



# HOMEOGLEANINGS

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# **EDITORIAL**

Greetings of the season to one and all. The season of health and the season of love has arrived. This is the season which is shimmering with activity on all fronts. There is lots of activity on the Political front as well as sports and extracurricular front. A lot of activity is also seen on the academic front as well. A lot of changes are happening all around and we sincerely hope that they are for the good of everybody involved. The hustling and bustling of the G20 summit , which was presided over by India has come to an end. The world was impressed by the show put on by India , at all levels , during the G20 Presidentship . Henceforth, the chill ,we are feeling ,will gradually increase along with the period of nights and the warmth will start decreasing. TThis chill will also increase ,for the students of 4th BHMS students , due to their upcoming university exams which may commence by the time next bulletin arrives. Here's Wishing all those students best luck for the preparation



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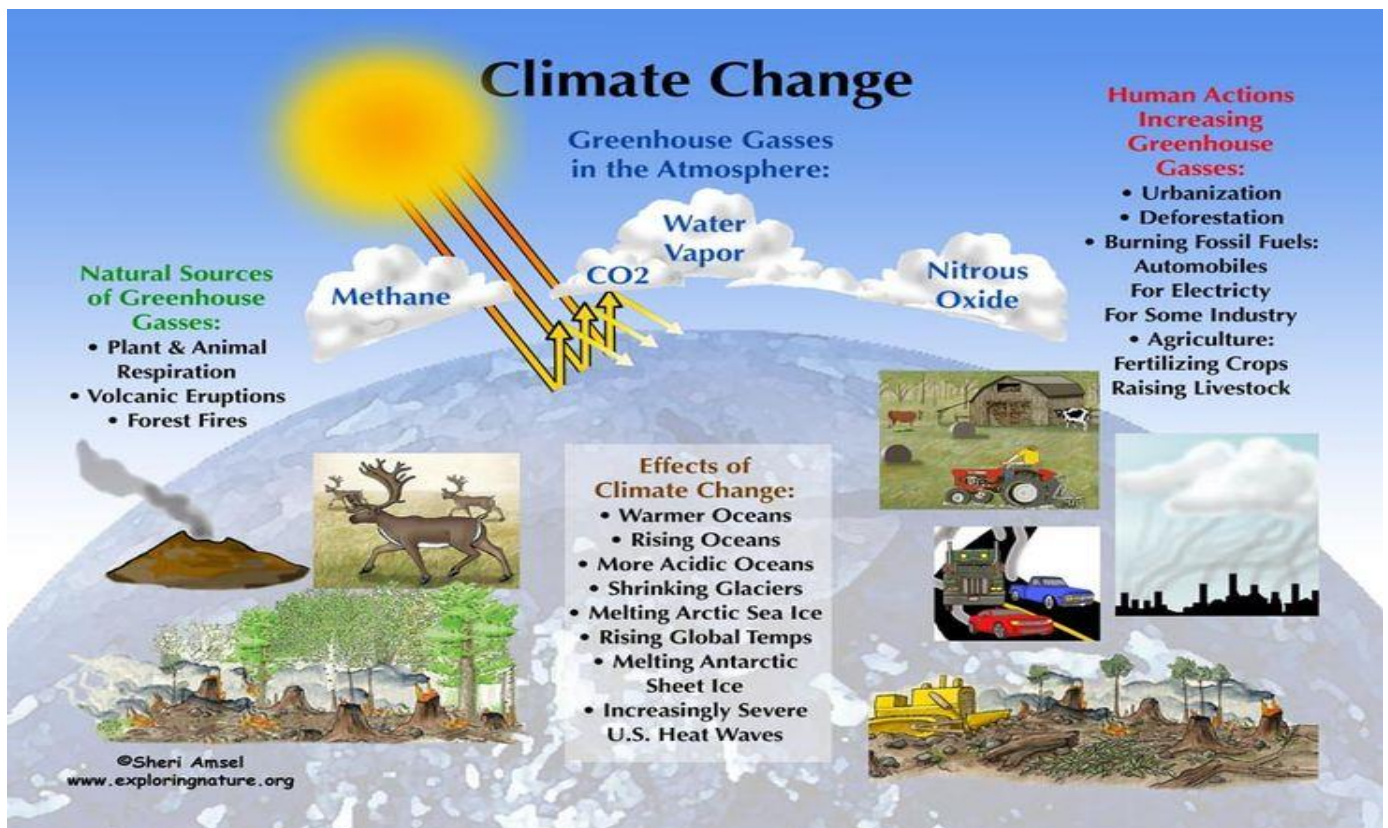
## Effects of Climate Change on Living Being

### What Is Climate Change?

Climate change refers to long-term shifts in temperatures and weather patterns. Such shifts can be natural, due to changes in the sun's activity or large volcanic eruptions. But since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of fossil fuels like coal, oil and gas.

Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun's heat and raising temperatures.

This leads to global warming and climate change. The world is now warming faster than at any point in recorded history. Warmer temperatures over time are changing weather patterns and disrupting the usual balance of nature. This poses many risks to human beings and all other forms of life on Earth.



## Humans are responsible for global warming

Human activities like the ones mentioned above are causing greenhouse gases that are warming the world faster than at any time in at least the last two hundred years.

The average temperature of the Earth's surface is now about 1.1°C warmer than it was in the late 1800s (before the industrial revolution) and warmer than at any time in the last 100,000 years

Many people think climate change mainly means warmer temperatures. But temperature rise is only the beginning of the story. Because the Earth is a system, where everything is connected, changes in one area can influence changes in all others.

The consequences of climate change now include, among others, intense droughts, water scarcity, severe fires, rising sea levels, flooding, melting polar ice, catastrophic storms and declining biodiversity.

## People are experiencing climate change in diverse ways

Climate change can affect our health, ability to grow food, housing etc. Some of us are already more vulnerable to climate impacts, such as people living in small island nations and other developing countries. Conditions like sea-level rise and saltwater intrusion have advanced to the point where whole communities have had to relocate, and extended droughts are putting people at risk of extreme shortage of food. In the future, the number of “climate refugees” is expected to rise.

## Causes of Climate Change:-

### Generating power

Generating electricity and heat by burning fossil fuels causes a large chunk of global emissions. Most electricity is still generated by burning coal, oil, or gas, which produces carbon dioxide and nitrous oxide – powerful greenhouse. Globally, a bit more than a quarter of electricity comes from wind, solar and other renewable sources which, as opposed to fossil fuels, emit little to no greenhouse gases or pollutants into the air.

### Manufacturing goods

Manufacturing and industry produce emissions, mostly from burning fossil fuels to produce energy for making things like cement, iron, steel, electronics, plastics, clothes, and other goods. Mining and other industrial processes also release gases, as does the construction industry. Machines used in the manufacturing process often run on coal, oil, or gas; and some materials, like plastics, are made from chemicals sourced from fossil fuels. The manufacturing industry is one of the largest contributors to greenhouse gas emissions worldwide.

### Cutting down forests

Cutting down forests to create farms or pastures, or for other reasons, causes emissions, since trees, when they are cut, release the carbon they have been storing. Each year approximately 12 million hectares of forest are destroyed. Since forests absorb carbon dioxide, destroying them also limits nature's ability to keep emissions out of the atmosphere. Deforestation, together with agriculture and other land use changes, is responsible for roughly a quarter of global greenhouse gas emissions.



## **Using transportation**

Most cars, trucks, ships, and planes run on fossil fuels. That makes transportation a major contributor of greenhouse gases, especially carbon-dioxide emissions. Road vehicles account for the largest part, due to the combustion of petroleum-based products, like gasoline, in internal combustion engines. But emissions from ships and planes continue to grow. Transport accounts for nearly one quarter of global energy-related carbon-dioxide emissions. And trends point to a significant increase in energy use for transport over the coming years.

## **Producing food**

Producing food causes emissions of carbon dioxide, methane, and other greenhouse gases in various ways, including through deforestation and clearing of land for agriculture and grazing, digestion by cows and sheep, the production and use of fertilizers and manure for growing crops, and the use of energy to run farm equipment or fishing boats, usually with fossil fuels. All this makes food production a major contributor to climate change. And greenhouse gas emissions also come from packaging and distributing food.

## **Powering buildings**

Globally, residential and commercial buildings consume over half of all electricity. As they continue to draw on coal, oil, and natural gas for heating and cooling, they emit significant quantities of greenhouse gas emissions. Growing energy demand for heating and cooling, with rising air-conditioner ownership, as well as increased electricity consumption for lighting, appliances, and connected devices, has contributed to a rise in energy-related carbon-dioxide emissions from buildings in recent years.

## **Consuming too much**

Your home and use of power, how you move around, what you eat and how much you throw away all contribute to greenhouse gas emissions. So does the consumption of goods such as clothing, electronics, and plastics. A large chunk of global greenhouse gas emissions are linked to private households. Our lifestyles have a profound impact on our planet. The wealthiest bear the greatest responsibility: the richest 1 per cent of the global population combined account for more greenhouse gas emissions than the poorest 50 per cent.

# **Effects of Climate Change:-**

## **Hotter temperatures**

As greenhouse gas concentrations rise, so does the global surface temperature. The last decade, 2011-2020, is the warmest on record. Since the 1980s, each decade has been warmer than the previous one. Nearly all land areas are seeing more hot days and heat waves. Higher temperatures increase heat-related illnesses and make working outdoors more difficult. Wildfires start more easily and spread more rapidly when conditions are hotter. Temperatures in the Arctic have warmed at least twice as fast as the global average.

## **More severe storms**

Destructive storms have become more intense and more frequent in many regions. As temperatures rise, more moisture evaporates, which exacerbates extreme rainfall and flooding, causing more destructive storms. The frequency and extent of tropical storms is also affected by the warming ocean. Cyclones, hurricanes, and typhoons feed on warm waters at the ocean surface. Such storms often destroy homes and communities, causing deaths and huge economic losses.

## **Increased drought**

Climate change is changing water availability, making it scarcer in more regions. Global warming exacerbates water shortages in already water-stressed regions and is leading to an increased risk of agricultural droughts affecting crops, and ecological droughts increasing the vulnerability of ecosystems. Deserts are expanding, reducing land for growing food. Many people now face the threat of not having enough water on a regular basis.

## **A warming, rising ocean**

The ocean soaks up most of the heat from global warming. The rate at which the ocean is warming strongly increased over the past two decades, across all depths of the ocean. As the ocean warms, its volume increases since water expands as it gets warmer. Melting ice sheets also cause sea levels to rise, threatening coastal and island communities. In addition, the ocean absorbs carbon dioxide, keeping it from the atmosphere. But more carbon dioxide makes the ocean more acidic, which endangers marine life and coral reefs.

## **Loss of species**

Climate change poses risks to the survival of species on land and in the ocean. These risks increase as temperatures climb. Exacerbated by climate change, the world is losing species at a rate 1,000 times greater than at any other time in recorded human history. One million species are at risk of becoming extinct within the next few decades. Forest fires, extreme weather, and invasive pests and diseases are among many threats related to climate change. Some species will be able to relocate and survive, but others will not.

## **Not enough food**

Changes in the climate and increases in extreme weather events are among the reasons behind a global rise in hunger and poor nutrition. Fisheries, crops, and livestock may be destroyed or become less productive. With the ocean becoming more acidic, marine resources that feed billions of people are at risk. Changes in snow and ice cover in many Arctic regions have disrupted food supplies from herding, hunting, and fishing. Heat stress can diminish water and grasslands for grazing, causing declining crop yields and affecting livestock.

## **More health risks**

Climate change is the single biggest health threat facing humanity. Climate impacts are already harming health, through air pollution, disease, extreme weather events, forced displacement, pressures on mental health, and increased hunger and poor nutrition in places where people cannot grow or find sufficient food. Every year, environmental factors take the lives of around 13 million people. Changing weather patterns are expanding diseases, and extreme weather events increase deaths and make it difficult for health care systems to keep up.

## **Poverty and displacement**

Climate change increases the factors that put and keep people in poverty. Floods may sweep away urban slums, destroying homes and livelihoods. Heat can make it difficult to work in outdoor jobs. Water scarcity may affect crops. Over the past decade (2010–2019), weather-related events displaced an estimated 23.1 million people on average each year, leaving many more vulnerable to poverty. Most refugees come from countries that are most vulnerable and least ready to adapt to the impacts of climate change.



# INTERACTIONS BETWEEN CLIMATE CHANGE, NATURE AND PEOPLE

## Climate change is a threat to nature

Global warming of 1.1°C has already caused dangerous and widespread disruption to ecosystems and species, including from worsening extreme events and sea-level rise

## CLIMATE CHANGE

Global warming is caused by burning fossil fuels, destroying nature and unsustainable food systems

Rapid, deep and sustained cuts to greenhouse gas emissions across all sectors are needed

## Nature loss amplifies global warming

Ecosystem conversion, such as deforestation, releases carbon dioxide into the atmosphere

## Climate change affects people

Melting ice, rising sea levels, worsening extreme weather events and decreased food security are some of the impacts and future risks

## Nature is a powerful ally in the fight against climate change

Land and ocean ecosystems can act as carbon sinks, which helps regulate the climate and slow down global warming

## People must safeguard and restore nature

30% to 50% of Earth's land, freshwater, and ocean areas must be conserved to maintain biodiversity and ecosystem services on a global scale

## Human activities drive nature loss

Humans drive climate change-related environmental changes and modify natural habitat for food production

## NATURE

## PEOPLE

## Compromising nature compromises people

When nature is intact, it can provide more ecosystem services such as carbon storage, climate regulation, and enhanced resilience to climate hazards

Based on the reports from the IPCC Sixth Assessment Cycle and the IPBES Global Assessment



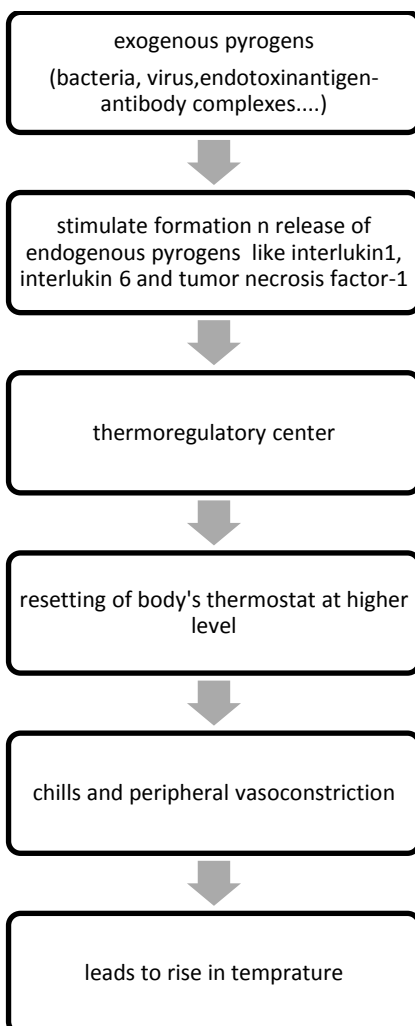
Dr. Ami shah  
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Department of Materia Medica

## CASE REPORT OF PYREXIA TREATED WITH HOMEOPATHY

### Introduction-

Fever is defined as a rise in body temperature .body temperature is maintained by the hypothalamus. A normal body temperature is maintained despite of of environmental variations because the thermoregulatory centers balances the excess of heat production and heat loss.

### Pathophysiology Of Fever



### CAUSES

- Infections
- Inflammations
- Autoimmune ds
- Certain medications
- Hyperthyroidism
- Over exposure to sun
- Vaccines and immunization

### Severity-

- Low grade- from 100 F-102F
- Moderate- 102-104F
- High- 10-106

A fever can be

- Acute- duration less than 7 days
- Subacute- 7- 14 days
- Chronic- more than 14 days



## CASE:

A 23 yr male patient came with history of fever with chills and weakness since 2 days. He developed fever when he was going for interview. He started shivering suddenly and it was followed with rise in temperature. Pt had intense chills and shivering followed by rise in temperature with weakness and prostration for which he took antipyretic.

Pt was brought to the clinic with the help of his two friends. he sat with exhausted look and was little bit restless. He was not able to walk even for a little distance. according to his mother yesterday at night he was shivering with intense cold feeling. she covered him with three bed clothes yet he was feeling cold she then held the boy tightly over the covering, only then he got relieved.

Past history : not significant

Family history: father – k/c/o DM since 2 years

Personal history:

Appetite-good

Thirst- little

Bowels- regular

Urine- scanty

Sleep- good

Physical examination:

Built- moderately built and moderately nourished

Pt is conscious well oriented with time place & person.

Tongue moist

Temperature- afebrile

Respiratory rate- 14 breathe /min

Pulse – 80/min regular rhythm

Blood pressure- 110mm Hg

Systemic examination:

Respiratory system- vesicular breath sounds heard all over the lung field, no added sounds.

CVS- S1S2 heard normally over all four cardiac areas. No murmurs

Analysis

1. Prostration by just 2 days of fever
2. Muscle weak, refuse to obey the will. He was not able to walk even few steps.
3. Tongue- moist with little thirst

4. Fever with intense chills
5. Most imp symptom was  
Held, desire to be.

Totality

1. desire held to be
2. profound prostration
3. muscle weak refuse to obey the will
4. Tongue- moist with little thirst
5. fever with chills
6. chills- shivering wants covering

On the basis of totality the remedy was **Gelsemium**.

First prescription-

Gelsemium 200 4 doses

Follow/up on next day

No fever

Prostration-better by 60%

Could do all his routine work on his own.

Conclusion-

This case shows the importance of selection of homeopathic medicine based on totality of symptoms in acute cases. The remedy gelsemium was selected on the basis of totality of symptoms and after administering it to the patient there was significant improvement symptomatically as well as generally.



Dr. Rahul Gangapure  
Professor,  
Department Of Community Medicine

Depression is a common mental health condition that causes a persistent feeling of sadness and changes in how you think, sleep, eat and act. There are several different types. Depression is treatable — usually with talk therapy, medication or both. Seeking medical help as soon as you have symptoms is essential.

### **What is depression?**

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest in things and activities you once enjoyed. It can also cause difficulty with thinking, memory, eating and sleeping.

It's normal to feel sad about or grieve over difficult life situations, such as losing your job or a divorce. But depression is different in that it persists practically every day for at least two weeks and involves other symptoms than sadness alone.

There are several types of depressive disorders. Clinical depression, or major depressive disorder, is often just called “depression.” It's the most severe type of depression.

Without treatment, depression can get worse and last longer. In severe cases, it can lead to self-harm or death by suicide. The good news is that treatments can be very effective in improving symptoms.

### **What are the types of depression?**

Classification of depressive disorders is as follows:

**Clinical depression (major depressive disorder):** A diagnosis of major depressive disorder means you've felt sad, low or worthless most days for at least two weeks while also having other symptoms such as sleep problems, loss of interest in activities or change in appetite. This is the most severe form of depression and one of the most common forms.

**Persistent depressive disorder (PDD):** Persistent depressive disorder is mild or moderate depression that lasts for at least two years. The symptoms are less severe than major depressive disorder. Healthcare providers used to call PDD dysthymia.

**Disruptive mood dysregulation disorder (DMDD):** DMDD causes chronic, intense irritability and frequent anger outbursts in children. Symptoms usually begin by the age of 10.

**Premenstrual dysphoric disorder (PMDD):** With PMDD, you have premenstrual syndrome (PMS) symptoms along with mood symptoms, such as extreme irritability, anxiety or depression. These symptoms improve within a few days after your period starts, but they can be severe enough to interfere with your life.

Depressive disorder due to another medical condition: Many medical conditions can create changes in your body that cause depression. Examples include hypothyroidism, heart disease, Parkinson's disease and cancer. If you're able to treat the underlying condition, the depression usually improves as well.

There are also specific forms of major depressive disorder, including:

Seasonal affective disorder (seasonal depression): This is a form of major depressive disorder that typically arises during the fall and winter and goes away during the spring and summer.

Prenatal depression and postpartum depression: Prenatal depression is depression that happens during pregnancy. Postpartum depression is depression that develops within four weeks of delivering a baby. The DSM refers to these as "major depressive disorder (MDD) with peripartum onset."

Atypical depression: Symptoms of this condition, also known as major depressive disorder with atypical features, vary slightly from "typical" depression. The main difference is a temporary mood improvement in response to positive events (mood reactivity). Other key symptoms include increased appetite and rejection sensitivity.

People with bipolar disorder also experience episodes of depression in addition to manic or hypomanic episodes.

### **Who does depression affect?**

Depression can affect anyone — including children and adults. Women and people assigned female at birth are more likely to have depression than men and people assigned male at birth.

Having certain risk factors makes it more likely that you may develop depression. For example, the following conditions are associated with higher rates of depression:

Neurodegenerative diseases like Alzheimer's disease and Parkinson's disease.

Stroke.

Multiple sclerosis.

Seizure disorders.

Cancer.

Macular degeneration.

Chronic pain.

### **How common is depression?**

Depression is common. Researchers estimate that nearly 7% of adults in the United States have depression every year. More than 16% of U.S. adults — around 1 in 6 people — will experience depression at some point in their lifetime. However, researchers believe that these estimates are lower than reality, as many people don't seek medical help for symptoms of depression and don't receive a diagnosis.

Approximately 4.4% of children in the United States have depression.



## **Symptoms and Causes**

Clinical depression is a chronic condition, but it usually occurs in episodes, which can last several weeks or months.

### **What are the symptoms of depression?**

The symptoms of depression can vary slightly depending on the type and can range from mild to severe. In general, symptoms include:

Feeling very sad, hopeless or worried. Children and adolescents with depression may be irritable rather than sad.

Not enjoying things that used to bring joy.

Being easily irritated or frustrated.

Eating too much or too little, which may result in weight gain or weight loss.

Trouble sleeping (insomnia) or sleeping too much (hypersomnia).

Having low energy or fatigue.

Having a difficult time concentrating, making decisions or remembering things.

Experiencing physical issues like headache, stomachache or sexual dysfunction.

Having thoughts of self-harm or suicide.

If you or a loved one are thinking about suicide, call a friend or near one for help. Someone will be available to help you.

### **What causes depression?**

Researchers don't know the exact cause of depression. They think that several factors contribute to its development, including:

**Brain chemistry:** An imbalance of neurotransmitters, including serotonin and dopamine, contributes to the development of depression.

**Genetics:** If you have a first-degree relative (biological parent or sibling) with depression, you're about three times as likely to develop the condition as the general population. However, you can have depression without a family history of it.

**Stressful life events:** Difficult experiences, such as the death of a loved one, trauma, divorce, isolation and lack of support, can trigger depression.

**Medical conditions:** Chronic pain and chronic conditions like diabetes can lead to depression.

**Medication:** Some medications can cause depression as a side effect. Substance use, including alcohol, can also cause depression or make it worse.

## **How is depression diagnosed?**

Healthcare providers diagnose depression based on a thorough understanding of your symptoms, medical history and mental health history. They may diagnose you with a specific type of depression, such as seasonal affective disorder or postpartum depression, based on the context of your symptoms.

To receive a diagnosis of depression, you must have five depression symptoms every day, nearly all day, for at least two weeks.

Your provider may order medical tests, such as blood tests, to see if any underlying medical conditions are causing your depressive symptoms.

## **Management and Treatment**

### **How is depression treated?**

Depression is one of the most treatable mental health conditions. Approximately 80% to 90% of people with depression who seek treatment eventually respond well to treatment.

Treatment options include:

**Psychotherapy:** Psychotherapy (talk therapy) involves talking with a mental health professional. Your therapist helps you identify and change unhealthy emotions, thoughts and behaviors. There are many types of psychotherapy — cognitive behavioral therapy (CBT) is the most common. Sometimes, brief therapy is all you need. Other people continue therapy for several months or years.

**Medication:** Prescription medicine called antidepressants can help change the brain chemistry that causes depression. There are several different types of antidepressants, and it may take time to figure out the one that's best for you. Some antidepressants have side effects, which often improve with time. If they don't, talk to your healthcare provider. A different medication may work better for you.

**Complementary medicine:** This involves treatments you may receive along with traditional Western medicine. People with mild depression or ongoing symptoms can improve their well-being with therapies such as acupuncture, massage, hypnosis and biofeedback.

**Brain stimulation therapy:** Brain stimulation therapy can help people who have severe depression or depression with psychosis. Types of brain stimulation therapy include electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and vagus nerve stimulation (VNS).

There are also things you can do at home to help improve depression symptoms, including:

Getting regular exercise.

Getting quality sleep (not too little or too much).

Eating a healthy diet.

Avoiding alcohol, which is a depressant.

Spending time with people you care about.

Care at Cleveland Clinic

Depression Treatment

Find a Doctor and Specialists

Make an Appointment

Prevention

### **Can I prevent depression?**

You can't always prevent depression, but you can help reduce your risk by:

Maintaining a healthy sleep routine.

Managing stress with healthy coping mechanisms.

Practicing regular self-care activities such as exercise, meditation and yoga.

If you've had depression before, you may be more likely to experience it again. If you have depression symptoms, get help as soon as possible.

Outlook / Prognosis

### **What is the prognosis of depression?**

The prognosis (outlook) of depression varies depending on certain factors, including:

Its severity and type.

If it's temporary or long-lasting.

If it's treated or untreated.

If you have co-occurring conditions, such as other mood disorders, medical conditions or substance use disorder.

With proper diagnosis and treatment, the vast majority of people with depression live healthy, fulfilling lives. Depression can return after you get treatment, though, so it's important to seek medical help as soon as symptoms begin again.

Without treatment, depression can: Become worse. Increase your chance of other health conditions, like dementia. Lead to the worsening of existing health conditions, like diabetes or chronic pain. Lead to self-harm or death. Depression accounts for thousands of cases of suicide each year. It's essential to get medical help as soon as possible if you're having suicidal thoughts.

When should I see my healthcare provider about depression?

If you have symptoms of depression, see a healthcare provider or mental health professional. They can give you an accurate diagnosis and suggest treatment options. If you've started treatment for depression and it isn't working or you're having unpleasant side effects, talk to your provider. They can recommend a different treatment plan. Depression is a common condition that affects millions of people every year. Anyone can experience depression — even if there doesn't seem to be a reason for it. The good news is that depression is treatable. If you have symptoms of depression, talk to your healthcare provider. The sooner you get help, the sooner you can feel better.



**Dr. Krishna Parikh**  
**Assistant professor,**  
**Department of obstetrics and gynecology**

## **RELIGION VS SCIENCE**

*“Science without religion is lame, Religion without science is blind.” -Albert Einstein*

The quote perfectly illustrates the complementary relation between science & religion. If you believe in science, you will understand the power of Universe & the supernatural power (religion). Science investigates and do experiments to prove something. Science gives knowledge regarding logics behind beliefs. While if you just follow religion without comprehending the science, it will lead you towards superstitions.

Scientific inventions have made our life simpler and more comfortable. Technology has connected us with the world. Now, world has become so smaller that we can have worldwide day to day updates. Religion teaches us about moral values of life, sympathy & humanity. Religion mainly deals with values. If you are knowledgeable in any field, but you don't have moral values in your life then you won't be considered a good human being. Few days back G20 summit was held in our country and the theme was “वसुधैव कुटुम्बकम्” means the whole earth is just like a family. In that summit they discussed about economy and technology of all the countries. This is one of the best examples that science and moral values (religion) have complemented each other.

There are so many scientists worldwide who try pioneering inventions helpful to mankind but they must have faith in themselves that they are capable of doing it.

Religion teaches us moral values through stories and folk tales. One should understand the religion in a legit way & that our beliefs should not convert into superstition & myths.

Sun according to religion is known as ‘सूर्यदेवता’. If sun disappears for few days, life will be unlivable. We believe that sun is the only God whom we can see daily and worship. According to science if sun disappears for few days, all the unwanted, harmful organisms in the atmosphere will flourish and cause diseases that will affect all human beings, animals and even plants. Heat of sun is very important for survival of living system of the planet. It gives heat, energy and light. Hence, sun is worshipped/considered important both by religion and science.

According to religion Yoga & yoga mudras are mentioned in the ‘ऋग्वेद’. Our rishi-munis performed yoga regularly to keep themselves physically and mentally healthy. If we talk about yoga, according to science it keeps us healthy and keep each muscle of the body fit. Scientifically ‘Suryanamaskar’ has so



much importance that it gives exercise to each and every muscle of the body and increases physical strength. The science of physiotherapy is interlinked with yoga & the benefits it provides.

In ancient time, our rishi-muni, our gurudev believed in 'Samadhi' or 'Dhyan' to connect with God. The same thing now-a-days is called Meditation. In our stressful life, doctors advised to do meditation at least for 10-15min daily to get rid of all the stress and worries which will eventually lead to good health and peace of mind. Yoga & meditation are important points to prove where science and religion complement each other. Some of the religious rituals which are performed have some scientific importance. In ancient days, due to poverty & lack of education, people were unaware of some scientific facts which can affect their daily lifestyle & hygiene. So, to upstand their living habits these scientific facts were given the name of religious beliefs in order to ensure that they are followed.

*Here, some most commonly followed are listed below:*

Belief: If female is in menstruation phase, she can't go to temple or worship God or go to kitchen.

Logic: In previous era, there was no concept of sanitary pads. They were using some jute bed/jute seat during the bleeding phase which was unhygienic and if she isn't well for 3-5 days, then how can she visit the temple or follow other rituals or cook food.

Belief: Tying chilly and lemon at the entrance of shop or business place to prevent some bad evil.

Logic: Chilly and lemon have natural property to kill organisms and it won't allow them to enter in the shop or business place.

Belief: We should not cut our nails in the evening.

Logic: In yesteryears, there were no lights in house in evening time. They used to perform their work with lanterns which doesn't provide enough light. So, if you cut your nails after sunset then it may go into your food and you may consume it which is not advisable. So, that's why they advised to cut it before it gets dark/sunset.

Belief: We should not sleep under tree and specifically under peepal tree at night because evil power commonly known as 'Bhoot' will trap you.

Logic: According to scientific studies there is no photosynthesis at night due to absence of sun. Trees release CO<sub>2</sub> at night. We as a human being also release CO<sub>2</sub>. So, there might be some breathing difficulties which may occur at night. So, it is not advisable to sleep at night under the tree.

Scientific studies suggest peepal tree releases Ozone gases at night which is not good for health. Even peepal leaves contain raisin which causes skin allergy and respiratory problems. So, one should not sleep under peepal tree at night.

Belief: If a black cat crosses our path it can cause misfortune.

Logic: In olden days, people used to travel by cart. If they travelled after sunset, it would be completely dark. Lion, Tiger, Cat etc. have shiny and glowing eyes which glows more in the dark. If one is passing through same route and even animal is also passing through it, animal will be afraid and tries to run or it can cause harm. So, they stopped and let them go first. But, this belief continues till today. Countries like Britain and Japan consider Black Cat as a good luck. Lastly, I would like to say that Science and Religion are like two sides of coin and conclude with a quote by John Paul II

*“Science can purify religion from error and superstition. Religion purify science from idolatry and false absolute.”*



**Dr. Asha Trivedi**  
**Associate professor**  
**Department of organon**

## **Homoeopathy for paediatric age group- General overview**

Homoeopathic physician treats the child as a whole taking into consideration his soma and psyche both. A child lives in his own world, has different problems in his own individual environment. In growing phase of his life he has multiple problems to face like new environments in school, new challenges, new things to learn, new sibling arrival at home, new friends etc. In this phase a child needs care which neither hampers the growth nor let him fall sick. Homoeopathic medicines can play major role here as they are having no side effects, stimulates innate immunity of child and remove obstacles to growth. Thus Homoeopathy is promotive and preventive for child s health and the world can put lots hopes on this science to improvise child s health. Homoeopathy helps a lot by reinforcing child s own natural healing capacity.

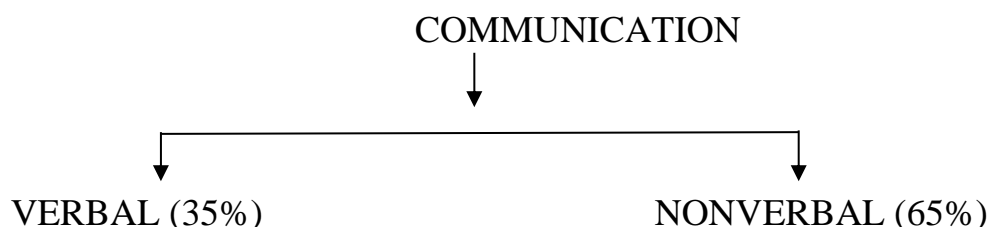
It frees the child of his disease and enhances his immunity and also improves the attitude of child towards life, it channelizes energy of child in a proper direction where he can explore his potential and creativity to a maximum. With the homoeopathic treatment child will experience more energy, to have a clear mind, a sharp memory, and more balanced emotions. Their relationship with the siblings and parents changes. They become less dependent, stronger and more resilient.

Even children who don't have any physical illness should receive the homoeopathic treatment. This treatment helps them in understanding their life better. We have seen with many cases that the child is able to use creative power, which are there within him to the fullest, thus helping him channelize all his energy for his better growth. Child becomes more aware of his aim in life, his responsibilities in life, does all his work without getting divided, any fears and without any anxieties.

People are being more & more aware about homoeopathy and expect a lot from a homoeopath to improve their child's immunity. A homoeopathic physician has to understand child fully after observation and correct interpretation.

Communication is the basic process which we utilise everyday. We can't imagine world without communication, can we? Communication occurs through two processes: sending and receiving messages. Words are not the messages but they are formed in brain and transmit the messages. Word is a basic unit of language and its meaning is understood only when it is included in sentence. A single word doesn't produce any meaning but when a myriad of words is presented as a sentence, it produces a useful meaning. Communication doesn't mean 'talking' or exchange of words only. Actually only 35% of communication occurs verbally, the rest of 65% communication is non verbal. So if we go percentage vice, importance of non verbal communication raises a lot.

A human being communicates through verbal and nonverbal language. Exchange through words refers to verbal communication while non verbal communication refers to external stimuli other than spoken or written words. These are visually perceived elements and perform a role in communication.



An awareness of nonverbal behaviour, both of our own and of others, serves as an advantage in gaining a greater insight into what a person is really thinking, feeling or meaning. Even though a person may try to conceal or control his body language, it is not

easy to do so. The elements which are visually perceived and which perform a role in communication are collectively termed as ‘visual code’ and they are:

1. Personal appearance
2. Gestures
3. Postures
4. Facial expressions
5. Eye contact
6. Space and distancing
7. Voice and intonation
8. Touch

These all are elements of body language and each of them is very important non verbal communication.

***“Children and babies are as different from each other as adults. Obviously they have shorter life stories and this does make things a little easier for the homoeopath. On the other hand there are many additional skills homoeopaths need to learn in order to have meaningful conversations with children.”***

If one tries to solve a child’s case only by subjective symptoms then there will be paucity of symptoms and a fistful number of medicines will come up which are usually being used by physicians. So to get a complete portrait and totality of symptoms one has to go through each and every aspect of patient’s life especially when it’s a child’s case. Thus utility of observation has utmost importance in taking a child’s case to come to diagnosis and similimum as well.

## **GUIDELINES FOR EVALUATION**

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- While taking history, physician has to observe the child and interaction of child with parents.
- Parents and child must be placed at ease with a greeting and reassuring words; the tone of examiner’s voice should convey a willingness to listen and sensitiveness to concerns.



- Observation is best done with a child in comfortable position, usually in parent's lap.
- The child may initially be clinging to parent, so the paediatrician should interact with the child, offer the child an object, or attempt some separation of child and parent to observe the child's response.
- Physician should be responsive to the information being given and should note down the recordings in detail or in key words.
- If parent or child is responding emotionally while giving information, physician should convey empathic understanding.
- The portions of physical examination that require optimal co operation are completed first; generally child being sitted in parent's lap.
- The examiner then should proceed to parts which are more bothersome to child i.e. abdominal examination. Parents should hold the children while examining abdomen, ear and oropharynx.
- Physician should start interaction with open ended questions followed by appropriated questions.
- Primary determinant of malpractice claims is poor physician – patient communication and from the patient's perspective not being herd is the central communication problem so the physician should take out enough time to understand patient.
- A great deal of interview data can be gathered through careful attention to nonverbal cues. **The physician who does not actively note information about facial expressions or body language will miss important information related to patient's mental state.**
- Pt with unmet needs may return or seek care from elsewhere; effectively decreasing efficiency so scanning for nonverbal cues and commenting on them is part of effective interviewing.
- What works with child at one developmental stage will not work at another stage so interaction with them requires attention to developmental issues. So, the toddlers, preschool aged, school going and adolescents should be handled differently during interview.



**Dr. Heena soni**

**Professor,**

**Dept. of materia medica**

## **INDIVIDUAL FLOWER REMEDY.**

We start with a few common flowers growing in our environments.

### **Ashoka Flower** (Saraca Indica)

- For Deep- Seated Grief, Particularly in Older People. Ashoka in Sanskrit Means Without Grief".
- That Is What Exactly the Flower Remedy Does.



### **Bougainvillea**

- A wonderful meditation essence whenever we need to reaffirm our commitment to our spiritual destiny. • When anxiety, fear or mediocrity swamps us, this essence rekindles enthusiasm, interest and emotional well being, promoting our appreciation of the mystic and sacred side of life. • Body pain, stiffness. • Protection



### **Chamomile**

- Irritability. When you feel extremely sensitive or hyper-reactive to your surroundings, touch, electromagnetics, or other irritants. Stress, Inner tension • Digestive issues • Anger
- Brings calmness in the mind.



## **Coriander**

Helpful for transitional times in life such as puberty.

Helps to naturally balance your hormones

Coriander also can bring a clearer communication between people and the insect kingdom by means of working with the devas involved.

There is also some relief for those dealing with heavy metal toxicity. Transformation in the personality may happen.



## **Curry Leaf Flower**

Murraya Koenigi spreng

- It is a healing flower essence for ulcers and hyperacidity caused by an imbalanced diet, which may include a lot of meat and alcohol, and also by mental tension.

This essence produces greater relaxation as well as a balanced awareness and concern about our diet and lifestyle.



## **Drumstick**

Moringa Oleifera

- It is a healing remedy for bronchitis.
- Bitterness, resentment and other pains can be dispelled as this essence aids in building up positive feelings.
- It reduces desire to smoke and resolves difficult emotions.
- Bitterness.

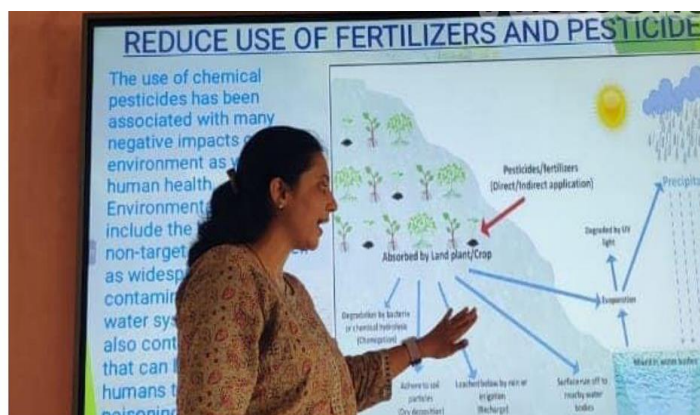




# ACTIVITIES UNDER IYOM AND G20

Different activities were done under IYoM and G20 like

1. A lecture on " Millets- The Super Food" by Dr.Sweta Druv (IYoM)
2. A Tree Plantation Programme (G20)
3. A Seminar on Climate Change (G20)
4. A Quiz competition on "Environment and Climate modalities in Materia Medica "along with a skit or catchy song on millets (IYoM)
5. A Seminar on "Importance of Youth in Democracy"(G20)
6. A seminar on "Importance of Sports in Wellbeing"(G20)
7. Live preparation of recipes from Millets by students (IYoM)
8. A "Rangoli of millets" competition









# YUVAMANTHAN MODEL G20

G20 presidency was celebrated at state, district as well as university level...Vasudaiva Kutumbakam was the theme for India's G20 presidency. Our Institute successfully organised the Yuvamanthan Model G20! Over 23 students participated in Mock G20 summit to tackle global challenges. The theme chosen was Health, Wellbeing and Sports.





# CAMPS, EVENTS AND CELEBRATIONS

## The 'International Yoga Day'



**A Medical check-up and Homoeopathic treatment Camp was organized by SMMHMC in collaboration with Don Bosco Smehalaya.**





## The 77th Independence day



## Matki-Fod On occasion of Janmasthanmi





# EVENTS BY SHREE GOVIND GURU UNIVERSITY

Reverence to Dr Hahnemann function on death anniversary of Dr. Hahnemann.



The 4th Convocation Ceremony on Monday 26th June 2023.





# PHARMACY TOUR

As a part of 1<sup>ST</sup> BHMS curriculum, pharmacy tour was arranged by our institution from 30<sup>th</sup> Sep'23 to 11<sup>th</sup> Oct'23.









# RATRI BEFORE NAVRATRI





# FOUNDATION PROGRAMME

The Foundation Programme for 1<sup>st</sup> BHMS(2023-24) was held in our institution from 1<sup>st</sup> Nov to 27<sup>th</sup> Nov (Total 10 days, 60 hrs).



To,



**Published By:-**

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