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# HOMOEOPATHIC CLEANINGS

QUARTERLY MEDICAL BULLETIN

**April 2023**

-: EDITORIAL BOARD :-

Dr. Keval Soni      Dr. Rahul Gangapore

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Patron  
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(President, SMMHMC)  
Mob.: 9879548770



Principal  
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Dept. of Physiology and  
Biochemistry



## EDITORIAL

Greetings to one and all...With this edition of our quarterly bulletin, we welcome all of you to a fresh academic session of a fresh new batch of 1st BHMS in our college. There is always this air filled with excitement and enthusiasm when a fresh new batch gets inducted in the college. The fresh new faces of new batch students, with a tinge of tension- filled excitement,makes the whole atmosphere vibrant. This year, with the newly introduced Foundation Programme, the 1st BHMS students were exposed to a myriad of basics related to the medical science. Our teachers conducted this programme brilliantly and with usual fluency. Similarly,a large number of activities, related to India's G-20 Presidentship celebrations as well as the International Year of Millets celebrations,we're conducted in the college. This vibrancy, it seems, is going to last for a very long time...



Dr. Dhaval R. Akbari  
Associate professor,  
Department of Homoeopathic Repertory

## **Concomitants- The never failing guide to the simillimum.**

### **Dictionary meaning: -**

Concomitant word has come from the Latin word *concomitari*. That means to accompany and ultimately of “comes”, the Latin word for companion. According to Merriam and Webster dictionary concomitant means “accompanying especially in a subordinate or incidental way or something that accompanies or is collaterally connected with something else or happening at the same time as something else or a condition that is associated with some other condition”.

### **Concomitant from homoeopathic perspective: -**

As per understanding used in homoeopathy, to consider a symptom as a concomitant it needs to fulfill following criteria.

1. Symptoms appear with the chief complaints but does not have any patho-physiological correlation.
2. Symptom should have time relation in its appearance.

Concomitant has been introduced to Homoeopathy by Boenninghausen. He was the man who observed from the patient’s data that some symptoms appear simultaneously with the chief complaints which does not furnish any relation to those complaints. Simultaneously while studying *materia medica* he found same thing in remedies. He also found out that some remedies have more concomitants than others and they can be found out in general as well as particular symptoms within the sphere of the remedy.

Boenninghausen in his hexameter under heading *Quibus Auxiliis* has given important guidelines in considering concomitants that,

- Rarely appear in connection of with the leading disease, and are, therefore, also found rarely among the proving.
- Those which belong to another sphere of disease than the chief ailment.
- Those which have more or less of the characteristic signs of one of the medicines, even in case they have not before been noticed in every particular complaint in proving. In other words, they are the genius of the remedy.

**Characteristic value of concomitants: -**

Boenninghausen has compared concomitant symptoms to PQRS mentioned by Dr. Hahnemann in aphorism no. 153. According to him characteristics are more readily found out among them than anywhere else. It gives individuality to whole disease and efficiently helps in selection of remedies in certain diseases. So, he started using it and after testing it in practice he added this to his repertory.

**Representation of concomitants in different repertories: -**

1. Repertory of remedies which are antipsoric by Boenninghausen: -

Vertigo, teeth and gums, stool, urine, sexual impulse, menstruation, leucorrhoea, coryza, cough and fever chapters have concomitants as separate sub chapter.

2. Boenninghausen therapeutic pocket book: -

Concomitants are not given under chapters separately but it is scattered in whole book and it can be used while process of repertorization under the principle of grand generalization by picking up from the appropriate place in the repertory.

3. Boger’s Boenninghausen’s characteristics and repertory by C.M. Boger: -

Mind, vertigo, teeth and gums, nausea and vomiting, stomach and epigastrium, stool, urine, sexual impulse, menstruation, leucorrhoea, coryza, cough and fever chapter have concomitants as sub rubric or sub chapter.

So, from above data and by the close study of repertories it can be identified that Dr. Boger has tried to expand the idea of concomitant in his repertory to get more utility.

**Case example: -**

Master DC, 4 years old came with the complaint of dry cough since 4 days. Which has started after bathing in cold water. Cough aggravates during night and while lying down. Along with this complaint there is coldness of body, desire for cold water and irritability.

Analysis: - We have characteristic concomitants in form of Coldness of body, desire for cold water and irritability, Causation- bathing in cold water and modalities like aggravation night and lying down. So, Boenninghausen’s approach has been taken.

Repertorization: -

Remedy	Ars	Phos	Puls	Bell	Ign	Cham	Rhus-t
<b>Totality</b>	<b>20</b>	<b>16</b>	<b>16</b>	<b>15</b>	<b>15</b>	<b>15</b>	<b>14</b>
<b>Symptoms Covered</b>	<b>6</b>	<b>6</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>5</b>	<b>6</b>
[Boenning ] [Aggravation and Amelioration]Bathing and washing:In cold water:Agg.:	1	2	0	3	3	0	4
[Boenning ] [Appetite]Desire for:Cold:Liquids, water, etc.:	4	3	2	2	3	3	1
[Boenning ] [Chill]Coldness:In general (objective):	4	2	4	1	2	3	3
[Boenning ] [Mind]Anger, crossness, etc.:	4	3	2	3	2	4	3
[Boenning ] [Cough]Time:Night:	4	4	4	4	3	4	2
[Boenning ] [Cough]Excited or aggravated by:Lying:	3	2	4	2	2	1	1



Remedy selection: - Obvious choice is phosphorus as desire for cold water and irritability is present in the case. Phosphorus-200 four hourly has been prescribed and patient got relief in 4 days.

Discussion: - Characteristic Concomitants can be used effectively in selection of the remedy.

**References: -**

1. Merriam-Webster.com [Internet].
2. Boenninghausen's Therapeutic Pocket Book edited by Allen.
3. The Lesser Writings of C.M.F. Von Boenninghausen.
4. Repertory of the remedies which are antipsoic, by Boenninghausen.
5. Boger's Boenninghausen's Characteristics and Repertory by C.M. Boger.



Dr.Hetal Prajapati  
Assistant Professor  
Department of Community Medicine

## **NUTRITION FACTS**

When we take a look into current life style of people, increasing number of disease conditions & try to search for causes as well as methods for prevention nutrition catches out eye. Our health is greatly depends on what we eat. Some foods are very good in preventing chronic disease as well as acute diseases by improving immunity. Here I am going to give you idea about superfood & nutritional fact of one of the superfood.

### **Superfoods**

Superfoods are foods that provide a high amount of nutrients with very few calories. They are rich in vitamins, minerals, antioxidants, healthy fats, fibers and phytochemicals.

### **Reasons to eat superfood-**

Modern lifestyle and unhealthy dietary habits are not good for our skin, hair, immune system and even for our emotional wellbeing. There are lots of unhealthy snacks or food available in market. These foods are easy to cook and eat but badly impact our health. However a daily healthy diet, enriched with superfoods provides an abundance of nutrition that helps you to stay fit and healthy. There are many superfood but here I want to give you an information about

### **“FOX NUT”**

Fox nut is also known makhana, Euryale ferox, lotus seeds, gorgon nuts, pricklywater lily and phool makhana.

### **Nutritional value of Fox nut (Makhana)-**

It is rich in like Potassium, Magnesium, Protein, Phosphorus, Calcium, Iron, Thiamin, Flavanoids, Antioxidants. Its having zero transfat, zero cholesterol. It is gluten free, protein rich, high in carbohydrate.

## Nuritional facts per 100grams

Calories	350
Total Fat	0.1g
Carbohydrate	77g
Protein	9.7g
Fibers	14.5g
Calcium	60mg
Iron	1.4mg
Magnesium	67.2mg
Phosphorus	200mg
Potassium	500mg
Sodium	210mg

### Health benefits of Makhana (Fox Nuts)-

- Low gycemic index
- Anti-ageing
- Reducing risk of heart disease
- Reduces hypertension
- Helps in weight loss
- Helps in Diabetes control
- Gluten free
- Enhance sexual performance
- Anti-inflammatory property
- Detoxifying agents
- Healthy protein

### Side Effects-

Side effects can occur due to Excess Consumption.

- It can causes allergy to some people.
- May causes low blood sugar due to spike in insulin level
- Digestive disturbances like gas, bloated feeling, constipation etc. can occur.



Dr. Rahul Gangapure  
Professor,  
Department Of Community Medicine

## **Household prevention of COVID-19**

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.

While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.

For babies, a healthy diet means exclusive breastfeeding in the first six months, with the introduction of nutritious and safe foods to complement breastmilk from age 6 months to 2 years and beyond. For young children, a healthy and balanced diet is essential for growth and development. For older people, it can help to ensure healthier and more active lives.

### **Tips for maintaining a healthy diet:**

#### **1. Eat a variety of food, including fruits and vegetables**

- Every day, eat a mix of wholegrains like wheat, maize and rice, legumes like lentils and beans, plenty of fresh fruit and vegetables , with some foods from animal sources (e.g. meat, fish, eggs and milk).
- Choose wholegrain foods like unprocessed maize, millet, oats, wheat and brown rice when you can; they are rich in valuable fibre and can help you feel full for longer.
- For snacks, choose raw vegetables, fresh fruit, and unsalted nuts.

Show less Show more

#### **2. Cut back on salt**

- Limit salt intake to 5 grams (equivalent to a teaspoon) a day.



- When cooking and preparing foods, use salt sparingly and reduce use of salty sauces and condiments (like soy sauce, stock or fish sauce).
- If using canned or dried food, choose varieties of vegetables, nuts and fruit, without added salt and sugars.
- Remove the salt shaker from the table, and experiment with fresh or dried herbs and spices for added flavor instead.
- Check the labels on food and choose products with lower sodium content.

Show less Show more

### **3. Eat moderate amounts of fats and oils**

- Replace butter, ghee and lard with healthier fats like olive, soy, sunflower or corn oil when cooking.
- Choose white meats like poultry and fish which are generally lower in fats than red meat; trim meat of visible fat and limit the consumption of processed meats.
- Select low-fat or reduced-fat versions of milk and dairy products.
- Avoid processed, baked and fried foods that contain industrially produced trans-fat.
- Try steaming or boiling instead of frying food when cooking.

Show less Show more

### **4. Limit sugar intake**

- Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea and coffee and flavoured milk drinks.
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate. When other dessert options are chosen, ensure that they are low in sugar and consume small portions.
- Avoid giving sugary foods to children. Salt and sugars should not be added to complementary foods given to children under 2 years of age, and should be limited beyond that age.

Show less Show more

### **5. Stay hydrated: Drink enough water**

Good hydration is crucial for optimal health. Whenever available and safe for consumption, tap water is the healthiest and cheapest drink. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.

Show less Show more

## **6. Avoid hazardous and harmful alcohol use**

Alcohol is not a part of a healthy diet. Drinking alcohol does not protect against COVID-19 and can be dangerous. Frequent or excessive alcohol consumption increases your immediate risk of injury, as well as causing longer-term effects like liver damage, cancer, heart disease and mental illness. There is no safe level of alcohol consumption.

Show less Show more

## **7. Breastfeed babies and young children**

Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Babies should be breastfed exclusively during the first 6 months of life, as breast milk provides all the nutrients and fluids they need.

- From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient-dense foods. Breastfeeding should continue under babies at 2 years of age or beyond.

Women with COVID-19 can breastfeed if they wish to do so and should take infection prevention and control measures.

## **Tips for Food Safety during COVID-19**

There is no evidence that COVID-19 can be spread through contact with food or food packaging. COVID-19 is generally thought to be spread from person to person. However, it's always important to practice good hygiene when handling food to prevent any food-borne illnesses.

Follow WHO's Five keys to safer food:

1. **Keep clean**
2. **Separate raw and cooked**
3. **Cook thoroughly**
4. **Keep food at safe temperatures**
5. **Use safe water and raw materials**



Dr. Jigisha C. Panchal  
Associate professor  
Practice of Medicine

## **SOME COMMON SKIN AILMENTS AND HOMOEOPATHY !**

- The skin is considered the largest organ of the body and has many different functions. The skin functions in thermoregulation, protection, metabolic functions and sensation. The skin covers our entire body, and brings us into contact with the external environment.

*Skin lesions and diseases-* A skin lesion is a part of the skin that has an abnormal growth or appearance compared to the skin around it. Two categories of skin lesions exist: primary and secondary.

- **Primary skin lesions** are abnormal skin conditions present at birth or acquired over a person's lifetime.
- **Secondary skin lesions** are the result of irritated or manipulated primary skin lesions. For example, if someone scratches a mole until it bleeds, the resulting lesion, a crust, is now a secondary skin lesion.

*Some common skin lesions are discussed below, where Homoeopathic medicines give very satisfactory results.*

1. **Acne**- Acne is commonly located on the face, neck, shoulders, chest, and upper back. Breakouts are composed of blackheads, whiteheads, pimples, or deep, painful cysts and nodules.

*Homoeopathy offers the best treatment option for Acne. Considering emotional factors in selection of medicine which is often associated with hormonal disturbances, -helps to eradicate the problem and prevent recurrence.*

2. **Cold Sore** - A cold sore is a red, painful, fluid-filled blister that appears near the mouth and lips. The viruses herpes simplex 1 (HSV-1) and herpes simplex 2 (HSV-

**2) cause these types of oral lesions. The affected area will often tingle or burn before the cold sore is visible. Blisters may reoccur in response to stress, menstruation, illness, or sun exposure.**

*Treating Cold sore requires holistic approach. Homoeopathic treatment is preferred because it has no side effect and lasting results. Some Homoeopathic medicines commonly used for Cold sores are: Natrum Mur, Sepia, Apis, Mer Rhus, Ranunculus, Mezerum, etc.*

**3. Impetigo - Impetigo causes an irritating rash and fluid-filled blisters that pop easily and form a honey-colored crust. The rash is often located in the area around the mouth, chin, and nose. The condition is common in babies and children.**

*Many Homoeopathic medicines successfully treat impetigo. Homoeopathic is also preferred mode of treatment for most of childhood skin complaints. Some Homoeopathic medicines commonly used for Impetigo are: Mezereum, Graphites, Antimonium Crudum, Dulcamara, Cicuta, etc.*

**4. Allergic eczema- Allergic eczema leaves the skin itchy, red, scaly, or raw. It's often found on the hands and forearms and may resemble a burn. It also causes blisters that weep, ooze, or become crusty.**

*Homoeopathic medicines work wonders for Allergic affections- let it be skin or respiratory affections. Routinely prescribed anti- allergic just gives temporary relief. Where as Homoeopathic medicines helps to make individual less susceptible to allergens and offers lasting results. Some Homoeopathic medicines commonly used for Allergic eczema are: Ars Alb, Rhus Tox, Graphites, Sulphur, Petroleum, etc.*

**5. Chickenpox- Chickenpox leaves clusters of itchy, red, fluid-filled blisters in various stages of healing all over the body. A chickenpox rash is accompanied by fever, body aches, sore throat, and loss of appetite. Chickenpox remains contagious until all the blisters have crusted over.**

*Chickenpox skin lesions are producing lot of discomfort and scaring. Homoeopathy gives results even in residual skin issues. Some Homoeopathic medicines commonly used for Chicken pox are: Aconitum Napellus, Belladonna, Mercurius Solubilis, Gelsemium, Rhus Toxicum, etc.*

**6. Psoriasis- Psoriasis causes scaly, silvery, sharply defined skin patches. It's commonly located on the scalp, elbows, knees, and lower back. It may be itchy or asymptomatic.**

*Psoriasis is a chronic disease. Many patients are cured successfully with Homoeopathic medicines. Some Homoeopathic medicines commonly used for Psoriasis are: Sepia, Arsenicum Alb, Graphites, Sulphur, Psorinum, etc.*

**7. Cellulitis- This condition is considered a medical emergency. Urgent care may be required.**



**Cellulitis leaves red, painful, swollen skin with or without oozing that spreads quickly. It's caused by bacteria or fungi entering through a crack or cut in the skin. The skin may also be hot and tender to the touch. Fever, chills, and red streaking from a rash might be a sign of serious infection requiring medical attention.**

*Early diagnosis and treatment is essential. Homoeopathic medicines are prescribed based on cause of cellulitis and appropriate treatment gives early recovery. Some Homoeopathic medicines commonly used for Cellulitis are: Belladonna, Apis Mellifica, Ledum Palsture, Silicea, Pyrogenium, etc.*

- 8. Scabies- Scabies causes an extremely itchy rash that may be pimply, made up of tiny blisters, or scaly. It also causes raised white or flesh-toned lines. Symptoms may take 4 to 6 weeks to appear. Having scabies increases your risk of impetigo.**

*Homoeopathic medicines for itchy skin lesions give prompt relief to patient's symptoms- unlike any other science. Homoeopathy gives good results in Scabies.*

- 9. Boils- A boil is a red, painful, raised bump with a yellow or white center. It can appear anywhere on the body, but is most common on the face, neck, armpit, and buttock. It may rupture and weep fluid. It's caused by the bacterial or fungal infection of a hair follicle or oil gland.**

*Boils- many a times require excision or drainage of pus. Homoeopathic medicines are time tested for their marvellous results for Boils, and such procedures can be avoided.*

- 10. Keloids- A keloid is a lumpy or rigid area of skin that may be painful or itchy. The area is flesh-colored, pink, or red. The symptoms occur at the site of a previous skin injury.**

*Post-operative incision site keloids are very common in practice, Homoeopathy gives best results in treatment of disfiguring and itchy keloids.*

- 11. Warts - A wart is a raised, rough bump that may be found on the skin or mucous membranes. It's caused by many different types of a virus called human papillomavirus (HPV). A wart may occur singly or in groups. It's contagious and may be passed to others.**

*Warts reoccurs after cauterisation, and Homoeopathy cures them permanently however large and long standing they are. Some Homoeopathic medicines commonly used for Warts are: Thuja Occidentalis, Causticum, Nitric acid, Dulcamara, Antim Crud etc.*

- 12. Corns and calluses- Corns and calluses are a buildup of hard, thick areas of skin. Although these hardened areas of skin can form anywhere on your body, you'll usually see them on your feet, hands or fingers. Corns tend to be small and round. You are most likely to see corns on the tops or sides of your toes.**

*Callosities and corns show promising results with homeopathic treatment. Homeopathic medicines can relieve the pain as well as recurrence of the callosities. Some Homoeopathic medicines commonly used for Corns and Calluses are: Ranunculus Bulbosus, Antimonium Crudum, Nitric Acid., Arnica, Silicea, etc*

**13. Ringworm-** Ringworm, also known as dermatophyte infection, or tinea, is a fungal infection of the skin. “Ringworm” is caused fungus, not a worm. The lesion caused by this infection resembles a worm in the shape of a ring — hence the name.

*Homeopathy is indicated in deep-seated fungal infections. There are chances of recurrence if you have a tendency to ringworm infection. If you want to avoid that, you can go for homeopathic medicines. Some Homoeopathic medicines commonly used for Ringworm are: Bacillinum, Dulcamara, Rhus Tox, Sulphur, Tellurium Met etc.*

**14. Lichen planus-** Lichen planus is a condition that can cause swelling and irritation in the skin, hair, nails and mucous membranes. On the skin, lichen planus usually appears as purplish, itchy, flat bumps that develop over several weeks. In the mucous membrane, lichen planus forms lacy white patches, sometimes with painful sores.

*Homeopathy offers research proven and highly effective treatment for Lichen Planus which has been scientifically documented. It give long term and permanent cure. Some Homoeopathic medicines commonly used for Lichen planus are: Arsenicum Iodatam, Borax, Natrum Muriaticum, Sulphur, Thuja, etc.*

**15. Leukoderma -** Leukoderma, also called achromoderma, is a clinical sign describing a localised area of white depigmented skin due to total loss of epidermal melanin. It is not a diagnosis in itself and has many causes.

*The scope of homeopathic treatment for Leukoderma extends beyond the physical symptoms and the approach is more holistic in nature. It also addresses the underlying conditions of stress, anxiety and depression that are seen in many cases, to help patients reintegrate into regular day-to-day. Some Homoeopathic medicines commonly used for Leukoderma are: Arsenicum Sulfuratum Flavum, Syphillinum, Nitricum Acidum, Hydrocotyle Asiatica, Natrum Muriaticum, etc.*

**HOMOEOPATHY IS DEFINATE THERAPY FOR SKIN DISEASES OF MANY TYPES OF SKIN DISEASES...**



**Dr.Prital Shah**  
**Assistant Professor**  
**Department Of Repertory**

### Interview Techniques

Interview Techniques for case interview like----Questioning, Exploring, Listening, Observation, Blocking, Guiding, Assurance, Confrontation, Counselling, Silence, Informing, Interpreting, Refusing, Empathizing, Not Accepting and Role-Playing.

In short they are as follows:

1. Questioning: It is the normal mode of conducting the interview, where the interviewer asks the interviewee as per his requirement...the specific information is obtained and thus lot of time can be saved...what is obtained are only facts and information. Thus, it has the place only when the patient is not cooperative or when the option for action have narrowed down to a few and a final choice requires to be made. The disadvantage is it does not result in the establishment of a satisfactory relationship.
2. Exploring: It is an open ended inquiry carried out in the direction where the problem is judged to be located....advantage of possibility of striking a gold mine, or....hazard of going in a wild goose chase with the loss of precious time.
3. Listening: Most highly recommended skill..... it demands the capacity to suspend one's judgement and give a full ear, eye and mind to the patient.....with alertness and patience. It encourages the patient to talk and share experiences. It is not to be confused with passivity and a readiness to take in whatever the patient offers.
4. Observation: One does not merely listen to what the patient says but also sees how he says it...the gestures and expressions are vital clues. The important factor is a correlation of the listening and the observing.
5. Blocking: Useful when patient is not keeping up to the point.....but it's essential to keep in mind that the diagnosis irrelevancy could be highly subjective.
6. Guiding: This is an unobtrusive method of taking the patient on a tour of an area of which he is not aware. The physician because of the grasp on his generals is in a position to extrapolate

and understand. An awareness of the area is absolutely essential or else the interview will result in data, which it is difficult to rely upon.

7. Assurance: In the course of interview, a patient may get disturbed and confused if he has relieved the past or if he is wondering as to the relevance of his story. At these times, the patient requires to be reassured that he is being accepted and the story may continue.

8. Confrontation: At times the patient may have been avoiding the acceptance of the truth and may have elaborate defences against the conscious realisation of the same. Unless this awareness comes through it is not possible for the patient to go ahead and gain freedom from the past. When this state has been diagnosed, the physician has to perform the unpleasant duty of bringing all this hidden material to his awareness. It requires courage on the part of the physician as well as a certain amount of honesty to take a final decision. Often the physician may have to first resolve his own 15 difficulties. A confrontation may make or break both and hence the judgement of the mode and the timing assumes importance.

9. Counselling: It implies the attempt on the part of the physician to restore the order where there is confusion and an inadequate appreciation of the nature of confusion.....and for it the problem should be sized up in its totality and resolution of the same should be planned out.

10. Silence: It is utilised when the patient himself needs it after he has ventilated and needs time to recover, or patient has ended with his narration and appears searching for fresh material, or when the physician expects the patient to co-operate along the lines indicated and there is resistance from the patient.

11. Informing: It is used where lack of information is considered as a major difficulty and is responsible for the genesis or maintenance of the problem.

12. Interpreting: It involves going below the surface of the patient's talk and deriving a meaning which adequately explains the phenomena seen in/ by the patient. The physician's subjectivity and language for interpretation should be considered.

13. Refusing: It is legitimate to refuse all requests from patient that does not aid the therapeutic outcome. But this would require a clear idea of the aims of the therapy and the expectations of the results.

14. Empathizing: This is a natural occurrence and depends on the sensitivity of the physician with which he receives the patient.

Accurate observations demands minimal interference of the different attitudes held by the observer and a faithful recording of the observations untouched by interpretation. Interpretation comes at a much later stage of enquiry. It should not be mixed up with the primary stage of collection of data.



# CELEBRATIONS

## 74th Republic day celebration on 26<sup>th</sup> January 2023



## Holi celebration on 4<sup>th</sup> March 2023





# LECTURES AND SEMINARS

1. Topic: "Concentration and Personality Development" Speaker: Swami Vivek Maharaj

Date: Thursday 12th January 2023 "Youth Day" Celebrations on occasion of Birth Anniversary of Swami Vivekanand.

2. Topic: 'Adolescent health'

Date: Tuesday, 21st March 2023,.

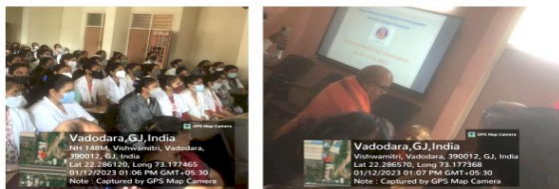
Speakers: Paediatricians Dr Samir Shah and Dr Snehal Shirodawala on behalf of The Association of Adolescent and Child Care in India( AACCI) Vadodara Unit.

Attended by :Dr Kairavi Pancholi and Dr Shabnam Mansuri,Staff , interns and students."International Adolescent Health Week" Celebrations

3. Topic: "World Health Day".

Speaker: Dr Sudhir Joshi,District Ayush Officer,Vadodara.

Date:Thursday 6th April 2023



# FOUNDATION PROGRAMME

The Foundation Programme was held in our institution from 20<sup>th</sup> February to 2<sup>nd</sup> March (Total 10 days, 60 hrs) as a part of new Competency Based Dynamic curriculum (CBDC), as per NCH.





# WORLD HOMOEOPATHY DAY

The " World Homoeopathy Day" was celebrated on Monday 10th April 2023, on occasion of 268th Birth Anniversary of Dr Samuel Hahnemann, with much aplomb and enthusiasm. This event included

- Different competitions like Quiz competition , debate Competition , Skit competition, Elocution Competition and Slogan Competition, food stall etc.
- Seminars by Faculties :--
  - 1.A seminar on Role of G-20 in Digital Transformation by Dr Prital Shah
  - 2.A seminar on Role of G-20 in Women Empowerment by Dr Asha Trivedi
  - 3.A seminar by Dr Chintan Shah on Biography Of Dr Samuel Hahnemann.









# HOMOEOPATHIC CHECK-UP AND TREATMENT CAMPS ON WORLD HOMOEOPATHY DAY

On the Birthday of Dr. Hahnemann, on 10<sup>th</sup> April 2023, different camps were organized by our institution and college Hospital. Jamnabai Hospital (phc), Bajwa ,

- Raopura(phc)
- Savad quarters
- Urmi school,
- Sangam char rasta
- Bheedbhanjan hanuman mandir ,chhani



# INTERNATIONAL YEAR OF MILLETS(IYoM)

SMMHMC celebrates International Year of Millets By arranging:

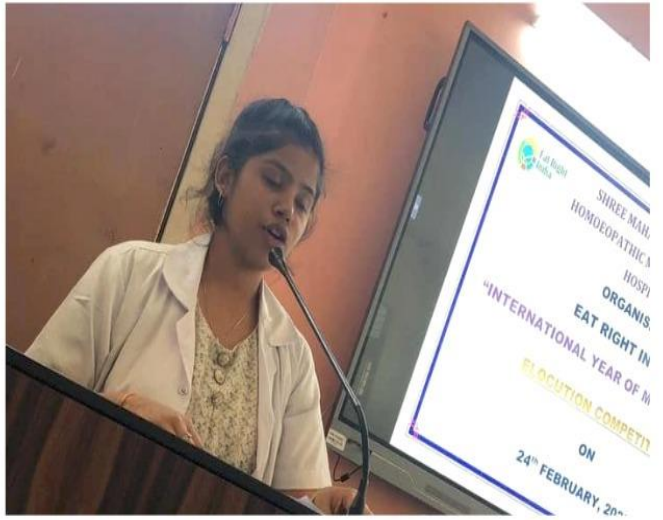
- Seminar on IMPORTANCE OF MILLETS IN OUR DIET by Dr.Sudhir Joshi Sir (DAO)
- Elocution Competition on topic EAT RIGHT INDIA







Vadodara, GJ, India  
NH 148M, Vishwamitri, Vadodara,





# AYUSH MELA

An exhibition-cum-information Expo , including a treatment Camp , of AYUSH systems of medicines , " AYUSH MELA", was organized at

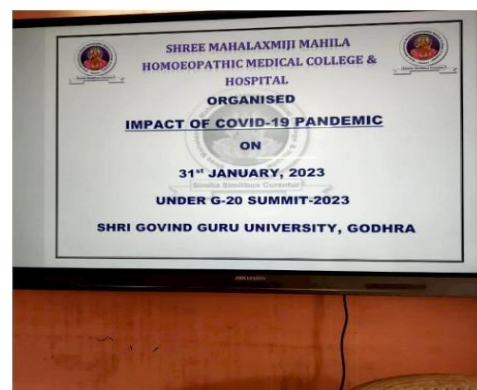
- Lalbaug Atithi gruh, Manjalpur, Vadodara ,on Saturday 11th March 2023
- Maharaja Sayajirao University Campus, Vadodara, on Tuesday 21st March 2023.



# ACTIVITIES UNDER G20

As India holds the Presidency of the G20 from 1 December 2022 to 30 November 2023, so under the guidance of Education department of Government of Gujarat and Shree Govind Guru University, following activities were done in our institute.

1. Topic of Seminar: "Impact of COVID-19 pandemic"  
Date: Tuesday 31st January 2023,  
Speaker: Dr. Bina Thomas
2. Topic of Seminar: "Potable Water for all"  
Date: Friday, 24<sup>th</sup> February, 2023  
Speaker: Dr. Hetal Prajapati





### 3. Name Of Activities :

- 1 .Poster design competition depicting the culture of G-20 member countries
2. E'Posters on G-20 theme
3. A drama based on cultures of G-20 member countries
4. A drawing competition based on G-20 theme.

Date: Saturday, 25<sup>th</sup> March 2023

Venue: College Campus



# ACHIEVEMENTS

The proposals of Miss Suryavanshi Namrata Shankarbhai and Miss Parekh Monika Hasmukhbhai from 4th BHMS of SMMHMC, were short- listed by the Central Council of Research in Homoeopathy, under the Short term Studentship of Homoeopathy 2022 program, for final award of scholarship round. While Ms Namrata is being mentored by Dr Asha Trivedi , Ms Monika is being mentored by Dr Prital Shah. The mentors and their mentees are receiving kudos from all over.





# UNIVERSITY RANKERS

As a Feather on the Hat of Success, in our Institution, Shining stars of 1st BHMS,

- Sondagara Hetvi S.(University & College 1<sup>st</sup>),
- Khatik Ritu P.( University 4<sup>th</sup> College 2<sup>nd</sup> ),
- Parmar Dhara P.(University 6<sup>th</sup>,college 3<sup>rd</sup>) Achieved Remarkable results. They grabbed the top positions in last University exam and became bright examples of sincerity and hard work.



TO



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B/s Gujarat Tractor, Vadodra-390011.

Phone : 7579008722/23/24/25/31/37/38 Telefax : 0265-2322617

Website : [www.smmhmc.ac.in](http://www.smmhmc.ac.in)