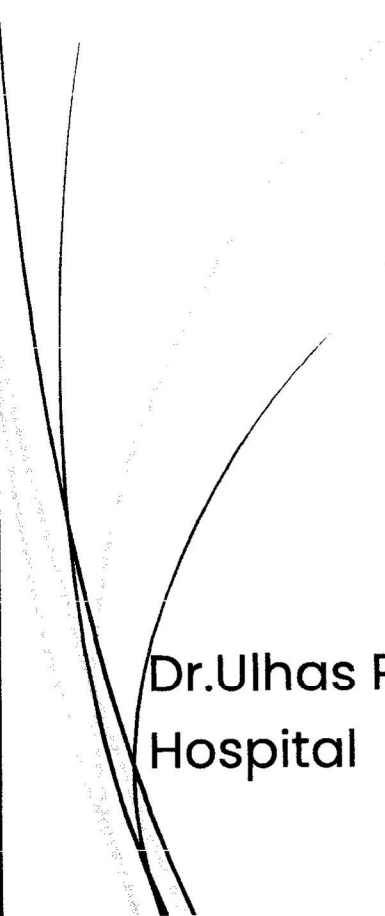




# **NATIONAL CONFERENCE ON NEW TECHNIQUES HOMEOPATHIC MEDICINE**



Dr.Ulhas Patil Homoeopathic Medical College &  
Hospital

# **NATIONAL CONFERENCE ON NEW TECHNIQUES HOMEOPATHIC MEDICINE**

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TITLE : NATIONAL CONFERENCE ON NEW TECHNIQUES HOMEOPATHIC  
MEDICINE

E-ISBN : 978-93-340-1218-7

Editors : Dr. Dilip B. Patil, Dr. Vikram Uddhav Dhaneshwar, Dr. Arun Y Patil

Price : 149/- INR

Published by : Cape Comorin Publisher Kanyakumari, Tamilnadu, India

Website : [www. capecomorinpublisher.com](http://www.capecomorinpublisher.com)

Imprint at : Cape Comorin Publisher

Kanyakumari,

Tamil Nadu,

India

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## **Homoeopathic Management of Aphthous stomatitis**

*Dr. Dlip Bhaskar Patil, Principal & Professor Department of Anatomy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The cause of Aphthous stomatitis is unknown, but most theories involve an immune abnormality. The tendency to develop these ulcers is inherited and recurrence is common. Often it is seen associated with other gastric disturbances. Anxiety and stress are the common precipitating factors. Even with the best of modern treatment provided it is seen that this condition recurs. Modern medicine can only alleviate the symptoms but not control the recurrence. Since it is an Immune abnormality and many cases present with a psychosomatic basis, Homoeopathy has a better scope. By Homoeopathic treatment we can not only relieve the pain & suffering during the acute stage but also prevent the recurrence. This Dissertation will help me to widen the knowledge of this clinical condition by referring to the various books of Medicine like Harrison, Davidson, etc. & the various sites available on the Internet.

## **Essential Hypertension a Miasmatic Approach**

*Dr. Dlip Bhaskar Patil, Principal & Professor Department of Anatomy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

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 lead 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. The term hypertension is used to describe an increase in pressure in arteries. When the term hypertension is used alone, it means systemic hypertension. It means increase in pressure in the systemic circulation. Two to four percentage of rural population and ten to fifteen percentage of urban population are hypertensive. The prevalence increase with age. Above the age of 60 years, 19% were found to be hypertensive. Hypertension is an "ice berg" disease. It became evident that only about half of the hypertensive subjects in the general population of most developed countries were aware of the condition, only about half of those aware of the problem were being treated and about half of those treated were considered adequately treated. Hypertension is a major therapeutic challenge to health care providers. It is a major risk factor for cardiovascular morbidity, heart failure, heart attack, stroke, and kidney failure. Anti-hypertensive therapy is effective in reducing or eliminating the increased morbidity/mortality associated with hypertension. Hypertension is an asymptomatic disease for many years. A number of genetic factors play a major role in essential hypertension. Scientists are very interested in the genes that regulate a group of hormones known collectively as the angiotensin-renin-aldosterone system. This system plays a role in all aspects of blood pressure control, including how narrow or wide the blood vessel are, and sodium and water balance.

## **MIASMATIC APPROACH AND HOMOEOPATHIC MANAGEMENT IN ACNE VULGARIS**

*Dr. Bharti Motising Bais, Professor Department of Organon of Medicine  
Godavari Foundation's Dr. Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Acne Vulgaris is an extremely common disease with increased prevalence among adolescents. Although Acne Vulgaris is not a life-threatening condition, it can cause substantial morbidity. Acne Vulgaris and resulting scarring can have a psychological impact including lowered self-image and self-esteem, social impairment and anger. Even those with minimal Acne experience psychological effects and for those people, the Psycho Social burden may be the most significant problem with this disease. It has been shown that even clinically mild to moderate Acne Vulgaris can be associated with higher rates of depression and suicidal thoughts among adolescents than other chronic and disfiguring skin diseases. In summary Acne is an important condition and appropriate intervention is essential to prevent complications such as Acne Vulgaris scarring, psychological impacts and secondary impaired social functions. Miasmatic approach and its Homoeopathic management in Acne vulgaris is the topic of mine. My sincere and dedicated effort to prove the efficacy of Homoeopathic medicines on Acne vulgaris. Each and every Homoeopathic physician must know well about the disease condition, its pathological, clinical manifestation and patients individual condition to cure that disease. Hence the disease condition, its manifestations of Acne vulgaris is given well explained and the Miasmatic approach by the study of all the three miasms (i.e.,) psora, sycosis and syphilis. The discovery and development of the theory of Chronic miasms on the part of Hahneman can truly be said to be another epoch – making in the history of curative medicine the internal stages are classified by us, as miasms thus infection is subsequent to an internally created susceptibility. We find Dr. Stuart close talking this as “satisfying the susceptibility” while Dr. Kent says “bacteria are the result and not the cause of the diseases”. Acne vulgaris is an extremely common disease with increased prevalence among adolescents although acne is not a life threatening condition it can cause substantial morbidity.

## **HOMOEOPATHIC MANAGEMENT IN ECZEMA**

*Dr. Bharti Motising Bais, Professor Department of Organon of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Eczema or Dermatitis is an inherited skin sensitivity that can be easily irritated by many factors including, stress, water, some foods, irritants like soap and chemicals, allergic reactions, cats, wool, infections and many other factors. Individuals with eczema often have a family history of allergies, asthma, eczema, and hayfever. Eczema patients are more likely to have severe reactions to bee stings, some drugs like penicillin and some foods. Eczema severity can range from hot, dry and itchy skin to open, broken, and bleeding sores. We will discuss the two main types of eczema - Atopic eczema and infantile seborrhoeic eczema. Atopic eczema (atopic dermatitis) is the most common form of eczema. This type of eczema is accompanied by overall skin dryness, redness, inflammation, and a strong, sometimes unbearable itch. Infantile seborrhoeic eczema is very common condition that affects infants under one year of age. It usually starts on the scalp area. Although, the scaly, flakes and dryness look terrible, this type of eczema is not sore or itchy and does not cause discomfort to the baby. Most cases of infant eczema will go away within just a few months. Eczema is a general term for many types of skin inflammation, also known as dermatitis.

The causes of eczema:

The cause of eczema varies according to the type of eczema. The cause of atopic dermatitis or atopic eczema is largely unknown - though it is thought that heredity is the largest factor. There are studies that show a link between certain ceramide and lipid deficiencies in the skin and atopic eczema. It is also proposed that those with atopic eczema are sensitive to allergens in the air that other people are immune to. The immune system then overreacts to these allergens and causes inflamed, irritated, or sore skin. Allergic contact dermatitis (a form of eczema) is caused when individuals become allergic to substances that come in contact with their skin - such as poison ivy.

# **A STUDY ON HAEMORRHOIDS AND ITS HOMOEOPATHIC MANAGEMENT**

*Dr. Madhu Jagdishprasad Agrawal, Professor Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Haemorrhoids are certainly one of the commonest ailments that afflict mankind. It is the frequent experience to find haemorrhoids on routine examination in patients who have never had any complaints referable to them. It is difficult to obtain any accurate idea of their incidence. The incidence of piles apparently increases with age, and it seems likely that at least 50% over the age of 50 have some degree of haemorrhoid formation. Haemorrhoids are dilated veins occurring in relation to the anus, and originating in the sub epithelial plexus formed by radicals of the superior, middle, and inferior rectal veins. Haemorrhoids may be external or internal to the anal orifice. The external varieties are covered by skin, while the internal varieties lie beneath the mucous membrane. Hereditary factor, straining accompanying constipation or that induced by over purgation is considered to be a potent cause of haemorrhoids. Dietary factor plays important role in haemorrhoids formation<sup>2</sup>. Secondary haemorrhoids may be occurred due to cancer of rectum, chronic constipation, portal hypertension, difficulty in micturation, uterine tumor and pregnant uterus may compress superior rectal veins. Proctoscopy will reveal the internal haemorrhoids. The treatment for haemorrhoids in modern medicine are injection therapy, rubber band ligation, cryotherapy, haemorrhoidectomy, and ligation and excision methods. But recurrences are quite common in this method of treatment. Complication can lead to thrombosis, strangulation, gangrene, and fibrosis. Review of homoeopathic literature shows that haemorrhoids can be treated and cured without surgical treatments. Hence an effort has been made to do a systematic clinical study to verify the efficiency of homoeopathic medicines in the treatment of haemorrhoids. A total of 30 cases have been selected and with the help of statistical analysis, an objective of the study has been analyzed.

## **A study on the effectiveness of constitutional homeopathic treatment in diabetes mellitus**

*Dr. Madhu Jagdishprasad Agrawal, Professor Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Diabetes was known even in ancient times. The name of this disease, which is characterized by excessive flow of urine and insatiable thirst, was coined by the Graeco-Roman physician Aretaeus of Cappadocia (approx.80–130 A.D.) and is derived from the Greek word diabainein ('to flow through'). The adjective mellitus, which comes from Latin and means 'honey-sweet', was added by the German physician Johann Peter Frank (1745–1821) in order to distinguish diabetes mellitus, or 'sugar diabetes', from diabetes insipidus. Johann Peter Frank was also who in 1790, by introducing a yeast fermentation test for the quantitative determination of urinary glucose, relieved the physicians of his time of the need to taste their patients' urine. According to ayurveda, it is called as madhumeha, is a metabolic kapha type of disorder in which diminished functioning of agni leads to a tendency toward high blood sugar.

## **A STUDY OF UTERINE FIBROIDS AND ITS CONSTITUTIONAL TREATMENT**

*Dr. Indrayani Nilesh Badhe, Professor Department of Pathology and Microbiology  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Uterine fibroids are the commonest benign tumours of the uterus, also known as fibromyoma or leiomyoma. The exact etiology is not known, but probably the tumour is of muscle tissue origin. The muscle tissue of origin may be the mature muscle cells of the uterine wall or the muscle fibres in the blood vessel walls. There is substantial evidence that estrogen place an important role in the growth of myomas. Various psychological factors like mental shock, grief, mortification, vexation and the stress and strain of modern life could be the root cause of hormonal imbalance through psycho-nuero-hormonal pathway leading ultimately to pathological changes in the uterus. There are three basic types of uterine fibroids which are identified by their location in the uterus, namely intramural, subserous and submucous. A woman may have one or all types of fibroids at the same time. In majority of the patient there are no obvious symptoms. The symptoms usually occur depending on the site and size of the fibroids. Generally the presenting symptoms are menorrhagia, metrorrhagia and gradual swelling of abdomen with dull aching pain. Moreover, pressure symptoms include increased frequency of micturation, retention of urine, hydronephrosis, pedal oedema and in rare cases constipation. About 30% of women with uterine fibroids present with infertility.



## **An Attempt to Understand The Role Of Homoeopathy In Management Of Generalized Anxiety Disorder Through Clinical Case Studies**

*Dr. Indrayani Nilesh Badhe, Professor Department of Pathology and Microbiology  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

“Anxiety does not empty tomorrow of its sorrows but only empty today of its strength. Anxiety is closely related to an individual's needs and motives. If the essential needs linked with affections, security, self-esteem, achievement and freedom are not satisfactorily gratified; it may give rise to feeling of excessive anxiety or guilt which in turn results in a neurotic behaviour. We are occasionally quiet anxious, irritable, down or restless but it does not mean that we are neurotic, it is only when the anxiety behaviour become more persistent and interferes with our ability to lead a normal life and thus depict “break down” in the adjustment mechanism. Anxiety is common emotion experienced with anger fear grief or even happiness. Some level of anxiety is acceptable but when it starts to interfere with normal living, medical intervention becomes a necessity. The life time Prevalence and one year prevalence is approximately 25% and 18% resulting in substantial morbidity, functional impairment and utilization of health care services. Fortunately treatment of anxiety disorders is one of the most effective in psychiatry. We all can be empathic towards those with anxiety disorders as we all have experienced the symptoms of anxiety some or the other time. Anxiety is highly adaptive phenomena similar to physical pain, capable of protecting us from harm and motivating us to achieve our goals. Many individuals who suffer from anxiety disorders, however experiences the excessive and inappropriate worry or anxiety causing marked distress and substantial interference in their day to day life. Generalized anxiety disorder is chronic disabling condition characterized by excessive anxiety and worry that is difficult to control. Its life time prevalence in the general population is 5 – 6 % and male to female ratio is 3: 4. Homoeopathy can be proved as effective method of treatment in generalized anxiety disorders as it emphasizes not only treating signs and symptoms but also treating the patient on the holistic basis. So not only it reduces the anxiety but also make the individual to feel better in other areas of functioning.

## **THE STUDY OF HOMOEOPATHIC REMEDY PROFILE ON TINEA CORPORIS**

*Dr. Nilam Kailas Jadhav, Professor Department of Case Taking and Repertory  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

A healthy skin is a source of pleasure not only to its owner but also to the one who looks at it. Skin does more than present one's face to the world; it plays a vital role in the maintenance of physical & mental health. The skin is the largest organ of the body and is also the most varied organ, since it adapts itself as the occasion requires. Skin is tough, resilient & virtually impermeable to aqueous solutions, bacteria or toxic compounds. Skin varies in thickness & other qualities from one part of the body to another, which often accounts for the distribution of skin diseases. The layers of the skin are a lot like the layers of soil in a flower bed. Each layer has its use and all the skin layers (or soil) work together to provide nutrients and protection for the stuff growing in it. Skin is man's front-line protective barrier between internal structures & the external environment. Because it interfaces with the environment, skin plays a key role in protecting (the body) against pathogens and thus it is also prone to various diseases. Tinea corporis is one among them which is commonly seen in population.

## **Study of Homeopathic Remedies Profile in Cure Of Polycystic Ovarian Syndrome**

*Dr. Nilam Kailas Jadhav, Professor Department of Case Taking and Repertory  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Polycystic ovarian syndrome is a problem in which a woman's hormones are out of balance. It can cause problems with the menses and make it difficult to get pregnant. PCOS may also cause unwanted changes in the way one looks. If it is not treated, over time it can lead to serious health problems, such as diabetes and heart disease. Polycystic ovarian syndrome (or PCOS) is common, affecting as many as 1 out of 15 women. Often the symptoms begin in the teen years. Treatment can help control the symptoms and prevent long-term problems. Polycystic ovarian syndrome (PCOS) is one of the most common female endocrine disorders and a common inherited genetic condition. It is inherited in an autosomal dominant system with high genetic penetrance but variable expressivity in females, meaning that each child has a 50% chance of inheriting the gene from a parent who carries the gene, and if a daughter receives the gene, then the daughter will have the disease to some extent. PCOS produces symptoms in approximately 5% to 10% of women of reproductive age and is thought to be one of the leading causes of female subfertility. Polycystic ovarian syndrome (PCOS) is the 4th gynecological problem of hospital admission. About 15 – 20 % of women in reproductive age group are affected by PCOS. The symptoms of PCOS may begin in adolescence with menstrual irregularities, or a woman may not know that she has PCOS until later in life when symptoms and/or infertility occur. Women of all ethnicities may be affected. PCOS has a wide spectrum of consequences and thus needs to be treated completely and as soon as possible. PCOS is more common in the adolescent age group where the patients will be suffering from abnormal bleeding as a result of anovulation within one year of menarche.

# **A STUDY TO HIGHLIGHT THE EFFICACY OF HOMOEOPATHY IN THE TREATMENT OF IRON DEFICIENCY ANEMIA IN PEDIATRIC AGE GROUP**

*Dr. Arun Yashwant Patil, Professor Department of Homoeopathic Pharmacy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Iron is critical to most of the organisms for maintaining life. A child will grow well and will develop all the qualities to its fullest when it has optimum level of iron in his blood. The ability to acquire, store and utilize iron is a universal need for all organisms. Iron is indispensable to the mammalian cell for oxygen transport and cellular respiration. The red blood cells contain hemoglobin which imparts red color to the blood. Hemoglobin consists of four amino acid chains and an iron containing moiety known as heme. Oxygen is transported by the heme from the lungs to all tissues continuously for all metabolic functions and production of energy. Anemia is defined as a state where there is reduction of the red blood cell volume or hemoglobin concentration and hematocrit values below the range of values occurring in healthy persons or two standard deviation below the mean for the normal population, age and sex. The most common form which we encounter is iron deficiency anemia. One third of world's population suffers from iron deficiency anemia. In India more than 70% of the children are affected with Iron Deficiency Anemia. It is manifested in various signs and symptoms which can be recognized on clinical examination and by laboratory tests. Iron deficiency anemia, if not corrected leads to increasing severity of anemia, reduced work capacity, increased susceptibility to infection and greater risk of death associated with pregnancy and child birth. Supplementation with iron and folic acid and fortification of foods are the major approaches by the other systems of medicine. Supplementation with iron fails to address this problem in totality because it does not touch the root causes; more over iron given by supplementation produces adverse side effects.

# UTILITY OF HOMOEOPATHIC MEDICINES IN THE MANAGEMENT OF RENAL CALCULI

*Dr. Arun Yashwant Patil, Professor Department of Homoeopathic Pharmacy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

**Renal calculi** (kidney stones, nephrolithiasis, kidney calculi, renal stones) is a condition in which one or more stones are present in the pelvis or calyces of the kidney or in the ureter. Urinary calculi are a common affliction of human population with variety of geographical variation. Anthropological history provided evidence that urinary calculi existed before 5000 BC and perhaps more. Stone disease is the cause of significant morbidity in our society. It is estimated that approximately 12% of the population will have a renal stone at some point in their lives. In the United States and other industrialized countries, kidney stones are more common in men than in women. 12% of men and 5% of women will suffer from renal stones by the age of 70 years. A patient with a history of stones has 50% risk of developing another stone within 5-10 years. More over in selected patients repeat stone formation rates may approach 80% over their lifetime.

## **Miasmatic Approach In The Treatment of Lower Urinary Tract Infection**

*Dr. Pradip Ramdas Garge, Associate Professor Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The function of the urinary tract is to store and eliminate urine. To do this effectively it is lined with a water proof mucosa, which does not significantly alter the volume or constituents of the contained urine, it has a muscular wall which will allow storage but also give complete emptying of the system, it has a built-in mechanism to protect upper urinary tract function (the entire fluxing vesico-ureteric junction) and it has nerve supply to coordinate its various activities and bring it under voluntary control. UTI is an inflammatory response of the urothelium to bacterial invasion i.e., usually associated with bacteriuria and pyuria. Bacteriuria is the presence of bacteria in the urine, which is normally free of bacteria, and implies that these bacteria are from the urinary tract and are not contaminants from the skin, vagina or prepuce. The possibility of contamination increases as the reliability of the collection technique decreases from supra pubic aspiration, to catheterization, to voided specimens. Pyuria is the presence of white blood cells (WBC's) in the urine and is generally indicative of an inflammatory response of the urothelium to bacterial invasion.

UTIs are a serious, but common health problem affecting millions of people each year.UTI can neither involve the upper urinary tract (kidneys) pyelo nephritis, or the lower urinary tract (bladder and urethra) cystitis and urethritis respectively. Infections are generally defined by their presumed site of origin. Acute pyelo nephritis is a clinical syndrome of chills, fever and flank pain i.e., accompanied by bacteriuria and pyuria, a combination i.e., reasonably specific for an acute bacterial infection of the kidney. Chronic pyelonephritis describes a shrunken, scarred kidney, diagnosed by morphologic radiologic or functional evidence of renal disease that may be post infections but is frequently not associated with UTI. Cystitis is inflammation of the bladder whether used as a histologic, bacteriologic or cystoscopic description or a clinical syndrome i.e., usually accompanied by an abrupt onset of dysuria, increased frequency, urgency and supra pubic pain.

# **A Remedy Profile of Homoeopathic Drugs on Chronic Obstructive Pulmonary Disease**

*Dr. Pradip Ramdas Garge, Associate Professor Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Earlier in this country, tuberculosis was the major disease occupying the professional efforts of physicians devoted to the caring of the patients with pulmonary diseases. Now its major place is taken over by two other diseases, chronic bronchitis and emphysema, which can be termed together as COPD (chronic obstructive pulmonary disease). Because of the increase in the environmental pollutants, cigarette smoking and the other noxious exposures, the incidence of the COPD has increased dramatically in the past few decades. Global organization for lung disorders estimates suggest that COPD will raise from the sixth to the third most common cause of death worldwide by 2020. The day is not far. It is the time for us, the Homoeopaths to save and improve the life of the people affected with this killer disease. Although patients with COPD may improve with treatment, especially when an acute infection or exposure precipitates decompensation, COPD by definition implies some degree of fixed irreversible disease. The management of COPD has been the subject of unjustified pessimism. It is usually possible to improve breathlessness, reduce has been the frequency and severity of exacerbations, and improve health status and prognosis.

Homoeopathy ensures much scope in the treatment of such cases. Though the homoeopathic Materia Medica has only palliatives to offer against the totality of the disease, yet we are possessed of many more excellent means towards the limitation and complete cure of the exacerbations, and for the stoppage of the further progress of incipient alterations of tissue; and in this way we are able to afford a relief that may be called extraordinary if compared with what is accomplished by other methods of cure. This study is aimed to assess the effectiveness of homoeopathic remedies in the treatment of chronic obstructive pulmonary diseases.

## **The Efficacy & Significance of Homeopathy in Chronic Tonsillitis**

*Dr. Sunil Jagannath Burase, Professor, Department of Practice of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Introduction:**

Homoeopathy signifies a system of treatment based on the similarity between symptoms of the patient and those obtained during proving of drugs on healthy human beings. The basic concept of disease is that, all natural diseases are due to derangement of the vital force of an individual resulting in abnormal sensations and functions manifested as signs and symptoms both in mental and physical plains. This image of the disease which we call as totality of symptoms is the sole guide for the physician to select the similimum - the curative remedy. Thus Homoeopathy is a system of medicine giving more importance to the diseased individual than the disease itself.

Chronic inflammatory changes in the tonsil are usually the result of recurrent acute infections treated inadequately. Recurrent infections lead to development of minute abscesses within the lymphoid follicles. These become walled off by fibrous tissue and surrounded by inflammatory cells. The most common and the most important cause of recurrent infections of the tonsils is persistent or recurrent infection of the nose and paranasal sinuses. This leads to post nasal discharge which then infects the tonsils as well. Chronic and Recurrent Tonsillitis Are Much More Common as Causes of Disability. Homoeopathy firmly believes in enhancing body's own defense mechanism to maintain the healthy status. Tonsils are looked upon as immunological booths. The homoeopathic approach is to encourage the immunological activation of the tonsils, and to save them for body's own long term interest.



**A COMPARATIVE STUDY TO ASSESS THE EFFECTIVENESS OF  
KADUKKAI AND LUKE WARM WATER WASH ON ABNORMAL VAGINAL  
DISCHARGE AMONG REPRODUCTIVE AGE WOMEN RESIDING AT**

**Jalgaon Kh. Jalgaon Dist**

*Dr. Sunil Jagannath Burase, Professor, Department of Practice of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

**Abstract:**

Women are the nucleus of the society. 19% of total population constitutes, 15-45 years of women are child bearing age group. The focus now is to provide holistic health care that values women's participation and cooperation, health care experience, in which the woman is the true owner and caretaker of her body. Women's health has changed from treatment of problem to maintenance of wellness, which promotes self-care through education and support. To empower each woman to educate to control over her body and its health by treating her as an informed and independent learner, to respect informed decision about how she will be treated and to encourage the sharing of information from woman to woman. Reproductive health is an important component of general health for women. Reproductive health starts with conception and reproduction. Worldwide 600,000 women between the age of 15 and 45 die every year due to complications arising from pregnancy, and child birth. This means almost every minute of every year, there is maternal death. 99% which occur in developing countries majority 80% deaths are preventable. Likewise ¾th women affected with reproductive tract vaginal Infections, and pelvic inflammatory disease. . Mothers constitute a large group, but they are also a "vulnerable" or special-risk-group. The risk is connected with childbearing in the case of women. vaginal discharge is a cloudy secretion from the reproductive tract of the females from both the cervix and the vagina. .vaginal discharge is more like secretion of sweat that varies from various individuals.

## **HOMOEOPATHIC MANAGEMENT OF HYPERTHYROIDISM**

*Dr. Simanchala Narhari Panigrahi, Professor, Department of Community Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Hyperthyroidism is a condition where thyroid gland produces excessive amount of thyroid hormone. Most common causes are Grave's disease, toxic multinodular goiter, toxic adenoma, subacute thyroiditis, drugs, secondary hyperthyroidism. Clinical features were palpitation, neck swelling, nervousness, increased appetite & loss of weight, hair loss, heat intolerance, menstrual irregularities, loose stools and easy fatigability. On examining, patient may have goiter, tremors, eye signs, gynecomastia. Lab investigation will reveal low TSH and high T3 and T4. Thyroid autoantibodies were other tests to find out the etiology of the disease. Main stay of treatment includes antithyroid drugs, radioactive ablation, surgery. Cardiovascular manifestations of hyperthyroidism were tachycardia, atrial fibrillation, increased cardiac output, systolic and diastolic dysfunction, worsening of heart failure, systolic murmur. There are a number of pathological causes of hyperthyroidism in children and adults. These include Grave's disease, toxic adenoma, toxic multinodular, goiter, and thyroiditis. Of these, Grave's disease accounts for approximately 95% of cases of hyperthyroidism. To understand the pathophysiology of hyperthyroidism, it is necessary to understand the normal physiology of the thyroid gland.

## **EFFICACY OF HOMOEOPATHIC MEDICINE USED IN THE TREATMENT OF PNEUMONIA**

*Dr. Simanchala Narhari Panigrahi, Professor, Department of Community Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Pneumonia (nu-mo'ne-a) is inflammation of the air sacs in the lungs in response to an injury, like an infection. When the airways are also involved, it may be called bronchopneumonia. Pneumonia can be in one area of a lung or be in several areas ("double" or "multilobar" pneumonia). Many things can cause a pneumonia— though most often they are infectious. Causes Pneumonia is typically caused by a virus or bacteria you have been exposed to in the environment or is passed to you from another person. Infection can be passed between people from direct contact (usually the hands) or inhaling droplets in the air from coughing or sneezing. Viruses like SARS-CoV-2 (that causes COVID-19) and influenza viruses can cause severe pneumonia. Sometimes a person who has a viral infection, such as influenza virus, will also develop a secondary infection from bacteria such as *Staphylococcus aureus* or *Streptococcus pneumoniae* while they are sick. Pneumonia more rarely can be caused by a parasite or fungus. Aspiration pneumonia is caused by a foreign material, usually food or vomit getting into the lungs from the throat, which irritates the airways and lung tissue and increases chances of a bacterial infection. Who gets pneumonia?

Pneumonia can happen at any age. However, it is more common in elderly people and young children. Some people are at higher risk of pneumonia because they have pre- existing lung diseases, poor nutrition, difficulty swallowing, other chronic health problems or problems with their immune system. People who smoke and people who are around tobacco smoke are at higher risk of developing pneumonia.

## **MIASMATIC EVALUATION OF HYPERLIPIDEMIA**

*Dr. Nisha Sudeep Mutha, Assistant Professor, Department of Anatomy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Raised or abnormal levels of lipids & lipoproteins in the blood has become a common clinical problem of the century which has turned out to be a challenge to the physician. In today's world most deaths are attributable to non-communicable diseases & over half of these are a result of cardiovascular diseases. Heart disease & stroke are first & second cause of death in developed countries. WHO has drawn attention to the fact that coronary heart disease is our "modern epidemic". Today there is a vast body of evidence showing the triangular relationship between habitual diet, blood cholesterol & coronary heart disease. It is a well-established fact that a persistently high cholesterol level in blood can precipitate a cardiac event. Hyperlipidemia is a rise in plasma cholesterol, triglyceride or both. It is regarded as a highly modifiable risk factor for cardiovascular disease due to the influence of cholesterol on atherosclerosis. Genetic factors are the most important determinants of a given individual's triglycerides & LDL levels besides the westernized life styles which emphasize on rich food & sedentary living. The ability of a remedy to eradicate inborn tendency of disease is not possible by considering only symptom similarity of presenting disease. It needs much deeper understanding of disease from evolution point of view. Such an effort from Master Hahnemann resulted in the concept of miasms which was one among the many mysteries of homoeopathy till recently. However genetic mapping raises the hope of understanding miasms. Any tendency to disease or destruction which can be recognized in man derives from a structural anomaly which imprints its characteristics on him. The expression varies in different individuals according to constitution, hereditary disposition, education, habit, mode of life, diet, occupation, tendencies of the mind, morals, etc; which together constitutes the miasm.

## **ROLE OF SUSCEPTIBILITY IN ACUTE INFANTILE DIARRHOEA AND ITS HOMOEOPATHIC APPLICATION**

*Dr. Nisha Sudeep Mutha, Assistant Professor, Department of Anatomy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The concept of susceptibility is one of the most important ingredient in homoeopathic prescription. The success of homoeopathic prescription is entirely based on this fundamental attribute of the life principle. One of the cardinal principle of homoeopathy is the 'Theory of Vital Force.' Vital Force is essentially the life force without which our material organism is not capable of maintaining daily functioning. The vital force has the fundamental attribute of susceptibility. In most homoeopathic literature, susceptibility is defined as the ability of the living organism to receive impression or the power of the organism to react to external or internal stimuli.

All important functions of the living organism depend on this susceptibility. Pathological processes, classically called disease, arising from any cause occur due to altered susceptibility. Even cure is dependent on susceptibility as this reaction is required to allow curative medicinal action. From the homoeopathic perspective, it is quite pertinent to focus on this basic idea of susceptibility for proper application of the medicine in ideal potency which is again dependent on susceptibility to bring about cure of patients.

## **STUDY OF FACTORS INFLUENCING DEVELOPMENT AND COURSE OF PSORIASIS AND THEIR UTILITY IN HOMOEOPATHIC THERAPEUTICS**

*Dr. Ruprekha Govind Sankade, Associate Professor, Department of Physiology  
Including Biochemistry Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical  
College & Hospital*

### **Abstract:**

Skin, the first contact with the outside world kept laundered, layered, powdered and attractive. To possess a nice skin is to have a great social and economic advantage. The skin is described as largest organ of body. Positive health of skin is an insurance against disease. All the internal disarray will be reflected on skin which is known as "mirror of the inner self". All once ambitions, diseases, tensions, anxiety and frustrations that are a part of today's life, come out through various ailments of skin. Psoriasis one among them. There is a belief that patients with such type of skin disease are never cured. Like all generalization this is untrue. Psoriasis is a chronic skin disease. This disease and its treatment form a major problem in dermatology. Psoriasis neither easy to live with or easy to manage. Alarmingly, not only psoriasis is poorly understood by the public, that also among the members of earring professionals. There often a notable lack of sympathetic understanding and caring approach with the sufferer clearly merits. Psoriasis is considered as multi factorial genetic disease that requires both polygenic and environmental factors for its clinical expression. Despite millions of dollars being spent on medical research, the cause is not yet known.

## **Efficacy of Homoeopathic Medicines in Motion Sickness**

*Dr. Ruprekha Govind Sankade, Associate Professor, Department of Physiology  
Including Biochemistry Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical  
College & Hospital*

### **Abstract:**

Motion sickness is one of the more humbling experiences of travel, be it on a plain, train, bus, boat or whatever and suddenly turning green, sweaty, becoming nauseated and developing an uncomfortable urge to throw up. Motion sickness has been with us for centuries, in-fact ever since men; women began moving faster than our maker intended. Julius Caesar suffered while riding around in his chariot. It is due to information overload-too many conflicting signals reaching the brain from the inner ear and eyes. Although this condition is fairly common and only a minor nuisance for the occasional traveler, it may be incapacitating for people with an occupation that requires constant movement such as a flight attendant, pilot astronaut or ship crew member. In addition anticipating movement can cause anxiety and symptoms of motion sickness. For example a person with a previous experience of motion sickness may become nauseous on an airplane before take-off. The incidence varies depending upon the magnitude of the stimulus and the susceptibility of the individual. Boat travel is most likely to cause motion sickness followed by travel by air, car and train. While children outgrow motion sickness as their perceptual abilities mature, some people suffer the symptoms throughout their lives. The principal importance of motion sickness is military. The incidence of motion sickness among trainees for other air crew positions (navigators, gunners) is much higher and also among air borne assault troops. Space scientists believe that motion sickness will have to be reckoned with also if a manned satellite is rotated to provide artificial gravity. Interestingly motion sickness is more common in patients with migraine. Even though motion sickness has been mentioned in the homoeopathic literature; a systematic, scientific and a detailed study has not been done.

## **THE REPERTORIAL APPROACH IN THE MANAGEMENT OF IRON DEFICIENCY ANAEMIA**

*Dr. Manjusha Pradeep Garge, Associate Professor, Department of  
Organon of Medicine*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Introduction:**

With the introduction to the dissertation entitled Repertorial approach in the management of Iron deficiency anaemia, we shall start understanding the IDA, its cause, clinical presentation, investigation, application of Homoeopathic medicine by Repertorial approach.

To define Anaemia, it refers to reduction in red blood corpuscle (erythrocytes) count, haemoglobin content and pack cell volume. In brief 'anaemia is qualitative and quantitative reduction of haemoglobin in blood below normal limits, which is supposed to be 14-16gm% of blood in male and 12-14gm% of blood in female'. Haemoglobin is the red pigment in erythrocytes that transports oxygen. Although there are many different forms of anaemia, the most common type is iron deficiency anaemia.

The terms 'Iron deficiency anaemia' is the nutritional deficiency anaemia brought about primarily by deficiency of iron in the body, characterized by progression from of normo-cytic normo-chromic blood picture to that of micro-cytic and hypo-chromic picture and reversible by responding to the treatment. Iron (ferrum) is one of the prominent constituents of the human body, being present in considerable quantity in the blood and hence iron has great importance in human nutrition. The body of an adult human contains 3-4 grams of iron and 75% of this amount is found in the blood. Based on age group and physiological needs our body needs 20-40mg of iron per day. Iron deficiency anaemia is one of the most common nutritional disorders world-wide. In developing countries like India, mostly children, adolescent girls, elderly and pregnant women in the reproductive age group are most vulnerable to Iron deficiency anaemia due to malnutrition, lack of knowledge in nutrition affecting a large segment of population.



# **A CLINICAL STUDY OF HOMOEOPATHIC MANAGEMENT IN ESSENTIAL HYPERTENSIONS**

*Dr. Manjusha Pradeep Garge, Associate Professor,*

*Department of Organon of Medicine*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

By the term Blood Pressure people are inclined to think of a serious disease of modern civilization. Blood pressure does not, in the strict sense of the term, mean a disease at all. It is essential for life, and every living man or woman carries some degree of BP. "For people who have begun to peak early & once at the summit of success, they find that they have nowhere to go except to the friendly neighborhood cardiologist. Due to this mechanical, modernized & stressful life HYPERTENSION has become the "silent killer". Tension has become our friend in day to day modern life. In certain pathological states the BP rises above the normal figure, sometimes reaching such heights as to become a source of imminent danger to life. This raised BP is not a disease by itself, but a sign or manifestation of a pathological process just as fever is not a disease but a measurable external index of an internal malady. It might be said in consonance both with reason & science, that the rise of BP is a CONSERVATIVE or COMPENSATORY process by which adequate circulation of blood is maintained in the tissues in spite of increase resistance or obstruction to the flow of blood. If the BP would fail to rise while the obstruction to the flow of blood by increasing, the inevitable result would be death from failure of circulation. To bring the analogy closer between fever and increased BP, it may be asserted that a rise of BP is a necessary evil to support life in adverse circumstances of blood flow as much as fever is unpleasant reaction but, nevertheless, conducive to the body to fight out the invading disease. But both fever and BP should remain within safe limits, and every effort should be made to reduce them when they assume alarming proportions. It must be borne in mind that a drastic reduction of fever or BP by drugs is fraught with grave consequences and should by no means be attempted. Removal of the cause to which the body reacts by fever or increased BP is the method of treatment.

# **A Homoeopathic Re Drug Proving of *Gymnura Natalensis* with A Subsequent Comparison to Existing Homoeopathic Remedies Derived from Sea Animals**

*Dr. Preeti Sunil Shahare, Associate Professor,*

*Department of Forensic Medicine and Toxicology*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Introduction**

Homoeopathic Re drug provings have been the most important part of homoeopathic theory and the foundation of its practical application ever since Hahnemann discovered that *China* (Peruvian bark) was able to produce malaria-like symptoms in his famous experiment in 1790 (Walach, 1997:219). Provings are the only way to ensure reliable and accurate representation of the potential medicinal indications of a substance in disease, and its effect on healthy subjects (O'Reilly, 1996). Natural substances from the mineral, plant and animal kingdoms have been the subject of homoeopathic experimentation; and thorough provings of these substances have lead to the development and extension of the materia medica (Cook, 1989:93).

As homoeopathy continues to advance it is necessary to perform provings on new remedies so as to further expand the therapeutic armamentarium (Vithoukas, 1980:143). It is of greater importance that new provings are conducted in an accurate and conscientious manner (O'Reilly, 1996) as it is a well proven remedy that provides a cure for cases that until then could only have been partially covered by existing homoeopathic remedies (Sherr, 1994:8).

Some homoeopaths subscribe to the idea that a useful remedy is a local one (Sherr, 1994:49). South Africa has a rich variety of exotic flora and fauna, indicating a vast healing potential. Proving these exotic substances could potentially play a role in the treatment of Special health problems experienced by the population.

## UTILITY OF LYCOPODIUM CLAVATUM AS A CONSTITUTIONAL DRUG

*Dr. Preeti Sunil Shahare, Associate Professor,  
Department of Forensic Medicine and Toxicology  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital  
Jalgaon Kh.*

### **Abstract:**

Homoeopathy is highly scientific, logical, safe, quick and extremely effective method of healing. It offers long lasting permanent cure, treating the disease from its roots, for most of the ailments. Homoeopathy is the most rational science with respect to its concepts of health, disease and cure. Homoeopathy does not treat superficially by just driving away the symptoms but heals the patient from within. Undoubtedly, homoeopathy is the medicine of future.

Homoeopathic system has its own approach in dealing the disease condition of mankind. Of this the principle of Similia Similibus Curenter is the most important guideline in treatment with homoeopathic medicine. For attaining this similimum totality of symptoms is the most crucial thing. The word totality in other word points the constitution of the person. It's very vast to master our Homoeopathic Materia Medica. Homeopathy is new age medicine. One may call it applied nano-medicine. Small dose wonder works for range of diseases such as allergies, autoimmune, psychosomatic, lifestyle diseases, etc. It is only by constant reading and study that one can get an idea of the promise it, already offers us in our fight with sickness and suffering. As this is one of the medicine which is often used in our clinical practice I have attempted to provide a few facts which could highlight the constitutional utility of Lycopodium in clinical practice.

## CONSTITUTIONAL APPROACH TO POST –MENOPAUSAL COMPLAINTS

*Dr. Vikram Uddhav Dhaneshwar, Associate Professor, Department of Anatomy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The magnitude of problem of menopause in India is growing as a significant public health issue. The need to manage menopause has increased at a phenomenal pace. The Menopause is the permanent cessation of menstruation which occurs a considerable length of time before the end of the lifespan. postmenopause is identified by a permanent (at least one year's) absence of monthly periods or menstruation. This span of time is also referred to as the change of life, the change, or the climacteric and more recently is known as "perimenopause", (literally meaning "around menopause"). The reason for this delay in declaring a woman postmenopausal is because periods are usually extremely erratic at this time of life, and therefore a reasonably long stretch of time is necessary to be sure that the cycling has actually ceased completely. At this point a woman is considered infertile, and no longer needs to factor in the possibility of becoming pregnant. However the possibility of becoming pregnant has usually been very low (but not zero) for a number of years before this point is reached.

**PHARMACOGNOSTIC, PHYTOCHEMICAL AND  
PSYCHOPHARMACOLOGICAL EVALUATION OF OLDENLANDIA  
CORYMBOSA AND GRANGEA MADERASPATANA**

*Dr. Vikram Uddhav Dhaneshwar, Associate Professor, Department of Anatomy  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

**Abstract:**

Ever since the birth of humanity, there has been a relationship between life, disease and plants. Primitive men started studying diseases and treatments<sup>1</sup>. There is no reflect that people in ancient set interest synthetic medicament for their aliments but they tested to make interest of the things they could gently procure. The most ordinary clothes they could find was there in surrounding i.e. the sapling and animals<sup>2</sup>. They embarked on using plants and establish that the majority of plants were suitable as food, where as other were either poisonous or medicinally useful. By their experience, this knowledge of herbal remedies was transferred to generation as family medicine. So the history of herbal medication is equally old as human history. Most of these plant-derived drugs were originally identified through the subject of traditional remedies and folk knowledge of indigenous people and some of these could not be substituted despite the tremendous progress in synthetic chemistry. Therefore, plants can be depicted as a major source of medicines, not merely as isolated active principles to be doled out in standardized dosage form but also as crude drugs for the population. Modern medicines and herbal medicines are complimentary being used in areas for health care program in various developing countries including India.

Herbs had been practiced by all cultures throughout history, but India has one of the oldest, most productive and most diverse cultural living traditions associated with the role of medicinal plants. In the present scenario, the demand for herbal products is growing exponentially throughout the globe and major pharmaceutical companies are currently carrying on extensive research on plant materials for their potential medicinal value.

Nevertheless, the folkloric use of crude drugs has been often empirical and is founded on observation from clinical trials without experimental support. The need for exhaustive systemic research into indigenous drugs cannot be overemphasized.

## **To Study the Predominant miasm in blood group 'o' patients with duodenalulcer**

*Dr. Pankaj Tarachand Sharma, Associate Professor,*

*Department of Homoeopathic Pharmacy*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Duodenal ulcer, a commonest variety of Peptic ulcers which are the areas of degeneration and necrosis of gastro-intestinal mucosa exposed to acid-peptic secretions. Though peptic ulcers can occur at any level of the alimentary tract that is exposed to hydrochloric acid and pepsin, they occur most commonly (98-99%) in either the duodenum or the stomach in the ratio of 4:1. Duodenal ulcer is an ulcer occurring in the first part of the duodenum. It is commonest of all peptic ulcer varieties and in India 10% of the population suffer with peptic ulcers. Most importantly the blood group 'O' people are 2.5 times more prone for duodenal ulcer. Duodenal ulcers are of two types acute and chronic, of which the chronic is commonest. Etiological association is seen with alcoholic cirrhosis, tobacco, hyperthyroidism, chronic pancreatitis and genetic factors. Some families with strong blood group 'O' inheritance have shown similar characteristic symptoms of duodenal ulcer in all those individuals which shows a light upon the similarities and correlations between blood group and miasmatic inheritance. Homoeopathy as a system of medicine deals any diseased condition in a holistic way. Yet the fact is we need any and every way of finding the right remedy; the simple similia, the simple symptomatic similimum and the farthest reach of all the pathologic similimum and it is to maintain that, we are still well within the lines of Homoeopathy that is expansive, progressive science fostered and science fostering. Hence there is a need to study our remedies, in this new light keeping our principle in view, and to justify the action of our remedies both in the dynamic and materialistic spheres. Homoeopathy considers Duodenal ulcer as a local manifestation of deep-seated miasmatic disorder due to disturbance at the vital force level. And hence unlike other systems, treatment is given on the basis of individualization and after considering the patient as a whole, whatever may be the part or organ affected, taking in consideration the root cause of the disease, for permanent cure.

# **TO STUDY THE ROLE OF CENTESIMAL POTENCY IN REDUCING PAIN OF PATIENTS WITH OSTEOARTHRITIS OF KNEE JOINT**

*Dr. Pankaj Tarachand Sharma, Associate Professor,*

*Department of Homoeopathic Pharmacy*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Homoeopathy is the most modern system of treatment in the world. The founder Master Samuel Hahnemann advocated the concept of similar remedy, minimum dose and rapid cure of the patient. Homoeopathy is also very useful in treating rheumatic disease. Osteoarthritis is one of the most common degenerative joint disease, mainly affecting older age group. It comes under ICD -10 under degenerative joint diseases. In this study, my aim is to find out the efficacy of the centesimal potency in the management of osteoarthritis of the knee joint. Osteoarthritis or degenerative joint disease is the most common joint disorder. The main feature is degeneration of the articular cartilage. Osteoarthritis is clinically presented as joint pain and crepitus in the elderly age group. It is radiologically characterized by decrease joint space, osteophytes and a variety of deformities that develop as the disease progress. Osteoarthritis mainly affects the weight bearing joints. As it is a degenerative joint disorder most of the old persons are suffering from this disease.

## **A comparison of the efficacy of two Homoeopathic interventions in the treatment of Primary Hypertension in adult females.**

*Dr. Sachin Dangal Patil, Associate Professor, Department of Surgery  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

A minimum of 30 patients were recruited and were selected on the basis of specified inclusion and exclusion criteria, and randomly divided into two equal groups by the research supervisor, with the first group receiving the Homoeopathic simillimum and the second group receiving the Homoeopathic complex. The initial consultation took place at the Dr Ulhas Patil Homoeopathic Medical College & Hospital Jalgaon after obtaining informed consent from the patients (Appendix D). A detailed case history was taken, followed by a complete physical examination, including blood pressure readings and cardiovascular system examinations. Follow up consultations occurred weekly for a period of four weeks to record blood pressure readings, any changes in the general health and well being of the participants, in order to prescribe more medicines if needed. A mercury sphygmomanometer and a Littmann Classic 2 stethoscope were the tools of measurement and was used according to the method outlined by Bates (2007), which states that an accurate measurement of blood pressure is dependent on the appropriate cuff size of the sphygmomanometer and whether the type of gauge used needs to be calibrated or not. SPSS version 18 was used to analyse the data. A p value  $<0.05$  was considered as statistically significant. Repeated measures ANOVA tests were done to compare the blood pressures over time between the treatment groups. Specific remedies used at each time point were described by treatment group. Potencies of the remedies were compared within each remedy between the treatment groups using Pearson's chi square tests.



# **HOMOEOPATHIC MANAGEMENT OF SEBORRHEIC ECZEMA IN MALES**

*Dr. Sachin Dangal Patil, Associate Professor, Department of Surgery  
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## **Abstract:**

“There are no skin diseases; hence the question of skin specialists does not arise. Majority of the disorders are ON the skin and not OF the skin.” As rightly said by Allen, “The skin is the mirror or the refractor of the internal stress, the internal dynamis, the internal working of human machine. The skin shows much of the perverted life action in the organism.” Hence the disease of skin should be dealt keeping in view the presence of internal stress. The skin covers the human frame and envelopes it to protect from innumerable morbidity in the environment which acts as protective organ as well as mirror of internal health of an organism. A skin disease sometimes is the earliest warning signal for the body's deteriorating health. A skin disease which are in common occurrence now a days, as seen in practice is often a reactionary pattern resulting from the effects of different etiological stresses on a particular diathesis. Usually the first lesion to manifest themselves are skin symptoms. This is a natural order of the skin which is co-operative with saving of life, protection and relief of internal organism. When these developments do not come out as skin lesions malignancies are almost certain to follow.

Globally the most common skin disorder affecting the persons consulting Dermatology is Dermatitis & about 1-5 % of them were of Seborrhea. i.e Seborrheic eczema. Seborrheic eczema is a common chronic inflammatory papulo squamous eczematous dermatosis. It is a constitutional disorder. Chronic skin disease can have physical & emotional impact on one's quality of life. It causes suffering through disability, discomfort & disfigurement. Any breakdown in the continuity of skin acts as an impediment to its functioning. Seborrheic eczema causes their breakdown in many ways which not only affects the skin but the person as a whole is affected in all aspects of his life. [i.e physically, mentally, spiritually, socially etc] Hence the treatment of individual must be holistic & not restricted only to his parts.

# **EFFEECTIVENESS OF HOMOEOPATHIC CONSTITUTIONAL MEDICINE IN IMPROVING GROWTH STANDARDS IN CHILDREN WITH REFERENCE TO WHO & IAP –PAEDIATRICGROWTH CHART**

*Dr. Alkesh Bishandchand Agrawal, Associate Professor,*

*Department of Practice of Medicine*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Introduction:**

When a child grows normally, it becomes active in body, intensely curious in mind & seeks a good relation with the surrounding. But a poor growth in child makes it as inactive, and develops poor growth potentials. Such children are essential to monitor properly. Homoeopathic system having a different concept while treating with the patient, it is based on the underlying principles and the prescription is done using the totality of symptom selected after a proper repertorisation. The medicine selected using the constitutional basis. As mentioned in aphorism 5, we have to consider the physical constitution of a patient, especially when the disease is chronic. A child whether he is obese, or thin is determined by the genetic code of the individual. Hence the physical constitution should never be neglected while arriving at a similitum. Distribution of fat, progress of emaciation and eating habit are important to determining the physical constitution. In addition with the physical constitution mental make of the child is essential for the understanding of constitution. The term growth refers to increase in the physical size of the body. That means increase in the weight and height of the body proportionately. In 1993 the World Health Organization (WHO) undertook a comprehensive review of the uses and interpretation of anthropometric references. In the year 2006, WHO had published combined Height and weight chart as the latest growth standard chart for age group 0-18, which was reproduced after evaluation by Indian Academy of Pediatrics in 2015, this was taken as the structured tool for assessment in this research. According to Paediatricians, both stunting and wasting are the most prevalent form of under nutrition. Poor breast feeding, insufficient complementary food availability under national schemes are the reasons behind this. Poor growth is an adaptation to chronic low energy intake and stunting is a measure of cumulative impact of chronic energy deficiency on linear growth. This has become a common problem around the world.

## **The Potential Value of Homoeoprophylaxis in the Long-Term Prevention of Infectious Diseases, and the Maintenance of General Health in Recipients**

*Dr. Alkesh Bishandchand Agrawal, Associate Professor,*

*Department of Practice of Medicine*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

In most developed countries the prevention of specified infectious diseases is generally undertaken through the use of comprehensive vaccination programs from birth. Mass vaccination has been accepted public health policy for over 100 years. Whilst published research in orthodox medical journals has strongly supported community-wide vaccination programs, the procedure has been shown in the same journals to be neither totally safe, nor totally effective. There are a number of ways to boost a person's level of immunity to specified infectious diseases. One way is to boost overall immunity to all diseases by raising general health through good diet and nutrition, through a balanced lifestyle, and possibly through "constitutional" treatment programs such as homoeopathic or herbal treatment to improve the overall vitality of the person. Common sense suggests that healthy people tend to recover better from any illness, and are more resistant to specified diseases. However clinical experience shows us that even very healthy people contract infectious diseases. The second way to boost a person's level of disease-specific immunity is to target the specified disease with disease-specific preventative methods. Such methods have demonstrated levels of protection that are significant, although less than 100%. There are two known methods of disease-specific immunisation – one is vaccination, and the second is the use of homoeopathically selected and prepared substances, a procedure known as *homoeoprophylaxis* [HP]. HP was first described in 1801, and has been used throughout the world since then. Its supporters claim that it is comparably effective to vaccination but completely non-toxic and therefore safe. However, the orthodox medical community regards HP with great suspicion because it is not consistent with the orthodox paradigm which relies on a modified antigenic stimulation of antibody levels in vaccinated persons.

# **A CLINICAL STUDY ON THE ROLE OF HOMOEOPATHY IN MANAGING ANXIETY DISORDERS IN SCHOOL GOING CHILDREN OF JALGAON DISTRICT**

*Dr. Suresh Vinayak Thombare, Associate Professor,  
Department of Case Taking and Repertory  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Introduction:**

Anxiety is a feeling of threat experienced in anticipation of an undesirable event which may be unknown or specified. <sup>[1]</sup> It is a mind- body reaction that occurs instantaneously, and its effects are felt physiologically, behaviorally and psychologically all at the same time. <sup>[2]</sup> The experience of anxiety is unique for each person.

Anxiety is a normal phenomenon. But when it becomes disabling, causing distress and impairs overall functioning, it is considered as anxiety disorder. Anxiety disorders can significantly interfere with academic, social and emotional and family functioning. The onset of any anxiety disorder is seen in childhood. In different studies world wide of impairing childhood anxiety disorder, 5% to 13% of children younger than 18yrs have an anxiety disorder. Different types of anxiety disorders have different age of onset. <sup>[6]</sup> The types of anxiety disorders are separation anxiety disorder, social or specific anxiety disorder, generalized anxiety disorder and panic disorder. Selective mutism, post traumatic stress disorder and obsessive compulsive disorder are also part of anxiety disorders. In children and adolescents, there is inter - anxiety co morbidity with significant association between virtually all specific anxiety disorders, including specific phobia subtypes. Anxiety disorders are seen associated with other disorders like conduct disorder, attention deficit hyperactivity disorder, antisocial personality disorder and learning disabilities.

## **HOMOEOPATHIC MANAGEMENT OF DEPRESSION**

*Dr. Suresh VinayakThombare, Associate Professor,*

*Department of Case Taking and Repertory*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

As world advances mental stress get advances especially in women who undergo family stressor for any reason or the other, by constantly undergoing stress and strains land in severe depression and suicidal tendency. As it is an era of competition, persons has to struggle to fulfill his needs and requirements. Disappointment in fulfilling needs and requirements leads to stress. A depressed patient gets into mental triples, cannot cope up with things causes negative attitude which leads to disorders. Melancholia is a disease characterized by great mental depression. Melancholia a Greek word means "Black and Bile". The name founded upon the theory of humeral pathology. Jean Pierre Gallavardin 5, in Homoeopathy the psychic treatment will perhaps bring down the number of suicidal to half. In fact every time among all ancient and modern people medicinal substance were used and are still used for psychic treatment but in less scientific way more often with unconscious, with good primary action but worst secondary action. The Homeopaths do not use much the primary effect of medicine of psychic treatment which is always very temporary but their secondary effect having some time indefinite persistence. Dr. Hahnemann while experimenting healthy man was able to recognize their affection character and intelligence i.e. to say their psychic effect. The present study comprises systemic approach for evolving Constitutional treatment. It also prove the role of Homoeopathy in prevention of its complications and recurrences prevention of antidepressant side effects.

# **A CLINICAL STUDY ON MIASMATIC APPROACH IN MANAGEMENT OF PATIENTS WITH CHRONIC SUPPURATIVE OTITIS MEDIA**

*Dr. Manjusha Vithhal Ahire, Assistant Professor,*

*Department of Homoeopahtic Pharmacy*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Incidence of chronic suppurative otitis media is higher in developing countries because of poor socioeconomic standards, poor nutrition and lack of health education. It affects both sexes and all age groups. India was reported to be associated with the highest prevalence of otitis media with more than 6% experiencing the disorder. The WHO had reported and catagorised otitis media as one of the neglected tropical diseases. Most of the school children in India have been reported to associate with at least one episode of otitis media varying from 10% to 20% of the children. Among them there is more impact of the disease in slums rather than in well sanitized urban cities. In modern medicine the line of management is antibiotics, antibiotic ear drops, analgesics, nasal decongestants and Myringoplasty for perforation. Prolonged use of these medicines leads to suppression of the symptoms and the disease goes to deeper level results in serious complications. In Homoeopathy, according to Dr. Hahnemann diseases are dynamic in origin and these dynamic diseases are classified in to acute and chronic. Chronic diseases are due to chronic miasms. These miasms are inherited in our body, when these chronic diseases are treated with anti-miasmatic remedies it act on the vitalforce and improves the immunity of the patient, lessens the chance of disease going into the deeper level and reduces the complications. This study helps to know more about the effectiveness of anti-miasmatic treatment in patients suffering from chronic suppurative otitis media. Otitis media is a group of inflammatory disease of middle ear.

# **A CLINICAL STUDY ON ‘SCIATICA’ ITS MIASMATIC APPROACH AND HOMOEOPATHIC MANAGEMENT**

*Dr. Manjusha Vithhal Ahire, Assistant Professor,*

*Department of Homoeopathic Pharmacy*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

In health all the expressions of vital force may be expressed by perfect function of all parts the body and sense of general wellbeing So if there is anything on this earth life of ours that is hard to bear, surely neuralgia and back ache is one of the most common ailments prevalent today most of us suffer from it at some time during our life time if the fifth most common reason for physicians visit after colds, its the number one cause of missed work and amongst sciatica is most commonest. ‘**Sciatica**’ is defined as pain in the area of distribution of Sciatic nerve i.e. lowback pain associated unilateral leg pain radiating to foot to toes, numbness and paraesthesia in the same distribution straight leg raising test induces more leg pain localized neurology that is limited to one nerve root it lasts up to six weeks and persistent (chronic) sciatica lasts more longer. The ancient Greeks were familiar with sciatic neuralgia and used the term sciatica, to describe pains or ‘ischias’ felt around the hip or thigh .Hippocrates himselfreferred ischia tic’ pain affecting men between 40 to 60 years he also noted that pain radiating to the foot was a good prognostic sign ,whereas localized hip pain was less likely to resolve .Low back pain can be very agonizing can make a person feel helpless can irritate a person and lead to psychological distress the total impact of lumbar spinal disorder on society is high since they constitute the fifth most expensive, disease category as far as the hospital care is concerned and in the most expensive disorder with respect to musculoskeletal disorder is sciatica it occurs commonly in third and sixth decade of life and about three times more frequently in men then in women sciatica is seen rarely before the age of 20 years its intolerable intensively and recurrent nature make every sufferer most worried and unless one has suffered .

# **EFFECTIVENESS OF HOMOEOPATHIC CONSTITUTIONAL MEDICINE AND CALCAREA PHOSPHORICUM IN THE MANAGEMENT OF CALCIUM DEFICIENCY IN WOMEN ATTAINING MENOPAUSE - A RANDOMISED CONTROL TRIAL**

*Dr. Priyanka Shrenik Gugale, Assistant Professor, Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Calcium is one of the important minerals in human body especially in women; as it imparts strength to bones and teeth, helps in cell signaling, normal cell functioning, muscle contraction, muscle relaxation and many more. Calcium deficiency symptoms may therefore involve any of these functions and manifest in a myriad of ways. An article concludes that females with calcium and vitamin D deficiency though present but not aware of it found that 41% females have calcium deficiency and vitamin D and females feel pain in legs back and joints. Perimenopausal period refers to the time period that is before attaining menopause, which usually begins in 40's but can be in late 30's too. The period of attaining menopause in subjects' life is the most difficult period in a woman's life as there is reduction in estrogen hormone, increased need of calcium and decreased absorption of calcium leading to calcium deficiency. Though not bed ridden, calcium deficiency affects a woman's routine works, thus affecting quality of life; which has to be managed appropriately. Managing calcium deficiency though seems easy yet it is a challenge to medical field. Woman may be supplemented with calcium supplements which no-doubt help her but temporarily and also loaded with its side effects. Therefore holistic approach management is required. Hence I took up this study to compare the results of prescribing bio-chemic remedy alone with the results of prescribing a homoeopathic constitutional remedy together with bio-chemic medicine, in order to help the woman attaining menopause by improving their overall health and quality of lives.



# **CLINICAL STUDY ON HOMEOPATHIC MANAGEMENT OF BRONCHIAL ASTHMA WITH REFERENCE TO LUNG VOLUME CAPACITY USING SPIROMETRY**

*Dr. Priyanka Shrenik Gugale, Assistant Professor, Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Asthma is airway inflammatory, hyper sensitivity and obstructive lung disease due to allergen, stress, suppression, occupational, seasonal, hereditary as etiological background. From previous researches, it is clear that asthma is getting more prevalent and keeping on increasing. Homeopathic constitutional remedy can give rapid, effective recovery for asthma in various type successfully. CORTICOSTEROID inhalers have user defect, side effects, dependency and high expensive to asthma sufferer. To avoid this and to establish homeopathic management in asthma proved by lung function test, which is noninvasive, in expensive and more accurate than peak flow meter called spirometry which one equal and more than that of conventional corticosteroid inhalers.

Homoeopathy faced criticism in worldwide due to high dilution medicine and lack of credible clinical evidence. It's important to provide data on modern scientific parameter, also should retain the confidence of public. In this study gave the evidence of how homoeopathy not only improve the case clinically, but also improved on scientific parameter through spirogram in the management of BA.

## **Homoeopathic Treatment in Acute Gout**

*Dr. Gayatri Ashish Deshmukh, Assistant Professor, Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The peak incidence of gout occurs in patients 30 to 50 years old, and the condition is much more common in men than in women. The National Health Survey (1983- 1985) determined the prevalence rate of self reported gout to be 13.6 cases per thousand men and 6.4 cases per thousand women. These numbers reflect an appropriate threefold increase in the prevalence of gout since 1969 (Harris *et. al.*, 1999). Acute gout is the second stage of gout and is caused by the precipitation of monosodium urate (MSU) crystals in the synovial fluid, eliciting an inflammatory response characterized by extremely painful red, hot and swollen joints (van Doornum and Ryan, 2000). Acute gout subsides within five to ten days following the onset of the attack (Tucker, 1999). Chronic tophaceous gout is a major consequence of recurrent acute gout attacks especially if untreated (Harris *et. al.*, 1999).

Allopathic medication used in the treatment of acute gout, such as, nonsteroidal anti-inflammatory drugs (NSAID) are contraindicated in patients with peptic ulcer disease, renal insufficiency and bleeding dyscrasias (Alloway *et. al.*, 1993). Homoeopathic remedies could be used as an alternative treatment in such patients.

Putterman (1994) conducted a research study on the effect of the homoeopathic remedy *Colchicum autumnale* in gout patients and showed partial improvement in the clinical picture of gout, no research has been conducted in South Africa on the efficacy of homoeopathic medicines in acute gout patients. Similimum treatment allows each patient to be treated individually. Two people with the same disease respond differently to that disease, therefore remedies that are similar to their response may restore their health (Gunavante, 1998).

# **A COMPARISON OF RUBRICS IN BOGER BOENNINGHAUSEN CHARACTERISTICS & REPERTORY WITH THE RUBRICS OF REPERTORY OF HEMORRHOIDS BY W.M.J GUERNSEY IN HEMORRHOIDS**

*Dr. Gayatri Ashish Deshmukh, Assistant Professor, Department of HMM  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

“It is a blissful feeling to relieve the pain of a suffering one”. Being a homoeopath, there are many situation where we can feel this bliss. I am dealing with such a clinical study, where the patient faces much difficulty even to make his day to day activities undisturbed. Hemorrhoids is a condition where there is enlargement of veins at the lower end of rectum. The real cause of hemorrhoids is due to portal venous congestion. In modern medicine, they are removing the end product of the disease, whereas our system of medicine is removing the root cause of disease. The action of medicine is directly in to portal veins. Congestion is the sycotic stage of Hemorrhoids (each stage of this disease pass through different miasms). By treating miasmatically we are not only curing the disease but also preventing the recurrence, there by increasing the quality of life of patients.

Homoeopathic therapeutics of Hemorrhoids by W.M Guernsey is one the oldest therapeutic book for Hemorrhoids. This repertory mention that “totality of symptom does not refer to the drug but to the patient, and that it must not be expected that a case will present all the symptoms of any medicine, on the other hand the remedy should contain all the prominent medication of patient”. Here the totality can be constructed only on the basis of pathological symptoms.

BBCR is one among the latest repertory. Boger follow boenninghausen's method ie, complete symptom, and the totality is also based on complete symptom. Boenninghausen method is the easiest method. Hahnemann himself approved of Boenninghausen repertory and used it, when patient make no connection between their physical and emotional symptoms. Boger repertory is based on aphrosim 95 of organon. In India approximately 40,723,288 people are reported to have hemorrhoids. one million new cases are reported annually. It can affect both men and women.

## **ROLE OF TEMPERAMENTS IN SELECTING THE SIMILIMUM IN CHRONIC CASES**

*Dr. Sayali Ashok Gunjal, Assistant Professor,  
Department of Forensic Medicine and Toxicology  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The most fascinating aspect about people is their inherited temperament. It is the characteristic phenomenon of an individual's emotional nature, including his susceptibility to emotional stimulation, his customary strength and speed of response, the quality of his prevailing mood, and all the peculiarities of fluctuation and intensity of mood. Knowledge of the temperaments will be very helpful in meeting and mastering the situations of everyday life, in addition to that if a homoeopathic practitioner is able to discern the temperament of his patient then it is like a window to reach the intrinsic core, he can better understand them which will guide him to find the similimum. The most widely accepted fact about the homoeopathic system of medicine is that it is holistic in its approach. Homoeopathy is a therapeutic system oriented towards the individual rather than the diseases, so awareness of the characteristics of the whole person is vital. Hippocrates, the father of modern medicine states that it is more important to know what sort of person has a disease than to know what sort of disease a person has.

Although modern homoeopathy has greatly expanded the psychological aspects of our materia medica, few persons understand how Hahnemann and great stalwarts of homoeopathy used the term temperament and their practical ramifications in the clinic. Astute observers from the time of Hahnemann onwards, have noticed that some remedies act well on some type of persons and not at all so well on others. Analysis of temperament and selection of similimum is a valuable tool handed down to us by our stalwarts. A remedy that covers the 'numerical totality' of the case but does not agree with the temperament of the patient is less likely to produce a desirable result. Moreover temperamental counter indications could be used as a filter for remedy selection so that it helps to narrow down the vast list of remedies got based on numerical totality of the case.

**PREVALENCE, SOCIO-DEMOGRAPHIC DETERMINANTS OF DYSPESIA  
AND ITS IMPACT ON THE QUALITY OF LIFE OF HEALTH CARE  
PROVIDERS IN DR ULHAS PATIL HOMOEOPATHIC MEDICAL COLLEGE &  
HOSPITAL JALGAON**

*Dr. Sayali Ashok Gunjal, Assistant Professor,  
Department of Forensic Medicine and Toxicology  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

**Abstract:**

Dyspepsia may also be classified as organic, functional or uninvestigated. It is termed organic when a structural cause can be identified. Otherwise, it is classified as functional when there is no evidence of structural disease, including upper endoscopy, which is likely to explain the symptoms. When an individual presents with dyspepsia symptoms but no investigations are yet carried out to identify the cause, it is referred to as uninvestigated dyspepsia. Studies on the prevalence of dyspepsia have been conducted in many settings including Western Europe, USA and Asia. The worldwide prevalence of dyspepsia ranges from 7% to 45 % (4). In Czech Republic, the prevalence of uninvestigated dyspepsia was reported to be about 17% (5). In Hong Kong, it is reported to be about 18.4%. The prevalence of dyspepsia in general population in Japan, India, and Turkey has been estimated to be 17%, 30.4%, and 28.4%, respectively (7). A study conducted in Tehran, Iran found the prevalence of dyspepsia to be 8.5% (8). 25.5% of individuals in a USA study by Talley NJ et al were reported as suffering from dyspepsia (9). As described above, there is a wide variation in the prevalence of dyspepsia among the countries where studies have been conducted. The variation in reported rates are attributable to the non-uniform definitions of dyspepsia, differing diagnostic criteria employed, environmental and dietary factors, H.pylori infection, lifestyle and other cultural differences. Although dyspepsia is perceived to be a benign symptom, it can have a significant impact on the quality of life of the patient. Many lifestyle assessment tools have been elaborated to assess the impact of dyspepsia on quality of life. In their study, S.Wahass et al evaluated the impact of functional dyspepsia on health-related quality of life in Saudi Arabian Patients using Nepean index and they found lowest scores in dyspeptic patients compared to unaffected controls.

## EFFICACY OF HOMOEOPATHY FOR IMPROVING THE QUALITY OF LIFE IN ORAL CANCER PATIENTS

*Dr. Ratna Kunal Chopade, Assistant Professor, Department of Surgery  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospita*

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### **Abstract:**

Oral cancer is an antique disease, In Sushruta Samhitha even give the description of oral cancer in India. Its aggressiveness and local involvement of surrounding structure disfiguration and functional affection lead to physiological and psychological discomfort ultimately affecting the quality of life<sup>1</sup>. The term 'malignant disease' encompasses a wide range of illnesses; it is second only to cardiovascular disease as the cause of death. Oral cancer one of the leading morbidity and mortality in India like developing countries and tobacco is one of the major causative factor of the disease. In India tobacco use incredible linked to poverty and health issue along with lack of medical facilities, primary care and screening tools especially in rural areas contribute the high oral cancer incidences<sup>1</sup>. Oral cancer is any malignant changes which are found on the lip, floor of the mouth, cheek lining, gingival, palate or in the tongue. Oral cancer is among the top three types of cancers in India. Oral cancer is of significant public health importance to India. Firstly, it is diagnosed at later stages and not have proper treatment adopted especially the rural areas and low social economic group. As a result, delay has also been largely associated with advanced stages of oral cancer. Earlier detection of oral cancer offers the best chance for long term survival<sup>3</sup>. But the precipitating factor like the socio-economic status, habit and health care thereby reducing chances of survival. Public health officials, private hospitals, and academic medical centres within India have recognized oral cancer as a grave problem. Even though medical system is advanced and facilities are increased, the disease burden increasing the day to day. In there the scope of alternating system can utilized and prove its efficacy. Homoeopathy the world's second most system of treatment have its own peculiarity and proven its successiveness in so many time.

# **TO STUDY THE EFFECTIVENESS OF HOMOEOPATHIC TREATMENT ALONG WITH COUNSELLING AS COMPARED TO ONLY COUNSELLING FOR TEST ANXIETY AMONG STUDENTS**

*Dr. Ratna Kunal Chopade, Assistant Professor, Department of Surgery  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

In our modern technological and achievement-oriented society, stress and anxiety are common problems faced by students during social-evaluative situations like tests or exams. A widely used term for this over arousal and incapacitating anxiety during tests or exams is 'Test anxiety'. It is construed as a situation specific personality trait. It refers to the individual's disposition to react with extensive worry, intrusive thoughts, mental disorganization, tension and physiological arousal when exposed to evaluative situations. Various psychosocial, lifestyle and academic factors cause test anxiety among students. Personality trait and individual's perception of test situation may play a deciding role in nature and severity of test anxiety. High stress is certainly a major problem among medical students worldwide. Prevalence of Test anxiety among them in Germany is found to be 29.9%, 52% in Malaysia, 64% in Pakistan. A high prevalence of anxiety ( $p < 0.001$ ) was found in a study done at a college of medical students of India. Female students were more prone to anxiety than male students and there was significant association between the prevalence of anxiety and examination period. Test anxiety can lead to psychological distress and amotivation. This can be detrimental for students' learning and test taking abilities, decision making, performance in their career and mental and physical wellbeing leading to low self-confidence, underemployment and feeling of inadequacy. Conventional treatment employs the use of anxiolytics and psychotherapy. Counselling and psychotherapy are widely used modes of intervention. Counselling guides the students to develop coping skills. Whereas Homoeopathic constitutional treatment addresses the susceptibility, energizes the vital force to heal itself, thereby helps to develop coping skills and takes care of the healing process of mind.

# **A CLINICAL STUDY ON THE MANAGEMENT OF HYPOTHYROIDISM IN FEMALES USING LM POTENCY**

*Dr. Ulka Karbhari Hiray, Assistant Professor, Department of OB/GY  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Hypothyroidism has been listed under the code E00 – E04 according to the ICD classification. Thyroid diseases are the commonest endocrine disorders. Hypothyroidism, also called underactive thyroid or low thyroid, is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormones. Occasionally there may be swelling in front of the neck. The thyroid gland produces two important hormones called triiodothyronine (T3) and tetraiodothyronine (T4). The pituitary gland, situated in the brain, produces thyroid stimulating hormone (TSH), which in turn sparks the release of thyroxine (T4) and triiodothyronine (T3). Thyroid disease is one of the foremost unnoticed, undiagnosed, misdiagnosed and undertreated diseases. Low thyroid hormone production and also increase in TSH level are the characteristics of hypothyroidism. However, the clinical features depend on the duration and severity of the disease. Women have a higher risk for hypothyroidism than men. About 4 – 8 times higher than men. The risk is higher in the postpartum period and during menopause, after which the risk increases with age. Most cases of hypothyroidism are not so obvious, however, unless the diagnosis is positively encouraged in middle-aged women complaining of tiredness, weight gain, depression, carpal tunnel syndrome, an opportunity for early treatment will be missed. Thyroid diseases are completely different from different diseases in terms of their simple designation, accessibility of medical treatment and also the relative visibility that even a tiny low swelling of the thyroid gland offers to the treating physician. Our Homoeopathic medicines, selected based on the symptom similarity, can work effectively. The symptoms of hypothyroidism get relieved effectively through Homoeopathic medicines and also decreasing the TSH level in blood. The immune system also gets strengthened through the treatment of hypothyroidism along with Homoeopathic treatment.



**NANOPARTICLE CHARACTERISATION OF PHOSPHORUS 30C OF  
HAHNEMANNIAN PREPARATION AND COMPARING WITH MARKET  
PREPARATION – FESEM ANALYSIS AND VALIDATING ITS EFFICACY ON  
COAGULATION ACTIVITIES IN TISSUE FACTOR INDUCED  
DISSEMINATED INTRAVASCULAR COAGULATION ON ALBINO RAT  
MODEL IN VIVO ANALYSIS**

*Dr. Ulka Karbhari Hiray, Assistant Professor, Department of OB/GY  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

**Abstract:**

Homoeopathy is contentious because medicines commonly used are the 30th and 200th potencies in centesimal scale involving high dilution factors (1060 and 10400 respectively) which are far beyond Avogadro's number of  $6.023 \times 10^{23}$  molecules in one mole. Following Avogadro's number, the potencies above 12cH do not contain any molecule of the starting substance. Here 'cH' stands for Hahnemannian method. 'cM' stands for Market sample. The study conducted by Chikramane et al proved the existence of physical entities in the form of nanoparticles in a few metallic drugs at the level of 6C, 30C, and 200C potencies. Phosphorus is an indispensable constituent of all living substances. Homoeopathic system has a potential remedy, Phosphorus, which is merely red amorphous, solid mass, prepared chemically from bone acid (phosphoric acid) by distillation with charcoal. Phosphorus has a major action on the circulation, blood, blood vessels, and arteries. Hemorrhagic diathesis or bleeding diathesis is a group of disorders characterized by increased bleeding with the defective arrest of bleeding. DIC is one of the major risks in public health. Disseminated intravascular coagulation (DIC) is a complex coagulopathy resulting from the increased formation of thrombin. Abnormal expression of tissue factor is a major action initiating DIC in many disorders, including sepsis, cancer, major trauma, and obstetrical complications. People who are bitten by snakes or those who have burns or frostbite also have risks. The present study is aimed to prove the presence of nanoparticles in Homoeopathic remedy Phosphorus 30C in Hahnemannian preparation when compared to the same potency available from market preparation with FESEM analysis and validating it on controlling the hemorrhagic tendencies in tissue factor-induced DIC rat model in vivo analysis.

## **A CLINICAL STUDY ON THE HOMOEOPATHIC MANAGEMENT OF ATTENTION DEFICIT HYPERACTIVITY DISORDER**

*Dr. Priya Dadarao Wagh, Assistant Professor, Department of Practice of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

The lines are adopted from a poem belonging to the 19th century, Heinrich Hoffman (1809-1874), a German physician, psychiatrist and poet, wrote about “Fidgety Philip”, who couldn’t sit still. The poem portrays the typical behavior of a child with ADHD, living in those times when children were subject to discipline less permissive than at present. Children are the prime component in the development of the society. In other words they are the citizens of tomorrow. Hence bringing up a healthy generation is the noblest thing that can be done for the health in future. Nowadays there is a multi-dimensional concept of health that is the health depends on several dimensions like Mental, Physical, behavioral, social, spiritual etc. But if any one or more dimensions become altered then the person becomes sick which affects the society and the country grossly. ADHD is one of the most common behavioral disorders affecting children. And its appearance and nature is variable in terms of symptoms. That is why approaching it clinically is a challenging task for the physicians. Health, as defined by the World Health Organization is “a state of complete physical, mental and social well – being and not merely the absence of disease or infirmity.” As the world is changing the word “mental health” is gaining much attention as it is the one most seen disrupted. Ample research and best intervention modalities are made in every spheres of health yet child psychiatry remains the least explored or the unclear picture in the field of medicine. The conventional tools such as etiology, onset, duration, pathophysiology and management are still being debated since the last 10 years regarding ADHD. The persistence of some of the symptoms from childhood to the rest of the life makes it very essential to identify and find remedial measures for this condition at the earliest.

## **HOMOEOPATHIC APPROACH IN THE MANAGEMENT OF SIMPLE FRACTURE**

*Dr. Priya Dadarao Wagh, Assistant Professor, Department of Practice of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Fracture is the term used to describe the breakage of bone. Breaking a bone can be a big deal as it may happen to anybody irrespective of the age and sex. The inorganic calcium salts make it hard and rigid which can afford resistance to compressive forces of weight-bearing and impact forces of jumping. The organic connective tissue (collagen fibres) makes it tough and resilient which can afford resistance to tensile forces. In strength bone is comparable to iron and steel. Despite its hardness and calcium content the bone is very much living tissue. It is highly vascular, with constant turnover of its calcium content. It shows a characteristic pattern of growth. It is subject to disease and heals after a fracture. It has greater regenerative power than any other tissue of the body, except blood. It can mould itself according to changes in stress and strains it bears. Trauma or injury to the human body has been a challenging situation even to the prehistoric man. The scope for getting injured has increased with the development of industry, agriculture and transportation to such an extent the epidemiologically, trauma is becoming one of the biggest killers and maimers of human beings all over the world. Management of fractures has been studied and described even by ancient Indian physicians like Sushruta, and by Hippocrates in Greece in the 4<sup>th</sup> century B.C. In India the treatment of fractures by traditional bone setters is still widely prevalent as modern methods of treatment are not yet available to vast majority of rural population. Primary care of the fracture has to be provided by any doctor even in remote rural areas of the country and hence a basic knowledge of treatment is very essential to every medical practitioner.

## **A STUDY OF CORRELATION OF SILENT MYOCARDIAL ISCHEMIA WITH MICROALBUMINURIA IN PATIENTS OF TYPE 2 DIABETES MELLITUS**

*Dr. Ashwini Shripad Kulkarni, Assistant Professor, Department of Practice of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Diabetes Mellitus is the metabolic disorder, which is characterized by hyperglycemia, it is caused by abnormality in insulin secretion or insulin action or both. It is also associated with other biochemical disturbances and the presence of progressive tissue damage with micro and macro vascular complications. Diabetes is one of the leading cause of end stage renal disease and major cause of non traumatic amputations, accounts for 30% of the preventable blindness(1) and leading cause of cardiovascular mortality. Coronary Artery disease (CAD) is the important cause of death in patients with type 2 diabetes and is most of the time asymptomatic because of silent myocardial ischemia. CAD is multifactorial in etiology and it has several important risk factors, in which diabetes is important modifiable risk factor. Data from "FRAMINGHAM HEART STUDY" demonstrated that increased and poor prognosis of cardiac disease in diabetes. Mortality related to cardiovascular disease is two times more common in diabetic men and four times common in diabetic women than their non-diabetic counterparts.

CAD is the important cause of morbidity and mortality in diabetic patients and often manifests itself silently and prematurely. The classical cardiovascular risk factor is hyperglycemia and clinical evidence also demonstrate that the hyperglycemia in diabetes is well correlated with risk and severity of micro and macro vascular complications. Clinical evidence also suggests that improving hyperglycemia reduce the risk of complications. The deadly triangle of coronary artery diseases, cerebrovascular diseases and peripheral vascular diseases is the major cause of morbidity and mortality in diabetic patients.

# **THE EFFICACY OF THE HOMEOPATHIC SIMILIMUM IN THE TREATMENT OF THE SYMPTOMS OF PRIMARY DYSMENORRHOEA IN BLACK FEMALES**

*Dr. Ashwini Shripad Kulkarni, Assistant Professor, Department of Practice of Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Primary dysmenorrhoea is one of the most common gynaecological complaints. In affected females, this condition can lead to absence from work or school and the inability to participate in sports or other activities during menses (Edmundson *et al.*, 2006). The peak incidence of primary dysmenorrhoea occurs in late adolescence and the early twenties. In research by Klein and Litt, black adolescent females reported no increased incidence of dysmenorrhoea but they were absent from school more frequently than white females (Callis, 2006).

Primary dysmenorrhoea is defined as menstrual pain not associated with pelvic pathology. The menstrual pain is related to excessive prostaglandin production which causes ischemia in the myometrium of the uterus, with increased contraction and vasoconstriction (Callis, 2006). Primary dysmenorrhoea may be associated with the following symptoms: nausea, constipation, diarrhoea, headache, urinary frequency, and occasionally vomiting. In addition, premenstrual symptoms of irritability, nervousness depression and abdominal bloating may persist during the menses (Beers *et al.*, 2006). Allopathic treatment of dysmenorrhoea is aimed at providing symptomatic relief but has been shown to have many side-effects and risks (Edmundson *et al.*, 2006). The treatment is usually nonsteroidal anti-inflammatory drugs and/or the contraceptive pill (Coco, 1999).

Other therapies used are herbal treatment, naturopathy and use of dietary supplements, and physical treatment such as heat and cold, TENS and spinal manipulation. These therapies are limited and can be very costly. Herbal treatment of dysmenorrhoea has not been thoroughly researched. Dietary supplements are only regulated as foods and not as drugs and therefore they can be marketed to consumers without support for claims made of efficacy and safety. This particular study aims at evaluating the efficacy of the homeopathic similimum in the treatment of the symptoms of primary dysmenorrhoea in black females.

## **A CLINICAL STUDY ON THE EFFICACY OF HOMOEOPATHIC MANAGEMENT OF DYSGRAPHIA IN SCHOOL GOING CHILDREN**

*Dr. Nayana Sachin Hiray, Assistant Professor, Department of Community Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

An e-mail to a business lead. A love letter tucked inside a valentine. An opinionated post on an Internet forum. These days, most of us are fairly prolific writers, and we would feel quite disabled without this essential skill. It could be in the form of a handwritten note, a typed digital document or a thumb-typed text to a friend. For us, writing is both a form of artistic expression and a practical tool for daily life. Yet, this has not always been the case. Verbal language of some sort has likely been part of the human experience since the dawn of Homo sapiens. Writing, on the other hand, is not innately part of the human brain's repertoire of behaviors. All human cultures include speech, but not all have written language, and, even today, hundreds of thousands of people around the world never learn to write. Rather, writing is a complex linguistic technology that developed only in the last few thousand years. Writing is a skill highly valued in our society, even in a time of computers and technology. It is transmitting thoughts onto paper. It is an important and complex task that typically develops in early childhood. As the child progresses through school, writing changes from an academic target to a skill that the students are required to possess. In later school years, the students are expected in ever increasing quantity and quality. It is their ability to communicate in writing that serves as a proof of their learning advanced subjects. Schools lay much emphasis on written communication and it remains an important component of school success.

# **A CLINICAL STUDY ON EFFECTIVENESS OF HOMOEOPATHIC MEDICINE ON OSTEOARTHRITIS OF KNEE USING ADL (ACTIVITIES OF DAILY LIVING) SCORE**

*Dr. Nayana Sachin Hiray, Assistant Professor, Department of Community Medicine  
Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Osteoarthritis is one among the most prevalent chronic arthritis and leading cause for pain and disability in most countries worldwide. As the age advances the physical functions such as leg strength, balance and mobility of the leg joints decrease markedly. Pain is a key symptom in the decision to seek medical care and an important antecedent to disability. Because of its high prevalence and the frequent disability in the major weight bearing joints especially knee joint. Patient with osteoarthritis knee joint has more difficulty in doing their activities of daily living like climbing stairs and walking than any other disease. Prevention of reduction in these physical function is crucial to allow the suffers to continue a healthy and independent daily life. Activities of daily living (ADLs) refers to people's daily self care activities. It is important to retain the ability to achieve ADLS at above a certain level to maintain an independent daily life. Each ADL has different difficulty. The difficulty exist from low activities to high activities. Studies show that the OA Knee patient with severe pain would find it more difficult to perform various ADLs including the low activities to high activities. Among different leg joints, knee joint have the greatest load-bearing capacity and double the usual load of body weight is imposed on each knee joint when standing on one leg or when walking. Knee joints are important for achieving independence in ADLs. Recent years the number of people suffering from severe or mild knee pain has increased. The patient's point of view regarding their health status has gained importance in decision making procedures and has been considered a possible criterion standard to assess treatment efficacy. Homoeopathy is a system of medicine with a holistic concept based on Law of similia and treat the patient as a whole. In Homoeopathy the indicated medicine is selected after the individualization of patient based on the totality of symptoms. Homoeopathic medicines are effective in managing chronic diseases and also can prevent the further progression of the disease in a most reliable and most harmless way.

**A COMPARISON OF RUBRICS IN BOGER BOENNINGHAUSEN  
CHARACTERISTICS & REPERTORY WITH THE RUBRICS OF  
REPERTORY OF HEMORRHOIDS BY W.M.J GUERNSEY IN  
HEMORRHOIDS**

*Dr. Maya Pundlik Dambale, Assistant Professor,  
Department of Case Taking and Repertory*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

**Abstract:**

Homoeopathic therapeutics of Hemorrhoids by W.M Guernsey is one the oldest therapeutic book for Hemorrhoids. This repertory mention that “totality of symptom does not refer to the drug but to the patient, and that it must not be expected that a case will present all the symptoms of any medicine, on the other hand the remedy should contain all the prominent medication of patient”. Here the totality can be constructed only on the basis of pathological symptoms.

BBCR is one among the latest repertory. Boger follow boenninghausen's method ie, complete symptom, and the totality is also based on complete symptom. Boenninghausen method is the easiest method. Hahnemann himself approved of Boenninghausen repertory and used it, when patient make no connection between their physical and emotional symptoms. Boger repertory is based on aphrosim 95 of organon. In India approximately 40,723,288 people are reported to have hemorrhoids. one million new cases are reported annually. It can affect both men and women. Literature and experience of homoeopaths provide information that, the initial signs of the hemorrhoids should be recognized so that the disease can be brought under control at an early stage with minimum life style modifications and hence avoid surgery. So the complaint more commonly affects the young adults .So the impact of disease is more dangerous and can affect the wellbeing and socioeconomic levels. There is also a study which reported hemorrhoids are treated with considerable success rate of 60.3to 82.3 % in homoeopathic hospital in West Bengal. First and second degrees of hemorrhoids are able to treat successfully with homoeopathy but in case of third and fourth degree, we can give symptomatic relief and improve quality of life .



# **EFFICACY OF HOMOEOPATHIC MEDICINE USING INDIVIDUALIZATION TO MANAGE ESSENTIAL HYPERTENSION INPATIENTS HAVING BODY MASS INDEX ABOVE 25**

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*Department of Case Taking and Repertory*

*Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Essential (Primary) Hypertension can be defined as an increase in blood pressure ( $>140/90$  mm of Hg) of no apparent cause and it is increasing in developing countries. The risk of becoming hypertensive during a lifetime exceeds 90% and it comes under the classification of I10 in ICD-10. Essential Hypertension affects a quarter of adults worldwide. It is estimated to increase 1/3<sup>rd</sup> by 2025 (2). According to the Joint National Committee (JNC), Essential Hypertension is given in Stage 1 Classification of Blood pressure. In family studies, the genetic alterations that cause inherited "Essential" hypertension are still a mystery. Raised sodium and lithium counter transport, reduced kallikrein excretion in the urine, increased insulin concentrations in the fasting plasma, LDL subfractions with a high-density, a fat pattern index as well as the BMI have been suggested as probable phenotypes (genetic characteristics) that are connected to inherited high blood pressure. Age, obesity, insulin resistance, diabetes, and hyperlipidemia are all common coexisting cardiovascular risk factors with essential hypertension. Antihypertensive medications all lower blood pressure, and this drop is the strongest indicator of reduced cardiovascular risk. However, there are difference across treatments in terms of preventing serious cardiovascular events and reducing target-organ illness. Although, Essential Hypertension is due to unknown cause, but there are number of factors affecting essential hypertension. The BMI (Body Mass Index) is a measurement of weight adjusted for height. The BMI is calculated by dividing one's weight in kilograms by one's height in square meters and BMI measurements are simple, affordable, non-invasive and that was documented in each case records. Obesity has been statistically linked to higher – average blood pressure levels. Essential hypertension is more common in obese. The relationship of obesity to hypertension is not just genetically linked, for gain and loss of weight from dietary changes are associated with lower and higher blood pressure.

# **A CLINICAL STUDY ON IMPROVEMENT OF QUALITY OF LIFE IN EPILEPSY AFFECTED CHILDREN USING COMPLETE REPERTORY AS A TOOL**

*Dr. Rutuja Abhishek Nimje, Assistant Professor, Department of Case Taking and Repertory Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **INTRODUCTION**

Epilepsy is one of the oldest illnesses that humanity has ever encountered. The term seizure arises from the Latin name "seiz," which means "to take control of" and was first used in the sixth century. Epilepsy comes after the Greek name epilepsia, which means "to seize. A seizure is any clinical episode triggered by an unusual electrical release in the brain, whereas epilepsy is the predisposition to have repeated seizures. Epilepsy should be viewed as an indication of brain disease rather than an illness itself. A particular seizure is not epilepsy but an suggestion for investigation, and treatment should generally be suspended until frequent seizures occur. Quality of life (QOL) assessment is a comparatively modern method of assessing epilepsy outcomes. Seizures severity, stigma, anxiety, and the existence of cognitive or psychological disorders are all factors that affect the quality of life of people with epilepsy. Natural factors, as well as social, collective, and spiritual attitudes and ethics, all affect QOL. Homeopathy] treatment helps in refining the quality of life of chronic disease affected persons and improving the general condition of the patient. It was first released as a record file for MAC Computer software, HOMPAT Software and Kent homoeopathic association, it is primarily formed on First, Second and Sixth edition of Repertory by Dr.J.T.Kent. Convulsion related rubrics are well represented in most of the repertories. Convulsion related rubrics are well represented in most of the repertories. There are more number of rubrics and remedies for epilepsy in complete repertory than other repertories.

# **A CLINICAL STUDY ON THE EFFECTIVENESS OF CONSTITUTIONAL TREATMENT IN THE PROGNOSIS OF PRE-DIABETES BASED ON GLYCATED HEMOGLOBIN**

*Dr. Rutuja Abhishek Nimje, Assistant Professor, Department of Case Taking and Repertory Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

## **Abstract:**

Diabetes is a major health problem all over the world. Its prevalence varies in different populations, being very high to the extent of 40% of all those above the age of 15 years in India, 34% in Micronesians particularly Nauru, and in migrant Indians in South Africa, Fiji, UK and USA. It is low in Eskimos, tribes in India and primitive populations of Africa. The prevalence of Diabetes is likely to double itself during the next few years. Because of this high prevalence, much attention has been given to the prevention, beginning with identifying at – risk individuals prior to diagnosis. This has led to the designation of PRE-DIABETES, which is an intermediate form of dysglycemia on a spectrum ranging from normal to overt diabetes. In pre-diabetes, blood sugar levels are slightly higher than normal, but still not as high as in diabetes. If diabetes is “ runaway blood sugar” , pre-diabetes is blood sugar which is “ halfway out the door.” Pre-diabetes usually occurs prior to the development of Type 2 Diabetes. The rise in blood sugar level in pre-diabetes starts when the body develops insulin resistance.

Once insulin resistance begins, it can worsen over time. In pre-diabetes extra insulin is produced in the body to maintain the blood sugar level near to normal. Insulin resistance worsens as age advances and as the body gain weight. When the insulin resistance progress, eventually the body cannot compensate the extra insulin production. When this occurs, the blood sugar level will increase, which will result in Diabetes.

## **A STUDY OF PALPABLE BREAST LUMPS WITH EMPHASISON EARLY DETECTION OF MALIGNANCY USING A MODIFIED TRIPLE TEST**

*Dr. Arunesh Bhimrao Shinde, Assistant Professor, Department of Physiology Including Biochemistry Godavari Foundation's Dr Ulhas Patil Homoeopathic Medical College & Hospital*

### **Abstract:**

Breast lumps are one of the common problems encountered in women. These lumps are frequently seen in younger to middle aged women and often they go undetected for various reasons. These lumps have different etiologic causes and can be either benign or malignant. In India breasts are considered as symbol of womanhood and fertility and there is a taboo surrounding discussion about breast lumps and hence the women come to the hospitals for examination only later in the course of the disease. Mostly these lumps are benign, but breast malignancy is the most common form of cancer and is the second leading cause of malignancy deaths in women, next only to lung cancer in Asian and black women but is the leading cause of death in Hispanic women. Hence early recognition of malignancy plays a vital role for improving survival. Fibro adenoma is the most common benign breast mass and invasive ductal carcinoma is the most common malignancy. In recent studies it has been shown that there is a significant rise in incidence of breast masses in women younger than the age of forty. Only less than half of the women with breast cancer are alive and disease free after ten years of diagnosis.

So the need of the hour is a system to detect malignancy earlier and minimize the time needed for the detection of malignant lumps. The approach to diagnosis is multi-pronged and should include clinical examination, imaging, cytological tests and histopathological examination.

# **A HOMOEOPATHIC MANAGEMENT OF LUMBAR SPONDYLOSIS BASED ON RICHARD HUGHES PHILOSOPHY**

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Hospital*

## **Abstract:**

Lumbar Spondylosis is one of the common degenerative disorders of lumbosacral spine characterized by clinically an insidious onset of pain and stiffness and radiologically by osteophytes formation. Pathology is characterized by degeneration in the intervertebral joint and spinal deformity, further compressing of nerve results in spinal canal stenosis. We all suffer from this back pain these days, in particular, family women, office workers, computer workers, drivers, lifters and those who work long hours must have felt this back pain. We also get more of this back pain due to poor condition of the roads and those who sit for long time and obesity and finally due to old age. In treatment of lumbar spondylosis nowadays non-steroidal anti-inflammatory drugs (NSAIDs) and surgery is the only solution. In that type of NSAIDs control the pain time to time and then causes the same pain again. For in this condition the only proper medical method is homoeopathy. This is because in homoeopathy medicine is given to explore the uniqueness of the patients without giving medical treatment for the disease. This is a unique feature of homoeopathy. In this method not only cures the symptoms but also identifies the causative agents and paves the way for the disease to be cured at its root and prevent recurrence. It also helps control the severity of the disease and helps patients recover faster. In addition, according to Richard Hughes philosophy, the disease can be quickly cured by finding a cure. Because it helps to choose medicine based on generic similarity, specific similarity and individual similarity. In Richard Hughes philosophy, the homoeopathic medicine based on Richard Hughes philosophy gives proper medicine to people suffering from lumbar spondylosis so that they can lead a pain-free life. Homoeopathic treatment must be based on a philosophical background. The selection of similimum is based on the philosophy by Richard Hughes which deals with erecting the totality based on generic, specific and individual similarity between the drug and disease symptoms.

## **ROLE OF CONCOMITANTS IN THE TREATMENT AND MANAGEMENT OF PRIMARY DYSMENORRHOEA**

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### **Abstract:**

Primary dysmenorrhoea has been listed under the code N94.4 according to the ICD classification. Dysmenorrhoea is painful menstruation of appropriate extent to disable the day-to-day activities. The two types are primary and secondary dysmenorrhoea, in which the prevalence of primary dysmenorrhoea is about 10-15 per cent. It is always confined to the ovulatory cycle and comforted following pregnancy and vaginal delivery and usually appears following painless periods after menarche. Primary dysmenorrhea is defined as cramping pain in the lower abdomen happening just before or during menstruation, in the absence of other diseases such as endometriosis. The initial appearance of primary dysmenorrhea usually occurs in adolescence. The symptoms of primary dysmenorrhoea get relieved effectively through Homoeopathic medicines. Concomitant symptoms are the vital consideration of homoeopathic practice. They can prominently aid the practitioner in recognising the Similimum by pursuing the totality and particularity of the case that is presented. Concomitant symptoms are those symptoms that have no relation to the primary symptoms or pathology of the case, yet have remarkable value to the homoeopathic practitioner. The thought of concomitant is owned by Dr. Boenninghausen who has given a new dimension to concomitant symptoms. He used these words to explain uncommon phenomena associated with the chief suffering. He was the first to notice that certain symptoms seem to appear in group. He further perceived that these symptoms have no other relationship to the group of main symptoms than their time relationship, thus giving uniqueness to the picture and help to distinguish it from a similar portrait. In other words, these represent the specific distinguishing features. He further detected in the materia medica that certain medicine has a greater tendency to produce concomitant symptoms.

# **EFFICACY OF INDIVIDUALIZED HOMOEOPATHIC TREATMENT IN IMPROVEMENT OF TOTAL NASAL SYMPTOM SCORE IN ADULTS WITH PERSISTENT ALLERGIC RHINITIS**

*Dr. Vipul Avinash Shilahar, Associate Professor, Department of HMM  
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## **Abstract:**

Nasal congestion, sneezing, clear runny nose, postnasal drip, and nasal itchiness are all signs of allergic rhinitis (AR), an atopic condition. Patients with AR may also have allergic conjunctivitis, non-productive coughs, Eustachian tube impairment, and chronic sinus inflammation in addition to nasal symptoms. While allergic rhinitis is not really a life-threatening condition, it can cause difficulties and have a substantial impact on one's quality of life. According to a hospitalization-based survey conducted in India, 20–30% of the public suffers from allergic rhinitis. In India, approximately 10% and 30% over all persons suffer from allergic rhinitis. According to the research, a large number of AR patients in India are underdiagnosed and suffer not only from the disease's complications but also from a low quality of life (QOL). In allergic disorders, such as allergic rhinitis, homoeopathic treatment offers a lot of possibilities. Homoeopathic treatment works to balance out an overactive immune system, relieving illness symptoms. The goal of therapy is to cure the disease rather than to provide temporary relief from symptoms. Homoeopathic medicine works both physically and mentally, thereby improving the sufferers' overall quality of life. Homoeopathy, on the other hand, is noted for its powerful, long-lasting cures with few to no adverse effects. Because the reach of the traditional system is not welcoming, homoeopathy is becoming increasingly popular for allergic diseases. Homoeopathic medication has a good chance of curing this chronic ailment by restoring health both on mental and physical dimensions, therefore reducing patients' nasal symptoms and overall quality of life.

# **HOMOEOPATHIC MANAGMENT ON OSTEOARTHRITIS OF KNEE JOINT**

*Dr. Vipul Avinash Shilahar, Associate Professor, Department of HMM  
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## **Abstract:**

Osteoarthritis is one among the most prevalent chronic arthritis and leading cause for pain and disability in most countries worldwide. As the age advances the physical functions such as leg strength, balance and mobility of the leg joints decrease markedly. Pain is a key symptom in the decision to seek medical care and an important antecedent to disability. Because of its high prevalence and the frequent disability in the major weight bearing joints especially knee joint. Patient with osteoarthritis knee joint has more difficulty in doing their activities of daily living like climbing stairs and walking than any other disease. Prevention of reduction in these physical function is crucial to allow the suffers to continue a healthy and independent daily life. Activities of daily living (ADLs) refers to people's daily self care activities. It is important to retain the ability to achieve ADLS at above a certain level to maintain an independent daily life. Each ADL has different difficulty. The difficulty exist from low activities to high activities. Studies show that the OA Knee patient with severe pain would find it more difficult to perform various ADLs including the low activities to high activities. Among different leg joints, knee joint have the greatest load-bearing capacity and double the usual load of body weight is imposed on each knee joint when standing on one leg or when walking. Knee joints are important for achieving independence in ADLs. Recent years the number of people suffering from severe or mild knee pain has increased. In India also osteoarthritis is the most prevalent form of arthritis, affecting over 15 million adults every year. And its come under top five prevalent diseases in India. In the last few decades, age group of 30-50 years are affecting. The rapid increase in the incidence suggests that osteoarthritis of knee joint has an growing impact on health care and public health in the future. Osteoarthritis (OA), a chronic degenerative joint disease and is the most common type of arthritis. It is characterised by focal loss of articular hyaline cartilage with proliferation of new bone and remodelling of joint contour. It is best viewed as the dynamic repair process of synovial joint that may triggered by a variety of risk factors.



# **HOMOEOPATHIC MANAGEMENT OF DYSGRAPHIA IN SCHOOL GOING CHILDREN**

*Dr. Vipul Avinash Shilahar, Associate Professor, Department of HMM  
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## **Abstract:**

Verbal language of some sort has likely been part of the human experience since the dawn of Homo sapiens. Writing, on the other hand, is not innately part of the human brain's repertoire of behaviors. All human cultures include speech, but not all have written language, and, even today, hundreds of thousands of people around the world never learn to write. Rather, writing is a complex linguistic technology that developed only in the last few thousand years. Writing is a skill highly valued in our society, even in a time of computers and technology. It is transmitting thoughts onto paper. It is an important and complex task that typically develops in early childhood. As the child progresses through school, writing changes from an academic target to a skill that the students are required to possess. In later school years, the students are expected in ever increasing quantity and quality. It is their ability to communicate in writing that serves as a proof of their learning advanced subjects. Schools lay much emphasis on written communication and it remains an important component of school success. Learning is acquisition of new knowledge, skills or attitude. Children during their early years of development learn to understand the spoken language first and then learn to speak. Subsequently during their school year children learn to read, write and do arithmetic according to their age and intellectual capacity. But some children may not be able to learn one or more of these skills as per their age and intellectual capacity. It seems that there are some children, who, in spite of having normal intellectual capacity and normal visual, hearing or physical abilities, are unable to acquire one or more age appropriate language and/or arithmetic skills, even when adequate opportunities for learning are provided. These children have specific learning disorder (SpLD) commonly said learning disability.

## **ROLE OF CT IN DIAGNOSING APPENDICITIS IN ULTRASOUND NEGATIVE PATIENTS**

*Dr. Bhushan Subhashchand Jain, Associate Professor, Department of OB/GY  
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### **Abstract:**

Appendicitis is the most common cause of abdomen pain in patients admitted at the emergency department. It may be associated with vomiting, fever and diarrhoea but the most distressing symptom is the pain. The various cause of the abdomen pain may vary from benign to life threatening disease. Diagnosing the appendicitis in young male patient is made out easily, but at the same time, it becomes a problem in premenopausal women who presents with similar clinical history and symptoms. Few gynaecological symptoms in middle aged women can also present with symptoms mimicking appendicitis, so it becomes a real challenging for treating clinician to exclude the diagnosis. The timely diagnosis and intervention of acute appendicitis is important due to its grave complication like perforation CT plays a major role in diagnosing appendicitis in ultrasound negative and equivocal cases to reduce the perforation rate and negative appendectomy rate. Even if there is no proper clinical findings and appropriate diagnosis of appendicitis, few surgeons are in favour of early laparotomy, to minimize the risk of appendiceal perforation.

**A CROSS SECTIONAL STUDY TO ASSESS THE CLINICAL PULMONARY INFECTION SCORE IN THE DIAGNOSIS OF VENTILATOR ASSOCIATED PNEUMONIA IN INTENSIVE MEDICALCARE UNIT AT DR ULHAS PATIL HMC HOSPITAL**

*Dr. Bhushan Subhashchand Jain, Associate Professor, Department of OB/GY  
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**Abstract:**

Ventilator-associated pneumonia (VAP) refers to bacterial pneumonia developed in patients who have been mechanically ventilated for a duration of more than 48 hrs. Nosocomial infections are common complications of hospital stay. Of these, ventilator-associated pneumonia (VAP) represents 5%– 18% of all infections. Early-onset pneumonia may account for as many as 50% of cases of ventilator-associated pneumonia, and most etiologic organisms represent common respiratory tract pathogens or normal oropharyngeal flora. VAP consistently has the highest mortality and morbidity, and it typically prolongs the duration of hospitalization for an average of 7–9 days per patient. Common causative pathogens of VAP include gram negative bacteria such as *Pseudomonas aeruginosa*, *Escherichia coli*, *Klebsiella pneumoniae*, and *Acinetobacter* species, and gram-positive bacteria such as *Staphylococcus aureus*.

The risk of VAP is highest early in the course of hospital stay, and is estimated to be 3%/day during the first 5 days of ventilation, 2%/day during days 5–10 of ventilation and 1%/day after this. VAP is the leading cause of nosocomial mortality for patients with respiratory failure and crude mortality rates are reported between 20-70%.