



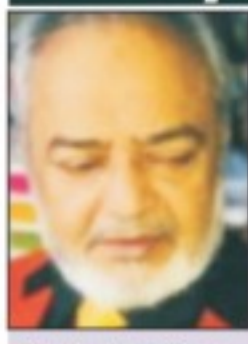
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Dr. L.M. Khan

Art of Prescribing

Case-7-My case of asthmatic problem which I cured by heper sulph. A patient name Mohtarma S. Begum, age 50 years from grant street kolkata. She is known as asthmatic at the age of 15 years old she is taking last 20 yrs inhaler. 2 times in a day. History shows the most prominent modalities that patient prefer and feels much comfort when she bend her head backwards. Though she is taking inhaler but still she had tremendous craves for sour things and she enjoyed. Sour is one of the principal test like lemon, as per Allen's key, a most important resource book for key notes. Prescribing which we have got opportunity to learned and understand in our very early life. Though I am not fully matured to prescribe on the basis of key note but thanks to god that I got opportunity with the friendship of keynote prescribing before my interning in homeopathic college. I gave heper sulph 0/1 in olfaction with 10 stroke in 3 hour interval. After one week her husband reported that as per physician advised 1st two days inhaler used once daily then heper sulph olfaction give to much comfort that help her to avoid in haler after 3 days not morning nor evening. The magical result of heper sulph is a very short period.

Dr. L.M. Khan



डॉ. जे.एस.एस.सिंह

होम्योपैथी : अनुभवजन्य चिकित्सा

प्रकरण-11-नपुसंकता-सर्वश्रेष्ठ औषधि-नक्स वोमिका-

पुरुषों के यौन कमजोरी में बहुधा "नक्स वोमिका" के प्रयोग से अत्यधिक लाभ मुझे प्राप्त हुआ है। विशेषकर इस बात का ध्यान रखता हूँ कि जहाँ अधिक हस्तमैथुन, आडम्बरपूर्ण जीवन, अत्यधिक काम क्रिया, तथा लम्बे समय से मानसिक व शारीरिक परिश्रम, स्वभाव से चिड़चिड़ापन, जरा सा विरोध पर क्रोध का आना, आहार लेने पर आमाशय में पत्थर जैसा अनुभव होना, रोगों का प्रायः बदतर होना, खाने के बाद, मानसिक श्रम, क्रोध समताप तथा व्यभिचार के कारण ज्यादातर नापुसंकता की अवस्था जहाँ भी मिला है, वहाँ हमने प्रायः सभी औषधियों से बेहतर "नक्स वोमिका-30, 200, 1 एम रोग लक्षणों के अनुसार चयनित होने पर मेरे 50 साल के चिकित्सीय अनुभव में सर्वोपरि, सर्वाधिक सफल परिणाम उपलब्ध कराती है ऐसे नपुसंकता के कैसेज में ये मेरा व्यक्तिगत 50 वर्षों चिकित्सीय अनुभव रहा है। एक प्रयोग करने की परामर्श है।

डॉ. जे.एस.एस.सिंह



Dr. Rajendra Sisodiya

Role of Homoeopathy In Treatment of Peptic Ulcer

Peptic Ulcers are sores that develop in the lining of the stomach, lower esophagus, or small intestine (the duodenum), usually as a result of inflammation caused by the bacteria H. pylori, as well as from erosion from stomach acids. Peptic ulcers are a fairly common health problem. So here we list some Homeopathic medicines for stomach ulcers problem. These homeopathy medicines are also helpful in treating different symptoms of peptic ulcers such as vomiting, nausea, burning sensation.

Causes of Peptic Ulcers--Heredity--Patients with peptic ulcer often have a family history of the disease, this is particularly so with duodenal ulcers which develop below the age of 20 years. The relatives of chronic ulcer patients have three times the expected number of ulcers.

•Helicobacter Pylori--This is the most important etiological factor in peptic ulcer disease, accounting for 90%of duodenal ulcers & 70%of gastric ulcers. By causing gastritis it reduces the resistance of the gastric mucosa to attack by acid & pepsin & a gastric ulcer may result.

•Non-Steroidal Anti Inflammatory Drugs (NSAIDs)--These damages the gastric mucosal barrier and are an important etiological factor in up to 30% of gastric ulcers.

•Smoking--confers an increased risk of gastric ulcer and to a lesser extent duodenal ulcer.

Symptoms of Peptic Ulcers--Abdominal pain
•Hunger pain, •Night pain, •Episodic pain/ Periodicity, •Heartburn, •Nausea, •Loss of appetite, •Vomiting.

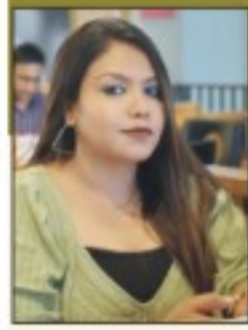
Some Homeopathic Medicine Indicated--A homeopath not only tries to heal the ulcer but also tries to remove the general predisposition to acquire it. The homeopath not only tries to find "What is wrong?", but also "Why it went wrong?"; "Where it started going wrong?"; "How it evolved to the current stage?" etc. To find the answers to all these questions, a homeopath tries to gather as much information as possible regarding the past and present medical history of the patient, his/her family history, his/her general physical and psychological characteristics, etc.

Homeopathic Medicines For Peptic Ulcers--
•Argentum Nitricum, •Nux Vomica, •Merc sol. •Kali Bichromicum, •Lycopodium Clavatum, •Carbo Veg, •Graphites, •Phosphorus, •Sulphur.

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A Comparative Study on The Efficacy of Homoeopathic Medicines & Psychotherapies in Management of Anxiety in Health Care Workers During Covid-19 Pandemic



Dr. Ragini Dhakriya

Abstract-Background-The World Health Organization identified the critical condition & announced the occurrence of the novel corona virus, as well as declaring it a Public Health Emergency of International Concern under the International Health Regulation. There was a high mortality rate during the pandemic attack. rate from viral infections, as well as psycho-logical & mental effects on the rest of the population world & covid health care workers.

Anxiety, fear, panic attacks, post-traumatic stress symptoms, psychological distress, stigma, avoidance of contact, depressive tendencies, sleep disturbances, helplessness, interpersonal and isolation have all resulted from the COVID-19 pandemic.

Furthermore, HCWs' mental health issues would impair their attention, cognitive functioning, and clinical decision-making, increasing the likelihood of medical errors and incidents and putting patients at risk. This comparative study provides an overview of recent studies on the prevalence of psychological disorders in health-care workers during the corona pandemic, as well as appropriate management methods.

The homoeopathic medical system is an alternative medical system that is widely used around the world. It is becoming more popular as the preferred treatment for psychological disorders. It directly improves a person's vital system in the most natural and harmless way. The facts stated above make it an appropriate topic for research in order to provide a safe, effective, and cost-effective therapy. Thus, the purpose of this study conducted was to re-evaluate the efficacy of homoeopathic treatment and psychotherapies for psychological disorders in health care workers during the Covid-19 pandemic.

Studies--A comparative, randomized and prospective study design was adopted for the study at Government Homoeopathic Medical College & Hospital, Bhopal (MP). Patients fulfilling inclusion and exclusion criteria, reporting in regular OPD's and attached units of the institute by consecutive sampling were included. Assessment in each case was evaluated by reduction in symptoms severity and improvement was done on basis of Criteria for Diagnosing GAD and HAM-A Scale

Results--In this study, 50 cases were selected according to inclusion and exclusion criteria. Statistical analysis to test the significance of the improvement was obtained. Analysis of the result of treatment was done by percentage

change, symptomatically relief, criteria and last follow-up visit, which illustrated a significant reduction in symptoms. Out of 50 cases, out of whom 20% (10 cases) were excluded, 80% (40 cases) patients (male 20, female 20) were followed up and studied under two groups. A significant change in the score from the baseline was observed in 40 patients. The results indicate a positive role of homoeopathic medicines along with psychotherapies & result finding indicates marked improvement in 40%(20cases), moderate improvement in 40% (20cases) & dropped out 10cases.

Conclusion--In conclusion, these findings contribute to the growing literature on the mental health distress of HCWs during the COVID-19 pandemic, the current study demonstrate that a considerable homoeopathic medicines and psychotherapies appeared to be efficacious, safe, and cost-effective in the treatment of anxiety in health care workers during the Covid-19 pandemic. Homoeopathic drugs which were found very effective/significant effect in Anxiety, likes Phosphorus, Gelsemium, Pulsatilla, Argentumnitricum, Calcarea carb and Arsenic. Potency 200 and 1M was found to be most useful in these cases.

Keywords--Homoeopathy, Covid 19, Pandemic, Homoeopathic medicine, Anxiety, healthcare workers

Introduction--The COVID-19 pandemic has caused a global health crisis on a scale never seen before. In the face of volatility and uncertainty, health care workers (HCW) continue to provide care in physically and emotionally stressful conditions that are evolving in tandem with the system. The corona virus disease 2019 (COVID-19) has a significant impact on healthcare workers (HCWs), resulting in negative mental health outcomes such as post-traumatic stress disorder, anxiety, & depressive symptoms. HCWs worked in a demanding environment that has an impact on their physical and mental health. Medical personnel who were exposed and in direct contact with confirmed & suspected coronavirus cases were referred to as front-line healthcare workers. They have suffered not only from increased workload & an increased risk of infection, but also there was an increase in the likelihood of mental illness.

Diagnostic Criteria--The patient must have primary anxiety symptoms on most days for at least several weeks, and usually for several months. Typically, symptoms should include elements of: •Apprehension (concerns about future misfortunes, a sense of being "on edge") concentrating, etc.), •Motor tension (restlessness, fidgeting, headaches, trembling,

inability to relax); and •Excessive autonomic activity (light-headedness, sweating, tachycardia or tachypnoea, epigastric pain) discomfort, dizziness, thirst, and so on)

Source of Anxiety In Health Care Workers--

•The availability of appropriate personal protective equipment, •Being exposed to COVID-19 at work and bringing the infection home to their family, •Not having quick access to testing if they develop COVID-19 symptoms, as well as a concurrent fear of spreading infection at work, •Uncertainty about their organization's ability to support/care for their personal and family needs if they become infected, •Availability of childcare during extended work hours and school closures, •Assistance with other personal and family needs as work hours and demands rise (food, hydration, lodging, transportation), •The ability to provide competent medical care if deployed to a new location (e.g., non-ICU nurses having to function as ICU nurses) •Inadequate access to current information and communication. Prevalence: Cultural factors have a significant impact on the presentation, diagnosis, and treatment of anxiety disorders in India.

Material and Method--The HAM-A was one of the first rating scales developed to measure the severity of anxiety symptoms, and is still widely used today in both clinical and research settings. The scale consists of 14 items, each defined by a series of symptoms, and measures both psychic anxiety (mental agitation and psychological distress) and somatic anxiety (physical complaints related to anxiety).

Scoring--Each item is scored on a scale of 0 (not present) to 4 (severe), with a total score range of 0-56, where < 17 indicates mild severity, 18-24 mild to moderate severity, and 25-30 moderate to severe.

Statistical Method--Analysis was done for a variety of clinical presentations, and the effects of homoeopathic medicines were assessed. Data of before and after the assessment was presented by graphs, pie charts, and other standard statistical methods. Final calculations were done with the help of paired „t” test and for the comparison of both the groups were done with the help of independent „t” test and ANOVA single factor.

Inference--The study provides the evidence to say that, there is significant reduction of disease intensity score after the homoeopathic treatment and psychotherapies. Therefore, homoeopathic medicine along with homoeopathic medicines is having important role in the treatment of Anxiety in health care worker during covid-19 pandemic. The

ANOVA single factor shows that the variation between the Group A (Homoeopathic and psychotherapy) and Group B (Placebo and psychotherapy) is 27.556 whereas variation between within the groups is 99.488 as the comparative analysis of both the groups has been conducted all together. The variation range between the lowest score and the highest score recorded through HAM-A scale is very high within the group. The mean square between the groups is 27.556 whereas for within the groups it is 2.618105263. Hence the variation between the patient of group A and confidence level is low whereas for patient of group B is high. F value 10.52517 & the p value of 0.002458 which is significant at p < .05 signifies that the results are significant and the groups are comparable as the variation is high.

Homoeopathic Medicine Used In This Study Were--Aconitum napellus, •Argentum nitricum, •Arsenicum album, •Calcarea-carbonica, •Gelsemium and Ignatia.

Psychotherapies Used In This Study--

•Cognitive Behavioral Therapy (CBT)
•Psychodynamic Therapy
•Dialectical Behavior Therapy (DBT)

Discussion--Constitutional treatment seems to be efficacious in reducing the frequency and intensity of Anxiety amongst healthcare workers. Aconitum napellus 5%, Arg. Nitricum 7.5%, Arsenic album 7.5%, Calcarea carb 7.5%, Gelsemium 5%, Phosphorus 10%, Pulsatilla 7.5%, •Therefore, these finding highlights the final outcome of the study after treatment was marked improvement in Group A, mild improvement with frequently relapses in Group B and not improved or dropout of 10 cases., •From the analysis of the above results obtained it is obvious that the Homoeopathic drugs along with various psychotherapies are very effective in the treatment of Anxiety in healthcare workers.

•In most of the cases included in the study, along with medicine psycho-supportive measures like psychotherapies and meditation and relaxation technique were used, and the rate of improvement were faster when these therapies were used along with Homoeopathic medicines. •The strength of this study is to be among the few to address the mental health aspect of healthcare workers during the time of crisis with the integrated approach of homoeopathy and psychotherapies.

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