



CMPH HEALINGS NOW & FOREVER...

NEWS OF HEALINGS FROM SHREE MUMBADEVI HOMEOPATHIC HOSPITAL, MUMBAI—56 .

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**SHREE
MUMBADEVI
HOMEOPATHIC
HOSPITAL
IS EQUIPPED
WITH**

*** 25 BEDDED
HOMEOPATHIC
HOSPITAL**

*** ADVANCED
MULTISPECIALTY
HOSPITAL**

*** FULL FLEDGED
HOMEOPATHIC
AND OTHER
SPECIALISED OPDS**

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*** PATHOLOGY LAB**

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EDITORIAL,

A famous Chinese saying goes, 'If you want to plan for a year, plant wheat. If you wish to plan for ten years, grow trees. But if you want to plant for 100 years, empower women'.

A research conducted by Havard University found that female physicians tending to hospitalized patients over 65 has fewer patients die under their care and fewer patients return to hospital after 30 days as compared to their male colleagues. This research scientifically highlights the importance and significance of female physicians in our healthcare system.

Even if we look from a different perspective, women prefer to be treated by female physicians. In our country, it is not a secret that visiting a male physician and allowing him for an intricate examination generates anxiety in women patients as well as in family members.

From both these viewpoints, the significance of women physicians cannot be neglected or sidelined. But as Indians, we never acknowledged this fact.

There is a grave deficiency of women doctors in India. According to a research paper titled, 'Human Resources for Health in India', only 17% of all allopathic doctors and 6% of those in rural areas are women. The statistics is much worse in our Homeopathic faculty.

While more women join medical colleges in India, very few take up medicine as their career. Over the last 5 years, India has produced over 4500 more female doctors than male doctors. Women constituted 51% of the students joining medical colleges, in fact NEET topper in 2018 was a female.

It is quite common in India, that family pressures and environments even at work begin to subtly guide their choices. As they grow, their purposes and motivations appear to change. They fall in line with society's expectations of their traditional roles which include balancing the needs of a future family home and work, inflexible working hours, etc. This shapes their future decisions regarding higher studies, choices of specialization and even jobs.

Besides social rituals, age is also a factor that discourages women to go for higher education and practice. After marriage, a woman has to cater to her child also. Indian education system rarely support the parents in upbringing their children. So, one of the parents have to put the child above their dreams, and unfortunately this parent is generally a mother.

We present the final issue of Vol. V of CMPH Healings with cases and articles from the desk : **Dr.Parizad Damania Dr.Prabhakar Devadiga, Dr.Vanita Johari, Dr. Nimish Mehta, Dr.Amirali Badami . Dr.Sumit Goel, Dr. Trupti Deorukhkar, Dr. Jayesh Dhingreja, Dr. Rakesh Gupta, Dr. Tarul Jadhav, Dr.Divya Menon, Dr. Neha Patel.**

Our esteemed institute works towards empowering women in a great deal. Whether it is Late Smt **Chandaben Mohanbhai Patel**, the calm stalwart after whom our college is named or our energetic and dynamic **Dr Asmita Parikh— Hon Secretary**, here women take centre stage and are literally in charge.



We have 19 full time women teachers majority of them have Out Patient Clinics in our Homeopathic Hospital. Our female teachers are always ahead in publishing papers in reputed journals and presenting papers in National and International Conferences. I would like to end this editorial with a tribute to the first Lady Doctor of India, **Dr. Anandi Bai Joshi**, who could rise above the orthodox customs and left India to become the first Indian woman to study medicine in America. Her efforts are a true inspiration for medically minded Indian women.

**PRINCIPAL,
Dr.Parizad Damania.**

A CASE OF LICHENIFIED ECZEMA-

DR VIDYA ARUNACHALAM

35 y/ Female came to us with complaints of hyper pigmented Plaques on the Dorsum of both feet since 1 year. : itching <dryness > moisture. No other modalities of time or circumstance. .Thermally: hot. Mentals: patient is timid and dependent, esp on her husband. Is happy to let him take decisions. Is otherwise content in her life and faces no difficulties. Sometimes feels lazy to do house work and will escape from them whenever she can..Prescription: Calcarea Sulph 200 BD-Follow ups: Treatment started on 17/12/18. Medorrhinum 200 was introduced. She was then put back on Calc Sulph 200. Her lesions cleared completely by Jan 2020.



A CASE OF MULTIPLE MINISCALE LESIONS OF MOLLUSCUM CONTAGIOSUM

DR VANITA RAJIV JOHARI



Molluscums contagiosum is a viral skin infection that causes either single or multiple raised, pearl-like eruptions on the skin. . The lesions are often seen on face and are quite resistant to any kind of treatment. Treatments available include cryotherapy, curettage, laser therapy and topical therapy.

11 year old boy presented with C lesions on face, neck and chest. He was feeling very embarrassed as the lesions were widespread on his face. There were no symptoms locally or otherwise. Case was opened with Tuberculinum 1 M 3 powders at bedtime. Following which he was prescribed Dulcamara 200 repeatedly . Within 2 months lesions reduced and face cleared completely.

CASE OF GRADE 2 OSTEOARTHRITIS LEFT KNEE

Dr. NIMISH MEHTA

A 62 years old comes with Complaint of Left Knee Joint Pain since 10 days diagnosed as Grade 2 Osteoarthritis Left Knee according to Examination findings and Investigation. ODP is Sudden, Continuous and Constant. There is Pulling Type of Pain2+ with heaviness which is < Squatting2+, Walking2+. Mentally there is marked Fear of Snakes2+. She is very Fastidious, Conscientious and does not want to be dependant on anyone due to her complaint. Thermally she is a Hot patient. On taking the complete case constitutionally, she was prescribed Natrum Muriaticum 200 tds along with auxiliary Supplementation of Calcium, Vitamin D and Physiotherapy.

When She had come to us she was depressed, had lost interest in daily activities and did not have a social life. However After the treatment her Quality of Life has drastically increased. Now she takes part in activities of her society and is grateful for her condition as of her present follow up.

She is better with the treatment and had to be prescribed acute medicine for new complaint of Lumbar pain which gave her amelioration. Anti-Miasmatically Tuberculinum was prescribed.

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TEENS WITH OBESITY AND PCOS HAVE MORE 'UNHEALTHY' BACTERIA

Teens with obesity and polycystic ovary syndrome (PCOS) have more "unhealthy" gut bacteria suggesting the microbiome may play a role in the disorder, according to new research published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*. "We found that in adolescents with PCOS and obesity, the bacterial profile (microbiome) from stool has more "unhealthy" bacteria compared to teens without PCOS," said the study's corresponding author, Melanie Cree Green, M.D., Ph.D., of Children's Hospital Colorado in Aurora, Colo. "The unhealthy bacteria related to higher testosterone concentrations and markers of metabolic complications." These girls had more "unhealthy" bacteria in their stool which was related to higher testosterone levels and other markers of metabolic syndrome, such as higher blood pressure, liver inflammation and plasma triglycerides According to a press release.



DEEPIKA PADUKONE GETS AWARDED IN DAVOS FOR HER WORK IN MENTAL HEALTH

CASE OF GANGLION

DR AAMIR ALI BADAMI

Mr CP, an OPD pt, 33yrs old, tailor by occupation, c/o swelling on the dorsum of left wrist joint since 3yrs.mentally the pt. is anxious, worried and always like to stay with the family. Physically the pt. is chilly, sweaty with mark weakness with occasional h/o backache. Pt was given Ruta 30 tds for a month with a dose of Kali carb 200. Pt. was > was on SL for almost 3 months & was given Ruta 200 as there was no further improvement. The doses of kali. Carb 200 was also given as constitutional remedy intermittently. Thuja 200 was also given as an intercurrent remedy. Its almost a year and the swelling has completely disappeared.

Homoeopathy is beneficial option in cases of ganglion as it offers a treatment which is nonsurgical, safe, gentle and effective. It will help to reduce the pain and improve the mobility at the same time the well selected remedy can also help to get rid of the condition.



TRUSTWORTHY THUJA—THE GREAT ANTISYCOTIC

DR TRUPTI M. DEORUKHKAR.

Mrs A. S. 32/F, OPD case no 7801, came with the complaint of painless swelling in the vulval region since 2-3 years. On examination, a big swelling was seen arising from the labia majora; it had a stalk and a nodular appearance, D/d fibroma of the labia or a large genital wart. On 22/10/2019 she was prescribed Thuja 30 tds for 2 weeks and also told to apply Thuja Q externally. Patient reported after 8 weeks on 17/1/2020,

She had been using Thuja Q externally. The swelling had remarkably reduced in size. Patient is continuing her homeopathic treatment . This case reconfirms the role of Thuja as an antisycotic remedy in management of structural sycotic manifestations.



A CASE OF ACUTE MASTITIS IN MALE

DR. JAYESH DHINGREJA

Mr. M.J., 45/M, Security Supervisor by profession came to OPD on 12 / 10 / 2019 with pain and swelling of right breast since 20 days. He had taken antibiotics and other allopathic medicines but had no relief and the swelling and pain had worsened. The case was defined homeopathically and he was prescribed Belladonna IM, 3 powders for 3 days. On 15/10/2019, his pain and swelling were better by 50%. Redness was better by 50%. Belladonna IM, 3 powders was prescribed again. Within a week everything became normal.



12 / 10 / 2019

15 / 10 / 2019

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PUBLICATION

An article by Dr Vanita Rajiv Johari's Professor and HOD Department of Materia Medica " Obsession in a child of seven" was published in December issue of Hpathy.com.



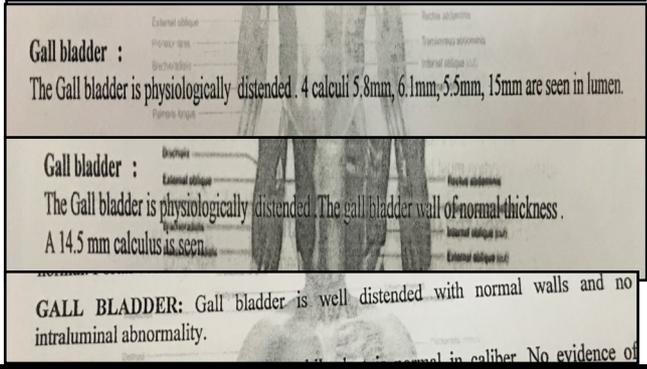
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**A CASE OF CHOLELITHIASIS
DR. NEERAJ GOEL**

Mr. TT 70/M consulted with USG reports dated 29/10/18 showing 4 Calculi in the lumen of the gall bladder of size 5.8mm , 6.1mm , 5.5 mm and 15 mm. During Case Taking the patient said he has 3 career choices-politics, teaching or business. But he opted for the Teaching profession. He gives more importance to social position. He is not interested in Earning money that much. He just wants Respect.
Lycopodium 200 bd was started. On 3/6/19 ,USG report shows 14.5 mm calculus. Lycopodium 200 bd continued and on 27/12/19 USG reports showed no calculi in gall bladder.



*** SEASONAL OUTBREAK OF ACUTE RESPIRATORY INFECTIONS AND ROLE OF BELLADONNA AS A “GENUS HOMEOPATHIC REMEDY”. DR RAKESH GUPTA**

There has been a significant role of HOMEOPATHIC medicines in cases which presents with similar set of signs and symptoms as a result of seasonal out breaks infected with the same infective agent; termed as “Seasonal diseases.” Selection of the HOMEOPATHIC remedy is based on the Systematic Case taking, Case recording, Case analysis and formation of single characteristic totality which is a reflection of the core characteristics of the group of cases reporting during the outbreak. Acute Respiratory Infection is one of the type of seasonal disease with high mortality in India. Homeopathic concept of seasonal diseases:-It is the alteration of mass susceptibility in the group of population which compromises the host immunity leading to development of the clinical disease which shares the same characteristics of the other patients belonging to the population group.
Therapeutic management in such outbreaks can be done by effective observation of the cause and effect relationship. This helps us to abort the disease phenomenon right in time and clinical disease is terminated and chances of disease spread through drop-let mode of transmission is avoided . A detailed article was published in International Journal of Homeopathic Sciences , January 2020.

**A CASE OF WARTS ON FINGERS
DR. GAUSIA SAYYED**

A 11 year old female patient was referred to OPD by a dermatologist for treatment of warts on her fingers and thumbs which was not improving even after cauterization. She had warts on fingers and thumbs of both hands of which the left finger wart was painful while writing. Mentally she was of dominating nature and had violent anger where she used to beat her sister. She was given Thuja 200 TDS for a week followed by Thuja IM. But since the improvement was not very satisfactory Thuja was followed by Nitric acid 200 TDS after which the warts disappeared completely.



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PUBLICATION

Dr. Rakesh Gupta published a article., Seasonal outbreak of acute respiratory infection and role of Belladonna as a Genus Homeopathic remedy in January 2020 in International Journal of Homeopathic Sciences. * Excerpt is given above.

AN INSIGHT INTO INDIAN REMEDIES – CINNAMOMUM
DEPARTMENT OF HOMEOPATHIC PHARMACY
DR. PARIZAD F. DAMANIA - PRINCIPAL
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Cinnamomum zeylanicum, commonly known as Dalchini belongs to Lauraceae family. Dried inner bark and essential oil is used to prepare the medicine.

Traditional use:

Cinnamon is known to increase progesterone level and decrease testosterone levels in females. It triggers the start of the menstrual periods and reduces the pain during menstruation. It benefits people suffering from Type 2 Diabetes and reduces the risk of heart attack. It is helpful in treating common cough and flu. It also prevents ulcers and Irritable bowel syndrome. High doses of Coumarin present in Cinnamon can cause damage to liver and kidney.

HOMEOPATHIC utility

HAEMORRHAGE - profuse bright red bleeding; coagulation disorders; post abortion; post-partum haemorrhage. Bleeding is aggravated by exercise or slightest jar. Metrorrhagia is a concomitant to most of the complaints in female.

SYPHILITIC MIASM - CANCEROUS affections - tongue; Caries and necrosis of bones. Discharges are bloody, tenacious, ropy and stringy, with fishy odour. Ailments from excitement; For acute illnesses arising after an episode of influenza. Diminished self-appreciation; Feeling of shame and offense; Discontentment with oneself. It is a LEFT sided remedy.

CINNAMOMUM ZEYLANICUM(DALCHINI)



A CASE OF PARONYCHIA

DR. PRABHAKAR Y. DEVADIGA.

Mrs Devki G.Kale, a 43 year old maid complains of pain and burning along with white discoloration with skin peeling of the right ring finger since 3 months which began after taking up a job working in a canteen as a cook. Her complaints are worse from handling Chinese spices & sauces and rotis and better in water. She also complains of vertigo followed by blurring of vision which begin after sudden emotions since a year. She says her forgetfulness has increased since the past 5 years and does not remember where she keeps her things.. Her urine is offensive, smelling like cow's dung. She also snores²⁺ and salivates ⁺² in her sleep which leaves her un-refreshed in the morning. As a person she is loquacious, loves company but is an overthinker, brooding over past events. She also mentioned that she often suppresses her anger causing her to leave the place during arguments. On examination findings are suggestive of **paronychia**.

Considering her symptomatology, **Lycopodium** was selected in 200th potency which showed considerable improvement as seen in the subsequent follow ups.

| Date | Pain in Rt. Ring | Burning in Rt. Finger | Vertigo | Forgetfulness | Peeling of Skin |
|------------|------------------|-----------------------|---------|---------------|-----------------|
| 25.10.2019 | -->-- | >-- | -->-- | 5% | 20% |
| 01.11.2019 | -->-- | ---0--- | >-- | 30% | 50% |
| 15.11.2019 | -->-- | ---0--- | >-- | 60% | 75% |
| 22.11.2019 | -->-- | ---0--- | >-- | 60% | 80% |
| 26.11.2019 | ---0-- | ---0--- | ---0--- | 90% | ---0--- |

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FOOD FOR FEVERS

DR SILLOO PATEL

FOOD FOR FEVER.. Nutritional requirements change with many clinical conditions and are influenced by physiologic stressors such as infection, acute or chronic disease processes, fever, trauma; etc. When we consider a general dietary approach to fever not focusing on specific causes we see that fevers increase energy needs by approximately 13% for each degree of increase in body temperature more than 37 ° C, this has been noticed in many classic research studies. So in most cases we can consider an increased calorie requirement of about 30 to 40 calories per kg body weight (BW).

The protein requirement may increase to 1.25 to 1.5 grams/kg BW, this will depend on the cause of fever. But, protein intake up to and more than 2 grams /kg BW may not suit patients as they cannot digest & metabolize extra protein when already metabolically stressed. Fluid requirements (usually about 30 to 33 cc/kg BW) will vary according to the clinical picture where; increase in 1°C in body temperature will increase fluid requirements by 500 ml / day ; possibly less fluid may be given to patients with severe renal disease or congestive heart failure, additional fluids may be needed for patients with draining wounds, diarrhea, vomiting and other fluid losses.

It is advisable to give increased amounts of fresh fruits as juices and soft well cooked vegetables and pulses in the form of soups and kanji to support the body’s increased needs of vitamins and minerals specially anti-infective, anti-oxidant vitamins like Vitamin A-C-E, and minerals like sodium, potassium, zinc and magnesium, adjusted as per disease specific needs. A well thought out balanced diet fulfilling the dietary requirements will go a long way in early recovery.

YOGA FOR POST TRAUMATIC CASES

DR. TARUL JADHAV

The efficacy of yoga is far beyond our current knowledge and the benefits still unexplored. One might wonder how is one supposed to even think of doing yoga after having met with a fall, accident or life threatening trauma. Traumatic event calls in for urgent doctors attention. The WHY & HOW yoga ?Yoga isn’t a procedure to be done, it’s a way of living to be lived in well before you are injured and if not then definitely later. **Yoga is mindfulness** and yoga says that our body is a vehicle. And we are the only ones responsible to maintain it in the best possible condition. Which means that **our health is our responsibility**. Be it a trauma on a diabetic foot or any other person, a wound is wound and needs to be attended. Being mindful also means being aware about our environment and making movements or actions based in a manner that don’t hurt either self or others and don’t repeat self-traumatic experiences by being careless too. Somethings especially trauma affects us at a grosser level by affecting our day to day activities and limiting the movements. Yet even with these restricted movements patients want instant relief and pop up pain killers.

Yoga therefore says – rest, the pause of bedrest isn’t useless, it’s for reflection, introspection and life-saving if followed as prevents further complications. On recovering immediate restoration of movement doesn’t happen, and that can be quiet depressing as our performance gets affected. Having the practice of yoga and following the attention towards the affected body, rest, nutritious food, sukshma vyayama and **having faith and patience goes a long way**. It is important, not just in cases of major but even minor injury that we accept that we too need to pause and accept the change it has got in us even the disfigurement. **Acceptance** of it is half the battle won, as accepting ourselves and loving ourselves keeps our mind healthy and healing happens faster. Few of the recommended things post trauma to any part according to yoga is – rest, warm fomentation if chronic pain, sukshma vyayama, support through belts, straps etc, mindful positioning of the body, nutritious food, **Nishpandabhava, Shavasana and Pranayamas** and most of all following the advice depending on the case with faith in the one who is treating.

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