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(Dr. M. Zakairya)

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Art of Prescribing A Case of Asthma

Dr. L.M. Khan

Case-A girl of 7, was suffering from asthma was not responding my efforts with my best selection (so called) in trading uterine life taught me that mother was not fully developed uterus, baby was in whole i.u. life was suffocative. Asthma since birth, she had very trick in her ply she use to ply caramboard. Allen's wisdom Dr. Mazumdar's training to perceive capsulated past as an environmental consideration with tricky temperament, we give plum bum met lm poteney I still remember that day I was in pediatrics OPD with Dr. Manna who help me lots during pediatrics OPD of nih, girl was free from problems, letter we a give dose of anti psoric. Above case is very educational therefore I share again. Prescribing plum met having with me rarely due to circumstances or my poor knowledge of plum met.

Dr. L.M. Khan

होम्योपैथी : अनुभवजन्य चिकित्सा



डॉ. अ.एस.एम.सिंह

प्रकरण-8-रोगी 10 वर्षीय कन्या। विगत छः माह से खांसी के कष्ट से परेशान थी। शाम के समय हल्का सा बुखार, हल्की सी कपन, गमी के एहसास के साथ पसीने का आना जो कि अगली सुबह तक बना रहता था। सूखी खांसी के प्रकोप के साथ बोलने, हँसने, खिलने-डुलने से खांसने की गति बढ़ जाती थी। यह विशेष बात थी उसमें हमेशा शाम के समय सारे कष्ट बढ़तर हो जाते थे। खांसते-खांसते हल्का रक्त मिला बलगम खखारकर निकालना पड़ता था। खांसने पर गले में दर्द भी होता था। पानी की प्यास कम थी। इपीकाक, फासफोरस आदि दवाइयों ने कोई विशेष लाभ नहीं दिया। परन्तु खखारकर पीलापन लिये बलगम का निकलना जारी था। त्वचा बहुत अस्वस्थ रहती थी, हल्की सी चोट में भी मवाद पड़ जाता था। शीत के प्रति संवेदनशीलता, ज़रा से वायु के झॉक के प्रति अति सुग्राही, छोटे, फोड़े फुसी के स्पर्श मात्र से ही दर्द होना आदि उपर्युक्त समस्त लक्षणों के आधार पर हीपर सल्फ-6 की कई खुराकों से समूल रूप से सही कर दिया था।
डॉ. अ.एस.एम.सिंह



Dr. Mrs. R.P. Keshwani Dr. Shaikh Naser

Efficacy of Homoeopathic Medicine in The Management of Allergic Rhinitis: An Experimental Uncontrolled Study

Abstract-Allergic rhinitis is an allergic inflammation of the nasal airways. It occurs when an allergen, such as pollen, dust or animal dander (particles of shed skin and hair) is inhaled by an individual with a sensitized immune system. In such individuals, the allergen triggers the production of the antibody immunoglobulin E (IgE), which binds to mast cells and basophiles as a result, basophiles and mast cells degranulate causing release of histamines. When caused by pollens of any plants, it is called "pollinosis", and if specifically caused by grass pollens, it is known as "hay fever".^[1]

Allergic rhinitis is a most common condition now a days, number of factors are responsible for developing allergic rhinitis. Corticosteroid used for treating the allergic rhinitis. Number of side effects are noticing after using corticosteroid. To avoid this, Homoeopathic medicine is necessary. So I choose this topic.

Objectives- To study the role of the Homoeopathic medicines in the management of Allergic Rhinitis. • A detail study of clinical presentation of Allergic Rhinitis

Materials & Methods-Total 30 cases were selected by simple random sampling technique. 30 cases would be given homoeopathic medicines after proper case taking and reportorial analysis. Also, proper diet and regimen would be advised and compared results before and after treatment.

Result-In the present study of 30 cases, 10 cases were recovered accounting 33.33%, 16 cases were improved accounting 53.33% while 4 cases were not improved accounting 13.33%. The criteria for selection of potency and repetition of doses in Homoeopathy were done on bases of principal of Homoeopathy.

Keywords-Allergic Rhinitis, Homoeopathy

Introduction-Allergic rhinitis is an allergic inflammation of the nasal airways. It occurs when an allergen, such as pollen, dust or animal dander (particles of shed skin and hair) is inhaled by an individual with a sensitized immune system. In such individuals, the allergen triggers the production of the antibody immunoglobulin E (IgE), which binds to mast cells and basophiles as a result, basophiles and mast cells degranulate causing release of histamines. When caused by pollens of any plants, it is called "pollinosis", and if specifically caused by grass pollens, it is known as "hay fever".^[1]

Homoeopathy can be defined as a System of Drug-Therapeutics based on the Law of Similars. This Law states that a drug, capable of producing in a healthy person a diseased-state exactly similar to that observed in a diseased person, acts as a curative agent if the disease is in a curable stage. In the incurable stage of the disease, however, the same drug acts as the best palliative.^[1]

Master Hahnemann placed before the medical fraternity, the constitutional (holistic) approach towards diseases. He could convincingly prove that the fundamental cause for all diseases lies within man himself

(aphorism 5, 11). External factors only play therole of exciting and maintaining cause of the disease(aphorism 5,7).^[4]

ICD 10 Classification of Diseases- J30.9

Uncontrolled Study-A study in which all the participants are given a treatment and simply followed for a period of time to see if they improve, with no comparison against another group (control group) that is either taking another treatment or no treatment at all.^[1]

Justification For The Study-Allergic rhinitis is a most common condition now a days, number of factors are responsible for developing allergic rhinitis. Corticosteroid used for treating the allergic rhinitis. Number of side effects are noticing after using corticosteroid. To avoid this, Homoeopathic medicine is necessary. So I choose this topic.

Research Question & Hypothesis-

Research Question-Does homoeopathic medicines are effective in the management of Allergic Rhinitis?

Hypothesis-

Null Hypothesis-Homoeopathic medicines are not effective in the management of Allergic Rhinitis.

Alternative Hypothesis-Homoeopathic medicines are effective in the management of Allergic Rhinitis.

Aim-To study the efficacy of Homoeopathic medicine in the management of Allergic Rhinitis.

Objective-To study the role of Homoeopathic medicines in the management of Allergic Rhinitis. • A detail study of clinical presentation of Allergic Rhinitis

Materials & Methods-

Study Setting-A study was conducted at college. The subjects for the study were selected from the college and self-camp arranged in college.

Study Duration-18 months

Study Design-An Experimental Uncontrolled study.

Sample Size And Selection Of Sample-Approximately 30 cases were selected. The sample for the study were selected by simple random sampling method.

Methods-Total 30 cases were selected by simple random sampling technique. 30 cases would be given homoeopathic medicines after proper case taking and reportorial analysis. Also, proper diet and regimen would be advised and compared results before and after treatment.

Inclusion Criteria- Diagnosis by clinical expression was done. • Age from 20-60 years were taken, • Patients of all the ethnic groups, both the sexes were included, • Complaints of allergic rhinitis at least 1 year were included, • Patients who were willing to give written

informed consent were included.

Exclusion Criteria-Allergic rhinitis associated with Eczema and Asthma were excluded. • Patients below 20 years and above 60 years were excluded. • Complications with Allergic rhinitis were excluded.

• Hypersensitivity reaction, Urticaria, Drug induced conditions were excluded. • Any Allergic Rhinitis case suffering from other systemic disease were excluded. • Patients who were not willing to give written informed consent were excluded. • Patients with H/O Blood disorders like non allergic eosinophilic syndrome, tropical eosinophilia syndrome were excluded.

Withdrawal Criteria-Every patient was free to withdraw from trial at any time for any reason and without prejudice or might withdraw on the advice of the investigator. Furthermore the following circumstances might also arise for withdrawal: • Any adverse event which needs referral of the patient,

• Personal circumstances which cause the patient to left the treatment

Outcome Assessment-

Assessment Criteria-Assessment was done according to clinical improvement and on the basis of pain scale which done before starting the treatment and at the time of follow-up.

Evaluation Of Parameters-

Recoverd-All the subjective and objective symptoms and complaints relieved with > 75 % sense of well being.

Improved-Most of the subjective and objective symptoms subsided with 50-74 % of improvement.

Not Improved-Minimum or <50 % of symptoms

Selection And Administration of Medicine-Homoeopathic medicines were prescribed to patients based on Totality of the Symptoms and according to the Constitution of the patient.

Selection Of Potency And Repetition Schedule-The potency selection and repetition

Continue on page 14

Motiwala (National) Homoeopathic Medical College & Hospital, Nashik

Internal Quality Assurance Cell (IQAC) and Department of Organ of Medicine, Department of Reproductive & Department of Homoeopathic Materia Medica

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HIGHLIGHTS

- GNM- A new paradigm in medicine and its application
- Biological Laws of disease causation
- Causa-Causals going to the root of the cause of the sick
- Application of GNM in reportorialism
- German complement each other

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Dr. Anil Makhijani

Role of Homoeopathy in Case of Raynaud's Disease

Raynaud's disease is a idiopathic, intermittent, episodic peripheral arteriolar spasm, which leads to special clinical features. Commonly this disease affected most of patient but due to lack of awareness most patient comes in clinic when it become worse or severe. This disease commonly relate with cold atmosphere and smoking.

Coffman Criteria for Raynaud's Syndrome - "Episodic attacks of well demarcated reversible self limiting color changes for 1-20 minutes on exposure to cold/emotional stimuli and symmetrical / bilateral lasting for 2years."

Firstly this disease described by **Auguste Gabriel Maurice Raynaud's** disease in 1862, in his doctoral thesis.

Incidence - Most cases reported in Geographic regions with cooler, damp climates such as Pacific Northwest and Scandinavian countries.

• Most cases reported in some occupational groups such as those who use vibrating tools like pneumatic road drills, chain saws, wood cutting, fisherman travelling in machine boats.

• More common in females especially young females, less than 40 years of age.

Causes of Raynaud's Phenomenon

• Smoking, • Connective tissue disorders-SLE, Sjogren syndrome, Scleroderma, Dermato myositis, polymyositis., • Obstructive Disorders -Atherosclerosis, Buerger's Disease, Primary Pulmonary Hypertension, Takayasu's Arteritis, Subclavian Aneurysm, Thoracic Outlet Syndrome., • Eating Disorder. -, Anorexia Nervosa, • Carpal Tunnel Syndrome, • Drugs- beta blockers, Anthrax vaccine., • Injuries- Wrist Fracture, Frostbite., • Others - Hypothyroidism, Malignancy, Chronic Fatigue Syndrome, Magnesium Deficiency.

Types of Raynaud's Phenomenon-Primary Raynaud's Phenomenon Primary is probably due to increased sensitivity of alpha 2 receptors to norepinephrine; decreased nitric oxide and endothelin 1 in endothelial cells; increased serotonin and thromboxane. Usually it is bilateral involving all digits.

Secondary Raynaud's phenomenon is due to some underlying cause. There are positive auto antibodies; equal in both sexes; occurs at any age group; need not be bilateral.

Clinical Features-

• **Local syncope** Causing white cold palm & digits along with tingling & numbness.

• **Local asphyxia** appears due to accumulation of deoxygenated blood causing bluish discoloration of palm & digits with burning sensation.

• **Local Recovery** appears due to relief of spasm in the arteriole, leading to return of blood to the circulation causing flushing and pain in the digits & palm.

• **Local gangrene** If spasm persists more than one hour digits go for ulceration & gangrene.

Investigation- Digital Artery Pressure-Less than 15 mm Hg positive sign, • Blood-Normocytic Anemia, • Thyroid function Test-Hypothyroidism, • C reactive protein-Rheumatoid Arthritis.

General Measures- Avoid smoking, & rapidly changed temperature., • Do Regular exercise & Keep gloves or scarf, • Control stress, • Warm application.

Surgical Procedure-There are various operative procedure related with the etiological factors like Percutaneous Transluminal balloon angioplasty, Atherectomy, Thrombectomy, Placement of intraluminal stent, Profundoplasty & other.

Homoeopathic Medicine For Raynaud's Diseases-

• **Allanthus glandulosa**-Act upon blood disorganizing, and control the Raynaud's disease. Skin appears livid, or purplish, face dark as mahogany. The patient is stupid, dull delirious weak, semiconscious, general torpor and prostration.

• **Agaricus**-Is rated among the top listed Homoeopathic medicines for raynaud's disease. It is indicated when the blood flow to the fingers and toes is compromised on being exposed to the cold atmosphere, leads to numbness, coldness, blueness in the fingers and toes.

• **Arsenicum**-Recommended for people who experience cold sensation, followed by burning, itches and swelling. Restless and do not tolerate cold very well.

• **Camphor**-Pains with icy coldness, better for warmth, worse from motion and cold. Numbness, tingling and coldness. Pain better while thinking of it. Very sensitive to cold and to touch.

• **Carbo Veg**-It is indicated for bluish, marbled cold fingers and toes followed by redness. Carbo Veg is also well indicated for gangrene of the fingers and toes. Blood seems to stagnate in the capillaries, causing blueness, coldness, and ecchymosis. Disintegration and imperfect oxidation is the keynote of this

Symptoms : 5 | Remedies : 362 | Filters : Normal

On repertorization

Remedy	14	12	11	11	11	10	10	10	10	10	10	9	9
Complete [Extremities]TINGLING, PRICKLING/Fingers (132)	4	4	4	4	4	4	4	4	4	4	4	4	4
Complete [Extremities]NUMBNESS, INSSENSIBILITY/Fingers (256)	1	1	1	1	1	1	1	1	1	1	1	1	1
Next [Extremities]DISCOLORATION/Fingers/Blue (19)	1	1	1	1	1	1	1	1	1	1	1	1	1
Next [Extremities]pain/PAIN/Burning/fingers (40)	1	1	1	1	1	1	1	1	1	1	1	1	1
Next [Generalities]COLD in general/age (154)	1	1	1	1	1	1	1	1	1	1	1	1	1

remedy.

• **FerrumPhos-Ferr-p.** is suitable to nervous, sensitive anaemic person or leucopelgmatic person with varicose vein. Also act on blood disorders (blood affected due to less haemoglobin with attracts oxygen). SchYssler generally used the 12x trituration. As an instance of hyperemia of a low order may be mentioned a case of Raynaud's disease of the fingers and toes in which amputation seemed inevitable. Halbert effected a complete cure with Ferr-p. 6x trituration.

• **Haloferidolum**-Raynaud's syndrome, hands hot, fingertips freezing. Pain in the wrist and right thumb. Circulatory complaints, formication of the wrist, elbow, scapular and humeral regions. Faintness and syncope, hypotension and rapid pulse. Paraesthesia, extreme sensitive to touch.

• **Secale Cor-Icy** cold and numb fingers and toes from vasospasm. Cold, dry hands and feet of heavy smokers with feeling of fuzziness in the fingers. Formication, pain and spasmodic movements. Fingers and feet, bluish, shrivelled, spread apart or bent backwards, numb. Violent pain in the finger-tips, tingling in toes. There is first contraction and then dilatation of blood vessels; the fingers turn bluish and black.

• **Case-Mr. R.P.C** 45yrs, male, comes to O.P.D with burning or Prickling pain in the right hand finger since 4-5 days and pain appear regularly in last few days especially in the morning, and remain for short time period(7-10min). He belongs to Muslim community, work as lineman in water department, mehasano. On looking mild bluish discoloration present in the affected fingers, when he comes in the OPD. During pain rigidity in the fingers, so he continues rub the hands at least 4-5 min, gets relief from pain. In the morning, he also suffers from frontal headache since last 10

days. He said, in every month his duty rotate -morning & night shift, early morning especially 4:00am he went to water plant for starting water supply and pain, numbness, tingling in fingers appear. In duty he smoke 5-7 cigarette per day and taking 6-7 cup of tea per day. In childhood, he suffered from swelling in the nails particularly in winter season and after cold exposure. On Examination, mild bluish discoloration present in the right hand fingers, temperature of right hand palms is normal.

Prescription & Follow Up-

Silicea 30 One dose / day in the 40 no. globules - 04 globules is dissolve in Luke warm water given to first 5 days.

During this period to advise to wear gloves in finger especially in morning. And to control the smoking and tea.

To ask please not the time & duration of burning or tingling every time.

After 05 days patient comes in clinic & said no relief, but no new complaints appear, he give me full record report of timing & duration of burning and tingling.

Again repeat same dose for next 15 days with same pattern of recording, now phase of burning decrease (4-5min.)

Again repeat same dose for next 15 days with same pattern of recording, phase of burning still decreasing (2-4 min).

Now Silicea 30 only one dose in the 40 no. globules - 04 globules is dissolve in Luke warm water given, same pattern of recording for next 30 days.

After 30 days no burning present in morning. Now using placebo for next 3 months in single dose, no complaints remain.

Dr. Anil Makhijani, BHMS, HOD & Associate Professor, Deptt. Of Surgery, LHIRC, Bhandu, Gujarat Ex- HOD & Associate Professor, Deptt. Of Surgery, KSHMC Gwl. Assistant Professor, Deptt. Of Surgery, SHMC Gwl.

Homoeopathy For Gingivitis



Dr. Brajesh Dohre

Gingivitis is a common form of gum disease that causes irritation, redness and swelling of gingiva, the part of your gum around the base of your teeth. It is an early and reversible disease. It's important to take gingivitis seriously and treat it promptly. Gingivitis can progress to much more serious gum disease in which destruction of tissue around teeth take place. The most common cause of gingivitis is poor oral hygiene. Good oral health habits, such as brushing teeth twice a day, flossing daily and getting regular dental checkups, can help to prevent gingivitis.

Causes-The most common cause of gingivitis is poor oral hygiene that encourages plaque to deposit on teeth, causing inflammation of the surrounding gum tissues.

Plaque forms on your teeth. Plaque is an invisible, sticky film composed mainly of bacteria that forms on your teeth when starches and sugars in food interact with bacteria normally found in your mouth. Plaque requires daily removal because it re-forms quickly.

Plaque turns into tartar. Plaque that stays on your teeth can harden under your gumline into tartar (calculus), which collects bacteria. Tartar makes more difficult to remove plaque and creates a protective shield for bacteria and causes irritation along the gumline. It needs professional dental cleaning to remove tartar.

Gingiva becomes inflamed. The longer that plaque and tartar remain on your teeth, the more they irritate the gingiva, the part of your gum around the base of your teeth, causing inflammation. In time, your gums become

swollen and bleed easily. Tooth decay (dental caries) also may occur. If not treated, gingivitis can progress to periodontitis and tooth loss.

Epidemiology - Gingivitis is more prevalent in males as compared to females as it has been found that females tend to follow better oral care regimen., • It is more prevalent in low socioeconomic peoples, as peoples with high socioeconomic status show a more positive attitude towards the maintenance of oral hygiene. , • Pregnant women are more prone to gingivitis as compared to non-pregnant., • Most frequent seen type of gingivitis is plaque induced gingivitis.

Symptoms-Healthy gums are firm and pale pink and fitted tightly around the teeth. Signs and symptoms of gingivitis may include: • Swollen or puffy gums, • Dusky red or dark red gums, • Gums that bleed easily when you brush, • Bad breath, • Receding gums, • Tender gums.

Risk Factors-Gingivitis is common, and anyone can develop it. Factors that can increase your risk of gingivitis include: • Poor oral care habits, • Smoking or chewing tobacco • High physical and emotional stress, • Poor nutrition, including vitamin C deficiency, • Dental restorations that don't fit properly • Conditions that decrease immunity such as leukemia, HIV/AIDS or cancer treatment • Certain drugs, used for epileptic seizures such as phenytoin (Dilantin), and some calcium channel blockers, used for angina, high blood pressure and other conditions • Hormonal changes, related to pregnancy, menstrual cycle or use of birth control pills • Genetics, • Medical conditions such as certain viral and fungal infection

Complications-Untreated gingivitis can progress to gum disease that spreads to underlying tissue and bone (periodontitis), a much more serious condition that can lead to tooth loss. Chronic gingiva inflammation has been thought to be associated with some systemic diseases such as respiratory disease, diabetes, coronary artery disease, stroke and rheumatoid arthritis. Some research suggests that the bacteria responsible for periodontitis can enter your bloodstream through gum tissue, possibly affecting your heart, lungs and other parts of your body. But more studies are needed to confirm it.

Homoeopathic Remedies-Homoeopathy is a growing system and is being practiced all over the world. It takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, physical levels.

Well selected Homoeopathic remedies are effective for inflammation of gums. Some of the important remedies are given below.

Mercurius Sol-Merc sol is one of the best remedy for inflammation of gums. Merc sol is prescribed where the gums inflamed, painful which is purple, swollen and spongy. Breath offensive from mouth. Sometimes toothache associated with inflammation of gums. The gums recede, bleed and the tooth loose. Another marked feature is profuse salivation accompanied with this complaint.

Carbo Vegetabilis-Carbo veg is effective for inflammation of gums with scorbutic gums. Blood oozes from the gums when cleaning teeth. Gums retracted and bleed easily, painful while chewing. Gums turned black. Tongue coated white or yellow. Bad smell and bitter taste in mouth.

Kreosotum-Kreosotum is another effective remedy for gingivitis with rapid decay of teeth. The gums inflamed, turned bluish, spongy and

bleeding. Teeth appears dark, crumbly and black spots on teeth. Putrid odour and bitter taste in mouth

Lachesis-Lachesis is best for inflammation of gums with bluish appearance. The gum swollen, spongy and easily bleeding. There is bad smell and sour taste in mouth. If toothache present the pain extends to ears.

Phosphorus-Phosphorus is another top medicine for inflammation of gums with bleeding. The gums bleeding easily, sore behind incisors. Pain gets worse from cold heat and while eating. Salty or sweetish saliva.

Alumen-Alumen is best for gingivitis with loose teeth. Gums swollen, inflamed and spongy. Teeth and gums scorbutic.

Silicea-Silicea is best for inflammation of gums where the gum is sensitive to cold air and cold water. There is an offensive smell from mouth and the mouth feels dry.

Chamomilla-Chamomilla is one of the best medicine for inflammation of gums during dentition. Pain worse by warm drinks. Profuse salivation at night.

Staphysagria-Staphysagria is best for inflammation of gums with teeth decay. The gums pale, swollen and bleed easily. There is profuse salivation. Teeth black and crumbling.

Thuja Occidentalis-Thuja is indicated for inflammation of gums with tooth decay. Teeth decay at the edge of gums, crumble, turn yellow. Gums very sensitive and retract.

External Application-Externally massage the gums with a Calendula Officialis, Echinacea, Anacardium occidentale, Curcumalonga mother tinctures.

Dr. Brajesh Dohre, M.D. Scholar Govt. Homoeopathic Medical College and Hospital, Bhopal Email- brajeshdohre721@gmail.com

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