

Homoeopathy Sans Frontières

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Editorial

ROLE OF HOMOEOPATHY FOR MONSOON AILMENTS

Monsoon brings with it relief from heat waves as well as associated with it illnesses. The high moisture content in the air enables harmful microorganisms to thrive, resulting in the transmission of a number of diseases. Risk of being exposed to multiple viruses, bacteria, and other infections is two times higher during the monsoon than in any other season. The most common diseases during monsoons are many communicable disease which are transmission through 4 major mediums: mosquitoes, water, air, and contaminated food.

The Most common Monsoon related diseases are:

- Mosquito borne diseases like Malaria, Dengue, chikungunia etc.
- Water borne diseases like Typhoid, Cholera, Leptospirosis, Jaundice, Gastrointestinal Infections, Hepatitis A etc.
- Air-borne diseases like Cold & Flu, Influenza etc.
- Food-borne by not keeping cleanliness- salmonellosis, cholera etc.

Homeopathic system is based on the basic principle of Similia Similibus Curentur which means let like be treated by the likes. Homeopathy is gentle, safe, rapid and gives permanent cure. It is a myth that Homoeopathy takes time and don't act during acute illnesses, in fact it cures much faster than any other Pathy with feeling of wellness. As Homoeopathic treatment is done on the basis of the signs and symptoms with individuality. Homoeopathic medicine can be used as a Preventive also in the cases of epidemics.

Homeopathy plays a very effective role in treatment of various ailments which are caused due to monsoon. Homeopathy can be taken by patients of all age groups whether Child, Young or Old age. There are various homoeopathic medicines which are helpful in treatment of monsoon sufferings: Ars. Alb. Aconite, Aloes, Belladonna, Cuprum met., Bryonia, Rhus. Tox., China, Baptisia, Dulcamara, Ant. Tart, Carbo Veg., etc.

Certain rubrics from repertory with monsoon ailments

- Complaints < before rainy weather: Phos
- Rainy weather >: Caust
- Rain weather <: Rhus t, Sulphur
- Heavy rain: Dulc, Lemn-m
- Fever after getting wet in rain: Rhus t, Nat- Sulph, Aran, Calc, Dulc, Fer

Dr. Sameer H. Fast M.D.(Hom.) Member, Editorial

- Pain < in wet weather: Med, Thuj (Neuralgic: Med, Tearing pain: Thuja)
- Rheumatic pain in joints <: Meli, Rhod
- Cough after getting wet.: Calc-s. DULC Nux-m. nux-v. psor. Puls. rhus-t.
- Cough after getting feet wet: Nux-m
- Respiratory troubles from getting wet: Phos, Sepia
- Asthma wet weather: ant-t. ars. aur. DULC. Med. Nat-s. thuj. verat.
- Hoarseness after getting wet: Rhus-t
- Wet ground; ailments from sitting : Ars. calc. caust. Dulc. nat-s. Nux-v. rhod. Rhus-t. sil.
- Wet getting heated when : bell-p. rhus-t.
- Wetgetting-perspiration; during: Acon. ant-c. ars. Bellp. Bry. calc. Clem. Colch. con. Dulc. nat-c. nat-s. Nux-m. RHUS-T. Sep. Verat-v.
- Wet getting head : Bell, Puls, Sep, rhus-t
- Weakness in wet weather : Dulc
- Paralysis wet; after getting : Caust, Rhus-t
- Fevers - VIRAL, infection, fever with (Murphy) : acon. ars. Bapt. bell. bry. Carc. GELS. merc. nat-m. ph-ac. rhus-t.
- DENGUE, fever (Murphy) : Acon. apis aran. ars. arum-t. bapt. bell. Bry. canth. chin. coloc. EUP-PER. ferr. gels. ham. ip. merc. nux-v. podo. Rhus-t. rhus-v. sanic. sec. sul-ac.
- Fever, heat; dengue fever (complete repertory): EUP-PER GELS ACON BRY RHUS-T aran rhus-v arum-t sanic ham bapt podo sec sul-ac ip canth ferr coloc apis chin merc bell ars nux-v
- Fever, heat; dengue fever; first stage: ip acon bry ars rhus-t
- Fever, heat; dengue fever; hemorrhagic: ham sec sul-ac ferr chin ars

Conclusion :

With appropriate Homoeopathic treatment the patients get cured of their chronic tendencies of seasonal problems also like Allergy etc. apart from the systemic diseases.



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Inside Story

Case Study

Foot corn that woes

Research Report

An observational study on the effectiveness of specific homoeopathic medicines used in the treatment of plantar & achilles types of calcaneal spur

Article

Importance of diagnosis in Homoeopathy

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FOOT CORN THAT WOES

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Introduction : Corns are benign, hardened layers of skin, due to hypertrophy of Stratum corneum. Corns are often most painful, even when they are small. It is usually associated with swelling over foot and difficulty in walking.

Case summary : A case of painful swelling over right sole, along with reduced appetite which appeared 2 months ago i.e. on 19th May 2021. Arsenic album was given on the basis of totality of symptoms. Pain and swelling reduced in 7 days. This case report shows the potential of Homoeopathy in cases of Corn.

Key words : Corn, Ars-alb, Homoeopathy.

Introduction :

Corns are hardened layers of skin that develop from skin's response to friction and pressure, caused due to trauma like piercing by stone, flat foot and hard surface friction.¹

They have a dry, waxy, or translucent in appearance. Corns tend to develop on parts of feet that don't bear weight like on soles, sides of feet, sometimes between toes, associated with pain in feet, swelling and limping.²

Corns are very painful when pressed.

Types :

- i) Hard Corns. These are the most common and appear as small, concentrated areas of hard skin up to the size of a small pea.
- ii) Soft Corns. These are whitish grey tiny corns that tend to occur either singly or in clusters on the bottom of the foot. And have softer, rubbery texture.
- iii) Seed Corns. These are solitary corn, can be very painful.
- iv) Vascular corns.¹

PATIENT INFORMATION :

A female patient moderately built, aged 28yrs, came to OPD of Dr B. D. Jatti HMC and Hospital, Dharwad 2 months ago. She presented with painful swelling of right sole and difficulty in walking, along with reduced appetite.

History of presenting complaints

Pain in right sole since 2 months, aggravated by pressure, cold. Ameliorated by warm application. Pain appeared slowly and became progressive with severe burning pain.

Personal history

Appetite: Reduced since she suffered from Typhoid fever.

Bowels : Unsatisfactory.

Thirst: Reduced

Urine: Normal.

Sleep: Disturbed.

Desires: Oily food esp milk products & warm food.

Aversion: Spicy things.

Relation with heat & cold: Chilly patient.

Menstrual history

Age of menarche: 13 years

Menses are regular, painless, no clots.

Flow for 4days /28days.

Clinical findings :

O/E-

Pulse: 76/min.

Temperature: 98° F.

Tenderness over right sole++, single, seed type.

Differential diagnosis: warts, bony growths and cysts etc.

Symptoms for repertorization :

Burning pain in sole.

Pain in right sole.

Pain in sole <pressure, cold.

Chilly patient.

weakness, Typhoid after.

Desires : spicy and oily food.

Thirstless.

Remedial diagnosis : Arsenicum album.

Treatment given as follows.

- i. Ars-album 200-3 doses.
- ii. S.L- 4 pills twice daily for 15days.

Follow up Date	Advised for the first follow up after 15 days		
	Main symptoms	Medicine prescribed	Basis of prescription
5/19/2021	Pain in right sole. Reduced appetite.	Ars-album200 S.L-15days. 4/4 pills.	Reportorial analysis of totality of symptoms.
6/5/2021	Pain in sole much reduced. Corn disappeared. Appetite-moderate.	Pl-3doses. S.L-15 days. 4/4pills.	Symptoms better but slightly persisting.
6/20/2021	Much better. No further complaints.	Pl-3doses. S.L-15 days. 4/4pills.	No further complaints.



May 19th 2021 -Before treatment of Corn



June 5th 2021 - After treatment :
1st follow-up : Felt better. Corn much reduced. Appetite improved.



On 20/06/21 No further appearance of symptoms.

Discussion :

Corn is one of most painful illness, which interferes with walking. Here this illness can be removed gradually and effectively by Homoeopathic Medicine, on basis of totality of symptoms. It's one of common illness due to trauma or walking with bare foot. Chances of recurrences are more if improperly treated. Many Homoeopathic remedies such as Ant-crud, Calc-phos, Silicea, Arnica, Berb-vulgaris, lycopodium etc are often used to relieve from corn. However selection of remedy is always based on individualisation, it was Arsenicum album in this case.

Conclusion :

Case report reveals that cases of corn which usually need surgery can be well managed under Homoeopathic treatment and its influence can be seen in treating Corn without surgery,

so to say it suggests utility of Homoeopathic medicines in case of Corn.

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Ms. S. Sree Vyshnavi
II BHMS

AN OBSERVATIONAL STUDY ON THE EFFECTIVENESS OF SPECIFIC HOMOEOPATHIC MEDICINES USED IN THE TREATMENT OF PLANTAR & ACHILLES TYPES OF CALCANEAL SPUR



under the guidance of
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ABSTRACT :

Pain in the heel is one of the most common disorders of the foot that causes patients to seek medical care as it not only restricts movement, but the general discomfort on walking or standing also disturbs the whole persona of a person. A variety of soft tissue, osseous, and systemic disorders can cause heel pain, of which calcaneal spur (CS) is the most common cause.

So far in Homoeopathy, patients treated with prescriptive totality; sometimes it is difficult get most similar medicine in conventional method. So, this research has helped the physician to get the specific medicine for calcaneal spur, where the symptoms of calcaneal spur alone will be taken as symptoms to treat. Homeopathy has proven to be very good and effective treatment for alleviating pain and other problems associated with Calcaneal Spur.

This study aimed at understanding the significance of approach of the disease treatment by symptoms of calcaneal spur i.e., clinical features by specific remedies. The current study may sharpen the skills of the physician to select the remedy based on clinical features of Calcaneal spur.

KEY WORDS : Calcaneal spur, plantar, Achilles, homoeopathic treatment, Specific medicines.

INTRODUCTION :

Research plays a vital role in unfolding the truth in the scientific world. With every new idea born, there exist an untold world. This very sentence concludes the importance of research for the nation. Research work is a lifelong process which opens-up the innovative mind and helps in challenging the world by diagnosing the unknown disease, management of the disease with advance methods, by proving the new, unknown drug in

general, homoeopathic drugs in particular, etc., Based on the statistics of OPD patients of Dr. B. D. Jatti HMC & Hospital and based on the incidence of cases which hospital gets, study on calcaneal spur was selected for short term research.

OBJECTIVES OF THE STUDY :

1. To study clinical features of Calcaneal spur (both Plantar & Achilles)
2. To study effectiveness of Specific Homoeopathic Medicines in the treatment of Calcaneal spur (both Plantar & Achilles)

METHOD : Purposive sampling procedure for subjects who have been selected based on inclusion and exclusion criteria. The sample size i.e., 30 was determined depending upon the recruitment criteria. The cases were given with appropriate specific homoeopathic medicines. The cases were followed up for the total study period & observed for the effect of different homoeopathic medicines on both types of calcaneal spur when used specifically.

STUDY DESIGN : Observational study, non-control, prospective quasi experimental research on human beings.

SELECTION OF PATIENTS : The study consisted of 30 cases of calcaneal spur, selected based on inclusion and exclusion criteria.

DRUG USED : Ammonium Mur., Aranea diad., Aurum met., Calc. fluor., Mezerium, Rhus tox and Ruta in different potency and dose as per susceptibility.

DISCUSSION : Homoeopathy is scientific and systematic system of medicine where the

medicines act dynamically in a gentle manner. But in this modern, materialistic era everything is needed by scientific methodical proof. For that, research is required to establish scientificity of homoeopathic treatment. RGUHS has provided such opportunity as Short term research project for BHMS students under 'UNDERGRADUATE STUDENT GRANT 2021-2022', between the period 06/02/2022 to 25/05/2022.

Pain in the heel is caused due to varieties of soft tissue, osseous, and systemic disorders, of which calcaneal spur (CS) is the most common cause. Calcaneal spur (CS) is calcification occurring at the insertion of the plantar fascia to the periosteum on the under surface of the calcaneus (Plantar). It can also occur on the back of the heel at the insertion of the tendo-Achilles (Achilles).

Plantar and Achilles spurs are highly prevalent in older people and the radiographic appearance of spurs differs between men and women. In individuals < 50 years of age, spur (Achilles and plantar) formation is more common in women than in men.

Additionally, there was a notable moderate positive correlation between Achilles and plantar spurs for women <30 years of age.

Homoeopathic drug literatures are having vast therapeutics for treatment of calcaneal spur. And treatment may be holistic approach or with specific medicines. Holistic approach requires detailed case taking, which may be exhaustive to patient as well as physician. So, approach with specific medicines may prove a boon in such scenario.

So, present study was taken to help the homeopathic physician to prescribe medicines specifically for both type of calcaneal spur, which he often encounters such cases in his routine practice. Instead of detailed approach, a specific approach may be equally effective thus making the prescription more rapid and also effective & rewarding.

RESULTS : Out of 30 subjects, 25 cases were recovered (83%) and 05 cases were improved (17%)

with the treatment. In indicated remedies for all 30 cases taken, Rhus tox (11 case, 36.3%) is most indicated remedy for Calcaneal spur, followed by Amm. Mur (7 case, 23.1%), Ruta (7 case, 23.1%), Calc. fluor. (2 case, 6.6%), Aranea diad. (1 case, 3.3%), Aurum met. (1 case, 3.3%) and Mezerium (1 case, 3.3%) each.

CONCLUSION :

Plantar and Achilles spurs are highly prevalent in older people and the radiographic appearance of spurs differs between men and women. In individuals < 50 years of age, spur (Achilles and plantar) formation is more common in women than in men. Additionally, there was a notable moderate positive correlation between Achilles and plantar spurs for women <30 years of age.

Presently all conventional systems of care treat the calcaneal spur and alleviate the pain. Nevertheless, with other systems of treatment, Homoeopathy too proving efficient in treating the cases of calcaneal spur.

Thus, with present study it was been evident that, approach with specific medicines for treatment of both types of calcaneal spur is equally effective as that of detailed case taking. So, one can use specifics in treatment of calcaneal spur.

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"Homeopathy did not merely seek to cure a disease but treated a disease as a sign of disorder of the whole human organism. This was also recognized in the Upanishad which spoke of human organs as combination of body mind and spirit. Homoeopathy would pay an important part in the Public Health of the country along with other systems. Medical facilities in India are so scanty that Homoeopathy can confidently visualize a vast field of expansion".

- Shri. K. R. Narayan



IMPORTANCE OF DIAGNOSIS IN HOMOEOPATHY

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Diagnosis means the art and act of identifying the disease from its pathology, signs and symptoms. Proper diagnosis always compliments the various procedures taken by the homoeopathic physician.

For selecting the case :

- Proper diagnosis is a must to decide the type of treatment required by the patient.
- Selection of cases requiring medicinal management.
- Elimination of cases requiring surgical or mechanical management.
- Selecting cases which come under similia.

Plan of treatment :

- Patients are presented in different forms and we have to adopt different modes in these cases.
- Many of the cases are presented in secondary manifestations, the primary manifestation being obscure. Diagnosis give a clue towards primary manifestation.
- Diagnosis of the disease in case with vague or obscure symptoms may give hint towards the seat and nature of the disease.
- Diagnosis of the case with multi system involvement give hint towards the area of severity and help in the institution of treatment.
- In cases with acute and chronic manifestation, separation of symptomatology of two is possible through the knowledge of diagnosis.
- Diagnosis give the idea about the pathological and constitutional tendencies, that help us to decide whether a constitutional, miasmatic or palliative medicine is required.
- It is an indirect help in the process of cure. Laboratory investigation reports or diagnosis definitely help us to assess the effect of medicine and progress etc. in a condition.
- For deciding the correct diet and regimen with general management of the case.
- In assessing the depth of disease.

Selection of medicine :

- In the evaluation of symptom from the knowledge of diagnosis we can separate symptoms of the disease from the symptoms of the patient.

- Sieving out the peculiar, uncommon, characteristic individualizing symptom from the various symptoms.
- Help us in the assessment of the real significance of the new symptom in the course of treatment after our prescription. Whether the new symptom belongs to the remedy or due to the further progress of the disease.
- Caution us in the use of deep acting violent remedies in too low or too high potencies when there is advanced pathological condition.
- In assessing the depth of disease. Eg. leucorrhoea may prone to be a case of advanced carcinoma of cervix.
- From the pathologically diagnosed condition, certain nosodes may be prepared.
- Help in the selection of potency.

General management :

- Diagnosis provide the proper knowledge of general management including provision and exclusion of diet and regimen, exercise or rest, and any other accessory management.

Prophylaxis :

- To prevent contagious disease arising from an acute miasm, a physician must have a nosological diagnostic experience. Diagnosis alone guide us in notifying and instituting proper preventive measures.

Statistical data :

- The effectiveness of our system can demonstrated to scientific society only through diagnostic basis.

The Totality of the Symptoms means all the symptoms of the case which are capable of being logically combined into a harmonious and consistent whole, having form, coherency and individuality.

- **Stuart Close**

College Activities



Cancer day on 04-02-2023



Yogathon on 15-01-2023



Guest lecture by Dr. Vijay Krishna



International year of millets on 23-01-2023



Women's day on 11-03-2023



Unnat Bharat abhiyan on 04-02-2023





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