



**PIHRH**

**OCTOBER  
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# PIHRH HOSPITAL BULLETIN



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# PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH HOSPITAL HOSPITAL BULLETIN

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## Editorial preface

Dear all,

*Happiness is in air,*

*It's Diwali everywhere*

*Let's show some love and care*

*And wish everyone out there a  
very happy Diwali!!!*

Well, this is a very first issue of our hospital bulletin and I am glad to bring it out on this Diwali season. It is immense pleasure to write this preface as an issue editor for which I am very much grateful to my superiors, Dept. Superintendent Dr. Lipika Ma'am, Superintendent Dr. B. P. Panda Sir, Director Dr. Komal Ma'am and Management of Hospital who gave me this responsibility in form of opportunity and felt me capable to do it well enough!

Obviously I am going to try my best in fulfilling their expectations and will bring you best of us! But as we all know things are never perfect and we can always try to do something better, I will wait for your

feedbacks, will respond as early as possible and will improve whatever could be done.

Coming to the point, apart from preface actual bulletin is under four headings.

The first one is about hospital activities. Under this heading various programs, camps and other activities is being included.

The second one is article; where best selected article from the submission will have its place.

The third one is about case; here also the best selected case from the submission will take its place just like that of article.

The fourth heading is about Tips & Tricks in which thumb rules or better I can say handy tips are being given from the masters of homoeopathy.

There is one more heading which we are planning to add i.e. Questions and Answers but that can only be possible after your active interactions.

Share your feedbacks on [karnav.thakkar@paruluniversity.ac.in](mailto:karnav.thakkar@paruluniversity.ac.in)

**Dr. Karnav R Thakkar**  
**Resident Medical Officer**  
**P.I.H.R.H.**  
**PU**



**PIHRH activities**

**Camp**

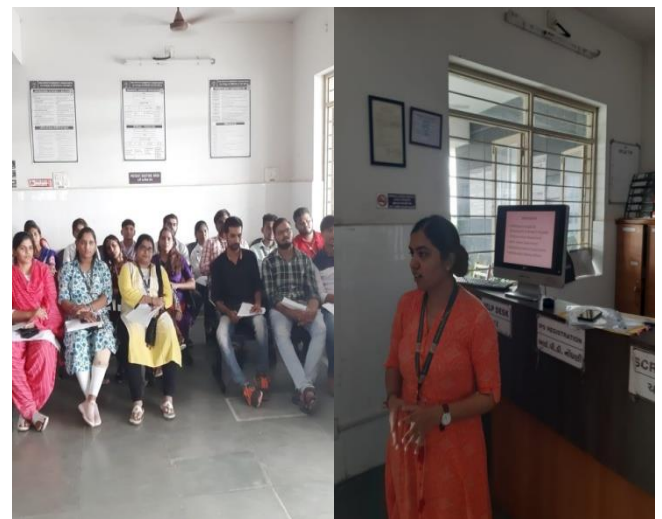
On 12<sup>th</sup> October 2019, Saturday at 137, industrial estate hall, Opp. State bank of India, G.I.D.C., Por in collaboration with lions club of Baroda Sakhi & industrial association G.I.D.C. por.



**NABH Training**

Training of Access Assessment and Continuity of care done by Dr. Chinmayi Acharya as a part of continuous training programme of NABH

On 15<sup>th</sup> October 2019, Tuesday at sub centre, sokhda raghu, Ta. Padra in collaboration with sokhda raghu gram panchayat.



Training of Management of Medication done by Dr. Karnav Thakkar as a part of continuous training programme of NABH



**World Hand Hygiene Day**

The team of Parul Institute of Homeopathy and Research Hospital celebrated "Global hand washing Day on 15<sup>th</sup> October 2019"







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# PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH HOSPITAL HOSPITAL BULLETIN

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## **ARTICLE – Role of Constitution in the field of Homoeopathy**

*“No knowledge is perfect unless it includes an understanding of the origin — that is, the beginning; and as all man’s diseases originate in his constitution it is necessary that his constitution should be known if we wish to know his diseases”*

### **Paracelsus**

Constitution is defined as the structure, composition, physical make up or nature of a person, comprising inherited qualities and modified by the environment.

The English word, constitution, originates from the Latin, ‘constituere’, which means constitutes: to set up, to establish, to form or make up

### **Hahnemann and Constitution**

Dr. Hahnemann gives the importance to the constitution in Aphorism 5 of Organon of Medicine.

“Useful to the physician in assisting him to cure are the particulars of the most probable exciting cause of the acute disease, as also the most significant points in the whole history of the chronic disease, to enable him to discover its fundamental cause, which is generally due to a chronic miasm. In these investigations, the ascertainable **physical constitution** of the patient (especially when the disease is chronic), his moral and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual function, etc., are to be taken into consideration.”

The term ‘constitution’ is used at least 16 times in **The Chronic Diseases**.

### **Historical point of view:**

#### **1. Hippocrates**

Hippocrates is credited with being the first person to believe that diseases were caused naturally, not because of superstition and gods. Hippocrates classified constitution into 2 types, short and thick – is prone to apoplectic conditions and Long and thin – is prone to tubercular affection.

#### **2. Traditional Chinese medicine**

The concept of constitution has been in China for thousands of years. It originated from the famous Chinese Medicine book, Huang Di Nei Jing. According to the China Association for Traditional Chinese Medicine (CACM), body constitution can be divided into nine types, named as neutral, qi deficiency, yang deficiency, yin deficiency, blood stasis, phlegm & dampness, damp-heat, qi stagnation and special constitution.

Type	Characteristics
Qi-deficiency	Lassitude, short breath, low voice, profuse sweat, easy to catch cold and get tired.
Yang-deficiency	Cold hands and feet, fear of cold, pale face, prefer hot food and drink, fat and tender tongue with tooth print and white coating, deep and weak pulse.



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Dampness -heat	Dirty and greasy complexion, proneness to acne, foul breath, sticky stool.
Blood stasis	Dark complexion, lips and eye sockets, roughness of skin, all kinds of pain.
Qi stagnation	Depression, anxiety, doldrums, easy to insomnia, irritability, sentimentality, likes to sigh.
Yin- deficiency	Tall and lean body, dry eyes, mouth, throat, skin and stool, constipation, easily suffering from insomnia, feverish sensation in the palms and soles, reddish tongue with thin or no coating.
Balance	Ruddy complexion, good sleep, energetic, regular pulse, light red tongue with thin coating.
Phlegm- dampness	Overweight with fat abdomen fatness, more phlegm and sticky sensation in mouth, slippery and fat tongue with white thick coating, and tightness in the chest, laziness prone to lie down, light yellow complexion, more oil on the face, greasy and fat tongue with white coating.
Inherited special constitution	Various hereditary physical defects and allergic constitution.

### 3. Ayurved (Indian medicine)

According to Ayurved, the constitution is called *Prakruti*. The term *Prakruti* is a Sanskrit word that means, "nature of the person". There

are three types of '*prakruti*' or '*dosha*'. – *Vat*, *Pitta*, *Kapha*

*VATA* - cold, light, dry, rough, moving, irregular and changeable

*PITTA* – hot, light, intense, penetrating, pungent, sharp and acidic

*KAPHA* – heavy, slow, steady, solid, cold, soft and oily

### 4. Homeopathic concepts

**BAZIN** classified constitution into 3 types as SCROFULOUS, GOUTY and SYPHILLITIC from which he thinks that all other pathogenic forms originates.

**RADEMACHER** also found a 3 fold division, division according to aetiology. According to him in some epidemics one type would rule and the remedy for that type would be Copper. At another season a somewhat different type would prevail and for that Iron would be needed. For a third type *Natrum nitricum* would be the remedy each of these remedies had allied remedies of its own type.

### VANNIER'S & ZISSUS

**Carbonic constitution** – The characteristics of carbonic constitution are mentally and physically upright persons, having square white regular teeth, slight acute angle between Lower-arm and upper-arm, orderly, undemonstrative, responsible and capable. *Cal carb*, *Kali carb*, *Mag carb*, *Nat carb*, *Graph*, *Carbo veg*, *Carbo anim* are the drugs having this constitution.

**Phosphoric constitution** has scrofulous or tubercular diathesis. Tall, thin delicate, easily tired persons with long yellow teeth but well fitted. Arm forms perfect straight line when stretched. Dislike



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hardwork but orderly and fastidious. Calc phos, Phos acid, Kali phos, Phos, Mag phos are the main drugs.

**Flouric constitution** is characterized by unbalanced irregular body formations with obtuse angle or outstretched arm, teeth irregular and ill fitted, untidy, cunning and unreliable. Predisposed to diseases or nervous system, dislocation of the joints and suicide. Flouric acid, Calc flour are the main drugs.

**Von Grauvogl** classified constitution as Oxygenoid, Carbo – nitrogenoid and Hydrogenoid

**Oxygenoid constitution** is characterized by the accumulation of excess of oxygen. Excess of oxygen will leads to destruction of tissues. Body is lean and thin though their eating habits are proper. Body is sensitive to change of weather. Person gets easily affected by weather change. Self destruction leads to ulceration on different parts of body. They have weak bones, enlarged glands and anaemia. The complaints are aggravated before during and after thunder storm. This constitution closely resembles sulphuric miasm. Calc phos, Ferr phos, Nat phos, Phos, Phos acid, Iod, Sil, Calc, Nat mur, Hell, Tuberc, Syph, Merc sol are the main drugs.

**Carbo – Nitrogenoid constitution** is characterized by excess of carbon and nitrogen. All the complaints are caused by impaired nutrition. This may either lead to obesity or emaciation. This constitution closely related to the Psoric miasm. Ars, Ars iod, Calc phos, Carbo veg, Hep, Iod, Kali bich, Lach, Lyco, Natr mu, Sulph, Zinc met etc. are the main drugs.

**Hydrogenoid constitution** is characterized by the excess of hydrogen. There is great

accumulation of water in blood and tissues in the body. This constitution is closely related to sycotic miasm. The Vaccinosis also comes under this constitution. These types of people get aggravated in cold or cold damp weather. They also aggravated while living in the damp basements and cellars; near seashore, near river banks etc. Few remedies such as Nat. Sulph, Thuja, Ant. Tart etc. have hydrogenoid constitution.

## ERNST KRETSCHNER (1921)

By taking a limited number of physical characteristics Kretschner in his book "The character and physique" classified constitution into asthenic, athletic and pyknic.

**Asthenic** refers to frail, linear physique. A deficiency in thickness combined with an average un lessened height. Lean narrow built with a skin poor in secretion, narrow shoulders, muscles, delicately bones limbs, narrow flat chest, sharp rib angle, and thin stomach.

**Athletic constitution** is characterized by strong development of the skeleton, musculature and skin, a middle sized man with projecting shoulders, superb chest, firm stomach and trunk tapers in its lower edge so that the pelvis and the magnificent leg seem almost graceful compared with the size of the upper limb particularly hypertrophied shoulder.

**Pyknic** refers to plump physique.



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## Relevance constitutions in Homoeopathic literature

Homeopathic prescriptions are made based on the totality of the symptoms. Totalities of symptoms are outwardly reflected picture of internal essence of disease. Based on the totality of symptoms similimum remedy is prescribed. According to law of similia our homoeopathic remedy is prescribed. The cure is achieved after successful prescription of similimum.

There are few repertory which shows emphasis on the constitution.

## Clinical repertory by Robin Murphy

The constitutions chapter was first introduced by Murphy in the second edition of repertory. Extensive additions were gathered from Hering's guiding symptoms. The constitution chapter contains : constitutions, temperaments, body size, body type, hair in general, complexions, age, growth, gender, habits, defects, miasms, infants, inheritance, children, boys, girls, elderly people, men, occupations, women, young people.

## Repertory of Hering's Guiding Symptoms of our Materia medica

In Knerr's repertory the rubrics related to the constitution is included under the chapter stages of life and constitution. In this chapter rubrics related to various age groups are included under headings like children; old age etc. the rubric constitution has many sub rubrics. Most of the rubrics of the Murphy's constitution chapter are based on the constitution rubric of the stages and constitution chapter of Knerr's repertory.

## Boger-Boenninghausen's Characteristics and Repertory

Most of the rubrics related to constitutions is in the chapter sensations and complaints in general such as Constitution- carbo nitrogenous, Constitution- dyscratic, Constitution- hydrogenoid, Constitution- oxygenoid and so on.

## Clinical Repertory to the Dictionary of Materia Medica, Clarke, John Henry

In clinical repertory by J.H.Clarke is divided into five chapters. One of them is repertory of the temperaments, dispositions, constitutions and states. In this chapter are given the remedies which have been found to act most beneficially in certain types of persons, temperaments, sex and age. There are also included complaints and conditions of particular type of persons and constitutions.

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## **CASE OF DIABETIC ULCER: HOMOEOPATHIC TREATMENT COULD AVOID AMPUTATION**

Diabetes has affected 40 million people in India, 21 million people in the US and 189 million people worldwide. By the year 2025 the prevalence of diabetes is expected to rise by 72% that is 324 million people globally. Up to 25% of those with diabetes will develop foot ulcer. More than half of all foot ulcers (wounds) will become infected, requiring hospitalization and 1 in 5 will require an amputation. Diabetes is attributed to about 80% of the 120,000 non traumatic amputations performed yearly in the United States. Every 30 seconds, somewhere in the world, a limb is lost as a consequence of diabetes. After a major amputation 50% of patients will have their other limb amputated within 2 years.

The Central Council for Research in Homoeopathy (CCRH) has taken up a project on Diabetic Foot Ulcer at the extension centre of the standardisation unit at Hyderabad, which is located in the premises of princess Durru Shevar Children's & General Hospital. The Case presented here was selected from the research OPD of the extension centre to the protocol norms of the clinical study.

### **PRESENTING COMPLAINTS:-**

A male patient of 60 years age came to the OPD of the Parul Institute of Homoeopathy and Research Hospital with the following complaints for 2-3 months.

- Ulcer on the right sole of foot since 2-3 months. The ulcer started after injury over foot.
- No any pain and swelling in foot
- Numbness present in both lower limbs.
- Patient feels burning in sole of foot.

### **PAST HISTORY:-**

He was a known diabetic and hypertension since 12 years on allopathic medicines with good control

### **FAMILY HISTORY:-**

Father died at the age of 75 years and was a known diabetic. Mother died at the age of 70 years and was a known diabetic.

### **PERSONAL HISTORY:-**

The patient is a shopkeeper and his primary education up to 5<sup>th</sup> standard. Patient is from a middle class socio economic status. Childhood history has no significant events. Children married and well settled. His life had been smooth without many ups and downs. Very much satisfied with her family. She was known to maintain very good interpersonal relationship.



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## PHYSICAL GENERALS:-

- Chilly patient, worse from cold and wet weather, after midnight.
- No particular desires and aversions. Appetite and thirst were found to be normal.
- Bowel habit- urge once in two days but satisfactory.
- Urine-normal
- Perspiration- moderate present with icy coldness all over body
- Sleep- refreshing and no dreams.
- Thirst- unquenchable

## MENTAL GENERALS:-

- Anguish and restlessness.
- Sometime patient having fear of death due to ulcer and think the medicines are not useful for it.
- Lack of self confidence

## GENERAL PHYSICAL EXAMINATION:-

- Fair complexion medium built,
- Weight- 65 kg
- Height-167 cm
- Anaemia-nil
- Jaundice-nil
- Cyanosis-nil
- Generalised lymphadenopathy- nil
- Pulse-84/min
- BP-140/90 mmHg
- Temperature-98.6F
- Respiratory rate- 16/min

## SYSTEMIC EXAMINATION:-

- Respiratory System- NAD
- Cardiovascular System- NAD
- Gastro-intestinal System-NAD
- Locomotors System- NAD
- Skin- Ulcer on the sole of right foot

## INVESTIGATION FINDINGS:-

1. Fasting blood sugar-124 mg/dl
2. Post Prandial blood sugar-182mg/dl
3. Urine- sugar nil

Complete blood picture, lipid profile, serum creatinine & blood urea levels-within normal limits.

## CHOICE OF REMEDY:-

- Anguish and restlessness.
- Fear of death due to ulcer and think the medicines are not useful for it.
- Lack of self confidence
- Chilly patient
- Perspiration icy cold
- Diabetic ulcer on right foot
- Numbness of both lower limbs
- Diabetes mellitus

## PRESCRIPTION:-

ARSENICUM ALBUM 200,  
BD FOR 7 DAYS


**ADVICE:-**

Regular Dressing with Calendula Mother Tincture & Echinacea Ointment



the blood flow etc. Were all stopped and even the medicine used for external applications has also been stopped. The case was enrolled and a complete analysis was done according to the homoeopathic principles and medicine was prescribed. The auxiliary management such as diet regiment, proper foot care and dressing of ulcer with homeopathic external applications- Calendula (to prevent superadded infection) was advised.

After 8 months of treatment, ulcer is gradually healed and regains the sensation in foot and lower limbs.

	<p> <b>Dr. Alpesh Jaiswal</b>  <b>(Medical Officer)</b>  <b>P.I.H.R.H.</b>  <b>PARUL UNIVERSITY</b> </p>
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**RESULTS & DISCUSSION:-**

The above case of diabetic foot ulcer represents a non healing ulcer. In this case there was no improvement observed by the consultant surgeon with conventional treatment rather the ulcer showed signs of worsening.

At this juncture, the case was referred to the PIHRH. The patient was advised to continue oral hypoglycaemic as before but all other medicines such as antibiotics, vitamin B supplements drugs to improve





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## TIPS & TRICKS

1. In very old people, we find a sensitive skin which itches intolerably but with no eruptions. BARYTA CARB is one of the principal remedies to be thought of.  
- Dr. H. A. Roberts
2. If you have a Pulsatilla cold, and in addition to it you have sneezing, give cyclamen.  
- Dr Dewey
3. In the gastrointestinal sphere where there is a history of an old duodenal ulcer with an intolerable burning epigastric pain and much flatulence, Argentum nitricum is our remedy.  
- Dr Eisfelder
4. Do not prescribe until you have found the remedy that is similar to the whole case, even although it is clear in your mind that one remedy may be more similar to one particular group of symptoms and another remedy to another group.  
- Dr. James Tyler Kent.

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