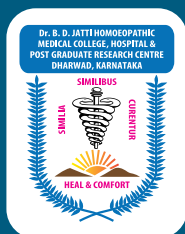


Homoeopathy Sans Frontières

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Editorial

SCIENTIFIC RESEARCH IN HOMOEOPATHY

Research basically means investigation aimed at the interpretation of observed facts and revisiting of accepted theories & laws.

Dr. C.F.S Hahnemann, the founder of Homoeopathy, had stated that it matters little, what may be the scientific explanation of how cure takes place after the administration of homoeopathic medicines. He did not attach much importance to the attempts made to explain the curative process.

Globally, Homoeopathy is one of the most widely practiced System of Medicine. However, since its inception, it is being criticized by the mainstream medical & scientific fraternity, with questions regarding its working mechanism and its plausibility. Many a scientists are trying to explain the plausibility of Homoeopathy through nanotechnology, quantum mechanics, et al. Many a researches are conducted to prove the efficacy of Homoeopathy over other modes of treatment and where we have been imitating the conventional system in conducting the research. Homoeopathy as a system was built out of research and scientific inquiry. It is based on Nature's Law of Cure i.e. The Law of Similars. Every time a patient is treated with Homoeopathic mode of treatment, the principles are validated. There is enough data to corroborate the efficacy of Homoeopathy, however, there is lack of proper documentation of this evidence. As clinicians our role is to treat the patients according to the principles of homoeopathy and document the results. Whereas, clinical trials will help us to validate the principles of Homoeopathy by providing substantial evidence and give a strong footing to our science. But such a take, merely adds to the data without bringing any substantiative progress in the science. Despite that, the fact is that the principles as well as the objectives of treatment are different from the conventional methods. This is because, Homoeopathy delves at a dynamic plane and not at all on material plane.

But Man is neither a machine nor a test tube.

Evidence-based medicine is gaining popularity and is considered to be the best standard for assessing the efficacy of any mode of treatment. But, individualization is the key to homoeopathic prescription wherein tailored medicines are prescribed. One cannot paint a single colour to the entire spectrum of individuals & unique people, i.e. patients. Therefore, attempts to conduct research on the Allopathic protocols of research have been of no use to Homoeopathy and at times are counter-productive. It is needless to mention that clinical research needs to be conducted to explore the Principles of Homoeopathy, without compromising with the essence of the science.

Homoeopathy is a product of inductive logic applied to the subject of medicine. Its fundamental principles teach and its performance proves.



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I don't want to die in the plastic cover

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A CASE OF PRECOCIOUS PUBERTY



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

Professor and Head

Dept. of Homoeopathic Materia Medical

A girl aged 9.3 yrs came with early puberty sign like the larch (onset of female breast development, & adrenarche (onset of androgen dependent body changes such as growth of axillary and pubic hair, body odor and acne) with the under mentioned reports of hormonal assay got done by an Endocrinologist. He said if the hormonal levels remain high for another 6 months she will menstruate.

Mother : Renal calculi, recurrent cold, Puberty at the age of 11 yrs.

Maternal Grandmother : Uterine Koch's

Younger Sister : Recurrent cold.

Personal History :

Desires : sweets, sensitive to cold

Past history :

- 1) Lactose intolerance from age of 2.5 months to 1.5 years.
- 2) Recurrent cold from the age of 2 yrs with tonsillitis. Took allopathic & also Homoeopathic treatment for the same.

Patient was prescribed Tuberculinum 200, 1 dose on the basis of past history & family history of tubercular affections on 15-05-2013. The investigations were repeated on 13-07-2013 where there was a change from early pubertal state to a prepubertal state.

The girl attained menarche on 18-09-2015 at the age of 11years 6months.

She was prescribed Nux vomica, Hepar sulph etc for her acute ailments in between.

Family history :

Father : Suffered with Koch's of Caecum.

| | Before treatment | After treatment | |
|-----------------------------|---|--------------------------|---|
| Assay | 30-04-2013 | 13-07-2013 | Reference Range |
| | Results | Results | |
| RBS | 94 mg/dl | 82 mg/dl | 70 – 140 mg/dl |
| Alkaline Phosphatase | | 169 IU/L | 15-112 IU/L |
| TSH | 3.44 micro IU/ml | | 0.25 – 5.0 micro IU/ml |
| FSH | 2.59 micro IU/ml | | Follicular Phase - Initial:- 3.9- 12.0 Late:- 2.9 – 9.0 Luteal phase :- 1.5 – 7.0 Pre-pubertal - < 1.0 |
| LH | 0.17 micro IU/ml | < 0.10 micro IU/ml | Follicular Phase - Initial:- 1.5- 8.0 Late:- 2.0 – 8.0 Luteal phase :- 0.2 – 6.5 Pre-pubertal - < 0.1 |
| Estradiol (F) | 38.21 pg/ml | < 9.00 pg/ml | Follicular Phase - 18-147 Pre-Ovulatory- 93 - 575 Luteal phase:- 43 - 214 Pre-pubertal - < 10.0 |
| Specific Comment | Euthyroid Early puberty (? Peripheral precocity) | Prepubertal State | |

“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**



Ms. Pushpalatha
II BHMS

A CLINICAL STUDY ON EFFECTIVENESS OF MERCURIUS SOLUBILIS ON STREPTOCOCCAL ACUTE TONSILLITIS IN CHILDREN



under the guidance of
Dr. Suma R. S. M.D.(Hom)
Professor & Head
Dept. of Pathology

ABSTRACT : Tonsillitis is one of the commonest infections seen in children and young adults between 5-15-year age group. This disease is characterized by odynophagia, dysphagia, otalgia, dry tongue, erythematous, enlarged tonsils, or yellowish white spots on the tonsils. Some cases even associated with fever, body ache, headache etc. The drug Mercurius Solubilis is chosen as it has well established proven clinical symptomatology with qualified particulars in all vast Homoeopathic literature.

KEY WORDS : Acute Tonsillitis, group A, β Hemolytic Streptococci, culture, Mercurius solubilis

INTRODUCTION : Research work is a lifelong process which opens up the innovative mind and helps in challenging the world by diagnosing the unknown diseases, managing of the disease with advance methods, by proving the unknown Homoeopathic remedies, etc. If such works begins from student's life itself then the students can inculcate such activities in both professional and academic career. By involving in such activities they can be a confident and competent physician in this competitive era. Fortunately RGUHS has provided such opportunity. Such Short term research project was taken for II BHMS from RGUHS under 'Under-graduate Student Grant 2019-2020' for undergraduates, between the period 25-10-2019 to 20-01-2020

Based on the statistics of OPD patients of Dr. B. D. Jatti Homoeopathic Medical College, Hospital and Post Graduate Research Centre, Dharwad and the incidence in that particular season the Tonsillitis was selected for Short term research. Another reason to select the tonsillitis is that acute incidence is more common in this disease which matches with the study period.

As every child beside the proverbial teething troubles, a child has to face the plethora of trifling aches to serious infections & maladies which are process of natural immunity-a necessary evil for its survival. Tonsils play role in such immunity. When it does so the infectious agents are checked at the tonsils which may lead to tonsillitis & infections are not allowed to the vital organs like lungs. Tonsillitis is one of the commonest infections seen in children and young adults between 5-15year age group.

10% of the population of children suffer from tonsillitis. If acute tonsillitis is not treated properly it can cause recurrent tonsillitis & turns into chronic form. In conventional system of treatment most of the times tonsillectomy is advised in streptococcal acute, recurrent tonsillitis & causes intolerance to sensitive individuals. Homoeopathic medicines are dynamic in nature, always said to act on the vital force and help to increase the immunity and fight against the disease in safe, gentle and children friendly manner. Mercurius solubilis had been chosen for its symptom similarity in acute tonsillitis caused by group A, β Haemolytic Streptococci. On the basis of acute totality of symptoms and positive culture report Homoeopathic treatment given.

OBJECTIVES OF THE STUDY : To understand the curative effect of Mercurius solubilis on Streptococcal Acute Tonsillitis

METHOD : Purposive sampling procedure for subjects who has typical clinical presentation & whose throat swab analysis shows positive finding of group A, β Hemolytic Streptococci.

STUDY DESIGN : Observational study on non-control, prospective quasi experimental research on human beings.

SELECTION OF PATIENTS : 30 cases were selected based on criteria like statistics and duration of project. Patients were considered on the basis of clinical features of tonsillitis i.e., odynophagia, dysphagia, otalgia, dry tongue, erythematous, enlarged tonsils, or yellowish white spots on the tonsils. Some cases even associated with fever, body ache, headache etc. along with those whose throat swab analysis shows positive finding for group A, β Hemolytic Streptococci. The subjects were taken from guide after fulfilling the recruitment strategies.

DRUG USED : Mercurius Solubilis in different potency and dose as per susceptibility.

DISCUSSION : Homoeopathy is scientific and systematic system of medicine where the medicines act dynamically in a gentle manner.

In this modern, materialistic era everything is needed by scientific methodical proof. The effect of microorganisms on human beings is treated by Homoeopathic medicines with total and permanent cure many a times but the specific effects of bacteria, viruses etc., are not fully proved. So here is an attempt to know such one specific effect of pathological study.

The β Hemolytic Streptococci produces pyogenic infections with tendency to spread through the bloodstream. Sore throat is the common streptococcal diseases it may be localized as tonsillitis

Mercurius solubilis is a remedy for inflammation of the throat with spongy appearance, general diffuse tumefaction, swelling, and swelling impairs the motion of all the muscles that take part in swallowing. Hence Mercurius solubilis possess in drug proving and clinical proving similar affection of acute tonsillitis produced by β haemolytic streptococci.

So in vivo quasi experimental study we can understand that Mercurius solubilis acts on β Haemolytic Streptococci even though we treat the patient as a whole.

Hence the study was aimed to know the curative effect

of merc.sol in acute tonsillitis caused by β Hemolytic Streptococci, and to achieve this goal, the cases were selected from the criteria's mentioned in the methodology and were treated with only Merc Sol by different potency and dose as per susceptibility.

RESULTS : Out of 30 subjects, 18 cases were recovered. That is 60%. 08 cases were improved, that is 27%. And 04 cases were not recovered with the treatment. Hence the Present study shows that Mercurius solubilis effective on Streptococcal Acute Tonsillitis.

CONCLUSION : Mercurius solubilis possess similar affection of acute tonsillitis sproduced by group A, β Hemolytic Streptococci in drug proving and clinical proving. Hence the study was aimed to know the curative effect of Mercurius solubilis in acute tonsillitis caused by group A, β Hemolytic Streptococci, and to achieve this goal, the cases were selected from the criteria's mentioned in the methodology and were treated with only Mercurius solubilis by different potency and dose as per susceptibility

So in vivo quasi experimental study we can understand that Merc Sol acts on group A, β Hemolytic Streptococci even though we treat the patientas a whole.

SAMPLE CULTURE :

Ms. ABC



Before treatment



After treatment

Ms. XYZ



Before treatment



After treatment

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“The physician must penetrate into the inner recesses of symptoms; the very life of the patient must be opened and laid bare, Learn the fears, instincts, desires and the aversions of the patient.

The remedy often crops out through the affections.”

- James T. Kent



ANXIETY AND HOMOEOPATHIC MEDICINES

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Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death

Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat; anxiety involves the expectation of future threat. People facing anxiety may withdraw from situations which have provoked anxiety in the past(1).

The best way to heal chronic, ongoing, or disabling anxiety is supportive psychotherapy with homoeopathic medicines. Here are some important homoeopathic remedies for anxiety or fear :

- **Aconite** : For acute situations when sudden fears overtake us rapidly. Intense fear (or presentiment) of death, as well as palpitations, shortness of breath, flushed face, and trembling.
- **Argentum nitricum** : Fearfulness and anxiety about many things especially bridges, closed spaces, heights, and personal health. Speaks quickly, in a big hurry, and tends to have diarrhea (everything is in a rush!). Everyday scenarios cause worry, leading to obsessive-compulsive behavior. This can become abject terror, leaving the person feeling lost and insane. Warm blooded, craves sweets and salt, and complains of anxiety in the morning and before appointments.
- **Arsenicum album** : Pacing to and fro, fretting over what may or may not happen, anguishing over their health and that of family members, and needing company. Chilly and thirsty for sips of water, they feel worse at or after midnight. Controlling, fastidious, and critical, particularly when in ill-health. Worries about robbers, insanity, or security and especially about money matters. Burning pains are relieved by heat.
- **Calcarea carbonica** : Craves stability, protection, and status (as a form of protection, not ambition), and dreads disaster. Anxious when things are left undone or

not going according to plan. Neatness out of concern for contagion and a need for order (vs. Arsenicum "neat freaks"). Listmakers. →Anxiety may manifest as anger, envy, hatred, withdrawal, unresponsiveness, despair, or indifference.

- **Gelsemium** : Apprehensive and timid, these people feel they haven't the resources to do what they'd like to do. They dread performances of any kind, for fear they'll lose control or something terrible will happen. Vertigo, weakness, trembling, chills, diarrhea, drowsiness, and even speechlessness from fright. When trembling, they want to be held. They fear falling, crowds, and fainting (or heart attack); they desire light and quiet.
- **Ignatia** : Acute, recent grief or loss. Sensitive, refined, and heartbroken people who are biting their lips or cheeks, repeating to themselves, "I just can't believe it, I can't believe it..." Averse to consolation, they may appear defensive, sigh frequently (as if to ground themselves back into their bodies), and experience radical mood swings—bursting into tears or laughter.
- **Lycopodium** : Any new challenge creates anxiety due to a severe lack of confidence. They may have an emotional swagger but are easily intimidated by anyone perceived as more powerful. Responsibility in work or relationships can create debilitating anxiety and fear of failure, which may manifest in sexual difficulties, irritability, digestive complaints, and claustrophobia.
- **Natrum muriaticum** : Considered the "stiff upper lip" remedy, people who need it are profoundly -sensitive and inhibited due to many anxieties; silent with grief after a loss. They are fearful of tight, narrow spaces, anxious at night, worried about robbers, and secretly terrified of being humiliated or rejected. Anxieties are often cloaked by migraines, tingling in the extremities, palpitations, insomnia, and isolation or feigned indifference.
- **Phosphorus** : People needing this may be bright-eyed, social, loving, and empathic—but when frightened, they are excitable, suggestible, "spaced out," easily vexed, fearful of robbers, and in need of reassurance. They gulp cold water (but then either vomit it or get nauseated by it) and are much worse at night. Their anxiety often has something to do with love; they worry endlessly about the object of their attachment not returning their affections. They can be very angry about rejection and obsess on it.

• **Pulsatilla** : Sensitive, easily upset people who need a great deal of consolation and reassurance and are as changeable as an April day. They tend toward childish rumination and pouting if they don't get the attention and emotional security they crave, quickly becoming fearful of rejection. Dependent on others for reassurance. Worse in warm rooms, being covered in bed, and after eating rich foods; better from fresh air, mild exercise, and consolation.

• **Silica** : Lack self-confidence and fearful of new undertakings, especially speaking in public. Yielding, yet obstinate. Overly conscientious/anxious about trifles (obsessive); they overwork and exhaust themselves to

avoid failure. Chilly, thirsty, chronically constipated, and better with consolation and sympathy.

• **Stramonium** : Night terrors, both in sleep and waking states. The person is anxious, obsessive-compulsive, and feels forsaken or alone in the wilderness (similar to Pulsatilla); but a mild demeanor may mask violence of thought or action. Mania, delirium, or diabolical delusions may be present(2).

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I DON'T WANT TO DIE IN THE PLASTIC COVER

Dr. Manjula S. Haleholi M.D.(Hom.)
 Prof. & Head
 Dept. of Homoeopathic Pharmacy

My father, 75 years aged, Retired Govt. Engineer, enjoying his life like a king. He was retired from job but not from his activities.

When the first lockdown was announced on March 22nd 2020, he called me & expressed his fear regarding COVID 19. I just clarified all his doubts and consoled. As the days passed, we all went through the CHANGE in our routine life. Meanwhile in the month of May when I visited my parents home, I was surprised to experience that my father made me to sit in the corridor and with a distance he conversed and instructed me to take precautions against COVID 19. I thought he was little more careful regarding his health.

As days were passing, we all got adjusted to lockdown/ unlockdown, social distancing, sanitisation and so on. My mother used to tell us that my father is not comfortable, his appetite has decreased & so on. I used to console her saying that it's just apprehension and not to worry.

In the mid of June my mother called me & said "Your father needs to be hospitalised, as he is not eating at all since two days." I rushed to my mom's home.

My father was lying, moaning anxiously, and tossing in his bed.

His complaints were...

- Nausea at the sight & smell of the food,
- Something bad is there in his stomach which was rising to mouth,
- not able to swallow etc.

Went on COMPLAINING... Suddenly he said "I Don't Want To Die In The Plastic Cover"

What is that dad, I asked very shockingly, he said people are dying with COVID 19 and their cremation is done in the plastic covers. His anxious face was deathly pale, eyes were filled with fear and hopelessness in his tone.

My prescription was ready Arsenicum album 1M/one dose was given. By next morning he started his activities and had breakfast. Surprisingly, the one who was sealed down for more than 3 months with a fear of disease, went for an evening walk too.

While choosing the drug remember the importance of PQRS symptom mentioned in § 153 of 6th edition of Organon of Medicine and Hahnemann's words that an ideal cure must be quick, gentle and permanent. Things will become easier from thereon !!!

"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.

College Activities



Medical Camp in association with NSS unit & Rotary Club organised distribution of Homoeopathic Prophylactic & Immune booster Medicine for Corona COVID-19 at Haveri on 07-11-2020



Medical Camp in association with NSS unit & Rotary Club organised distribution of Homoeopathic Prophylactic & Immune booster Medicine for Corona COVID-19 at Hirelingadahalli, Haveri on 07-11-2020



Medical Camp was organised by Dept. of Community Medicine at Ward No. 27 Siddarameshwar Nagar, Unkal Cross, Hubballi on 07-12-2020



Medical Camp was organised by Dept. of Community Medicine at Ward No. 50 & 51 Kulkarni Hakkal, Ganesh Peth, Hubballi on 12-12-2020

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