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Quarterly Medical Bulletin
Issue No. 1, April, 2023



Advisors

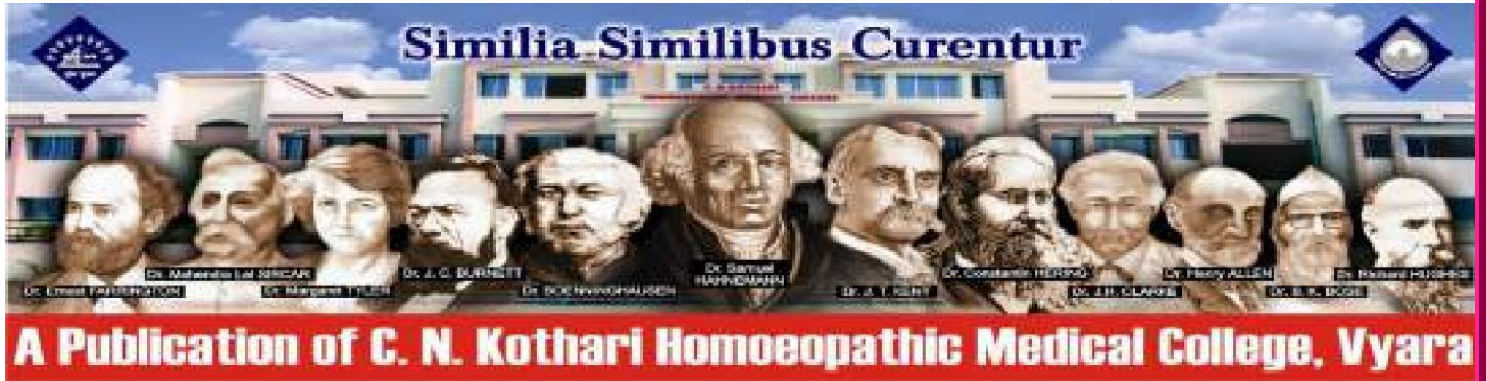
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Dr. Hahnemann "The Great Benefactor of Mankind"



Letter to Patient on Cheerful Methods of Life.



Dr. Amitrai K. Shah DHMS
Professor,
Dept of Organon of Medicine

Today it's Great pleasure to share with u Our Master's Guideline for Healthy and Successful life.

How Homoeopathic Drs and students to cultivate it, How u filtered out this as Greater as u can Take and Digest.

Hahnemann taught us, How Homoeopathic Physician remain and Maintain long lasting health And Enjoy the Taste of life with Cheerfulness too.

As we all know Homoeopathy Teaches u the Life if u follow Hahnemann guidance as well as the Nature's law properly. How Homoeopathy Drs work for his patients and the Way he is working so hard but in what way he has to work Master teaches us in this articles, what attitude and Gratitude we saw to Nature with our practice and work Master teaches us.

This articles impress me a lot so sharing with u and feel pleasure too.

Out of u so many had read this too still go once again

The title of the chapter is this

LETTER TO PATIENT ON CHEERFUL METHODS OF LIFE.

He has written for the patient but I feel we must take it positively for us to progress in life.

As a Homoeopath we practice this first and then Advice or guide to patient. i feel after this we do a justice to Masters word..

So just sharing with u please read. Thank u.

LETTER TO PATIENT ON CHEERFUL METHODS OF LIFE.

Man (the delicate human machine) is not constituted for over work, he cannot overwork his powers or faculties with impunity. If he does so from ambition, love of gain, or other praiseworthy or blameworthy motive, he sets himself in opposition to the order of nature, and his body suffers injury or destruction.

All the more if his body is already in a weakened condition; what you cannot accomplish in a week you can do in two weeks. If your customers will not wait they cannot fairly expect that you will for their sakes make yourself ill and work yourself to the grave, leaving your wife a widow and your children orphans. It is not only the greater bodily exertion that injures you, it is even more the attendant strain on the mind, and the over wrought mind in its turn affects the body injuriously. If you do not assume an attitude of cool indifference, adopting the principle of living first for yourself and only secondly for others, then there is small chance of your recovery. When you are in your grave men will still be clothed, perhaps not as tastefully, but still tolerably well.

Our temporal circumstances are not improved by overpressure at work. You must spend proportionately more in your domestic affairs, and so nothing is gained. Economy, limitation of superfluities (of which the hard worker has often very few) place us in a position to live with greater comfort that is to say, more rationally, more intelligently, more in accordance with nature, more cheerfully, more quietly, more

healthily. Thus we shall act more commendably, more wisely, more prudently, than by working in breathless hurry, with our nerves constantly over strung, to the destruction of the most precious treasure of life, calmly happy spirits and good health.

"Be you more prudent, consider yourself first, and let everything else be of only secondary importance for you. And should they venture to assert that you are in honor bound to do more than is good for your mental and physical powers, even then do not, for God's sake, allow yourself to be driven to do what is contrary to your own welfare. Remain deaf to the bribery of praise, remain cold and pursue your own course slowly and quietly like a wise and sensible man. To enjoy with tranquil mind and body, that is what man is in the world for, and only to do as much work as will procure him the means of enjoyment— certainly not to excoriate and wear himself out with work.

The everlasting pushing and striving of blinded mortals in order to gain so and so much, to secure some honor or other, to do a service to this or that great personage this is generally fatal to our welfare, this is a common cause of young people ageing and dying before their time.

"The calm, cold-blooded man, who lets things softly glide, attains his object also, lives more tranquilly and healthily, and attains a good old age. In order to win the race, quickness is not all that is required. Strive to obtain a little indifference, coolness and calmness; then you will be what I wish you to be. Then you will see marvellous things; you will see how healthy you will become by following my advice. Then shall your blood course through your blood vessels calmly and sedately, without effort and without heat. No horrible dreams disturb the sleep of him who lies down to rest without highly strung nerves. The man who is free from care wakes in the morning without anxiety about the multifarious occupations of the day. What does he care?

The happiness of life concerns him more than anything else. With fresh vigor he sets about his moderate work, and at his meals nothing, no ebullitions of blood, no cares, no solicitude of mind hinders him from relishing what the beneficent Preserver of Life sets before him. And so one day follows another in quiet succession, until the final day of advanced age brings him to the termination of a well spent life, and he serenely reposes in another world as he has calmly lived in this one.

"Is not that more rational, more sensible?

Let restless, self destroying men act as irrationally, as injuriously towards themselves as they please; let them be fools. But be you wiser! Don't let me preach this wisdom of life in vain. I mean well to you.

"Farewell, follow my advice, and when all goes well with you, remember.

"Dr. S. Hahnemann.

Reference: Life and Letters of Hahnemann, By Bradford...Ch number -16

PROOF OF SIMILIMUM

How then to make out whether or not your remedy is the right one.

There are certain criteria's to be followed and examined when the patient comes for the follow-up. e.g.



**Dr. Shradha Dholiya
M.D. (Hom),
Assistant Professor,
Dept of Organon of Medicine**

- 1) The PROOF of correctness and 'Right' prescribing is provided by the patient himself. After a minimum dose 'similimum' stimulus, following changes could occur
 1. Disappearance of weakness (if any)
 2. Normalizing of stamina & desire to work.
 3. Restoral of original desires and passion (i.e. to read, play, eat, study, wander etc.)
 4. Normalizing of sleep - (without dreams)
 5. Normalizing of appetite and stool.
 6. Increase in tolerance to aggravating factors (e.g. noise, sun, wind, cloudy weather, cold food & drink air)
 7. Decrease in sensitivity to rudeness, offences, or any other exciting emotional factors.
 8. Tempering off, of tempers, reduction of fears and anxieties.
 9. Disappearance of symptoms from higher layer to lower layer progressively and simultaneously and appearance of symptoms in lower layer of disease as well as in outward and downward direction(e.g. pain in heart better, going to pain in neck first, lumber region next, the knee further, down to the ankle, heel and lastly the toe and from the toe to cause acidity or diarrhoea and lastly to eruptions on skin

The eruptions or pains on upper part of the body like face and neck should disappear first followed by the ones on trunk and extremities.
- 2) Appearance of any new lesion or eruption or pain above the level of already existing ones is a bad sign which would INVARIABLY lead to suppression. Appearance of new ones below or on extremities with disappearance of lesions already existing is a good sign.
- 3) The circular lesion should disappear by shrinking of the area of lesion i.e. here the healing should take place from outside in. This leads to cure. Contrary to expectations the local lesion (singular circular) the cure cannot take place from inside out that means the centre should not heal first followed by edges. This is sure suppression and one can expect a boomerang of the lesions and severe aggravation on face and scalp or any higher up places. This centre to periphery type of healing shall invariably be associated with loss of interest in work or reduction in stamina to work or disturbed sleep and bowel movements.
- 4) When skin eruptions are receding, appearance of dullness, giddiness, loss of interest in work or sleep reduced stamina and bad bowel movements, loss of appetite or appearance of joint pains; sneezing or

burning urine is a definite indication of the Ongoing Suppression. If the same treatment is continued one can mathematically expect bronchitis followed by asthma or diarrhoea or urinary tract infection (i.e. an affection of Respiratory tract, G.I.T., or urinary tract) to follow the previous complaint without much delay.

- 5) Appearance of any deep infection i.e. patient suffering from acute conjunctivitis, Parotiditis or jaundice or any infections diarrhoea during the course of the treatment is a sure-shot indication that the 'Resistance' of the patient which the homoeopath aims at building up is not coming up to the mark Especially within. (A single dose of the right constitutional similimum takes less than 24 hours to Strengthen the immunity in the endodermal derivated mucous membrane or respiratory tract, GIT and urinary tract)
- 6) Very often we find often eczematous eruptions have disappeared the skin suppurating in certain parts of boils large, red, inflamed and painful being thrown up with fever. This also is a bad indication since one cannot justify exteriorization of disease with reduced immunity and increased susceptibility to streptococcus or staphylococcus. Our Right Similimum should make the tissues and the body parts unlivable, and unthrivable places for all bacteria and fungi - (and hence no need of antibiotics to get rid of them.)
- 7) Appearance of gum boils or apthae in the mouth during the treatment of skin lesions is a bad sign.
- 8) If a patient does not respond favourably after single stimulation or relapses frequently or has to be given frequent repetitive doses to make a skin lesion disappear be sure - you are suppressing.
- 9) If higher and higher potencies are required i.e. patient responds favourably to mezerium 30 but relapses often and later mezereum 200 or 1000 is given repeatedly to make the symptoms disappear - it is frank Suppression.
- 10) Disappearance of symptoms in reverse order of appearance down the chart of suppression is a must. Where cases are incurable a stage of compensation is attained where-in a disease symptom which is less morbid is created in the body and persists with a general improvement in all other natural habits, tolerance and functioning of the patient.
- 11) If the above sequence occurs with the above general and mental improvement in all cases, acute or chronic, then and only then a homoeopath is a RIGHT prescriber.

Reference :- Theory of Suppression ,by Dr. Praful Vijaykar

Update upgrade & be yourself

In the era of android, ios, tesla. Applications like what's app instagram facebook twitter google chat gpt... and other platforms...we often receive pop up on our screen buddy "Update" and we follow this as our "call of duty" and immediately its done. While updating mobile, applications, laptops, some where we forgot to update ourselves in this Sci-Fi world with wifi in it. If we took a tour in the lanes of history in 1700 -1800s.

our masters Dr. Christian Frederick. Samuel Hahnemann who travelled, and explored to various city... & though always lived in curiosity.

The passion to gain and grow more knowledge help him updating, upgrading & being true to self gave us the "Homeopathy" If our master was satisfied with the practices of that time. We never have followed his foot step nor Homeopathy have existed. Dr. Hahnemann's desires to set a system with principles in it made him to write the "organon of Medicine " his first edition in 1810 to last edition in 1843(though it got printed in 1921) never disappointed in trusting him and upgrading the level of knowledge in that era's practioners . He revived and revised his editions to the mark fitting the current situations of time. He never stopped updating upgrading his knowledge from first editions Gellert's line to coining "aude sapre" from "vital force" to "vital principles" and giving a science correlated with physics and art in it. Case taking and 50 millisimal are some example. While updating all edition with maximum to minimum amount of time he never become rigid ,with the flexible mindset to be the best version he could be for his pathy and followers ,he worked hard and unaffected by critics opinions .He took what was good for pathy and humanity and discarded the rest. Dr Hahnemann in his writings is more spontaneous and after self enlightenment with his own experience, so when he quoted any references he does the needful experiment with it. He was firm believer of experiences rather than collection for all sources as we do in current era.

Today's generation taking " be yourself" in the way being deaf, ignorant, behaving rude and rigid in unsocial manner where Dr. Hahnemann lived that by the mindset that "not all battles are to be fought for "Update not only your tech gadgets but your mind setup grade your livings tandards but also your behaviour Be yourself but for good of all A mind to absorb and soul longing for growth help individual to have a healthy body.

Refrence:- Samuel Hahnemann His Life & Work, by Dr. Richard Haehl



Dr. Richa Upadhyay
M.D. (Hom),
Assistant Professor,
Dept of Organon of Medicine

Seminar

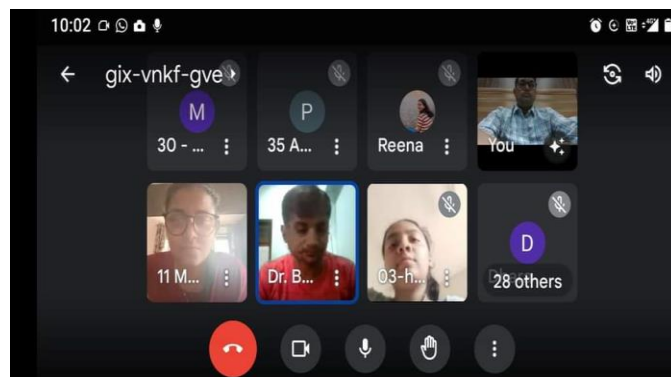
A Seminar was organized at C. N. Kothari Homeopathic Medical College Vyara in association with HMAI Vyara Unit. The Speaker of the Seminar Dr. Ravindra Korat, Gynecologist with IVF & Infertility specialist from Surat presented on the Topic of Infertility & IVF. On this Occasion Dr. Satish Katrodiya, a senate member of V.N.S.G.U. Surat was felicitated. The Speaker spoke about causes & management of Infertility & Use of Latest IVF technology. In this Seminar Students of 4th BHMS, Interns & Teaching faculty of the College made their presence with enthusiasm. The Seminar was organized under guidance of Principal Dr. Jyoti R. Rao Madam by Seminar Committee headed by Dr. J. J. Jain. The HMAI Vyara unit was also actively involved in arranging the Seminar headed by Dr. Bhavin Modi & Dr. Pankaj Lathiya.



Webinar-1

C. N. Kothari Homeopathic Medical College & Research centre, Vyara & HMAI, Vyara Unit organized Webinar series on Sundays 10am onwards from 22 Jan 2023 on different clinical topics of homoeopathy & research by speakers of college teaching staff and interns on google meet.

Webinar#01 conducted successfully by Dr. Bhavin Modi & Internee Miss. Mansi Hadiya on "Renal Calculi & Discussion on some cases treated with homoeopathy". The webinar was highly informative and interactive. Dr. Tushar Dhimmer offered vote of thanks. Dr. Pankaj Lathiya organized the webinar under guidance of Principal Dr. Jyoti Rao.

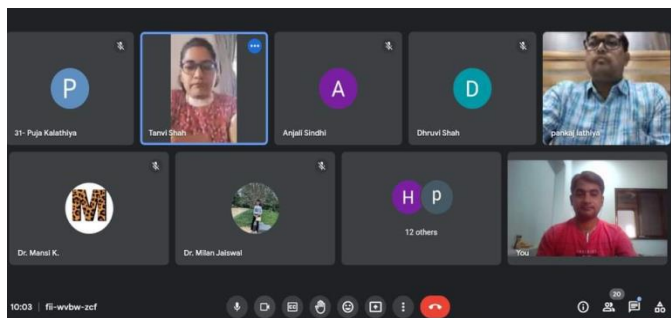
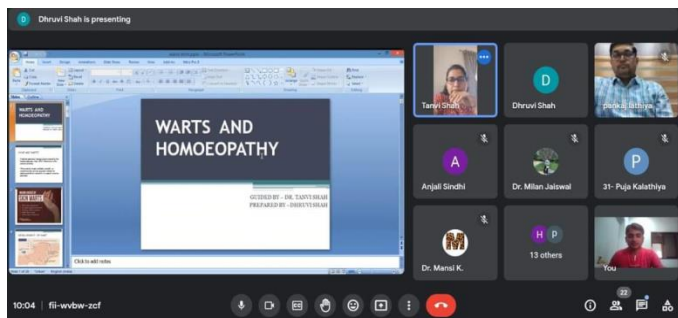


Webinar-2

C. N. Kothari Homeopathic Medical College & Research centre, Vyara & HMAI, Vyara Unit organized Webinar series on Sundays 10am onwards from 22 Jan 2023 on different clinical topics of homoeopathy & research by speakers of college teaching staff and interns on google meet.

Webinar#02 conducted successfully by Dr. Tanvi shah & Internee Miss. Dhruvi Shah on "Warts & Homoeopathy". The webinar was highly informative and interactive.

Dr. Vaishali Chaudhry offered vote of thanks. Dr. Pankaj Lathiya organized the webinar under guidance of Principal Dr. Jyoti Rao.



Republic Day & Vasant Panchami Celebration

C. N. Kothari Homoeopathic Medical College and Research Center, Vyara enthusiastically celebrated 74th Republic Day & Vasant Panchami together. All invitees gathered in college campus for flag unfurling. 4th year BHMS student Akash Hingu Escorted the Chief Guest & marched towards the Flag. Flag was unfurled by Honorable Mr. Dineshbhai Narendrabhai Bhatt, Trustee of the Institute. Then the Chief Guest of the day delivered a short patriotic speech. Then the 4th BHMS student Miss. Pinal Chaudhari delivered an inspiring speech on the topic "Contribution of Tribal Heroes in the Freedom Struggle". 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.

On this auspicious occasion prize distribution of Live Anatomy Sketching Competition which was conducted on 19/12/2022. Prizes given to winners of the competition as Follows:

First prize – Rs. 3500/- Sneha Pandidar & Charmi Mangukiya

Second prize - Rs. 2500/- Aayushi Sanepara & Ankita Vadhel

Third prize - Rs. 1500/- Unnati Tandel & Priya Shinde.

This competition was organized by HOD of Anatomy department Dr. Jayantilal J. Jain.

The anchoring of this Programme was done by 4th BHMS student Dhankara Keval. After this all gathered for Vasant Panchami puja Celebration. Trustees of the institute, College staff, Hospital Staff and Students worshipped maa saraswati with flowers. 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 22nd Foundation day on 06/02/2023 by Felicitation of some of the staff members of college & hospital who have been attached to the Institution Since inception. Dr. Bhavin Modi delivered welcome speech & applauded those colleagues 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 Late Dr. Markand Bhatt for their untiring efforts for upliftment of the institution. Mr. Daxeshbhai Shah, Dr.Pramodbhai Patel, Dr. Jayeshbhai Patel, Dr. Swapnil Khengar, Dr.Meena Kalra, Dr.Piyushbhai Pandya Expressed their Experience working with the institution staffs working since inception of college have cute the cake & they were honoured with special gifts.

Dr. Dhruni Gavli anchored the entire event so smoothly & efficiently. Dr.Tushar Dhimmer offered vote of tanks & 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.



Orientation Program

C. N. Kothari Homoeopathic Medical College & Research Centre, Vyara arranged Orientation Program for 1st BHMS students on 17/02/2023. All new students with their parents were attended the event. Principal Dr. Jyoti Rao delivered welcome speech after Sarasvati Vandana and deep pragatya. Dr. Bhavin Modi introduced college & academic curriculum. Mr. Daxeshbhai Shah gave information regarding administrative procedures. Dr. Meena Kalra highlited Kalidas hospital and it's activities. Dr. Swapnil Khengar presented sports related activities of college & shown glimpses of Cultural activities. Dr. Ghanshyam Raval has delivered a wonderful motivational speech. Dr. Ajay Desai briefed overall activities of the trust. Dr. Dhruni Gavli offered vote of thanks. The event was anchored by Dr. Anjali Sindhi. Principal appreciated all activity committee members including supporting staff of college for grand success of the event.

College arranged breakfast and lunch for all students, their parents and staff members.

The whole event was Co-ordinated by Activity Committee under the guidance of Principal Dr. Jyoti R. Rao.



Holi Celebration

On March 07th, 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.

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 celebration begin with the Saraswati Pooja. Whole programme was arranged by Activity Committee under the guidance of Principal Dr. Jyoti Rao.



International Women's Day

C. N. Kothari Homeopathic Medical College & Research Centre, Vyara and HMAI Vyara Unit celebrated International Women's Day by organizing a Seminar on "Women Empowerment" by Dr. Parul Vadgama, Syndicate Member of VNSGU, Surat.

Seminar was followed by Surprise celebration for female employees by male staff, who organized honoured all female employees with flowers, gift & Sweet.

This was followed by celebration by female staff which included Antakshari, Dumsharad and action games etc. The event was concluded by gift to all.

The entire Programme was coordinated by Activity Committee under the Guidance of Principal Dr. Jyoti Rao.



Peaditric camp

on the occasion of the birth anniversary of late shree Viralbhai Purohit

C. N. Kothari Homoeopathic Medical College and Research Centre attached Kalidas Hospital Vyara, organized peditric camp on the occasion of the birth anniversary of late Shree Viralbhai Purohit on 2nd Jan 2023 at Kalidas Hospital Vyara between 10:00 am to 1:00 pm Camp inaugurated for the Public by lighting the camp.

Dr. Richa Upadhayay served in this camp. The camp was headed by Dr. Vaishali Chaudhari and team under the guidance of principal of college Dr. Jyoti Rao where many patients were benefited.



Free Surgical and Medical Camp

A free Surgical camp and Medical Camp was organized at Kalidas Hospital Vyara from 6th & 8th January 2023 In which a total of 55 surgeries were performed by 12 doctors from Rajkot, Vadodara, Surat, Bhavnagar and America and these 3 days a total of 150 surgeries were performed in free of charge. In medical camp near about 150 patients where benefited.



Milk biscuits distribution on the occasion of the birth anniversary of Shri Jagdishbhai Shah (Kachwala)

C. N. Kothari Homoeopathic Medical College and Research Centre attached Kalidas Hospital Vyara, organized milk biscuits distribution on the occasion of the birth anniversary of Shri Jagdishbhai Shah (Kachwala), on 9th Jan 2023 at Tadkuwa Primary School by the trustee of the institution, Shri Keurbhai Shah.

The camp was headed by Dr. Vaishali Chaudhari and team under the guidance of principal of college Dr. Jyoti Rao where many patients were benefited.



Health check up program on the occasion of the death anniversary of late Shree Mohanbhai Gamit (Kachwala)

C. N. Kothari Homoeopathic Medical College and Research Centre attached Kalidas Hospital Vyara, organized health check up program on the occasion of the death anniversary of late Shree Mohanbhai Gamit on 11th Jan 2023 at Tadkuwa Primary School.

Dr. Vaishali Chaudhari & Dr. Shradha Dholiya served in this Camp. The camp was headed by Dr. Vaishali Chaudhari and team under the guidance of principal of college Dr. Jyoti Rao where many patients were benefited.



Field visit *Sumul Dairy Surat*

Community medicine dept of College successfully completed visit of Sumul Dairy, Surat on 02/01/2023 and Sumul Dan industrial unit, Bajipura on 03/01/2023 for students of 4th BHMS (Feb 2022 batch) as per directives of NCH, New Delhi. The visit provided students the real insight of working procedure of Pasteurization of milk and dairy products under supervision of Dr. Pankaj Lathiya and his team and conducted the visit nicely under guidance of Principal Dr. Jyoti Rao.



Foundation Programme

Topics

1. Mission & vision
2. Academics and exam
3. Role of homoeopath & homoeopathy etc



Topics

1. Primary community care
2. Mission & role of homoeopathy and a homoeopath in society
3. Universal precautions & vaccinations
4. First aid - principles and techniques



Topics

1. Visit to Urban Health Center - Dr. Pankaj Lathiya & Team
2. Computer Skill - Dr. Darshan Soni
3. Language Skill - Dr. J.J. Jain



Topics

1. Basic life support - Dr. Kunal Kumar
2. Team working-Games & Debriefing - Dr. Parit Bhatt
3. Patient safety Biomedical hazards - Dr. Gaurav Parmar
4. Mission & Role of Homoeopathy in society - Dr. Richa Upadhyay



Topics

1. Basic Life Support - Dr. Kunal Kumar
2. Mental health & Stress management - Mr. Gopal Nayak, Art of Living
3. Debate - Who is professional? - Dr. Swapnil Khengar & Tea



Topics

1. Time management - Practical exercise
2. Language skills - Language labs
3. Adult learning principles - interactive discussion
Resource Person: Dr. Payal Chauhan, Ph.D. in management, M.B.A. in HRM



Topics

1. Importance of observation & documentation in Homoeopathic practice (Practice exercise through video observation) - Dr. Jayesh Patel
2. Importance of mental health & hygiene to a medical student in the medical profession, stress management including importance of sports & extra curricular activities (Demonstration Practice) - Dr. Mukesh Jagiwala (Renowned Psychiatrist from Surat)



Topics

1. Adult learning principles - Dr. Payal Chauhan, Ph.D. M.B.A.
2. Medical Ethics - Dr. Kamlesh Chaudhari, M.D. Physician and Dr Vaishali Choudhary



Topics

1. History of medicine & Homoeopathy state of homoeopathy in world - Dr. Amitrai K. Shah
2. Different healthcare system recognized in the country & the concept of Pluralistic health care systems - Dr. Bhavin B. Modi
3. Constitutional values, equality gender sensitization and ragging policy - Dr. Jyoti R. Rao, Dr. Vaishali Thakur & Dr. Sona Shah



Topics

1. Concept of Holistic and Positive health - Dr. Surendra Agarwal
2. Communication and its nature & importance in different social & professional settings - Mr. Vinay Chavda & Dr. Lata Ningoo

The Concluding Ceremony - Principal Dr. Jyoti Rao in her concluding note appreciated students' active participation, thanked all resource persons and coordinators. Dr. Bhavin Modi offered vote of thanks and summarized the entire 10 days foundation programme arranged by college. All students and faculties paid tribute to the nation by singing national anthem before conclusion of the foundation program.



Achievement

3rd consecutive year of glorious victory at VNSGU, Surat in classical vocal music. Many hearty congratulations Miss. Priyanka Upadhyay, student of 4th BHMS for retaining invaluable trophy once again. The rotational trophy of university has stopped the rotation since 3 years and adorned and dignified Principal office of college. She represented Rag Puriya Dhanashri in classical vocal music competition in 49th Yuva Mahotsav at VNSGU, Surat and secured 1st position on 04/01/2023.



Sad Demise

There was a sudden and sad demise of Second year student Miss Daxaben Mohanbhai Sevalkar died on 9th Feb 2023. Institution offers Heart Felt Condolences to her family. May her holy soul attain divinity.



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