

Homeofragment

Quarterly Medical Bulletin
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Advisors

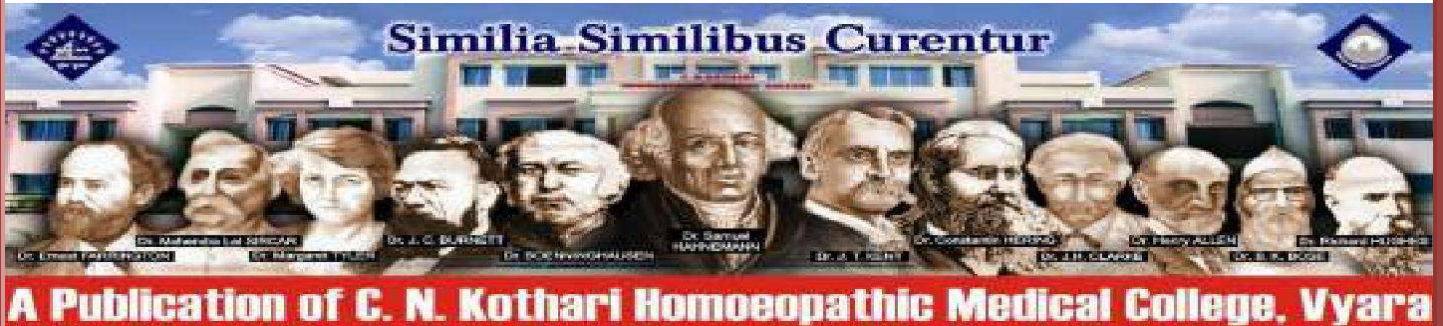
Dr. Ajay K. Desai
Dr. Ghanshyam D. Raval
Dr. (Mrs) Jyoti R. Rao

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Summer and Homoeopathic Acute Medicine

Acute Disease-Totality

- 1 Causation
- 2 L-Location S-Sensation M-Modality C-Concomittent.
- 3 Characteristic Physical Generals
- 4 Characteristics Mental

Role of Homeopathic Medicine

- 1 Vital Force in Acute Disease
- 2 Stimulations of the Vital Force
- 3 Frequent Repetitions as Per intensity of the Condition
- 4 Lower Potency 30 to Medium Potency 200.

Homeopathic Medicine – Headache

- Belladonna
- Glonoine
- Gelsemium
- Nat. Carb
- Nat. Mur

Belladonna

Indication

- Sun Headache, Heat Stroke.
- Sudden and Violent
- Throbbing, Hammering ha (Nat. Mur)
- Rises and Falls like Waves
- Sensitive to Noise, Light, Motion, Jerking (Bryonia)
- After Taking too Much Cold in Summer, Haircut; Washing Head
- >Bending Backward
- Other Condition –Measles, Boils, Intense Dermatitis, Sunburn.

Glonoine

Indication

- Heat Stroke, Over Heated-Curative And Preventive
- Terriblr Bursting ha With Expanding and Contracting Sensation



Dr. Pankaj Lathiya
M.D.(Hom),
Professor,
Dept of Community Medicine

- Blood Rushes Upwards
- Ha Before, During, After Menses or in Place of Menses
- Increase and Decrease with Sun
- <Motion, Bending Head Backward (Opp To Belladona)
- > Holds the Head Tightly, Vomiting
- Also Useful for sudden rises of blood Pressure

Gelsemium

Indication

- Exam Time, summer, Anticipation.
- D-Dullness D-Dizziness D-Drowsiness (DDD)
- Dull, Heaviness
- >Profuse Urination, Sweating, Bending forward (Opp to Belladona)
- Associate C/O Flu like Symptoms ...Also Useful Remedy for Measles in Summer

Nat. Carb

Indication

- Sun Stroke, Bad effect of Sunstroke, Chronic effect, Migraine, over study, Mental Exertion and Strain, Working under Gaslight.
- Physically and Mentally Exhausted, Great Debility
- <Music, Mental Exertion, Cold Drinks When Overheated (Like Bella.)
- Also useful for Diarrhoea in Summer Which Mainly Due to intolerance of Milk.

Nat. Mur

Indication

- Sun Headache, Exertion of Eyes, Mental, Talking, Reading, writing. Migraine and Ha of School Children (Cal. Phos)
- Exact Periodicity – 9 To 11 AmIncreasing With Sun.
- Bursting, Hammering Pain Like Belladona
- < Coughing, Exertion, Music , Menses
- > By Sleep And Pressure On Eyes

G.I.T

- Ars. Alb-
- Nux Vomica
- Ipecac
- Podophyllum
- Ant.Crud
- Ambrosia
- Carbo Veg
- Camphora
- Baptisia
- Pyrogen
- Nat.Phos

Skin

- Sulphur
- Rhus.Tox
- Led Pal
- Apis
- Cantharis

Others Key Note Indication

- Chicken Pox –Variolinum
- Measles- Belladona, Gelsemium
- Summer Boils – Sulphur, Belladona
- Acne in Summer – Bovista
- Asthma in Summer -Syphillinum
- Epistaxis in Summer- Crocus Sativus

Poem for Summer Sun

Sun, Oh Sun, You take away all our Fun,
Heat Cramps, Sun Stroke, Buying Sunscreen Makes Us Broke;
Our Skin you Burn and Tan, and all the time we need fan.
There's Dehydration and Exhaustion, and Prickly Heat causes so much Irritation;
How Can We Forget, You Make Us Perspire, Quick Relief from you we aspire!!!!!!

Homoeopathy for Summer Diarrhoea in children

An acute condition of diarrhea, occurring during the hot summer months chiefly in infants and children, caused by bacterial contamination of food and associated with poor hygiene.

Homeopathy for Diarrhoea in Children Homeopathy can be very beneficial in mild to moderate cases of diarrhoea in children.

Homeopathic medicines are very safe, natural and effective for managing this condition.



Dr. Dhruvi C. Gavli
(M.D. Hom.)
Assistant Professor
Homoeopathic Materia Medica

1. Chamomilla -

It is a very effective medicine

For cases in which a child passes watery, frequent stool. The stool is very offensive and smells sour. Stool is mostly greenish in colour. It may have slimy mucus in it that can be yellow, green or white. Stool may be preceded by pain in the abdomen. With above putrid or sour smelling gas may also pass. It is one of the best medicines in homeopathy to manage complaints of diarrhoea that occurs during dentition.

2. Podophyllum - For Profuse Gushing

Stool

This medicine is beneficial when there is profuse gushing stool. It can be yellow or green coloured. Stool has a very offensive smell. It may contain undigested food particles also. In some cases stool may be mixed with mucus also.

3. Calcarea Carb - When Stool is Offensive

This medicine is helpful for children who pass stool having undigested particles in it and that has an offensive smell. It may smell sour or like spoiled eggs. Sometimes it may have blood also. In some cases the stool is involuntary and may be frothy too. Loose stool may be accompanied with abdominal pain. Use of this medicine is also recommended in case of diarrhea during dentition.

4. Cina - For Watery Stool with White Mucus

This medicine is useful when there is a watery stool with white mucus in it. It may be greenish and slimy. The stool may be preceded by pinching colic in the abdomen. The stool may pass involuntarily sometimes. On some occasions blood may appear in stool.

5. Arsenic album - For Cases of Food Poisoning

It is a leading medicine for cases of diarrhea that results from food poisoning. In cases needing it the stool is thin or watery, slimy with offensive or rotten smell. It may have green mucus in it. Along with it burning sensation may be felt around the navel region. The burning is felt before and during passing stool. In most case vomiting is also there with loose stool. Along with above symptoms weakness can be present.

5. Aloe - For Sudden Urge to Pass Stool

It is a well indicated medicine when there is sudden urgency to pass stool. The urge for stool occurs soon after eating or drinking. The stool is watery, lumpy or mushy. Sometimes mucus passes in the stool. Its use is also considered when stool is passed involuntary when passing gas.

6. Rheum - For Greenish Sour Smelling Stool

It is a very suitable medicine for children who pass thin greenish stool with sour smell. It is accompanied by abdominal colic. The pain may be pinching type. Increase salivation is present with this.

7. Ipecac- For Loose Stool Attended with Nausea, Vomiting

This medicine works well when nausea and vomiting occurs with loose stool. Along with this colic is also there. It is mainly indicated when loose stool occurs from eating unripe fruits, sweets or during dentition. The stool is main yellow or green coloured.

8. China - For Loose Stool with Excessive Gas.

It is helpful when stool is attended with excessive gas.

The stool is profuse, loose. It may be greenish or brownish. It can have undigested food in it. It has marked putrid smell. Weakness may occur with above symptoms. It is also a very suitable medicine when diarrhea occurs from eating fruits.

9. Colocynth - For Managing Stomach Cramps

It is very suitable medicine to manage stomach cramps. In cases needing it cramps in the stomach gets worse after taking food or drink. Bending double or hard pressure helps to relieve the pain in the stomach. Stool is watery, yellow and frothy in cases that need it. Lastly during stool gas is also passed.

10. Silicea - For Frequent Loose Stool

This medicine is well-indicated for cases in

stool is loose, frequent and contains undigested food particles in it. Sometimes stool is frothy or contains mucus also. Stool is most of the time painless in cases that require it. Weakness may occur with this.

Summer Complaints in Various Age Group Both Sexes

The term “summer complaints” was used to refer to a “form of bowel disorder of infants characterized usually by diarrhea, sometimes by constipation and accompanied by more or less well marked symptoms traceable to the central nervous system.” Also called “summer diarrhea” caused by bacterial contamination of food and associated with poor hygiene.

- Heat stroke or hyperthermia is a common summer disease that result from prolonged exposure to high temperatures. This complaint last for one or two weeks.
- Common summer infection are Ehrlichiosis/ anaplasmosis, enteroviruses and west Nile virus.
- Common symptoms are fever, coughing, runny nose, nausea, headache, dizziness, disorientation, fainting, heavy sweating, cramps, weakness, unconsciousness, sore throat, fatigue.



Dhruvi Rohit
1ST BHMS

Summer complaints seen in infants to child of age (5-13):

- Diarrhea is common in babies.
- The children of school aged get affected by food poisoning.
- Children have blisters or ulcers in mouth and on their hands and feet.
- Another common summer time virus is “Parainfluenza virus 3” it cause croup, bronchiolitis, and pneumonia.
- Dehydration is another most seen in children just because we lose a lot of water & salts in the form of sweat. This loss should be replenished for normal functioning but children fail to do so they get fized even faint, feels weakened.
- Food poisoning: Bacteria thrive in warm and moist environment and so food poisoning and occurence of diseases due to food infection is more during summer days.
- Polio virus: one of the most common diseases caused by viruses found in summer .Children feel slight throat, infection and fever, meningitis or paralysis occur within few days.
- Mosquito borne disease: inattentive accumulation of water leads to mosquito. Borne disease like dengue, Malaria and other diseases.
- Water borne disease: a few other common summer disease include diarrhea, cholera.
- Babies and young children are highly vulnerable to heat because of their small size .They become dehydrated and develop heat stress more quickly as compared to adult.
- as children are more often seen in parks and gardens during evening time there can be fear of been getting infected by the bite of black legged ticks commonly found in grassy and wooden areas.

Complaints seen in adults (including teens) & old age people:

- » Heat stress can exacerbate existing health conditions common in older people, such as diabetes, Kidney diseases and heart disease.
- » young people and adults face lower health risks from the heat, extended periods of hot weather can Adversely affect our mood. High overnight temperatures are associated with increased crime rates, decreased productivity and poorer academic .

- » An elderly person's skin does not produce sweat and cool the body as efficiently as a younger Person skin.
- » Dehydration also affects other people's blood pressure, making falls more likely.
- » Hot weather can affect blood sugar control for people with diabetes. Heat stress can increase blood sugar levels even in people without diabetes.
- » Some added to this, heat stress may cause disorientation, confusion and delirium. Risk is more pronounced for elder people with cognitive conditions and dementia.
- » LBM or loose bowel movement is more common during summer because people are much addictive to eating Street food. Exotic dishes can also trigger hyper acidity and cause vomiting.
- » Heat stroke individual who spend numerous hours outdoors are at higher risk of suffering this complain.
- » Acne & pimples in teens may appear all year round but warmer temperature can also cause excessive oil build up leading to excessive pus formation.
- » another potential ailment during this season is atopic dermatitis, commonly known as eczema. This leads to skin inflammation, itching, dryness & cracking.
- » Typhoid fever is a disease caused by the salmonella typhi bacterium. Frequently affects die to consumption of food contaminated with bacteria.

Some common complaints seen in every age group

- Heat stroke or hyperthermia is a common summer disease that result from high temperatures.
- Signs of heat exhaustion like headaches, dizziness & weakness and results in unconsciousness, organ failure.
- Mumps: it is extremely contagious viral disease. It is known to occur mainly in children during peak summer.
- It affects the carotid glands in front of the ears causing g severe swelling, pain and fever.
- Measles: common summer disease is a contagious respiratory infection caused by a virus. Its initial symptoms include high fever, Cough, runny nose, sore throat and red eyes.
- Symptoms later progress to measles rash, fever, tiny white spots, within the mouth.
- Heat rashes: pink or red rash usually found on areas of body covered with clothing.
- Happens during hot humid conditions and is most common in children.
- fainting, confusion or acting strangely, not sweating even when it's hot, dry flushed skin, strong, rapid pulse a slow, weak pulse.

Talking more detail about complaints in women during summer:

□ UTI (urinary tract infection):

UTI are very common in summer Dehydration is the main cause.

□ Vulval & vaginal infections:

Vaginal infection or candidiasis. Yeast thrives in warm temperature and in moist condition.

□ Heat boils:

Which are blocked hair follicles, frequent problem due to the heat and sweat?

□ Renal stones:

While urinary tract infection is the common problem a substantial in women presenting with renal stones is seen in summer. Women may experience blood in their urine

□ Menopause:

Some women, who are menopausal, can experience flushes or a sudden flash of heat, which can be quite uncomfortable.

Complains prominent to Man:

They are as listed:

- Heavy sweating
- Cold, pale and clammy skin
- Fast weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache.

Males are more likely to get a heat illness than females.

Reference: Allen's keynote, H.C. Allen.

Group study in Homoeopathic Materia Medica, J. D. Patil.

Homoeopathic Materia Medica with Repertry, Boericke's

Seminar

On 11-1-24, C. N. Kothari Homeopathic Medical College Organized a Seminar in association with HMAI Vyara Unit Vyara. The Topic of the Seminar was - Exploring Repertry in Practice & the Speaker of the Seminar was Dr. Mahavir Ghiya, Professor & HOD of Repertry from Govt. Homeopathic medical College, Dethali, Gujarat. The Seminar was attended by Students of 4th & 3rd BHMS of the College & teaching faculty. The Seminar was arranged by Seminar Committee Incharge & Faculty of Repertry Dept. It was guided by Principal of the College Dr. Mrs. Jyoti R. Rao.



Webinar

The research Team of the college including students & faculties have attended the 3rd Lecture of webinar series-"RISE": Research interactions for student enrichment, enhancement and encouragement: A webinar series organized by Central Council for Research in Homoeopathy, New Delhi.



Republic Day Celebration

C. N. Kothari Homoeopathic Medical College and Research Center, Vyara enthusiastically celebrated 75th Republic Day. All invitees gathered in college campus for flag unfurling. 1st year BHMS student Sakshi Hirani Escorted the Chief Guest & marched towards the Flag. Flag was unfurled by Honorable Dr. Nitinbhai Shah. Then the Chief Guest of the day delivered a short patriotic speech. After that Dr. Bhavin Modi on behalf of Principal Dr. Jyoti R. Rao addressed the doctors and students to make more and more progress for the betterment of the country and the name of the Institution.

The anchoring of this Programme was done by 3rd BHMS student Jignyasa Ahire & Deepanshi Jain. Then all dispersed after taking sweets.

This program was conducted by the Activity Committee under the guidance of Principal.



College Foundation Day Celebration

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara celebrated its 24th Foundation day on 05/02/2024 by Felicitation of some of the staff members of college & hospital who have been attached to who worked diligently for the Institution. Principal Dr. Jyoti Rao gave a brief overview of the progress made by the institution & paid tribute to then President, Secretary & Other Trustee members like the Institution Since inception. Dr. Dhruni Gavli delivered welcome speech & applauded those colleagues Late Dr. Markand Bhatt for their untiring efforts for upliftment of the institution. Mr. Daxeshbhai Shah, Dr. Pramodbhai Patel, Dr. Bhavinbhai Modi, Dr. Pankajbhai Lathiya, Dr. Swapnil Khengar, Dr. Ashokbhai Gundigara & Mr. Ketanbhai Shah expressed their experience working with the institution. Staffs working since inception of college have cut the cake & they were Honoured with special gifts.

Dr. Dhruni Gavli anchored the entire event so smoothly & efficiently. Dr. Swapnil Khengar offered vote of thanks & did not forget to thank the institution for shaping his career. College arranged breakfast & cake for all staff members. The whole event was Co-Ordinated by Activity Committee under the guidance of Principal Dr. Jyoti R. Rao.



Vasant Panchami

C. N. Kothari Homoeopathic Medical College & Research Center, Vyara. Celebrated Vasant Panchami on 14/02/2024 Principal, Teaching, Non Teaching Staff & students worshipped Maa Saraswatiji by flowers & prayer. All staff & students dispersed with sweets. The entire program was co-ordinated by Activity committee under guidance of Principal Dr. Jyoti Rao.



Voter Awareness

We are organizing voter awareness by keeping in mind the upcoming Lok Sabha election 2024. To create a awareness among the students on voting some activities organized in C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara a quiz competition (Google form) in that asked MCQs related to election constitution & importance of our vote for better & development of our country. It was conducted on 29 of February.

On 2 March, to spread awareness about value of vote in democracy few students drawn “Rangoli” in college premises.

Also March 5, 2024 As part of this occasion the Voter’s Pledge was administered the students of C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara Students pledged to uphold democratic traditions of our country and the dignity of free, fair and peaceful elections without being influenced by considerations of religion, race, caste, community, language or any other inducement.

The whole event was guided by Principal Dr. Jyoti R. Rao.



Report of World Water Day Celebration

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara celebrated “World water day” on 22nd March 2024 as per directives of Jal Shakti Ministry of Govt. of India by taking pledge. In this event Students of 1st BHMS (2022-24) & 1st BHMS (2023-25), Teaching faculties of college, Non teaching faculties of college, staff from naturopathy department and hospital staff participated. Dr. Bhavin Modi, Committee member of Jal Shakti Committee of college administered the pledge with above participants. Dr. Jyoti Rao, Chairperson of the Jal Shakti Committee of college, delivered meaningful lecture and urged to save water. The event was organized by Jal Shakti Committee of college & Activity Committee under guidance of Principal Dr. Jyoti. R. Rao.



Holi Celebration

On March 23rd, C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara allowed the students to celebrate Holi. There were few rules followed to avoid inconveniences to others.

The colors used in during the celebrations were free of pollutant compounds. To promote "Save Water" Initiative, only dry colours are allowed for holi celebration. Use of water was strictly prohibited.

This celebration is mainly to bring out the Indian culture and unite all the students despite of their variations.

All the faculty members also celebrated the Holi festival. The celebrations begin with the saraswati Pooja. Whole programme was arranged by Activity Committee under the guidance of Principal Dr. Jyoti Rao.



Homoeopathic Camp

Kalidas hospital affiliated to C. N. Kothari Homeopathic medical College and research institute, Vyara organized free Homeopathic camp at M. K. Patel school, Madhi, Indu Milk Dairy and Paniyari PHC Centre on 3rd March 2024, 31st March 2024 and 7th April 2024 between 10:00 am to 02 :00pm. Sadbhavana group, Madhi and Doctors, Dudh Dairy members and PHC staff opened the camp for the village people by lighting the lamp.

The Camp was conducted by Dr. Dilpa Parmar with the help of Internees and students. The whole program is done under the guidance of College Principal Dr. Jyoti Rao and Organised by Dr. Vaishali Thakur, head of the camp committee and her team.



Mega Diagnostic medical camp

On 8th March 2024, on the occasion of International Women's Day, a free Mega Diagnostic medical camp was organized by C.N. Kothari Homoeopathic Medical college & Research Center, Vyara in collaboration with Kalidas Homoeopathic Hospital, Vyara and Indian Red cross society Tapi, Homoeopathic Medical Association of India , Vyara , and Homeopathic Doctors for Children (NGO) in Surat. The camp was held on March 13 and March 14, 2024, in the adopted villages of college Paniyari, Khushalpura, Katasvan, Indu, and Rampura.

The lamp lighting ceremony of the camp was done at Paniyari Village by the sarpanch Mrs. Ushaben A. Gamit and Dr. Jyoti Rao, Principal of the college, Sarpanch Mrs. Sunitaben A. Gamit of Indu village, Sarpanch Mrs. Vibhutiben H. Chaudhari of Khushalpura village, sarpanch Mr. Chetanbhai A. Chaudhari of Katasvan village, and Sarpanch Mr. Jagubhai B. Gamit of Rampura village.

During the camp, sanitary pads were distributed to girls aged 11 to 15 by HDC NGO, and women were provided with sanitary pads by HMAI Unit, Vyara and IRCS Tapi. Additionally, Hemoglobin estimation and blood pressure Measurement done of all women. A large number of women patients were attended to during this camp.

Services were provided by homeopathic specialist Doctors during this camp. The comprehensive organization of this camp was successfully carried out under the guidance of the college's Principal Dr. Jyoti Rao and camp committee headed by Dr. Vaishali Thakur and her team.



General Camp

On occasion of the Birth anniversary of Late Shree Jagdishbhai Chandulal Shah (Kachwala), Kalidas hospital affiliated to C.N. Kothari Homeopathic Medical College and Research institute, Vyara and HMAI, Vyara Unit pay tribute to Late Shri Jagdishbhai Shah (Kiranbhai and College faculties opened the program by lighting the lamp.

Dr. Pankaj Lathiya delivered the speech on importance of millets to the school students. Later on kites, laddoo and chikki distribute to the school students. Kachwala) on his birth anniversary on the festival of charity "Makar Sankranti" by donating kites, laddu, chikki to kids of Primary School, Tadkuva on 09th January 2024. Trustee Shree Keyurbhai Shah, School Principal

The whole program is done under the guidance of College Principal Dr. Jyoti Rao and Organised by Mr. Daxeshbhai, HMAI president Dr. Bhavin Modi and Dr. Vaishali Chaudhari, head of the camp committee and her team.



Field Visit

District & Sessions Court Visit by FMT Department

Forensic medicine department successfully completed field visit of District & Sessions court, Vyara on 3/1/2024 for second year students of the college as a part of curriculum.



Forensic science Laboratory, Surat Visit by FMT Department

Forensic Medicine department of college successfully completed field visit of Forensic Science Laboratory Surat on 08/01/2024 for 2nd BHMS students of the college as a part of curriculum designed by [National Commission For Homeopathy](#), New Delhi.



College Boys Cricket Team Secured 2nd Position

Many congratulations to boys cricket team of college for securing 2nd position (Runner Up) in Homoeo Novus Cup Organized by S. S. Agrawal Homoeopathic Medical College, Navsari on 09 Jan 2024.



Educational visit by Homoeopathic Pharmacy Department

Homoeopathic Pharmacy Dept. of College arranged educational visit of Medisynth Homoeopathic Pharmacy Located at New Mumbai on 22 and 23 January 2024 for the students of 1st BHMS (Batches 2022-24 & 2023-25) as per curriculum designed by National Commission for Homeopathy, New Delhi. Students were oriented about preparation of medicine and dilutions on large scale, external application, tablet Preparation along with quality control. Students had an interactive session with Dr. Prakash Joshi, retired Quality Control officer from HPL.



Orientation cum Training Workshop For newly recruited & existing assistant professors

Orientation cum Training Workshop [Module-I & II] For newly recruited & existing assistant professors On Date: 27 & 28 March 2024. At Place: Harshad-Chandulal Auditorium

Topics & Resource persons of Day 1 (27/03/2024)

1. Administrative training - Dr. Jyoti Rao.
2. Academics & Record Keeping - Dr. Bhavin Modi.
3. Master & Dept. Time table - Dr. Swapnil Khengar.
4. Exam training - Dr. Meena Kalra.

Topics & Resource persons of Day 2 (28/03/2024)

1. How to be a podium smart? - Dr. Bhavin Modi
2. Research & Publication - Dr. Jyoti Rao



Achievement

An Elocution competition organized on the occasion of the birth Anniversary of Pioneer Swami Vivekanandji observed as the “Yuva Divas” with the subject- ભારતનો ભાગ્યવિધાતા યુવા મતદાતા-મતદાતાનું મહત્વ organised by Bhartiya Janta Yuva morcha. In this competition Yuva Girl student of 4th BHMS of college Miss. Hiteshi Manishkumar Patel took part and represent college with the Aim to address youth of society and compel them for the voting by being a vigilant voter. And Secured 1st Rank and got appreciation prize, a book, bouquet and certificate. She thanked Principal Madam and activity committee of college for the support and guidance.



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C. N. Kothari Homoeopathic Medical
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Vilasini K. Desai Arogya Sankul, near vanchetna, Kakrapar by pass Tadkuva,
Vyara-394 650 Dist. Tapi ph. (02626) 224651 Mo. 7861849892

E-Mail:cnkotharicollege@gmail.com

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