

HOMOEOPATHIC CLEANINGS



QUARTERLY MEDICAL BULLETIN

March - 2017

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Dept. of Organon of Medicine

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EDITORIAL



EDITORIAL

This year summer has arrived earlier. Days are hot and nights are cold and enjoyable. But this can be the cause of many seasonal diseases. Viral fever, mumps, bodyache, malaise are very common nowadays. Students are busy with their terminal exam and teachers too are busy with paper checking, viva, practical examination etc.

Meanwhile, the HOLI FESTIVAL celebration brought some change in the monotonous life of our student and teachers. HOLI is the most colourful festival of our country. People forgets everything, the whole nation celebrates HOLI. It improves our human relation. It brings us closer to each other. We also celebrated HOLI in our college campus. Everyone enjoyed a lot.

Being exclusively a college for females our college has got special position in the education field of our country. Along with regular education we take extra care for their proper development to make them a full-fledged doctor. We make arrangement of different camps and training courses for their physical and mental development. We arranged AN AWARENESS programme for our students and staff on 8th March at our college campus. It was a part of our women's day celebration. Miss.Manshi Khatri, Image consultant talked over the dress code of professional female and personality development of female. Mr.Mirza,Head of district Legal service authority in collaboration with FAITH FOUNDATION, AN NGO talked regarding the legal aspect of female .Thus the whole programme was educative, informative and enjoyable.

A healthy mind can only exist in a healthy body. We encourage different physical activities, sports etc. for our students. On 9th, 10th and 11th January of this year our college arranged ANNUAL SPORTS DAY at Akota stadium. Competition in KHOKHO, CRICKET, and KABADI etc. were there as outdoor games. There was also competition in chess, carrom and other indoor games. Students played well and enjoyed a lot.

The most mentionable programme of this session was NATIONAL HOMOEOPATHIC AWARENESS SUMMIT on 1st jan. 2017. Our College along with other five colleges of Gujarat arranged this programme. The aim of such programme was to increase awareness regarding Homoeopathic mode of treatment and to improve quality of it. Dr. Dinesh Chouhan from MUMBAI was the speaker who talked regarding CLASSICAL HOMOEOPATHIC APPROACH in practice. Thus, the whole programme was educative for the students as well as the practioners.

Many more activities were organised. In short, this session was full of programmes, activities and education.

Quality articles along with pictures of events are there in this edition of HOMOEOGLEANNINGS. Hope it will provide both, information and pleasure to the readers.



CIRCADIAN RHYTHM ---CHRONOTHERAPEUTICS ---POTENTISATION (2)
DR.BINA THOMAS, M.D. (HOM), PROFESSOR, DEPT. OF ANATOMY

Dr. Stuart Close in his masterpiece on homeopathic philosophy 'The Genius of Homeopathy' says.

The Philosophy of Homeopathy rests upon the following general interpretations of the System of Nature which Science universally recognizes as fundamental.

1. The laws and ways of Nature are uniform and harmonious.
2. Effects follow causes in unbroken succession.
3. To every action there is an equal and opposite reaction.
4. Action and reaction are ceaseless, equivalent and reciprocal.
5. Motion is, ceaseless and transformation continuous.
6. Matter is indestructible and infinitely divisible.
7. Force is persistent and indestructible.
8. The quantity of action necessary to effect any change in nature is the least possible.

Let us study the 2nd, 3rd and 4th point collectively on the basis of an altered circadian rhythm or circadian de-synchrony. Circadian misalignment has been associated with an increased prevalence of obesity and diabetes.

Circadian rhythms are physiological changes at the cellular levels in almost all plants and animals that follow a 24-hour cycle. They are guided by internal biological clocks, and are affected by many internal genetic factors, which in turn can influence behavior. Neuroscientists have identified key cells within the brain that are critical for determining circadian rhythms, the 24-hour processes that control sleep and wake cycles, as well as other important body functions such as hormone production, metabolism, and blood pressure.

When Thomas Edison tested the first light bulb in 1879, he could never have imagined that this invention could one day contribute to a global obesity epidemic. Electric light allows us to work rest and play at all hours of the day. Daily or "circadian" rhythms including the sleep wake cycle and rhythms in hormone release are controlled by a molecular clock that is present in every cell of the human body. This human clock has its own inbuilt, default rhythm of almost exactly 24 hours that allows it to stay finely tuned to the daily cycle generated by the rotation of Earth. This beautiful symmetry between the human clock and the daily cycle of Earth's rotation is disrupted by exposure to artificial light cycles, and by irregular meal, work and sleep times. This mismatch between the natural circadian rhythms of our bodies and the environment is called "circadian de-synchrony." Many studies have reported that oral administration of drugs at different times of day produced large differences in plasma levels and in the pharmacokinetic parameters calculated from the data. Chronotherapeutic Drug Delivery Systems are gaining importance in the field of pharmaceutical technology as these systems reduce dosing frequency, toxicity and deliver the drug that matches the Circadian Rhythms of that particular disease when the symptoms are maximum to worse. Let's co-relate this information to potentisation.



NRHM (NATIONAL RURAL HEALTH MISSION)

Compiled by

Dr. Rahul Gangapure , M.D. (HOM), PROFESOR, DEPT. OF PSM

The Government of India levies various kinds of Taxes on the people residing in India and we constantly keep complaining about the same. More so whenever there is an increase in those taxes. But these Taxes are the source, on the basis of which, the Government is able to do a lot of things for the welfare of the Public in general. Some of these things or schemes are targeted towards the welfare of a specific group of people. One of such schemes which are specifically designed for the welfare of the Rural Areas with regards to the health services in those areas is NRHM or National Rural Health Mission.

The National Rural Health Mission (NRHM), now under National Health Mission is an initiative undertaken by the [government of India](#) to address the health needs of under-served rural areas. Launched in April 2005 by [Indian Prime Minister Manmohan Singh](#), the NRHM was initially tasked with addressing the health needs of 18 states that had been identified as having weak public health indicators. The Union Cabinet headed by [Dr. Manmohan Singh](#) through its decision dated 1 May 2013, has approved the launch of National Urban Health Mission (NUHM) as a Sub-mission of an overarching National Health Mission (NHM), with National Rural Health Mission (NRHM) being the other Sub-mission of National Health Mission.

Under the NRHM, the Empowered Action Group (EAG) States as well as North Eastern States, [Jammu and Kashmir](#) and [Himachal Pradesh](#) have been given special focus. The thrust of the mission is on establishing a fully functional, community owned, decentralized health delivery system with inter-sectoral convergence at all levels, to ensure simultaneous action on a wide range of determinants of health such as water, sanitation, education, nutrition, social and gender equality. Institutional integration within the fragmented health sector was expected to provide a focus on outcomes, measured against Indian Public Health Standards for all health facilities. There are several inputs given by Mr. [Kamlashankar Vishvakarma](#) in the IEC and Media initiatives under NRHM. Presently he is Adviser to the MoS Health and Family Welfare, Govt. of India.

As per the 12th Plan document of the [Planning Commission](#), the flagship programme of NRHM will be strengthened under the umbrella of National Health Mission. The focus on covering rural areas and rural population will continue along with up scaling of NRHM to include non-communicable diseases and expanding health coverage to urban areas. Accordingly, the Union Cabinet, in May 2013, has approved the launch of National Urban Health Mission (NUHM) as a sub-mission of an overarching National Health Mission (NHM), with National Rural Health Mission (NRHM) being the other sub-mission of the National Health Mission.

Initiatives

Some of the major initiatives under National Health Mission (NHM) are as follows:

Accredited Social Health Activists

Community Health volunteers called [Accredited Social Health Activists](#) (ASHAs) have

been engaged under the mission for establishing a link between the community and the health system. ASHA is the first port of call for any health related demands of deprived sections of the population, especially women and children, who find it difficult to access health services in rural areas. ASHA Programme is expanding across States and has particularly been successful in bringing people back to Public Health System and has increased the utilization of outpatient services, diagnostic facilities, institutional deliveries and inpatient care.

RogiKalyanSamiti (Patient Welfare Committee) / Hospital Management Society

The RogiKalyanSamiti (Patient Welfare Committee) / Hospital Management Society is a management structure that acts as a group of trustees for the hospitals to manage the affairs of the hospital. Financial assistance is provided to these Committees through untied fund to undertake activities for patient welfare.

Untied Grants to Sub-Centres

Untied Grants to Sub-Centers have been used to fund grass-root improvements in health care. Some examples include:

- Improved efficacy of [Auxiliary Nurse Midwives \(ANMs\)](#) in the field that can now undertake better antenatal care and other health care services.
- Village Health Sanitation and Nutrition Committees (VHSNC) have used untied grants to increase their involvement in their local communities to address the needs of poor households and children.

Health care contractors

NRHM has provided health care contractors to underserved areas, and has been involved in training to expand the skill set of doctors at strategically located facilities identified by the states. Similarly, due importance is given to capacity building of nursing staff and auxiliary workers such as ANMs. NHM also supports co-location of AYUSH services in Health facilities such as PHCs, CHCs and District Hospitals. Due to this support to AYUSH Sciences, this programme has proven to be a boon for Homoeopathic graduates and Post-graduates as they are being appointed as Medical Officers, under this Programme, by the Government.

[Janani Suraksha Yojana \(JSY\)](#)

JSY aims to reduce maternal mortality among pregnant women by encouraging them to deliver in government health facilities. Under the scheme cash assistance is provided to eligible pregnant women for giving birth in a government health facility. Large scale demand side financing under the Janani Suraksha Yojana (JSY) has brought poor households to public sector health facilities on a scale never witnessed before.

National Mobile Medical Units (NMMUs)

Many un-served areas have been covered through National Mobile Medical Units (NMMUs).

National Ambulance Services

Free ambulance services are provided in every nook and corner of the country connected with a toll free number and reaches within 30 minutes of the call.

Janani Shishu Suraksha Karyakram (JSSK)

As part of recent initiatives and further moving in the direction of universal healthcare, Janani Shishu Suraksha Karyakram (JSSK) was introduced to provide free to and fro transport, free drugs, free diagnostic, free blood, free diet to pregnant women who come for delivery in public health institutions and sick infants up to one year. **Rashtriya Bal Swasthya Karyakram (RBSK)**

A Child Health Screening and Early Intervention Services has been launched in February 2013 to screen diseases specific to childhood, developmental delays, disabilities, birth defects and deficiencies. The initiative will cover about 27 crore children between 0–18 years of age and also provide free treatment including surgery for health problems diagnosed under this initiative.

Mother and Child Health Wings (MCH Wings)

With a focus to reduce maternal and child mortality, dedicated Mother and Child Health Wings with 100/50/30 bed capacity have been sanctioned in high case load district hospitals and CHCs which would create additional beds for mothers and children.

Free Drugs and Free Diagnostic Service

A new initiative is launched under the National Health Mission to provide Free Drugs Service and Free Diagnostic Service with a motive to lower the out of pocket expenditure on health.

District Hospital and Knowledge Center (DHKC)

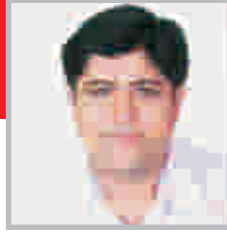
As a new initiative District Hospitals are being strengthened to provide Multi-specialty health care including dialysis care, intensive cardiac care, cancer treatment, mental illness, emergency medical and trauma care etc. These hospitals would act as the knowledge support for clinical care in facilities below it through a tele-medicine center located in the district headquarters and also developed as centers for training of paramedics and nurses.

National Iron+ Initiative

The National Iron+ Initiative is an attempt to look at Iron Deficiency Anaemia in which beneficiaries will receive iron and folic acid supplementation irrespective of their Iron/Hb status. This initiative will bring together existing programmes (IFA supplementation for: pregnant and lactating women and; children in the age group of 6–60 months) and introduce new age groups.

Tribal TB Eradication Project

This project is launched by MoS Health Shri Faggan Singh Kulaste at Mandla on 20th January 2017.



HOMEOPATHIC MEDICINE FOR RELIEF FROM DIABETES MELLITUS

Dr. Gaurav Sharma, B.H.M.S. Asst. Professor, Dept. Of Materia Medica

Saying this article Homoeopathic medicine for relief from Diabetes Mellitus is somewhat misconception, since I will stress on the fact that Homeopathy does not cure diseases, Homeopathy cures Individuals.

Homeopathic treatment does not target one illness, an organ/ organ system, a body part or a symptom. Remedies are prescribed based on totality of presenting symptoms, who the person is, and what are his or her experiences in life. Treating diabetes is not different.

Each patient experiences and presents Diabetes differently, with the only common symptom being increased blood sugar levels. In fact, your homeopath will most likely give you the same remedy whether you tell you were diagnosed with diabetes or not.

I'm sure many homeopaths would have experienced a patient who has come back for the second or third visit reporting the disappearance of a significant symptom they never reported in the first place.

Let me explain this to you with an example: Ms XYZ's first visit to my clinic was for her never ending fatigue. In order to have sufficient energy to get through the day, she used to take a lot of multi vitamins, drank natural health drinks & juices, exercised every morning, to eat balanced diet and so on. During my first consultation, I asked many questions about her fatigue, energy level, sleep, appetite, personal history, family history, and temperament and so on. Phosphoric Acid was prescribed to her. She reported more energy and motivation during each subsequent visit. She was sleeping deeper, felt happier and healthier more.

During her visit several months later, Ms XYZ told me her medical doctor has started reducing doses of her insulin. Amused and excited by this new statement said by her, I searched her file for any indication of her saying that she is a diabetic. None was found. I remember that I did enquire about any previous or current illnesses at the time of first consultation but she forgot Or was hesitant Reluctant Or, was not willing to tell at that time. Ms XYZ never told me about her diabetes.

WHAT IS DIABETES MELLITUS?

Diabetes Mellitus is the most common form of diabetes occurring when the pancreas secretes insufficient amounts of insulin or no insulin at all. As a consequence, the person ends up with too much sugar or glucose in their bloodstream, and not enough gets into their cells to be burned as energy. Insulin is a hormone produced in the pancreas, which is needed to turn sugar and other food into energy.

There are two types of diabetes mellitus:

Type 1 diabetes: Sometimes called juvenile diabetes or insulin-dependent diabetes, Type 1 diabetes means your body cannot produce insulin because the beta cells (cells which produce insulin) in the pancreas are destroyed. Type 1 diabetes occurs more frequently in

children and young adults, but accounts for less than 10% of the total diabetes cases.

In this type of diabetes, the role of homeopathy is mostly limited to preventing complications, such as diabetic neuropathy, nephropathy, etc. I have heard of cases where homeopathic treatment has stimulated the pancreas to start producing insulin. Yes, it is possible, but these cases are few and far between.

Type 2 diabetes: The majority of diabetics fall in this category. In Type 2 diabetes the body doesn't make enough insulin or doesn't properly utilize its insulin supply. While many Type 2 diabetics take medication to lower their blood glucose, this type of diabetes can be managed with diet, exercise and weight loss where required. Two main contributing factors for Type 2 diabetes are obesity and age. In both cases, the body becomes less efficient. When the blood glucose rises above normal levels, people experience different symptoms.

MOST COMMON SYMPTOMS AND REASONS THEY OCCUR

Fatigue: With insufficient insulin production, cells don't get enough energy and cannot work efficiently. This causes fatigue.

Increased urination: All blood is filtered by the kidneys. Excess glucose in the blood must also be filtered by the kidneys, which can re-absorb and recycle normal amounts of glucose. However, when the blood glucose is too high, it can exceed the kidneys' ability to re-absorb it. The excess glucose then goes out in the urine, literally dragging water with it. This means increased urine production and therefore increased urination.

Increased thirst: Increased urination creates increased thirst.

Blurred vision: With elevated blood glucose, the extra glucose can get into the lens of the eye. When this happens, water again follows it (as it does passing through the kidneys). When extra water enters the lens, it alters its shape. The lens loses its ability to focus light for the eye, which is perceived as blurred vision.

Yeast infections: Yeast live well in the environment of the vagina (as well as under the foreskin of the penis). When the blood glucose is high, there is also more glucose in the vagina as well, and yeast organisms live and multiply on this sugar.

Weight loss: Losing glucose through urine means losing calories. As your body starves for nutrition, weight drops off. Unfortunately muscle is lost as well in addition to fat, making one feel weak.

Muscle and nerve problems: As muscle mass is lost, the tissue breakdown can result in loss of electrolytes (salts present in all tissues of the body, especially abundant in the muscles). When electrolytes are lost, the muscles become prone to a cramping pain. The increased glucose also passes into the nerve tissues. This radically alters the electrolytes in the nerves. The affected nerves can give false messages to the brain, and this is perceived as numbness, tingling or even pain.

Brain function: The brain does not like an environment of high glucose. This high glucose environment can cause mood fluctuations and the inability to concentrate.

No symptoms: The most common symptom of high blood sugars is to have no symptoms at all. As a result there are many people who don't know that they have diabetes.

Following is a list of Medicines which can be used in controlling Diabetes Mellitus and its most common Complications

Homeopathic Medicines for Diabetes Mellitus

Abroma Augusta - Homeopathic medicine to treat Diabetes Mellitus. Its use is highly recommended in those patients who are losing flesh and suffer from extreme weakness due to Diabetes Mellitus. The patients who can greatly benefit from this Homeopathic medicine have an increased thirst with dryness of mouth. They also have an increased appetite and the urination is very frequent day and night. Excessive weakness is felt after urination. Homeopathic medicine Abroma Augusta is also of great help in treating sleeplessness in a person with Diabetes. Another sphere in which this Homeopathic remedy yields good results is skin complaints like boils and carbuncles in a diabetic patient. Burning sensation in the whole body is a prominent general symptom that can be found in persons requiring Abroma Augusta.

Phosphorus- One of the best Homeopathic medicines for Diabetes with Weakness in Vision Phosphorus is a natural Homeopathic medicine of great help for treating Diabetes Mellitus, though its use depends completely on the constitutional symptoms of the patient. Homeopathic medicine Phosphorus is a remedy of great help for weakness of vision in a diabetic patient.

SyzygiumJambolanum: Top Homeopathic medicines for reducing sugar levels

SyzygiumJambolanum is among the best natural Homeopathic remedies for the treatment of Diabetes Mellitus. It acts promptly and efficiently in decreasing the sugar levels. Excessive thirst and excessive urination are always present in the patient. Homeopathic medicine SyzygiumJambolanum also gives wonderful results in treatment of long-standing ulcers in a diabetic patient.

Phosphoric Acid: One of the Homeopathic medicines for Diabetes with extreme weakness Phosphoric Acid is an excellent natural Homeopathic remedy for extreme weakness, either mental or physical, in a diabetic patient. Such patients feel exhausted all the time. They have a weak memory and are forgetful. Some sort of history of grief may be found in patients requiring this Homeopathic medicine. For numbness of feet in patients of Diabetes Mellitus, Phosphoric Acid is the best Homeopathic remedy.

GymnemaSylvestre: Homeopathic Treatment for Diabetes Mellitus with weight loss

GymnemaSylvestre is a natural Homeopathic medicine of great help for patients of Diabetes Mellitus who are losing weight with weakness and exhaustion. In such patients, this Homeopathic remedy works as a tonic resulting in improvement of overall health. With Homeopathic medicine GymnemaSylvestre, the patient puts on weight and feels energetic.

Apart from the above list Medicines like ArsenicumBrom , Uranium Nitricum, Insulinum and CephalandraIndica are among the top running medicines to be thought of in Managing elevated Blood sugar levels

Best Homeopathic Treatment for Complications of Diabetes Mellitus

Homeopathic medicines for Diabetic Retinopathy (damage to eyes due to Diabetes)

Homeopathic medicines Phosphorus, Arnica, Belladonna and Lachesis are equally good natural remedies to deal with eye complaints in diabetic patients.

Homeopathic medicines for Diabetic Nephropathy (kidney damage due to Diabetes)

Homeopathic medicines that can be very beneficial in the treatment of kidney damage are Lycopodium, Arsenic Album and El Serum.

Homeopathic medicines for Diabetes with Neuropathy (nerve complaints like numbness in hands and feet) To deal with the problem of numbness in feet and hands due to Diabetes, Homeopathic medicines Phosphoric Acid, Sulphur and Helonias are considered the best.

Homeopathic medicines for skin ulcers in diabetic patients

Skin ulcers are a very common complication in patients of Diabetes Mellitus. The diabetic skin ulcers are mostly formed on the feet. Homeopathic medicines Syzygium Jambolanum and Secale Cornutum are excellent remedies to deal with ulcers in diabetic patients.

Homeopathic medicines for constipation in diabetic patients

For treating constipation in diabetic patients, Homeopathic medicines Carlsbad, Lac Defloratum and Natrum Sulph top the list.

Homeopathic medicines for weak memory in diabetic patients

To improve the weak memory in patients of Diabetes Mellitus, Kali Phos, Nux Vom and Phosphoric Acid are the Homeopathic medicines of great help.

Homeopathic Medicines for Diabetes Mellitus with extreme weakness

The best Homeopathic medicines to improve the general health of diabetic patients with extreme weakness are Arsenic Album, Phosphorus, Phosphoric Acid and Carbo Veg. Any one of these Homeopathic remedies can be of great help depending upon the individual symptoms of the patient. Homeopathic Treatment for Diabetes Mellitus can also be very effective in treating Erectile Dysfunction, which can be one of the serious consequences of longstanding Diabetes.

However it is noteworthy that the final selection of these Homeopathic remedies best suits an Individual case of Diabetes Mellitus must be decided after a thorough case taking and a note of the individual symptoms.

The above written remedies are only a guide to and are frequently used for the treatment and management of Diabetes Mellitus



YOGA AND IT'S BENEFITS

Dr. Dhruvi Anant, B.P.T, YTTC, YOGA EXPERT



The word 'Yoga' comes from the Sanskrit root 'Yuj', which means "to join' or 'to Yoke". Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the Body, Mind and Spirit.

The Practice of Yoga makes the body strong and flexible; it also improves the functioning of the Respiratory, Circulatory, Digestive and Hormonal systems. Yoga brings about emotional stability and clarity of mind.

In the practice of Yoga the ultimate aim is one of self-development and self-realization. Yoga is derived from Sanskrit, one of the most ancient languages. In its simplest form, Yoga means 'bringing together of the parts in order to create a union or balance of a person's body, mind and spirit.

Yoga and Meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.

Yoga is a methodical effort to attain perfection through the control of the different elements of nature, physical and psychical. Yoga has two firms' bases. They are Physical and Spiritual .Yoga must be performed in calm surroundings for best results.

Yoga is an art which connects our Soul, Mind and Body together. It makes us strong, flexible peaceful and healthy. In countries like India where people have so much stress and fatigue, Yoga is very necessary. It makes us fit and healthy. A healthy Mind can do everything.

Thesedays' people don't have time for Yoga due to their daily tasks, work and stressful life. Maintaining a good health is much important than growing financially because without health you cannot work and without working you cannot earn.

Inner Peace: Yoga is well known to increase peace in our body and fights against all our stress & problems. Adults face most problems in life as compared to the children. Doing Yoga increases peace level & makes you more joyful resulting in more confidence. Decreased stress means that you will be healthy because it is scientifically proven that stress makes us unhealthy, but doing Yoga can prevent this.

Healthy: A healthy person can do the most of his/her life as compared to one who is unhealthy. Modern life is very stressful; and there's a lot of pollution in our surrounding. People living in big cities have to face several problems and one of them is laziness. Even 10-20 minutes of Yoga can awake you fully. Better health means better life.

Activeness: Being active is a golden chance in itself. When you are lazy, feeling tired or sleepy, you are missing most of the fun and are not able to complete the work correctly. Maintaining a good activeness means you are aware of what's happening in your surrounding as well as you can complete your job and task with most accuracy and least time.

YOGA makes you Flexible: Some people face lot difficulties while bending or touching their toes. Once a person starts doing Yoga on a regular basis, they would feel the effect very soon. It also helps in removing joint pain, which is mostly observed in elder people.

Increases Blood flow in the body: There couldn't be any better way to increase blood flow in body than Yoga. Yoga helps you to keep your body oxygenated. It makes your heart much healthy and makes it work more efficiently.

Helps you focus & Concentrate: Yoga makes you & your body feel relaxed and calm. This means that you are less stressed and can quickly focus on your work. That's why children and teenagers are also encouraged to do Yoga because it helps them focus on their study better.

Makes you sleep better: With inner peace and relaxed body, you can easily sleep without waking up at midnight and changing your body posture. A good sleep is required for a better day. If you are sleepy, most likely you won't be able to do any better and lose opportunities.

Yoga builds strength: Yoga helps in making you more muscular and strong. It increases your grip and encourages you to do more. Yoga is a miracle, once followed it will guide you the whole life. 20-30 minutes of Yoga a day can change your life in the long run.

The best time for a Yoga schedule and Pranayam is early morning. You can enjoy the fresh air, full of Oxygen during this period. The surroundings are conducive for Yoga and Meditation as it is generally quiet and peaceful in the morning. Moreover this is the time when mind and body feel fresh after a sound sleep. Morning is the best time for meditation, exercise & brisk walking.

The Yoga realizes that our body has a dignity of its own as much as mind. Asana, or posture, is a physical help from concentration. We must settle ourselves down in a convenient posture before we begin to meditate. Our posture must be firm, pleasant and easy.

Thus, an hour of Yoga or any physical activity, for that matter, is the easiest way to achieve a healthy life.



MEMORY & MEMORY IMPROVEMENT TECHNIQUES

DR. CHINTAN SHAH, M.D (HOM), PROFESSOR, DEPT. OF MEDICINE

Memory is that superior brain function through which we encode, store and retrieve information in time of need. To get an idea regarding the improvement of memory we should have little knowledge about theories of memorization.

Theory of general memory functions:-

According to this theory there are 3 different processes of memory:

1. Encoding process
 2. Storage process
 3. Retrieval process
- a. Encoding process: It is process of receiving the sensory input & transforming it into a form or code which can be stored.
 - b. Storage process: It is a process of actually putting the coded information in the memory.
 - c. Retrieval process: It is a process of gaining access to the stored coded information whenever it is needed.

2. INFORMATION PROCESSING THEORY:-

According to this theory memory starts with sensory input from the environment, the input is held for the very brief time in a sensory register associated with the sensory channel. Information that is attended to & recognized in the sensory register may be passed on to short term memory.

It is held there for about 20-30 seconds important information is rehearsed & coded & passed on to long term memory .In LTM they are organized into the category. Information stored into LTM is retrieved when it is needed & our ability to retrieve the information depends upon having appropriate cues .When the information is not coded or rehearsed it is forgotten.

ROLE OF REHEARSAL IN PROCESSING OF INFORMATION

- Rehearsal is keeping of information at center of attention & repeating it over to & over to oneself.
- There are 2 types of rehearsal:
- 1: MAINTAINING REHEARSAL: It simply means repeating the information; it is not good enough for memory.

- 2: ELLABORATIVE REHEARSAL: This means rehearsing the information to the meaning level, if something is understood & then repeatedly rehearsed , it is known as elaborative rehearsal.

GENERAL GUIDELINES FOR MEMORY IMPROVEMENT:-

- 1) PLANNING & CONSTRUCTION SCHEDULE, STUDY is also a type of work which takes time & so planning of the study , mainly the time planning should be done & we should stick to the time schedule allotted for a specific study other work should not be done during that time.
- 2) REHEARSAL: It is very important for the deeper & richer processing of information which is necessary for good memory, an elaborate rehearsal is necessary for remembering.
- 3) ORGANIZATION:Takes many forms , you can organize things by providing a heading and an outline , when you do elaborate rehearsals the subjective organization takes place , such organization , helps in retrieval cues. Always try to form visual images & abstract ideas, for things to be remembered.
- 4)FEEDBACK: means getting the views about what has been remembered or mastered sometimes we feel we have remembered but we may be weak in some areas this can be corrected only by taking feedback.
- 5) REVIEW: before the exam the learnt material should be reviewed, organization of material is necessary for a quick review. Many forgotten material can be relearnt or memorized by reviewing the organized material.
- 6) OVER LEARNING:once the material has been learnt, it should be relearnt or referred after a few days,psychologist use the word, over learning for this process such frequent reference allows you to organize your LTM & put the learnt material in an easy access mode.

EVENTS



New Year Eve (31st December)
Celebration At Our
Student's Hostel



Meeting held at SMMHMC campus for
3rd National homoeopathic
awareness summit on 1st January 2017



26th January (republic day) celebration at our college campus



Annual sports on 9th, 10th and 11th January 2017

EVENTS



Musical night and staff gettogether organised by our college



Farewell Party Of 4th Yr. B.H.M.S.



Women's day celebration
on 8th march 2017



Holi celebration on 13th March 2017



Seminar on 'Homopath' software by Dr. Jawahar Shah

EVENTS



Mental hospital visit by 4th year students



Baroda dairy visit by our 4th year students



Water purification plant visit by 4th year students



Medical camp organised by our college



Students of 4th year BHMS showed gratitudes to their teachers

EVENTS



Falicitation of Dr. Nikunj Trivedi, leading homoeopathic practitioner of london by dr. Keval Soni, president, SSAST, Godhra



Felicitation of Dr. Girish Patel by Dr. Keval Soni, President , SSAST, Godhra for becoming member of Executive Committee Of CCH



SMMHMC staff attended NABH-SENSITIZATION workshop



Different days celebration by our students

EVENTS



Different day's celebration by second year students

EVENTS



Forensic Laboratory Ahmedabad Visit By 2nd Year Students



School health check up by our staff and students

TO



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B/s Gujarat Tractor, Vadodra-390011.

President's Desk : 0265 - 2322615 Ph. 0265-2322614 Telefax : 0265 2322617

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