

# HOMEOGLEANINGS

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## EDITORIAL

The most discussed topic this time is prevalence of dengue and swine flu in Vadodara. The resemblance of influenza or common flu with that of swine flu has made the situation more serious and spread panic in common people. Different government and non govt. organisations are engaged with the prevention of swine flu. Our college has also organised 23 medical camps and served 9468 people in different parts of Vadodara. Homoeopathy is really helpful for the prevention and cure of such epidemic. Vadodara witnessed 68 medical camps in the same day on the occasion of 68th birth day of our prime minister, Mr. Narendra Modi. Our college has also taken part in this gigantic work. Total 1.85 Lakh people were served on that day.

Till now, the new session has not started. Govt. of India for the first time introduced NEET examination for admission in B.H.M.S course. No doubt it is a good step for the standardisation and development of standard of homoeopathic education but lack of awareness and miscommunication has made the job difficult. The Government is giving much stress on the implementation of rules and regulation which can bring massive change in the field of Homoeopathy in India.

This quarter was full of events. The Ganesh Utsav, days celebrations, Independence Day celebration, "Tashanbaz" programme are worth mentioning. We praise the creative thoughts of our students during day's celebrations. They proved their talent even in the field of cultural activity during competition in Tashanbaz, a programme organised by red FM.

The result of 2nd YR. BHMS university examination was declared in August 2017. Miss.Patel Pooja Aswinbhai Of our college stood first in the college. She also ranked first in the university. Miss Rupavatiya Pinal Ashokbhai and Miss Dedharotiya Basharat fatema Abbasbhai stood 2nd and 3rd position respectively. Different valuable articles on prevention of swine flu, childhood obesity, bach flower medicine and photos of different events will provide useful information and amusement to the reader.

Editor  
**Dr. P. S. MANDAL**  
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**PREVENTION AND CONTROL OF OBESITY IN CHILDHOOD  
COMPILED BY-  
DR RAHUL GANGAPURE, PROFESSOR, COMMUNITY MEDICINE**

The percentage of children with obesity in many countries has more than tripled since the 1970s. Today, about one in five school-aged children (ages 6–19) has obesity. Obesity is defined as having excess body fat. Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Body mass index, or BMI, is a widely used screening tool for measuring both overweight and obesity. BMI percentile is preferred for measuring children and young adults (ages 2–20) because it takes into account that they are still growing, and growing at different rates depending on their age and sex. Health professionals use growth charts to see whether a child's weight falls into a healthy range for the child's height, age, and sex.

- Children with a BMI at or above the 85 percentile and less than the 95 percentile are considered overweight.
- Children at or above the 95 percentile have obesity.

#### Energy Balance and Causes of Obesity

Many factors contribute to childhood obesity, including

- Genetics
- Metabolism—how your body changes food and oxygen into energy it can use
- Eating and physical activity behaviours
- Environmental factors
- Social and individual psychology

Over time, consuming more energy from foods and beverages than the body uses for healthy functioning, growth, and physical activity, leads to extra weight gain. Energy imbalance is a key factor behind the high rates of obesity seen in the United States and globally.

The dietary and physical activity behaviours of children and adolescents are influenced by many sectors of society, including families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, the media, and the food and beverage industries and entertainment industries.

Changes in the environments where children spend their time—like homes, schools, and community settings—can help children achieve and maintain a healthy weight by making it easier to eat nutritious foods, get at least 60 minutes of physical activity daily, watch less television, and eat fewer foods and beverages high in added sugars or solid fats.

#### Supporting Students With Obesity

Some data show that children with obesity miss more days of school compared to students with normal weights. Missed days of school, whether due to illness or to avoid weight-based bullying, can make it hard to keep up academically. Many experts believe schools are a key setting for efforts to prevent childhood obesity. Looking across multiple studies, teams of scientists have found that a comprehensive school-based approach is effective at preventing obesity.

This kind of comprehensive approach supports school nutrition and physical activity

environments and makes connections beyond the school day by involving parents and caregivers, as well as other community members. These kinds of changes in the school environment can support the health and well-being of all students—regardless of their weight. Most of this research includes elementary and middle school-aged children; scientists know less about the effectiveness of school-based approaches for preventing obesity among teenagers.

Balance is key in helping your child maintain a healthy weight. Balance the calories your child eats and drinks with the calories used through physical activity and normal growth. Overweight and obese children and teens should reduce the rate of weight gain while allowing normal growth and development. Don't put your child on a weight-reduction diet without talking to your health care provider.

#### Balancing Calories: Help Kids Develop Healthy Eating Habits

Offer your kids nutritious meals and snacks with an appropriate number of calories. You can help them develop healthy eating habits by making favourite dishes healthier and by reducing calorie-rich temptations.

1. Encourage healthy eating habits. Small changes can lead to a recipe for success!
  - o Provide plenty of vegetables, fruits and whole-grain products.
  - o Include low-fat or non-fat milk or dairy products.
  - o Choose lean meats, poultry, fish, lentils and beans for protein.
  - o Serve reasonably sized portions.
  - o Encourage your family to drink lots of water.
  - o Limit sugar-sweetened beverages, sugar, sodium and saturated fat.
2. Make favourite dishes healthier. Some of your favourite recipes can be healthier with a few changes. You can also try some new heart-healthy dishes that might just become favourite too !
3. Remove calorie-rich temptations. Treats are OK in moderation, but limiting high-fat and high-sugar or salty snacks can also help your children develop healthy eating habits. Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less:
  - o A medium-size apple
  - o A medium-size banana
  - o 1 cup blueberries
  - o 1 cup grapes
  - o 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus
4. Help your kids understand the benefits of being physically active. Teach them that physical activity has great health benefits like:
  - o Strengthening bone
  - o Decreasing blood pressure
  - o Reducing stress and anxiety
  - o Increasing self-esteem
  - o Helping with weight management
5. Help kids stay active.

Children and teens should participate in at least 60 minutes of moderate-intensity physical activity most days of the week, and every day if possible. You can set a great example!

Start adding physical activity to your own daily routine and encourage your child to join you. Some examples of moderate-intensity physical activity include:

- o Brisk walking
- o Playing tag
- o Jumping rope
- o Playing soccer
- o Swimming
- o Dancing

6. Reduce sedentary time. Although quiet time for reading and homework is fine, limit “screen time” (TV, video games, Internet) to no more than two hours a day. The American Academy of Paediatrics doesn't recommend TV for kids age 2 or younger.<sup>12</sup> Encourage your children to find fun activities to do with family members or on their own that simply involve more activity.

Reaching and Maintaining an Appropriate Body Weight is Important

That's why recommendations that focus on small but permanent changes in eating may work better than a series of short-term changes that can't be sustained. In treating most overweight children, the main emphasis should be to prevent weight gain above what's appropriate for expected increases in height. For many children this may mean limited or no weight gain while they grow taller.

Factors Predicting Success are:

- including parents in the dietary treatment program
- strong social support of dietary intervention from others involved in preparing food
- regular physical activity prescription including social support

The importance of continuing these lifestyle changes well past the initial treatment period should be emphasized to the entire family. The healthiest way to change weight is gradually.



## A CASE TO ILLUSTRATE THE APHORISM 144

**DR. PINTU KANANI, ASST. PROFESSOR, SURGERY**  
**DR. ANUPAMA KANANI, ASST. PROFESSOR, ORGANON**

Practice of homeopathic needs simplicity in approach and understanding of the writing of the masters. Here with we are sharing an example that how nicely master Hahnemann has written in aphorism 144 can correlated in our day to day practice. Aphorism 145 says: from such a material medica everything that is conjectural, all that is assertion or imaginary should be strictly excluded: everything should be the pure language of nature carefully and honestly interrogated.

HG: Hand Gesture

Highlighted words are important phrases used by patient.

CASE IS EDITED FOR BRAVITY:

A CASE SUMMARY OF PATIENT D

DATE: 11/3/2010

I am having vertigo because through dieting I want to reduce my weight.

I am walking for that but everybody reduces weight while I am gaining

I went for BMI and it was 71.

They told that you will never lose beyond 60 because your bones and muscles are heavy.

You must have exercised a lot in childhood and it's true as I used to do a lot of swimming and exercise in childhood but have stopped now.

But my body did not start increasing. It started only after the illness.

It is 10 kg extra weight.

Earlier it was 65 and now it's become 71 kg.

What you want to know from me so that I can tell you that.....

WHAT IS YOUR MAIN TROUBLE □

My main problem is that at any time I get into thoughts

Generally you are seeing me as lively, playful and my nature is also as such like that but sometimes I go towards negativity.

One of girl in our class is having schizophrenia, delirium and hallucination

So a sort of fear has got inside me that if I will also have such a thing then.

Whole day only one thing would keep on running in my mind and

I would just sit in a corner and when my husband comes then if I cry to him then only I will have peace of mind.

This happened with me 3-4 times ad then I got frightened and in all that my weight increased a lot.

This is the main problem and another problem is of weight gaining. I don't understand why I am gaining weight.

After I got sick, my hair growth has reduced which were earlier three times more then this

My weight has also increase and only good thing is that my skin got better. I take care about the food and even I am not on contraceptive but still my weight is increasing and I don't know the reason for that.

The main problem is that in spite of not having any problem my weight is increasing.

One thing is that I have really given all this a good fight, I have never allow them to overpower me (HG)

I have given severe fight; I will not think means not going to think

Some times I get all these thoughts in half sleep

I am having totally meaningless and imaginative thoughts

I know there is no meaning of this still I suffer  
At mother's place family atmosphere was narrow minded, while here there is no problem  
Particularly roots of the limbs – I am having weight gain  
Weight is increasing in strange pattern, not in straight line  
Body

#### BIT MORE ABOUT THIS

What you want to know, my family history, what I am suffering or what I am feeling in it

#### ALL THESE

I am having strange thought; there is no meaning in it  
My classmate is mentally weak so I feel if I will have that thing then  
If I see patient then I feel if this will happen to me then  
This thing is moving in my mind (HG)  
I have to suppress it with positive energy (HG) – then after it will never happen  
It will not happen until I will become emotionally weak  
No mental burden that some body will scold me  
So I want to know the reason that why my body is increasing irregularly and at anytime   
Main thing is that my all thoughts are imaginative  
I become conscious of that so I have gabhraman and severe perspiration  
Main is these two matters why I am having imaginative thoughts and second why is this weight gain  
In regards to my thoughts I feel that its because I have become alone but then I am getting fearful that in  
future if I will be alone – this will happen to me – I don't want this  
Gabhraman – very bad situation – I have to sleep whole day, and during this time only my weight has  
increased  
I am very sensitive person  
For example even if anything happens to the street dog, I get affected by it.  
When I am suppose to be tough then I am very much tough  
My younger brother was amputated due to accident  
I was alone who was handling my brother, I didn't cry at that time  
If I can face real life then why I am bending against thought (gets into tears)  
And I don't want this  
When ever I am remembering amputation of my brother, I can't bear it; I was very tough on that time  
I will not cry means not cry  
If I can face in real life then why can't I face in imaginary life   
Still I have faced it with positive energy – I got a good result  
Then after there is no daring that thoughts can overpower me  
Twice it has happen but then my control was of very bad kind that I never had any bad thoughts but then it  
happens in dreams now.  
Last night I had gabhraman in sleep; I wake up and drank water.  
I don't know I am having what problem.  
My weight is gaining – what is going on, I don't know  
There is one positive mind and one negative mind (HG)  
Negative mind thinks – if this will happen to me then – positive mind gives an answer like if I don't have  
hallucination then how come it is possible  
In real life I handle them very easily – irrespective of problem  
If I can fight with real problem then why not with imaginary problem  
Why it is shattering me in sleep  
It is not that I can not see only my pain but if it hurts others then also I can't see  
Everybody tells that I am the best daughter in law, I am mature then age  
While I believe that I am immature then my age  
I am more childish but when I have to mature then I am very much mature.  
Once my husband told me something in presence of everybody – then I told him don't tell this to me in  
presence of everybody because then we will just be showing down to each other in front of all and we will  
have no value then in the eyes of others.

When there is hatred – then no marriage life, we have to cover (HG) our marriage life so nicely that no problem should remain there

#### BIT MORE ABOUT GABHRAMAN

In gabhraman - feel unsafe  
Fear  
And in chest I have problem in expiration  
Better by crying, when husband explain me nicely  
I feel as if he is making me out of imagination  
This is not your real life, in real life you are in here  
Problem with weight is that it is not increasing in straight line  
Root of limbs have got fat

#### BIT MORE ABOUT THIS GABHRAMAN AND UNSAFE FEELING, FEARFUL AND IN CHEST REGION ALSO I FEEL LIKE....

That is the gabhraman  
Unsafe – unsafe because of thoughts  
These thoughts are overpowering me  
I feel gabhraman due to that  
I have thoughts that in mind, there is one negative mind and one positive mind (HG)  
I will keep positive mind up (HG)  
It will create good thoughts and will answer the negative thoughts  
Then I will accept positive for temporary peace  
Now i have control a lot  
I have over come it; I don't become victimized of thoughts like others  
Today also I am not victim of thoughts; I am having totally control over it (HG)  
But why this is happening so I have to concentrate on controlling positive thoughts (HG)  
Origin I don't realize  
Otherwise I am having totally control over it  
May be Hormonal disturbance  
But I don't have weak mind, or I am not such a person  
I am much ahead in my responsibility  
I am doing preplanning in my work and exam so it is also not that I am caring about the family, follow my schedule regularly.  
I am a socializing person, I am not anti-social  
Fearful that I will also have same thing then,  
Everybody is as such affected by negative thing, like if we come across accident, then all will get affected by it but it affects me more

#### BIT MORE ABOUT THIS UNSAFE, FEARFUL AND IN CHEST REGION LIKE....

I get vertigo at that time,  
I can't open my eyes  
Breathing increased  
Shortness of breath  
Better after crying  
I am getting nervous; as such I am mixing, talkative, that totally gets changed (HG)  
I will just go and sit into corner, no mood to work  
I don't like dirtiness, but at that time I am just sitting  
Once it happened whole day, this positive and negative  
Yesterday also it has happened,  
I am oppressing them is fine (HG), but it means they are originating  
I don't want their origin and why it is happening, I want to know

Why it is originating, there is some mistake somewhere  
I am very much mature; I am not getting affected in bad situation as well

GABHRAMAN, SHOCKED, IN CHEST REGION SOMETHING HAPPEN..... TELL ABOUT THAT EXPERIENCE

I am very much involve in what I am doing, that is my nature  
I have to concentrate a lot when I am going from negative to positive  
When I am going from negative to positive during that time in my mind – one side negative is getting originated and other side answering is happening  
During those thoughts when there is clash (HG), I am having vertigo  
Nervousness  
Gabhraman – short breathing, more count of breathing

BIT MORE ABOUT THIS CLASH, CHEST GABHRAMAN, NERVOUSNESS

Nervousness because something negative is originating from my mind  
Because I show something negative and I hear something negative  
Then I start thinking, so much that I put myself in her position  
Then I start thinking positive, negative mind think negative and positive throw good thoughts on it (HG)  
My classmate is schizophrenic, - mind answer like that you will never have schizophrenia, because you don't have hallucination, so I understood it, at least I need some explanation from positive mind

DESCRIBE THIS CLASH AND SOMETHING IS HAPPENING IN CHEST

Answering mind  
What ever question arising from negative mind – I answer my self  
I am three things  
When negative mind is there another two things arouse, positive mind and myself who is judging this  
No, this is not possible, I am not like this  
So I feel positive mind is right  
I have decided that I will go to positive mind  
I will never go to negative; I will always go to positive  
What so ever negative thought are there, they can overpower me once or twice but not third time  
So I read Geeta a lot  
Why I am telling this is that because i feel this has lot of concern with weight gaining  
Everybody will try to know why person is gaining so much of weight  
When I am alone this has started happening to me  
My earlier house was very small and this house is very vast.  
When I am alone then this happen

TELL ABOUT THIS NEGATIVE MIND, POSITIVE MIND AND I AM JUDGING

In mind there are two  
One is negative and one is positive  
No, brain has two parts  
Negative and positive  
The one is judging is mind / self, who is judging  
When negative originated – positive logically answer it – that one has to live with goodness  
You were never fearful in real life then why frightening because of all this  
My mind throws this to it (HG)  
Once again negative mind has a thought and then my mind tries to over power on it (HG) \_ this can not happen with me  
Positive answers that this cannot happen to you  
Because you don't have any of this symptoms  
Positive mind is always saving me  
Negative positive mind is there with everyone



He will have two thoughts positive and negative  
Negative thoughts disturbed me (HG)  
My will power was such that I have taken over him. (Negative mind)

#### POSITIVE MIND OVER POWER IT

It will not allow negative thoughts to originate  
This is mind's imagination that when negative thoughts are there, it does so much of positive thoughts  
that it will not let negative thoughts to remain  
This is my own origin

#### JUST DESCRIBE THIS OVERPOWER

When negative is created, positive is giving answer to that (HG)  
It will break that for example... When I see my classmate, I feel if this will happen to me then  
(HG), my positive mind gives answer to that, you don't have any symptoms of this  
She just comes and sits in room like mad, not talking with anybody and goes away and then I start  
comparing myself with her  
Then my positive mind tell that you don't have this or that, it make it different  
These both are thought but I have differentiated them  
From where the negative is originated, positive is also originated from there  
I will increase the throw of positive thoughts (HG)

#### JUST DESCRIBE THIS BREAK UP AND OVERPOWER

(HG) yes break up, I don't have word to tell  
It will answer like that negativity have no....  
(HG), negativity will not have strength  
It will break up  
Since childhood I have never let my self helpless, what ever the situation is – I will fight  
This is also a harassing situation for me, to break up this,  
If it is negative then I am positive  
From where the positive is originate –from that same place the negative is originated  
I am not dividing them (HG)  
I Close my eyes and keep on telling that I don't want these negative thoughts, please origin positive  
thoughts  
I will explain to my mind, everything is same  
So much of positivity is created that I will come out of that, I will never experience that

#### BREAK IT IN A WAY SO IT WON'T HAVE STRENGTH, OVERPOWER

This is negative, it is harmful, I don't want this (HG)  
I have to break it anyhow (HG)  
So I will originate positive thoughts and so much of positive that (HG), there is no meaning of negative  
Don't think about that, even if it will come, I will divert it  
So I will go to neighbours, or else sit on computer or listening songs  
I will phone to mummy, brother and Sumit (husband)  
I will make myself busy  
It is periodical, then nothing for 3-4 days and then once again it happens on 5th day  
Once I was so much angry on all this and so nothing is happening since one month

#### THIS IS HARMFUL, YOU WANT TO BREAK IT

This is not happening in real life that I feel this is a harmful person, absolutely wrong thing, I never think  
badly about people  
I never think badly about anybody

It never happens in life that anybody will never try to harm you, but it doesn't mean that I will go and slap him four times  
It is not in real life that I will harass somebody or some one is harmful then I will break him  
Yes I will try that if somebody try to over take (HG) or taunts you three four times then I will give answer back, I am good in that  
But in thoughts I do this because if I start thinking about negativity I will never come out of this  
So I will create so much of positivity that negativity has no name at all (HG)

TELL ABOUT THIS BREAK UP, OVERPOWER

It can't happen to me  
I am having my family, home; I have to care for me and husband  
I know my own family, I am mixing nature,  
I am capable to overcome any situation  
My brother's leg was cut still I overcome it  
My grand ma had cancer still I overcome it  
How come I bow down □  
This is my positivity (HG)

PUT YOUR THOUGHTS ASIDE, DESCRIBE THIS OVER POWER AND BREAK UP, YOU ARE DOING WITH YOUR HANDS, JUST TELL ME ABOUT THIS

I will create positivity (HG)  
Destroy negativity  
Because it is harmful for me  
It is harassing me  
Vertigo and all that is because of this  
Now it affects my body  
I have perspiration, breath got sort so I feel now it's over, now I will not allow even single negative thought to come,  
After that I didn't have any negative thoughts  
But these days lot of weight gain has happened, so I thought of getting it checked.

NOW IT'S OVER, DESTROY IT

I was so involve in that it start affecting my body  
Vertigo and gabhraman  
Positive mind become so that much, started thinking that it is affecting body as well  
My positive mind explains me that never think about this

HOW THIS IS AFFECTING YOU

I am getting so much involve in that, I start feeling gabhraman

TELL ABOUT WHAT IS HAPPENING

Physically, I feel gabhraman, breathing is become short and fast  
In chest I can listen to my own heartbeats, that much of tension

TELL ABOUT THAT WHAT YOU EXPERIENCE IN THAT

Something is happening in chest,

WHAT HAPPENS IN CHEST

Not like blockage, choaked (HG)  
Vertigo, kind of a thing  
I don't have words

NOTHING LIKE BLOCKAGE, BUT LIKE...., DESCRIBE THIS EXPERIENCE BIT MORE

Something is happening in chest  
Uncomfortable

DESCRIBE THAT EXPERIENCE BIT MORE, SOMETHING IS HAPPENING

That I can tell only as gabhraman  
Not blockage, but problem in normal breathing (HG)  
Normal breathing is fast and short

NOT BLOCKAGE, SOMETHING IS HAPPENING, DESCRIBE THAT EXPERIENCE

With vertigo, I can tell..., only this  
Uncomfortable in chest

YOU ARE DOING VERY WELL, WHAT YOU EXPERIENCE THERE

I am trying to remembering that  
Its simultaneous with vertigo (HG)  
With vertigo that also starts (HG)

JUST DESCRIBE THAT, WITH VERTIGO THAT ALSO START, WHAT IS HAPPENING

Uncomfortness  
I am tied with the ropes (HG)  
I can compare this process with that  
The Process of mind, body and me is that some person is tied with ropes and he is trying to break free (HG)  
So much of short breathing, that from negative thoughts I am coming out

YOU ARE DOING VERY WELL, JUST BE THERE, BIT MORE ABOUT THIS

Problem  
Interruption, not total blockage  
But due to this interruption – gabhraman is starting  
The one who is doing normal breath and started with short breath, change in his chest, same with me

WHAT IS HAPPENING IN IT

I can't tell more

YOU ARE DOING VERY WELL THAT WITH VERTIGO, THIS START, DESCRIBE THAT

Breathing is getting short  
Physical sign  
Uncomfortable

TELL ABOUT THAT UNCOMFORT, WHAT IS HAPPENING

I don't have words

YOU ARE DESCRIBING, YOU ARE DOING WITH YOUR HANDS, DESCRIBE THIS

It's not normal  
I have to hold the chest and sit

DESCRIBE THAT, IT'S NOT NORMAL

My heart beat are increased  
Perspiration

PUT THIS ASIDE, YOU ARE TELLING THAT AT THAT TIME I FEEL.....

Tied up (HG)  
No blockage (HG)  
Tied up (HG)  
Tube of the water tap, if you do like this (HG), how does it happens like, interrupted

TIE UP, YOU ARE DOING WITH YOUR HAND, NOT BLOCKAGE

My mental state at that time is such that I can't concentrate on physical

YOU ARE DOING THIS WITH YOUR HAND, JUST DESCRIBE THIS

When some one has vertigo, breathing increased, discomfort in chest, exactly same like  
Simultaneously with vertigo (HG)

YOU ARE TELLING TYING, DOING WITH HAND (HG)

(HG)  
I have not concentrated much on this

JUST DO IT RIGHT NOW

Tied up like a water tap tube, you press and release it (HG)  
It's for short duration and when you make that movement fast it gets fast  
Fast breathing and short duration  
Got Stiff (HG)  
Not blocking me but getting stiffed there  
I have to put hand on chest and sit like this, that is the gabhraman

BIT MORE ABOUT STIFF

Tight (HG)  
Very much tight (HG)  
I feel gabhraman, and so I go out. I am having lot of plants at my home I will sit on swing and get relaxed

BIT MORE ABOUT THIS STIFF

Mentally state is so much conscious, (HG)  
As if my trachea is stiffed (HG)  
Short breathe

TRACHEALIKE...

(HG), no not like that  
Blood flow rapid,

TRACHEALIKE...

(HG)  
No, not that much

JUST DESCRIBE THAT, HOW DOES IT LIKE

Not trachea but on heart pressure comes up (HG)

BIT MORE ABOUT THIS PRESSURE

Thoughts

PUT IT ASIDE, TELL ABOUT THIS PRESSURE

Get stiffed (HG)

DESCRIBE THAT STIFFED (HG)

This is during vertigo

Uncomfortness

Tightness (HG)

PUT IT ASIDE FOR TIME BEING, DESCRIBE THIS STIFFED, PRESSURE

It is gabhrman only

Because of (HG) all these only

Pressurize (HG)

YOU ARE DOING WITH YOUR HAND, DO IT TWICE AND DESCRIBE IT

Breathlessness is increasing

Shortness of breath

Difficulties

Negative thoughts and positive mind is getting created

DESCRIBE THIS (HG)

Feel suffocated in thoughts, so trying to come out of it (HG)

I feel as if I am stiffed/tied (shake her body) don't want to waste time in this

Before vomit how do you feel that kind of state

I feel in chest something is happening, not externally but inside (HG)

No normal feeling

SOMETHING IS HAPPENING, DESCRIBE THAT FEELING

I don't have words with me

STIFF, CAUGHT

Short and fast breath

Feel as is caught in chest

HOW LIKE

(HG) not blockage, but binding

Strangle

(HG- constricting with fist)

DESCRIBE THIS BINDING/STRANGLER

Due to thoughts it is strangulated (HG)

And trying to come out of it

DUE TO THOUGHTS ....

Strangulated (HG)

Strangulated due to negative thoughts

When there are positive thoughts – I feel much better

DESCRIBE THIS STIFF

What to tell more than this

YOU ARE DOING WITH YOUR HANDS, STIFF, CAUGHT, JUST DESCRIBE THAT

That is the uncomforness feeling

(HG) feeling like caught, stiff

DESCRIBE THAT GETTING CAUGHT, STIFF

That's what I described to you

HOW IS IT LIKE GETTING CAUGHT/STIFF

When I am expiring the air, I feel interruption

Interrupted breathing

When I am expiring the air I feel like this (slowly interrupted expiration)

This exactly happen

So I feel slowly interrupted

Due to that uncomfortable feeling in the chest

SOME THING HAPPENS SO IN CHEST

(HG) same, some thing is obstructing it (HG)

HOW IT IS OBSTRUCTING IT

Interrupting

SOME THING IS OBSTURCTING IT, IN WHICH WAY

Water is flowing from tap, but if you do like this (obstructing with hand and then taking back) then it will come out and stop, come out and then stop

My glottis is started working in that way

YOU WILL BE TOUGH AND FIGHT, BIT MORE ABOUT THIS

That is positive energy

I am against negative thoughts which are generating

They are Unwanted

I don't like it still it is getting created (HG)

But I have created so much positive in me that when ever it comes, I fight with it by becoming very much strong

I become so strong that it can't survive/sustain

I am becoming tough naturally, I will never cry

Emotionally I may cry but never bend in front of situation

My brother's leg was cut, due to emotion I had cried at home but never in front of him

I will never show it

I will become very tough as if nothing happens to me

I will see him; help him out as much is needed  
I will take my mind and brain in such a control (HG) that it can't think anything extra and can't cry, I become strong

#### DESCRIBE THIS STRONGNESS BIT MORE

If I will lag behind then he will suffer more  
Who will take care of him, by thinking this I become very much strong

#### TELL BIT MORE ABOUT THIS

This is natural thing, no benefit by crying on it  
No point of thinking negative  
What is going to happen, will happen any how  
I will fight in such a way with thoughts, that I become strong

#### BIT MORE ABOUT FIGHT, STRONGNESS

(HG)  
I will not allow negativity to get created  
My fight is for negativity  
My grand ma or brother needs my care and at that time to cry and share my pain with others is negative thing  
Everybody went away, only I was working there for them.  
Same is to be done when the thoughts are negative, so I have to do only work – how I can save my life from this (HG)  
How to save my life, that is the only work, fight

#### TELL BIT MORE ABOUT THIS, HOW TO SAVE MY LIFE, THAT'S THE ONLY WORK, FIGHT

No means no. That is my point  
Not to think means not to think, let anything to happen  
If I have thought that I will have the same thing, on next moment thought comes – that its not going to happen  
I don't want to think about it

#### BODY IS INCREASING IN STRANGE WAY, IN JOINT

No fat in hands but if you see root of the limbs  
Till knee it is normal but up to thigh it is heavy body  
Waist is 30 but hip region is more then forty  
I am not sitting much, I am doing all work  
I am busy, going to college, clinic  
I am fond of reading books  
My husband is telling that it is because you go so deep in to the thoughts  
I can't take superficial, thoughts are overpowering me  
I don't know the reason of it  
(HG), I am behind it so much  
I don't see any symptoms of thyroid  
No problem of menses  
Cycle change after I get ill  
It was regular after treatment

#### WHEN I SEE SCHIZOPHRENIDE GIRL, I FEEL THAT THIS WILL HAPPEN TO ME, I WILL PUT MYSELF THERE

I don't put myself there  
But I think if this will happen to me then,

## THIS WILL HAPPEN TO ME THEN

Yes, then I will stick there for a long, it will take me two days to come out of it

## WHAT IF THIS HAPPENS TO YOU

I am having none of these symptoms  
I am very jolly  
My communication style is very good  
But more tension is about my body

## HOW IS YOUR SLEEP

Good,  
My memory is good  
Memory is too good  
Occ. there is interruption in sleep  
I am sometimes having horrible dreams  
Now I am getting good dreams but I am always busy in my dreams  
Occ. Routine life dream

## BIT MORE ABOUT DREAMS

Routine life dreams, that in day I had been to this or that place  
If I like to eat, I see it in dream  
If I am thin, I will see that  
Schizophrenide girl

## ROUTINE AND DANGEROUS DREAM

I don't remember, but get frightened and wake up  
I am not remembering dreams much  
I don't know what has come in dream

## ANY DREAMS WHICH YOU REMEMBER MUCH

I see snake very much in dream (HG)  
I have cut the snake in dream  
Snake is running behind frog  
It comes twice in month

## SNAKE HAS BEEN CUT, AND IT IS RUNNING BEHIND FROG

This has come long before  
Very thick big snake  
And some one has cut it

## IT WAS THICK BIG SNAKE

This much of thick (HG) and big (HG) and some one has cut it

## I AM HAVING CHILDISHNESS AND MATURITY

I am childish and mischievous  
Maturity – not being childish and serious everywhere.  
I know where to be behave like what  
With husband I am childish but with in laws I am very much mannered



They will never tell anything bad about me.  
Laughing, but no joking  
Childish and mature  
Don't like Movie  
Think one should be giving independence to husband  
I don't have doubt till I see with my own eyes  
I am nicely keeping relationship  
Not to speak something which other feel bad about □  
Even though if I have so much of dislike for some one, I will not let it to be know  
I will not tell that you are strange  
I will keep nicely though lot of things will be there inside  
Mature enough – how to have your family  
I don't like to be in nuclear family  
I am having hatred for that, I like to be with parents  
Tomorrow my children will throw me out  
Not to do cheating though you starve

#### NOT TO CHEAT, NOT TO SHOW DISLIKE

Maintain social life  
Not speak here and there  
I will not show dislike  
In husband's matter also I will not taunt, I will tell on face  
I will try to create good atmosphere  
I will never spoil  
Occ. Childish and occ .mature

#### NOT TO CHEAT

That is my rules  
I will never do cheating or coping  
Although the opposite person may do it but I will not do

#### TELL ABOUT OPPOSITE ARE DOING BUT I DON'T

Like my college which is failing us knowingly, but still we keep on giving exams  
During exams our principal got to collect copy chits from everyone except from me.  
I am frank, mostly i tell on face, no taunting

#### TELLING STRAIGHT FORWARD

I have been failed in three practical while in theory I am having above 60%. He told I have copied.  
I told him how you dare to tell me this  
You might have failed me by cheating but I will never do cheating  
I will never tell such thing which hurts other though they will tell me that  
Though if needed I show them their place as well (laugh....)

#### BIT MORE ABOUT THAT

If some body being more cunning, then I will tell

#### IN WHICH WAY

By telling them  
Not by beating  
Like one of my friend compared me with her dog  
I told her that if you love your puppy then let it be outside, don't keep it tied up in chains  
If I have committed mistake then I accept it/ say sorry in front of thousand people

## IF ANY BODY TRY TO OVERTAKE THEN HIM.....

Some people will not see goodness in you; they are searching for mistake in you  
Fat is negative point in me  
So they will always point out on my body  
Jeans doesn't suit me  
They always find negative point in you  
I have to show their negative point  
I reply to it by telling that you have negative point in mind, and it is better to have defect in body.  
So I bring them to the ground.

## CRAVING

Rice,  
Vegetables  
All except karela, Chinese, Punjabi okay

## AVERSION

Cold drinks

## NAME

Weight gaining  
Thoughtful

## FACT

Irregular weight gaining  
Particularly roots of the limbs – I am having weight gain  
Weight is increasing in strange pattern, not in straight line  
Body

## FEELING

I have really given all a good fight,  
I have never allow them to overpower me (HG)  
I have given severe fight;  
I have to suppress it with positive energy (HG) – then after it will never happen

## DELUSUON

If I can face real life then why I am bending against thoughts (gets into tears)  
And I don't want this  
When ever I am remembering amputation of my brother, I can't bear it; I was very tough on that time  
If I can face in real life then why can't I face in imaginary life

## SENSATION

Gabhraman- unsafe

I am tied with the ropes (HG)

The Process of mind, body and me is that some person is tied with ropes and he is trying to break free (HG)

Tied up

Caught

Stiff

Caught

Strangulated

Blocked

Obstruction

Can't breath

In mind there are two

One is negative and one is positive

The one is judging is mind / self, who is judging

Overpower

Break up

Harmful

ENERGY

Strangulating with hand, making tight fist and constricting

NATURE

Childish / immature

Don't have doubt until I see anything with my self

Don't tell anything that other feel bad about it

I would keep them nicely though lot of things I keep inside

Not to do cheating even if one has to starve

Never show dislike

If somebody is more cunning then I will tell, I wont' beat them

Issue in the case

One / other

Victim / aggressor

Some one is doing something to other

There is a process/ phenomenon

This is indicating animal kingdom

What is the phenomenon □

There is clear split within self

Positive and negative – my self observing this to happens (witnessing)

Fighting against it

Positive over power negative

Break it up

Constriction

Suffocation, choked

Hang gesture

Sub kingdom:

Reptile/snake

CONSTRUCTOR

BOA  
PYTHON  
ANACONDA

Boa and anaconda are solitary while python is social.

PYTHON 200 was prescribed with infrequent repetition over the period of the 8 months.

Follow up: 10/11/2010

P: I have come out of the state of duality. my fear of being overpowered has reduced significantly. i became more active and did lot of work on the diet and food along with medicines. She reduced the weight around 8 kg....

D: what is about the negativity

it is almost gone...I have not feel it since few month at all. I am not divided.one significantly change I told is that I am now not dual. i am now united from within. i don't have divided house within myself. I have no internal fight in my head any more. i am unified and one and no dilemma which lead me to have conscious eating and exercise an help me in reducing my weight. My depression is gone. I used to judge people and react by my belief about them. Now I am behaving and living freely with all of them without any prejudices. My feeling of suffocation and Gabhraman has totally gone. I have good hair growth as well.



## **SWINE FLU AND ITS HOMOEOPATHIC TREATMENT DR. P.S MANDAL,ASST. PROFESSOR, ORGANON**

The most discussed topic of this session is swine flu. Hundreds of people are suffering or suffered and mortality rate is also high. Beside, actual fact panic of disease has made the situation more difficult. In this context, knowing the disease and taking suitable precaution is very much necessary.

### **WHAT IS SWINE FLU**

Swine flu, also known as the H1N1 virus, is a relatively new strain of an influenza virus that causes symptoms similar to the regular flu. It originated in pigs but is spread primarily from person to person. Swine flu has similar symptoms and treatments and is transmitted in the same ways as the regular flu virus. Swine flu was a pandemic in 2009 but is now considered another human flu virus.

Like other strains of the flu, H1N1 is highly contagious, allowing it to spread quickly from person to person. A simple sneeze can cause thousands of germs to spread through the air.

### **RISK FACTORS**

Severe cases of swine flu can be fatal.

You're most at risk if you spend time in an area with a large number of people who are infected with swine flu.

Some people are at higher risk for becoming seriously ill if they're infected with swine flu. These groups include:

#Adults over age 65

#Children under 5 years old

#Young adults and children under age 19 who are receiving long-term aspirin therapy

#People with compromised immune systems (due to a disease such as AIDS)

# Pregnant women

# People with chronic illnesses such as asthma, heart disease, diabetes mellitus, or neuromuscular disease

### **CAUSES AND SPREAD**

Infection by H1 N1 VIRUS is the cause.

Swine flu is very contagious. The disease is spread through saliva and mucus particles, droplet infection. People may spread it by Sneezing, coughing, touching a germ-covered surface and then touching their eyes or nose.

### **SYMPTOMS**

The symptoms of swine flu are very much like those of regular influenza. They include:

Chills, fever, coughing, sore throat, runny or stuffy nose, body aches, fatigue, nausea, vomiting and diarrhoea.

### **DIAGNOSIS**

Generally clinical diagnosis is done unless the case seems difficult.

Throat or nasal swab is used for the detection of particular viral strain.

### **PREVENTION**

\* Frequently washing hands with soap or hand sanitizer

\* Not touching your nose, mouth, or eyes (The virus can survive on surfaces like telephones and tabletops.)

\* Staying home from work or school if you're ill.

\* Avoiding large gatherings when swine flu is in season.

## TREATMENT

Most cases of swine flu may not require medication. Doctor generally focuses on relieving symptoms and prevention of the spread of the H1N1 to other people.

Methods for managing the symptoms of swine flu are similar to the regular flu.

Take rest. This will help your immune system to regain its energy.

Drink plenty of water and other liquids to prevent dehydration. Soup and clear juices will help replenish your body of lost nutrients.

## HOMOEOPATHY

Good homoeopathic medicines are there for the prevention and treatment of swine flu.

CCRH recommended ARS. ALB. 200 FOR PREVENTION as well as cure.

Dr. Krishnamurtirecommended M.sol 1000x as curative one. (I've seen M.SOL 200 is also useful)

ORGANON OF MEDICINE: Genus Epidemicus should be chosen depending upon the common symptoms prevalent in an area. Thus Bryonia, Rhus tox, Allium cepa, Spongia can also be thought off.

(In my practice, considering predominance of sore throat is a common finding, prescription of Hepersulph 200 gave good result. Practitioners are requested verification)

## PROGNOSIS

Most fatal cases occur in those with underlying chronic medical conditions, such as HIV or AIDS. The majority of people with swine flu recover and can anticipate a normal life expectancy.



## THE 38 BACH FLOWER REMEDIES DR. GAURAV SHARMA, ASST. PROFESSOR, MATERIA MEDICA

Dr Edward Bach

Edward Bach used his training and experience in bacteriology, vaccine therapy and homeopathy to lead him to a totally new philosophy of wellness. The culmination of his work was the creation of the 38 Bach flower remedies also known globally as Bachblüten, Flores de Bach, Bach flower essences and Bach flowers.

Formative years

Edward Bach was born at Moseley, near Birmingham, in 1886 and trained as a doctor in London. For several years he worked investigating the role of bacteriology in chronic disease. His researches led him to recognise that there were clear personality types that related to the various patterns of ill health, irrespective of the physical symptoms being presented by the patient. Working with vaccine therapy and later with homeopathic remedies, he moved towards the discovery of flower remedies. These he felt could help to harmonise the emotional imbalances that he came to see as the real causes of physical illness.

Discovery of the essences

By 1930 he was prepared to give up his successful medical practice in order to search for the plants and trees that came to be known as The Twelve Healers & Other Remedies. Each flower was found to embody the positive and harmonising force for a negative emotional state, be it fear, resentment or despair. In order to transfer this healing force to a patient, Bach prepared essences from the flowers. This essence, diluted to some extent, could then be taken as a medicine. He found that as the negative moods changed so the person would return towards health. Dr Bach explained the healing properties of the remedies in terms of a philosophy of life that saw a person as much more than the outward physical body that is treated in conventional medicine. Illness, he suggested, was a message from our inner being calling for a change in our way of living and our mental outlook. The primary purpose of the flower essences is to help us to change and bring us back to a genuinely happy experience of life. They have been in use throughout the world in the years since Bach's death in 1936. (Adapted from 'Dr Bach and his flower remedies' in The Healing Herbs of Edward Bach by Julian Barnard, first published in 1988.)

### BACH FLOWER REMEDIES AND THEIR INDICATIONS:

Bach Flower remedies are completely safe for use by anyone, including children. They are natural, non-toxic, and non-habit-forming. Moreover, treatment with Bach Flowers can be combined with other homeopathic or conventional treatments. While it is unusual for Bach Flowers to be used for physical symptoms, it is possible that through their use, the body will heal itself of symptoms as the patient reaches a balanced mental state.

Agrimony  
Beech  
Cerato  
Chestnut Bud  
Clematis  
Elm  
Gorse  
Holly  
Hornbeam  
Larch  
Mustard  
Olive  
Red Chestnut

Aspen  
Centaur  
Cherry Plum  
Chicory  
Crab Apple  
Gentian  
Heather  
Honeysuckle  
Impatiens  
Mimulus  
Oak  
Pine  
Rock Rose



Rock Water  
Star of Bethlehem  
Vervain  
Walnut  
White Chestnut  
Wild Rose

Scleranthus  
Sweet Chestnut  
Vine  
Water Violet  
Wild Oat  
Willow

### **Agrimony**

“The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness.” – Dr. Edward Bach

Keywords: Addiction, unhappy, anxiety, insomnia

Human Indication: Mental torment behind a brave face. Appear care-free and humorous in order to mask anxieties and unhappiness.

### **Aspen**

“Vague unknown fears for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others.” – Dr. Edward Bach

Keywords: Fear, worries, unknown fears

Human Indication: Fears and worries of unknown origin.

Pet Indication: Vague or unaccountable fears. Appearing agitated for no apparent reason

### **Beech**

“For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection.” – Dr. Edward Bach

Keywords: Intolerance, critical, lack of compassion

Human Indication: When you need more tolerance toward other people.

Animal/Pet indication: Intolerance toward animals, people, events and situations

### **Centaury**

“Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life” – Dr. Edward Bach

Keywords: Weak-willed, bullied, unable to say no, imposed on, lack energy, tired, timid, passive, quiet

Human indication: When you have a hard time saying NO and therefore easily get imposed on.

### **Cerato**

“Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided” – Dr. Edward Bach

Keywords: Confirmation, seeking advice, do not trust own wisdom or judgment

Human indication: When you do not trust your own judgment in decision-making.

### **Cherry Plum**

“Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.” – Dr. Edward Bach

Keywords: Fear of losing control, temper tantrum, breakdown, abusive, rage, explode

Human indication: When you are in deep despair and feel like you are going to “lose it.”



Animal/Pet indication: A loss of self-control, violent scratching

### **Chestnut Bud**

“For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learned. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault.” – Dr. Edward Bach

Keywords: Learning, repeating mistakes

Human indication: Keeps repeating the same mistake, doesn't learn from past mistakes

Animal/Pet indication: Repeated unsuccessful behavior patterns, doesn't learn from past mistakes

### **Chicory**

“Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them” – Dr. Edward Bach

Keywords: Possessive, over-protective, self-centered, critical, nagging, self-pity, easily offended, manipulating, demanding

Human indication: When you find yourself manipulating and controlling your loved ones.

Animal/Pet indication: Possessive in nature, very territorial, manipulating, loving to be in control.

### **Clematis**

“Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost.” – Dr. Edward Bach

Keywords: Daydreaming, dreaminess, withdrawing, lack of concentration

Human indication: When you have a tendency to live in your own dream world with little interest in the real world, accident prone, daydreaming.

Animal/Pet indication: No apparent interest in the world around them; animals that sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present.

### **Crab Apple**

“This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance, in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.” – Dr. Edward Bach

Keywords: Cleansing, poor self image, sense of not being clean, obsessive, poor self image

Human indication: When you feel unclean or have a hard time accepting your own self image.

Cleansing: Use it externally on ringworm, rashes and warts.

Animal/Pet indication: Obsessive cleanliness, fastidiousness; excessive grooming. Pets with rashes

### **Elm**

“Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being.” – Dr. Edward Bach

Keywords: Depression overwhelmed by responsibilities, despondent, exhausted

Human indication: Feeling overwhelmed and depressed, there is too much to do and you don't feel that

you can do it all.

Animal/Pet indication: Overwhelmed by a sense of responsibility from a temporary circumstance, abandoning their litter

### **Gentian**

It is useful for those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.” – Dr. Edward Bach

Keywords: Discouraged, depressed

Human indication: When you easily get discouraged when faced with difficulties.

Animal/Pet indication: Despondency due to a setback; e.g.; not going for a walk as usual creates lethargy and sadness

### **Gorse**

“Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.” – Dr. Edward Bach

Keywords: Hopelessness, despair, pessimism

Human indication: When you have the feeling of extreme hopelessness and despair.

Animal/Pet indication: Feeling a hopeless despair

### **Heather**

“Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time.” – Dr. Edward Bach

Keywords: Talkative, demand attention, dislike being alone, lonely

Human indication: Helps when you are preoccupied with own ailments and problems.

Animal/pet indication: Overly concerned with companionship, very demanding for attention, constant barking.

### **Holly**

“For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.” – Dr. Edward Bach

Keyword: Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion

Human indication: When you need to overcome the feeling of hate, envy and jealousy.

Animal/pet indication: Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked attacks

### **Honeysuckle**

“Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.” – Dr. Edward Bach

Keyword: Homesickness, nostalgia, bereavement

Human indication: For over-attachment to past memories good or bad, can't let go of the past, homesickness.

Animal/pet indication: Homesickness or over-attachment to the past. Loss of owner or home

### **Hornbeam**

“For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work.” – Dr. Edward Bach

Keyword: Weariness, bores, tired, needs strength, overworked, procrastination, doubting own abilities

□ Human indication: For weariness, mental rather than physical, the “Monday morning” feeling with a sense of staleness and lack of variety in life.

Animal/pet indication: Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved

### **Impatiens**

“Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.” – Dr. Edward Bach

Keyword: Impatience, irritated, nervy, frustration, fidgety, accident-prone, hasty  
Human indication: Suitable for people who are easily irritated and impatient. They speak and think quickly, and are energetic, but tense.

Animal/pet indication: Impatient and seeming to have boundless energy, can't wait to go for a walk or rushes ahead

### **Larch**

“For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.” – Dr. Edward Bach

Keyword: Lack of confidence, depressed, discouraged, feeling of inferiority

Human indication: When you need more self-confidence.

Animal/pet indication: Lack of self-confidence or avoiding situations where they have to perform.

### **Mimulus**

“Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others.” – Dr. Edward Bach

Keyword: Fear, blushing, stammering, shyness, timid, sensitive, lack of courage  
Human indication: Fear of known things such as fear of being alone, fear of spiders, fear of flying or fear of the dark. Shyness is also a known fear.

Animal/pet indication: For fears: afraid of lightening, visits to the vet. May shake or shiver when confronted. Shy and timid animals.

### **Mustard**

“Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.” – Dr. Edward Bach

Keyword: Depression, deep gloom for no reason

Human indication: When you feel depressed for no reason. Like a dark cloud that destroys normal cheerfulness.

Animal/pet indication: If your pet seems depressed for no reason

### **Oak**

“For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort.” – Dr. **Edward Bach**

Keyword: Exhaustion, overwork, workaholic, fatigued, over-achiever

Human Indication: When you are exhausted, but keep struggling on.

Animal/Pet Indication: If your pet keep struggling although it is exhausted, never seem to quit.

### **Olive**

“Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.” – Dr. Edward Bach

Keyword: Lack of energy, fatigue, convalescence

Human indication: When you are exhausted with no reserves of strength or energy.

Animal/pet indication: Exhaustion, fatigue due to overwork: for working animals or those involved in racing, competitive events or shows.

### **Pine**

“For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?” – Dr. Edward Bach

Keywords: Guilt, self-reproach, humble, apologetic, shame, unworthy, undeserving

Human indication: When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living.

Animal/pet indication: If an animal feel shame or guilt for which something it cannot control

### **Red Chestnut**

“For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of.” – Dr. Edward Bach

Keywords: Worried, over-concern, fear

Human indication: When you feel over-concerned and worried for others.

### **Rock Rose**

“The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy.” – Dr. Edward Bach

Keywords: Frozen fear, terror

Human indication: When you feel terror, or after a nightmare. The feeling that you cannot react or move.

Animal/pet indication: Terror, panic-stricken: body trembling, cowers or runs away. Deer in the head light.

### **Rock Water**

“Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result.” – Dr. Edward Bach

Keywords: Self repression, self denial, self perfection, overwork, self-sacrificing, opinionated

Human indication: Is indicated when you are too strict and set too-high standards for yourself, to the point of self-domination and self-martyrdom

### **Scleranthus**

“Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.” – Dr. Edward Bach

Keyword: Indecision, imbalance, uncertainty, dizziness

Human indication: When you suffer from indecision, particularly when faced with two choices.

Animal/pet indication: Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep).

### **Star of Bethlehem**

“For those in great distress under conditions which for a time produce great unhappiness. The shock of

serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort.” – Dr. Edward Bach

Keywords: Trauma, after effect of shock, post traumatic stress

Human indication: For after effects of trauma or traumatic experience.

Animal/pet indication: Abused, mistreated in the past. Trauma or shock.

### **Sweet Chestnut**

“For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.” – Dr. Edward Bach

Keywords: Extreme mental anguish, hopeless despair, intense sorrow

Human indication: When you feel hopeless despair, and you feel an intense sorrow and feel destroyed by it.

### **Vervain**

“Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.” – Dr. Edward Bach

Keywords: Over-enthusiasm, hyper-active, fanatical, highly strung

Human indication: For people who are strong-willed and highly strung with minds that race ahead of events.

Animal/pet indication: Enthusiastic, always want to be involved, high strung.

### **Vine**

“Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency.” – Dr. Edward Bach

Keywords: Domineering, inflexible, very capable, gifted, bullying, aggressive

Human indication: For those who dominate others. They know better than everyone else and put others down.

Animal/pet indication: Authoritative, dominant even over their owners.

### **Walnut**

“For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.” – Dr. Edward Bach

Keywords: Change, link breaker, menopause, puberty, moving, let go of the past, protection

Human indication: Protection from outside influences and energies. Helps you adjust to major changes.

Animal/pet indication: For any period of change.

### **Water Violet**

“For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.” – Dr. Edward Bach

Keywords: Proud, aloof, lonely, anti-social, disdainful, condescending, self-reliant, private

Human indication: People who feel lonely because they have a tendency to appear proud and anti-social.

Animal/pet indication: Unfriendly, stand-offish, they do not invite or welcome cuddles, petting or obvious affection.

### **White Chestnut**

“For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day.”

– Dr. Edward Bach

Keywords: Repeated unwanted thoughts, mental arguments, concentration, sleeplessness, insomnia.

Human Indication: When you mind is cluttered with thoughts or mental arguments. You may be unable to sleep because of the thoughts.

### **Wild Oat**

“Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.” – Dr. Edward Bach

Keywords: Cross-road in life, decision making, lack of clarity, drifting in life

Human indication: When you are uncertain of correct path in life. Helpful when you need to make important decisions.

Animal/pet indication: Loss of sense of direction or purpose; especially good for working or show animals who are being retired.

### **Wild Rose**

“Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take its as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.” – Dr. Edward Bach

Keywords: Apathy, resignation, lost motivation, lack of ambition

Human indication: For anyone who is resigned to an unpleasant situation whether illness, a monotonous life or uncongenial work.

Animal/pet indication: Lack of energy, enthusiasm, submissive and disinterested.

### **Willow**

“It is useful for those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.” – Dr. Edward Bach

Keywords: Self pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

Human indication: When you feel resentment, self-pity and bitterness. You would like to regain a sense of humor and proportion.

Animal/pet indication: Sulky, self pity

SMMHMC INTERNS AND MEDICAL OFFICER DR HIMANSHU THAKKER PARTICIPATED IN CAMP ON 23/07/2017, SUNDAY, ORGANISED BY BJP DOCTORS CELL VADODARA @BJP KARYALAY, VADODARA



SMMHMC FLOOD RELIEF MEDICAL TEAM (PRINCIPAL, DR MAHESH KHAMAR , DR R P JADEJA AND MEDICAL OFFICER DR HIMANSHU THAKKAR ALONG WITH INTERNS ) PERFORMING FREE MEDICAL DUTIES IN FLOOD HIT VILLAGE "GANESHPURA" & 4 OTHERS "DIST:-BANASKANTHATA:-THARAD, NORTH GUJARAT

Date	NO. OF PATIENT	Area	INCHARGE M.O
4/8/2017	71	Idhata	Dr. Khamar, Dr. Jadeja, Dr.Himanshu
4/8/2017	75	Ambala	Same
5/8/2017	79	Ganeshpura	Same
5/8/2017	89	Bhadodar	Same
5/8/2017	74	Savpura	Same
5/8/2017	59	Patiasara	Same
5/8/2017	57	Rajkot	Same

Total camp =07

Total no. of patient =504



A SCHOOL HEALTH CHECK UP CAMP WAS ORGANISED BY ROTARY CLUB IN MEDICAL GUIDANCE OF DRASHWIN SHAH SIR. 3RD YR BHMS STUDENTS OF SMMHMC EXAMINED MORE THAN 150 STUDENTS OF PRIMARY SCHOOL, SONARKUI VILLAGE RUN BY VADODARA JILLA PANCHAYAT.(10/8/2017)



THE '71ST INDEPENDENCE DAY ' WAS CELEBRATED IN THE SMMHMC CAMPUS WITH GREAT PATRIOTIC FERVOUR. (15/8/2017)



PREVENTIVE HOMOEOPATHIC DOSE DISTRIBUTED AGAINST "SWINE FLU", "DENGUE "AND "CHICKENGUNIA" BY MEDICAL OFFICERS, INTERNS AND 3RD & 4TH YR. B.H.M.S STUDENTS OF SMMHMC IN DIFFERENT CAMPS ORGANISED BY OUR COLLEGE AT DIFFERENT PARTS OF VADODARA. THOUSANDS OF PEOPLE BENEFITED.

DATE	NO. OF PATIENT	AREA	IN CHARGE M.O
23/8/2017	1088	Sahyog Soc.	Dr. Nirupa
23/8/2017	677	Samta Soc.	Dr. Sheetal
23/8/2017	735	Sayajipura	Dr. Prachi
24/8/2017	394	Sunbloosmsoc.	Dr. Prachi
27/8/2017	1095	Bill	Dr. Himanshu
27/8/2017	306	Jesingpura	Dr. Sonam
27/8/2017	79	Madhavnagar	Intern dr. And M.O
27/8/2017	685	Wadi	Intern dr. And M.O
27/8/2017	308	Bathujimandir	Dr. R. P. Jadeja
27/8/2017	128	Maneja govt. School	Dr. Khamar
27/8/2017	359	Central opd	Dr. Prachi
27/8/2017	718	Hedgevar school	Dr. Nirupa
29/8/2017	1105	Sokhda	Dr. Prachi
29/8/2017	603	Chansad	Dr. Sonam
29/8/2017	416	Santoshnagar	Dr. Nirupa
29/8/2017	268	Hanumanjimandir	Interns And M.O

**Total camp =16**

**Total no. of patient =8964**





**RANKERS OF 2ND BHMS EXAMINATIONS CONDUCTED BY  
M.K.BHAVNAGAR UNIVERSITY IN AUGUST 2017**



**1st (univ. toper)  
PATEL POOJA**



**2ND  
RUPAVATIYA PINAL**



**3RD  
DEDHAROTIYA  
BASHARATFATEMA**

3RD & 4TH YR BHMS STUDENTS OF SMMHMC  
CELEBRATED "TIARA DAY "ON 21/8/17



3RD YR & 4TH YR BHMS STUDENTS OF SMMHMC  
CELEBRATED "STRIPE'S" DAY  
22/8/2017



3RD YR & 4TH YR BHMS STUDENTS  
CELEBRATED "MISMATCH DAY" ON 26/8/2017



3RD YR BHMS STUDENTS  
CELEBRATED "FOOD DAY "ON 28/8/2017



3rd YR BHMS STUDENTS HAS CELEBRATED  
"GROUP DAY "on 29/8/2017



4th YR BHMS STUDENTS HAS  
CELEBRATED "GROUP DAY "on 29/08/2017



TASHANBAAZ organised by RED FM ON 22/8/2017



"GANESH STHAPNA" AT COLLEGE HOSTEL on 25 AUG 2017 and PREPARATION OF "56 BHOG" FOR LORD GANESHA STUDENTS, TEACHERS, MANAGEMENT PARTICIPATED



AFTER FIVE DAYS OF FESTIVITIES "GANESH VISARJAN" WAS HELD IN THE COLLEGE CAMPUS AND THE COLLEGE PRESIDENT DR KEVAL SONI, TRUSTEE REENA SONI, STAFF AND STUDENTS GAVE LORD GANESHA EMOTIONAL AND JOYFUL SEND-OFF (29,30/8/2017)



A CAMP ON ROAD SAFETY ORGANISED BY C.R SCOOTER AT OUR COLLEGE CAMPUS ON 08/9/2017



THE STUDENTS OF THE 4TH BHMS PARTICIPATED IN THE DEBATE ORGANIZED BY DR. CHINTAN SHAH ON 8TH. SEPTEMBER 2017. THE TOPIC OF THE DEBATE WAS - "WILL HOMOEOPATHIC SCIENCE BE BETTER OFF IN 2050"



14 SEPTEMBER 2017, VADODARA WITNESSED 68 MEDICAL CAMPS ON THE OCCASION OF 68TH BIRTHDAY OF OUR PRIME MINISTER, MR. NARENDRA MODI. OUR COLLEGE ALSO PARTICIPATED IN THIS GIGANTIC WORK. PREVENTIVE MEDICINES OF SWINE FLU, CHICKENGUNIA AND DENGUE WERE DISTRIBUTED AMONG 1.85 LAKH PEOPLE.



FAREWELL OF DR. LALIT VERMA, SECRETARY, CENTRAL COUCL OF HOMOEOPATHY, NEW DELHI, BY OUR PRESIDENT DR. KEVAL SONI ON NATIONAL FEDERATION OF HOMOEOPATHIC MEDICAL COLLEGES ON 29/9/2017



TO **BOOK-POST**



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