study, arrived at following conclusions.

- The maximum age incidence of patient suffering from infection was observed in the age group of 21-40 years with 80 percent and least incidence was observed in age group of 1-20 years with 6.6% percent.
- It was also observed that, middle age group are more prone to get exposed to infection, percentage being 80%, as most infection occurred due to no proper hygiene and care regarding the sanitisation
- Remedies which gave maximum benefit to the complaints were Cantharis (46.7%).
- The results which are obtained at the end of study showed recovery in 24 cases (80.0%), not recovered in 04 case (13.3%) and improved in 02 cases (6.7%).

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.



## RELATIONSHIP OF REMEDIES - A KEY TO PRESCRIPTION

*"If knowledge is not put into practice it does not benefit us."* - Muhammad Tahir-ul-Qadir

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Post Graduate Scholar  
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The basic understanding of the word 'Relationship' is nothing but the way in which two people or two things are connected to each other. Similarly, in Homoeopathy we come across the term Relationship i.e. Relationship between different Homoeopathic remedies, which if understood well can play a vital role in prescribing.

While studying the Boenninghausen's Therapeutic Pocket Book one of the fascinating sections we came across is the last section of 'Concordance- Relation of remedies.' In this chapter Boenninghausen has reflected his own experience and the way he studied and understood the remedies. By his keen observant mind, he realized that there exists some relationship among the remedies. Thus, he worked on it and incorporated a new concept in his Therapeutic Pocket book. In this section each remedy is given relationship with other remedies based on Mind, Localities, Sensation, Glands, Bone, Skin, Sleep and Dreams, Blood circulation and fever, Aggravation, other remedies, Antidotes and Inimical.

Even though this section is very important in management of cases, it is observed that in today's times many Homoeopaths fail to appreciate the essence of this section and utilize it in their practice. This might probably be due to lack of knowledge and understanding of this particular section.

Various type of relationships between the remedies such as complementary, antidotes and inimical are given in this section.

### Adaptability/ Uses:

1. It can be used for studying the relationship of remedies at various levels- mind, parts, sensation, modalities, etc.
2. Helps to find out close running medicines which can be thought in future follow-up.
3. To find out second medicine, when we select the first medicine for a case with accuracy and worked out its action in various potencies or if there is substantial change in symptoms then the case demands for change of remedy.
4. In order to avoid unwanted precipitation of adverse symptoms, when a deep acting remedy is given in those cases analogous can be found out.
5. This section helps in selection of the remedies with more certainty because we are able to compare the remedy by working out the relationship with regard to the case at hand and not on any preconceived basis.
6. We can use it to find out the sequence of remedies and the remedy which could follow the remedy already prescribed.

**Method of Working:** When the indicated medicine was prescribed and it had helped a little with no further improvement then with the help of this section, we can find out close running medicines.

*Step 1:* First select the medicine which was given in first prescription, then refer the sub heading which could be the main complaint of the patient and use it as the first rubric.

*Step 2:* Next, take all other subheading like mind, localities and so on one after the other.

*Step 3:* Consider the first rubric as eliminating rubric i.e. only those medicine's which are present in first rubric would be taken for further Repertorisation.

*Step 4:* Lastly, from the group of similar remedies obtained we can select one remedy by referring Materia Medica.

**Case illustration:** A case of contact dermatitis having complaints of vesicular eruptions all over the body with marked burning sensation, great restlessness and better by cold application with other general symptoms indicated Cantharis. There was a marked improvement of symptoms seen in the first few days after giving Cantharis and then case came to a standstill. Later the case was worked out using this section for the second medicine.

Chapter Cantharis was selected and the rubric SENSATION was considered as the eliminating rubric and all the high-grade remedies scoring 5,4,3 marks were considered for repertorisation.

After working out it was found that Belladonna was top remedy followed by Phosphorus, Sulphur, Sepia, Silicea, Merc. sol., Pulsatilla, etc.

Further with the help of Materia Medica knowledge all other remedies were ruled out and Phosphorus was prescribed which helped to cure the case completely. Based on the peculiar symptom like desire for icy cold water and burning all over the body, better by cold application the remedy was selected.

**Drawback:** The only drawback of this section is the number of medicines is very few because of which we cannot use it for all required cases.

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

For being awarded the Short-term Research Grants for Under Graduate students for the year 2021 under Central Council for Research in Homoeopathy, New Delhi



**Ms. Vaibhavi Kattimani**  
IV BHMS

**Research Title :** *A comparative study to assess the effectiveness of Ferrum phos 6x over oral iron therapy in the treatment of iron deficiency anaemia*

under the guidance of



**Dr. Monika Katti** M.D.(Hom.)  
Associate Professor

Dept. of Organon of Medicine & Hom. Philosophy



**Ms Mahatabjahan A. Makandar**  
IV BHMS

**Research Title :** *A clinical study on Acute diarrhoea and it's management with Podophyllum 30.*

under the guidance of



**Dr. Hajimalang Tamboli** M.D.(Hom.)  
Assistant Professor  
Dept. of Repertory



**Ms Pooja C. Kadrolli**  
IV BHMS

**Research Title :** *An observational study on effectiveness of Homoeopathic medicines in the treatment of acne in adolescents.*

under the guidance of



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



**Ms Anupama G. N.**  
IV BHMS

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

under the guidance of



**Dr. Shilpa Dodamani** M.D.(Hom.)  
Assistant Professor  
Dept. of Organon of Medicine & Hom. Philosophy

College Activities



Induction ceremony for Under Graduate and Post Graduate of 2021 batch on 29-04-2022



Free Health check up Camp Organised by 'Hombelaku Foundation' at Rajivgandhinagar, Dharwad on 23-04-2022



International Yoga Day on 21-06-2022