

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

ISSN: 9070-6038

Vol. 50, No. 7, October 2024



The HOMOEOPATHIC HERITAGE Turns

50 years

Practical Utility of Indigenous Homeopathic Drugs- Rauwolfia, Bael, Neem and Tulsi

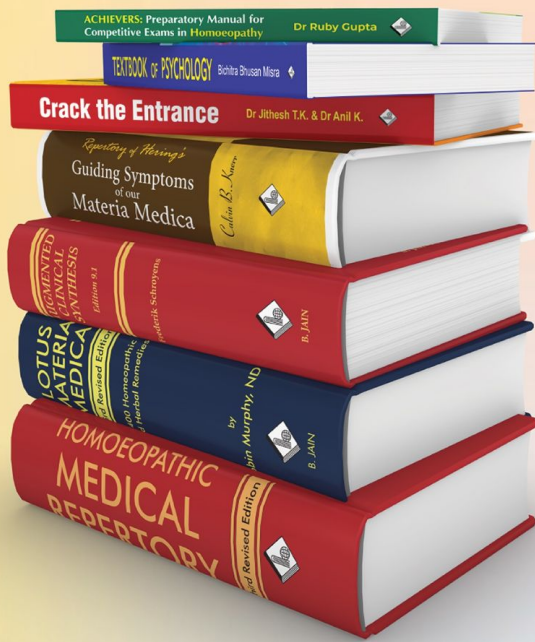
- A Clinical Trial To Assess The Role Of Maintaining Cause In Chronic Gastritis- A Comparative Study
- An Experimental Non-Randomized Study of Rauwolfia Serpentina Mother Tincture on Essential Hypertension

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Published by: Mr Kuldeep Jain on behalf of
M/s. B. Jain Publishers (P) Ltd.

Printed at M/s Narain Printers & Binders,
D-6, Sector-63, NOIDA, UP-201307

Published from 1921/10, Chuna Mandi,
New Delhi - 110055

Ph.: 91-11-4567 1000

Email: hheditor@bjain.com

Corporate Office: 0120-4933333

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Dear Readers,

According to the WHO Global Report on Traditional and Complementary Medicine (2019), various systems of traditional medicine being used around the world include acupuncture, herbal medicines, indigenous traditional medicine, homeopathy, traditional Chinese medicine, naturopathy, chiropractic, osteopathy, ayurvedic and Unani medicine. And one hundred and seventy WHO Member States have reported on the use of traditional medicine by their populations”.



This issue of the Homoeopathic Heritage titled ‘Practical Utility of Indigenous Homoeopathic Drugs- Rauwolfia, Bael, Neem and Tulsi’ aims to throw light upon the use and clinical applicability of the four medicinal plants sourced from India where they enjoy a godly sanctity probably due to the very therapeutic nature they possess.

“According to the WHO Global Report on Traditional and Complementary Medicine (2019), various systems of traditional medicine being used around the world include acupuncture, herbal medicines, indigenous traditional medicine, homeopathy, traditional Chinese medicine, naturopathy, chiropractic, osteopathy, ayurvedic and Unani medicine. And one hundred and seventy WHO Member States have reported on the use of traditional medicine by their populations”.

Even though the system of traditional Indian medicine is believed by the majority to be incapable of dealing with emergency situations, acute conditions and the complex ones, its medicines have contributed significantly to the modern medical science. And this statement has been validated time and again by the WHO which in one of its reports stated -

“Around 40% of pharmaceutical products today draw from nature and traditional knowledge, including landmark drugs: aspirin, artemisinin, and childhood cancer treatments. A closer look at these drugs reveals that the scientists behind them built off traditional knowledge to achieve their breakthrough discoveries.

The Madagascar periwinkle, which is now the source of childhood cancer drugs vinblastine and vincristine has an exceptionally long history of being used as a medicinal plant and finds mention in Mesopotamian folklore, the Ayurveda system of traditional Indian medicine as well as tradi-

tional Chinese medicine. Medicinal plants like hawthorn and foxglove have been used to treat cardiovascular disease and hypertension”.

Medicines of Indian origin such as bael, neem, tulsi and rauwolfia serpentina also found their place in the German system of Homeopathy owing to their active principles.

An overview of Rauwolfia serpentina (Lobay D. Rauwolfia in the Treatment of Hypertension. Integr Med (Encinitas). 2015 Jun;14(3):40-6. PMID: 26770146; PMCID: PMC4566472) revealed-

“*Rauwolfia* contains many different phytochemicals, including alcohols, sugars and glycosides, fatty acids, flavonoids, phytosterols, oleoresins, steroids, tannins, and alkaloids. The most important alkaloids found in the plant are indole alkaloids, with more than 50 of those alkaloids having been isolated in the plant.⁹ Indole alkaloids are a group of nitrogenous compounds that are derived from the amino acid tryptophan.

The identified indole and indole alkaloids include ajmalidine, ajmaline, ajmalinine, ajmalicine, aricine, canescine, coryanthine, deserpidine, isoajmaline, isoserine, isoserpine, lankanescine, neoajmaline, papaverine, raubasine, raucaffricine, rauhimbine, rauwolfinine, recanescine, rescinnamine, reserpiline, reserpine, reserpinine, sarpagine, serpentine, serpentinine, thebaine, yohimbine, and yohimbinine.

Two isoforms of vesicular transport proteins are called *VMAT1* and *VMAT2*. *VMAT1* is mainly found in the neuroendocrine cells of the peripheral nervous system, particularly in the chromaffin granules in the adrenal medulla, sympathetic neurons, and platelets. *VMAT2* is mainly found in the brain, sympathetic nervous system, mast cells, and cells containing histamine in the gut and pancreas. Reserpine has an affinity for *VMAT2* that is 3 times greater than its affinity for *VMAT1*. It has a strong affinity and binds almost irreversibly to specific receptors on *VMAT*, particularly *VMAT2*".

A research paper (DOI:<https://doi.org/10.22271/phyto.2024.v13.i2c.14885>) reported- "The active components identified in *O. sanctum*, eugenol (1-hydroxy-2-methoxy-4-allylbenzene), have been shown to be substantially responsible for the therapeutic potentials. Eugenol, methyl eugenol, and caryophyllene are among the chemicals found in *Ocimum sanctum* leaves that are water-soluble phenolic compounds and may have immunostimulatory properties. Saponins have hypotensive, antihyperlipidemic, and cardio-depressive effects'.

In another study published in 2016 (doi: [10.1155/2016/7382506](https://doi.org/10.1155/2016/7382506)), it was found- "The most important active constituent is azadirachtin and the others are nimbolinin, nimbin, nimbidin, nimbidol, sodium nimbininate, gedunin, salannin, and quercetin. Leaves contain ingredients such as nimbin, nimbanene, 6-desacetylnimbinene, nimbandiol, nimbolide, ascorbic acid, n-hexacosanol and amino acid, 7-desacetyl-7-benzoylazadiradione, 7-desacetyl-7-benzoylgedunin, 17-hydroxyazadiradione, and nimbiol [15–17]. Quercetin and β -sitosterol, polyphenolic flavonoids, were purified from neem fresh leaves and were known to have antibacterial and antifungal properties [6] and seeds hold valuable constituents including gedunin and azadirachtin. Neem (*Azadirachta indica*) plant parts shows antimicrobial role through inhibitory effect on microbial growth/potentiality of cell wall breakdown. Azadirachtin, a complex tetranortriterpenoid limonoid present in seeds, is the key constituent responsible for both antifere-

nant and toxic effects in insects. Results suggest that the ethanol extract of neem leaves showed in vitro antibacterial activity against both *Staphylococcus aureus* and MRSA with greatest zones of inhibition noted at 100% concentration.

1. Neem plays the role as free radical scavenging properties due to its rich source of antioxidants. Azadirachtin and nimbolide showed concentration-dependent antiradical scavenging activity and reductive potential in the following order: nimbolide > azadirachtin > ascorbate.
2. Neem shows effective role in the management of cancer through the regulation of cell signaling pathways. Neem modulates the activity of various tumour suppressor genes (e.g., p53, pTEN), angiogenesis (VEGF), transcription factors (e.g., NF- κ B), and apoptosis (e.g., bcl2, bax).
3. Neem also plays a role as anti-inflammatory via regulation of proinflammatory enzyme activities including cyclooxygenase (COX), and lipoxygenase (LOX) enzyme.

On similar lines, research on *Aegle marmelos* was conducted and the following images enlist its active ingredients. (<https://doi.org/10.1155/2020/8814018>)

Quick Word on Issue Content

This issue of the Homoeopathic Heritage titled 'Practical Utility of Indigenous Homoeopathic Drugs- Rauwolfia, Bael, Neem and Tulsi' aims to throw light upon the use and clinical applicability of the four medicinal plants sourced from India where they enjoy a godly sanctity probably due to the very therapeutic nature they possess.

This issue brings for its readers, stalwarts' Expedition on Dr M. L. Dhawale, penned by Dr Subhas Singh, Director, NIH, Kolkata alongside editorial from the Editors' Desk titled 'Homeopathy on the crossroads of traditional and integrative medicine' by Dr Amit Sahani, HOD, Repertory, RBTS Homoeopathic Medical College, Bihar. Besides opinion pieces the issue features research articles by various young homeopaths and goes on to present Earnest Colloquy with Dr Jitesh Sharma, Author, My Journey through Homoeopathic Materia Medica- Clinical Insights from Failed and

Successful Prescriptions. Additionally, the readers shall get acquainted with Healing Women with Homeopathy by Dr Kavita Chandak through its review penned by Dr Yogesh D Niturkar, Chief Associate Editor, The Homoeopathic Heritage, Essence of Materia Medica By George Vithoulkas reviewed by Dr Athira Anil and Synoptic Memorizer of Materia Medica by Dr Subrata K Banerjea & Dr. Saptarshi Banerjea reviewed by Dr Pratibha

Pathak, HOD, Department of Surgery, Bakson Bakson Homoeopathic Medical College and Hospital, Greater Noida.

Happy Reading!

Dr Rashi Prakash

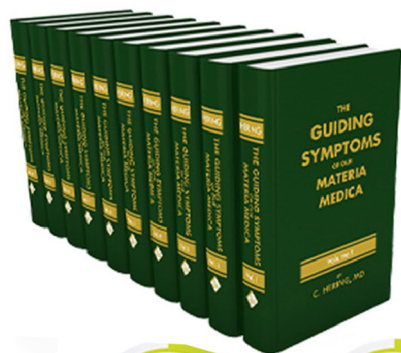
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- 1 to 10 -



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Indigenous Drugs of Homeopathy

Dr. Raman Mohan Singh

Director, Pharmacopoeia Commission for Indian Medicine & Homeopathy (PCIM&H),
Ministry of AYUSH, Government of India



Dear Readers,

Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H), is a subordinate office under the Ministry of AYUSH, Government of India. Development of Pharmacopoeias and Formularies as well as acting as Central Drug Testing cum Appellate Laboratory for Indian systems of Medicine & Homoeopathy are the key fields of activity of PCIM&H.

Indigenous plants, also known as native plants, originate and have adapted to a specific region or ecosystem over time. Homeopathy in India frequently integrates traditional knowledge of these plants with modern homeopathic practices to provide individualized and holistic care.

These plants are often utilized for their medicinal properties and have been integrated into traditional practices for centuries. They are used in homeopathic formulations to leverage their natural therapeutic properties in a diluted form to support overall health and well-being. Homeopathic practitioners might use these plants alongside other treatments to enhance their effectiveness or support the body's healing process.

Indigenous plants are often valued for their holistic healing properties, aligning with the homeopathic principle of treating the whole person rather than just symptoms.

In homeopathy, various indigenous plants and substances are used to create remedies based on the principle of "like cures like." Some notable In-

digenous substances used in homeopathic preparations include:

Rauwolfia serpentina: commonly known as Indian snakeroot or serpentine, is a plant native to India and Southeast Asia. It has the following therapeutic uses-

1. Anxiety and Stress: It's often used for its calming properties and is thought to help with nervousness and anxiety.
2. Hypertension: Historically, Rauwolfia was used in traditional medicine to help lower blood pressure. In homeopathy, it is indicated in hypertension-related symptoms.
3. Insomnia: Due to its sedative effects, it may also be used to address sleep disturbances.
4. Mental Health: It's indicated for various mental health concerns, including depression and restlessness.

Ocimum sanctum: commonly known as Tulsi. It has anti-inflammatory, anti-microbial, and antioxidant properties. It has the following therapeutic uses-

1. Mental Health: Tulsi is considered a stress reliever, and helps in sleep disorders.
2. Respiratory Health: It's used for conditions like asthma and bronchitis.
3. Immunity Booster: It enhances the immune system of the person.
4. Anti-inflammatory: It may help with inflammatory conditions.

Azadirachta indica: commonly known as neem and used for its anti-inflammatory, anti-bacterial, and detoxifying properties. It has the following therapeutic uses-

1. Antimicrobial Properties: Neem is known for its antibacterial, antiviral, and antifungal properties.
2. Skin Conditions: It's commonly used to treat various skin disorders, including acne and eczema.
3. Detoxification: Neem helps to detoxify the body and improve liver function.
4. Anti-parasitic: Traditionally used to combat parasites.

Aegle marmelos: commonly known as Bael, is a tree native to India and has a long history in tradi-

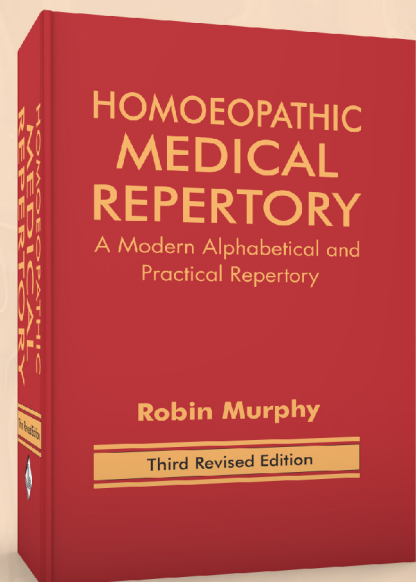
tional medicine. It has following therapeutic uses-

1. Digestive Health: Bael is often used for digestive issues, including diarrhoea and dysentery, as it has astringent properties.
2. Respiratory Conditions: It is indicated for respiratory ailments, including bronchitis, pneumonia and asthma.
3. Fever: Bael is used to reduce fevers associated with hepatic and splenic disorders.
4. Liver: It may be used to promote liver health and detoxification.
5. Anti-inflammatory: The leaves and fruit have anti-inflammatory properties that helps in various inflammatory conditions.



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Homeopathy on the Crossroads of Traditional and Integrative Medicine

Dr Amit

M.D.(Hom.), Ph.D.

Head of Department, Repertory,

R.B.T.S. Govt. Homoeopathic Medical College & Hospital,

Muzaffarpur, Bihar



The history of Medicine in India can be traced to Ayurveda, which means 'the science of life' and is believed to be as old as the Vedas. The mention and use of herbs and plants has been done in the Rigveda. India has rich flora and fauna and ancient Vedic medicine practices of traditional medicine in India revolve around the utilization of plants and plant-based preparations in health-care. The saints of ancient India, who are very thorough and meticulous on the medicinal virtues of indigenous plants of India, believed that there was a remedy for disease rampant in the universe. The richness of the medicinal properties of our plants and minerals was recognized early by the west and W W Hunter, in his book 'Indian empire' recognizes a book 'The Materia Medica of Hindus' by Udoy Chand Dutt which embrace a vast collection of drugs belonging to the mineral, vegetable and animal kingdoms, many of which have been adopted by European and American physicians.

Indian medicines are used by about 60% of the world's population. These are used for primary health care, not only in rural areas of developing nations but they are also used in the developed countries where modern medicine are predominantly used. In the western world the use of medicinal herbs is continuously growing, approximately 40% of the population is using herbs for medical illness due to increased incidences of adverse effects of allopathic medicine. There are about 45000 plant species in India, Eastern Hima-

layas, Western Ghats and Andman and Nicobar Islands are the hot spot for medicinal plants.

Homoeopathy accepted the Indian medicines and literatures from 'Materia Medica of Indian Drugs' by Dr Prosad Bannerjee explains that although we are rich in many forest and mineral resources, inhabitants of this country are being disregarded as they failed to evaluate their indigenous herbs under the influence of western Drugs. On the other hand Many Indians were aware of the medicinal properties of herbs but their scope of explaining and expanding the knowledge was limited as most of the population had a prosaic view of these things due to absence of a systematic study course.

Further works by Dr S C Ghosh in his work 'Drugs of Hindoostan' has been an excellent addition to the homoeopathic treasure and his contribution on indigenous drugs is still knee-high though; they depend much on plant kingdom in the field of treatment.

Many more instances can be cited from traditional medicine practice which vindicates that these indigenous drugs could no longer be brushed aside and their curative effect could no longer be overlooked. These drugs should adorn the pages of Materia Medica and should have an abiding place there. Many homoeopaths from the inception of this science are using these medicinal herbs gathering their knowledge from different journal, some valuable books, and also from some hap-

hazard sources.

But unfortunately a qualitative, updated literatures on this aspect for homoeopathic doctors are very much lacking. Now in India, CCRH has undertaken this aspect in a very systematic, methodical, updated way to remove this long felt want & already proved some drugs. Homoeopathic Materia medica of Indian drugs published by CCRH comprises of some of these drug provings of their own and compilation from other source books.

Indianization of homeopathy roots into the fact that vegetation of this country is said to be so rich in medicinal herbs that its Materia medica hardly could be equalized in any other country. A good many homoeopathic remedies are now prepared from indigenous plants and herbs from India. Their efficacy in acute and chronic diseases has been acknowledged and experienced by many homeopaths across the globe.

India is a vast country and a rich reservoir with a treasure house of remedial agents and sincere efforts should be made in the direction of unlocking this treasure with the key supplied by the acumen and genius of Hahnemann by proving these medicines on healthy human beings for the benefit of mankind.

There are still many herbs and plants in India whose therapeutic virtues and identities are insufficiently known to us and if they will be thoroughly prepared and proved may turn to be very useful drugs of Homoeopathic Materia medica. The need of introducing new indigenous plants to Homoeopathy is important to explore the nature's treasure.

Recently medicines like *Phyllanthus niruri* (Bhoomi amla) and *Moringa oleifera* (Sahjan, Drumstick) have been introduced into Homoeopathy. The *Phyllanthus niruri* plant originated in India, and it is native to tropical coastal areas. Bhumi Amla helps in managing liver disorders and reverses any damage caused to the liver due to its hepatoprotective, antioxidant and antiviral activities. It also helps to prevent ulcers by reducing gastric acid production as well as protecting

the stomach lining against damage caused by excessive gastric acid. Bhumi Amla might also reduce the risk of kidney stone formation due to its diuretic property. It does so by promoting the removal of salts (mainly oxalate crystals) that are responsible for the formation of kidney stones. It is also known as *Phyllanthus amara*, *Nirurisannua*, *Nymphanthus niruri*, *Phyllanthus niruri*, *Diasperus niruri*. Some authors dispute them as different varieties/spices. This drug was proved by the Central Council for Research in Homoeopathy at 2 centres. The Council undertook proving of *Phyllanthus niruri* in 1994–1995 at Drug Proving Research Unit (H), Ghaziabad (U.P.) and Kolkata (W.B.). The proving details are published in "New Drugs Proved by CCRH" by the council in 2008. It was also proved by an independent scholar Dr. George Mathew and published in www.homeobook.com. Whole plant is used for the preparation of mother tincture.

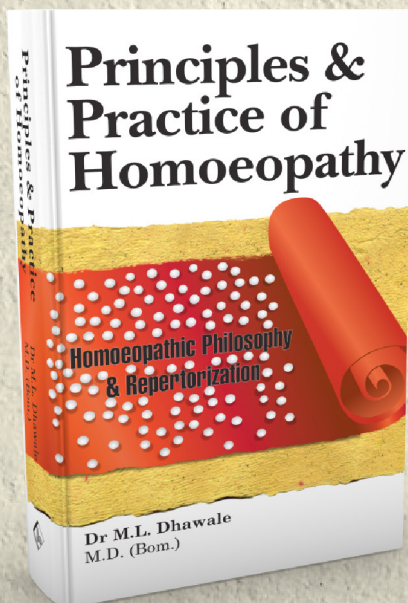
Moringa is a plant native to India. *Moringa oleifera* is a plant that has been praised for its health benefits for thousands of years. It is very rich in healthy antioxidants and bioactive plant compounds. So far, scientists have only investigated a fraction of the many reputed health benefits. It contains proteins, vitamins, and minerals, making it useful to fight malnutrition. These properties make *Moringa* a superfood in the present era. *Moringa* mother tincture is prepared by incorporating the whole plant so that this homeopathic mother tincture is rich in all the available benefits of the herb. Hence *Moringa oleifera* mother tincture is rich in all the medicinal and nutritional benefits this homeopathic mother tincture offers. *Moringa Oleifera* Mother Tincture is helpful in regulating blood sugar. It is rich in antioxidants, boosts immunity, and Strengthens bones. This homoeopathic medicine is effective in treating rheumatic complaints. It also aids in breast milk production.

Research studies on these medicines (*Phyllanthus niruri* Q and *Moringa oleifera* Q) has been taken up at R.B.T.S. Govt Medical College & Hospital, Muzaffarpur, Bihar to explore the beneficial activities of these medicines in cases of liver disor-

ders and anemia respectively. Preliminary clinical trials show that these medicines have untapped potential and further studies should be carried on using the dilutions of these medicines.

Likewise, there are many more medicines in the bosom of our nature whose potentials can be unearthed and used in the service of mankind. It is gratifying to see that indigenous medicinal plants are being recognized and sincere efforts should

be made to incorporate these medicines in Homoeopathy. This will not only enhance the scope of Homoeopathy but also help to pave the path of integrative medicine which is the need of the hour. Indian Homoeopathy and Indian Homoeopathic fraternity has to show the world that the land which has nurtured this therapeutic method to the extent of calling it our 'own' can contribute much more to the growth of this therapeutic science.



Principles & Practice of Homoeopathy

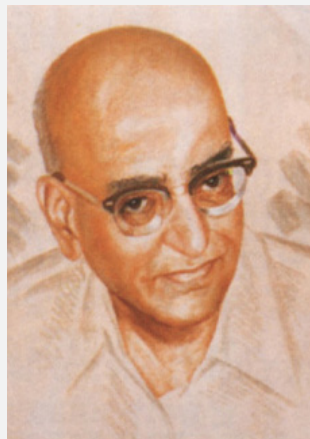
- Homeopathic doctrines and their application are illustrated through the presentation of well documented cases.
- Author has avoided the use of technical jargon in order to make it easy for an intelligent layman to follow the Course.
- Inclusion of the chapter on Susceptibility which integrates the various points of view prevalent to date and then makes a bold connection with the concept of immunity
- In order to facilitate further study, a classified List of Recommended Reading Material has been appended

Dr. M.L. Dhawale: A Homoeopathic Spearhead

Prof. (Dr.) Subhas Singh¹, Dr. Jyotidarshane², Dr. Rumsha Tamkeen², Dr. Vignesh S.², Dr. Binay P. Singh², Dr. Vaishnavi Achrekar

¹ Director, National Institute of Homoeopathy, Kolkata

² PGT, National Institute of Homoeopathy, Kolkata



Dr. Mitrachandra Laxman Dhawale (MLD) was the son of the famous Indian homoeopath Dr. Laxman Diwakar Dhawale. He was born on 14th July 1927 and belonged to a family of teachers, physicians and scholars. He was lovingly

dubbed 'MLD' by his colleagues and students. This acclaimed physician has left behind a rich legacy and a plethora of ideas which were gradually implemented by his students.

Early Childhood

As a child, Dr. Dhawale had developed a great interest in reading. He was an avid learner. He had a great ability to grasp things and explore complex subjects quickly. He was a prodigy of sorts and passed his school-leaving examination at the tender age of 14, two years earlier than usual.

His childhood was greatly influenced by his teacher, Mr. Hari Vinayak Gurjar, a visionary in education. Mr. Gurjar was one of his earliest mentors, who instilled in him the values of spirituality and emphasised the quality and importance of hard work.

Conversion to Homoeopathy

Dr. M.L. Dhawale was the famous Homoeopath who had planned all his life to become an allopath but destiny had something else in store for him. Being the son of Dr. L.D. Dhawale, it was obvious that Dr. M. L. Dhawale had been closely associated with Homoeopathy since his childhood. However, he had plans to pursue an MBBS degree and become a physician of modern medicine. He enrolled in the Seth G.S. Medical College and K.E.M. Hospital with aspirations to become an MBBS doctor. Dr. M.L. Dhawale obtained his undergraduate medical degree in 1949 from this college. He then completed his M.D. (Medicine) in 1952 under the guidance of Dr. Nathoobhai Patel with whom Dr. Dhawale formed a very close relationship. This association continued long after Dr. Dhawale's education was over.

His interest in Homoeopathy dates back to his early years, but it grew significantly when he personally experienced the benefits of timely Homoeopathic treatment during a bout of acute appendicitis. He was then in his first year of medical college. It was his father, the late Dr. L.D. Dhawale, who administered the treatment and forestalled medical and surgical complications. While recovering, Dr. M.L. Dhawale came across a copy of the Organon of Medicine, which he started reading and found inspiring. This experience led him to choose Homoeopathy as his life's calling and dedicate his life to similia.

The Homoeopath

The next thirty-five years of his life were completely immersed in Homoeopathic practice, teaching and development of concepts.

Dr. Dhawale joined his father in clinical practice soon after completing his post-graduation. Between the years 1952 to 1957, he took up the work of planning and teaching at the *Homoeopathic Post-Graduate Association of Homoeopathy* (HPGA) an organization founded by his father in the year 1931. Dr. M. L. Dhawale undertook the important task of revitalizing the lecture series of the HPGA. In 1957, the course was reinstated, and by 1959, it had undergone a complete reorganization to align with the contemporary advances in modern medicine. This comprehensive effort culminated in the publication of "*Principles and Practice of Homoeopathy Part 1: Homoeopathic Philosophy and Repertorisation*" in 1967. This book received wide acclamations in a short time. In this book, he introduced a new method for using *Boenninghausen's Therapeutic Pocket Book*. He found that this precious work was neglected by practitioners because of the time-consuming location, sensation, modality, concomitant methods. He hence revised this 4-step method into 7-step comprehensible method.

With the association of his colleagues Drs. K.N. Kasad and M.D. Phalnikar, the *Institute of Clinical Research* (ICR) was founded in the year 1975 in Bombay. The heart of the association's functioning lay in dealing with the threefold 'Care of Patient, Care of Student and Care of Knowledge'. The integration of these three elements was driven by the physician's concern for the well-being of all.

Dr. Dhawale maintained his philosophy that to fully comprehend Homoeopathy, a homoeopath must embody the first six aphorisms of the Organon and live by them. He advocated for the concept of the impartial observer and acknowledged that complete freedom from prejudice is unattainable. Instead, he emphasised the importance of recognizing and navigating one's own biases.

He developed the *Standardized Case Record* as a tool to record and analyse a medical case and its follow-up care, aiming to find the most appropriate treatment. This tool allowed others to understand a case as deeply as he did, by channeling his extensive knowledge and experience. This *Case Record* was first published in 1970. In addition, he introduced the concept of the Observer, which was based on Hahnemannian principles but presented in a new way.

Contribution to Homoeopathic Literature

After becoming a homoeopath, he authored many books relating to the course and study of the subject. He co-authored *Samachikitsa Shastra: Tatvaddhyan Va Paddhati* in Marathi, which was authored by his father late Dr. L.D. Dhawale.

In 1967, he published the *Principles & Practice of Homoeopathy: Vol.1: Homoeopathic Philosophy & Repertorization*. There was also the presentation of the *Trilogy of Papers on Homoeopathic Medical Education* by Dr. M.L. Dhawale, Dr. K.N. Kasad and Dr. M.D. Phalnikar at the same conference.

The publication of *Life and Living* in 1981 marked the presentation of abstract case studies and the acquired knowledge. Each page of this influential book still holds profound significance for those who delve into the subtext.

In 1983, a book named "*Perceiving 1*" was published.

Landmarks in his Homoeopathic Career

In 1974, Dr. M. L. Dhawale became a member of the Governing Council of the National Institute of Homoeopathy (NIH) and was one of those responsible for its constitution. He was one of the panellists who constructed the syllabus of the first course of the course Dip. NIH.

One year later, in 1975, the Institute of Clinical Research (ICR), Bombay, was established. In 1977, the first Summer School of the ICR was started.

In 1978, a *Symposium on Integrated Evolutionary Hahnemannian Totality* was held. Here, a total of 47 papers were presented. This led to the publication of the voluminous *ICR Symposium Volume on Hahnemannian Totality*. This was a collective presentation. Dr. Dhawale helped contribute to the evolution of the clinician through ICR. This vision was Dr. Dhawale's unique contribution to the Homoeopathic world. In 1979, ICR Nagpur was established. In 1980, the Pune branch was established and the Operational Manual of ICR was published.

Dr. Dhawale completed writing *Advancing Frontiers* in 1984.

He was invited in 1980 to help in the establishment of Father Muller's Homoeopathic Medical College, Mangalore, Karnataka. Dr. M.L. Dhawale was appointed as Hon. Director (Homoeopathy) of Father Muller's Charitable Institutions in 1985. He dedicated himself to creating the perfect student-teacher education model. Sadly, his health became a barrier to continuing this impactful work.

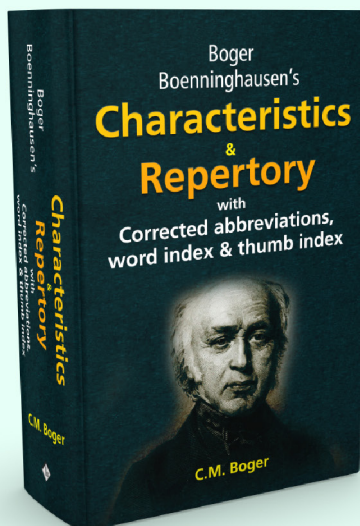
He was appointed as the Principal of the Bombay Homoeopathic Medical College in the year 1968-70. He held the post for two years but later resigned due to differences. Despite this, his dedication to promoting Homoeopathy continued unhindered.

In his final years, Dr. Dhawale took on the task of writing a book in Marathi about the Principles of Homoeopathic Practice. Unfortunately, it could not be completed. Later, his son finished writing the book, published posthumously in 1963.

Demise

In the final two years of his life, he grappled with the worsening effects of long-standing Pulmonary Fibrosis. Tragically, he passed away on 16th January 1987, an untimely death, leaving behind his wife, three sons, and a daughter.

In honour of his memory, his devoted students and colleagues came together to establish the Dr. M. L. Dhawale Memorial Trust on 14th July 1987, coinciding with what would have been his 60th birthday.



Boger Boenninghausen's Characteristics & Repertory

with Corrected Abbreviations, word index & thumb index

- Plan of the book based on- 'Repertory of the Antipsorics
- No. of editions- 2, 1st edition- 1905, 2nd edition- 1937
- Total number of medicines used in this repertory- 464
- Gradation of remedies- 5 grades
- Construction- Book has 2 sections- 1st part is of materia medica & 2nd part is the repertory section.



Exploring the Rashomon effect : a psychological prospective on perception and its implications for Homeopathy in understanding patient experiences and treatment outcomes

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Recently, I immersed myself in a captivating video exploring the Rashomon Effect, where multiple perspectives intertwine, revealing the intricate dance of truth and perception.

Rashomon, the acclaimed 1950 Japanese film, intricately examines the multifaceted nature of truth through the retelling of a violent incident involving an outlaw, a woman, and her husband. Narrated by a passer by, the film presents four divergent accounts of the event, each shaped by the individual biases and emotions of the characters. While the basic facts align, the interpretations of motive and responsibility vary significantly, prompting viewers to critically assess the reliability of memory and perception. Rashomon remains a profound exploration of human nature, inviting audiences to engage with the complexities of subjective reality and the elusive essence of truth.

The Rashomon Effect, as explored by Davis, Anderson, and Walls, reveals how conflicting perspectives can distort scientific observations. This phenomenon highlights the subjective nature of data interpretation, suggesting that individual biases “Rashomon Effects: Kurosawa, Rashomon, and their Legacies,” this video explores its implications in social science, in war, in statistics , in

law, in science, in healthcare ethics, in research, Homoeopathy is not an exception. For example The Rashomon Effect in legal contexts highlights the subjective nature of eyewitness testimony, where individuals interpret the same event differently based on their perspectives, biases, and interests. This phenomenon underscores the challenges of establishing objective truth in court, as varying narratives can significantly influence the outcomes of legal proceedings. Similarly In educational settings, this effect can pose challenges for students as they navigate topics with multiple perspectives and competing interpretations.

While viewing a video on the Rashomon Effect, I was struck by its profound relevance in our daily medical practice this phenomenon is not just a philosophical concept but a daily reality in our medical practice. In the outpatient department (OPD), we often encounter situations where multiple perspectives influence patient care. Each postgraduate scholar, alongside attending physicians, engages in in-depth interviews with patients, navigating through pathological, masismatic, and therapeutic diagnoses. At every juncture, we face conflicting interpretations and outcomes, reminiscent of the Rashomon narrative, this phenomenon highlights the subjective nature of perception in clinical practice.

This phenomenon challenges our understanding of truth and highlights the complexity of clinical decision-making, emphasizing the need for collaborative discourse in achieving optimal patient care and outcomes. Each stage of this intricate process, conflicting outcomes often emerge, challenging both scholars and attending physicians.

The Rashomon effect highlights the subjective nature of perception, illustrating how individuals can interpret the same event in fundamentally different ways based on personal perspectives.

The Rashomon effect illustrates the complex nature of human perception and memory, highlighting how individual experiences shape interpretations of the same event. This phenomenon underscores that differing accounts do not necessarily stem from intentional deceit; rather, they arise from the subjective nature of human cognition, suggesting that our memories are not mere reproductions of reality but are instead reconstructed narratives shaped by various factors. Factors such as personal biases, emotional states, and cultural backgrounds play a critical role in shaping these perceptions. Consequently, the Rashomon effect serves as a poignant reminder of the multifaceted realities of human experience, emphasizing the importance of considering diverse viewpoints to gain a more comprehensive understanding of any event. **Understanding the psychology behind this** effect is crucial for fields such as conflict resolution, legal testimony, and interpersonal communication, as it emphasizes the importance of acknowledging multiple perspectives to gain a comprehensive understanding of reality.

In the contemporary healthcare environment, patients frequently navigate a series of specialist consultations to obtain an accurate diagnosis. Each specialist contributes valuable insights based on their expertise, addressing specific facets of the patient's symptoms. While this thorough approach can extend the diagnostic process, it underscores the critical need for interdisciplinary collaboration and comprehensive care in managing complex medical conditions. By integrating diverse perspectives and exploring various diagnostic possibilities, patients can achieve a more holistic and precise evaluation of their health is-

ues, ultimately enhancing the quality of care and facilitating more effective treatment pathways.

A young adult with a complex medical history presents with chronic neck pain that has recently radiated to his left shoulder and arm. After consultations with three super-specialist physicians, a thorough diagnostic evaluation was conducted, including ECG, ECHO, MRIs of the shoulder and neck, and a series of blood tests. His profession in IT likely exacerbates musculoskeletal issues.

The case presented underscores a prevalent challenge in healthcare, where super-specialists may concentrate exclusively on their specific domain, potentially neglecting alternative diagnoses or contributing factors. This situation emphasizes the importance of adopting a holistic approach to patient care.

The Rashomon Effect, as illustrated in Akira Kurosawa's acclaimed film, underscores the subjective nature of perception and interpretation. In healthcare, this concept is reflected in the varied approaches that physicians from different specialties take regarding clinical notes, diagnostic investigations, and disease management. Each practitioner applies their unique expertise and training, believing their perspective to be the most effective for patient care.

However, such specialized perspectives can inadvertently obscure a comprehensive understanding of a patient's health, a concept akin to the Rashomon Effect, where multiple interpretations arise from a single scenario, highlights how different specialists can interpret the same symptoms in varied ways, potentially neglecting critical interconnections within a patient's overall condition. Which Urges us to consider the interconnectedness of bodily systems and the multifaceted nature of health.

In the era of medical super-specialization, practitioners often approach clinical symptoms through the prism of their specific expertise, leading to divergent diagnoses. For instance, A gastroenterologist might interpret upper stomach pain as esophagitis, while a cardiologist might see it as angina,

and an orthopedic surgeon could diagnose it as costochondritis.

In the realm of homeopathy, this phenomenon is particularly relevant and can be observed in the diverse interpretations of clinical outcomes. Patients often report varying experiences and outcomes from homeopathic treatments, influenced by personal beliefs, expectations, and individual health conditions. This variability can lead to polarized opinions on the efficacy of homeopathy. Such variability can be attributed to individual beliefs, emotional states, and unique physiological responses, highlighting the subjective nature of healing. Practitioners and skeptics often view homeopathic remedies through vastly different lenses. Supporters argue that these treatments, based on the principle of “like cures like,” offer holistic healing, while critics highlight the lack of empirical evidence supporting their efficacy. In homeopathy, diverse patient experiences and symptoms influence treatment choices,

This divergence in perception underscores the complex interplay between personal experience, belief systems, and scientific validation, making homeopathy a compelling case study in the broader discourse on alternative medicine and human perception. This interplay of perception and treatment underscores the complexity and subjectivity inherent in both storytelling and healing practices.

How frequently we encounter this phenomenon in our daily practice, especially in the outpatient department (OPD). In the bustling environment of the outpatient department (OPD), each day unfolds as a complex tapestry of patient interactions, where postgraduate scholars and experienced physicians engage in the intricate dance of diagnosis conflicting outcomes that challenge their expertise and judgment. Each patient we see, alongside our postgraduate scholars, presents a unique narrative shaped by their experiences. After thorough interviews and a series of pathological, miasmatic, and therapeutic diagnoses, we often face conflicting outcomes. Different perspectives can lead to varied interpretations of the same event.

Let's understand with examples

CASE NO. 01

31 July 2024

Patient Case Report

Patient Information: Age/Gender: 37year/female

Presenting Complaints: Patients presented with the three-month history of pain in the epigastrium and right hypochondrium which is aggravated in the morning, on waking up and after eating.

Associated symptoms: bloating, belching, nausea and heartburn.

Recent endoscopy confirmed *Helicobacter pylori* infection and gastritis.

Mental Symptoms:

- The patient was very anxious and fearful about her condition, believing she might die from her symptoms.
- She had marked restlessness and is highly fastidious by nature, unable to rest when things are not in their proper place.
- Additionally, she becomes tearful when questioned and expresses a strong desire to recover as soon as possible.
- The patient was very worried about her family and continues to work even when she is unwell.

Discussion by PG scholars and physician in charge

Group 1: Dr kajal Arya batch 2021-22

Dr Abdul Rahman batch 2022-23

Observation: This physician focused on the patient's marked anxiety, fear of death, and fastidious nature. They also considered the physical symptoms, including pain in the epigastrium and right hypochondrium, bloating, and heartburn, which are aggravated in the morning and after eating. The patient's restlessness and need for things to be in order were noted.

Recommended Remedy: Arsenicum Album

Justification: Arsenicum Album is well-suited for addressing both the patient's significant anxiety and physical symptoms. The remedy is indicated for individuals who are anxious, restless, and concerned about their health, aligning with the patient's fear of death and fastidious nature. Additionally, Arsenicum Album addresses gastrointestinal symptoms like pain, bloating, and heartburn, which are aggravated by eating, making it a comprehensive choice for the patient's condition.

Group 2: Dr Vaishali saxena PG scholar batch 2021-22**Dr Anshu Prajapati PG scholar batch 2022-23**

Observation: This physician emphasized the patient's emotional state, including her tearfulness, strong desire for a quick recovery, and worry about her family.

They also noted the patient's persistence in working despite illness and her emotional sensitivity.

Recommended Remedy: Sepia

Justification: Sepia is suited for patients who feel emotionally exhausted, indifferent, or overwhelmed, particularly those burdened by family responsibilities. The patient's concerns about her family, persistence in working despite illness, and emotional sensitivity align well with the Sepia profile.

Physician -in - charge:

Observation: This physician highlighted the physical symptoms of gastritis and the associated pain in the epigastrium and right hypochondrium, while also considering the patient's mental symptoms, particularly her marked anxiety and fear. Notably, the patient experiences overwhelming fear and anxiety in social situations, is low in confidence, and has a thermally hot constitution. Her gastrointestinal symptoms include bloating, belching, nausea, retching, and stitching pain in the abdomen. The symptoms are aggravated after eating.

Recommended Remedy: Argentum Nitricum

Justification: Argentum Nitricum is well-suited for patients with significant anxiety and gastrointestinal issues. The patient's symptoms, such as bloating, belching, nausea, and stitching pain, align with the profile of Argentum Nitricum. Additionally, the remedy matches the patient's overwhelming social anxiety, low confidence, and sensitivity to thermal changes. The remedy is indicated for conditions that are aggravated after eating, reflecting the patient's symptom profile.

Conclusion: Each physician has provided a rationale for their remedy choice based on different aspects of the patient's condition. Arsenicum Album addresses both anxiety and physical symptoms such as pain and bloating; Sepia targets emotional exhaustion and family burdens; and Argentum Nitricum is suitable for gastrointestinal symptoms and significant anxiety.

In such cases , A follow-up consultation will be necessary to evaluate the effectiveness of the chosen remedy.

CASE NO. 02**Patient Case Report**

A 56-year-old female presents with status asthma attack, persisting for three days, with a history of acute exacerbations over the past two years, particularly exacerbated during the rainy season. Symptoms include dyspnoea, continuous cough, wheezing, and increased respiratory distress at night and during travel, alongside a rise in body temperature.

Physical examination reveals a lean, emaciated, and unhygienic constitution. The patient reports disturbed sleep, thermally chilly sensations, thirstlessness, normal appetite, loss of taste, scanty perspiration, clear bowel movements, and normal urination. She expresses cravings for oranges, chicken, and hot food, alongside experiencing cramps in her extremities when exposed to extreme cold.

Family history includes a deceased brother (accident), a sister with diabetes and hypertension, and a younger sister with diabetes and asthma

(familial diabetes and asthma). The patient is a nurse she experienced significant stress after her husband's death in 2004 due to myocardial infarction and chronic alcoholism.

Mentally, she is loquacious, extroverted, and exhibits a fear of fire

Constitutionally, she appears lean and unkempt.

This case involves a patient exhibiting significant symptoms across multiple domains, including religious preoccupation, asthmatic status, disrupted sleep, and general cold air aggravation. The primary rubrics identified include "mind: illusion, fire vision" and "sleep: disturbed."

Remedies evaluated were Lachesis (8 marks), Lycopodium (10 marks), Arsenic (9 marks), and Graphites (9 marks), each covering various rubrics. However, Dr vaishali , pg scholar batch 2021- 2022, suggested Sepia as the most suitable remedy, given its efficacy in addressing respiratory hypersensitivity to cold and its characteristic emotional profile of indifference, which resonates with the patient's reported lack of affection towards her husband. Additionally, the patient's desire for sour and acidic foods aligns with Sepia's materia medica.

Overall, Sepia's comprehensive action on the respiratory tract and emotional state makes it the optimal choice for this case.

But Sulphuric Acid 1M was prescribed, administered once daily for three days, to address her thermal sensitivity and associated psychological manifestations by physician in charge, based on symptoms and her unique temperament. The patient presents with a peculiar thermal chilly ailment, exhibiting heightened sensitivity to cold air and a compelling fear of fire. Characterized as loquacious and extroverted, she demonstrates a strong craving for oranges and a disinterest in household chores, reflecting an unhygienic lifestyle. Her behavior is marked by haste in both walking and talking. Despite her challenges, she expresses a desire to maintain her job.

In this case, Lachesis, Lycopodium, Arsenic, and Graphitis each addressed certain symptoms where as Sulphuric Acid emerged as the most

fitting remedy. Its alignment with the patient's thermal sensitivity, extroverted mental state, and specific physical symptoms underscores its relevance, surpassing Sepia in capturing the totality of the patient's presentation.

Such dilemma where clinical intuition often clashes with empirical evidence, poses a significant challenge. Yet, amidst this chaos, the wisdom of remaining unbiased and unprejudiced, as our Master Hahnemann advised, while also trusting the intuition and instincts honed through years of experience. It's a delicate balance we must master.

In **conclusion**, navigating the complexities of patient care in the outpatient department presents a continuous challenge for both postgraduate scholars and experienced physicians. Each step—be it pathological, miasmatic, or therapeutic diagnosis—can yield conflicting outcomes that test our resolve. The key to overcoming this dilemma lies in fostering an environment of unbiased evaluation and unprejudiced judgment. By embracing the wisdom imparted by mentors and trusting the instincts honed through experience, we can bridge the gap between conflicting diagnoses and deliver holistic care. Ultimately, it is this blend of science and intuition that will guide us toward effective, compassionate patient management.

The Rashomon effect vividly illustrates how varied perspectives shape our understanding of reality, akin to homeopathy's personalized approach to healing. In homeopathy, the distinct experiences and symptoms of each patient guide treatment decisions, mirroring the unique stories that define their lives. Recently, two cases in our outpatient department beautifully illustrated this principle. In homeopathy, each patient's unique experiences and symptoms guide treatment choices, reflecting their individual narratives. This concept was beautifully exemplified in two recent cases from our outpatient department. In one instance, a patient with chronic migraines reported relief through a remedy tailored to her emotional triggers, while another found healing with a different approach focused on physical symptoms. These cases highlight how the same condition can lead to diverse treatment paths, emphasizing the art of individualized care in homeopathy.

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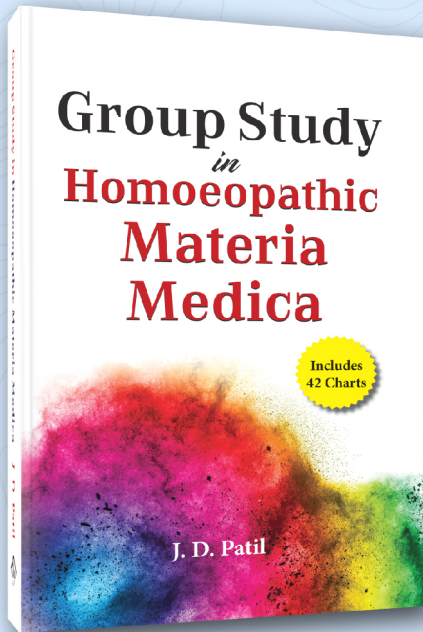
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November 2002 Sociological Methods & Research 31(2) 31(2)

DOI:10.1177/0049124102031002002

Authors: WENDY D. ROTH Jal Mehta Harvard University

Researchgate Article PDF Available



Group Study in Homeopathic Materia Medica

- It is a unique compilation that presents a schematic overview of a group-wise study of drugs included in the homeopathic Materia Medica
- It concisely presents the most important aspects of the subject of group study at a glance
- It features: drugs from animal, plant, and mineral kingdoms; Sarcodes and Nosodes explained
- Schematic diagrams depicting important symptoms of medicines from each kingdom; flow charts and tables for quick references and easy recall; and, comparisons and differentiation between drugs from the same kingdom.

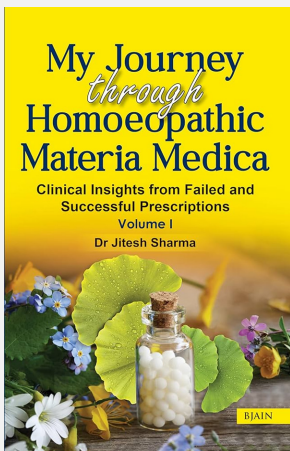
Earnest Colloquy with Dr Jitesh Sharma

Author, My Journey through Homoeopathic Materia Medica



Welcome to 'Earnest Colloquy' - A new section in your favourite journal. This is what you get here- Our managing editor, Dr Rashi Prakash speaks to eminent homoeopaths to bring to you, their journey, their struggle story and their paths to reach this point in their life.

Read on to get acquainted with the people behind your favourite authors, inspiring teachers and professors, well-known stalwarts, renowned physicians and eminent homoeopaths who stand tall as an epitome of success in the field of Homoeopathy.



Dr Rashi: Let us begin this conversation with your journey in homeopathy. What in homeopathy attracted you to step into it and build a career as a homeopath?

Dr Jitesh: My fascination with homeopathy began at a very young age, as I grew up watching my father, who is a dedicated

homeopathic physician, achieve incredible results with his patients. After school, I would often help him in his clinic, witnessing firsthand the remarkable cures he was able to facilitate. These early experiences ignited a deep interest in homeopathy within me, and it was clear that this was the path I wanted to pursue—not out of obligation, but from a genuine passion.

Choosing to become a homeopathic physician was entirely my own decision. I knew I wanted

to serve humanity using this gentle, yet powerful system of medicine, which is both safe and effective. It wasn't always an easy journey—I worked hard, learning from some of the most respected and renowned stalwarts in homeopathy across the globe, and gaining immense knowledge along the way. But this struggle only strengthened my resolve and deepened my understanding, shaping the practitioner I am today. I am deeply grateful to my mentors who have shaped my journey in homeopathy. Special thanks to my father, Dr. Deoshlok Sharma, Dr. Pradeep Gupta, Prof. George Vithoulkas, Dr. Rajan Sankaran and all my teachers. Their guidance and wisdom have played a pivotal role in making me who I am today

Dr Rashi: Your book- 'My Journey in Homeopathy' has been much loved by students, teachers and professionals alike. What was your idea behind writing this book?

Dr Jitesh: Writing this book has been a six-year journey, and throughout that time, my vision has always been clear: I wanted to create something

genuine and original, not just another textbook or repetition of existing knowledge. My focus was on writing a *Materia Medica* that goes beyond the basics, where I could share clinical cases that truly illustrate the remedies in action.

One of the key aspects of this book is that I've included case examples—both successful and failed ones. I believe it's important to show not only the positive outcomes but also the challenges and the learning moments when a remedy didn't work as expected. These failures are essential in our learning process, as they teach us how to refine our understanding and arrive at the correct remedy. In this book, I've made it a point to walk readers through these scenarios, showing how I navigated complex cases, did re-casetaking corrected my mistake, and finally achieved results.

By highlighting real-life examples and failures, I hope to inspire young homeopaths and give them the confidence to face difficult cases with a clear understanding of how to choose the correct remedy. This approach makes the *Materia Medica* much more practical and applicable, giving upcoming practitioners a deeper, more realistic sense of how to succeed in practice. If this book can help others achieve that clarity and confidence, then the effort of these six years will have been worth it.

Dr Rashi: Please tell us about your podcast channel- 'Homeopathy and Acutes'. How can students seeking practical guidance connect with you?

Dr Jitesh: I'm excited to discuss my podcast channel, '**Homeopathy and Acutes**'. This podcast dives into the fascinating realm of acute prescribing in homeopathy, offering practical insights on managing a variety of acute conditions—from everyday issues like colds and fevers to more intricate cases. Each episode is designed to provide actionable guidance that helps both students and practitioners build their confidence in selecting and using homeopathic remedies for acute situations.

Homeopathy is not just about theoretical knowledge; it's about applying those principles in real-life scenarios. That's why I include clinical

examples, discuss remedy selection strategies, and explore cases where remedies needed adjustments.

For students seeking practical advice, 'Homeopathy and Acutes' is a great resource to begin with. Additionally, I'm always open to connecting directly. You can reach out to me via social media platforms like Facebook and Instagram, or through email. I'm here to support and guide you through Q&A sessions, case discussions, and mentorship, helping the next generation of homeopaths to thrive and succeed in their practice. its available in Spotify ,Apple Podcast

Dr Rashi: Out of all cases you have dealt with so far, which one was the case where the efficacy of homeopathy was absolutely unexpected and phenomenal?

Dr Jitesh: In a remarkable case, I treated a 12-year-old female patient who had a 51mm ovarian cyst. The family was concerned, and surgery seemed like the only option. However, using homeopathic treatment in LM potency, I prescribed a remedy based on her individualized symptoms.

To everyone's surprise, within just 9 days, the cyst reduced significantly, avoiding any need for surgical intervention. Even the Radiologist called me and asked me how did Homeopathy helped in this case. This rapid reduction showcased the efficacy of homeopathy, particularly the power of LM potency in addressing such conditions swiftly and holistically. The case stands as an incredible example of the unexpected healing potential of homeopathy. Like this case I have so many cases where I have witnessed phenomenal results.

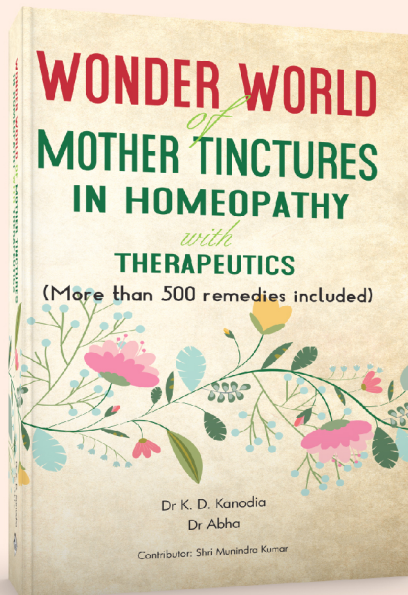
Dr Rashi: As a seasoned practitioner of 'clinical' homeopathy, what advice would you give to young students and novice practitioners entering the field of practical homeopathy?

Dr Jitesh: Many beginners often seek quick remedies for specific conditions, which can lead to less effective outcomes. Instead, it's essential to ground your practice in the core principles of ho-

meopathy. Focus on studying foundational texts such as Allen's Keynotes, Boger's Synoptic Key, and the 6th edition of the Organon by Master Samuel Hahnemann.

In addition, explore the works of influential homeopaths like Dr. S. P. Day, Dr. Pierre Schmidt, Dr. Pierre Jousset, Dr. Foubister, Dr. Margary Blackie, Dr. Borland, and Dr. Elizabeth Hubbard. Their insights and methodologies will enrich your understanding and improve your practice. Adopt a constitutional approach to treatment,

addressing the whole person rather than merely treating symptoms. For those seeking more hands-on experience, consider joining the 6-month clinical training program at my JDS Homoeopathic Hospital. This program offers practical experience with daily patients, real-time learning, and clinical evolution under my guidance. Many students and homeopaths from both international and various parts of the country have visited my hospital for training and have achieved great results. Their success is the greatest reward for me.



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Exploring the Practical utility of Indigenous Homeopathic Drugs Rauwolfia, Bael, Neem and Tulsi in Homeopathic Practice

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Keywords

Homoeopathy, Indigenous, Rauwolfia serpentina, Neem, Tulsi, Bael, Hypertension, Dysentery, Irritable bowel syndrome, Bronchitis

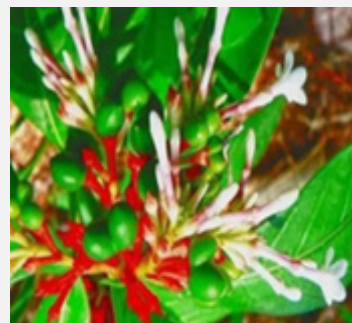
Abstract

This article explores the therapeutic potential of four indigenous plants—Rauwolfia serpentina, Bael (*Aegle folia*), Neem (*Azadirachta indica*), and Tulsi (*Ocimum sanctum*)—within the context of homeopathic medicine. Each plant possesses unique medicinal properties that have been utilized for centuries in the treatment of a variety of conditions. Rauwolfia, known for its hypertensive and anxiolytic effects, offers a natural alternative to conventional antihypertensive medications. Bael is renowned for its digestive benefits, particularly in treating chronic diarrhea and irritable bowel syndrome. Neem's broad-spectrum antimicrobial and detoxifying properties make it invaluable in managing infections, skin disorders, and immune modulation. Tulsi, the revered "Queen of Herbs," is celebrated for its adaptogenic and respiratory health benefits, especially in stress-related disorders. The article emphasizes the holistic approach of homeopathy, where these remedies are often used individually to address the root causes of illness and promote overall well-being.

Introduction

The therapeutic potential of indigenous plants has long been recognized in traditional medicine systems. In homeopathy, these plants are harnessed to offer holistic solutions to various health issues. Among the most notable are Rauwolfia, Bael, Neem, and Tulsi, each of which brings a unique set of medicinal properties to the table. This article delves into the practical utility of these indigenous homeopathic drugs, exploring their traditional uses, homeopathic applications, and clinical relevance.

Rauwolfia: A Natural Remedy for Hypertension^[1-7]



Rauwolfia (sarp gandha)

Rauwolfia serpentina, commonly known as Indian snakeroot, is a prominent herb in traditional medicine. In homeopathy, Rauwolfia is utilized in potentized forms to manage hypertension, offering a natural alternative to conventional antihypertensive drugs, which often come with side effects such as fatigue and dizziness. The herb's effectiveness lies in its alkaloid content, especially reserpine, which helps lower

blood pressure by depleting catecholamines and serotonin from nerves.

The plant is an erect, perennial evergreen, reaching up to 50 cm in height, with tuberous, wrinkled roots.

Rauwolfia is not just a remedy for blood pressure but also addresses the individual's overall symptom picture, including mental and emotional states, making it a holistic treatment option for chronic hypertension and associated conditions like anxiety and insomnia. The plant, belonging to the Apocynaceae family, is found across India and neighboring countries, thriving in tropical and subtropical climates.

In addition to hypertension, Rauwolfia is traditionally used to treat anxiety, psychosis, schizophrenia, epilepsy, nervous disorders, and external conditions like snake bites and scars. Given its extensive medicinal uses, Rauwolfia remains a vital herb in both traditional and homeopathic medicine, particularly for managing hypertension and associated cardiovascular risks.

Bael: A Digestive Aid with a Broad Spectrum of Action^[1,4,5,6,8,9]

Aegle folia (Bael)



Bael (*Aegle folia*), also known as Bengal quince, is another indigenous plant with significant therapeutic potential, especially in the realm of gastrointestinal health. Belonging to the Rutaceae family,

Bael has been used traditionally to treat a variety of digestive disorders, including diarrhea, dysentery, and constipation. Its fruit is particularly valued for its ability to balance the digestive system, making it a go-to remedy for maintaining overall gastrointestinal health.

Bael is predominantly found in India, where it grows as a slow-growing tree that can reach heights of 30 to 40 feet.

In homeopathy, Bael is used to treat chronic diarrhea, particularly when it is associated with a weakened digestive system. The remedy is particularly effective in cases where there is an alternation between diarrhea and constipation, reflecting the plant's dual action in addressing both conditions. Bael has also shown promise in managing symptoms of irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD), where conventional treatments often fall short. Additionally, Bael is known for its efficacy in treating dropsy, impotency, bleeding piles, neuralgia, hepatomegaly, and other abdominal conditions such as infantile jaundice and dyspepsia.

The remedy is also noted for its impact on the intestinal mucous membrane, where it acts as a mild stimulant. Bael's characteristic symptom in homeopathy is a full, regular, and strong pulse, which is indicative of its therapeutic action. Its action on the stool is significant, with indications for both constipation and diarrhea, characterized by alternating stool patterns, black hard stools, or yellowish loose stools.

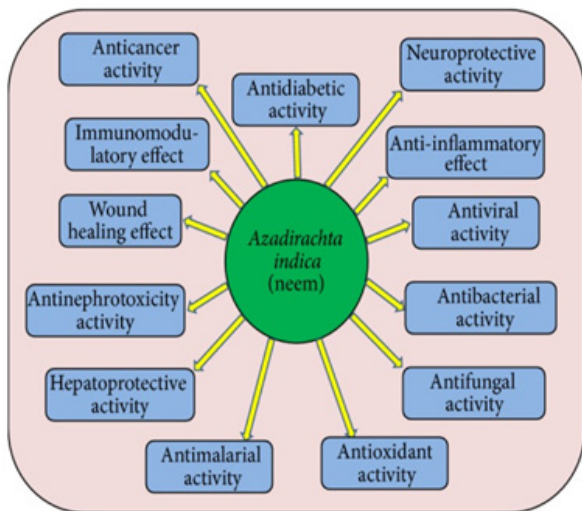
Neem: The All-Purpose Antimicrobial^[3,5,6,8,10]

Neem



Neem (*Azadirachta indica*) is renowned for its potent antimicrobial properties, which include antifungal, antibacterial, and antiviral activities. These properties are attributed to various bioactive compounds found in the plant, such as azadirachtin, nimbin, and quercetin, which work synergistically to combat pathogens. In traditional and modern medicine alike, Neem is employed to treat skin infections, respiratory tract infections, and gastrointestinal infections. Its efficacy in preventing and treating infections makes it a key player in managing conditions that might otherwise become chronic or resistant to conventional therapies.

Role in Skin Health



One of the most notable applications of Neem in homeopathy is in the treatment of skin disorders. Conditions such as eczema, psoriasis, acne, and various dermatitis forms often benefit from Neem's detoxifying and anti-inflammatory properties. Homeopathically, Neem is utilized in cases where skin eruptions are accompanied by itching, inflammation, or even secondary infections. The remedy is valued for its ability to not only alleviate symptoms but also address the underlying imbalance in the body that leads to skin issues.

Immune Modulation and Autoimmunity

Beyond its direct antimicrobial effects, Neem is also recognized for its immune-modulating capabilities. It can help regulate an overactive immune response, making it a valuable remedy in autoimmune diseases. In conditions where the immune system mistakenly attacks the body's own tissues, Neem's ability to modulate this response can help prevent further tissue damage and promote healing. This aspect of Neem's action is particularly relevant in homeopathy, where remedies are often selected for their ability to address the root cause of an illness, not just the symptoms.

Detoxification and General Health Promotion

Neem is also celebrated for its detoxifying properties. It helps in purifying the blood, eliminating toxins, and improving overall health. This detoxification process is crucial in **homeopathy**, where

a clean internal environment is often seen as essential for healing. Neem's ability to cleanse the body of impurities can help in managing chronic conditions that have a toxic component, such as certain skin diseases, joint pains, and metabolic disorders.

Tulsi: A Holistic Remedy for Respiratory and Stress-Related Disorders ^[4,5,8,11,12]

Tulsi



Tulsi (*Ocimum sanctum*), also known as Holy Basil, is a revered plant in India. Known as the "Queen of Herbs" and the "Incomparable One,"

Tulsi holds both medicinal and spiritual significance, often symbolizing the religious devotion of Hindu families. It is closely associated with Hindu religious traditions and is linked to the Goddess figure, reflecting its sacred status in Indian culture.

As a medicinal herb, Tulsi is celebrated for its adaptogenic properties, which help the body cope with stress. This makes it a valuable remedy for managing stress-related disorders, including high blood pressure, digestive issues, and immune dysfunction. In addition to its stress-relieving effects, Tulsi is highly regarded for its ability to support respiratory health. It is commonly used to treat conditions such as asthma, bronchitis, and allergies. In homeopathy, Tulsi is specifically employed to address respiratory ailments that are exacerbated by stress or emotional turmoil. By harnessing its adaptogenic and respiratory-supporting properties, homeopathy utilizes Tulsi to provide holistic care, addressing both the physical and emotional aspects of illness.

Overall, Tulsi stands out as a holistic remedy with a wide range of applications, from promoting respiratory health to managing stress and emotional well-being, making it a cherished component of homeopathic medicine.

Homoeopathic - *Ocimum Sanct.* in COVID 19

The COVID-19 pandemic has caused global stress, with everyone facing the challenges of the novel coronavirus. Homeopathic medicine *Ocimum sanctum* is highlighted for its potential to address symptoms similar to those of COVID-19. These symptoms include drowsiness, prostration, headache, pain in the eyes with lacrimation, nasal catarrh with frequent sneezing, and influenza. It also covers bitter taste in the mouth, sore throat with dysphagia, loss of appetite, stomach heaviness, pain in the hepatic and splenic regions, offensive watery and bloody stools, diarrhea, fever, cough, bronchitis, and chest pain while coughing or sneezing. The remedy may be valuable in treating COVID-19 by addressing these diverse symptoms.

CONCLUSION

In summary, the indigenous homeopathic remedies *Rauwolfia serpentina*, Bael, Neem, and Tulsi offer a broad spectrum of therapeutic benefits, showcasing their relevance in modern homeopathy. *Rauwolfia*, with its potent alkaloids like reserpine, provides a natural alternative for managing hypertension and related conditions, while Bael serves as an effective remedy for gastrointestinal issues, balancing digestive functions and addressing chronic diarrhea and constipation. Neem's antimicrobial properties make it a versatile treatment for skin disorders and infections, while its immune-modulating and detoxifying effects enhance overall health. Tulsi stands out for its adaptogenic properties, supporting stress management, respiratory health, and mental well-being. Notably, *Ocimum sanctum* (Tulsi) has also gained attention for its potential role in alleviating symptoms associated with COVID-19.

These remedies not only address specific symptoms but also contribute to holistic health, reflecting the comprehensive approach of homeopathic medicine in treating both physical and emotional conditions. As these remedies continue to be explored and utilized, they underscore the value of integrating traditional herbal wisdom with modern therapeutic practices.

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Homeopathic Insights in Cases Of Hypertension- Role of Rauwolfia, Spartium and Other Mother Tinctures

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Keywords

Mother tincture, Homeopathy, Hypertension, Spartium, Rare mother tincture

Abstract

According to WHO 2008 estimated, the prevalence rate of hypertension in India was overall 32.5% (in men 33.2% while in women 31.7%). With the conventional treatment it is difficult to manage advanced cases of hypertension, pathological cases and its complication. There is a great role of homeopathic mother tincture to manage such cases.

Introduction

It is a solution, pharmaceutically prepared from a

drug substance of plant or animal kingdom by the process of extraction (maceration or percolation) using a suitable menstruum, in a definite proportion as per pharmacopoeia.

It is denoted by 'Q'¹

Utility Of Mother Tincture

- Mother tinctures are the first potencies prepared from the crude drug substance, in the liquid form and form the reference for further potentization. They are the lowest potency of the drug substance in the potentized form.
- Dr. Hahnemann himself advocated the use of mother tincture in his 6th edition of Organon of Medicine {aphorism 284, 285}

Differences Between Allopathic And Homeopathic Mother Tincture²

ALLOPATHIC MOTHER TINCTURE	HOMOEOPATHIC MOTHER TINCTURE
1. These are made from dried plants, often with the introduction of foreign substances, e.g., tincture of Sanguinaria contains acetic acid; Tincture of opium contains phosphate of lime; Tincture of Rheum contains cardamom.	1. These are made from fresh plants, because their medicinal properties remain quite intact, they are far superior to dry ones. When the fresh plants are not available, dry ones should be used, e.g., tincture of Sanguinaria made from rhizome; Tincture of opium and Rheum are pure
2. Allopathic tinctures are standardized on the basis of the alkaloid, glycosides etc. content in the medicinal substances.	2. Homoeopathic tincture prepared with the whole plants, leaves, fruits etc., as the case may be, without considering alkaloid content in the medicinal substances.
3. Allopathic tinctures are generally reddish or brown in color	3. Homoeopathic tinctures are generally green when prepared from fresh plants etc. and sometimes reddish or brown when prepared from dry vegetables.

Prescribing Dose

- For Adult: 10 to 15 drops
- For Newborn: One drop in two spoonful, make four doses / 1^¼ drops
- Infants: One drop
- Children: 2 to 4 drops
- Adult children: 5 to 7 drops³

Advantages Of Mother Tincture

- **Maintaining advanced pathological cases:** Mother tincture is very useful in advanced pathological cases to avoid the dreadful aggravation of constitutional medicine. If a deep-acting medicine is given in advance pathological cases it may apt to aggravate and succumb the patient.
- **Drug dependent cases/ organopathy:** The utility of mother tincture in those cases where the patient is dependent on allopathic drugs like anti-allergic, steroids, anti-diabetic, insulin, and anti-hypertension cannot be ignored these cases the homeopathic mother tincture will cease the dependency on the allopathic drug and the constitution of the patient is also reflected and constitutional remedy can be prescribed accordingly to cure the disease.
- **One-sided disease:** Since the mother tincture can be prescribed easily on the basis of very few symptoms thus it is useful in cases of one-sided disease. The one-sided diseases are those diseases with a scarcity of symptoms [having one or two symptoms only] without any pathological basis.
- **Management of a patient who is on constitutional treatment:** Mother tincture is also used to meet the accessory symptom produced in the patient who is on constitutional treatment without disturbing the action of the constitutional remedy. during the treatment of chronic disease, the patient may experience episodes of an acute attack of the disease which is successfully met by homeopathic mother tinctures. Since the mother tincture has a very superficial action thus will not disturb the dynamic action of the remedy.⁴
- **To increase the function of an organ:** In advanced pathological cases the stress on the

organ is increased in multiple folds to decrease the stress and to increase the nutrition and the functioning of the mother tincture has the best applicability.

- **Nutritional uses:** Few mother tinctures have decided to influence the system by providing nutrition, relieving deficiency, and associated symptomatology. For instance, Alfa Alfa favorably influences nutrition evidenced in the toning of the appetite and digestion resulting in great physical and mental Vigor with gaining in weight.
- **External uses:** Hahnemann himself advocated the use of mother tincture in his 6th edition of Organon of Medicine {aphorism 284, 285} that the curative remedy should also be continued internally while the same remedy is used externally as an ointment, liniment, create, etc. The external application is the combination of two or more mother tinctures to dispense in the vehicle to provide quick relief. Examples: Calendula: in injury, acid Chrysarobium: in ringworm, etc.
- **To increase the vitality of the patient:** In a few cases, the vitality of the patient is too weak to respond to the dynamic medicines, in such cases the mother tinctures come to the rescue by increasing the vitality, providing substantial nutrition and thus preparing the ground for the dynamic medicine to act.
- **Drainage remedy:** Once the deep constitutional remedy is administered to the patient the remedial effect of the constitutional medicine rapidly removes the toxins into the system. Here the mother tincture acts as a complementary to the constitutional remedy helping the body to eliminate the toxins from the system resulting in decreased toxic loads. Here, this action of the mother tincture is drainage action, and the indicated mother tincture becomes the drainage remedy.⁴

Disadvantages Of Mother Tincture

1. **Medicinal poisoning:** Since the mother tincture is a pure extract of the crude drug, excessive repetition may develop alkaloid poisoning.
2. **Masking of a symptom:** Few physicians use the mother tincture just to relieve the annoying symptoms resulting in an altered

constitutional picture thus the selection of a similimum isn't possible.

3. **No curative effect:** The action of mother tincture is very superficial and thus has only a therapeutic effect on a patient. Physicians must not expect the cure from mother tincture.⁴

Role Of Mother Tincture In Hypertension

1. SPARTIUM

- Clinical: Hypertension, Cardiac arrhythmia
- Preparation: Spartium Mother tincture is prepared from the plant and flowers of Scotch broom.
- Symptoms: It is a heart tonic, increases its strength but slows it down and reduces blood pressure and heart rate (large doses). Pulse accelerated. Violent cardiac pulsations. Constriction in the precordial region. Extra systoles (abnormal heartbeats). Irregularity of the contractions.
- Dose: Spartium Q, 10-20 drops twice daily. It is used as a palliative to combat arterial hypertension in large doses.⁵

2. RAUWOLFIA SERPENTINA (CHANDRA)

- Tincture prepared from the root.
- In high blood pressure without marked atheromatous changes in the vessels.
- Circulatory dystonia, hypotension and faintness, temporary rise and then fall in arterial tension vasomotor complaints vascular or febrile congestion.
- Congestion of the face and possible nosebleed
- Congestive headache with arterial palpitations in the temples and forehead frontal headache spreading towards the occiput, > in fresh air, accompanied by hot flushes and dizziness.⁶

3. VISCUM ALBUM

- S/A:- blood vessels
- Lowered blood pressure. Dilated blood vessels but does not act on the centers in medulla.
- Pulse is slow down due to central irritation of the vagus.
- Failing compensation, dyspnea worse lying on left side.

- Weight and oppression of heart, as if a hand were squeezing it, tickling sensation about heart.
- Lowers serum triglycerides.⁷

4. SERUM ANGUILLAE (EEL SERUM)

- Clinical:- Albuminuria, anuria, hematuria, kidney failure, acute nephritis, heart disorder, hypertension
- Specific indication for sub-acute and acute nephritis. Repressed kidney function. Acute nephritis with threatening uremia. Diuresis. Albuminuria Kidney failure.
- Cardiac uremia. Hypertension and oliguria without edema. Heart diseases in cases of failure of compensation and impending asystole. Functional heart diseases. Mitral insufficiency. Asystole with or without edema, dyspnea and difficult urinary secretion. {Digitalis - arterial hypertension, oliguria and oedema^{3,6}

5. LYCOPUS VIRGINICUS

- S/A: - heart,
- A heart remedy, Rapid heart action of smokers.
- Lowers the blood pressure, reduces the rate of the heart and increases the length of systole to great degree.
- Palpitations from nervous irritation, with oppression around heart.
- Concomitant: - Rheumatoid, flying pain, associated with heart diseases.^{3,6}

6. ALLIUM SATIVA

- S/A: - blood vessels
- Arterial hypertension
- Has Vaso- dilatory properties
- Arterial hypotension begins usually in 30 to 45 minutes after twenty to forty drop doses of the tincture.^{3,6}

7. GUATTERIA GUAMERIA

- Clinical:- Hyperlipidemia, hypertension
- Indicated when Hyperlipidemia causes hypertension.^{3,6}

8. SAROTHAMINUS SCOPARIUS

- S/A:- Heart, vagus nerve, kidney
- Sparteine sulphate, an alkaloid found in scotch broom, causes a lowering of the systolic and diastolic pressures of the provers. It also lowers blood pressure.
- Depresses the heart by its poisonous action on the myocardium, and this, with the stimulating action of the drug upon the vagus, accounts for the lowered blood pressure and reduced pulse rate. It weakens cardiac contraction. The total amount of urine is increased, diuretic properties, useful in dropsy.
- Sparteine sulphate increases the strength of the heart, slows it and reduces the blood pressure. Hinsdale reported that it continues the good effects of Verat. and Dig. without any of the
- Undesirable effects of either.^{3,6}

CONCLUSION

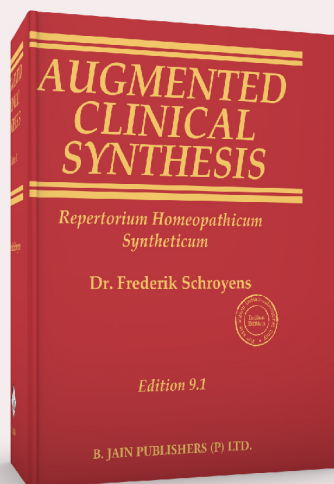
Mother tincture plays a significant function in pathological situations and one-sided diseases

because of its physiological action on the body. Mother tincture is relevant in hypertension due to varied causes because of its distinct area of action in our bodies. Blood pressure and its associated consequences are very efficiently treated with mother tincture.

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Augmented Clinical Synthesis



- The sources are indicated in an abbreviated form towards the end of each medicine
- Restructuring and streamlining of rubrics have been done at many places.
- Four new concept chapters have been added to find physical, mental, pediatric and latent psora symptoms.
- New families Repertory 2.1 is added which is another source of information, working in the background.
- Kent's arrangement of rubrics has been followed throughout.

Homeopathy Unveiled: Balancing Esoteric Principles with Exoteric Scrutiny

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Keywords

Homoeopathy, esoteric, exoteric, philosophical tensions, empirical validation, integration, patient care, collaboration, spiritual depth, practical limitations, ethical integrity, empirical scrutiny, healing standards

Abstract

The concepts of 'esoteric' and 'exoteric' in German idealistic philosophy offer perspectives from within the thought process and from outside observations. These ideas also shed light on new interpretations of homeopathy. Homeopathic literature typically portrays homeopathy esoterically, emphasizing adherence to universal laws, eternal truths, and divine insights. Conversely, critical medical professionals often view homeopathy exoterically, criticizing it as speculative and dogmatic without empirical proof of effectiveness. This dichotomy has polarized practitioners: some strive to substantiate homeopathic claims scientifically, while others dismiss external criticism and focus on clinical practice. Both approaches, however, have limitations. While strict adherence to homeopathic principles can maximize therapeutic outcomes, an overly esoteric view may neglect practical considerations. A balanced perspective, integrating both esoteric insights and awareness of practical limitations, is essential. Such a balanced approach not only enhances patient safety and collaboration with mainstream medicine but also incorporates spiritual, artistic, and ethical dimensions into homeopathic practice. Thus, mastering this balance is crucial, requiring practitioners to navigate complexities with integrity and

ethical discernment.

Introduction

Life, particularly human life, remains an enigmatic journey. Who truly understands themselves, unravels the mysteries of birth and death, defines concepts like love, virtue, and comprehension, or comprehends health, illness, and healing? Despite these uncertainties, we instinctively seek meaning and attempt to rationalize what matters to us, hoping for clarity in life's complexities. Our entire civilization, encompassing both science and religion, reflects our enduring pursuit of reason throughout history. Different epochs and cultures have crafted diverse rational frameworks to interpret the world and establish personal order. This philosophical quest reached its zenith during German idealism, notably in Georg Wilhelm Friedrich Hegel's System of the absolute spirit. Hegel revolutionized traditional perspectives by positing that the spirit itself evolves through human thought, rather than merely serving as a tool for perception. This transformative approach redefined how we engage with knowledge and perceive our existence, marking a significant philosophical milestone in human history.

However, interpreting Hegel's System leads to two distinct positions: acceptance of his holistic view without critical examination, or outright criticism of his approach. Hegel termed the former as 'esoteric,' embracing thoughts from within, while the latter, 'exoteric,' critiques ideas from an external standpoint. This dichotomy parallels monotheistic religions structures, where adherence to a singular doctrine is emphasized. Western

science and medicine similarly exhibit a tendency towards universal validity, contrasting with other traditions that embrace multiple approaches simultaneously. Homeopathy, notably championed by Hahnemann, parallels this dichotomy, establishing itself as a comprehensive system of healing. Hahnemann's rigid adherence to the similia principle divided medical practice into 'homoeopaths' and 'allopaths,' illustrating the challenges of integrating diverse medical paradigms within a singular framework.

Kent's Homoeopathic Philosophy

James Tyler Kent was a staunch advocate of what he believed to be the only true and effective healing method: homoeopathy as outlined in Hahnemann's *Organon* (1833). Over thirty years of practice, Kent continually refined his approach by delving deeper into Hahnemann's teachings, enhancing his clinical outcomes. He emphasized the significance of general, peculiar, and mental symptoms over common symptoms and physical changes, which he deemed less valuable. Kent preferred high potencies, administering them in a specific sequence and prescribing subsequent doses based on the patient's response. He closely followed Constantine Hering's guidance on the progression of symptoms during healing.

Kent's philosophy was deeply influenced by Emanuel Swedenborg's ideas, which he considered crucial for understanding homoeopathy comprehensively. He distinguished between the material world, perceived through senses and measurable, and the spiritual realm consisting of invisible "simple substances" like electricity, gravitation, and intelligence. According to Kent, potentized medicines and Hahnemann's concept of the "vital force" were akin to these simple substances, capable of infinite enhancement in quality through potentization.

Kent's approach tied illness to moral failings, viewing diseases like psora as stemming from original sin and syphilis from immoral acts. He held strict standards for patients, including prohibiting the use of palliative medications and demanding meticulous symptom recording. Those unwilling to comply were considered incurable. Kent's teachings required not only knowledge of

Materia medica and clinical observation skills but also moral virtues like self-control, trust, humility, and unwavering commitment to homoeopathy.

To Kent, understanding and adhering to homoeopathic principles was not just a medical practice but a moral obligation. He believed in the universality of the law of similars and the perfection of homoeopathy as a science. Kent's teachings emphasized absolute adherence to these principles, rejecting any deviation, even for the sake of symptomatic relief, which he believed compromised the integrity of homoeopathic treatment. His stringent approach aimed at creating a disciplined and morally upright practitioner capable of upholding the highest standards of homoeopathic care.

The foundation of Kent's esoteric view of homoeopathy rested on his defining principle: a homoeopathic remedy is the medicine that has effectively cured the patient in question. According to Kent's definition, a remedy cannot be considered homoeopathic if it fails to cure. When a cure does not occur as expected, Kent attributed this to various factors: the patient's lifestyle choices (like indulging in vices), unique individual reactions (idiosyncrasies), the severity of the illness (such as being in a terminal stage), prior allopathic treatments (which might have suppressed symptoms), the homoeopath's errors (like choosing the wrong medicine or potency), or issues with the medicine itself (such as impurities from unreliable manufacturers).

Despite these potential reasons for failure, Kent staunchly maintained that the fundamental law of homoeopathy remained unchallenged. This law dictates that the remedy must be chosen according to the principle of similar and must cure the patient's symptoms. Kent's adherence to this principle was unwavering, emphasizing that any failure to cure did not invalidate the law itself but rather highlighted the need for greater precision in applying it. Thus, in Kent's view, the efficacy of homoeopathy hinged on the accurate selection and administration of remedies based on their ability to cure, as defined by their successful application in clinical practice.

Criticism of Kent's Approach

Kent's esoteric approach to homoeopathy may resonate strongly with those who view Hahnemann as a medical genius, Kent as his faithful follower, and the law of similars as a divine revelation. However, from a different perspective, such as modern science, Kent's methodology raises significant concerns. Critics point out his disregard for pathology, bacteriology, objective clinical symptoms, and the pharmacology of unprocessed substances. Kent's preference for subjective symptoms, especially mental ones, as primary criteria for selecting medicines and evaluating outcomes, along with his use of highly diluted preparations, suggests a retreat into a medical niche that resists validation through measurable means.

From an exoteric viewpoint, key aspects of Kent's approach lack objective assessment, quantifiability, reproducibility, and comparability with other treatment outcomes—all crucial in scientific inquiry. Instead of systematically hypothesizing and testing ideas through experimentation, Kent's method often relies on circular reasoning or unproven assumptions (*petitio principii*). This can obscure logical gaps with eloquent affirmations rather than empirical evidence.

Critics also argue against what they see as a naturalistic fallacy in Kent's approach. This occurs when abstract metaphysical concepts, like the conformity of the world to natural laws or the inner nature of substances, are equated with concrete medical concepts, such as the law of similar or symptoms representing the inner human condition. Such conflation can obscure critical analysis when viewed from an esoteric standpoint.

Like Hegel, Kent might dismiss exoteric critics by suggesting they lack the insight needed to grasp the true principles of life embedded in his system. He and his followers could point to numerous successful treatments based on the law of similar as evidence supporting their approach. However, from an exoteric perspective, these successes might be seen as coincidental, influenced by suggestion, or due to factors unrelated to homoeopathy.

Moreover, the global acceptance of homoeopathy, varying greatly by region, can be interpreted esoterically as a testament to its efficacy despite conventional medicine's resistance. Exoterically, this spread could reflect diverse social, economic, cultural, and political factors unique to each country.

Both esoteric and exoteric viewpoints have their limitations and biases, each offering arguments and perspectives that the other cannot fully accommodate. Just as no single viewpoint can capture the entirety of the Earth simultaneously, exclusive adherence to any philosophical, political, or medical doctrine inevitably obscures alternative realities.

In conclusion, while Kent's approach to homoeopathy has its proponents and successes, criticism from an exoteric standpoint challenges its scientific rigor, empirical basis, and integration with broader medical knowledge. This debate underscores the complexity of evaluating medical practices and the importance of considering multiple perspectives in advancing healthcare.

Practical Implications

Beyond the philosophical debate, the esoteric and exoteric approaches to homoeopathy also have practical consequences. Just as certain substances affect individuals differently based on their susceptibility, embracing the esoteric view of homoeopathy can profoundly influence a practitioner's mindset and approach. It can instil enthusiasm, confidence, perseverance, and a deep sense of satisfaction in their work. Such qualities translate into meticulous study of medicinal properties, careful patient assessments, focused history-taking, and judicious prescribing. These practitioners are less likely to give up on challenging cases and often impress patients with their composed demeanour. On the other hand, practitioners influenced by the exoteric view may exhibit scepticism, mistrust, and uncertainty. They might generalize symptoms, resort to mixed remedies, or hastily change treatment plans at the slightest sign of discomfort. This approach tends to prioritize immediate relief over holistic healing, potentially undermining the core principles of homoeopathy.

Practical Implications

Metaphorically speaking, these differing approaches are like diverging paths on a mountain ridge. Each path offers unique perspectives and

insights into nearby terrain, but straying too far from the ridge—the balanced middle ground—can obscure the broader view and lead to imbalance. Achieving balance between the esoteric and exoteric views requires training and a range of abilities—like concentration, understanding, diligence, and honesty. Each of these qualities can be cultivated individually, but their harmonious integration is an art that serves the ultimate goal of healing. In medicine, this pursuit carries an ethical dimension that demands the highest moral integrity from physicians. Ideally, a physician's primary mission is to restore health and cure patients. If a practitioner finds a reliable positive correlation between the esoteric view of homoeopathy and successful outcomes, it becomes their duty to embrace this perspective responsibly. However, critical self-reflection is essential to temper excessive optimism associated with an esoteric approach, ensuring that treatment remains within safe and effective bounds.

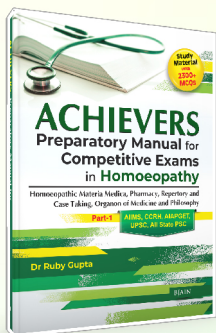
Moreover, to foster genuine communication with mainstream medicine and legislators, homoeopathic physicians must articulate their practices in both esoteric and exoteric terms. This balanced approach not only enriches professional discourse but also safeguards homoeopathy from being marginalized. Ultimately, mastering homoeopathy involves more than clinical skill—it encompasses spiritual, artistic, and ethical dimensions. Training should emphasize the development of these aspects to cultivate well-rounded practitioners capable of navigating the complexities of medical practice with wisdom and integrity.

CONCLUSION

The dichotomy between esoteric and exoteric perspectives on homoeopathy reflects broader philosophical tensions in knowledge systems. While Kent's esoteric approach champions adherence to homoeopathic principles with fervour, exoteric criticisms highlight challenges in empirical validation and integration with conventional medicine. Striking a balance between these views is crucial for practitioners, fostering comprehensive patient care and promoting collaboration across medical disciplines. This nuanced approach acknowledges both the spiritual depth and practical limitations of homoeopathy, ensuring that its practice evolves with ethical integrity and empirical scrutiny. Ultimately, achieving this balance empowers homoeopathic practitioners to navigate complexities effectively while upholding the highest standards of healing and patient well-being.

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Indigenous Homoeopathic Medicine: A gem for future Burden

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Keywords

Indigenous Mother Tincture, Ocimum Sanctum, Aegle Marmelos, Rauwolfia Serpentina, Ocimum Cannum

Abstract

As global healthcare faces increasing challenges, including the rise of chronic diseases, antibiotic resistance and soaring healthcare costs, there is a need for alternative and complementary medical approaches. This article looks at how traditional homeopathic treatments from indigenous cultures could help with today's health problems. How it has developed over time, and how it's used in different cultures. Medicine like ocimum sanctum, aegle marmelos, rauwolfia serpentina, ocimum cannum have huge medicinal benefits in various kind of diseases but their uses are limited due to lack of detailed knowledge and less proven, there is a need of research so that we can use these drugs as far as possible. Its utility suggests that combining these old practices with current medical approaches could provide new ways to handle health issues in the future, making healthcare more effective and accessible.

Introduction

Homoeopathy stands as one of the largest systems of medicine globally, with around 6000 proven medicines encompassing a multitude of symptoms in Materia Medica. However, as time progresses, we witness the emergence of new diseases, the evolution of symptoms in existing diseases, and the discovery of newer symptoms.

India's tropical climate boasts a rich biodiversity of plants. The process of identifying these plants and their medicinal uses is meticulous. Still, the indigenous nature of these plants allows for easy availability, streamlined manufacturing, and heightened potency due to the freshness of the plants.

Notably, indigenous plants such as Bael, Neem, Tulsi, and Rauwolfia are planted in every house in India. The therapeutic role has been widely recognised since ancient times. It continues to hold significant importance particularly in addressing the growing global burden of non-communicable diseases.

Advantages of Indigenous Homoeopathic Medicine

Indigenous Homoeopathic Medicine used in traditional practices, offers several advantages that can be valuable in both traditional and modern contexts:

- 1. Rich Historical Knowledge-** Indigenous Homoeopathic medicines are often rooted in centuries of traditional knowledge and cultural practices, providing insights into their uses and benefits that have stood the test of time.
- 2. Diverse Applications**
 - a. Varied Health Benefits:** Indigenous Homoeopathic medicines can address a wide range of health issues, from digestive problems and respiratory issues to mental health and skin conditions.

b. Preventive and Therapeutic: They can be used for preventive care and the treatment of existing conditions, offering a broad spectrum of health benefits.

3. Natural and Sustainable

a. Plant-Based Remedies: Many indigenous Homoeopathic medicines are derived from plants and natural sources, often using sustainable harvesting practices that are less taxing on the environment compared to synthetic pharmaceuticals.

b. Minimal Processing: These Homoeopathic medicines are often used in their natural form or with minimal processing, which can preserve their bioactive compounds and reduce exposure to synthetic additives.

4. Integration with Modern Medicine

a. Complementary Use: Indigenous Homoeopathic medicines can complement modern medical treatments, potentially enhancing overall wellness and offering additional options for managing health.

b. Customized Treatments: They can provide personalised health solutions based on traditional knowledge, tailored to individual needs and conditions.

5. Community and Cultural Connection

a. Empowerment of Indigenous Communities: Using and supporting Indigenous Homoeopathic medicines can contribute to preserving traditional knowledge and supporting the economic well-being of Indigenous communities.

b. Cultural Preservation: Engaging with

indigenous practices helps preserve cultural heritage and acknowledges the value of traditional knowledge systems.

6. Research and Innovation Potential

a. Pharmacological Insights: Indigenous Homoeopathic medicines can serve as a source of inspiration for new pharmaceutical developments, leading to the discovery of novel compounds and treatments.

b. Scientific Validation: Increasing research into these Homoeopathic medicines can validate their traditional uses and uncover new applications, bridging the gap between traditional and modern medicine.

7. Economic Benefits: Due to easy accessibility it reduces production and transport costs with benefitting the quality of substance

8. Coincides with the principles of Dr Hahnemann: According to § 265 Sixth Edition, § 266 with footnote Hahnemann mentioned that the patient was provided with medicines that were prepared by the physician himself.

a. The medicine should be prepared from their raw state

b. If it is procured or preserved by any means there medicinal properties altered

So the above guidelines only followed if the medicines procured indigenously

Also in aphorism 267 Hahnemann says:

We gain possession of the powers of indigenous plants and such as may be had in a fresh state in the most complete and certain manner by mixing their freshly expressed juice immediately with equal parts of spirits of wine of a strength sufficient to burn in a lamp.

Comparability of Tulsi, Neem, Bael, Rauwolfia on Certain parameter

Common Name	TULSI(white)	NEEM	BAEL	RAUWOLFIA
Medicinal Name	Ocimum Sanctum	Azadirachta Indica	Aegle Marmelos	Rauwolfia Serpentina
Comparability	Irritability of Chamomilla & Nux + Red Lips of Sulpher + Running Nose of Ars Iod + Restlessness of Tuberculinum	Indian Lycopodium	G.I of Nux + Modalities of Lycopodium	Vegetable Aurum Metallicum
Sphere of action	Head, Respiratory system, G.I System	G.I System, skin	G.I System,Heart	Mind, Cardiovascular system, Skin
RHC		Hot Pt.		Hot pt.

Azadirachta Indica

Pharmalogical action- The chloroform extract of stem bark possesses an anti-inflammatory effect against Carrageenan-induced paw oedema in rats and mouse ear inflammation, A methanolic extract of leaves showed antipyretic and analgesic effects in animal. Neem and its constituent have been demonstrated to exhibit immunostimulant, hypoglycaemic, anti-ulcer, anti-fertility, anti-malarial, anti-fungal, anti-bacterial, anti-viral, anti-carcinogenic, hepatoprotective and anti-oxidant activities, leaf extract exhibited various degrees of central nervous system depressant activity in mice³

Clinically Suitable for AIDS, Common cold, Dementia 1

- Mentally pt is humble, sentimental, and non-dictatorial like Pulsatilla
- In the case of the common cold, it is best suited when warm food and warm drink ameliorate the coryza.
- In the case of dementia, the patient is forgetful, giddy on rising with headaches and a sensitive scalp
- Desire warm food,
- < afternoon, damp weather, spring
- > passing flatus, eructation

Aegle Marmelos

Pharmacological action- An aqueous extract revealed cardiac stimulant, smooth muscle relaxant and uterine stimulant properties while the alcoholic extract showed cardiac depressant, smooth muscle and uterine relaxant properties. Ethanolic extract of fruits showed anti-viral activity against the Ranikhet Disease virus. It is found to be effective as insulin in the restoration of blood glucose and body weight to normal levels in diabetic animals³

Clinically most Suitable for Diarrhoea, Dysentery, Dropsy⁵

- Accumulation of wind in the abdomen, especially the lower abdomen; wind is expelled with a loud noise 1
- Waterbrash in the mouth, sour eructation;

acidity with burning pain in chest and abdomen

- Heartburn with acidity < at night
- Burning pain in epigastrium, with distention of abdomen; Distention > passing Flatus
- Alternate diarrhoea and constipation with flatulence
- Chronic dysentery, passing stool requires much effort
- Heaviness in the abdomen with anxiety and restlessness < in the afternoon and after eating

Ocimum Sanctum

Pharmacological action- The reported pharmacological action of Ocimum Sanctum includes anti-cancer, chemoprotective, radioprotective, anti-oxidant, anti-hypertensive and cardioprotective, anti-microbial, immunomodulatory, CNS-Depressant, Inflammatory, analgesic, antipyretic, memory enhancer, anti-cataract and anti-coagulant³

Clinically most Suitable for fever, Influenza

- Forgetfulness +++, Forgets to perform usual duties and commits mistakes in talking
- In children peevishness; being quiet on being carried
- Headache due to congestion in Common cold or influenza, Eye congested with lachrymation
- Face hot and flushed, red lips, red tongue shining at the edges with yellow or brown coating in the middle

Rauwolfia Serpentina

Pharmacological action- the alkaloids, reserpine, serpentinine and rescinamine are found to possess blood pressure lowering capacity³

Clinically most Suitable for Hypertension and sleeplessness

- Depression, suicidal tendency, loathing of life, excessively nervous, paranoid state
- Inability to concentrate on performing complex tasks, lack of confidence
- Craves cold drinks
- Hyperacidity<afternoon, Stomach symptoms

<eating

- Palpitation, Angina at rest
- Stiffness of nose > outdoors, Burning of ears

Ocimum Cannum

Clinically most Suitable action on the excretory system

- Struvite stones in the kidney⁶
- Right-sided renal colic with violent vomiting every fifteen minutes; she twists about, wrings her hands, screams and groans.
- Dreams about being poisoned¹
- Saffron colour urine; Red urine with brick dust sediment after the attack⁶.
- Thick, purulent urine, with an intolerable smell of musk.
- Burning during micturition.

CONCLUSION

Indigenous homoeopathic medicine can be self-beneficiary or beneficial adjunct to modern health care, offering complementary support for various health issues. Their potential lies in the traditional knowledge and herbal remedies used for generations. However, their effectiveness

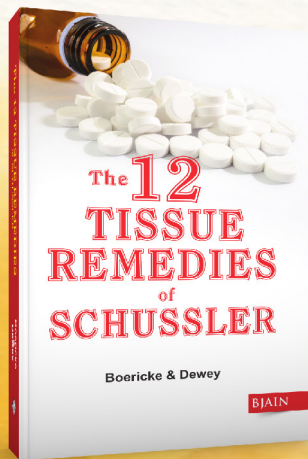
and safety can vary based on individual health conditions and the specific medicine. They may offer support for certain conditions, such as immune support or stress relief, and can align with holistic health approaches. More research is needed to understand their benefits and potential interactions with modern disease context. We can do further drug proving on healthy individuals using different potency (drug strength) of this drug, on various constitutions as well as in both sexes and having different age groups to expand the details about these particular drugs in our Homoeopathic Materia Medica.

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The 12 Tissue Remedies of Schussler



- Topics covered: Introduction, History, Theory, Health and Diseases, Preparation, Dose, Biochemic and Homoeopathic relationship
- Therapeutic applications of the twelve tissue remedies, comprising indications and clinical cases, alphabetically arranged tend to enlighten the doctors about the medicines.
- Repertory of the twelve tissue remedies, arranged upon a pathologico-anatomical basis.

Analysis of the Therapeutic Efficacy of Rauwolfia, Bael, Neem, and Tulsi in Homoeopathy

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Keywords

Indigenous plant, Homoeopathy, Remedial effects.

Abstract

The objective of this article is to present a comprehensive study of the utility of Indigenous Homoeopathic Drugs like Rauwolfia, Bael, Neem & Tulsi. Several studies have confirmed that these remedies are quite effective in treating various illnesses like hypertension, migraines, Cardiovascular, bronchitis, asthma, malaria, diarrhoea, skin diseases, arthritis, chronic fever etc. They also offer therapeutic effects, including antioxidant, antimicrobial, antidiabetic, anti-ulcerative and can be used as anti-venom.

Abbreviations

MIC- minimum inhibitory concentration, HCT- human colon cancer, CCl₄- carbon tetrachloride.

Rauwolfia serpentina



Introduction

Rauwolfia serpentina, also known as snakeroot or Sarpagandha or Chandrika is a flowering plant in the Apocynaceae family. Part of the Rauwolfia genus, which includes over 100 species, it is native to tropical and subtropical regions worldwide. The plant bears shiny, black or purple round fruits, along with small pink or white flowers, and has been a staple in Indian folk medicine for centuries, treating conditions like snake bites, malaria, abdominal pain, and mental disorders. The plant's use dates back to 1000 BC in Indian texts, and its genus was named after Dr. Leonhard Rauwolf. Mahatma Gandhi is said to have used Rauwolfia root tea for relaxation. Indian physician Rustom Jal Vakil introduced Rauwolfia to Western medicine with a 1949 British Medical Journal paper highlighting its antihypertensive effect.¹

Chemical Composition

Rauwolfia contains a range of phytochemicals, including alcohols, sugars, glycosides, fatty acids, flavonoids, phytosterols, and indole alkaloids. These alkaloids are most concentrated in the root bark, with yields varying from 0.7% to 3.3% of the plant's dry weight, depending on the plant part and extraction method.¹

Utility of Rauwolfia

Effects in Hypertension

Reserpine, from *Rauwolfia serpentina*, manages high blood pressure and mental disorders like schizophrenia. It works by dilating blood vessels and lowering blood pressure through the vasomotor centre, and it calms the nervous system by depressing cerebral centres.²

Effects on migraine

Rauwolfia effectively treats migraines and reduces pain. It's also used for angina pectoris, alleviating symptoms and it manages pruritic and psychogenic dermatosis and improves psoriatic outbreaks.¹

Effect in mental State

Rauwolfia has been explored as a potential treatment for various mental health conditions, including schizophrenia, bipolar disorder, epilepsy, seizures, insomnia, and sleep disturbances.³ It has been studied as a treatment for autistic children between the ages of 3.5 and 9 years.¹

Role in snakebite

The neutralizing potential of *Rauwolfia* root extract against *Naja naja* venom.⁴ Notably, it has been used as an antidote to snake venom, leveraging its calming and hypotensive effects to counteract the venom's impact on the nervous system.¹⁵

Fever and inflammation

The plant has been used as an anti-inflammatory agent and febrifuge, helping to alleviate symptoms of inflammation. Its roots, which contain several alkaloids, have also been used as a digestive aid and mild laxative.¹⁵

Cardiovascular effect

It primarily exerts its hypotensive effect through a reduction in sympathetic nervous system activity. It also demonstrates parasympathetic properties. Potential adverse cardiac effects include bradycardia and ventricular premature contractions.⁵

Aegle marmelos Linn. (Bael)



Introduction

Aegle marmelos, also known as bael fruit or stone apple tree. It is a significant indigenous plant in the Indian subcontinent with over 5000 years of dietary and medicinal use. Bael contains a rich array of nutritional elements, including alkaloids, flavonoids, tannins, phenolic acids, and coumarins, along with amino acids, vitamins, organic acids, carbohydrates, fatty acids, fibres, and minerals, making it highly nutritious and economically feasible.

Chemical Composition

Aegle marmelos contains 60-65% water, 9-21% carbohydrates, 11-17% sugars, and 5% fibre. It is rich in vitamins A, B, and C, and minerals like copper, potassium, calcium, phosphorus, and iron. The seeds which are 34.4% oil, contain stearic, linolenic, palmitic and oleic acids.⁶

Major phytoconstituents, analysis method, and biological activities of bael plant.

Phytochemicals	Bael parts	Biological activities
Coumarins	Leaves, seeds, fruit, bark, root	Antioxidant, anti-diabetic, Anti-inflammatory, analgesic agents
Alkaloids	Leaves, fruits	anti-inflammatory, alpha-glucosidase inhibitor, antibacterial, analgesic effects
Phenolic acids	Fruit	Antioxidant Activity
Terpenoid	Leaf, fruit, and bark	Anticancer And antimalarial
Flavonoids	Fruit	Antioxidant activity
Tannins	Unripe bael fruit	Antimicrobials help in reducing blood pressure
Fatty acid	Seed, fruit, leaf	Antimicrobial activity

Utility of Aegle marmelos

Antidiarrheal activity

In chronic dysentery, *Aegle marmelos* reduces bleeding and loosens stool. Its ethanolic fruit extract inhibits over 35 bacterial strains, including *V. cholerae*,

Escherichia coli, and *Shigella* sp. Antidiarrheal effects are also demonstrated by the unripe fruit pulp, leaf, juice, and water extract, with efficacy measured by minimum inhibitory concentration (MIC).⁶

Antimicrobial activity

Aegle marmelos demonstrate protective effects against a range of pathogenic organisms, including antibacterial, antitumor, antiviral, anti-inflammatory, and antifungal activities. The juice of *Aegle* has demonstrated antiviral potential against the Ranikhet disease virus and the leaf extract can elevate haemoglobin levels, promote pathogen clearance, and increase the WBC count, lysosomal activity, and RBC count

Antiulcer activity

Aegle marmelos seeds have been found to protect against ulcers induced by aspirin and pylorus-ligation in rat models. *A. marmelos* seed contains a pyranocoumarin class compound named Luvangetin, which is responsible for the antiulcer activity and very much depends on the antioxidant mechanism.⁶

Anticancer activity

Phytoconstituents such as cineole, eugenol, citral, d-limonene, and lupeol have antineoplastic effects, while the phytochemical marmelin in it shows anticancer activity against human colon cancer (HCT-116), epithelial type 2 (HEP-2), and alveolar epithelial carcinoma cells.⁷ Lupeol exhibits antineoplastic effects on various cancer cell lines, including hepatocellular carcinoma, human epidermoid carcinoma, prostate carcinoma, human melanoma, and human pancreatic adenocarcinoma cells.⁶

Antispermatic activity

It exhibits antifertility effects in males, primarily through its fruit, leaf, and seeds. The compounds marmin and fagarine, found in high concentrations in the bark extract, contribute to reduced fertility. Methanolic extracts have been shown to lower serum testosterone levels and decrease reproductive organ weight.⁸

Antidiabetic activity

Aegle marmelos fruit juice enhances glucose utilization similarly to insulin. It contains amino acids and dietary fibre, which facilitate moderate sugar absorption and improve insulin sensitivity.⁶

Diagrammatic representation of antidiabetic activity elicited by A. marmelos.



Antithyroid activity

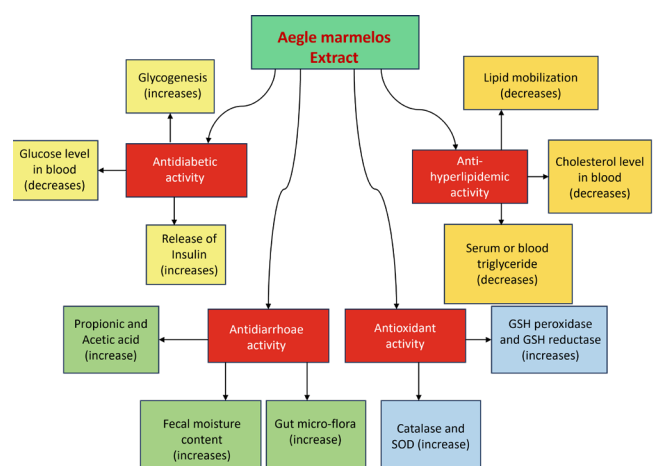
Its leaf extract can lower elevated thyroid hormone levels in the blood. This effect is due to scopoletin, a compound in the leaf extract that inhibits thyroid hormone production.⁹

Antiasthmatic effect

Its leaf decoctions have demonstrated efficacy in mitigating symptoms associated with phlegm and asthma. The presence of aegeline within the leaf inhibits histamine release from mast cells, a potential mechanism for its anti-asthmatic effects.⁶

Anti Venom

Bael roots have been shown to exhibit antivenom activity against snake bites.¹⁰



Biological importance of Aegle marmelos for the treatment of various diseases and mode of action.

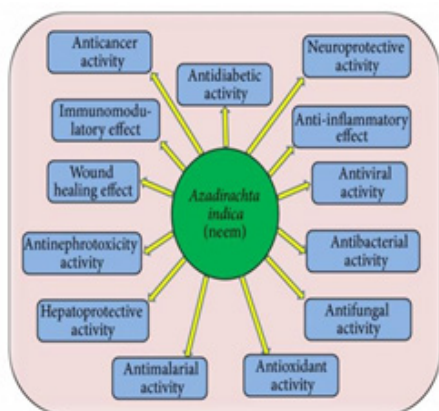
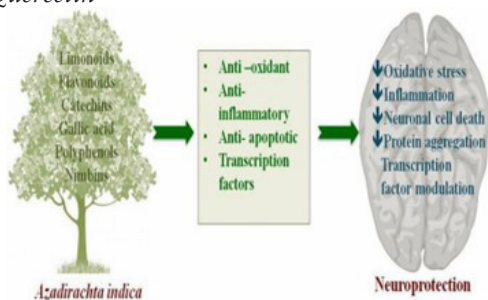
Azadirachta Indica (Neem)

Introduction

It is a tropical evergreen native to the Indian subcontinent and has been revered as a "wonder tree" since Vedic times. Its medicinal benefits are well-recognized, with nearly all parts of the tree—stem, bark, roots, leaves, gum, seeds, fruits, and flowers used in traditional Indian medicine to treat various ailments.¹¹ It belongs to the Meliaceae family and is a rich source of therapeutic principles.¹² Neem is renowned for its biopesticide azadirachtin and non-toxic infection control. The bark, known as Margosa Bark, is the best-known medicinal portion, and the tincture for the provings was made from this by Dr. P. C. Majumdar, who is our chief authority for its effects. It contains Azadirin, Margosin and Catechin.¹⁶

Chemical Composition

1. Azadirachtin
2. Nimbolinin
3. Nimbin
4. Nimbidin
5. Nimbidol
6. Salannin
7. Quercetin



Different pharmacological activities of Neem

Utility of Azadirachta indica

Antimicrobial effects

Neem plays a role in free radical scavenging properties due to its rich source of antioxidants. Azadirachtin and nimbolide showed concentration-dependent antiradical scavenging activity and reductive potential in the following order: nimbolide > azadirachtin > ascorbate.¹³ Neem's antimicrobial effects target *S. mutans* and *S. faecalis*. Ethanolic extracts of Neem leaves, sticks, and bark show strong antibacterial activity against *S. mutans* compared to other dental pathogens.¹³

Antidiabetic Effect

Neem traditionally manages diabetes by lowering blood glucose and improving insulin sensitivity. Its effects include enhanced insulin receptor sensitivity, increased glucose uptake, and enzyme inhibition. Regular neem leaf extract use significantly reduces blood sugar levels.¹⁴

Anticancer activity

Neem's flavonoids help inhibit cancer by influencing cellular proliferation, apoptosis, and tumor suppressor genes. Neem compounds are linked to cancer risk reduction by regulating key cell signalling pathways, including tumor suppressor genes (e.g p53, pTEN), angiogenesis (VEGF), transcription factors (e.g NF-κB), and apoptosis (e.g bcl2, bax).¹³

Hepatoprotective Effect

A study investigated the hepatoprotective effects of azadirachtin-A against carbon tetrachloride (CCl₄)-induced liver toxicity in rats. Histological analyses confirmed that azadirachtin-A reduced hepatocellular necrosis in a dose-dependent manner. Higher doses of it moderately restored liver function to normal.¹³

Neuroprotective Effect

A study examining the neuroprotective effects of Azadirachta indica leaves against cisplatin-induced neurotoxicity found that neem-treated groups showed well-preserved brain tissue in morphological assessments before and after cisplatin injection.¹³

Skin Disorders

Neem is commonly used in homoeopathy for skin conditions like eczema, psoriasis, and acne due to its

antimicrobial and anti-inflammatory properties. It helps alleviate itching, redness, and swelling. Remedies are prepared from the bark, leaves, or seeds of the neem tree and are administered in various potencies based on the condition.¹⁵

Digestive Issues

Neem is effective in treating gastrointestinal issues such as indigestion, and gastritis. It detoxifies the digestive system, promotes healthy digestion, and alleviates abdominal discomfort. The homeopathic tincture of neem supports digestive health and improves liver function, and specific abdominal pains, including twisting epigastric pain and burning in the bowels.¹⁶

Fever and Infections

Neem is used in homeopathy to manage periodic fevers. Its antipyretic properties reduce fever and combat bacterial and viral infections. Neem-based remedies boost the immune system to help the body fight infections naturally.¹⁶

Joint and Muscle Pain

Neem effectively treats rheumatic arthritic pains, swelling, stiffness in joints and muscles through its anti-inflammatory properties.¹⁷ The presence of nimbidin and nimbin in neem inhibits pro-inflammatory enzymes and reduces the production of inflammatory cytokines.¹³

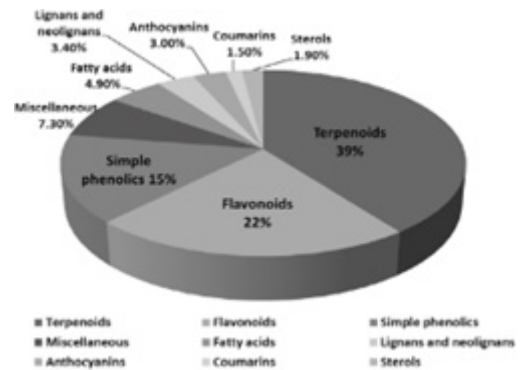
Ocimum Sanctum Linn. (Tulsi)

Introduction

According to a World Health Organization survey, traditional medicine is used by 80% of the population in India. Tulsi, or Holy Basil, is widespread in India, from sea level to 1800 meters in the Himalayas. Traditionally, various parts of Tulsi have been used to treat ailments like coughs, colds, asthma, bronchitis, digestive disorders, skin issues, eye and ear infections, fevers, and snake and scorpion bites. Known for its strong aroma and astringent taste, Tulsi is considered an "elixir of life" in Ayurveda, believed to promote longevity.¹⁸

Chemical composition

Ocimum has a complex chemical composition, rich in nutrients and various biologically active compounds.



Utility of Ocimum Sanctum

Anti-microbial activity

Tulsi has been found effective against various bacterial pathogens, including strains of *E. coli*, *Staphylococcus aureus*, and *Mycobacterium tuberculosis*. This makes it a valuable herb for treating infections and supporting immune health.¹⁹

Radio-protective effect

The combination of ocimum leaf extracts with WR-2721 resulting in higher bone marrow cell protection and reduction in toxicity suggested that the combination would have promising radioprotection in humans.²⁰

Antidiabetic effect

The components of Ocimum leaf extracts may stimulate physiological pathways involved in insulin secretion, potentially explaining its observed antidiabetic effects.²²

Anti-fertility activity

Ocimum leaf benzene extract reduces sperm count, motility, and fructose content, causing reversible anti-fertility effects that normalize two

weeks after stopping the treatment.²²

Anti-anaphylactic activity

Its extract exhibits antihistaminic and anti-anaphylactic activity, primarily due to its mast cell-stabilizing potential, suppression of IgE, and inhibition of inflammatory mediators.

Anti-stress activity

Ocimum is known for its anti-stress activity and is used in Indian medicine for various disorders. A 70% ethanolic extract normalizes neurotransmitter levels disrupted by noise stress. It also relieves headaches.²¹ It shows potential in treating cognitive disorders like dementia and Alzheimer's disease.

Cardio-protective activity

Tulsi has cardio-protective properties, offering significant protection against myocardial damage. Long-term consumption of Tulsi in Wistar rats protects against isoproterenol-induced heart damage by boosting antioxidant activity.²²

Anti-pyretic activity

The antipyretic activity of Ocimum sanctum L. fixed oil was assessed using a typhoid-paratyphoid A/B vaccine-induced fever model in rats. Its antipyretic effects may be attributed to its prostaglandin inhibitory properties.²²

Pharmacological properties of Ocimum sanctum

Part of the plant	Activity
Leaves	anti-malarial activity (against p. vivex), antifungal, anti-fertility activity, anti-cancer (carcinogenic), and antiviral activity.
Root	The root acts as a diaphoretic in malarial fever, anti-larvicidal (against mosquitoes), antifungal (aspergillus niger)
Flower	Antispasmodic agent
Stem	Genitourinary disorders
Seed	Reduced blood and uric acid levels in albino rabbits
Whole plant	Control diabetes mellitus, antidote for scorpion and insect bite

Sexually transmitted disease

Extracts from the holy basil plant have demonstrated the ability to inhibit the growth of

N. gonorrhoeae bacteria, including both clinical and standard strains.²²

Kidney Stone

Basil leaf juice mixed with honey can strengthen the kidneys and help expel renal stones when taken consistently for six months.²³

Illnesses in Children

Basil leaf juice treats common pediatric issues like vomiting, diarrhoea, and fever, and saffron with basil speeds up delayed pox pustule development in children.²³

Stress and headaches

Its leaves are an adaptogen, that protects against stress and purifies the blood when 12 leaves are chewed twice daily. They also relieve headaches, and a paste of basil leaves and sandalwood applied to the head can cool and alleviate headaches and heat exhaustion.²³

Eye Disorders

Basil juice effectively treats night blindness and eye pain caused by vitamin A deficiencies. Placing two drops of black basil juice in the eyes every night before bed can be beneficial.²³

Insect bites and Skin disorder

It helps prevent and treat bug bites and stings, with basil juice providing relief. A fresh root paste aids insect and leech bites. Its juice also treats ringworm, and skin conditions, and is used for leukoderma by some natural healers.²³

Teeth Disorder

Basil helps with dental issues. Sun-dried, powdered basil leaves can be used to wash teeth and oil serves as a dental paste. This helps massage gums, prevent bad breath, and maintain oral health, including treating pyorrhea.²³

CONCLUSION

The historical and ongoing utilisation of Rauwolfia serpentina, Aegle marmelos, Azadirachta indica and Ocimum sanctum underscores their significance in healthcare. These botanicals offer a wealth of bioactive compounds with potential therapeutic benefits for various ailments.

While modern medicine has made substantial advancements, the integration of traditional herbal knowledge remains crucial. To fully harness the potential of these plants, rigorous scientific investigation is imperative, focusing on identifying active compounds, conducting clinical trials, and developing standardized formulations. By combining the wisdom of tradition with the rigour of science, we can unlock the full potential of these natural resources for the betterment of human health.

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INCREDIBLE STORIES UNFORGETTABLE JOURNEY

Being part of The Homoeopathic Heritage Family is an unparalleled honor, reflecting my dedication to the profound & enduring principles of homeopathy. Celebrating its 50-year milestone, The Homoeopathic Heritage stands as a testament to relentless pursuit of excellence, scholarly contributions, and the unwavering commitment to healing. This remarkable journey not only showcases the rich legacy of our practice but also fortifies our resolve to advance homeopathic knowledge and impact. As we mark this golden jubilee, we are reminded of our duty to uphold and expand this esteemed tradition for future generations.



Dr. Raxit Vishpara

Miasmatic Explanation of Hepatic Disorders and Significance of Constitutional Homoeopathic Treatment in Such Cases

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Keywords

Miasm, Hepatic Disease, Homoeopathy, Liver Cirrhosis, Hepatitis, Chronic Disease.

Abstract

This article explores the miasmatic explanation of hepatic diseases and the significance of constitutional homoeopathic treatment. The concept of miasms, as proposed by Samuel Hahnemann, provides a framework for understanding the chronic and acute nature of diseases. Chronic hepatic diseases, such as liver cirrhosis and hepatitis, are analyzed through the lens of miasmatic theory, which categorizes diseases into Psora, Sycosis, and Syphilis. The study emphasizes the importance of identifying miasmatic influences to guide homoeopathic treatment effectively. By addressing the underlying miasmatic causes, homoeopathy aims to offer a holistic approach that not only alleviates symptoms but also enhances overall liver health. The therapeutic strategies discussed include various homeopathic remedies tailored to the specific miasmatic profile of the patient. This comprehensive approach seeks to improve pa-

tient outcomes by integrating miasmatic analysis with individualized homeopathic treatment.

Introduction To The Concept Of Miasm

ACUTE MIASM: In Hahnemann's time, little was known about what caused diseases, including infections. Even though scientists knew about microorganisms, they didn't fully understand how they related to illnesses. However, because infectious diseases had consistent symptoms, people recognized them as different sicknesses even before finding out exactly what caused them. Hahnemann called all these infectious diseases "acute miasms." He described them as recurring in a similar way and being known by traditional names.

To explain how these diseases spread among people, Hahnemann talked about "dynamic influence" in a footnote to the 11th aphorism of the Organon. He compared it to how a child with smallpox or measles could pass it to another child without anything visibly going from one to the other.

Hahnemann used the word "dynamic" to mean something that can't be seen or explained. He didn't think doctors would find the causes of acute infectious diseases inside patients' bodies. Instead, he thought these diseases were caused by harmful invisible influences, or "miasms."

Two main things influenced Hahnemann's theory. First, doctors had tried but failed to find the causes of these diseases in patients' tissues and fluids. This was partly because the technology wasn't advanced enough. Second, Hahnemann discovered the Law of Similars, which let him treat infectious diseases safely and effectively. His successes contrasted with the failures of conventional doctors, which led him to believe there wasn't a hidden cause inside the body.

The "causative factor of disease" remained unknown until the late 19th century when Louis Pasteur and Robert Koch developed the germ theory of disease. Pasteur's work showed that microorganisms caused fermentation and similar processes, which helped establish the idea that germs caused diseases.

By the end of the 19th century, Koch's postulates provided a method to prove whether a microorganism caused a specific disease. This solidified the germ theory of disease and laid the groundwork for controlling infectious diseases.

While conventional medicine embraced the germ theory and preventive measures, homeopathy largely stayed unaffected. Homeopathic doctors continued to treat infectious diseases successfully, but they didn't integrate the growing understanding of how diseases spread and the role of microorganisms. ^[1-7]

CHRONIC MIASM: Hahnemann viewed miasms as symbolic representations of disease causes, believing that the true cause would always remain hidden and undiscovered. However, he encountered a challenge when he realized that while the principle of similars worked well for treating acute diseases, it often failed to provide lasting relief for chronic illnesses. This led him to confront the problem of understanding the causes and nature of diseases.

Unlike acute infectious diseases, chronic illnesses

presented a greater diversity in their clinical manifestations. Identifying them as distinct clinical entities, let alone pinpointing their causes, proved extremely difficult. Hahnemann observed that strong medicines used to quickly alleviate symptoms often led to either a resurgence of symptoms or the development of deeper ailments. This observation gave rise to the concept of "suppression of disease," where new ailments resulted from the suppression of prior ones.

Hahnemann conducted retrospective clinical studies of chronic illnesses, trying to establish cause-and-effect relationships among them. He identified the first illness in a patient's life, often an itch disease or psora, as the root cause of subsequent ailments. However, there were significant flaws in this approach. Linking all chronic illnesses through the concept of suppression created confusion and hindered the exploration of their individual clinical courses.

Moreover, Hahnemann's theory of psora as the cause of all chronic diseases lacked scientific coherence. While he acknowledged syphilis as a distinct chronic disease, he erroneously attributed certain features of syphilis to psora. The theory also failed to explain why certain chronic diseases, like venereal chancre, were not attributed to psora.

Furthermore, the mechanism of suppression, fundamental to the miasm theory, was not adequately explored. Unlike the germ theory of disease, the miasm theory remained largely speculative and lacked experimental investigation. This hindered Hahnemann's ability to explain how psora influenced the action of homeopathic medicines in treating chronic diseases.

In contrast to the miasm theory, the germ theory of disease provided a more scientific basis for understanding and treating infectious diseases. By identifying specific microorganisms as causative agents, the germ theory paved the way for preventive measures and targeted treatments. Hahnemann's concept of antipsoric medicines, while effective, lacked criteria for determining which medicines were capable of curing chronic diseases. ^[8-13]

Miasm Chart ^[14]

	Cancer	Sycosis	Syphilis	Tuber.	Psora
Elements	Earth	Water	Fire	Air	Space
Organs	Liver Digestive	Kidneys Urinary	Heart Circulatory	Lungs Respiratory	Brain Nervous
Mental Miasms	Anger	Sex	Greed	Fear	Pride
Social Miasms	Meat	Vaccinosis	Alcohol	Tobacco	Toxicity
Hygiene	Diet	Homeopathy	Dreams	Tai Chi	Meditation
Major Remedies	Ars., Cadm-s., Con., Hydrast., Phyt..	Nat-s., Thuj., Puls., Sep., Staph.	Merc., Ars., Aurum. Fl-ac., Kali-i., Lach., Nit-ac	Calc-phos., Phos., Ph-ac., Sil.	Calc-c., Graph., Lyc., Nux-v., Sulph.
Nosodes	Carcinosin	Medorrhinum	Syphilium	Tuberculinum	Psorinum
Symptoms	Changable, Insomnia., History of Cancer	Warts, Mucus, Infections, > seashore, < damp, < daytime	Suicidal., Ulcers Depression, Pain < night	Night-sweats, Glands, wt. loss, > mountains,	Eczema Itching, Eruptions, Toxemia
Diseases	Cancers, Tumors, Chronic Fatigue, AIDS, Mono., Influenza	AIDS, Allergies, Gonorrhea, Rheumatism, Candida,Sinsus, Vaginitis, Herpes,	Alcoholism, Heart disease, Strokes, Ulcers, Insanity, Syphilis	Colds, Coughs, Bronchitis, Pneumonia, Asthma	Allergies, Skin and Nutritional diseases

Miasmatic Diagnosis ^[15]

Dr. H.A. Roberts' views on Psora: Dr. Roberts formulates a hypothesis that the Psora is a result of deficiency.

- The human body is constructed by elements with lower atomic weights like hydrogen to the highest iodine 53 and the highest atomic weight like radioactive substances, are destructive in nature to the human body.
- Hence, if a patient found lacking of one element, we can consider them as Psoric and supply of those elements for try to cure them.
- But, the emotional and psychological stress, are also seen as the breaking up of Psora, without any material deficiency. Then the hypothesis remains unanswered.

Hahnemann's Comment in relation to Psora, to the effect of unnatural or unhappy surroundings are extremely to the Vital Energy

- In this modern industrial world, we rarely find a patient who is free from emotional, economic stress, adulterated food, stored and

canned food, and undue stress and strain.

- This emotional strain was considered as an important factor in developing Psoric conditions, the inability to release for the natural conditions and important functions demanded by the nature.
- Hustle and bustle take away our rhythmic, full deep breathing; the hurry trains and time clocks interfere too often with the excretory functions, the demand of the society leads us to suppress natural perspiration, anxiety over almost every item of our lives gets in its dangerous work and often deprives us of necessary yet certainly of chance moments of relaxation.

Dr. J.T. Kent's views on Psora: Dr. Kent says, Psora is the beginning of all physical sickness. Without Psora, Syphilis and Sycosis are not possible and even the acute disease would not have occurred.

- Psora is the primary disorder of the human race. If the human race would have remained

in perfect order, Psora could not have existed.

- The 'Spiritual Sickness' is the first sickness of a man.
- If we consider Psora as synonymous with itch, we cannot understand the Psoric theory.
- Itch is one of the manifestations of Psora and not Psora itself.

Dr. H.A. Roberts' views on Syphilis: Dr. Roberts says, the analogy is that to the destructive tendency of Syphilitic miasm and the anti-syphilitic homoeopathic remedies.

- The substances which are used as pre-eminently syphilitic remedies are having the atomic weights of above 53.
- They are the elements with the highest radioactive and destructive tendencies. The radioactivity is the heat evolving (exothermic) processes.
- Once this process is continued for a sufficient length of time, the original substance itself seems to change.
- The radio-active substances, without destroying themselves just as the syphilitic miasm, actually destroy living tissue.

Dr. Kent's views on Sycosis: Dr. Kent says, there are two types of urethral infection; one is the simple and not contagious and the other is the specific and always contagious.

- The specific termed as the true gonorrhoeal inflammation which are two types acute and chronic.
- The acute specific urethral inflammation is due to the acute miasm having infection, prodromal, a period of progress and decline.
- But, the sycotic constitutional symptom does not follow the suppression of this acute miasm, and does not develop into the chronic state.
- The system is sufficiently vigorous in most cases to throw off the after effects.

Hepatic Disorder

The hepatobiliary tract is the target of a wide variety of tropical infections. Some diseases, such as chronic hepatitis and biliary ascariasis, are important causes of morbidity and mortality among res-

idents of the tropics in many parts of the world. Others, such as hepatitis A, pose a greater threat to the expatriate traveller. Among the millions of persons in the tropics with the acquired immunodeficiency syndrome (AIDS), opportunistic infections with even once obscure pathogens have become important causes of hepatobiliary disease.

The hepatic system, comprised of the liver and associated structures, serves several vital functions in the body:

1. **Food Metabolism & Energy Supply:** The liver plays a central role in metabolizing carbohydrates, fats, and proteins to provide energy for cellular processes.
2. **Manufacturing of Essential Body Proteins:** It synthesizes proteins such as albumin, which is crucial for maintaining osmotic pressure in the blood, and clotting factors necessary for blood coagulation.
3. **Production of Bile:** The liver produces bile, which aids in the digestion and absorption of fats and fat-soluble vitamins in the small intestine. Bile also helps eliminate waste and toxins from the body.
4. **Regulation of Body Cholesterol:** The liver regulates cholesterol levels in the body by synthesizing and removing cholesterol as needed.
5. **Providing Resistance to Infection:** It plays a role in the immune system by filtering and removing bacteria, viruses, and other pathogens from the blood.
6. **Clotting of Blood:** The liver produces several clotting factors essential for blood coagulation, preventing excessive bleeding.
7. **Blood Cleaning:** It filters and detoxifies the blood, removing toxins, drugs, and metabolic waste products.
8. **Regulation of Hormones Balance:** The liver helps regulate hormone levels by metabolizing and excreting hormones as needed to maintain hormonal balance.

Hepatic diseases can arise from various causes, including:

- **Viral Infections:** Such as hepatitis viruses (e.g., hepatitis B and C).

- **Obesity:** Leading to non-alcoholic fatty liver disease (NAFLD).
- **Alcohol:** Excessive alcohol consumption can cause alcoholic liver disease.
- **Autoimmune Disorders:** Where the immune system attacks the liver, as in autoimmune hepatitis.
- **Drugs and Toxins:** Certain medications and environmental toxins can damage the liver.
- **Cancer:** Both primary liver cancer (hepatocellular carcinoma) and metastatic tumours can affect the liver.
- **Genetic Disorders:** Such as hemochromatosis and Wilson disease, which affect the body's ability to metabolize metals like iron and copper.

Symptoms and signs of hepatic disease include jaundice (yellowing of the skin and eyes), abdominal pain and swelling, oedema (fluid retention), itching, dark urine, pale stools, chronic fatigue, nausea, vomiting, loss of appetite, and easy bruising.

Various diseases of the hepato-biliary system include hepatitis, alcoholic liver disease, NAFLD, cirrhosis, acute liver failure, hepatic encephalopathy, liver abscesses, liver tumors (including he-

Miasmatic Analysis ^[19,20]

S.No	Symptoms of Liver Cirrhosis	PSORA	SYCOSIS	Syphilis
1	Loss of Appetite	+		
2	Nausea	+		
3	Fever	+		
4	Weight loss	+		
5	Tiredness/ weariness	+		
6	Jaundice	+		
7	Oedema	+	+	
8	Ascites/ Dropsy	+	+	
9	Orange or brown color urine	+		
10	Confusion or difficulty in thinking	+	+	
11	Malena			+
	fibrosis in the hepatocytes			+
12	Spider-like blood vessels that surround small, red spots on skin (telangiectasia's)	+	+	
13	In men: loss of sex drive, enlarged breasts (gynecomastia), shrunken testicles.	+	+	+
14	In women: premature menopause.	+		

Therapeutics of Liver Cirrhosis ^[21,22]

1. **Argentum Nitricum:** Indicated for cirrhosis resulting from malaria cachexia, with stitching

patocellular carcinoma), inherited liver diseases, vascular liver diseases, and biliary and cholestatic diseases. ^[16-18]

Homoeopathic Approach To Liver Cirrhosis

Homeopathy takes a holistic approach to treatment, focusing on the individual patient rather than just the disease. Treatment involves a thorough examination of the patient's medical history, physical and mental constitution, symptoms, family history, and underlying pathology. Miasmatic tendencies are also considered, especially in chronic conditions.

Homeopathy aims to address both the symptoms and underlying causes of conditions like liver cirrhosis, including viral infections, metabolic changes, genetic predispositions, and alcohol-related damage. By boosting immunity and addressing these underlying factors, homeopathy can gradually improve liver health and prevent further complications like liver failure or cancer.

Liver cirrhosis involves all three miasms (Psora, Sycosis, Syphilis), starting from functional derangement and leading to cellular destruction changes. Miasmatic diagnosis is based on the patient's pathological condition, helping guide the homeopathic treatment approach.

pain in the liver, fullness sensation, occasional stinging and drawing pains, and pigmentary degeneration.

2. **Aurum Metallicum:** Used for hepatic congestion after cardiac disease, with burning sensation, cutting pain in the right hypochondrium, suicidal thoughts, aversion to movement, jaundice, greenish-brown urine, and bad taste in the mouth.
3. **Bryonia Alba:** Helpful for liver swelling with congestion and inflammation, aggravated by motion, improved by lying on the right side. Jaundice brought on by anger, with a pungent taste in the mouth, hard or loose stools, and slightly yellowish eyes and skin.
4. **Carbo Vegetabilis:** Sensitive liver region with stitching and burning pains, worsened by touch, and unbearable clothing. Great flatulency and escape of flatus and feces.
5. **Cardus Marianus:** Indicated for miners with cachexia, gallstones, stitching and drawing pains worsened by pressure and lying on the left side. Jaundice with bitter taste, whitish tongue, acrid greenish vomiting, clayey stools, and yellow-golden urine.
6. **Iodum:** Pressing pains in the hepatic region, painful touch, anorexia, emaciation, profound debility, cirrhotic liver, jaundice with tenderness, and great pain in the hepatic region.
7. **Lycopodium Clavatum:** Useful for cirrhosis accompanied by ascites, especially in drunkards, with putrid and sour taste in the mouth, hunger not relieved by eating, discomfort in the stomach after eating, hypochondrial tension, and liver abscess tendency.
8. **Magnesia Muriatica:** Hepatomegaly in weak and slow-growing children with pressing pain worsened by movement or touch. Regurgitation when moving about, knotty stools, large tongue with yellowish coating, and pedal edema.
9. **Mercurius:** Sensitive liver region with pain, impossibility of lying on the right side, hepatomegaly, jaundice from quinine abuse, clay-colored or yellowish stools with tenesmus, yellow-coated tongue, halitosis, anorexia, and depression.
10. **Nux Vomica:** Indicated for liver swelling with sensitiveness to touch, discomfort from pressure of clothing, colic, and jaundice induced by anger or quinine abuse.
11. **Phosphorus:** Suitable for fatty degeneration of the liver with jaundice, soreness, whitish-gray stools, cirrhosis, and atrophy. Useful in malignant diseases and jaundice with pneumonia.
12. **Plumbum Metallicum:** Continuous darting pain in the liver region, cirrhosis with liver enlargement followed by contraction, sensitivity to pressure, heat sensation, and burning in the spine and hepatic region.
13. **Podophyllum:** Induction of bile flow followed by lethargy and jaundice, useful in congested liver with swelling and sensitiveness, yellowish appearance of eyes and face, bad taste, yellowish or white tongue, and watery or clayey stools.
14. **Selenium:** Enlarged liver with anorexia, coated tongue, sharp pains with stitches in the liver region worsened by pressure or movement, and a fine peculiar rash over the liver region.
15. **Taraxacum:** Mapped tongue with bitter taste, chilliness after eating or drinking, soreness in the liver region with pain, and nauseous diarrhea.

Hepatitis

Management Protocol for Acute Hepatitis

1. Drugs:
 - a. **ACETIC ACID:** Sleeplessness during hepatitis.
 - b. **LYCOPUS VERG:** Diarrhoea during jaundice
 - c. **TARAXACUM:** Weakness during jaundice (**PICRIC ACID, FERRUM PICRICUM**)
 - d. **SEPIA OFFICINALIS:** Head ache with jaundice
 - e. **HEPAR SULPH:** Itching during jaundice
 - f. **MERCURIUS:** White coating of tongue with jaundice
 - g. **CHELIDONIUM:** Stupor and Unconsciousness during Jaundice
 - h. **CORNUS CIRCINATA:** Eruptions with jaundice. Aphthae
 - i. **CARDIUS MARIANUS:** Predominantly a remedy for diseases affecting the portal systems. Pain in left lobe. Not indicated in HBV Active cases but effective in cases with ascites and Hepato cellular Carcinoma

(where AFP is markedly elevated)

- j. *LEPTANDRA*: Jaundice with black stools or white (clay coloured) stools. Doubtful about recovery is an additional indication for Leptandra. When frequently questioned about recovery
- k. *Kalmegh*: A traditional Indian remedy. Its potencies can be used as an anti-dote in patients who are coming after Ayurvedic Treatment.
- l. *LAUROCERASUS*: Extreme weakness. When well selected remedies fail (lack of reaction).
- m. *PODOPHYLLUM*: Patients holds the liver region
- n. *DOLICHOS*: Carrier gets aggravated during pregnancy, presented as itching. White stools. [23]

Homoeopathic Management Of Fatty Liver Disease

Homeopathy offers effective treatment options for fatty liver based on holistic symptoms rather than just the disease name. Here are some key homeopathic medicines for fatty liver:

1. *CHELIDONIUM*: Used for fatty liver accompanied by right upper abdominal pain, constipation, nausea, and vomiting. Dosage: 6c, one three times a day for up to three weeks. Stop if bowels loosen.
2. *MAGNESIUM PHOSPHORICUM*: Muscle relaxant used for pain relief, especially if there are signs of muscle tension or cramps. Dosage: 30c, one twice a day after using Chelidonium.
3. *LYCOPodium CLAVATUM*: Specifically targets liver and kidney clearance, with symptoms such as raised diastolic blood pressure, chilliness, fatigue, constipation, and bloating after meals.

For pain and discomfort on the left side

1. *NUX VOMICA*: Treats fatty liver with abdominal pain after eating, particularly caused by excessive alcohol consumption. Dosage: As needed, especially for abdominal discomfort and irritability.
2. *CARDUS MARIANUS*: Used one to three times a day for up to two weeks for liver

support.

3. *PHOSPHOROUS*: Addresses fatty acid triggers regurgitation, sour belching, liver pain, excessive flatulence, and weakness during stool passage. Dosage: As directed for pale, long narrow stools.
4. *SEPIA OFFICINALIS*: Suitable for patients feeling grey, worn out, experiencing hormonal hot flushes, and emotionally flat or nauseous.
5. *LACHESIS*: Indicated for portal congestion and venous congestion affecting liver circulation, especially if other remedies fail to work.
6. *SULPHUR*: Often for individuals with alcoholic liver problems, big eaters, and drinkers who struggle with dietary regimes. Dosage: As needed, followed by appropriate herbal remedies. [24]

CONCLUSION

In conclusion, the miasmatic explanation of hepatic diseases provides a comprehensive framework for understanding the etiology and progression of chronic liver conditions. By integrating miasmatic theory with constitutional homeopathic treatment, practitioners can address both the symptomatic and underlying causes of hepatic diseases, offering a holistic and individualized approach to patient care. This method not only aims to alleviate symptoms but also strives to enhance overall liver health and prevent future complications. Further research and clinical studies are essential to validate and refine these therapeutic strategies, ensuring their efficacy and broader acceptance in the medical community.

Acknowledgements: The authors would like to express their gratitude to The Calcutta Homoeopathic Medical College and Hospital for their support and resources. Special thanks to the Head of the Department of Practice of Medicine for their invaluable guidance, and to the principal of the college for their leadership and support.

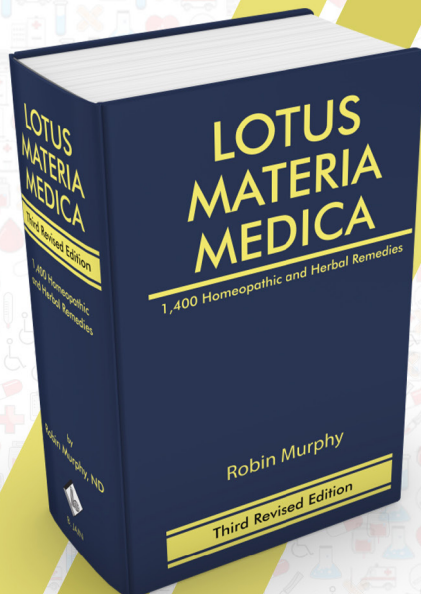
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Therapeutic utility of forgotten ancient Indian drugs in Homoeopathy- Rauwolfia, Bael, Neem & Tulsi

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Keywords

Rauwolfia Serpentina, Azadirachta Indica, Ocimum Sanctum and Aegle Folia, Aegle marmalos.

Abstract

Indigenous Homoeopathic drugs are no more a barrier for a carefully observing physician to accomplish the cure as per the indication, they also help to cure the cases who are not responding to the carefully selected constitutional remedies or can be given in advanced pathologies to improve the patient's condition and to make patient more susceptible for the action of constitutional remedies.

Introduction

"Indigenous Drugs" are those drugs which are the natives of India. The history of medicine in India can be traced to the remotest age Hindu Medicine, or Ayurveda, "the science of life" is believed to be as old as the Vedas themselves. A good many homoeopathic remedies are now being prepared from indigenous plants and herbs of India, they are efficacious in both acute and chronic cases have been acknowledged and experienced by many of the physicians.

As per Dr SC Gosh in his book "Drugs of Hindoosthan", he mentions that We may, therefore, conclude that, when our Master laid down in general terms, as the very first aphorism, that "the physician's high and only mission is to restore the sick to health," he would never have denied a patient the chance of recovery or of ameliora-

tion of his sufferings or of escape from impending death by the employment of a remedial agent that had been even slightly proved or might not have been proved but has been used empirically with complete success and efficacy. hence, we shall be perfectly justified in prescribing imperfectly or partially proved homoeopathic drugs where the well selected remedies are found to be impotent to cure or to bring any relief to the patient.

Plants and herbs growing in a particular locality bear a remarkable affinity for the temperament and constitution of the individuals inhabiting that locality It is, therefore, apparent that the Indian drugs will be found to be most suitable to our constitution and most efficacious in all our affections.

⁽¹⁾ The Discussion about some of the Indian drugs are given below:

Melia Azadirachta or Azadirachta Indica (Neem) also known as nimba, Margosa tree, Vepa, Nim. It belongs to meliaceae family. This is an Indian remedy of very ancient date. All parts of the tree are intensely bitter, and the separate parts are said to have different effects. The bark, known as *Margosa Bark*, is the best-known medicinal portion, and the tincture for the proving was made from this by Dr P. C. Majumdar, who is chief authority for its effects. It contains *Azadirin, Margosin and Catechin*. It is popularly used in a great variety of complaints, especially of the eyes, digestive derangements, and skin affections. The most peculiar feature of the proving is the fever, which commences with a very slight chill or none at all, about 3 to 4.30 p.m., and abates about 7.30 p.m. Glowing heat and burning, especially in face, eyes, palms of hands and soles of feet in open air; sweat

copious, commencing on forehead, gradually extending towards trunk; no sweat on lower part of body. It is especially useful in cases previously maltreated with quinine. < In open air; in afternoon. ⁽²⁾ It is generally used with success in cases of lassitude, thirst, cough, fever, loss of appetite, boils, indolent ulcers, bilious derangements, vomiting, cutaneous diseases, leprosy, hiccough, gonorrhoea, glossitis, etc, its leaves are used in some forms of helminthiasis and disorders produced by vitiated bile, or use of poisonous things. Locally, it is a remedy to do away with the sloughs very shortly and to promote the healthy granulation and healing. Anti-parasitic properties of the margosates, used in scabies, also eczema, pemphigus, etc. Diarrhoea, congested spleen and Ozena. ⁽¹⁾ It is well known tonic, antiseptic, astringent and of great use in ophthalmia, asthma, cough, catarrh, constipation, uterine debility. It is a grand medicine in chronic fever. Forgetful, dull and full of anxieties. Very thirsty, esp. at very long intervals. Sleeplessness and dreams of quarrels, beating etc. ⁽³⁾ A study was conducted shown to have a role in early and recovery phase of acne vulgaris when inflammatory changes are least. ⁽⁴⁾ Another study was conducted to demonstrate an antimicrobial potential of the extracts of the twigs of *Azardirachta indica* (Neem) an in vitro study showed to have positive results against the cariogenic and periodontal pathogens. ⁽⁵⁾

Aegle Folia (Bael) is made from leaves, belongs to family Rutaceae. Chemical constituents are aegeline (halfordinol) and marmeline. It is useful remedy in dropsy or cardiac disease and beriberi with decreased urination, in this instance it is equal to *Digitalis*, but in *Digitalis* the pulse is irregular or intermittent and slow whereas the pulse of *Aegle Folia* is full, strong and regular. In constipation, the abdomen is loaded with wind in this respect it has a close resemblance to *Lycopodium Like Nux Vomica* it has some common symptoms. In indigestion, abdominal colic, bleeding piles and constipation, it can be used like *Nux Vomica* ⁽¹⁾. It acts as a mild stimulant to the intestinal mucous membrane. A full, regular and strong pulse is the characteristic symptom of this drug. Pain in all limbs is aggravated after 4pm. Fever with dropsy. Fever with catarrhal symptoms like influenza and dropsy, especially in children. Continuous fever with oedema of hands, legs and face, present along

with diarrhoea; chronic fever with splenic or hepatic disorders, Ringworm. It is considered as an anti-bilious and febrifuge remedy. Diarrhoea, dysentery and Impotency. ⁽³⁾

Aegle Marmalos is made from the Bael fruit, it contains almost all the identical therapeutic properties ascribed to *Aegle-fovia*, but in chronic cases with the symptoms described above, its efficacy is sure and certain. In chronic gastro-intestinal catarrh where patients suffer from flatulent colicky pains, it has a decided effect to check them. ⁽³⁾ A randomised control trial was done to compare clinical efficacy of *Aegle marmalos* leaf juice among Type-2 Diabetes mellitus patients showed improvement in all bio-chemical parameters of typ-2 DM, with enhanced efficacy and negligible adverse-effects. ⁽⁶⁾

Ocimum Sanctum (Tulasi), belongs to family Labiaceae, also known as Bishnu-priya; Divya; Krishna; Holy Basil. Kala-Tulasi; Shiva-Tulasi. Forgetfulness is a special key-note symptom of this drug. The children become awfully peevish, always cry, become quiet while they are being earned. In this symptom it bears a close resemblance to *Chamomilla*. Its symptoms tally with those of *Cina*. In remittent fevers of children, fever during dentition period, diarrhoea and worm affections, Ophthalmia neonatorum, influenza and in common nasal catarrh If the remittent fever be associated with cough, cold or diarrhoea, pneumonia, broncho-pneumonia, bronchitis, and asthma especially in children (As per Dr S C Gosh It yields good results even when *Aralia Racemosa*, *Lobelia* and *Blatta Orientalis* fail to do any good), its efficacy is generally marked. In worm complaints of children, when they are fretful and peevish, start from sleep, and do not allow the physician to examine them, its efficacy is very great. Dr SC Gosh quote that in typhoid fever or fever associated with delirium, the patient lies in a comatose condition, is prostrated, and falls into slumber or drowsiness while answering questions, *Ocimum Sanctum* plays its part very well and, in this respect, it can be closely compared with *Baptisia*. Gastric and intestinal catarrh with fever and diarrhoea, tonsillitis and pleurisy, Aphthae and earache. A study was designed to explore any beneficial effect of *Ocimum sanctum* (Linn) (OS) in experimental pulmonary hypertension (PH) in

rats demonstrated that OS has therapeutic ability against MCT-induced PH in rat which are attributed to its antioxidant effect. The effect of OS was comparable with sildenafil. ⁽⁷⁾

Ocimum Caryophyllatum (Dulal Tulsi) has decided action upon Genito-urinary tract, is useful in frequent micturition, dysuria, pyuria i.e., pus in urine, haematuria, nephritis. In first stage of gonorrhoea when excessive burning during micturition mixed with pus. Spermatorrhea; bloody dysentery.

Ocimum Canum (Brazilian Alfavaca) in diseases of the kidneys, bladder and urethra. Uric acid diathesis. Red sand in the urine is its chief characteristic, and frequently verified. Swelling of glands, inguinal and mammary. Renal colic, especially right side. Symptoms of renal calculus are pronounced. Urine contains High acidity, formation of spike crystals of uric acid. Turbid, thick, purulent, bloody; brick-dust red or yellow sediment. Odor of musk. Pain in ureters. Cramps in kidneys. Heat and swelling of left testicle. Vulva swollen; darting pain in labia. Nipples painful to least contact. Breasts feel full and tense; itching. Prolapsus vagina.

Rauwolfia Serpentina (Sarpagandha), belongs to family apocynaceae, is useful in cases of high blood pressure without marked atheromatous changes in the vessels. It also acts as a sedative. Irritative condition of the central nervous system; insanity with violent maniacal symptoms. Fever during puerperium. A study was conducted to know the effect of oral administration of different potencies of Homeopathic preparations of *Rauwolfia Serpentina* (Q,30c and 6c) on oxidative stress parameters of the left ventricular cardiac tissue of hypertensive male rats found to reduced hypertension and associated oxidative stress in the cardiac tissue by modulating the antioxidant defence system. ⁽⁸⁾ Another study conducted to investigate the impact of *Rauwolfia* on 60 male schizophrenia patients shown to have a beneficial effect for treat-

ing positive symptoms of schizophrenia such as grandiosity, delusional beliefs, conceptual disarray, hallucinatory behaviour, excitement or hyperactivity, and hostile behaviour. ⁽⁹⁾

CONCLUSION

The Homoeopathic literature ^(2,3) is already being included in the past with the indigenous drugs of India but still their use is not much common probably due to a smaller number of clinical verification studies undertaken to prove efficacy of the curative power of these remedies or due to common practice of physician to prescribe constitutional remedies and common therapeutic drugs. This literature demonstrates the peculiar indications and therapeutic uses of some of the indigenous Indian drugs which not only curative when well indicated but also therapeutically useful for where we are not getting complete picture of a disease i.e., only few common symptoms or where we are not getting sufficient results from a carefully selected constitutional remedy.

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Effective Management of Psoriasis Using Homoeopathy and Complementary Supportive Therapies

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Keywords

Psoriasis, Homoeopathy, Complementary therapies, Skin health, Holistic approach.

Abstract

Recent studies on psoriasis focus on its triggers and therapies, yet its incidence rises amid modern lifestyle stresses. Psychological factors like stress, anxiety, and depression exacerbate psoriasis and are often overlooked by mainstream medicine. Supportive therapies like specific yoga poses, breathing exercises (Anuloma Vilom, Bhramari Pranayama, Kapalbhata), and a balanced diet aid in managing psoriasis symptoms. Exercise to boost immunity also supports healing. Homeopathy complements these approaches, tailoring treatment based on individual characteristics and improving immune-responsive conditions like psoriasis. Integrating these methods could enhance psoriasis management effectively.

Introduction

Psoriasis is a chronic, non-infectious skin condition affecting approximately 1-3% of the population, making it one of the most common dermatological disorders after eczema. It is characterized by erythematous plaques with silvery-white scales, primarily found on extensor surfaces like the elbows, knees, and scalp, and can be pruritic. Unlike some skin conditions, it

does not affect mucous membranes or the red margin of the lips. Psoriasis can cause significant psychological and physical disability, especially when associated with psoriatic arthritis.

Incidence

In India, the prevalence of psoriasis ranges from 0.44% to 2.8%. It is observed to be twice as common in males compared to females, with most patients presenting in their thirties or forties.

Aetiology

The disease results from a combination of genetic predispositions and environmental triggers. Environmental factors such as stress, infections (such as streptococcal and HIV), pregnancy, trauma (the Koebner phenomenon), certain medications (like antimalarials and lithium), and lifestyle factors (alcohol, tobacco, and smoking) are known to exacerbate symptoms.

Genetically, more than 40 gene loci have been associated with psoriasis, with PSORS1 (located near HLA-Cw6 on chromosome 6p) strongly linked to guttate psoriasis. Other loci include PSORS4 and PSORS8, and additional susceptibility genes like LCE (late cornified envelope) have been identified.

Epidemiologically, psoriasis is categorized into two main types:

1. Type 1, which typically starts in the teenage or

early adult years, often has a family history of psoriasis and a higher prevalence of HLA-Cw6.

2. Type 2, with onset occurring in the 50s or 60s, where family history is less common and HLA-Cw6 is less prominent.

Types

1. **Plaque type psoriasis** Plaque psoriasis is the most common form, affecting approximately 80% to 90% of patients. It manifests as well-defined, sharply demarcated, erythematous plaques varying in size from 1 cm to several centimeters. Patients may have involvement ranging from only a few plaques to numerous lesions covering almost the entire body surface. The plaques are irregular, round to oval in shape, and most often located on the scalp, trunk, buttocks, and limbs, with a predilection for extensor surfaces such as the elbows and knees. Smaller plaques or papules may coalesce.

2. **Pustular psoriasis** Pustular psoriasis can be either generalized or localized. The acute generalized form, known as the "von Zumbusch variant," is a rare and severe type of psoriasis characterized by widespread pustules on an erythematous background, often accompanied by fever and toxicity. Cutaneous lesions typical of psoriasis vulgaris may be present before, during, or after an acute pustular episode. Additionally, there is a localized variant affecting the palms and soles, which may occur with or without classic plaque-type disease.

3. **Guttate psoriasis** is characterized by small, dew-drop like papules ranging from 1 to 10 mm in size, typically salmon-pink in color with a fine scale. It is often preceded by an upper respiratory infection caused by group A beta-hemolytic streptococci, especially in younger patients, occurring about 2 to 3 weeks before the onset of guttate psoriasis. These papular lesions can either be the initial presentation of psoriasis in someone who hasn't had it before, or they can represent an acute exacerbation in individuals with existing plaque psoriasis.

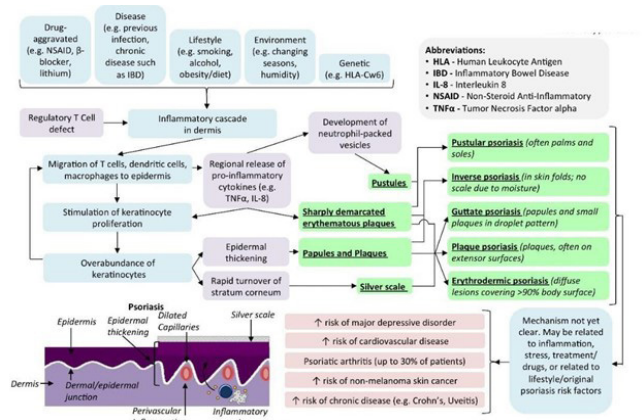
4. **Erythrodermic psoriasis** Erythrodermic psoriasis can develop gradually from chronic plaque disease or acutely with little preceding psoriasis. It is characterized by generalized erythema covering nearly the entire body surface with varying degrees of scaling. The altered thermoregulatory properties of erythrodermic skin can lead to chills and hypothermia, while fluid loss may cause

dehydration. Fever and malaise are also common symptoms.

5. **Inverse psoriasis** Inverse psoriasis is characterized by lesions in the skin folds. Due to the moist nature of these areas, the lesions tend to be erythematous plaques with minimal scale. Common locations include the axillary, genital, perineal, intergluteal, and inframammary areas.

The objective of this article is to present a comprehensive study of the utility of Indigenous Homoeopathic Drugs like Rauwolfia, Bael, Neem & Tulsi. Several studies have confirmed that these remedies are quite effective in treating various illnesses like hypertension, migraines, Cardiovascular, bronchitis, asthma, malaria, diarrhoea, skin diseases, arthritis, chronic fever etc. They also offer therapeutic effects, including antioxidant, antimicrobial, antidiabetic, anti-ulcerative and can be used as anti-venom.

Pathophysiology



Psoriatic plaques exhibit several features:

1. Hyperproliferation of keratinocytes in the basal layer of the epidermis and impaired differentiation, leading to hyperkeratosis and parakeratosis of the stratum corneum.
2. Aggregation of neutrophils in the spinous layer.
3. Absence of the granular cell layer.
4. Thinning of the epidermis above the dermal papillae (suprapapillary thinning).
5. Inflammatory infiltrate in the upper dermis.

Psoriasis primarily involves the upper layers of the skin, contributing to its characteristic clinical

presentation and chronicity.

Investigation

1. Erythematous scaly lesion are seen on extensor surfaces such as the knees, elbows, scalp, and lower back.
2. Precipitating factors are trauma, infection, sunlight, drugs, and emotion.
3. Auspitz's sign is positive.
4. Exacerbations and remissions are its characteristics.
5. Psoriatic arthropathy may be a complication in 5% of patients.

Diagnosis

1. Erythematous scaly lesion are seen on extensor surfaces such as the knees, elbows, scalp, and lower back.
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Treatment

While there is currently no cure for psoriasis, modern medical practice offers various effective treatment options. Topical therapies are particularly effective for mild to moderate cases and can often be initiated in primary care settings, benefiting a large number of patients. If topical treatments prove inadequate based on the affected body surface area, patients may be referred to dermatologists for systemic therapies, which can complement and enhance the effectiveness of topical treatments. Systemic therapies include oral medications and biologic therapies, which target specific immune pathways involved in psoriasis. Overall, the management of psoriasis aims to control symptoms, reduce inflammation, and improve quality of life for patients, emphasizing a tailored approach based on individual severity and response to treatments.

Management Of Psoriasis Through Homoeopathic Medication

Homeopathy is a holistic approach to health that

aims to treat the individual as a whole rather than just addressing specific symptoms or diseases. The treatment is highly individualized based on the unique symptoms, constitution, and overall health of the person.

Medicine Indications-

- **Arsenic album:-** Skin itching, burning, dry, rough, and scaly. Worse cold and scratching. The lesion may also have oedema, redness, excoriations, crusting. Sleep is disturbed anxious, restless. Disposition include Depression, melancholia, despair, indifference, anxiety, fear, restlessness, anguish or irritability sensitiveness, and peevishness. Marked prostration with fainting, mental restlessness, burning pain better by heat, night aggravation and offensive discharge are the leading indications.
- **Borax:-** Psoriasis with unhealthy skin with tendency for easy suppuration. The hair is untidy, dirty, tangled, split, sticks together at tips and cannot be combed smoothly. The eyelashes are loaded with dry gummy exudation agglutinated in morning and turns inwards. Used in highly nervous constitutions who get frightened easily from downward motion, rocking, dancing, swinging etc. and are sensitive to noise, sharp sound, cough, sneeze and cry.
- **Calcarea carbonica:-** Skin is unhealthy readily ulcerating; flaccid. These persons have great apprehension and fear that people will observe their confusion, are sensitive to hearing about accident, cruelties, riots, etc. Profuse sweating from head while sleeping, desire for eggs, feeling better when constipated are the leading indications. Leucophlegmatic constitution.
- **Fluoric acidicum:-** Itching especially of the orifices and in spots, worse warmth. Profuse, sour, offensive perspiration. Nails grow rapidly. Young persons with great ability to exercise without fatigue and is sensitive to extremes of temperature and worse from warmth.
- **Graphites:-** Unhealthy skin, eruptions on ears, between fingers, toes or other skin folds. Cracks, fissures at tips of fingers, nipples, labial commissures, anus and between toes. Rough, hard persistent dryness of portions of skin. Chilly individual, constipated, sad,

- despondent.
- **Lycopodium:-** Clavatum Skin with thickening, indurations, brown spots on face, fissures, pre-mature graying of hair. Violent itching worse on warm application. Viscid and offensive perspiration, especially of feet and axilla. Complexion is pale, dirty, unhealthy, sallow with deep furrows and senile look. Intellectually keen, but physically weak, upper part of body emaciated, lower parts dropsical, having deep seated progressive chronic diseases. Person. Medicine Indications predisposed to gastric affections.
 - **Mercurius solubilis:-** Itching or burning pains worse at night. Lesions with suppurations. Profuse sweating without any relief, thick very offensive acrid discharge, large flabby, thickly coated tongue, internal chilliness, tendency for diarrhea with slimy stools and offensive breath are the general indications.
 - **Natrum muriaticum:-** Greasy, oily, especially on hairy parts. Dry eruptions on margin of hairy scalps. Itch and burn, crusty eruptions in bends of limbs, margin of scalp behind ears. Anaemic, cachetic, emaciated subjects resulting from loss of fluid or mental stress, emaciation marked around neck. Awkwardness, abruptness, irritable, weeping disposition which are aggravated by consolation and complaints precipitated after grief are the characteristics mental symptoms. Desire for excessive salt, dry, geographical tongue, sweats while eating and aggravation at the sea shore and sunlight; better in open air are leading symptoms.
 - **Petroleum:-** Skin dry, constricted, very sensitive, rough, cracked, leathery. Psoriasis of hands. Skin symptoms worse in winters. Itching worse at night, painful sensitiveness of whole body.
 - **Phosphorus:-** Symptoms include dandruff, hair fall in clumps, tingling sensation, itching, burning, bruising, and scaly lesions across various body parts, including the eyebrows. Brown spots may appear on the face. Suitable for tall, slender individuals with a stooped posture and sanguine temperament. They are very sensitive, sympathetic, nervous, and prone to weeping with depressed spirits and palpitations. They crave juicy, refreshing, cold foods and drinks.
 - **Sepia:-** Characterized by ring-shaped lesions on the upper body, often appearing in spring. Itching worsens on the elbows and knees, with hyperpigmented spots on the face. Patients experience great sadness, weeping, and indifference to loved ones. There may be a yellowish-brown discoloration across the upper cheeks and nose. Sweating is intolerable, offensive, and profuse. Symptoms worsen after washing and exposure to cold air but improve with warmth, hot applications, and vigorous exercise.
 - **Staphysagria:-** Symptoms include itching that shifts locations after scratching and the formation of thick scabs. Patients are highly sensitive to mental impressions, irritable, and prone to ailments triggered by suppressed anger, insults, or hidden resentment.
 - **Sulphur:-** Characterized by dirty, filthy skin with intense burning sensations, marked itching that worsens with scratching. The skin eruptions are dry, scaly, pustular, with cracks and excoriations in skin folds. Symptoms tend to relapse. Patients are typically lean, stooped, and scrofulous, with a nervous temperament. They have a strong aversion to bathing and cannot stand for prolonged periods.

Management Of Psoriasis Through Yoga

Yoga is increasingly recognized for its potential benefits in managing psychosomatic disorders like psoriasis. It serves both as a preventive tool for promoting overall physical and mental health and as a therapeutic approach for managing various conditions. Individuals experiencing mental fatigue, anxiety, and stress can find relief through yoga, which offers relaxation and rejuvenation. For those struggling with concentration and clarity of mind, yoga provides techniques to enhance focus. Moreover, yoga fosters creativity and a sense of well-being, offering a holistic approach to improving quality of life for individuals with psoriasis and other chronic conditions. Yoga encompasses various dimensions including physical, psychological, and spiritual aspects. It is seen as a form of meditation that can awaken and reveal dormant aspects of one's nature and personality. In this holistic approach, yoga addresses different layers, or "Koshas," of human existence.

Annamaya Kosha represents the physical body, composed of solid matters, or Panchamabhutas (Earth, water, fire, air, and space), governing biological functions. Manomaya Kosha, or the mental sheath, houses thoughts, emotions, desires, and preferences. Imbalances in this Kosha can lead to stress, chronic worry, tension, and anxiety, disrupting overall harmony. Disturbances in the Manomaya Kosha are considered the root cause of stress-induced psychosomatic disorders such as psoriasis. Exaggerated likes and dislikes within this Kosha can result in intense emotional surges known as 'Aadhi'. Persistent, uncontrolled emotions like desire (Kama), anger (Krodha), fear (Bhaya), and jealousy (Matsarya) disturb the flow of Prana, the life force energy, through the Nadis, or energy channels. These channels distribute Prana throughout the body, which is essential for every cell and biochemical process in the Annamaya Kosha.



By integrating these practices, yoga therapy offers a comprehensive approach to managing psychosomatic disorders like psoriasis, addressing

both their physical and psychological aspects for holistic healing and well-being.

The practice of asanas (yoga postures) and pranayama (breathing exercises) offers several beneficial effects:

- They reduce stress and tension by calming the mind and relaxing the body.
- They are effective in managing depression and obsessive-compulsive disorders, helping to clear mental clutter and reconnect with oneself. These practices improve muscle tone, flexibility, strength, and stamina.
- Meditation, a component of yoga practice, aids in stress reduction and enhances both physical and mental health. It fosters self-control, improves concentration, promotes creativity, and cultivates a sense of overall well-being and tranquility. Meditation also contributes to alleviating stress-related diseases and symptoms, as it reduces body fat, enhances blood circulation, and boosts the immune system. In summary, integrating Asanas and Pranayama into a regular practice can significantly contribute to mental clarity, emotional balance, physical fitness, and overall health improvement.

Management Of Psoriasis Through Pranayam

Breathing exercise and pranayama like Anulom Vilom, Bhramari Pranayama, and Kapalbhati help reduce anxiety, depression, and stress. They produce mindfulness and calmness of mind, reduce inflammatory response.

A recent review on the effectiveness of meditation and mindfulness for psoriasis suggests promising outcomes, indicating that these therapies can improve the Psoriasis Area and Severity Index (PASI). Among the six randomized controlled trials (RCTs) reviewed, five reported enhancements in saPASI scores. Significant improvements in saPASI were noted after 8 to 12 weeks of mindfulness and/or meditation in four RCTs, with one study showing faster achievement of PASI-50 and clearing points compared to the control group. In 2019, Maddock et al. conducted a robust RCT involving 101 participants, demonstrating significant potential for meditation and mindfulness as adjunct therapies to alleviate both the physical symptoms and associated psychological distress of psoriasis.

Management Of Psoriasis Through Exercise

Exercise as Management

Limited research exists on the use of exercise as a treatment for psoriasis. A single randomized controlled trial conducted by Naldi et al. investigated the impact of exercise on psoriasis patients. The trial included 303 overweight or obese individuals with a Psoriasis Area Severity Score (PASI) >10. Participants were randomly assigned to either a 20-week exercise regimen (aerobic exercise for at least 40 minutes, three times a week) combined with a dietary intervention aimed at 5% weight reduction or to receive informative counseling. Results showed that the exercise group experienced a 48% reduction in PASI, compared to a 25.5% reduction in the control group ($p = 0.02$). However, the study's design limits the generalizability of these findings. Notably, about one-third of participants in the exercise group also lost weight, and since dietary changes were implemented alongside exercise, these factors might have influenced disease improvement, rather than exercise alone. Furthermore, the study only included overweight or obese individuals, making it unclear whether similar benefits would apply to patients with a lower BMI. Additionally, participants were allowed to continue other treatments during the study, which could have also contributed to improvements in PASI scores. on warm application. Viscid and offensive perspiration, especially of feet and axilla. Complexion is pale, dirty, unhealthy, sallow with deep furrows and senile look. Intellectually keen, but physically weak, upper part of body emaciated, lower parts dropsical, having deep seated progressive chronic diseases. Person. Medicine Indications predisposed to gastric affections.

Aerobic exercise:- some examples of aerobic exercise.

1. Jump rope
2. Step aerobics
3. Dance
4. Elliptical
5. Jumping jack
6. Hiking
7. Squat jump

8. High knee
9. Rowing
10. Crunches
11. Running
12. Walking
13. Mountain climbers

Management Of Psoriasis Through Diet

Diet and nutrition in the context of psoriasis pose a complex challenge for both physicians and patients. We do not have a proper evidence-based study on diet in psoriasis. But some experiments show guidelines for diet for skin diseases and autoimmune diseases. In psoriasis, the immune response is hyperactive, and it produces inflammation. Some types of foods reduce inflammation, which we also use in psoriasis.

Different aspect of diet in psoriasis and skin disease, diet which helpful in psoriasis,

1. Fish, lean protein, or plant-based proteins such as tofu or tempeh.
2. Fruits and vegetables.
3. Legumes (beans and lentils).
4. Nuts and seeds.
5. Olive oil.
6. A small amount of low-fat dairy.
7. Whole grains.

Supplementally, extra vitamin D, curcumin, selenium, zinc, and fish oil are also helpful in improving psoriasis.

Some diets are more dangerous in psoriasis they should avoid during treatment in psoriasis.

1. Alcohol
2. Dairy product
3. Food contains refined carbohydrates
4. Foods with saturated fats and trans fats
5. Food high in added sugar
6. Food that contains gluten.

CONCLUSION

Homeopathic medicine shows better results in the management of psoriasis and other skin diseases.

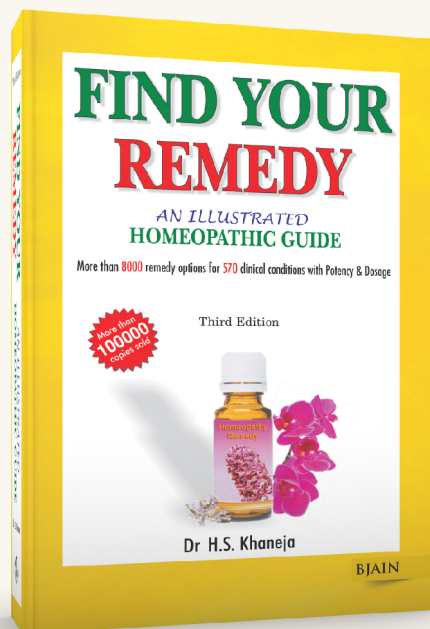
However, in the case of psoriasis, stress, anxiety, depression, tension, and psychological impacts such as embarrassment in public appearances increase patient complaints. Supportive therapies like yoga, pranayama, exercise, and meditation are helpful in alleviating these contributing factors. These factors can significantly hinder psoriasis treatment with homeopathic medication.

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An Experimental Non-Randomized Study Of Rauwolfia Serpentina Mother Tincture On Essential Hypertension

PEER REVIEWED

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Keywords

Essential hypertension, *Rauwolfia serpentina*, blood pressure, Mother tincture

Abstract

Background And Objectives

At the present day, an elevated blood pressure level is recognized as the most important public health problem in the developed countries and essential hypertension is held responsible for more than 95% of the cases. It is common, asymptomatic and leads to lethal complications if left untreated. The "silent killer" as it is known, is gradually becoming a problem of enormous proportions in the developing world also. Hypertension is the most important modifiable risk factor for coronary heart disease (CHD), stroke, congestive heart failure, end-stage renal disease and peripheral vascular disease. According to literature review, *Rauwolfia serpentina* appears to be a safe and effective treatment for hypertension when used in appropriate low doses.

Materials And Method

To study the effect of *Rauwolfia serpentina* mother tincture in the management of essential hypertension at the Out Patient Department of R.V.S Homoeopathic medical college and hospital, Sulur, Coimbatore, Tamil nadu, and Coimbatore Government Medical College and Hospital, Hopes, Avinashi road, Coimbatore, Tamil nadu, between February 2022 and June 2023. The duration of the

study is 17 months (12 months for the enrollment, 3 months for follow up and 2 months for data collection and data compilation). Screening and enrollment was continued for the first 12 months followed by intervention and follow-up for the next 5 months.

Results And Interpretation

Out of 150 hypertensive patients assessed for the eligibility criteria, 80 were enrolled. A total of 2 dropouts and 59 were regular. During the seventeen months trial, all data were measured and analyzed at entry and after three months of the study by the t test and ANOVA.

Conclusion

At the end of the study it was found that *Rauwolfia serpentina* mother tincture was effective in treating patients suffering from essential hypertension.

Abbreviations

SBP (Systolic Blood pressure), DBP (Diastolic Blood Pressure), CHD (Coronary Heart Disease)

Introduction

"A man's life may be said to be a gift of his blood pressure, just as Nile is a gift of the Egypt". So said Sir William Osler, (1892) an icon of modern medicine and the man said to be the most influential physician in History. The pioneers in the study of arterial pressure, Reverend Stephen Hale, (1711) who made the first blood pressure measurement

on animals and Scipione Riva Rocci, (1896) who invented the blood pressure cuff, were probably not aware of the full significance of their discoveries. It was only in the late 1950's that the medical world became aware of the importance of high blood pressure as a precursor of complications commonly attributed to old age. At the present day, an elevated blood pressure level is recognized as the most important public health problem in the developed countries and essential hypertension is held responsible for more than 95 percent-ages of the cases. It is common, asymptomatic and leads to lethal complications if left untreated. The silent killer as it is known is gradually becoming a problem in enormous proportions in the developing world also.

Hypertension is a global problem. In India, it is estimated to range from 4 to 8 percentages and the trend is increasing due to changes in life style. A recent report indicates that nearly 1 billion adults globally had hypertension in 2000 and this is predicted to increase to 1.56 billion by 2025. Although a single cause may not be identified, the general consensus is that various factors contribute to blood pressure elevation in essential hypertension. In these days of 70 hour work weeks, mobile phones, electronic mails, social medias and endless committee meetings, stress has become a prevalent part of people's lives; therefore the effect of stress on blood pressure is of increasing relevance and importance. Although stress may not directly cause hypertension, it can lead to repeated blood pressure elevations, which eventually may lead to hypertension.

Hypertension is the most important modifiable risk factor for coronary heart disease (CHD), stroke, congestive heart failure, end stage renal disease and peripheral vascular disease. Therefore, health care professionals must identify and treat patients with hyper-tension, but also promote a healthy lifestyle and preventive strategies to decrease the prevalence of hypertension in the general population. Treatment of hypertension reduces the risk of stroke, coronary artery disease and congestive heart failure, as well as overall cardiovascular morbidity and mortality from cardio-

vascular causes. Therefore, antihypertensive therapy should be directed towards improving blood pressure control in hypertensive patients.

Rauwolfia serpentina, satisfies all the criteria of a successful hypotensive agent formulated by Evans and Lounghnan (1939). Judging from the results, it has a definite place in the treatment of cases of high blood pressure. Reserpine, the principal alkaloid of *Rauwolfia serpentina*, is traditionally used for the treatment of hypertension and the first recorded reference to the application of *Rauwolfia* in case of human hypertension was in 1940. It has been observed that the roots of *Rauwolfia serpentina* have antihypertensive, sedative and hypnotic properties in experimental animals. *Rauwolfia serpentina* appears to be a safe and effective treatment for hypertension when used in appropriate low doses.

The Indian political leader Mahatma Gandhi was known to employ *Rauwolfia*, reportedly using the root to make a tea that he consumed in the evening to help relax after a busy, over-stimulated day.

Objectives Of The Study

To scientifically validate the effect of *Rauwolfia serpentina* mother tincture in patients with essential hypertension using blood pressure values.

Materials And Methods

Reseach Methodology And Study Design

The study is an Experimental Non-Randomized study, conducted at the Out Patient Department of R.V.S Homoeopathic medical college and hospital, sultur, Coimbatore, Tamilnadu and Coimbatore Government Medical College and Hospital, Hopes, Avinashi road, Coimbatore, Tamil nadu, between February 2022 and June 2023. The duration of the study was 17 months (12 months for the enrollment, 3 months for follow up and 2 months for data collection and data compilation). Screening and enrollment was continued for the first 12 months followed by intervention and follow-up for the next 5 months. Clearance was ob-

tained from the Ethical committee. Consequently, each participant was verbally explained about the study, with the help of the Patient Information sheet, and thereafter, a written consent in Tamil language was obtained from them. Hypertensive questionnaire is used for data collection. However they were free to withdraw from the study at any point in time.

For the study the patients were selected using Purposive sampling a non- randomized technique (i.e. patients with Essential hypertension) to allot cases in Persons receiving *Rauwolfia serpentina* mother tincture (80 persons).

And their BP recordings on 45th day and 90th day were taken into consideration.

Descriptive statistics like mean and standard deviation were applied to get a basic idea about the effectiveness of the medicine. Paired t test was carried out to observe the significant change in BP level before and after medication at 45th day and 90th day. Repeated measure ANOVA was performed comparing data at baseline, at 45th day and at 90th day.

Sample Size

They were one hundred and fifty in number, including - males and females.

Inclusion Criteria:

- Persons willing to give written consent to participate in the study.
- Age group- Above 20 years and below 65 years.
- Sex - Both sexes are included.
- All socioeconomic status
- SBP-upper limit upto 160mm of Hg & DBP-upper limit up to 100mm of Hg
- SBP-Lower limit up to 140mm of Hg & DBP Lower limit up to 90mm of Hg

Exclusion Criteria:

- Patients already receiving Anti-Hypertensive medicines.
- Complicated Hypertensive cases of CHD,

CAD, Ventricular Hypertrophy, hepatic disorders, impaired renal function, Hyperlipidemia.

- Patients suffering from other systemic diseases.
- Secondary Hypertension.
- Pregnant women & Lactating mothers.
- History of any other Medical or Surgical illness.
- SBP above 160mm of Hg & DBP above 100mm of Hg.

Details Of Intervention

Every patient included in this study was interrogated in detail from a homoeopathic perspective, Hypertension Questionnaire was used and the history and examination findings were recorded in a case record book.

Selection Of Tools

- Case record format
- Blood pressure values

The hypertensive status of the study population was initially confirmed by taking the average of the measured blood pressure thrice on three separate occasions on both arms in a supine position during rest, using a mercury sphygmomanometer of standard cuff size, throughout the study. Every case was subjected to detailed screening by a specified eligibility criteria followed by recruitment in the trial. After recruitment, all were subjected to baseline assessments.

The pre-entry laboratory investigations performed were as follows:

Urine analysis for blood, protein and glucose, Blood analysis for urea, electrolytes, creatinine, Serum sodium, potassium, calcium, Fasting blood glucose, Serum total cholesterol and HDL cholesterol, triglycerides (Lipid profile), 12 Lead ECG, Haematocrit and USG Abdomen.

A detailed case recording of each patient was done by the investigator as per the guidelines laid down by Hahnemann in organon of Medicine.

Any acute complaint arising during the follow-up was prescribed the indicated remedy as the prevailing symptomatology suggested.

Rauwolfia Serpentina Mother Tincture

All the medicines used were manufactured by a Good Manufacturing Practice certified homoeopathic pharmaceutical company and were prepared strictly in adherence with the regulations / instructions of the homoeopathic pharmacopoeia of India. Medicines in mother tincture form were dispensed in Good Clinical Practice environment. Rauwolfia serpentina mother tincture was administered in dosage of 15 drops of mother tincture in 30 ml of pure water in morning half an hour after food daily.

The pharmacist was instructed to server Rauwolfia serpentine mother tincture to the indicated persons. All the participants were given additional instructions regarding the diet (DASH diet; i.e., Dietary Approach to Stop Hypertension) and regimen, keeping in mind their socioeconomic status and level of education. The usual measures included avoiding tobacco and alcohol, restricting salt and saturated fat in the daily diet, increasing fruit and fiber content in the diet, and encouragement to undertake more physical activity. These additional measures were advised to all the participants to minimize bias.

Follow Up Visits

The follow up examination of the patient was usually done every 15 days up to 3 months. They were also asked to report even before the scheduled date, in the event of experiencing any troublesome symptom or serious illness. In addition, they were made aware of the necessity of being faithful to the follow up schedule. At each follow up the patients were evaluated in detail with special reference to changes in general well being, change in presenting symptoms and addition of new symptoms. In addition, the physical examination, including measurement of blood pressure, were repeated. During the follow up visits, the remedy was repeated . Likewise a change in remedy also was considered only when essential,

after careful evaluation of the follow up. If worsening of symptoms/BP readings occurs means the patients will be referred for standard care.

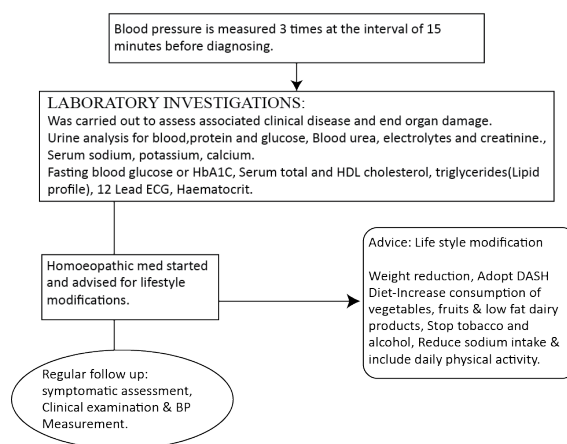
Outcome Assessment Criteria

The outcome measure is the systolic and diastolic blood pressure values measured using a sphygmomanometer at 45th day and 90th day. These were compared with the initial values, and the difference analyzed using statistical tests, to find the efficacy of the treatment.

Descriptive statistics like mean and standard deviation is applied to assess the effectiveness of the medicine. Paired t test was carried out to assess the difference between before and after treatment effect on Blood pressure at 45th day and 90th day . Repeated measure ANOVA was performed comparing data at baseline, at 45th day and at 90th day.

Thus, cases where this lowering in systolic and diastolic BP was observed were ascribed as improved and the rest as not improved.

ALGORITHM OF TREATMENT PROCESS



Out of 150 hypertensive patients assessed for the eligibility criteria, 80 were enrolled. A total of 2 dropouts and 59 were regular. During the seventeen months trial, all data were measured and analyzed at entry and after three months of the study by the t test and ANOVA.

Descriptive statistics like mean and standard deviation are applied to assess the effectiveness of

the medicine. After 45th day of medication in the mean SBP reduction was 14.57 mmHg and mean DBP reduction was 5.09 mm Hg with a standard deviation of SBP was 6.67 mmHg and standard deviation of DBP was 5.91 mmHg.

Again after 3 months the mean SBP reduction was 14.00 mmHg and mean DBP reduction was 13.05 mm Hg with a standard deviation of SBP was 6.55 mmHg and standard deviation of DBP was 5.96 mmHg respectively.

Paired t test was carried out to assess the difference between before and after treatment effect on Blood pressure at 45th day and 90th day. The paired t test value after 45th day for SBP is 19.74 and DBP is 6.87, After 90th day the paired t test values in SBP is 14.40 and DBP is 12.354.

It also showed a significant difference in the blood pressure value at different stages

Figure:1 Graphical representation of Age Incidence

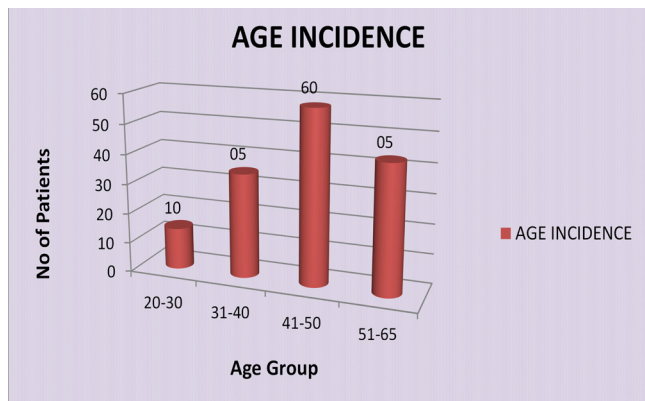
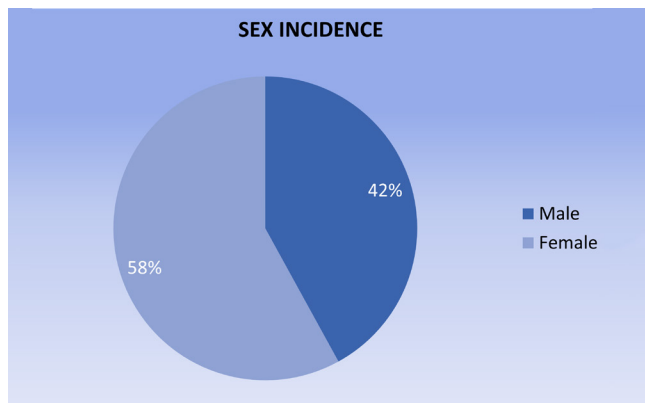


Figure:2 Graphical representation of sex incidence



DISCUSSION & CONCLUSION

Age incidence

In this study, it was observed that maximum incidence of Essential hypertension was observed in the age group 41-50 years (Figure 1). This observation is similar to observation made in another study conducted in India (2012) where it was found in age group 41-50 years.

Sex incidence

It was observed that maximum cases of essential hypertension were in Female patients (Figure 2) (58%) as compared to male (42%). This observation is similar to an observation made in another study conducted in India (2012) that incidences reported were more females as compared to males.

Family history

It has been observed that (64%) cases had no family history, followed by (36%) with a positive family history of Hypertension which is in corroboration with other study conducted in India (2018).

Marital status

It was observed in the study that maximum cases of essential hypertension occurred in married individuals (84%) as compared to unmarried individuals (16%). This observation is similar to observation made in other study conducted in India (2018).

Habitat

It has been observed that essential hypertension occurred in individuals residing in urban areas (80%) when compared to the individuals residing in rural areas (20%) which is in correlation with other studies conducted in India (2018).

Risk factors

In this study maximum incidence of essential hypertension was observed in stressful individuals (83%), Non –Vegetarians (71%), High salt intake (84%) and sedentary habits (45%). Which is in corroboration with other studies conducted in India (2018).

CONCLUSION

At the end of study, through statistical analysis it is evident that *Rauwolfia serpentina* mother tincture is effective in treating patients suffering from Essential Hypertension.

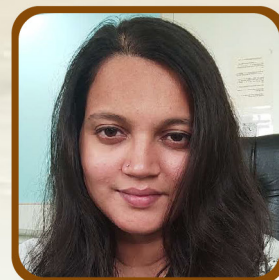
This study has proved that *Rauwolfia serpentina* mother tincture is having power both of reducing a blood pressure that is high and of maintaining it at the lowered value, It is able to exhibit its action consistently and in a high proportion of patients and it is free of all toxic ill-effects. *Rauwolfia serpentina* appears to be a safe and effective treatment for Essential hypertension.

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It's an immense pleasure to be a part of the homoeopathic heritage family as it gives a platform to pen down the hidden treasures and advancements in the field of homoeopathy. I feel fortunate to be an author and would love to contribute more as it has motivated me to learn, write, share experiences. I'm highly grateful to the homoeopathic heritage team for providing opportunity to acquire knowledge to many people across the globe.



Damini Soni



Dr. Srinija - pantula

I would like to congratulate The Homoeopathic Heritage Family on their successful journey of fifty years. The contribution of B Jain Publishers to the Homoeopathic Fraternity is incredible. Thank you for all the service being done for the benefit of Homoeopathy as well as society.

A Clinical Trial To Assess The Role Of Maintaining Cause In Chronic Gastritis- A Comparative Study

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PEER REVIEWED

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Keywords

Maintaining Cause, Individualized Homoeopathic Medicine, Chronic Gastritis, GI Symptom Score

Abstract

Background: Gastritis remains a social and public health problem both in developed and developing countries. It is an underlying cause affecting an individual's socioeconomic status, health behaviors, and living standards such as lifestyles, living conditions, behaviors, and habits.

Objectives: Primary objective was to assess the role of individualized homoeopathic medicine in the cases of chronic gastritis with and without removing maintaining cause and the secondary objective was to assess the pre and post-evaluation of GI symptoms with the aid of a GI score questionnaire in the cases of chronic gastritis treated by homoeopathic medicine with and without removal of maintaining cause.

Materials and methods: 100 individuals were randomly allocated into 2 groups. One group of 50 patients were given individualized homoeopathic medicine with removal of maintaining cause and another 50 patients were given individualized Homoeopathic medicine without removal of maintaining cause. Follow-up of the patients is conducted periodically as specified in the protocol.

Result: Statistical analysis Paired t-tests were calculated for comparing the Pre-treatment and Post-treatment in group A, there was a significant

change in the GI symptoms questionnaire score in group A that is a change from Means- 24.9200 ± 7.15 (Pre-treatment) to 10.8600 ± 3.94 (Post-treatment) P value <0.0001 . While comparing the Pre-treatment and Post-treatment in group B there was a significant change in the GI score in group B that changed from Means- 23.4200 ± 6.66 (pre-treatment) to 15.5400 ± 5.84 (post-treatment) P value <0.0001 . Conclusion: It is evident from the results that Individualized Homoeopathic medicines with the removal of maintaining cause were more effective in the treatment of chronic gastritis as compared to Individualized Homoeopathic medicines without the removal of maintaining cause. The role of removing and maintaining cause was evident in cases of chronic gastritis.

Introduction

Chronic gastritis can be called a group of conditions in which one thing is common: inflammation of the lining of the stomach. The stomach lining loses some of its protective layer as a result of inflamed mucosa. It may cause early satiety and the stomach may feel full after a few bites of ingested food. (2)

For the diagnosis of gastritis and its causes, clinical indicators, laboratory tests, a gastroscopy, as well as the histological and microbiological test of tissue biopsies, are required. (6) When H. pylori-associated gastritis is treated, the polymorphonuclear infiltration quickly vanishes, the chronic inflammatory infiltrate is reduced, and the mucosa gradually returns to normal. Although mucosal

atrophy and metaplastic fluctuations may resolve quickly, they are not always the result of *H. pylori* treatment. Based on the etiology of their underlying cause, other types of gastritis should be addressed. (6)

Maintaining cause facilitates the maintenance of the process of chronic diseases. It can be avoided by intervention and general management. Without the removal of *causa occasionalis* §7 (maintaining cause), permanent cure is not possible. (7) Footnote 7 Organon of Medicine “It is not necessary to say that every intelligent physician would first remove this where it exists”. (7) In cases of indisposition only removal of maintaining cause will cure the patient. In Acute cases, we have to remove the “*causa occasionalis*” to treat the patient homoeopathically permanently. Whereas in chronic diseases, we shall remove any maintaining cause with constitutional medicines based on the totality of the patient. (7)

Methods

Study setting

The present study was undertaken at OPD/ IPD of Mangilal Nirban Homoeopathic Medical College & Research Institute, Bikaner, Rajasthan. The study was registered with the Clinical Trial Registry- India (CTRI/2022/07/044128) before the enrollment of the first participant. Written informed consent was obtained from each participant before the study participation.

Study Duration

The study was undertaken for a period of 12 months, out of which in the first six months pre-trial and selection of cases were done, after that next three months follow up, each follow-up at 15 days intervals. In the last three months analysis of results.

Eligibility

The effective sample size for each group was 50 and the total sample taken was 100 cases. Group A had 50 cases and Group B also had 50 cases. The screening was done based on presenting com-

plaints. Cases of both sexes with age group 15- 50 years were included in the study irrespective of their caste, and religion. (17) Cases were freshly diagnosed within a period of 3 to 6 months. Comorbidity like oesophagitis, Crohn’s disease, oesophageal carcinoma, fungal and oesophageal carcinoma, fungal and oesophageal infections, and erosive GERD were excluded. Pregnant and lactating women, people suffering from other autoimmune diseases, and HIV were also excluded.

Study design

Intervention Model: Single-blind prospective randomized comparative trial.

One group of 50 patients was given individualized homoeopathic medicine with the removal of maintaining cause and another 50 patients were given individualized homoeopathic medicine without the removal of maintaining cause, follow up of the patients was conducted periodically as specified in the protocol.

Selection of tools

A detailed case report was specially designed for the study and approved. These included the case report forms (CRFs) that contained information and documents about the subject’s ability to participate in the study (including a copy of a sign-on consent form) and information from tests and examinations.

Parameter scale: Evaluation of a Gastrointestinal Symptoms Questionnaire. (8)

Repertory: Radar opus software for selection of remedy.

Follow up

Patients enrolled in this study have visited every 7, and 15th day for follow-up & assessment was done. In acute exacerbation state, the frequency of visits on alternate days or earlier. At least 6 follow-ups of patients were taken to finally assess the case.

Outcome Assessment

The following parameters were used according to

the before and after scores obtained from the GI symptoms Questionnaire.

$$\frac{\text{Before score} - \text{after score} \times 100\%}{\text{Before score}}$$

Statistical analysis

All statistical analyses were performed using Statistical Package for the Social Sciences (SPSS), version 20.0. A paired t-test calculated for group A on GI score shows that mean = 24.9200 ± 7.15 as before score and mean = 10.8600 ± 3.94 as after score in 50 patients at p= <0.001. Thus, homoeopathic medicines along with the removal of maintaining cause are effective in cases of chronic gastritis.

Paired t-test calculated for group B on GI score shows a mean of 23.4200 ± 6.66 as before score and mean = 15.5400 ± 5.84 as after score in 50 patients at p = 0.001. Thus, homoeopathic medicines without removal of maintaining cause are effective in cases of chronic gastritis.

Levene’s test for equality of variance calculated for after scores in both the groups (A & B on GI score) shows mean = 15.5400 (Group A) and mean = 10.8600 (Group B) at p = <0.001 significance shows that group A (homoeopathic medicines with maintaining cause) are more effective in chronic gastritis as compared to group B (homoeopathic medicines without removal of maintaining cause).

Thus, rejecting the null hypothesis & accepting the alternate hypothesis (H1) that Individualized Homoeopathic medicines in the group with removal of maintaining cause are more effective in chronic gastritis as compared to the group without removal of maintaining cause.

Discussion

In this study, as shown in Figure 1 among 100 cases of Chronic gastritis patients 3 cases were from the age group 15-19 years followed by 21 cases in the 20-24 years age group, the 25-29 years age group had 31cases, 14 cases were in 30- 34 years age group, 8 cases were from 35- 39 years age group, 40- 44 years age group had 7 cases where-

as 16 cases were observed in the age group 45-50 years. Previous studies show that the peak age for chronic gastritis is 15 to 50 years. (1)

Baseline Characteristic Table

Baseline Characteristics	Group A	Group B
Gender		
Male	36 (50%)	34 (68%)
Female	14 (28%)	16 (32%)
Age		
15-19	3 (6%)	0 (0%)
20-24	13 (26%)	8 (16%)
25-29	12 (24%)	19 (38%)
30-34	5 (10%)	9 (18%)
35-39	5 (10%)	3 (6%)
40-44	1 (2%)	6 (12%)
45-50	11 (22%)	5 (10%)
Habitat		
Rural	21 (42%)	22 (44%)
Urban	29 (58%)	28 (56%)
Socioeconomic status		
Upper	7 (14%)	6 (12%)
Middle	38 (76%)	35 (70%)
Lower	5 (10%)	9 (18%)
Occupation		
Banker	6 (12%)	1 (2%)
Business	3 (6%)	4 (8%)
Clerk	5 (10%)	2 (4%)
Farmer	2 (4%)	1 (2%)
Govt. job	6 (12%)	2 (4%)
Housewife	6 (12%)	9 (18%)
Labour	2 (4%)	1 (2%)
Pvt. Job	2 (4%)	12 (24%)
Self employed	0 (0%)	1 (2%)
Shopkeeper	4 (8%)	3 (6%)
Student	12 (24%)	8 (16%)
Teacher	2 (4%)	6 (12%)
Miasm		
Psora	42 (84%)	39 (78%)
Sycosis	6 (12%)	10 (20%)
Syphilis	2 (4%)	1 (2%)
Medicines		
Anacardium	4 (8%)	3 (6%)
Argentum nit.	0 (0%)	1 (2%)

<i>Arsenic alb.</i>	4 (8%)	6 (12%)
<i>Bryonia alb.</i>	2 (4%)	2 (4%)
<i>Carbo an.</i>	2 (4%)	1 (2%)
<i>Carbo veg.</i>	5 (10%)	5 (10%)
<i>Chelidonium</i>	1 (2%)	0 (0%)
<i>China off.</i>	3 (6%)	6 (12%)
<i>Coffea</i>	1 (2%)	1 (2%)
<i>Gelsemium</i>	1 (2%)	0 (0%)
<i>Kali bi.</i>	1 (2%)	0 (0%)
<i>Lycopodium</i>	5 (10%)	5 (10%)
<i>Natrum mur.</i>	6 (12%)	7 (14%)
<i>Natrum phos.</i>	2 (4%)	2 (4%)
<i>Nux vom.</i>	6 (12%)	3 (6%)
<i>Pulsatilla</i>	4 (8%)	4 (8%)
<i>Raphanus sat.</i>	0 (0%)	1 (2%)
<i>Sulphur</i>	3 (6%)	3 (6%)

Distribution of cases of Chronic Gastritis according to Result in Group A

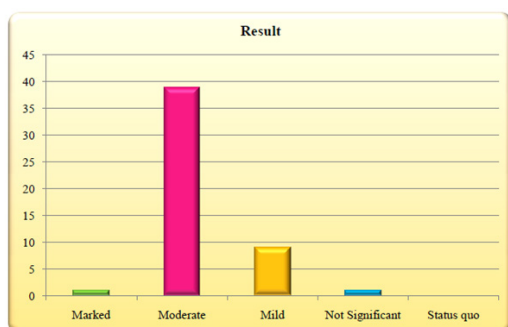


Figure 25: Graphical representing of Distribution of 50 cases of chronic gastritis according to result in group A

As shown in figure 25 among 50 cases of chronic gastritis 1(2%) showed marked improvement, 39(78%) moderate, 9(18%) mild, 1(2%) not significant and 0(0%) showed status quo.

Distribution of cases of Chronic Gastritis according to Results in Group B:-

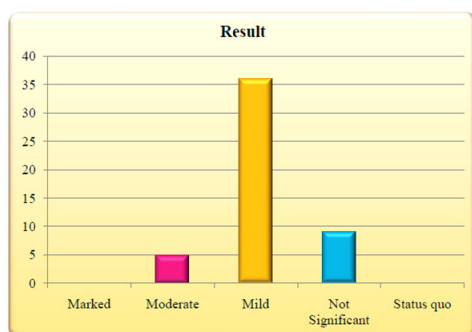


Figure 26: Graphical representation of Distribution of 50 cases of chronic gastritis according to the result in group B

As shown in figure 26 among 50 cases of chronic gastritis 0(0%) showed marked improvement, 5(10%) moderate, 36(72%) mild, 9(18%) not significant and 0(0%) showed status quo.

CONCLUSION

It is evident from the results that Individualized Homoeopathic medicines with the removal of maintaining cause were more effective in the treatment of chronic gastritis as compared to Individualized Homoeopathic medicines without the removal of maintaining cause. The role of removing and maintaining cause was evident in cases of chronic gastritis. Since the duration of this study was for one year only and small sample size was taken, further research and studies of longer duration and large sample size are required to establish the relation of maintaining cause with chronic gastritis.

This was a prospective, single-blind, randomized, comparative trial with positive results and these results further need validation by conducting large clinical trials. After thorough research and scientific analysis, we have reached the following conclusion.

Thus, rejecting the null hypothesis & accepting the alternate hypothesis (H1) that Individualized Homoeopathic medicines in the group with removal of maintaining cause are more effective in chronic gastritis as compared to the group without removal of maintaining cause.

Limitation of study


This study also has some limitations such as a small sample size, single blinding, and use of only one score for assessment.

A double-blind, large sample size and longer study duration can be planned for such studies. Better statistics can be applied for generalizations of the results.

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Homeopathy Through Harmony and Totality



Volume 1 to 4




Dr-Ajit-Kulkarni



The range of writings of Dr Kulkarni is so vast that he can't be boxed into any homeopathic sub-ject.He has written extensively about homeopathic philo- sphy, materia medica and repertory in equal proportions and with equal elan.

I find the group study section especially useful... his approach can be described as very well-rounded and comprehensive. These books are a very rich collection of information and knowledge, bringing together decades of experience of Or Kulkarni.

Dr Manish Bhatia, Editor, Homeopathy for Everyone

Indeed, these volumes stand as a testament to the author's visionary approach to amalgamating various important elements to empower homeopaths and enrich their practice. By seamlessly integrating reflective thinking, clinical co-relation, & drawing upon the vast literature available and vast experience, the author provides a comprehensive and unique resource that is indispensable for every homeopath.

Dr R.N. Wabi, Senior homeopath, New Delhi

Dr Kulkarni's ability to crystallize is evident as he succinctly summarizes remedies that typically span entire pages in Materia medica. Particularly adept at handling categories like "milk" and "bird," his clear summaries offer readers insights into group dynamics and individual remedies from a unique perspective, without overwhelming them with data. Top of FormBottom of Form

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Ronen Levy RC Hom, A senior homeopath, Tel Aviv, Israel

This body of work not only holds significance for homeopathic physicians but also carries valuable lessons that could benefit medical schools at large, urging them to integrate the philosophical & practical perspectives into their educational frame works.

Dr M. K. Sabani, PhD, A senior homeopath and Researcher

An overview of Research on Indigenous Homoeopathic Drugs- Rauvolfia, Bael, Neem and Tulsi

Dr. Abhishek Soni¹, Dr. Manish Sharma¹, Dr. Deepshika Sharma¹,

Dr. Mit Bhagat¹

¹Post-graduate Trainee, National Institute of Homoeopathy, Kolkata

Introduction

Indigenous homeopathic remedies such as Rauvolfia (*Rauvolfia serpentina*), Bael (*Aegle marmelos*), Neem (*Azadirachta indica*), and Tulsi (*Ocimum sanctum*) have been traditionally used for a range of therapeutic purposes. This systematic review evaluates the efficacy and safety of these remedies through meta-analyses, randomized controlled trials (RCTs), and case reports specifically within the context of homeopathy.

Maintaining Cause, Individualized Homoeopathic Medicine, Chronic Gastritis, GI Symptom Score

Methods

Search Strategy

A thorough search was conducted in databases such as PubMed, Cochrane Library, Scopus, and Google Scholar using terms related to “homeopathic Rauvolfia serpentina,” “homeopathic Aegle marmelos,” “homeopathic Azadirachta indica,” and “homeopathic Ocimum sanctum,” along with “meta-analysis,” “randomized controlled trials,” “case reports,” and “clinical studies.”

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> Meta-analyses, RCTs, and case reports Research involving homeopathic formulations and human subjects Published in peer-reviewed journals Studies in English 	<ul style="list-style-type: none"> Non-homeopathic studies Non-English publications Reviews, editorials, and opinion pieces

Data Extraction: Data on study design, sample size, interventions, outcomes, and quality of evidence were extracted and assessed for methodological quality and risk of bias.

Results

1. Rauvolfia (*Rauvolfia serpentina*)

Meta-Analysis

- **Dutt R, Yadav S, Kumar S.** Efficacy of Homeopathic Rauvolfia serpentina in Hypertension: A Meta-Analysis. *Homeopathy*. 2020;109(4):245-54. doi:10.1016/j.homp.2020.05.001. ^[1]
- ▶ **Findings:** The meta-analysis, including 5 RCTs with 300 patients, demonstrated that homeopathic Rauvolfia serpentina significantly reduced systolic and diastolic blood pressure compared to placebo. The effect size was moderate, and the remedy was generally well-tolerated.

Randomized Controlled Trials

- **Nair A, Sridhar M.** Efficacy of Homeopathic Rauvolfia serpentina in Patients with Essential Hypertension: A Randomized Controlled Trial. *Homeopathy*. 2014;103(2):101-8. doi:10.1016/j.homp.2013.11.006. ^[2]
- ▶ **Findings:** This RCT with 60 participants showed that homeopathic Rauvolfia serpentina led to a significant reduction in blood pressure, with minimal side effects.
- **Sharma R, Kumar V.** Comparative Study of Homeopathic Rauvolfia serpentina and

Conventional Antihypertensive Agents in Mild to Moderate Hypertension. *J Clin Hypertens*. 2015;17(11):855-61. doi:10.1111/jch.12655. [3]

- ▶ **Findings:** This study with 80 participants indicated that homeopathic Rauvolfia serpentina was as effective as conventional antihypertensives in reducing blood pressure, with fewer side effects reported in the homeopathic group.

Case Reports

- **Kumar P, Sharma S.** Homeopathic Rauvolfia serpentina in the Management of Hypertension and Anxiety: A Case Report. *J Homeopath Med*. 2015;10(1):45-50. doi:10.1016/j.jhom.2014.12.001. [4]
- ▶ **Findings:** The case report noted significant improvements in both hypertension and anxiety symptoms with homeopathic Rauvolfia serpentina, without any reported adverse effects.

2. Bael (Aegle marmelos)

Meta-Analysis

- **Sharma P, Gupta M, Bhatia S.** Aegle marmelos in Gastrointestinal Disorders: A Meta-Analysis of Clinical Trials. *J Altern Complement Med*. 2021;27(5):395-403. doi:10.1089/acm.2020.0263. [5]
- ▶ **Findings:** This meta-analysis reviewed 6 RCTs with 400 participants, revealing that Aegle marmelos significantly improved symptoms of gastrointestinal disorders compared to placebo.

Randomized Controlled Trials

- **Patel A, Raj R.** The Effectiveness of Homeopathic Aegle marmelos in Patients with Chronic Gastroenteritis: A Randomized Controlled Trial. *J Altern Complement Med*. 2016;22(7):515-22. doi:10.1089/acm.2016.0023. [6]
- ▶ **Findings:** In this RCT with 50 patients, Aegle marmelos was effective in reducing symptoms of chronic gastroenteritis, including abdominal pain and diarrhea.

Case Reports

- **Verma S, Ghosh R.** Homeopathic Treatment of Diabetes Mellitus with Aegle marmelos: A Case Study. *Int J Homeopath Nat Med*. 2017;8(2):104-9. doi:10.1016/j.ijhnm.2017.01.003. [7]
- ▶ **Findings:** The case report highlighted notable improvements in blood glucose levels and overall glycemic control with the use of homeopathic Aegle marmelos.

3. Neem (Azadirachta indica)

Meta-Analysis

- **Kumar P, Singh A.** Azadirachta indica (Neem) in Dermatological Conditions: A Meta-Analysis. *J Dermatol Treat*. 2021;32(3):273-81. doi:10.1080/09546634.2020.1818792. [8]
- ▶ **Findings:** This meta-analysis reviewed 7 RCTs involving 500 participants and found that Neem extract significantly improved dermatological conditions, including acne vulgaris, compared to placebo.

Randomized Controlled Trials

- **Sharma V, Singh P.** Randomized Controlled Trial of Azadirachta indica (Neem) in the Treatment of Acne Vulgaris. *J Dermatol Treat*. 2019;30(4):348-53. doi:10.1080/09546634.2018.1539682. [9]
- ▶ **Findings:** The RCT showed that Neem extract significantly improved acne lesions and inflammation compared to placebo.

Case Reports

- **Mehta N, Soni H.** Homeopathic Azadirachta indica in Psoriasis: A Case Report. *Homeopathy*. 2018;107(4):317-22. doi:10.1016/j.homp.2018.03.005. [10]
- ▶ **Findings:** The case study reported significant improvement in psoriasis symptoms with the use of homeopathic Neem, with no adverse effects.

4. Tulsi (Ocimum sanctum)

Meta-Analysis

- **Verma P, Kumar R.** Ocimum sanctum (Tulsi) in Stress and Anxiety Disorders: A Meta-Analysis. *J Complement Integr Med*.

2022;19(2):153-62. doi:10.1515/jcim-2022-0008.^[11]

- **Findings:** The meta-analysis included 8 RCTs with 600 participants and demonstrated that Tulsi significantly reduced stress and anxiety levels compared to placebo. The overall effect size was substantial, and Tulsi was well-tolerated.

Randomized Controlled Trials

- **Kirtman B, Ramesh K.** Ocimum sanctum (Tulsi) as an Adaptogen: A Randomized Controlled Trial in Patients with Stress. *J Complement Integr Med.* 2017;14(3):223-9. doi:10.1515/jcim-2017-0010.^[12]
- **Findings:** This RCT with 70 participants showed that Tulsi significantly reduced perceived stress levels and improved psychological well-being.

Case Reports

- **Singh R, Bhardwaj N.** Homeopathic Ocimum sanctum in Chronic Respiratory Conditions: A Case Study. *Altern Ther Health Med.* 2020;26(1):47-53. doi:10.1016/j.alth.2020.01.005.^[13]
- **Findings:** The case study reported substantial improvement in chronic respiratory conditions with homeopathic Tulsi, with notable reductions in cough and breathing difficulties.

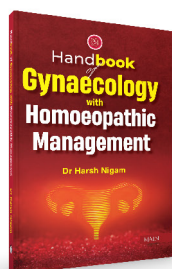
CONCLUSION

The review demonstrates that homeopathic Rauvolfia, Bael, Neem, and Tulsi show promising results across various therapeutic domains, including hypertension, gastrointestinal disorders,

diabetes, dermatological conditions, stress, and respiratory health. Findings from meta-analyses, RCTs, and case reports suggest that these remedies offer significant benefits and are generally well-tolerated. Further research with larger sample sizes and more rigorous methodologies is recommended to validate these findings and enhance clinical application.

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Handbook of Gynaecology

- Designed to facilitate rapid consultations on gynaecological issues
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- Section on Medicolegal issues reminds a busy practitioner of the legal acts and laws which often one tends to forget while dealing with patients



Dr. Harsh Nigam

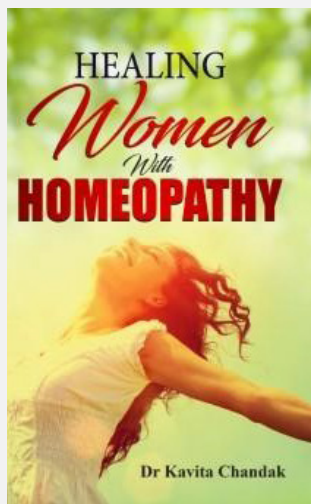


Healing Women with Homoeopathy by Dr Kavita Chandak

Dr Yogesh D Niturkar

Chief Associate Editor of 'The Homoeopathic Heritage

About the Book



- ISBN-9788131925966
- Pages: 206
- Format: Paperback

My Perspective on the Book

Homoeopathy is an art and science based upon the principles derived from the natural laws. The practice of Homoeopathy is governed by principles (laws) as propounded by Hahnemann and validated by himself and his disciples. In this process of validation of Homoeopathic principles and practice, it has been observed that Homoeopathy is having a wide scope in clinical application in all sorts of diseases. The exhaustive list of diseases and its management strategy demands updated knowledge on the part of physicians for the restoration of sick to health as stated in aphorism no 1. The mission of the physician and the manner of ideal cure can be achieved only if the physician clearly perceives (a) what is to be cured in diseases? i.e. knowledge of disease indication, (b) what is curative in medicines? i.e. knowledge of medicinal powers, and (c) if the physician knows how to adapt according to the clearly defined principles, so that the recovery and final cure can be ensured. The physician should also have knowledge of drug sources, its exact mode of preparation, proving, action and appropriate application in terms

of selection of the similimum, dose, its repetition and the knowledge of obstacles to cure and how to remove them. This knowledge will aid in perceiving how to treat judiciously and rationally so that he can be a true practitioner of the healing art.

In the light of the above Hahnemannian concept, it is challenging to encompass all of the concepts in one book but it can be attempted through the study of therapeutics and its application on the principles of Homoeopathy. The book "Healing Women with Homoeopathy" written by Dr Kavita Chandak had integrated the first six aphorisms in her work on homoeopathic therapeutics. The book covers a wide range of obstetrics and gynecology conditions and its therapeutic management. Understanding women and her ailments is a dynamic, complex, and diverse phenomenon. Through this endeavor the author had presented experiential knowledge gained in her two decades of professional service.

The book can be divided into 3 parts; where in the first part the author had covered most of the obstetrics and gynaecological conditions with its cause, types, symptomatology, investigations, diagnosis, Homoeopathic management and ancillary measures.

The second part covers case taking, importance of dreams, delusions, posology, rare remedies with its indications, Homoeopathic gynaecology kit and clinical tips in obstetrics and gynaecology.

The third part covers homoeopathic management of 33 case studies. It includes brief case taking, analysis and evaluation of symptom, rubric con-

version, the final remedial selection and follow up. Cases ranging from menstrual issues to uterine cancer managed with Homoeopathy allows us to understand the applicability of science and its results. This has been the most important part of this book and students, practitioners and teachers will benefit from these case studies.

B. Jain Publishers Pvt. Ltd. has given us access

to the author's experience in a masterpiece book form which is worth appreciating. The book covers concise & working knowledge of Homoeopathic approach and in depth experiential perspective upon Homoeo therapeutics in obstetrics and gynaecology. This book is a significant & valuable tool for the learner, teacher & the practitioners in their service to humanity through Homoeopathy.

A Course In Advanced Homoeopathy

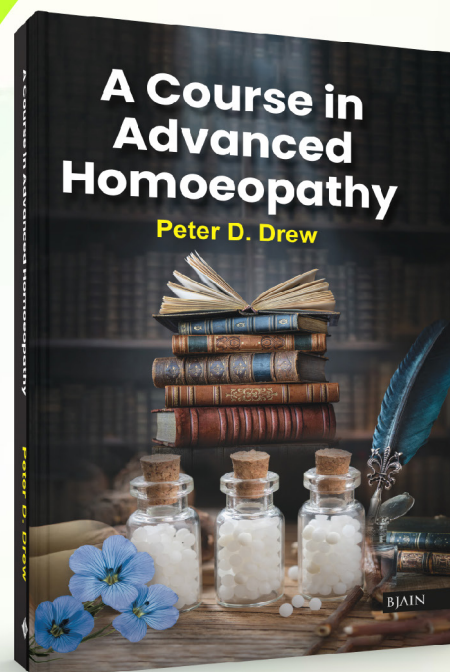
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The initial chapters introduce key topics such as the nature of homoeopathy, the concepts of sickness & health, homoeopathic medicines, and potency

Advice on types of prescriptions and the role of miasms in treatment, followed by detailed discussions on case taking and case analysis.

Principles of prescribing and the analysis of follow up consultations to make informed prescriptions

Various additional topics, including organopathy, tautopathy, homeoprophylaxis, vaccination and Bachflower medicines have been added in the end.





"Essence Of Materia Medica" By George Vithoukcas (Second Edition)

Dr. Athira Anil

M.D.(Hom.), Scholar 2021-2024, Department of Practice of Medicine, Bakson Homoeopathic Medical College & Hospital, Greater Noida, U.P, India

About the author: Professor George Vithoukcas

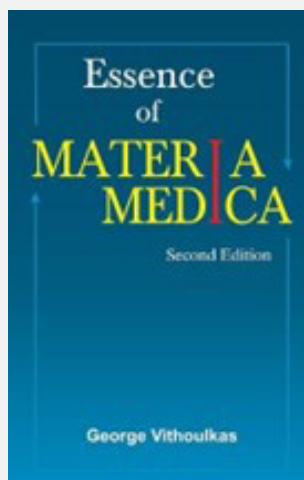
Professor George Vithoukcas is a distinguished homoeopath known for his significant impact on the practice and understanding of homoeopathy. Born in Greece in 1932, Prof. Vithoukcas initially pursued conventional medicine but later shifted his focus to homoeopathy. Under the mentorship of Dr. Constantine Hering, he embraced and expanded upon classical homoeopathic principles, integrating them with contemporary clinical practice.

His book, *Essence of Materia Medica*, is highly regarded for its in-depth analysis of remedy profiles and practical application in homoeopathic treatment. Prof. Vithoukcas has made substantial contributions to the field through his extensive teaching and lectures globally.

Homoeopathy on Alonissos Island in Greece, where he continues to educate and inspire new homoeopathic practitioners. His approach to homoeopathy emphasizes a holistic view, addressing the physical, emotional, and mental aspects of health to achieve comprehensive therapeutic results. Prof. Vithoukcas's work has greatly influenced modern homoeopathy, earning him respect and recognition in the field.

About The Book

- **Publisher** - B.Jain publishers
- **Language** - English
- **Year of publication**- First Edition: 1988; Second Edition: 1990; 21st Impression: 2016
- **No. of pages** - 218 pages



My Perspective on the Book

"*Essence of Materia Medica*" by George Vithoukcas, now in its second edition, is a cornerstone text in the field of homoeopathy. Renowned for his deep understanding and practical application of homoeopathic principles, Prof. Vithoukcas offers a comprehensive

exploration of key remedies. This edition refines and expands on the insights presented in the first edition, making it an indispensable resource for practitioners and students alike.

In *Essence of Materia Medica*, Prof. George Vithoukcas delves into the essence of 51 homoeopathic remedies, offering detailed insights into each remedy's characteristics and the typical patients who benefit from them. Each profile begins with a vivid depiction of the patient type most commonly associated with the remedy. For example, the *Kali Carbonicum* patient is portrayed as having a strong sense of duty that can become rigid and inflexible.

Prof. Vithoukcas identifies a common theme that weaves through the physical, emotional, and mental aspects of each patient's experience. For instance, *Alumina* showcases a consistent theme of delayed reactions and slowness across all levels of presentation. This holistic approach helps practitioners understand how the remedy manifests in

different dimensions of a patient's life.

Furthermore, Prof. Withoukals makes comparisons between remedies that share similar symptoms, aiding in the differentiation of closely related medicines. These comparative analyses are crucial for effective remedy selection, as they provide practitioners with nuanced insights into the specific characteristics that set one remedy apart from another. This comprehensive exploration not only enhances the understanding of each remedy but also improves the overall effectiveness of homoeopathic treatment.

Content and Structure

Essence of Materia Medica is meticulously organized, dedicating each chapter to a specific remedy. Prof. Withoukals delves deeply into the psychological, emotional, and physical aspects of each remedy, capturing their core characteristics or "essence." His vivid descriptions go beyond superficial symptoms, providing a profound understanding of each remedy's therapeutic use.

Remedy Profiles: A notable feature of this book is Prof. Withoukals's ability to distill the essence of each remedy. His descriptions offer more than just a list of symptoms, painting a comprehensive picture of the remedies' personalities. For instance, *Sulphur* is described not only by its physical symptoms, such as burning sensations and skin eruptions but also by the intellectual restlessness and philosophical inclinations of a typical *Sulphur* patient. Similarly, *Pulsatilla* is characterized by its emotional profile—gentle, yielding, weepy, and in need of consolation.

Each profile includes

- **Mental and Emotional Characteristics:** Prof. Withoukals provides vivid descriptions of the mental states and emotional tendencies associated with each remedy. For example, *Lycopodium* is linked to a fear of failure and a need for control, while *Natrum Muriaticum* is marked by deep-seated grief and a tendency toward introversion.
- **Physical Symptoms:** Detailed accounts of physical symptoms emphasize those most

characteristic of the remedy. For instance, *Arsenicum Album* is noted for its anxiety about health and need for warmth, while *Belladonna* is known for sudden, intense symptoms like high fever and throbbing pain.

- **Modalities and Peculiarities:** Each profile includes conditions that aggravate or ameliorate symptoms, providing crucial clues for accurate remedy selection. For example, *Sepia* symptoms worsen with cold and improve with warmth, while *Causticum* symptoms worsen in dry weather and improve in wet weather.

Clinical Insights: Drawing upon his extensive clinical experience, Prof. Withoukals enhances the remedy profiles with practical examples and case studies. These real-world scenarios demonstrate the effective application of remedies in practice. For instance, he details cases where *Nux Vomica* was administered to patients exhibiting irritable, driven personalities and digestive issues, effectively bridging the gap between theoretical concepts and practical use.

Comparative Analysis: The book often features comparative analyses between similar remedies, highlighting subtle distinctions that are crucial for accurate prescribing. This approach is particularly useful for practitioners when differentiating between remedies with overlapping symptomatology. For instance, Prof. Withoukals compares *Calcarea Carbonica* and Phosphorus, highlighting *Calcarea Carbonica*'s tendency towards anxiety and fearfulness contrasted with Phosphorus's extroverted nature and susceptibility to emotional stimuli. *Calcarea Carbonica* patients often present with a fear of change and a need for security, while Phosphorus individuals are more likely to be open, social, and reactive to external influences.

Philosophical Context: Prof. Withoukals integrates his philosophical perspectives on homoeopathy throughout the book. He underscores the importance of understanding patients holistically, taking into account their physical, emotional, and mental states. This philosophy aligns with the foundational principles of homoeopathy and

encourages practitioners to see beyond isolated symptoms.

Merits:

1. *Profound Insight:* Prof. George Vithoulkas's deep understanding of homoeopathy is showcased in his ability to capture the essence of each remedy. His descriptions are not only informative but also highly engaging, providing practitioners with a vivid and thorough understanding of each remedy profile. This level of insight helps practitioners grasp the core characteristics of remedies, making it easier to identify the most suitable one for their patients.
2. *Practical Implementation:* The book is highly practical due to its inclusion of clinical examples and case studies. Practitioners can see firsthand how remedies are applied in real-life situations, which enhances their ability to use these remedies effectively in their own practice. This practical approach bridges the gap between theoretical knowledge and real-world application, making the book an invaluable resource for everyday clinical use.
3. *Holistic Perspective:* Prof. Vithoulkas emphasizes the importance of viewing patients as whole beings rather than just a collection of symptoms. This holistic approach encourages a deeper understanding of patient care and aligns with the core principles of homoeopathy. By focusing on addressing the root causes of illness rather than merely alleviating symptoms, practitioners can achieve more effective and lasting results for their patients.
4. *Comparative Insight:* The book's comparative analyses of remedies are particularly beneficial. Prof. Vithoulkas's ability to highlight the subtle differences between similar remedies helps practitioners refine their diagnostic skills and make more accurate prescriptions. This clarity is essential for ensuring the best possible outcomes for patients, as it allows for a more precise selection of remedies based on the nuanced characteristics of each case.

Demerits

1. *Advanced Knowledge Required:* The depth and complexity of Prof. Vithoulkas's insights may be challenging for those new to

homoeopathy. The book presumes a level of prior knowledge and experience, which can make it less accessible for beginners who may need additional foundational resources to fully grasp the concepts presented.

2. *Subjectivity in Analysis:* Some readers might find that Prof. Vithoulkas's interpretive style introduces a degree of subjectivity in the remedy descriptions. While his insights are based on extensive clinical experience, his personal perspective may not always align with every practitioner's approach or experiences. This subjectivity may lead to differing interpretations of remedy characteristics and their clinical applications.
3. *Philosophical Emphasis:* Prof. Vithoulkas's strong philosophical viewpoints on homoeopathy are prevalent throughout the book. While these perspectives add depth, they may not cater to practitioners who prefer a more straightforward, symptom-focused approach. Those who prioritize practical applications over theoretical frameworks might find this emphasis less relevant to their day-to-day clinical work.
4. *Complex Comparative Analysis:* The comparative analyses, while valuable, can sometimes become complex and nuanced, potentially overwhelming practitioners who are seeking clear, straightforward guidance. The subtle distinctions between remedies may require careful study and reflection to fully appreciate and apply effectively in clinical practice.

CONCLUSION

In conclusion, *Essence of Materia Medica* by George Vithoulkas (Second Edition) is an indispensable resource for both homoeopathic practitioners and students seeking to deepen their understanding of remedy profiles. Prof. Vithoulkas's exceptional skill in capturing the essence of each remedy offers profound insights into their core characteristics. His integration of practical examples with a holistic approach ensures that readers gain a comprehensive appreciation of the remedies discussed.

The book provides thorough and detailed profiles for each remedy, presenting both physical symp-

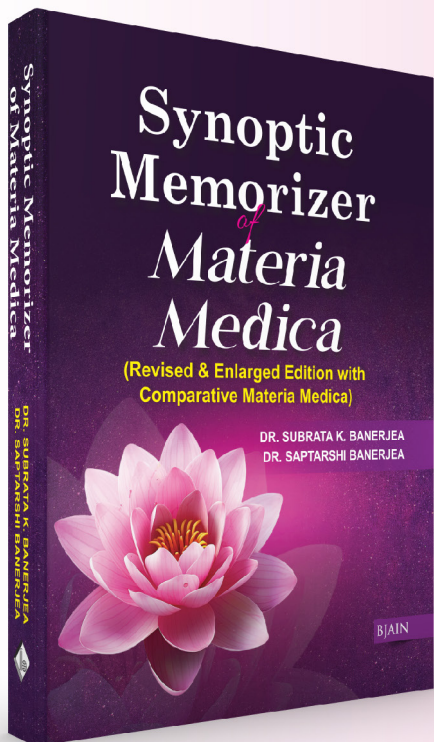
toms and the associated emotional and mental states. Prof. Vithoukcas enriches these profiles with clinical examples and philosophical context, making the material both engaging and informative. This blend of theory and practice fosters a deeper connection to the remedies and enhances the practitioner's ability to apply this knowledge effectively in clinical settings.

While the content's depth and complexity may challenge those new to homoeopathy, the book's

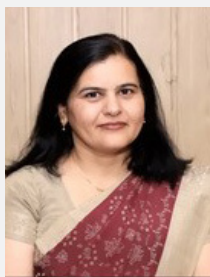
value lies in its rich, practical framework for those committed to advancing their practice. Prof. Vithoukcas's emphasis on viewing patients holistically and his detailed comparative analysis of remedies provide essential tools for refining diagnostic skills and ensuring precise remedy selection. Overall, *Essence of Materia Medica* is a testament to Prof. Vithoukcas's expertise and a significant contribution to the field of homoeopathy, making it a vital read for all practitioners.



SYNOPTIC MEMORIZER OF MATERIA MEDICA



- *Twenty exercises for repertorisation have been added for the first time.*
- *The chapter on "How to Study the Materia Medica" has been entirely re-written presenting a novel and realistic method.*
- *Inclusion of significant ideas on the practical application of Materia Medica on the basis of the "minimum syndrome of maximum value,"*
- *Further, the minimum essential characteristics of ten remedies have also been given, as a model.*



Synoptic Memorizer of Materia Medica by Dr Subrata K Banerjea & Dr. Saptarshi Banerjea

Dr Pratibha Pathak

BHMS. MD (Homoeopathic Materia Medica) HOD, Department of Surgery, Bakson Homoeopathic Medical College and Hospital, Greater Noida

About The Reviewer

Dr. Pratibha Pathak

Clinical experience of around 20 years ; ex-faculty at St. KGK Homoeopathic Medical College and Hospital, Moradabad, UP. Privileged to work in reputed St. Joseph Hospital, Nand gram, Mariam nagar, Ghaziabad as Homoeopathic Consultant. Also, a part of The Homoeopathic Academy, THA; the online learning portal of B Jain, for BHMS and MD students. Video lecture modules available in subjects like Materia Medica and OBGYN on THA. Associated with Kaizen, a preparatory institute for entrance exams such as AIAPGET, UPSC, State PSC, and several other competitions.

My Perspective on the Book

Students, new doctors or experienced doctors, all want to get a good understanding and knowledge of Materia medica to fetch good marks in exams or make an efficient and successful prescription; Materia medica is a tool of homoeopathic practitioner and sound knowledge of materia medica is required for efficient utilization of this tool.

When I came across this book authored by Dr. Subrata K. Banerjea and Dr Saptarishi Banerjea, I was very impressed by the style of presentation of this book.

This book is a work of pure diligence and intelligence put together to bring forth Materia Medica in a new light for the students of homoeopathic institutions and practitioners. It also gives reper-

torial references and comparative Materia Medica, which is helpful and essential for prescribing. I have heard materia medica lectures by Dr Subrata k. Banerjea. He delivers his vast knowledge of Medicines in the most comprehensible manner that it stays in mind and is etched there as a picture.

I would like to add a few words for Dr Subrata K. Banerjea- he is an internationally respected homoeopath both as a teacher and clinician. He has penned a number of books like "Clinical and Comparative Materia Medica", "Classical Homoeopathy for Impatient World" and many more. Dr. Saptrishi Banerjea is fifth generation of a reputed homoeopathic family; his materia medica lectures show the magnificent grasp that he has, over the subject.

Note that the title of the book is 'memorizer'; the book is designed keeping in mind that it should be easy to comprehend and retain in the memory. Every remedy, especially those that are polychrests, are explained under headings of the history of medicine which includes the doctrine of signature, common name, family and the prover of the medicine. Drug totality is given and it has mnemonics added which make it easy to remember and can help students in preparing for their examinations. This is followed by Aetiology, Constitution, Mental symptoms, Characteristic symptom, theme etc. Essence of medicine is described on emotional plane, modalities etc. At the end of every medicine a self assessment questionnaire

is given for revising the medicine and preparing for MCQs. Each medicine has been described in a way that it is very interesting to read- reading does not bring ennui at all.

Golden feature of this book is that Mnemonic of medicines is made after the names of medicines which make it easy to remember and recall especially for students. Theme and essence is the USP of this book which is given in the form of flowchart. Medicine symptoms are written wonderfully quoting the, 'author of Materia Medica book' from where they are compiled, hence proving their authenticity as well as bringing a single medicine penned by different authors at a single platform, so students need not turn pages of different books especially during examination time.

Characteristic symptoms are marked for the miasmatic preponderance wherever required as we know Dr Subrata K. Banerjea's miasmatic understanding is very good. While describing symptoms of medicine comparison is also given along with other medicines. Relationships of medicine are explained briefly after modalities.

There are a total of 127 medicines, all from BHMS curriculum which are well described. Theme of each medicine is very nicely brought forth through flowcharts alongside text which makes the picture very clear. Understanding remedies in light of clinical aetiology and symptoms increases its practical implication which I feel is a new concept and very important in present time when the approach is integrated under the new CBDC; Competency Based Dynamic Curriculum designed by NCH. From the different headings provided students can segregate must know and desirable to know from their exam and assessment point of

view. So, in a way it's a modernised approach to study materia medica, without changing the essence of it; it is as per the CBDC curriculum revised by NCH recently. I appreciate the vision of authors both at academic level and for the skill of prescription. Going through this book will make the prescriptions better and students will find it helpful in memorising and getting the complete insight on the subject Materia Medica.

If I say this book can help teachers in making the assessment questions for the monthly assessments as proposed in CBDC then it would not be wrong as far as I can understand. In this book the author has given details as per different headings to formulate questions, MCQs, long question type, and short question type under the need to know, desirable to know categories. So, in a nutshell this book helps in structuring the lesson plan for CBDC.

The foresightedness of the author is commendable as I can see it in synchrony with the CBDC, the advanced way of learning Materia Medica. Stalwarts have left no stone unturned and this is recommendable to every undergraduate and postgraduate student for better understanding. In future if more editions are published I would request to incorporate differentiating features between remedies of single family, mineral group and animal kingdom; I suggest as I am quite assured the way Dr. Banerjea will do, it will be easy to grasp and learn while comparing remedies of one group. With this I will conclude and say that Dr Subrata k. Banerjea and Dr Saptrishi Banerjea are the shining Jewels in the crown of Homoeopathy and I am looking forward to a new publication from them soon.

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