

# Homoeopathy Sans Frontières

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## Editorial

### IMPORTANCE OF CULTURAL ACTIVITIES IN EDUCATION

Gone are the days when academic programs were the only activities organised in colleges and all students focused on that. With the changing trend, we have noticed a major difference in the field of academics too. Students don't want to be bookworms; they look for other options that could help them in the future. Besides this, in this high-tech world, every student wants to acquire knowledge in every field to stay updated. Co-curricular or cultural activities play a vital role in the life of students.

Modern education focuses not only on the academic development of students but also their skill development. Cultural activities are sports or other activities that contribute to or enhance the social development and appreciation of people. It is the development and improvement of a person's mind, interests, preferences, and talents. The best strategy to teach students personality-related abilities is to motivate them to take part in cultural events such as sports, music, dancing, and other activities. Sadly, not all parents think the same, and they find it worthless to engage their children in these activities. The reality, however, is completely different because cultural events help pupils build confidence and better understand their culture. To instil in the children a global outlook, it is necessary to engage them in cultural activities as well as the academic curriculum. Students' individuality and self-confidence are developed through this diverse range of activities. In addition, it teaches them life skills that will enable them to succeed once they finish their academic careers.

Cultural activities have a variety of advantages. Incorporation of them into the academic curriculum helps an individual in several ways. They aids in the reduction of stage fright, enhances academic achievement, improves physical health, inculcates time management abilities, helps in acquiring new abilities, aids in developing the responsibility and instil confidence in an individual.

**Dr. Praveen M. Kulkarni** M.D.(Hom.) Member, Editorial

As the saying in English goes, "All work and no Play makes Jack a Dull boy", it emphasises on importance of sports in one's life. It is better to acknowledge that academic learning and sports education complement each other. They resemble the two sides of the same coin. Today's educators and professionals, studying school curriculum and child's development, have recognized and acknowledged the importance of sports in education. If sports education is carried out accompanied with the academic curriculum, the overall personality of the student is increased to quite an extent. The idea is to promote more holistic development, and sports play an instrumental role in it.

There are various qualities one can develop by sports, that make us realise the significance of sports in an individual's education. Health and Fitness, Social Development, Emotional Development, Leadership Skills, Patience and Perseverance, Discipline, Mental Growth, Self-esteem boosting, Teamwork and Cooperation improvement, Efficient Time Management and last but not the least is Better Academic Performance are some of the qualities which one can develop by virtue of sports. The value that sports add to the education of an individual is endless, especially when education is so competitive in today's world.

So, as we can see, sport and cultural activities are not only a medium of entertainment or an activity of leisure time, but they also play important roles in all the perspective of life. They teach the importance of discipline, punctuality, responsibility and being respectful to others. They lay the foundation for healthy individuals and develops their capabilities and personalities in building a well-developed and resilient nation.



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### Article

Lactose intolerance and Homoeopathy

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## A HOLISTIC APPROACH TO A CASE

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Professor

**Dept. of Organon of Medicine and Homoeopathic Philosophy**

"There can be no surgeon who is not a physician. The physician begets the surgeon and the surgeon tests the physician".....Paracelsus.

A living man is a whole man always. He reacts to the external and internal stimuli as a whole. Mind and body are inseparable. A disease condition however small its manifestation might be the disease of whole man. The holistic approach is the philosophy of understanding man as a whole always.

Any sign or symptom is a phenomenon. Hence the phenomena of signs and symptoms are the only guides to a physician for all the practical purpose, pathological and therapeutic diagnosis preventive and hygienic measures etc. In aphorism 187 according to doctor Hahnemann –"there is no local disease and that no external element, not due to some particular outer injury can arise and maintain its place, or even grow worse, without inner cause and inner involvement of the entire organism. They could not appear at all without the consent of all the rest of the economy and without the participation of the rest of the living whole that is of the vital principle pervading all the other sense and responsive parts of the organism. The person is inwardly ill before it and while it lasts."

The local expressions like warts, cyst, polyps, local tumors etc were and still wrongly considered as local diseases by modern allopathic schools, because in their mind, the rest of the living organism has no connection with this manifestations, and inevitable suggest surgery. These recurrent suppressive acts often lead to an aggravation of the general state as well as of the local expression.

Such external manifestations have their origin in internal suffering, hence local treatment is absurd because it will do nothing about the true internal cause or miasmatic state of the patient. So Dr Hahnemann corrects this misconception saying that " there can never be a local disease",

but is an expression of the whole man.

Hence the treatment of such diseases must be always by internal medicine only and not by external aid, so that the whole vitality and economy of the patient will be greatly improved.

It is therefore necessary for the physician to differentiate the absolute surgical conditions from the medically curable ones.

### Case:

Ms. RK, 28 years, now working as software engineer at Bengaluru, first seen on December 2020. Recurrent bouts of sneezing < cold, winter, strong odour. Sneezing more in morning followed by coryza and nose block < at night. Cannot breath it has to keep mouth open. Dryness of lips and throat. Irritation in throat better by warm water. Complete loss of smell. Sleep disturbed due to nose block with the strong desire to blow it constantly, had to sit up at night. This was followed by headache next morning with irritability. Her appetite was normal, thirst increased, had desire for spicy and sour food. In the past, suffered from bronchitis. Family history mother and brother had allergic rhinitis. On examination of nostrils, polyps on both sides were seen.

Ammonium muriaticum 30c, three doses were prescribed. The medicine was continued for few months. Steady improvement in general health was noticed. Her irritability reduced, sleep was refreshing and sound. Sneezing and nose block improved. Now she could identify the smell. On examination polyps reduced.

Thus, when a person is treated as a whole, the symptoms presenting in different parts will be cured, because the overall health has been addressed i.e mental, emotional and physical symptoms have been taken into account. Hence holistic approach in homeopathy plays a pivotal role in avoiding surgery and curing many such conditions.



**Ms. Majji Vani Gayathri**  
III BHMS

## PHARMACONOMIAL STUDY OF OLFACTORY METHOD IN THE TREATMENT OF ACUTE NON- SPECIFIC RHINITIS



under the guidance of  
**Dr. Manjula S. Haleholi** M.D.(Hom.)  
Professor & Head  
**Dept. of Hom. Pharmacy**

**Abstract:** Since the discovery of homoeopathy, only the oral route of medication has been popularly used, merely neglecting the pharmaconomy. The other routes are tried when oral medication is not possible, such as in comatose patients or epileptic attacks etc. This research study was established to assess the efficacy of homoeopathic remedies through the olfactory method for acute non-specific rhinitis, even though the pathology was at the site of application of medicine. In this research study, a total of 30 cases were individualised and treated. Patients were educated on the method of olfaction and asked to inhale the homoeopathic medicines. Once the remedial action was observed, the remedy was replaced with sac lac to inhale. This study proved that olfaction is efficacious in the treatment of acute non-specific rhinitis when the pathology itself lies in the nostrils.

**Key words:** Pharmaconomy, Olfaction, Acute Non-Specific Rhinitis.

**Introduction:** A research study reported that homoeopathic remedies contain plant, animal, mineral, and metal products with specific odours such as flavonoids and terpenes in their extracts. Odorant molecules and homoeopathic remedies share some properties and may enhance the perception of homoeopathic remedies' efficacy. This research study was established to know the efficacy of homoeopathic remedies through the olfactory method.

### **Aim and objective of the study:**

To assess the efficacy of homoeopathic remedies through olfaction in the treatment of acute non-specific rhinitis.

To study the statistical analysis of Olfactory method of administration of Homoeopathic Medicines.

**Study design:** It was a prospective, non-control experimental study. All the subjects for this study were selected from the OPD of Dr. B. D Jatti Homoeopathic Medical College, Hospital and Post Graduate Research Centre. All 30 cases had been processed through case taking, analysis of the symptoms and individualised prescriptions. As it was a time bound study, cases were screened by inclusion and exclusion criteria and the data was represented on a standardised case proforma prepared for the study. Every case was analysed based on causation and the totality of symptoms with reference to Materia medica and repertory knowledge. The potency selection and repetition of the dose are done according to the susceptibility of the case. Informed consent was obtained from each patient after explaining the research procedure in their vernacular language before involving them in the study.

### **Inclusion criteria:**

Patients belonging to all age groups and both sexes, irrespective of ethnic groups, were included. Clinically diagnosed cases of acute non-specific rhinitis were included.

### **Exclusion criteria:**

All the cases other than acute non-specific rhinitis like allergic rhinitis, diphtheria etc., are excluded. Cases with active treatment for other diseases are excluded.

**Study period:** 3 months

**Research Hypothesis:** Olfactory method of administration of homoeopathic remedies is efficacious in treating acute non-specific rhinitis.

**Null Hypothesis:** Olfactory method of administration of homoeopathic remedies is not

efficacious in treating acute non-specific rhinitis.

**Lab Procedures:** Complete Blood Count was done to access the acute state.

**Follow up:** The follow up of cases was done on basis of clinical features, preferably initially once in 3 days and there after once a week.

**Statistical test:** Percentage Analysis.

**Parameters:**

Recovered: complete relief of symptoms.

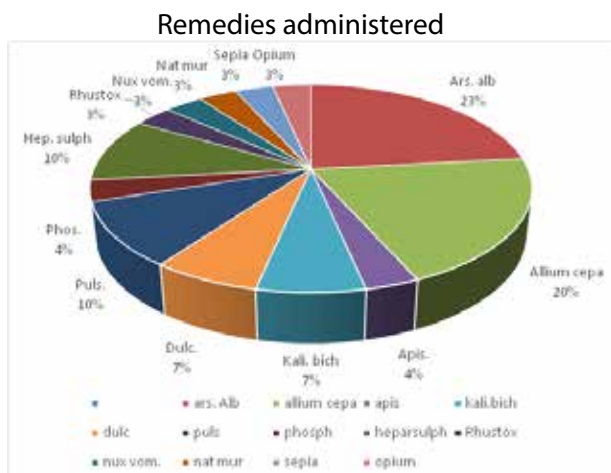
Improved: partial relief of symptoms.

Not recovered: no relief of the symptoms.

**Detailed analysis of the results:** Statistical study was conducted according to age, sex, medicine administered and the result of the treatment.

**Age Incidence:**

Sl. No.	Age	No. of Patients	Percentage
1	0-20	08	26.6%
2	21-40	16	53.3%
3	41-60	06	20.1%



**Contributions for existing knowledge:**

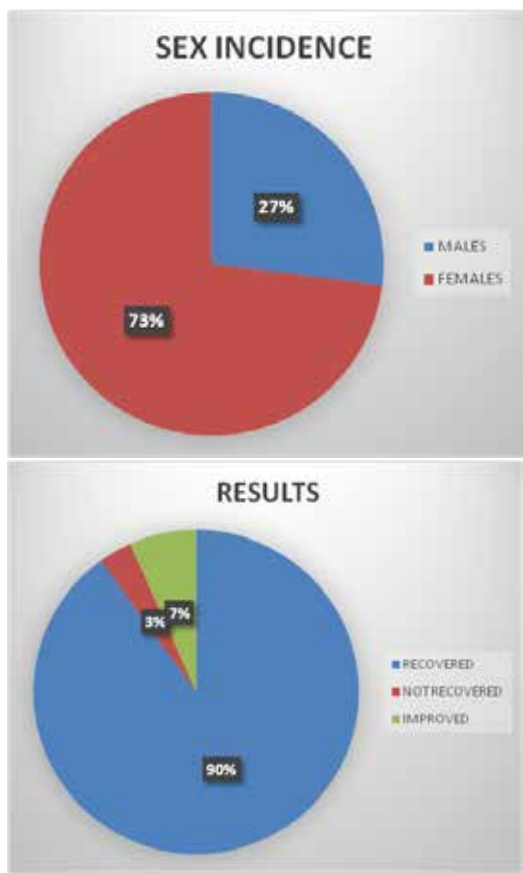
Dr Hahnemann mentioned various routes of drug administration in aphorisms 282-292( according to 5th edition of organon of medicine) among them oral route is being popularly used, other routes of drug administration are merely neglected or used only in emergencies rather tried when oral medication is not possible such as in comatose patients or in epileptic attacks etc., Current study says that homoeopathic remedies contain plant, animal, mineral and metal products with specific odours such as flavonoids and terpenes in plant extracts. Odorant molecules and homoeopathic remedies share some properties. Some odorant molecules can enhance the perception of other and some odours can inhibit homoeopathic remedy efficacy. 200 years back Dr Hahnemann was so particular about it especially preservation of homeopathic drugs of strong odours and its importance is extended to pharmacology too, Hahnemann and Schmidt used to ask their patients to smell homoeopathic remedies.

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

The efficacy of homoeopathic remedies in acute rhinitis is established even through olfaction method when individualization is followed.

The major contribution of this research study was establishing the efficacy of homoeopathic drugs through olfactory method even though the pathology was at the site of application of drugs. It proved its efficacy, by showing the recovery rate 90% by olfaction method.

**Conclusion:** Presently, all conventional systems of medicine treat acute rhinitis and alleviate the sufferings of the patient. Nevertheless, like other systems of treatment, homoeopathy too is proving efficient in treating cases of acute rhinitis through





the oral route of medication. So, the present study was undertaken to prove the efficacy of the olfactory method in the treatment of acute non-specific rhinitis. 30 cases were selected based on the methodology mentioned. The cases were followed regularly and at the end of the study, arrived at the following conclusions,

The maximum age incidence of patients suffering from acute rhinitis was observed in the age group of 21–40 yrs. with 53.3% and least incidence was observed in the age group of 41–60 yrs. with 20%. It was also observed that, females are more susceptible to acute rhinitis than males, the percentages being 73.3% and 26.7% respectively. Remedies that gave the most benefit to the complaints were Arsenicum Alb (23.3%), followed by Allium cepa (20%), Pulsatilla and Heparsulph. The results obtained at the end of the study showed recovery in 27 cases (90%), improvement in 2 cases (6.7%) and not recovered in 1 case (3.3%). The present study proves that the olfaction

method is one of the most efficacious routes of administration for acute rhinitis and adds to the existing knowledge as well as opening up other ways of Pharmaconomy. 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 and can extend further to treat allergic rhinitis and other chronic respiratory tract infections.

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Hahnemann Samuel; Organon of Medicine; 6th edition; B Jain publications.  
Bhargava K.A; A Short book of E.N.T diseases;1993;Usha Publications.  
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## LACTOSE INTOLERANCE AND HOMOEOPATHY

(I love dairy products... but it doesn't love me back...)

**Dr. Smera Eldhose**

Post graduate Scholar

Dept. of Homoeopathic Materia Medica

Lactose intolerance is an inability to digest significant amount of lactose. It is caused by consuming milk and other dairy products, hence also termed as milk intolerance. It occurs due to deficiency of lactase, an enzyme which is required to digest the lactose. It is usually seen in babies during the first 6 months of life. The deficiency can lead to vomiting, diarrhea and bloating of abdomen. Lactose intolerance hinders the quality of life.

#### Aetiology:

- Primary lactase deficiency is inherited and is the most common cause. It develops before the age of 20 years.
- Secondary lactase deficiency can be the consequence of any condition that damages the small intestinal mucosa brush border.
- Congenital lactase deficiency is very rare

which is due to mutation of genes.

#### Clinical feature:

- Abdominal colic
- Frequent diarrhea
- Vomiting
- Fatigue
- Abdominal distension
- Increased flatus
- Headache
- Loss of concentration
- Mouth ulcer

#### Dietary management:

- In infants: mothers should stop feeding the infants as mothers' milk is high in lactose.
- Do not start prepared baby formulas without consulting physicians.
- In adults: they should avoid dairy products,

bakery items which contain lactose.

- Adults should avoid sweets, bakery or dairy products, they contain lactose.
- Yogurt can be consumed even though there is high level of lactose. There is some amount of lactase which helps in digestion.
- Do not consume frozen yogurt, they do not have live bacteria.
- There is also availability of lactose-free milk and is a better replacement of normal milk.
- Always check the label of packed foods and snacks for lactose.

Homoeopathic medicines are given based on the constitutional approach and plays a vital role in the treatment. Homoeopathic medicines help in boosting up the immune system and enhances the defensive action on lactose intolerance. Some of the medicines indicated improves the digestion of the milk which in turn gives a fruitful quality of life by further reducing the episodes of bloating, diarrhea, vomiting etc.

*Aethusa cynapium*: Inability to digest milk, vomits as soon swallowed or in large curds. The symptoms are accompanied by extreme prostration, abdominal cramps and, tiredness. Constipation and indigestion from taking milk.

*Antimonium tartaricum*: nausea, retching and vomiting especially after food with deathly prostration. Aversion to milk. Nausea with pressure in the precordial region followed by headache with yawning and lachrymation.

*Calcarea carbonica*: is indicated for vomiting after taking milk. Nausea, cold sweat, and trembling with distension of abdomen and sour eructation. Vomiting with severe cramps and cutting pain in the abdomen. Vomitus contains curdled milk.

*China officinalis*: it is indicated for excessive flatulence, belching and bloating. Inability to digest milk with abdominal colic and flatulence of abdomen relieved by bending double and

vomiting of food. The tongue is coated white or yellow with indigestion. Bloating of upper abdomen.

*Lac defloratum*: it is indicated for nausea, vomiting and, sick headache from taking milk. Headache over left eye and in left temple with profuse lachrymation. Obstinate constipation with large stools. Exhausted from excessive straining for stool.

*Magnesium carbonicum*: is indicated when is cutting, gripping, pressing, colicky pain which is followed by stool which is greenish, frothy, like water and scum in pond. Milk disagrees.

*Magnesium mur*: it is indicated for lactose intolerance with an inability to digest milk. Diarrhea and abdominal pain after milk. Appearance of blisters on lips and tongue after taking milk. The tongue feels burnt and scalded.

*Natrum carbonicum*: is indicated for diarrhea after taking milk. Yellow, watery and gushing stool, sour-smelling stool sometimes mixed with blood. Severe urgency to pass stools with abdominal colic and fetid flatus.

*Pulsatilla nigricans*: is indicated for allergic reaction after taking milk products. Symptoms of abdominal colic, flatulence, abdominal distension with flatus. Diarrhea with cutting pain and sensation of heaviness in the abdomen.

*Sulphur*: it is indicated for diarrhea with sudden urging, has to get out of bed early in the morning. Sour regurgitation, bloating and pain in the abdomen from milk. Cannot take milk, vomits it at once.

#### Reference:

- George Mathews: Prep manual for undergraduates, 5th edition.
- Lotus Materia Medica by Robin Murphy N.D.
- Materia Medica of Homoeopathic Medicines by Dr. S. R. Phatak

College Activities



Placement Cell inauguration on 29th July 2022



Amrut Nadige on 11th August 2022 from JSS college Vidyagiri to Kalabhavan

Azaadi ka amrut Mahotsava observation on 13th august 2022



Winners of drawing competition held as part of Azaadi ka Amrut mahotsava

Essay competition held as part of Azaadi ka Amrut mahotsava



Lecture on "Ayurveda in mental wellbeing" organized on 17th Oct 2022 as part of ayurveda Day celebration





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