

# Homoeopathy Sans Frontières

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## Editorial

Mental health includes emotional, psychological and social wellbeing, i.e. a perfect state of harmony of functions in mind, body and life force. It impacts how we feel, we think and we behave. Our mental health also contributes in decision making, problem solving and how can we deal with stress. It also helps to make healthy choices. Our mental health plays an important role in daily basis, promoting productivity in activities like working, schooling etc. If we adapt easily to new environments, then it means both our mental and emotional wellbeing are healthy. Mental health is important at every stage of life, from childhood to adulthood through adolescence and till the end of life.

World Health Organisation [WHO] defines mental health as "a state of mental wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life and can work productively." As per a survey, more than 450 million people suffer from mental disorders of various types. Further, according to WHO, by the end of this year i.e. 2021, Depression, as a clinical entity, shall constitute the second largest group of disease. The disturbance of social life and economic costs associated with growing burden of mental ill-health is directly related to the harmony of the society. Sadly, this global burden of mental health will be beyond the management capacity of any country. Therefore, the WHO is focused on the possibilities for promoting mental health, as well as preventing and managing the same, as the mental health is linked to behavior of the populace. It is also seen as a fundamental requisite to health and quality of life.

For the prevention of mental illness, it is always emphasized on the avoidance of causes that bring it in, as there are multiple causes for disturbance of mental health like stress, anxiety, worries, etc. It is pertinent to note that during present times, the COVID-19 pandemic is a major cause of mental ill-health. In order to improve our mental health, the root cause of the cause that disturbs the mental health needs to be resolved.

**Dr. Rachamalla Hemalatha** M.D.(Hom.)

Member, Editorial Board

**EUNOIA** : The mental wellbeing  
"Mental health is not a destination, but a process.  
It's about how you drive, not where you're going"

For the promotion of mental health one needs to aim to enhance an individual's ability to achieve a positive sense of self-esteem and social inclusion. Such attempts increase protective factors and healthy behaviors that can help to prevent a mental disorder. It is very important to improve our mental health by surrounding oneself with positive relationships, as we humans feed on companionship and interactions with other people. Another way to improve one's mental health is by participating in activities that can allow one to relax and take time for oneself. Yoga is an example of such an activity.

Psychotherapy is considered as the most effective treatment for those who are suffering with mental illness, where the treatment varies with the type of mental disorder. Most of the times, medication may be required, that require usage of psychotropic or addictive drugs. Homoeopathy as an alternative management is always a more effective therapy, as it takes holistic view of this wretched disease. The homoeopathic understanding of health is intimately connected to its understanding of mind and its role in maintaining the homoeostasis. As the body and mind are dynamically interconnected influencing each other at all the times and hence treating the whole based on mind, body and life force interaction would be always the better treatment strategy. Homoeopathy believes that a dysfunction in one part or component of the body, affects the whole person and just not that part of the body.

Therefore, it is imperative to balance one's mental health as precariously as our physical health, for an individual's wellbeing and thereby that of the society.



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## Inside Story

**Personal Story**

You may be the next victim .....

An eye opener case

**Case Study**

A case of Lichen planus treated  
with Arsenicum album

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## YOU MAY BE THE NEXT VICTIM ..... AN EYE OPENER CASE



**Dr. Vaishnavi D. Satish** M.D.(Hom.)

Professor & Head

**Dept. of Forensic Medicine & Toxicology**

**Keywords :** Adulterants, food fortification, food additives, preservatives, food enrichment, food processing, Health hazards, Homoeopathy,

Yes, you read it correctly. The food and the fluids what we consume daily in any form contains lot of ingredients having such scathel properties of which, we are absolutely unaware of. Our ignorance in this aspect may result in to various health hazards.

*Here I would like to narrate a true story –*

An Andhra lady of 40+ years came to me with the complaints of discomfort in the chest, mild swelling of face, nasal blockage whenever she is to have a dish called Pongal. Similar complaints she never felt on any other occasions. She was stressing this dish name again and again and related all her complaints to it. As usual, I paid my ears to all her complaints whatever she had planned to tell me. Later, I proceeded myself to find an appropriate medicine suitable to her after completing all the formalities of the case. At that point of time, what I had prescribed was thought to be a legible prescription, but she came to me after 11 days in the afternoon with similar complaints with no improvement at all. This situation made to retake the case and I could hear the similar complaints with its association again with the same dish Pongal which she had in the morning. I didn't bother much about the dish. Once again I did same mistake and sent her with medicine in her hand and asked her to visit if, complaint persist in future. This lady came to me again

and again presenting similar complaints. In each consultation, I use to analyze and kept on making changes either the medicine or potency or repetition of dose etc but all the efforts were futile. Then I decided, if she consults this time I am going to exercise all the needed skills and care towards the case. On 6<sup>th</sup> of May 2015, she came to me again with similar complaints. This time I asked her to tell all the ingredients used for preparing Pongal. She gave all the details then, I asked her the entire ingredients in which all dishes she makes use of them. Surprisingly she told except pepper she makes use of all the ingredients in various purposes but nothing goes wrong with her health. Now, I could relate all her complaints for the use of pepper. I asked her from where she purchased pepper. She told from a roadside vendor. Then I asked her to check the quality of pepper in a glass of water and to observe whether pepper float or sink? Sent her with an advice of investigating AEC count of her blood. She came to me next day morning and told all the pepper was floating on the top of water. She had brought and showed me the so called pepper. Surprisingly... it was not pepper but it was papaya seeds. Then, I asked her to come in the evening for consultation with investigation report of blood. Meanwhile, I started searching the literature pertaining to the bad effects of papaya seeds on human health. I could learn that, all the complaints were similar to what she had narrated to me. In the evening when she consulted me, I told her to use genuine pepper and suggested to have Pongal and to keep a

watch on her health. She showed the blood report of high Eosinophil count. After some time she visited and told me that, she had many a times Pongal but didn't experience any of previous complaints at all.

This sounded very much interesting to me and made me to read all the bad effects of papaya seeds in detail.

I found handful of literature quoting harmful effects of papaya seeds, an adulterant mixed in pepper. I got curiosity to know what adulterant is. What are the different types of food adulterants, how they are mixed, the very purpose of adding, health hazards of it, mitigation measures for addressing it etc. These many questions came to my mind and it motivated to hunt answers for all these.

As a Homoeopath, we generally think that any person, who consults is considered as either sick or diseased person. Being biased we complete all the formalities to be carried towards the case and start hunting the remedy and we prescribe the same. Often we fail to understand and pay attention to the unique complaints narrated by the patient. Especially, the exciting cause of such complaints. Here, in this case the lady had normal history of personal, family, past history but the blood report of her showed high levels of Absolute Eosinophil Counts which made me to dig further details and find the exciting cause. I didn't pay attention much about the adulterant which was the culprit in this case. Dr. Hahnemann has mentioned

about patient's diet and regimen which to be considered by the physician in all most all the cases. We being physician have to adhere to these guidelines apart from treating patients with only Homoeopathic medicines.

I felt like sharing my learning experience and want others to learn and find out such exciting causes while treating a case.

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"Homoeopathy is a perfectly simple system of medicine, remaining always fixed in its principles as in its practice, which, like the doctrine whereon it is based, if rightly apprehended will be found to be so exclusive (and only in that way serviceable), that as the doctrine must be accepted in its purity, so it must be purely practised."

**A CASE OF LICHEN PLANUS TREATED WITH ARSENICUM ALBUM**



**Dr. Vijayashree Angadi** M.D.(Hom.)  
 Professor & Head  
**Dept. of Obstetrics & Gynaecology**

**Keywords :** Lichen planus, Arsenic album, Itching, flat topped purple bumps.

A 40 yrs old lady came with complaints of purplish discoloration on anterior part of left hand since last 1 year, great itching which is quite better by scratching.

**Past history :** Typhoid 5 years back .

**Family History :**  
 Mother is diabetic  
 father is asthmatic

**Personal History :**

Appetite : Good

Thirst : Thirsty for small quantities of water\*\*

Desires : Sour things\*\*

Aversion : Nothing Specific

Sleep : Sound, restless during sleep\*\*

Dreams : Nothing Specific

Bowels : Satisfactory

Micturation : Satisfactory

Thermals : Cannot tolerate cold in general\*\*\*

Perspiration : Generalized

**Few Striking Mentals :**

Tremendous anxiety about health\*\*\*

Cannot sit until the things are in proper place \*\*

Irritability\*\*

**Homoeopathic disease diagnosis :** Fully developed chronic miasmatic disease

**Nosological diagnosis :** Lichen planus

**Miasmatic diagnosis :** Psora

**Totality of symptoms :**

Tremendous anxiety about health\*\*\*  
 Cannot sit until the things are in proper place \*\*  
 Thirsty for small quantity of water\*\*  
 Desires for sour things\*\*\*  
 Lichen planus\*\*\*

**Repertorial Totality :**

Mind – Anxiety health about  
 Mind- Fastidious  
 Stomach- Thirsty for small quantity of water  
 Generalities – Food & drinks- Sour things-  
 desires  
 Skin- Lichen planus

**PDF :**

Cannot tolerate cold in general\*\*\*  
 Restless sleep during\*\*\*

**Repertorial result:**

Ars. alb.	:	10/5
Pulsatilla	:	9/5
Phosphorus	:	7/5
Sulphur	:	7/5
Lycopodium	:	7/4
Kali ars	:	7/4

**Reasons for selection of remedy :**

Arsenicum album patient is a great chilly, who will have tremendous anxiety about health when suffering. It has great thirst especially for small quantity of water, she is too fastidious about cleanliness that cannot rest until things are in proper place. Craves for sour things. Because of mental restlessness during sleep she will be restless. It is a great remedy for lichen planus.

Pulsatilla, Sulphur, and Lycopodium are hot remedies so ruled out. Phosphorus is thirsty for large quantities of water & Kali. ars. is less known remedy for Lichen planus.

**Remedy Given :**

Arsenic album 200, 1 dose PI for 30 days



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