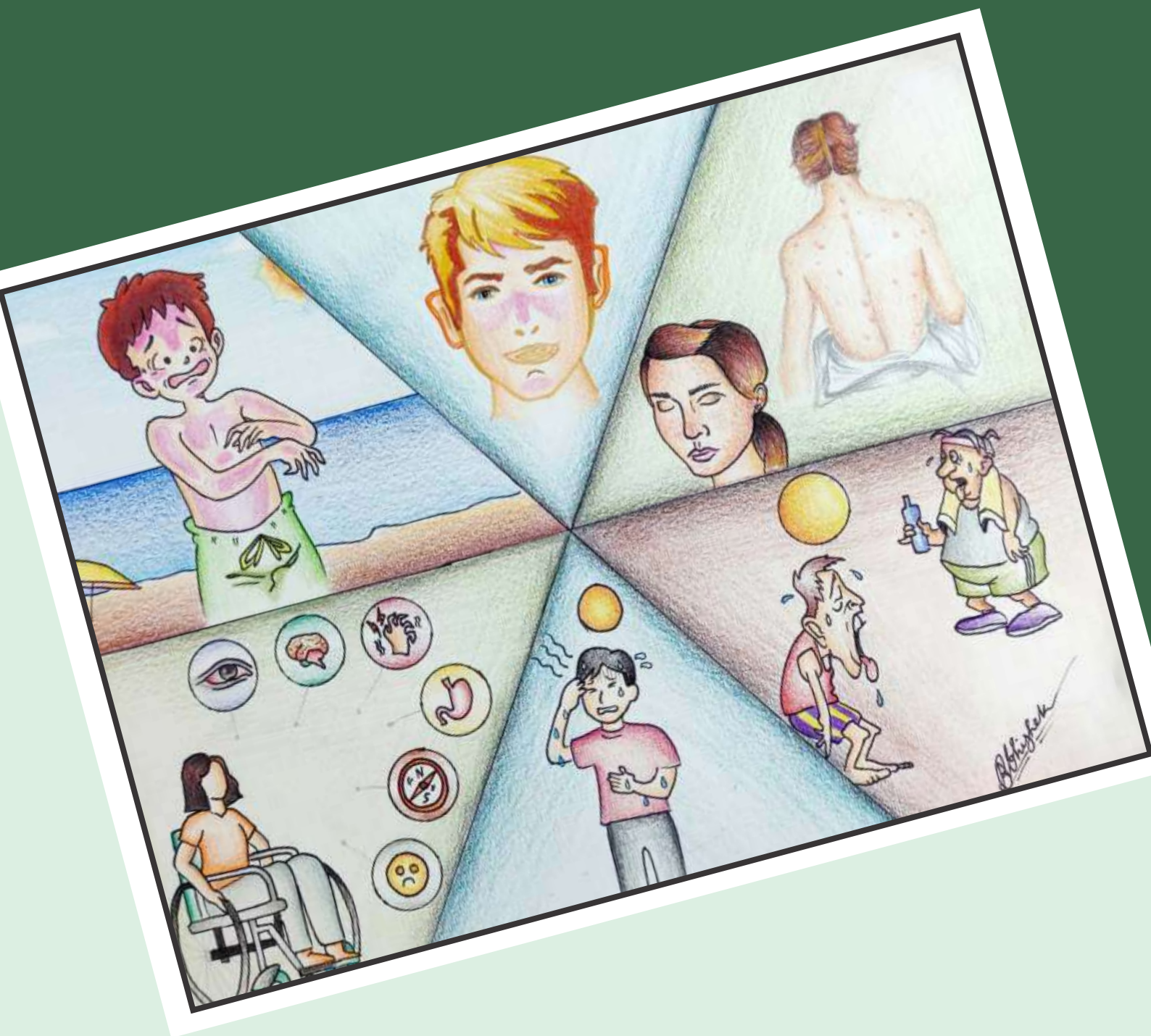


A QUARTERLY HOMOEOPATHY NEWS BULLETIN

# HOMOEODINSIGHT

THIS BULLETIN IS BASED ON "HOMOEOPATHY FOR SUMMER MALADIES"

VOL VIII | ISSUE IX | AUGUST 2022



PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH  
PARUL UNIVERSITY

# CONTENTS

<b>Managing Editor Message</b>	<b>02</b>
<b>Editorial Message</b>	<b>02</b>
<b>Article</b>	
Homoeopathy For Summer Maladies - Arpita Patel	<b>03</b>
Beat Summer Heat with Homoeopathy - Dr Nayana patel	<b>05</b>
Miliaria And Homoeopathy - Shyam kamleshbhai	<b>06</b>
Dog's Day Bleed - Isha aggarwal	<b>08</b>
Case Report Of Xerosis Cutis - Priyank shinghaliya	<b>10</b>
Ride The Summer Tide - Ketulparmar & pooja patel	<b>12</b>
Icing The Torrid With Yoga And Pranayam - Bijal shah	<b>13</b>
Montezuma's Revenge - Adil patel	<b>19</b>
Repertorial Approach For Summer Distress - Dr Vandana patel	<b>21</b>
Case Report On Miliaria Pustulosa - Tasnim dhuliyawala	<b>25</b>
The Midsummer's Ring - Dr Anit acharya	<b>27</b>
Summer Flu With Miasmatic Approach - Kajal dave	<b>31</b>
Homoeopathy For Sun Stroke - Hamza sheikh	<b>33</b>
Vacation With Homoeopathy Kit - Surya teja	<b>37</b>
<b>CROSSWORD</b>	<b>40</b>
<b>QUIZ</b>	<b>41</b>
<b>ACTIVITIES AT PIHR</b>	
·EXTRA-CURRICULAR	<b>43</b>
·CURRICULAR & ACHIEVEMENT	<b>44</b>
·HOSPITAL ACTIVITIES	<b>45</b>

## Managing Editor's Message



**Dr. B. P. Panda**  
Principal &  
Professor - Department of  
Organon of Medicine,  
PIHR, PARUL UNIVERSITY

It gives me immense pleasure to share my view on 8th issue of our institutional quarterly bulletin "Homoeoinsight". It reflects the sincere efforts of our issue editor Dr. Anit Acharya madam for scrutinization, collection, collation and organized placement of the articles, cases with the theme "Homoeopathy for Summer complain". Apart from this the bulletin also covers the curricular, co-curricular, extracurricular and attached hospital activities of our institution. As we know Homoeopathy is a system which deals with the world of thought not the matter, cause not the effect, Beginning is not the end and process not the product by which both the acute and chronic diseases are annihilated in its whole extent, to justify the same the bulletin will enriched our readers about the common and uncommon summer problems, how can be they prevail, what about their management and homoeopathic approach of treatment and how we can take the help of auxiliary treatment like rehydration therapy etc. Apart from theoretical articles it contains cases that has been handled by homoeopathy successfully. Miasms are the fundamental cause of every natural disease. They need to identify and removed by proper anti-miasmatic medicine to prevent recurrence of the diseases. This bulletin also contains the miasmatic approach to treat the summer ailments. I congratulate issue editor Dr. Anit Acharya madam and her team for their timely publication. Thankful our management for giving us permission for publishing the bulletin under the banner of our institution. I offer my gratitude to all the contributors of this bulletin. Wish all the readers a HAPPY INDEPENDENCE DAY in advance.

With regards

## Editorial Message



**Dr. Anit Singh Acharya (Ph.D (Hom))**  
Associate Professor,  
Department of  
Homoeopathic Materia Medica  
PIHR

**Summer solstice**, when the earth pole is at a maximum tilt, is celebrated with vibrant and vigour, but the soaring temperature comes with lots of aftermath leading to opening of Pandora box. The Montezuma's revenge, summer trots, skin rashes, vacation dismay, swimmer's ear, insect bites, ringworm, sunstroke are few of the common maladies. The title of the issue is based on the Heat wave consequences, that makes the issue topic as **"Homoeopathy for Summer Maladies"**. Homoeopathy since time immemorial has proved fruitful in treating and managing the exacerbations, based on the similimum or therapeutic indications. The articles included covers multitude effects of summer complaints. The Homoeopathy for summer maladies summarises the various effects of sun exposure, Beat summer heat enlist the simple way of combating the effects, Miliaria as an irritating skin rashes managed with homoeopathic approach, Dog's day bleed emphasise on epistaxis in the heat, A case report on Xerosis cutis explains the dryness managed with similimum, Ride the tide shows the dehydration leading to hypovolemic shock, Icing the torrid has beautiful illustration of Yoga and pranayama in cooling the body, Montezuma's revenge is none other than traveller's diarrhoea and foodborne illness, Repertorial approach as an easy guide to get the remedy with the help of rubrics, A case report on Milliaris pustulosa as an evidence based study for clinical knowledge, Midsummer's ring encircles the dermatophytosis presentations, Summer flu deals with miasmatic approach, Sunstroke with homoeopathic management and lastly Homoeopathic medicines kit one should not forget before leaving for vacation. So hopefully the articles are worth reading and a take home message to all the readers, about the Homoeopathic management for Hot spells. Lastly crossword and quiz are brainstorming for readers. I am thankful to our Principal Dr Bibhu P Panda sir for giving me opportunity as an issue editor. We are happy that many students and faculties have participated with enthusiasm with their submissions. We are thankful to all for continued support and overwhelming response. We assure to serve the best for development of Homoeopathy. Enjoy the read.

'With Regards,



# HOMOEOPATHY FOR SUMMER MALADIES

It's summer time. The temperature is anything but bearable well, it also looks like nature's "Thermostat". The heat in summer can be dangerous. The heated summer bring along the medical condition that need attention while enjoying sun-filled fun.

Forget about sweaty cloths and tanned faces. There are handful of illness that are a part of the summer landscape. viz Earache/swimmer's ear, summer colds, allergies (hay fever), indigestion, eye problem, sunburn.

This year consider doing it with Homoeopathic remedies, They are safe non-toxic with relatively simple guidelines first-aid use, equally effective for children and elders alike.

The underlying principle of Homoeopathy involves taking substance that can cause symptoms similar to those, that person is experiencing on illness.

Homoeopathic remedies work rapidly to relieve pain, speed healing and prevent infection. In addition, Homoeopathic treatment are safe, gentle, non-toxic, pleasant, tasting and without side effects.

In hot summer weather our body's store of vital fluids and salts decreases as we sweat, taking nutrient we need to function healthily. This can lead to common problems such as dehydration, exhaustion or even heat stroke which can sometimes be fatal, but Homoeopathic remedies can help you survive in summer season symptoms of heat exhaustion ...

Excessive heating,

Cold and clammy skin,

Quickened pulse and breathing,

Headache,

Dizziness,

Nausea/Vomiting,

Muscle cramps and stomach pain.

Homoeopathic remedies are help the body to replenish its store of the cell salts and nutrients it need in warmer periods and help to relieve cramps, aches, fatigue.

## HOMOEOPATHY IS EXTREMELY USEFUL AND EFFECTIVE IN SUMMER MALADIES:

- **Heat induced headache:**

Hot weather is a frequent cause of headache, stress, exhaustion. Not eating and drinking regularly which frequently occur when it is hot can increase the chance of the getting headache.

- **According to the location sided of the pain:**

Left sided headache: Bry., Thuja., Nat.mur.,

Right sided headache: Lyco., Silicea.,

Headache from looking bright objects, Watching TV, cinema, Computers: Nat.mur.

- "Natrum carbonicum", is effective for summer headaches, accompanied by heat exhaustion.

- For Busting headache: "Glonoinum".

- For severe, throbbing headache: "Belladonna".

- Sun headache: "Gelsemium, Belladonna, Bryonia, Calc. carb."

- **Swimmer's ear** is common in children and adults who love to cool in pool. The ear hurts, although there is no apparent illness, yet affected individual feels it.

Sometimes, fluid or pus may leak from ear.

Most ear infection respond to "Heparsulphuricum".

Earache is accompanied by foul smelling discharge, "Mercurius vivus" is helpful.

- For **summer eye troubles**, including irritation, soreness/infections waiting-to-happen, "Euphrasia" is remedial.

- **Epitaxis** (Bleeding from nose): < Heat: "Aconite, Belladonna, China, Nat. mur., Nux Vomica, Pulsatilla."

- **Skin** rashes and heat boils are common blemishes. Avoid scratching the area. It may be lead to infection. For rash that itches and burns, "Urticaurens" is clamingly beneficial. If there is underlying allergy, "Apismellifica" is effective. Heat boils are really annoying. Painful boils often



# HOMOEOPATHY FOR SUMMER MALADIES

respond to “Arnica montana”. For too many boils, “Echinace angustifolia” would come in handy. “Calendula”: When the skin gets damaged due to wounds, infections, prolonged sun exposure and even excessive pollution and dirt, one can try using calendula.

- “Rhustoxicodendron”: It is used for hot weather symptoms. It is an effective drug when it comes to dealing with itchy rashes. Rashes may be caused because of exposure to oak, sumac and even poison.
- For indigestion with gas, “Lycopodium” is handy.
- Dyspepsia in summer: “Bryonia, Antimony crud., Lycopodium.”
- Travel sickness: Complaint of nausea, giddiness and fainting especially with travelling by road/air: Coccus ind.
- Travel Constipation: Nux Vomica: Eating hotel foods, coffee, Alcohol, smoking. Lycopodium: Constipation when away from home.
- Urinary Tract Infection (UTI): UTI also more common in summer days. Burning before urination: Merc.sol., Cantharis Burning during urination: Cantharis, Apis.mel. Burning after urination: Cantharis, Nat.carb.
- **Diarrhoea:**  
Diarrhoea in children is a major public health problem especially in summer due to impurities of water and food particles. Diarrhoea is defined as passage of loose watery stool with increased frequency of dehydration.
- Diarrhoea with rumbling noise: Aloes. Passing more flatus with less stool: Aloes.  
Diarrhoea < Fish: China., Ars.alb  
Diarrhoea < Eggs: China., Ars.alb., Fer.met.  
Offensive perspiration: With < Heat: “Lycopodium, Nux vomica, Pulsatilla.”
- For sunburn, “Cantharis” is comforting.
- “Ledumpalustre”: One of the best Homoeopathic

drug, when it comes to treating insect bites during summers. For heat rash.

## HOW TO BE SAFE IN SUNNY DAY:

It is always advised to drink plenty of water / electrolyte drinks during summers, to cool down to body and remain hydrated.

Reduce consumption of tea, coffee.

Eat small meals and more often avoid foods high in protein which increase metabolic heat.

Do not work in very hot, humid weather.

Wear suitable clothing for the month of summer.

If you are suffering from tiredness, headaches or any conditions which may be aggravated in warmer months, consult a Homoeopath who will look at your diet, mood, sleep, lifestyle and prescribe a suitable Homoeopathic remedy for you take in summer heat.

## References:

- Writings of Dr. Bella Chaudhary [MD. Hom.]
- Kent's repertory, Boger Boenninghausen.



**Patel Arpita  
Bhaskarbhai.**  
2nd Year BHMS  
RPMC (PIHR)

# BEAT SUMMER HEAT WITH HOMEOPATHIC REMEDIES

The heat in summers can be dangerous. The heated summers bring along the medical conditions that need attention while enjoying sun-filled fun. It's time to stock your cabinet with your summer arsenal.

This year consider doing it with homeopathic remedies. They are safe, non-toxic with relatively simple guidelines for first-aid use, and equally effective for children and elders alike. The underlying principle of homeopathy involves taking a substance that can cause symptoms similar to those that a person is experiencing an illness.

## Homeopathic Remedies for Summer Prickly Heat

The homeopathic remedies work rapidly to relieve pain, speed healing, and prevent infection. In addition, homeopathic treatments are safe, gentle, non-toxic, pleasant tasting and without side effects. In hot weather our body's store of vital fluids and salts decreases as we sweat, taking with them nutrients we need to function healthily. This can lead to common problems such as dehydration and exhaustion, or even heat stroke which can sometimes be fatal, but homeopathic remedies can help you survive in summer season symptoms of heat exhaustion.

## SYMPTOMS OF HEAT EXHAUSTION

1. Excessive sweating
2. Cold and clammy skin
3. Quickened pulse and breathing
4. Headache
5. Dizziness
6. Nausea
7. Muscle cramps and stomach pain

## BEST HOMEOPATHY MEDICINE FOR SUMMER HEAT

### Calendula

1. This is an all-purpose medicine for many kinds of skin damage that many of us face during the summer season. When the skin gets damaged due to wounds, infection, prolonged sun exposure, and even excessive

pollution and dirt, one can try using calendula.

2. Arnica: All that running around on the beach can easily give you sore muscles, while the heat can sap up your energy and leave you fatigued. In such cases, Arnica is the perfect homeopathic answer to your maladies. This homeopathic remedy can be used for topical application if bought in its cream or gel form.
3. Belladonna: Sun strokes, dehydration, and over-exposure to the sun, in general, can give you a host of problems and conditions including heat headaches. In order to treat such conditions, one can use homeopathic medicine Belladonna used for sun-stroke related ailments and symptoms.
4. Rhus Toxicodendron: This Homeopathy remedy used for Hot Weather Symptom is also known as Rhus Tox. It is made from poison ivy extracts and is an effective drug when it comes to dealing with itchy rashes. These rashes may be caused because of exposure to oak, sumac, and even poison ivy.
5. Ledum: Ledum or Ledum Palustre is one of the best homeopathic drugs when it comes to treating insect bites during summers.
6. Euphrasia Officinalis: This homeopathic medicine is most commonly used for eye-related problems that may come about due to sun exposure or excessive sweating in prickly heat and other heat-related factors.



**Dr. Nayana D. Patel**  
Assistant Professor,  
Department of  
Homoeopathy Pharmacy

# MILIARIA AND HOMOEOPATHY

## Abstract

Miliaria is an inflammatory disorder of skin particularly in humans, which is characterized by multiple small lesions at the site of sweat pores, brought about by the blockage of sweat ducts and the resulting escape of sweat into various levels of the skin. Thus it arises from obstruction of the sweat ducts. Miliaria is most common in hot, humid conditions but may occur in desert regions. There are different types of miliaria possible which are mainly based on the level of obstruction of sweat glands.

## Introduction

Miliaria, also called sweat rash, is a skin disease marked by small, itchy rashes due to sweat trapped under the skin by clogged sweat-gland ducts. Miliaria is a common ailment in hot and humid conditions, such as in the tropics and during the summer. Although it affects people of all ages, it is especially common in children and infants due to their underdeveloped sweat glands.

## Types

There 3 types of miliaria are classified according based on the level at which obstruction of the sweat duct occurs:

### 1. Crystallina Miliaria

Miliaria Crystalline is the most common and mild type of heat rash. If you have miliaria Crystalline, you will notice small clear or white fluid-filled bumps on the surface of your skin. These lumps are sweat bubbles. The lumps often burst.

### 2. Miliaria Rubra:

Miliaria Rubra, or itch, is more common in adults than in children and babies. Miliaria Rubra is known to cause more discomfort than miliaria Crystalline because it occurs deeper in the outer layer of the skin or epidermis.

### 3. Miliaria profund:

Heat rash is the least common form of heat rash. It can recur frequently and become chronic or long-term. This form of heat rash occurs in the dermis, which is the deepest layer of the skin. Miliaria profoundly occurs in adults after a period of physical activity that produces sweat. If you have deep miliaria, you will notice larger, harder, flesh-colored bumps.

## Etiology:

**Heat rash occurs when the ducts of the sweat glands become blocked. This may be due to:**

- sweat glands still developing, such as in newborns a warm and humid environment
- physical activity
- fever
- wear synthetic fabrics close to the skin
- wear a non-porous bandage
- prolonged bed rest
- the use of some medications, especially those that reduce sweating
- radiation therapy
- some health conditions, such as toxic epidermal necrolysis

## Pathophysiology

The main cause of miliaria is obstruction of the eccrine sweat glands or ducts. This can be due to cutaneous debris or bacteria such as Staphylococcus epidermidis with its formation of biofilms. The obstruction leads to leakage of sweat into the epidermis or dermis, resulting in cellular overhydration, swelling, and further occlusion of the ducts. More profound involvement of the eccrine gland or duct may lead to their rupture. The different types of miliaria have varying depths of cutaneous involvement. Miliaria crystallina occurs with ductal occlusion of the stratum corneum, miliaria rubra occurs with ductal occlusion in the epidermis at the



# MILIARIA AND HOMOEOPATHY

subcorneal layers, and miliaria profunda results from the ductal occlusion in the dermal-epidermal junction, specifically the papillary dermis.

## Clinical features

- Small bumps or spots, called papules.
- an itching or prickling sensation
- mild swelling

## Homoeopathic management:

1. **FAGOPYRUM ESCULENTUM** : Sore red blotches. Itching of hands, deep in. Vesicular, pustular, phlegmonous dermatitis. Skin hot, swollen. Itching; better by bathing in cold water; worse scratching, touch and retiring. Modalities.--Better, cold water, coffee; worse, in afternoon; from sunlight, scratching.
2. **URTICA URENS**: Itching blotches burning heat, with for mication; violent itching. Burn confined to skin. Modalities. Worse, from snow-air; water, cool moist air, touch.
3. **APIS MELLIFICA**: Heat is intolerable in any from. Swellings after bites; sore, sensitive. Stinging. Rashes, with burning, stinging pain. Sudden puffing up of whole body. Modalities.--Worse, heat in any form; touch; pressure; late in afternoon; after sleeping; in closed and heated rooms. Right side. Better, in open air, uncovering, and cold bathing.
4. **ACONITE NAPELLUS**: heat rash in infants and children. Aconite is ideal when red pimples with itching appear on the body..The child gets restless with the itching and feels good in open air. The itching worsens in a warm room. The child also may demand water in large quantities. Modalities Better in open air; worse in warm room, in evening and night; worse lying on affected side, from music, from tobacco-smoke, dry, cold winds.
5. **CHAMOMILLA**: Chamomilla is the best

Homeopathic remedy for children who have heat rash with itching that gets worse at night. The child shows utmost irritability along with itching. The child may also show a desire for being carried by parents. Modalities.--Worse, by heat, anger, open air, wind, night. Better, from being carried, warm wet weather.

## Conclusion

For the prevention of miliaria, clothing must be properly laundered to adequately remove detergent residue. While in hot environments, individuals with sensitive skin should take the necessary precautions such as regular changing of uniforms and good personal hygiene to ensure that their skin remains as dry and clean as possible and drinking lots of fluids. It is also important that they seek medical advice as soon as skin irritation or rash appears to initiate the necessary medical procedures.

## References

- Mukhopadhyay P. Indian J Dermatology. 2011; 56(1): 2–6.
- <https://pubmed.ncbi.nlm.nih.gov/30725861/>
- <http://dermnetnz.org/hair-nails-sweat/miliaria.html>
- William boerriker materia medica
- Synthesis repertory



**Shyam  
Kamleshbhai  
Barmeda**  
3rd BHMS  
PIHR

# DOG'S DAY BLEED

## ABSTRACT

Bleeding from the nose in medical terminology is called 'Epistaxis'. Epistaxis is one of the commonest ENT emergencies. The aim of homeopathy is not only to treat nose bleed but to treat its underlying cause and individual susceptibility. It is common in summer because, Very hot or dry air can increase the frequency of nosebleeds. Hot or dry air causes cracks in the lining of the nose, making it bleed. Seasonal changes can cause frequent nosebleeds, as the nose has not had time to adjust to changes in temperature and humidity.

## INTRODUCTION

The most common cause of nosebleeds is dry air. Dry air can be caused by hot, low-humidity climates or heated indoor air. Both environments cause the nasal membrane (the delicate tissue inside your nose) to dry out and become crusty or cracked and more likely to bleed when rubbed or picked or when blowing your nose. It is common and is not a disease but it is a symptom as well as a sign. Blood vessels in the nasal cavity are thin and fragile and so little trauma or pricking of the nose leads to epistaxis.

## INCIDENCE

The incidence of epistaxis varies greatly with age. There is a bimodal distribution with peaks in children and young adults and the older adult (45–65 years).

## CLASSIFICATION

1. Anterior Epistaxis
2. Posterior Epistaxis

## COMMON SITES OF EPISTAXIS

1. Little's area (80-90%).
2. Above middle turbinates.
3. Middle meatus and posterior part of the lateral wall.

## CAUSES

1. Idiopathic
2. Local causes
  - i) Osler Weber Rendu Disease
  - ii) Traumatic-Picking of the nose in little's area, as this area is rich in blood supply so little picking results in nose bleeding.

## DRY HOT CLIMATE

- the inspired air tends to cause undue drying and

crusting. Summer months are dry and hot, both of which are bad for your nose. The protective coating of mucus present within the nasal cavity can get dry due to low humidity in the hot months. The loss of the mucus causes your nasal cavity to be prone to dryness, leading to subsequent bleeding. Heat also has another damaging effect, as summers tend to intensify allergy, and an allergic reaction can cause nosebleeds.

- Foreign bodies.
- Infective causes
- Rhinitis sicca
- Neoplasms

## 3. Systematic causes

- i) Hypertension
- ii) Mitral stenosis
- iii) Leading disorders like Leukaemia, Hemophilia, Agranulocytosis.
- iv) Deficiency disease like Malnutrition, Vitamin deficiency, vit c, vit k.
- v) High altitude or Caisson's disease.
- vi) Vicarious menstruation is a rare cause of epistaxis in which epistaxis occurs at the time of menstruation.

4. Some Drugs like anticoagulants can cause a nose bleed.

## Management of Epistaxis

1. Ice or cold pack application that may arrest the bleeding by vasoconstriction.
2. Pinching of nose for a minute may help to stop bleeding.
3. In the case of Hypertension -Trotter's procedure. The patient is asked to sit up inclined forward with mouth open and breathe quietly and asked to spit blood out. Patient is asked not to clear nose by forceful blowing as it may dislodge a clot.

## MIASMATIC DIAGNOSIS

Tubercular miasm has haemorrhages and so epistaxis comes under tubercular miasm. Epistaxis which is bright red which occurs after any injury or over-exercise or fever or blowing of nose or washing face. Tubercular miasm covers nose bleeds which are difficult to stop and tend to recur periodically.

# DOG'S DAY BLEED

Epistaxis relieves most of the complaints in tubercular miasm

## HOMOEOPATHY MEDICINE FOR EPISTAXIS

1. CROCUS SATIVA –Black, tenacious, dark, stringy, clotted blood, every drop can be turned into a thread with cold sweat in a large drop on forehead. Epistaxis is only from one nostril at a time. Along with blood there is extreme physical weakness.
2. CARBO VEGETALIS –Patient suffering from frequent episodes of nasal bleeding. Bleeding after straining, tip of nose red and scabby, itching around nostrils. Due to blood loss the face of the patient appears pale, with loss of vitality.
3. AMMONIUM CARBONICUM –Epistaxis when washing the face and hands in the morning after eating, bleeding from left nostril. Blood rushes to tip of nose when stooping. Ammonium carb is useful for epistaxis from nasal crusts. Indicated when nosebleeds occur because of peeling of nasal crusts that gets formed due to dry nasal catarrh.
4. ARUM TRIPHYLLUM –Constant picking at the nose until it bleeds. Boring with the fingers into the side of the nose is another characteristic of this remedy. Large scab high up on right side of nose.
5. ARNICA MONTANA –Arnica montana is highly reliable and efficient remedy for treatment of epistaxis caused by injury. Arnica is an anti-traumatic remedy. Arnica is useful in nose-bleeds of growing children. Bleeding after every fit of coughing, dark fluid blood. Nose feels sore. Nose bleed due to a blow.

### Another remedies with indication :

Epistaxis with bright red blood

– Phos, Ipecac, Mellilotus

Epistaxis with dark blood

– Lachesis, Ammonium Carb, Hamamelis

Epistaxis with clotted blood

– China, Crocus Sativa

Epistaxis with Anaemia

– Ferrum Phos, China

Epistaxis caused due to Trauma

– Arnica, Hamamelis

Epistaxis from dry nasal crust

– Arum Triph, Amm. Carb, Kali Bich

Epistaxis at Menopause

– Lachesis

## CONCLUSION

### HOW CAN HOMOEOPATHY HELP IN EPISTAXIS?

Homoeopathic medicines are prescribed considering each patient's individuality with respect to his symptom presentation, personality, environmental background and familial disposition in Homeopathic Treatment For Epistaxis.

Epistaxis whether acute or chronic and recurrent can be excellently handled with the help of homoeopathic medicines which have a marked action on blood vessels and capillaries.

Certain cases which present with an emotional causative factor like anxiety, worry, fear or a stressful event which triggered the epistaxis are known to show amazing results with homoeopathic Treatment.

## REFERENCE

- Synthesis – Repertory
- Short Textbook of ENT disease – K.B. Bhargava (5th edition)
- Pocket manual of homoeopathic materia Medica and Repertory by William Boericke
- Allen's keynote
- <https://www.homeopathy360.com/2020/08/05/epistaxis-and-its-homoeopathic-management/>
- <https://www.medicalnewstoday.com/>
- <https://atomictherapy.org/epistaxis/>



**AGRAWAL**  
**ISHA DILIPBHAI**  
3rd YEAR  
BHMS,  
PIHR



# A CASE REPORT ON XEROSIS CUTIS

**Abstract**-A male patient aged 22 years came with the itching in the scarred region. The patient presented Xerosis cutis, that is dry skin which aggravated in the summer season. *Bovista lycopersicon* was selected on the basis of repertorial totality.

A man with 22 years old age come with the complaint of itching on knee and legs of the both the legs where he has previous injured part for last 1 week. itching is aggravated on in the evening and night Xerosis cutis is the medical term for abnormally dry skin. This name comes from the Greek word "xero," which means dry.

## History of presenting complaint

Patient having complaint initiated from last one week, when the summer season approached, the patient had a fall earlier when he injured his knee. The injury healed leaving a scar. The complaint started behind knee on left knee followed by right knee injury.

## Past history

Patient told that in last year also same time in summer itching complaint started.

## Family history

All family members are keeping good health.

## Personal history

Patient have desire of spicy food, and no addiction

## Diagnosis

Xerosis cutis

## Analysis and evaluation of symptoms

Symptoms	Intensity	Totality of symptoms
Itching on the leg	+++	Itching on the leg
Itching on the knee	+++	Itching on the knee
Itching in the summer	+++	Itching in the summer
Itching on the injury scar mark	+++	Itching on the injury scar mark
Complaint aggravate on night	++	Aggravation on night

Complaint aggravated on the evening	++	Aggravation on evening
-------------------------------------	----	------------------------

## Repertorial totality (4)

Symptoms	Rubric
Itching on leg	Extremities -itching-leg
Itching on knee	Extremities -itching-knee
Itching on summer season	Skin-itching-heat
Itching on the injury scar mark	Skin-impression-deep-instruments leave
Aggravation	Skin-itching-night
Aggravation	Skin -itching-evening

## Repertorisation.(4)

EXTREMITIES			
1 EXTREMITIES - ITCHING - Feet			
2 EXTREMITIES - ITCHING - Legs			
SKIN			
3 SKIN - IMPRESSIONS - deep; instruments leave			
4 SKIN - ITCHING - evening			
5 SKIN - ITCHING - night			
6 SKIN - ITCHING - heated; when			
Remedies	ΣSym	ΣDeg	Symptoms
bov.	6	8	1, 2, 3, 4, 5, 6
lyc.	5	7	1, 2, 4, 5, 6
sabad.	5	6	1, 2, 4, 5, 6
sulph.	4	10	1, 2, 4, 5
caust.	4	9	1, 2, 4, 5

## Prescription.(1,2,3,4)

After repertorisation, **bovista lycoperdon** was the highest grade with highest matching of symptoms. hence **bovista** was selected on the basis of completeness of the symptoms of the patient and after confirmation on materia Medica.

**Date 12/4/2022**

**Bovista lycopedron 200/ 2 dose** early morning with placebo 2 times a day on empty stomach for 7 days

# A CASE REPORT ON XEROSIS CUTIS

## Selection of dose and potency (5)

As per organon of medicine, on the basis of susceptibility of the patient potency was selected and patient is highly susceptible on the basis of age and intensity of the symptoms.

## Repetition of the dose (5)

As per the organon of medicine repeat the dose if required.

## Follow up

Date of visit	Response	Prescription
19/04/2022	Itching is decreased and on the right leg and behind the knee no itching present	Placebo/7 days × BD
26/04/2022	No itching is present only on the left knee itching is present	Placebo/3 days × BD
29/04/2022	No itching is present on any part	--

## Discussion (1,2,3)

On the basis of approach of different materia Medica and repertory the top medicine are bovista, sulphur, lycopodium, sabadilla. Bovista is chosen because all symptoms match with patient complaints, lycopodium is not chosen because in this case all complaints are from left to right and in lycopodium all complaints start from right and go to left, sulphur is not chosen because in the case the itching is on the previously injured part and in sulphur that is not specified, and patient desire for bath and in sulphur aversion to bath, sabadilla not chosen because in this medicine the complaint aggravates from cold things and in this case the complaint aggravates in heat and in sabadilla heat is ameliorated. That is why bovista is selected.

## Conclusion

Homoeopathy believes in individualisation, and in this case with the help of Kent repertory and materia Medica case is completely cured with following of Hering's law of cure.



## Reference

- 1) Pocket manual of homoeopathic materia Medica and repertory by William Boericke.
- 2) A dictionary of practical materia Medica by John Henry Clarke
- 3) materia Medica of homoeopathic medicines by Dr S.R. Phatak
- 4) Synthesis repertory
- 5) Organon of medicine.



**SHEKHALIYA  
PRIYANK  
UMESHBHAI**  
4th YEAR  
BHMS,  
PIHR

# RIDE THE SUMMER TIDE

**Abstract** - About 60 percent water is necessary in our body. When level of water is below the 60 percent then it is called DEHYDRATION.

## Introduction

In India, most hot months are April and May. Average temperature is around 40°C to 45°C. In some states temperature goes above the 45°C. Sri Ganganagar city is the hottest place in India which is located in Rajasthan. Due to hot summer weather many people are affected. Heatwaves have killed more than 6,500 people in India in last 12 year. In summer season many complaints are seen like Diarrhea, Vomiting, Heat stroke, Dehydration, Food poisoning, Hyperthermia, Hypotension, Skin complaints, Respiratory complaints etc...

## Causes of dehydration:-

Sever vomiting, Diarrhea, Excessive perspiration

- Hyperthermia, Haemorrhage [Epitaxis], Less water intake, Excess of outdoor activities in hot of summer

## Clinical features :-

- Feeling thirsty
- High concentrated urine
- Feeling dizzy
- Tired, Mental confusion
- Dryness of mouth, lips, tongue
- Dry skin
- Shrunken/pale face
- Headache
- Weakness
- Hypotension, Tachycardia

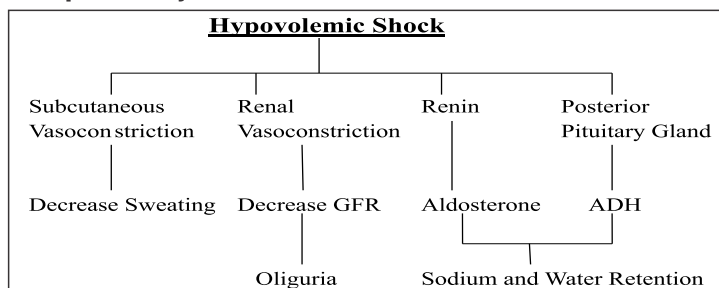
If dehydration is continue for longer period of time then it will leads to Hypovolemic shock.

Hypovolemic shock occurs from inadequate circulating blood volume due to haemorrhage or loss of body fluid.

## Complication of hypovolemic shock:-

Very low blood pressure, Subnormal temperature, Irregular pulse, Shallow respiration

## Compensatory mechanism:-



## Prevention:-

1. Take Plenty Of Water.
2. Eat Hydrating Foods Everyday.
3. Keep Your Body Hydrate More During Summer.
4. Coconut Water and Watery Fruits etc.

## Homoeopathic Therapeutics:-

1. Phosphorus:- Diarrhea in morning, excessive, Watery, Involuntary diarrhea.
2. **Bryonia Alba**:- Morning diarrhea, Watery, Dirty, Acrid diarrhea.
3. China:- Loose, Painless, Offensive cadaveric smelling diarrhea.
4. Aethusa Cynapium:- Excellent remedy for vomiting babies during hot summer weather.
5. Calcarea Carbonica:- Excessive perspiration during sleeping mostly on back of the head and upper part of the body sour perspiration.

## References:

1. Text Book Of Materia Medica Including ALLEN'S KEYNOTE DR. S.K Dubey 3rd Edition
2. Text Book Of Pathology - Harsh Mohan
3. Medical Physiology By Sembulingam
4. <http://www.homeobook.com/>
5. <https://jamanetwork.com/journals/jama/article-abstract/469272>



**Ketul D. Parmar**  
2nd Year  
BHMS,  
PIHR



**Pooja U Patel**  
2nd Year  
BHMS,  
PIHR



# ICING THE TORRID WITH YOGA & PRANAYAMA

Summer is finally here! In the days of summer you might find yourself feeling overheated, tired, exhausted and dehydrated. We are talking about high temperature during the day time with intense heat, humid climate and sweat and lots of sweat. The temperature rises, the risk of summer complain too go up from heat stroke, dehydration, heart stroke, sunburn etc.

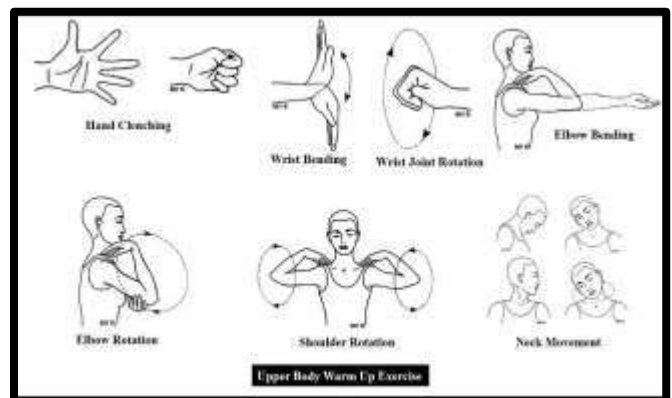
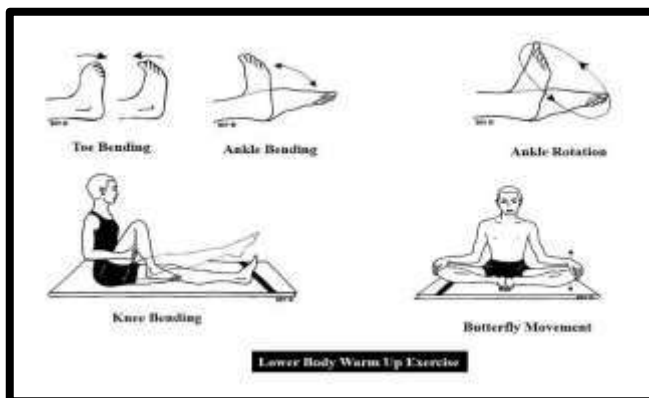
Hence, highest care has to be taken during summer especially in your routines like exercises. Exercises which would generate a lot of heat in your body. We should know exactly what type of exercise do during summer. We should try and something which will bring relaxation, calmness and cooling effect in our body to beat the hot summer heat. There are some point that you should always remember during practice exercise in hot summer.

- Including cooling fruits or fruit Juices in your diet like curd, buttermilk, watermelon, muskmelon, cucumber, coconut water, tadgola (Ice-apple) etc.
- Do summer friendly exercises and pranayama.

- In summer you must listen to your body, don't do excessive exercises.
- Walking in a relaxed way is a very good exercise.
- Skin hugging outfit should be avoided during practice of exercise. Wear lose clothing and light colored clothes.
- Avoid doing any type of exercises between 10.00 am to 5.00 pm. Because afternoon temperature is very hot. Preferably do exercise in morning.

So, what are you waiting for? Just grab your yoga mat and start yoga for combatting the summer heat naturally.


Start yoga practice with light warm up exercise for lower body and upper body like toe bending, ankle bending, ankle rotation, knee bending, and butterfly movement etc. warm up exercise for upper body like hand clenching, wrist bending, wrist joint rotation, elbow bending, elbow rotation, shoulder rotation, neck movements (Neck up-down, left-right, full rotation).

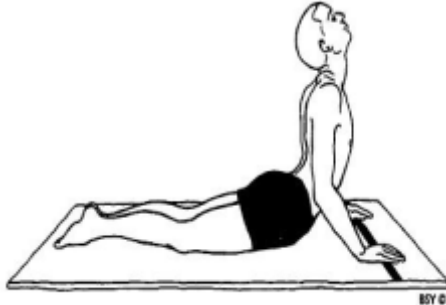


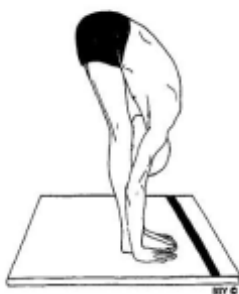
## Relaxing Yoga Poses for summer

	<p><b>How to Do:</b> Lay Down in supine position. Interlock fingers of both the hand and keep on your chest. Lift both leg up to 30° angle and bend from knees and put your palms around the knee and press knee on your abdomen. Lift head up and try to touch forehead to knee.</p> <p><b>Reverse</b> Place head down on the ground. Straighten legs and place it on ground. Hands on chest.</p> <p><b>Benefit:</b> Legs, abdomen, neck muscles and joint become strong. Unwanted fat from abdomen, thighs, and waist is reduced. Organs of digestive system get massage. Movement of intestine becomes efficient.</p>
<p><b>Pose Name:</b>PAWAN MUKTASANA</p>	

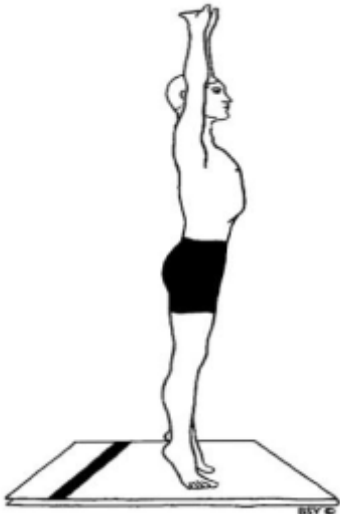

# ICING THE TORRID WITH YOGA & PRANAYAMA

	<p><b>How to Do:</b> Lay Down in supine position. Both legs together. Toes stretched from the body, Hands near thighs, palm facing ground. Take deep breath and hold it. Lift both leg up to 30° angle and hold for final position according to capacity. Note: Legs should not bend from knees.</p> <p><b>Reverse</b> Bring lift leg down. Leave breath</p>
<p><b>Pose Name:</b>UTTANPADASAN</p>	<p><b>Benefit:</b> Abdomen, back, leg muscle become strong. Joints becomes stable. There is less accumulation of blood in legs. Unwanted fat from abdomen is reduced.</p>

	<p><b>How to Do:</b> Lay Down in prone position. Both legs to gather, palms stretched from the body, forehead on ground, Both hands near waist, hand palms on ground. Breathe in and slowly lift head upward. Lift body till navel. Body below navel on ground. Do normal breathing.</p> <p><b>Reverse</b> Bring back body on ground (Head Up) Breathe out and place head on ground.</p>
<p><b>Pose Name:</b> BHUJANGASANA</p>	<p><b>Benefit:</b> Makes the spine cord healthy and efficient. Reduce Unwanted fat in abdomen. Useful I awakening of kundalini Shakti.</p>


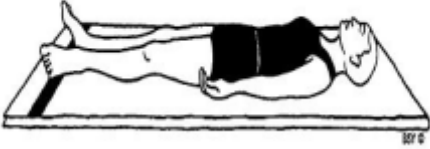
	<p><b>How to Do:</b> Begin from a standing position. Both legs to gather, Keep your hands near to thigh and stand up straight. Inhale and slowly lift both hand upward to sky. Exhale and bend down from the waist. Put both hand near to legs palm. Try to touch forehead to knee.</p> <p><b>Reverse</b> Head straight. Inhale and slowly lift waist and both hands to gather. Exhale and straight your body and stand.</p>
<p><b>Pose Name:</b> PADHASTASAN</p>	<p><b>Benefit:</b> Reduce Unwanted fat in abdomen. Useful in eliminating or preventing stomach ailments. Improves respiration. Increase flexibility of spinal cord.</p>

# ICING THE TORRID WITH YOGA & PRANAYAMA

	<p><b>How to Do:</b>            Stand Straight, both legs to gather, hands next to thighs straight down.            Raise the hands over the head.            Interlock the fingers and turn the palm upward.            Fix the eyes at a point on the wall slightly above the level of the head.            Inhale and stretch the arms, shoulders and chest upward. Raise the heels, coming up onto the toes.            Stretch the whole body from top to bottom, without losing balance or moving the feet.</p> <p><b>Reverse</b>            Lower the heels while breathing out and bring the hands down near thighs.</p>
<p><b>Pose Name:TADASANA</b></p>	<p><b>Benefit:</b>            Help in increasing body height.            Work efficiency of body muscle increase.            Improves respiration.            Develops physical and mental balance.</p>
	<p><b>How to Do:</b>            Place both your legs straight ahead and hands on your knees.            Place left leg under the lower buttocks then place right leg under the lower buttocks.            Open Heels and both first toe joined to gather.            Place hands on the knees and make Lopa Mudra.            The back and head should be straight but not tense.            Close the eyes, relax the arms and the whole body.</p> <p><b>Reverse</b>            Open eyes and leave Lopa Mudra.            Straight right leg and left leg.</p>
<p><b>Pose Name:VAJRASANA</b></p>	<p><b>Benefit:</b>            Vajrasana is beneficial during pregnancy, vaginal muscles become strong, and help in diaphragmatic breathing.            Vajrasana is a very important meditation posture because the body becomes upright and straight with no effort.            It increases the efficiency of the entire digestive system</p>



# ICING THE TORRID WITH YOGA & PRANAYAMA

	<p><b>How to Do:</b>            Sit in Vajrasana.            Inhale and slowly lift both hand upward to head.            Palms facing front side.            Exhale and bend forward from waist, head near knees and place palms on ground.            Buttocks should not be lifted up.</p> <p><b>Reverse</b>            Raise body from waist and hands straight above head.            Bring hands down on knee.</p> <p><b>Benefit:</b>            All the benefit of Vajrasana.            Upper body gets support of thighs and muscles gets relaxed.            Whole body feel relaxation.            Reduce Unwanted fat in abdomen due to pressure on stomach.            Internal organ get massage.</p>
<p><b>Pose Name: SHASHANKASAN</b></p>	
	<p><b>How to Do:</b>            Lay Down in supine position.            Arms place away from the body, palms facing upward.            Keep a distance of about one and a half to two feet between the two legs.            Head and spine should be in a straight line.            Gently close eyes and Relax the whole body and stop all physical movement.</p> <p><b>Reverse</b>            Smoothly release the posture.</p> <p><b>Benefit:</b>            This asana relaxes the whole system of the body. It should ideally be practised before sleep; before, during and after asana practice.            It develops body awareness.</p>
<p><b>Pose Name: SAVASAN</b></p>	

# ICING THE TORRID WITH YOGA & PRANAYAMA

## Pranayama for Summer

Pranayama is generally defined as breath control. The word pranayama is comprised of two roots: 'prana' plus 'ayama'. Prana means 'vital energy' or 'life force' and the word yama means 'control'. Ayama is defined as 'extension' or 'expansion'. Thus, the word pranayama means 'extension or expansion of the dimension of 'prana'. The different practices of pranayama involve various techniques.

The best time to practise pranayama is at dawn, when the body is fresh and the mind has very few impressions. Take a bath or shower before commencing the practice. Loose, comfortable clothing made of natural

fibres should be worn during the practice. Practise before eating in the morning or wait at least three to four hours after meals before starting pranayama. Practise in a quiet, clean and pleasant room, which is well ventilated but not draughty.

As warm summer session heat your body, you may be looking for a way to cool down. Fans and air conditioning can be drying and cumbersome, but ancient pranayama techniques can help create coolness from within. The following pranayama practices can be combined with yoga asana or be performed on their own to help relieve excess heat.



**SHEETALI PRANAYAMA**

### How to Do:

Sit in any comfortable meditation posture. Close the eyes and relax the whole body. Extend the tongue outside the mouth as far as possible without strain. Roll the sides of the tongue up so that it forms a tube. Practise a long, smooth and controlled inhalation through the rolled tongue. At the end of inhalation, draw the tongue in, close the mouth and exhale through the nose. A feeling of icy coldness will be experienced on the tongue and the roof of the mouth.


**Note:** Sheetali is derived from the root sheet, which means 'cold'. Sheetal means 'that which is calm, passionless and soothing'.

### Benefit:

This practice cools the body and affects important brain centres associated with biological drives and temperature regulation. Cools the body and clears excess heat.

It induces muscular relaxation

# ICING THE TORRID WITH YOGA & PRANAYAMA

	<p><b>How to Do:</b> Sit in any comfortable meditation posture. Close the eyes and relax the whole body. Hold the teeth lightly together. Separate the lips, exposing the teeth. The tongue may be kept flat or folded against the soft palate in khechari mudra. Inhale slowly and deeply through the teeth. At the end of the inhalation, close the mouth. Exhale slowly through the nose in a controlled manner.</p> <p><b>Benefit:</b> As for sheetali pranayama.</p>
<p><b>SHEETKARI PRANAYAMA</b></p>	

So try and see that you follow all these things mentioned right food, right liquid, right exercise, right relaxation and a good sleep and you will also notice that your mind also will enjoy every moment of your life.  
#yogkarefitrahe

## References:

Saraswati, Swami Satyananda. (2015). Asana Pranayama Mudra Bandha (4th Edition). Yog Publication Trust. Bihar, India.

1. Goud, Maripelly Praveen. (2013). Yogasanas&Suryanamaskar: a practice manual for teachers & Students. Shri Shyam Graphics. Vadodara, India.



Bijal Shah  
Librarian, PIHR,  
Parul University.

# MONTEZUMA'S REVENGE

**Abstract-**The name is suggestive of traveler's diarrhea that is experienced by the travelers visiting places or going for a vacation. The food borne illness are represented in form of multiple symptoms like cramps, diarrhea, nausea etc.

## **Why food poison is includes in summer season:**

During the hot summer months, the chances of food poisoning increase because bacteria multiply

faster growth in warmer temperatures.

**Synonym:** Food borne illness

**Definition:** It is illness caused by eating contaminated food with bacteria, viruses, parasites & toxins.

## **❖ Types of food poisoning:**

1. E-coli
2. salmonella
3. listeria

### **➤ E-coli:**

- It is bacteria lives in the digestive tract of mammals.
- Most strains of e-coli are harmless.
- E-coli 0157:H7 is the leading cause of food poisoning.
- E-coli can cause severe diarrhea, abdominal Cramps and in severe cases Hemolytic uremic syndrome (HUS).
- HUS can cause kidney failure, stroke & coma.

### **➤ Salmonella:**

- Salmonella is another bacterium that lives in the digestive tract of animals and humans.
- salmonella infects fruits & vegetables.
- symptoms of food poisoning from salmonella usually starts 12 to 17 hours after consumption.
- more serious infections can also cause arterial infections, endocarditis & arthritis.

### **➤ Listeria:**

- Listeria monocytogenes is bacteria commonly found in soil and water contaminated with animal faeces.
- According to CDC (centers for disease control & prevention) listeria infects nearly 1,600 people & kill over 200 people each year.

**Symptoms:** abdominal cramps, diarrhea, nausea, vomiting, loss of appetite, mild fever, headache

**Cause:** The major cause – bacteria, parasites, viruses. The pathogens can be found on almost all food humans eat. Meat, eggs & dairy products are frequently contaminated.

**What to Avoid:** dairy products, milk, cheeses, fatty food, fried food, highly seasoned foods, spicy food.

**Risk factor for food poisoning:** Pregnant people, older adult, young children

### **Therapeutic:**

- **Arsenic album:** Foul smelling, diarrhoea from food poisoning or traveler's



# MONTEZUMA'S REVENGE

diarrhoea with burning sensation in the abdomen and around the anus.

- **Phosphorus**: Ingestion of elemental white or yellow phosphorus typically cause severe vomiting.
- **Podophyllum peltatum (May Apple)**: Food turns sour after eating: belching of hot flatus, great thirst, vomiting of bilious matter mixed with blood.
- **Sulphur (Brimstone)**: Urgent, hot diarrhea that occurs in the early morning, Burning is often felt in the digestive tract, and the anus can be itchy, red, and irritated. The person may also have hemorrhoids that burn and itch.
- **Bryonia alba**: This remedy is often helpful for diarrhea during flu. when a person gets overheated, then drinks a lot of cold water. Symptoms often are worse in the morning. The person's mouth may be very dry.

## ❖ Prevention:

- **Clean** food and hygienic .
- **separate**: raw meat, poultry, seafood & eggs from ready to eat food.
- **cook**: cook food to the right internal temperature to kill harmful bacteria.
- **Chill**: keep your refrigerator 40F or below

## References:

- Homoeopathic Therapeutics: Samuel Lilienthal
- Medically reviewed by Stacy Sampson
- D.O. - Written by Marissa Selner and The Healthline
- Editorial Team - Updated on December 8, 2021

- Key note type of materia Medica by Allen's key note.



**PATEL ADIL ILIYAS**

2nd BHMS

PIHR

# A REPERTORIAL APPROACH FOR SUMMER MALADIES

**Abstract :** Summer complaints are broadly perceived as GIT problems, but homeopathy gives it a broader view through the individualization concept, So this article is to show that different Repertories help to guide a physician extensively by characteristic rubrics.

**Introduction: Definition of summer complaints is-** “an acute condition of diarrhea, occurring during the hot summer months chiefly in infants and children, caused by bacterial contamination of food and associated with poor hygiene” –by Collins dictionary

“A severe gastrointestinal infection especially of children in summertime; broadly, diarrhea.” By dictionary of American regional English

So mainly it is related to GIT complaints specially diarrhoea as per dictionary definitions.

If we see in broader aspect of individuality, then it can be any complaint which occurs or aggravates in summer should be called summer complaint for that individual, that is homeopathy.

**For eg. Case** - 38 yrs old male having symetric built of body, suffers from epistaxis 5to 6 times /week since childhood when summer starts and it lasts till the first rain comes and temperature of environment comes down. > pouring cold water on head. Sometimes it takes too long to stop nose bleeding. No any other complaints in present or past.

From Kent's repertory rubric used was,

**NOSE, Epistaxis, hot weather – croc. sativus**

Rx- croc. Sat. 200 one dose

Follow up- after 15 days

In last 2 weeks of time only 2 times epistaxis episode occurred.

Rx- S.L BD for 1 month

After that patient gave follow ups for one year till the next whole summer. but there was no

any episode of nose bleed or any other complaints.

One can search for the rubrics For summer complain in any repertory by two words, one is “summer” and another is “hot weather” **Some of the expressions of individuals in form of Rubrics presented on summer complaints in different reperotries by the word “summer” are as follows,**

## **SYNTHESIS REPERTORY**

MIND - DELIRIUM - wraps up in fur during summer

MIND - DELUSIONS - stove - heats stove in heat of summer

MIND - FUR; WRAPS UP IN SUMMER IN

MIND - ROVING - wrapped in fur in the summer

MIND - SADNESS - summer

MIND - TRANCE - periodical - summer; every

VERTIGO - summer; spells of vertigo in

HEAD - PAIN - winter headaches - alternating with - diarrhea in summer

EYE - INFLAMMATION - summer

NOSE - CORYZA - seasons - summer; in - accompanied by - diarrhea

FACE - ERUPTIONS - pimples - itching - summer

FACE - FRECKLES - summer agg.

TEETH - PAIN - summer agg.

STOMACH - VOMITING; TYPE OF - blood - evening - summer; in:

ABDOMEN - INFLAMMATION - Colon - summer agg.:

ABDOMEN - INFLAMMATION - Enterocolitis - summer:

ABDOMEN - INFLAMMATION -

Gastroenteritis - summer:

ABDOMEN - INFLAMMATION - Small intestine - summer:

RECTUM - CONSTIPATION - seasons - summer; in:

RECTUM - DIARRHEA - cold - drinks - agg. - summer agg.:

RECTUM - DIARRHEA - cold; after taking a - summer agg.:

RECTUM - DIARRHEA - periodical - summer:



# A REPERTORIAL APPROACH FOR SUMMER MALADIES

RECTUM - DIARRHEA - summer - accompanied by - eruptions:  
RECTUM - DIARRHEA - summer - alternating with:  
RECTUM - DIARRHEA - summer - alternating with - winter headaches:  
RECTUM - DIARRHEA - summer - children; in:  
RECTUM - DYSENTERY - seasons - spring; in - summer; or early:  
RECTUM - DYSENTERY - seasons - summer; in:  
STOOL - SEASONS - summer agg.:  
RESPIRATION - ASTHMATIC - cold; after taking a - summer agg.:  
COUGH - ALTERNATING WITH - sciatica in summer:  
COUGH - SEASONS - winter; in - alternating with sciatica in summer:  
BACK - PAIN - Dorsal region - Scapulae - Between - summer agg. - burning:  
EXTREMITIES - CHILLINESS - Feet - summer:  
EXTREMITIES - HEAT - Feet - burning - summer:  
EXTREMITIES - PAIN - Feet - Soles - summer agg. - burning:  
EXTREMITIES - PAIN - Lower limbs - Sciatic nerve - summer - agg.:  
EXTREMITIES - PARALYSIS - river bath in summer:  
EXTREMITIES - SEASONS - summer agg. - Lower limbs:  
SLEEP - RESTLESS - summer complaints, in:  
SLEEP - SLEEPINESS - summer heat with general debility, in:  
SLEEP - YAWNING - summer complaints, in:  
CHILL - COLD - agg. - day in the summer; on a:  
CHILL - SUMMER AGG. - weather; in hot:  
CHILL - WEATHER - hot, in summer:  
FEVER - SEASONS - summer; in:  
FEVER - SUMMER, HOT SEASON:  
PERSPIRATION - ODOR - offensive - bathing in summer; after:  
SKIN - CRACKS - summer agg.:

SKIN - DISCOLORATION - yellow - summer; every:  
SKIN - ERUPTIONS - accompanied by - diarrhea in summer:  
SKIN - ERUPTIONS - acne - seasons - summer  
SKIN - ERUPTIONS - summer - sweat itch:  
SKIN - ERUPTIONS - tubercles - summer:  
GENERALS - CONVULSIONS - periodical - summer; every:  
GENERALS - FAINTNESS - summer heat, from:  
GENERALS - PARALYSIS - bathing - river bath in summer; from:  
GENERALS - SEASONS - summer - agg. - children; in:  
GENERALS - SEASONS - summer - agg. - cool days; after  
GENERALS - SEASONS - summer - agg. - solstice; at:  
GENERALS - SEASONS - summer - ailments since summer:  
GENERALS - WEAKNESS - heat summer, of:  
Peripheral organs - injury & trauma - sunstroke and heat exhaustion

## KENT'S REPERTORY

MIND - DELIRIUM - wraps up in fur during summer:  
MIND - FUR, wraps up in, summer:  
MIND - ROVING - wrapped in fur in the Summer:  
VERTIGO - SUMMER, spells of, in:  
HEAD - PAIN, - summer:  
EYE - GRANULAR lids - summer :  
EYE - INFLAMMATION - summer :  
NOSE - CORYZA - summer:  
FACE - ERUPTIONS - rough - summer :  
TEETH - PAIN, - summe, in the:  
STOMACH - SUMMER :  
STOMACH - VOMITING - blood - summer evenings:  
RECTUM - DIARRHOEA - cold - drinks, - in summer :  
RECTUM - DIARRHOEA - cold - taking

# A REPERTORIAL APPROACH FOR SUMMER MALADIES

cold,after - summer,in  
RECTUM - DIARRHOEA - periodical,on  
alternate days - summer :  
RECTUM - DIARRHOEA - Summer.. :  
RESPIRATION - ASTHMATIC - cold,from  
taking - in summer:  
COUGH - CROUPY - winter, alternating with  
sciatica in Summer:  
COUGH - CROUPY - winter,alternating with  
sciatica in Summer - with sopor, stertorous  
breathing and wheezing, with open mouth  
and head thrown back; the child starts:  
COUGH - CROUPY - winter,alternating with  
sciatica in Summer - ,is on point of  
suffocating, turns black and blue in face,after  
which cough with rattling breathings:  
COUGH - CROUPY - winter, alternating with  
sciatica in Summer - suffocations and  
paralysis, of lungs appear unavoidable:  
COUGH - SCIATICA, alternating with, in  
summer:  
COUGH - WINTER - alternating with sciatica  
in summer:  
BACK - PAIN - burning - Dorsal region -  
scapulae, between - summer, in :  
EXTREMITIES - CHILLINESS - Feet -  
summer:  
EXTREMITIES - PAIN - Lower Limbs -  
sciatica - summer, with cough in winter:  
EXTREMITIES - PAIN - burning - Foot - sole -  
summer, in:  
EXTREMITIES - PARALYSIS - river bath in  
summer  
CHILL - DAY, - a cold,in summer :  
CHILL - SUMMER,in - hot weather of :  
FEVER - SUMMER,hot season :  
SKIN - DISCOLORATION, - yellow,jaundice,  
etc. - summer,every :  
SKIN - ERUPTIONS - summer,in :  
SKIN - ERUPTIONS - tubercles - summer :  
GENERALS - FAINTNESS,fainting - summer  
heat,from  
GENERALS - WEAKNESS,enervation - heat, -  
summer,of :

## **BOGER BOENNINGHAUSEN'S CHARACTERISTIC AND REPERTORY**

STOOL - Aggravation and amelioration -  
summer, agg.:  
LOWER EXTREMITIES - Aggravation -  
summer, in:  
SKIN AND EXTERIOR BODY - Eruptions -  
summer, in:  
SKIN AND EXTERIOR BODY - Aggravation -  
summer - agg.:  
CONDITIONS OF AGGRAVATION AND  
AMELIORATION IN GENERAL - Summer,  
warm weather; in the - agg.:  
CONDITIONS OF AGGRAVATION AND  
AMELIORATION IN GENERAL - Summer,  
warm weather; in the - amel.:

## **BOERICKE REPERTORY**

NOSE - Inflammation; acute catarrhal - from  
pollen irritation, hay fever, rose cold, summer  
catarrh:  
ABDOMEN - Cholera - infantum - summer  
complaint:  
ABDOMEN - Dysentery - with - periodical  
recurrence in spring or early summer:  
RESPIRATORY SYSTEM - Asthma -  
Aggravation - In summer:  
RESPIRATORY SYSTEM - Cough -  
Aggravation - Sciatica in summer alternating:  
NERVOUS SYSTEM - Adynamia - From - heat  
of summer:  
NERVOUS SYSTEM - Sciatica - In summer,  
croupy cough in winter:  
MODALITIES - Ameliorations - Summer,  
during:

## ***With The Word "Hot Weather"From Boericke Reperotry***

STOMACH - Indigestion dyspepsia - Cause -  
Hot weather:  
ABDOMEN - Diarrhoea, enteritis - Cause,  
occurrence - from - hot weather:  
MODALITIES - Aggravation - Weather - hot:

## **J. H. CLARK CLINICAL DICTIONARY REPERTORY**

Causation - over-heated - heat of summer,  
vomiting:  
Causation - perspiration - checked - on a



# A REPERTORIAL APPROACH FOR SUMMER MALADIES

warm summer's day:

Causation - summer:

Causation - summer - diarrhoea:

Temperaments - summer weather, persons who are agg in:

Temperaments - weather - summer, persons who are agg. in:

## **PHATAK REPERTORY**

A - Abdomen - summer agg:

A - Asthma; bronchial - summer - during:

B - Bathing - rivers, summer, in agg:

C - Chill - summer, in:

C - Coat, wears in summer, hot weather:

C - Coryza - summer, in - diarrhoea, with:

C - Cough - sciatica, alternating with, in summer:

D - Diarrhoea - children - summer, in

D - Dysentery - periodic, in summer:

E - Eruptions; tendency to - acne - summer agg:

E - Eruptions; tendency to - summer agg:

F - Faint, fainting - summer:

F - Feet - coldness - hot days, summer in

F - Fungus growth - summer disappear, winter reappear:

J - Jaundice - summer, every:

R - Respiration - summer agg:

S - Sciatica - summer - agg:

S - Seasons, change of - autumn, summer etc.:

S - Stomach - summer agg

S - Summer - agg:

V - Vertigo - summer agg:

Y - Yellowness of skin, discharges - summer, in:

## **H.A.ROBERTS – SENSATION AS IF REPERTORY**

NOSE - Inflammation; acute catarrhal - from pollen irritation, hay fever, rose cold, summer catarrh:

ABDOMEN - Cholera - infantum - summer complaint:

ABDOMEN - Dysentery - with - periodical recurrence in spring or early summer:

RESPIRATORY SYSTEM - Asthma -

Aggravation - In summer:

RESPIRATORY SYSTEM - Cough -

Aggravation - Sciatica in summer alternating:

NERVOUS SYSTEM - Adynamia - From - heat of summer:

NERVOUS SYSTEM - Sciatica - In summer, croupy cough in winter:

MODALITIES - Ameliorations - Summer, during:

## **References :**

1. Schroyens F Synthesis(Repertorium Homoeopathicum Syntheticum) 9.1 ed. New Delhi. B Jain Publishers;2008
2. Kent J.T. Repertory of the homoeopathic materia medica. New Delhi: B Jain Publisher
3. Boger CM. Boenninghausen's characteristics Materia medica and repertory with word index. New Delhi Jain publishers;2007
4. Boericke William. Pocket Manual of Homoeopathic Materia and Repertory, New Delhi, Jain Publishers
5. John Henry Clarke. A Clinical Repertory – to the dictionary of Materia Medica by Indian books and periodicals publisher new Delhi
6. Dr. Phatak SR. Concise Repertory of Homoeopathic Medicines
7. H.A.Roberts - by H A Robert .Sensation as if – a repertory of subjective symptoms
8. Link: <https://www.collinsdictionary.com/dictionary/english/summer-complaint#:~:text=summer%20complaint%20in%20American%20English,and%20associated%20with%20poor%20hygiene>



**Dr. Vandana Patel**  
(BHMS,MD),  
Associate Professor,  
Dept. Of Reperotry,  
PIHR,  
Parul University

# A CASE REPORT ON MILIRIA PUSTULOSA

**Abstract-** A patient of age 21yrs comes with complaints about eruption behind The right ear for two days with burning pain aggravated by touch; it tends to suppurate. The individualization of the case was done to get the similimum as Mercurius.

## Introduction:-

Miliaria is commonly known as Heat rash, sweat rash or prickly heat, a common skin disease that occurs due to blockage of sweat ducts. It frequently seen in hot, humid or tropical climate.

In Miliaria pustulosa a skin eruption gets filled with pus.

Common cause of miliaria is

A hot and humid climate, Intense exercise or physical activity, Fever, Drug induced

## Case study:-

### Presenting complaint:

A patient of age 21yrs comes with complaints about eruption behind The right ear for two days with burning pain aggravated by touch; it tends to suppurate.

### Past complaint:

The patient doesn't have any history of skin complaints or any other significant disease.

Physical general:

More sweat after the eruption on site of affection. The affected area always remains moist.

### Differential diagnoses:

- |                           |                     |
|---------------------------|---------------------|
| 1. Herpes simplex         | 2. Fungal infection |
| 3. Bacterial folliculitis | 4. Acne             |
| 5. Miliariapustulosa      | 6. Miliaria alba    |

### Diagnosis:

The diagnosis was based on clinical symptoms that are Miliariapustulosa.

### Analysis and evaluation

Symptoms	Grade	Totality
Burning pain behind right ear	+++	Burning pain
Complaint agg by touch	+++	Agg touch
Tendency to suppurate	+++	Suppurative tendency
More perspiration on the affected part	+++	Excessive perspiration

### Repertorial totality:

Symptoms	Rubrics of synthesis	Rubrics of phatak
Eruption behind right ear	Ear-eruption-behind the ear-right	EARS,behind
More perspiration behind ear and on affected part	1.Ear-eruption-behind the ear moist 2.Perspiration-affected parts, on	Eruptions, tendency to,moist
Burning type of pain , agg by touch	Skin-eruption-burning-touch agg	Eruptions, tendency to, touch agg
Suppurative tendency	Skin-eruption-suppurating	Eruptions, tendency to, pustulating

### Repertorization

Selected Rubrics List
ERUPTIONS, TENDENCY TO, Moist
ERUPTIONS, TENDENCY TO, Pustulating
ERUPTIONS, TENDENCY TO, Touch agg.
EARS, Behind
CLEAR ALL
Remedies List:
merc (F: 3 / W: 6)
graph (F: 3 / W: 5)
lyc (F: 3 / W: 4)

**Prescription:** After repertorization, mercurius was at the highest rate, with highest matching of symptoms. Hence mercurius was selected based on totality and cross-checking materia medica.

**Discussion:** By taking approach of different materia medica and repertories, group of medicine was mercurius and graphites and Rhustox.

### Differentiating points:-

- Graphites:-** It covers all symptom but it covers eruption of left side ear rather than right side.
- Rhustox:-** It covers all physical particular symptom but does not modalities like agg-from cold and amelio- From warm, moving affected part.
- Mercurius:-** It covers the whole case, all physical particular symptoms and modalities.

# A CASE REPORT ON MILIRIA PUSTULOSA

**Date:-3 June 2022**

Mercurius 200 single dose , 2 globule given according to susceptibility of patient.

**Follow up:-**

<b>4 June 2022</b>	There was slight aggravation of pain and pustules increase in size .	<b>Mercurius 200, single-dose, two globules repeated</b>
<b>5 June 2022</b>	The eruption dried up but moisture behind ear persists.	<b>Rubrum 4 globules given.</b>
<b>6 June 2022</b>	The eruption dried up totally and started scaling up .	<b>Rubrum 4 globules repeated.</b>
<b>7 June 2022</b>	The eruption peeled off completely with clear skin.	

**Conclusion:**

In any case of skin disease, homoeopathy has a vast scope. Homoeopathic medicine treats the patient according to the symptomatology, and the dynamic medication does not provide side effects like conventional medicines. Homoeopathy believes in an individualistic approach, and in the above case, the patient gets completely cured.

**Reference:-**

1. Boericke materia medica
2. Allen's key note
3. Phatak repertory
4. Synthesis repertory



**3 June**



**4 June**



**Tasnim huliawala**  
Student of 4th BHMS  
PIHR  
Parul University

# THE MIDSUMMER'S RING

**Abstract :** Fungal infection or DERMATOPHYTOSIS can happen all around the year, we can be particularly susceptible to some such as thrush and tenia, during summer. Fungi thrive in warm and moist conditions, making areas of the body that get sweaty in summer perfect habitats. Sweat, heat and moisture in the air can make the itching and infection worse.



**Intoduction-** Ringworm is one of the commonest skin infections occurs due to a fungus (not a worm) called Dermatophyte. With the ease of worldwide travel, mycoses (fungus) that were previously regarded as geographically limited can now be seen in any part of the world. Infections with dermatophytes are usually called tinea; for further description, the anatomical site is added, such as tinea capitis for scalp disease. The clinical infection usually starts from an

inoculation site and spreads peripherally; thus annular lesions with an active border. The patient complains of itching which can be intense and never ceases to let go of him. There can be rawness & soreness on scratching the affected area.

This is a contagious condition which often spreads from an infected to a non-infected one, from a pet to a person. The fungus especially grows in humid atmosphere and the most favourable places are swimming pools, public showers, closed rooms (not properly ventilated). Someway the fungus thrive over the moist part of the body like armpits, groin, folds of the skin etc.





## **Classification & Clinical features:**

Depending upon the anatomical site, the ringworm or tinea is divided into following parts:



Sr. no.	Type of Infection	Image
1.	<b><i>Tinea Corporis:</i></b> Dermatophyte infection of the skin of the trunk and extremities, excluding the palms, soles, and inguinal region. Round or polycyclic circumscribed scaly areas with central clearing.	
2.	<b><i>Tinea Capitis:</i></b> Infection of the scalp by dermatophytes with hair shaft involvement. Hairfall. Favus. Kerion - Painful inflammatory plaque or nodule with pus draining from follicular openings and honeyyellow crusts (kerion is Greek for honeycomb). Heals with scarring	



# THE MIDSUMMER'S RING

Sr. no.	Type of Infection	Image
3.	<b><i>Tinea Barbae</i></b> :Dermatophyte infection in beard region of men.Patients usually farmers with close animal contact. Develop erythematous plaques with follicular pustules, drainage and crusts. Surprisingly painless. Heals with scarring	
4.	<b><i>Tinea Faciei</i></b> :Facial dermatophyte infection. Erythematous, often scaly patches; often not annular because of facial configuration. Pruritic; may worsen with light exposure.	
5.	<b><i>Tinea Pedis</i></b> :Dermatophyte infection of feet and toes. Also called as Athlete's foot.Infections favored by poor hygiene, increased sweating, occlusive footwear; perhaps by impaired peripheral circulation. Swimming pools, community showers, and saunas are likely sources of infection. Pattern varies greatly with causative dermatophyte.	
6.	<b><i>Tinea manuum</i></b> :Dermatophyte infection of the palms.Most often dry hyperkeratotic form; then always check the feet; peculiar but not so rare variant is "one hand, two feet disease". If caused by zoophilic fungus, more localized and inflamed.	

# THE MIDSUMMER'S RING

Sr. no.	Type of Infection	Image
7.	<b><i>Tinea Inguinalis / Cruris</i></b> :Also called as Jock itch. Dermatophyte infection in groin or genital region.Old saying, “Put on your socks before your underwear” to avoid spread. More common in men.Pruritic circumscribed patches with sharp border favoring the medial thigh; may extend to buttocks or perianal region; rarely involves scrotum.	
8.	<b><i>Tinea unguium /Onychomycosis</i></b> :This is invasion of the nail plates by species of dermatophytes.	

## Differential diagnosis:

- |                      |  |
|----------------------|--|
| 1. Alopecia areata   | 5. Erythema multiforme                         |
| 2. Impetigo          | 6. Annular psoriasis                           |
| 3. Nummular eczema   | 7. Seborrheic dermatitis                       |
| 4. Atopic dermatitis | 8. Dermatitis depending upon the site involved |

## Diagnostic Tests for Tinea Infections:

1. Visual inspection.
2. KOH preparation.
3. Culture.

# THE MIDSUMMER'S RING

## Management:

1. Topical therapy for months.
2. Systemic agents for months.
3. Patient should be advised to maintain hygiene by –
  - a. Using properly washed clothes, towels, bedsheets and other clothings.
  - b. Not to share combs, clothes and other belongings to avoid infection and its spread.
  - c. Try to keep the affected part dry by applying some powder (not containing menthol).
  - d. In case of intense itching just apply coconut oil only.

## Homoeopathic remedies for Tinea infections:

The common homoeopathic remedies for tinea infections are-

1. Arsenicum album
2. Bacillinum
3. Thuja occidentalis
4. Tellurium metallicum
5. Natrum muriaticum
6. Sepia officinalis
7. Phytolacca decandara
8. Dulcamara
9. Rhus Toxicodendron

10. Sulphur
11. Lycopodium clavatum
12. Chrysarobinum

## References:

1. Rook's Textbook of Dermatology.
2. Dermatology – Thieme Clinical Companions
3. Ringworm – Its constitutional Nature & Cure by J. Compton Burnett
4. A Textbook of Materia Medica & Therapeutics by A.C. Cowperthwaite
5. Pocket Manual of Homoeopathic Materia Medica & Repertory by W. Boericke
6. [www.aafp.org](http://www.aafp.org)
7. Images:

- Tinea capitis: emedicinehealth.com
- Tinea corporis: merckmanuals.com
- Tinea barbae: oohcpd.org
- Tinea faciei: researchgate.net
- Tinea manuum: dermnetnz.org
- Tinea ungium: sciencephoto.com
- Tinea cruris: homeoenergy.com
- Tinea pedis: ncbi.nlm.nih.gov



**Dr. Anit Acharya**  
Ph.D(Hom)  
Associate Professor  
Department of  
Homoeopathic  
Materia Medica  
PIHR

# SUMMER FLU WITH MIASMATIC APPROACH

**Abstract:** flu is a highly infectious and contagious respiratory infection.

In Flu, our immunity plays an important role to fight against viruses. And with the help of homeopathic remedies we can boost our immunity and can cure Flu as well.

**Keyword:** miasmatic approach; psora, sycosis, syphilis

## Introduction:

The flu is a viral infection that affects the nose, throat, and lungs. Not everyone experiences the same flu symptoms. Flu is transmitted between people through tiny droplets that escape the body when an infected person sneezes, coughs, or talks. You can also get the flu if you touch a surface that has the flu virus on it.

Generally there is a belief that flu mostly occurs in cold weather i.e. in winter and monsoon but we also get the symptoms of flu during summer season and it is known as summer flu.

Summer flu is caused by Rhinovirus. It is commonly present in surrounding environment. During summer people avoid going outside and remain in colder temperature at home. Rhinovirus gets entry into the nose and proliferates there due to coldness.

This will cause the summer flu.

- **Etiology:** warm weather
- Dehydration
- Over heat
- Food Poisoning
- Contaminated water
- Low immunity

## Symptom:

- Fever (103 F)
- Chill with shivering
- Headache
- Bodyache

- Diarrhea & vomiting
- Strep throat
- Fatigue & vertigo
- Burning in urination

## Risk factors:

- Children & old age
- People having chronic debilitating diseases
- Pregnant women
- Low immunity

## Miasmatic approach with flu Symptoms:

Miasm	Psora	Tubercular
<b>Fever</b>	Red face during Fever & dry and cracked lips	Intermittent fever with pale dull face during fever & evening temperature rise

## Comparison of miasm

Symptom	Psora	Sycosis	Syphilis	Tubercular
<b>Runny nose</b>	Clear nasal mucosa	Redness & sinusitis present	Acrid & offensive discharge	Bloody stain discharge
<b>Strep throat</b>	Red & painful	Painful with green & yellow pus	Grey pus with high fever	Burning and recurrent infection
<b>Cough</b>	Dry cough with soreness	Wet cough & wheezing sound	Braking cough	Deep & prolonged cough with bloody sputum
<b>Vertigo with dizziness</b>	Vertigo due to sun & indigestion	Vertigo on closing eye with restlessness	Vertigo begin at base of brain	Vertigo begin base of brain with impatience & flushing of face
<b>Sign..pulse</b>	Bradycardia	Tachycardia	Irregular on rhythm	Feeble but rapid pulse



# SUMMER FLU WITH MIASMATIC APPROACH

<b>burning urination</b>	Urine dark but can also be yellow	Yellow with great burning	Red urine with pus	Bloody urine.
<b>Diarrhea</b>	Diarrhea due to overeating offensive watery stool	Painful diarrhea with forcefully evacuation	Diarrhea accompanied by profuse perspiration	Great exhaustion with feeling of all gone sensation

## Homeopathic medicine for flu

### **GEISEMIUM**

This is good remedy for cold coryza in hot weather Catarrhal inflammation give rise to pain in throat, it extend to ear while swelling specially in warm food.

### **Dizziness , Drowsiness, Dullness**

Fever with chill run up & down the spine. chill without thirst

Wave like succession from sacrum to occiput.

Great heaviness on eyelids can not keep them open.

### **EUPATORIUM PERFOLIATUM**

#### **Boneset**

It good remedy for febrile disease.

Mostly act as gastro hepatic organ & bronchial mucous membrane Fever specially at 9 am.

One day, at noon the next day;

Bitter vomiting at close of chill

Bone pain during and before chill

Soreness of eyeballs

Bruised feeling, as if broken all over body.

Chill with shivering with throbbing headache & occiput pain after lying Down with sense of weight.

### **BRYONIA ALBA**

Bryonia indicated specially in early stage of flu.

Complain start from taking cold in hot weather

Due to dehydration patient having dry , cracked lips .dryness of mouth, dry tongue with great thirst.

Soreness in larynx and trachea Diarrhea like dirty water due to undigested food & from cold drink when overheated.

Dry, hacking cough from irritation in upper trachea.

During fever pulse is hard, tense and quick, chill with external coldness, sour sweat after slight exertion.

### **Nux vomica**

It focuses on digestive symptom, like nausea , vomiting, diarrhoea.

Dyspeptic ; who always select their food experimenting which digests little.

Patient always crave fatty & oily food. it produce diarrhea & vomiting.

Painful , ineffectual urging to urinate.

Nose stuff at night due to

exposure to cold & dry

weather Must cover in every

stage of flu. Chillness on

being uncovered, yet he does

not allow being covered

### **❖Reference:**

- Lecture on clinical materia Medica
- Miasmatic prescribing
- Study of organon
- Allen's key note
- Boericke materia Medica
- Pathology : Harsh mohan text book
- Kent materia Medica



**Kajal Dave**  
Intern  
PIHR

# HOMOEOPATHY FOR SUNSTROKE

## Abstract:

This article deals with understanding the role of homoeopathy in summer maladies with an example of heat stroke.

## Key Word:

Summer Maladies, Heat Stroke, Harmful Effects of High Temperature, Etiology, Symptoms, Auxiliary Measures, Management, Therapeutics, Conclusion, Reference.

## Introduction:

'Malady' is a synonym word of 'disease', so summer maladies means a disease that occurs in summer season.

Heat is something that affects the whole body, including skin, eyes and gastric system. The scorching heat and unrelenting dryness bring with it a common summer disease if precautions are not taken.

Here are some of the most common diseases that occur in summer:

1. Heat Stroke
2. Food Poisoning
3. Dehydration
4. Sunburn
5. Heat Rashes
6. Mumps
7. Chicken Pox
8. Measles
9. Typhoid

Statistically between 2015-19, deaths due to heat waves events had increased 1.5-times compared to last two decades.

During 1995-99, India has reported 2,284 deaths due to heat stroke. And between 2015-19, India registered 3,504 deaths due to heat waves.

In 2015 alone, India recorded 2,081 deaths due to heat waves.

## Heat Stroke:

Heat stroke (also known as hyperthermia) is a common summer disease that results from prolonged exposure to high temperatures.

Heat stroke is a grave syndrome which is most commonly seen in the tropical countries. It also occurs as a complication of diseases causing hyperpyrexia. The symptoms are due to hyperpyrexia, salt loss, dehydration.

Generally heat stroke is classified into two from:

1. Classic Heat Stroke:  
Classic heat stroke typically affects elderly individuals with chronic medical conditions.
2. Exertional Heat Stroke:  
Exertional heat stroke affects healthy people who engage in strenuous exercise in hot or humid weather.

## What is Hyperpyrexia?

Hyperpyrexia is a condition where the body temperature goes above 106.7 °F (41.5 °C) due to changes in the hypothalamus (the organ in the brain that regulates temperature).

Hyperpyrexia exceedingly damages the body tissues, especially the brain, and is responsible for many other effects. In fact, very few minutes of very high body temperature can sometimes be fatal.

Hyperpyrexia is a life-threatening emergency that demands urgent medical attention.

## Harmful Effects of High Temperature:

The pathological findings in a person who dies of high temperature or heat stroke are local hemorrhages and parenchymatous degeneration of cells throughout the entire body, and especially in the brain.

Once neuronal cells are destroyed, they can never be replaced. Also, damage to the liver, kidneys, and other organs can often be severe enough that failure of one or more of these organs eventually causes death, but sometimes not until several days after the heatstroke occurs.

# HOMOEOPATHY FOR SUNSTROKE

## Etiology:

The etiology or cause of disease i.e. heat stroke may involve any of the following:

- Increased heat production
- Decreased heat loss
- Reduced ability to acclimatize
- Reduced behavioral responsiveness

## Symptoms:

According to Dr. Wright, "Symptom to the homoeopaths is the language of body expressing its disharmony and calling for the similar remedy"

Symptoms are outcome of internally derange vital force, and this symptoms helps physician to select drugs on the basis of symptom similarities.

The symptoms of heat stroke are as follows:

- Headache
- Nausea
- Vomiting
- Diarrhea
- Dizziness
- Delirium
- Cramping
- Fatigue
- Low blood pressure
- Weakness
- Loss of sweating
- Hot red dry skin
- Abdominal distress
- Rapid Shallow breathing
- Unconsciousness
- Increase heart rate
- Organ failure

The symptoms of heat stroke may get worst by a degree of circulatory shock brought by an excessive loss of fluids and electrolytes in the sweats.

## Auxiliary Measures:

In 6<sup>th</sup> edition of organon of medicine, Aphorism 4, Dr. Christian Friedrich Samuel Hahnemann

says that, "He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health"

So a good physician should have knowledge about the things that derange the health and avoid them. By following the instruction given in 4<sup>th</sup> aphorism a physician can become a preserver of health.

Auxiliary measures that one should follow in order to prevent heat stroke are as follows:

- Maintaining adequate hydration
- Avoiding heat exposure
- Wearing loose and cotton clothes
- Light clothing
- Avoid strenuous exercise
- Avoid constant exposure to sun

## Management:

Certain general things that should followed by physician along with administrating proper medicine to speed up the recovery of patient which is known as management.

Management of heat stroke includes:

- Adequate airway protection
- Breathing
- Circulation
- Intubation
- Adequate rehydration
- Ice bath immersion
- Ice pack applications to the groin or axilla
- Evaporative cooling using fan with cool saline on the skin of patient
- Internal cooling by flushing the stomach or rectum with cold may also be used

## Therapeutics:

The heat stroke affects whole body at once which includes brain, heart, stomach, muscles, skin etc.

Heat stroke shows many symptoms at once and as in our homoeopathy we prescribe

# HOMOEOPATHY FOR SUNSTROKE

medicine on the basis of symptoms similarities which include head to toe symptoms.

Soprescribing homoeopathic medicine along with general management shows best results and help in recovery of patients.

Some of the homoeopathic drug which has best results on heat stroke is as follows:

1. **Aconitum Napellus:** It is the first medicine to be thought of when sudden effects of sun exposure with following symptoms:
  - Full, heavy, bursting sensation in head.
  - Sudden rise of temperature.
  - Face becomes rushed and red and hot.
  - Intense unquenchable thirst for cold water.
  - With all complaints patient became highly.
  - Restless, anxious and fearful.
2. **Belladonna:** Congestion in every part after exposure to heat (sun) which leads to sudden and violent symptoms are indication for Belladonna.

The medicine act on a patient developing following symptom:

- Congestion in head, face, eyes even brain and meninges.
- Throbbing headache especially right side with mental agility, delirium person become furious, behaves like a mad who is usually quite and happy, joyous in routine life.
- Nausea, vomiting with great thirst for cold water through dread of drinking water because of uncontrollable vomiting.

- Skin dry, hot, rashes in body with high fever and dry sweat only on head.

3. **Glonoine:** One of the most useful drug in this condition which is frequently used. This drug is especially given in plethoric person (excessively full of bodily fluid, particularly blood).

This medicine acts best on a person having given below symptoms:

- Heavy head, throbbing, congestion, head pain with extreme irritability.
- Head pain increase and decrease with sunrise and sunset.
- Flushed, hot, livid, pale face.
- Palpitation dyspnoea, throbbing whole over body.
- Aggravate while cooking.

4. **Natrum Carb:** Best remedy for after effect and chronic effect of sunstroke.

This medicine is given to patient with following symptoms:

- Great debility, unable to think confusion after summer heat.
- Head pain after mental exertion with vertigo.
- Weak digestion by slightest error of diet, dyspepsia that commonly happens in summer season.
- Diarrhea from milk which is pulpy and orange colored.



# HOMOEOPATHY FOR SUNSTROKE

5. Veratrum Viride: The symptoms of this drug are as follows:

- Hypotension with soft and weak pulse.
- Hot head, throbbing pain with blood shot eyes.
- Vertigo, nausea and vomiting after smallest quantity of food and drinks.
- Profuse diarrhea, hyperthermia in evening, hypothermia in morning.
- Person becomes quarrelsome delirious.
- Congestion of lungs, difficult breathing even pneumonia.

One should follow mentioned preventive measure in order to protect their self from heat stroke.

## Reference:

1. American Academy of Family Physicians (<https://www.aafp.org/>)
2. Boericke's New Manual of Homeopathic Materia Medica (By William Boericke)
3. Medscape (<https://www.medscape.com/medicalstudents>)
4. Medical News Today (<https://www.medicalnewstoday.com/>)
5. The National Center for Biotechnology Information (<https://www.ncbi.nlm.nih.gov>)
6. The Textbook of Medical Physiology (By Aurther Guyton)

## Conclusion:

Heat stroke (also known as hyperthermia) is a common summer disease that results from prolonged exposure to high temperatures. Heat stroke a life-threatening emergency that demands urgent medical attention. In-between 2015-19, India registered 3,504 deaths due to heat waves.

The father of homoeopathy Dr.Christian Friedrich Samuel Hahnemann says that physician is person who has through knowledge about disease and its treatment. Treating the patient of heat stroke with homoeopathic medicine along with mentioned general management can give rapid cure to patient without any loss. Homeopathic remedies for the various stages of heat and sun exposure maybe helpful in stabilizing an individual and overcoming mild overheating. If an individual is suffering from heatstroke, use the appropriate remedy en route to your healthcare practitioner or hospital. Homoeopathic medicine like Aconitum Napellus, Belladonna, Glonoine, Natrum Carb, and Veratrum Viride shows best results in heat stroke if administered on the basis of symptom similarity.



**Shaikh  
Mohammed Hamza  
Jamaluddin**  
2nd BHMS,  
PIHR,  
Parul University

# VACATION WITH HOMOEOPATHIC KIT

## **Abstract**

You may not find doctors or medical help around wherever you are vacationing at a distant place. In such situations, homoeopathy might definitely save you and gives you a happy and memorable vacation.

## **Introduction**

Vacation is a time when you enjoy yourself with your family and friends, but a sick person can ruin the holidays. Most people carry medicines with them while travelling. If you are taking your kids, it is crucial to carry their medication along as well as they are vulnerable to illnesses during long-distance travel.

In this article, I am going to mainly focus on some commonly used homeopathic remedies for common problems that tend to occur during travel. These treatments are useful for people of all ages.

## **Why are Homoeopathic medicines so well-suited to travel?**

Homoeopathic medicines are highly effective, rapid, inexpensive, lightweight, natural, non-toxic, easy-to-use, and available in many parts of the world. With attributes like that, you'll soon find that they are indispensable additions to your travelling essentials.

## **What Homeopathic Medications Can People Carry While Vacationing?**

I usually suggest my relatives and friends to carry these homeopathic remedies with them along with their regular allopathic medicines.

Following are the homeopathic remedies that would be useful when travelling:

- **Aconite** - This is the most necessary and essential remedy to carry while you are on the go. Aconite is helpful when you have a fear of heights like for instance, while flying in an

airplane. Many people are afraid of travelling on a plane. Just pop two to three pills of Aconite half an hour before take-off. Your fear should go away in a few minutes. <sup>(1)</sup>

- **Arnica** - Arnica is a well-known remedy for external wounds or trauma due to falls, accidents, injuries while playing sports, where you will see a lot of bruises and superficial scratches with minor bleeding. Arnica acts well when a person has above physical symptoms with fear of approaching him and does not allow anybody to touch or see the wound. Arnica helps to heal the wound and reduce the pain due to bruises. This remedy should be given in 6C or 30C potency every 15 to 30 minutes, depending on the severity of symptoms. <sup>(1)</sup>
- **Apis** - Apis is mainly useful for insect bites causing allergic reactions with swelling, redness, burning, and stinging pain. Take Apis 30C twice a day for two to three days. <sup>(1)</sup>
- **Arsenicum Album** - Arsenicum album is useful for multiple problems. However, it is most useful in food poisoning and stomach problems like vomiting and nausea <sup>(1)</sup>
- **Belladonna** - This remedy is indicated when a person suddenly develops acute high-grade fever like above 102 F with some hallucinations and becomes violent with a desire to strike, kick or bite someone. Along with temperature, there will be severe throbbing headaches, sensitivity to noise, light, and touch. Belladonna 30C and

# VACATION WITH HOMOEOPATHIC KIT

200C can repeatedly be taken until the fever subsides

- **Bryonia** - Bryonia is useful for cold, cough, and fever where cough is dry with excessive thirst. Due to dryness, usually, such people are unable to breathe and must always sit. Typically, a warm room or warm environment aggravates the cold and cough. Bryonia 30C and 200C can be taken orally. <sup>(1)</sup>
- **Calendula** – Calendula is another most important remedy for open wounds. Calendula ointment can be applied externally to cuts and injuries caused by sharp objects like a knife, car accidents, etc. <sup>(1)</sup>
- **Carbo veg** - This remedy is useful for many complaints. But it is commonly indicated for problems related to indigestion, bloating, and belching. These symptoms are mainly seen after eating a heavy meal during vacation. If you get constant belching and bloating and are relieved through passing wind or by belching for a short period, Carbo veg is a remedy. You may take two to three pills twice or thrice a day for one to two days or until the symptoms are relieved <sup>(1)</sup>
- **Chamomilla** - Chamomilla is the best remedy for teething in children. If your child is going through teething trouble where his gums are sore and red, making your child irritable, sleepless, presence of diarrhoea due to teething, and other teething-related problems, then Chamomilla is a perfect remedy. You may give your child one to two pills dissolved in water. This medication will calm your child. <sup>(1)</sup>
- **Cocculus** - Cocculus is one of the best remedies for motion sickness and complaints following lack of sleep, especially when it is from caring for others. Most of the kids and even young people suffer from motion sickness, especially when traveling in a car or when going for a long drive causing nausea and vomiting even by looking at the food or by the smell of food. Four to five pills of Cocculus 30C can be taken before and during the trip. Cocculus is also handy when you have not slept for a few days for taking care of your loved ones or if your child has sleepless nights. <sup>(1)</sup>
- **Dulcamara** - This remedy is mainly indicated if the symptoms develop due to change in weather, especially cold and damp weather, for example, when you catch a cold and cough after getting drenched in the rain or after a sudden change in weather. <sup>(1)</sup>
- **Gelsemium** - It is mainly indicated in cold and cough or seasonal flu where a person gets very dull, feels drowsy, lacks thirst, lacks confidence, body ache, weakness in muscles which develops anxiety and fear. <sup>(1)</sup>
- **Rhus Tox** - This remedy is useful in sore and stiff joints and muscles caused by lifting heavy objects or overexertion of muscles. The soreness and pain are mainly worsened by rest or when starting the first motion but improve by continuous movement or walking. Also, these people are primarily restless, both physically and mentally. <sup>(1)</sup>

# VACATION WITH HOMOEOPATHIC KIT

## What are some Bio-chemic remedies can people carry while travelling?

I usually suggest my relatives and friends to carry some biochemic remedies also during travelling as these medicines are very safe and effective for many acute problems. Biochemic remedies are available in tablet form and not in pills or liquid form. You will need to chew these tablets or just keep them in the mouth until they completely dissolve.

Following are the common biochemic remedies that can be used while travelling.

- **Ferrum Phos** - You may take this remedy when you feel feverish or as if about to get a fever. Just pop two tablets thrice a day. It will immediately reduce your temperature. <sup>(2)</sup>
- **Magnesium Phosphoricum** - Mag Phosphoricum is commonly indicated when you get severe crampy pain in your stomach or abdomen, mainly during your menses. If you are not prepared for your menses during your travels, and you usually suffer from severe crampy pain during your periods, then Mag Phosphoricum is the best remedy. Just add three to four tablets in warm water. Let it dissolve completely, and then drink that water. Take it three to four times a day. You should start taking this remedy as soon as you feel that you are about to get the crampy pain. <sup>(2)</sup>

There are many such other biochemic remedies, but I would suggest the above two during travel.

## **Conclusion**

Vacations sometimes can cause some minor medical ailments such as vomiting, diarrhoea, motion sickness, weakness,

fatigue, etc., in some people. With your regular allopathic medications, carrying some of these natural homoeopathic medications after consulting a homoeopathic practitioner prior to your vacation might definitely prove beneficial to you or your friends and family.

## **References**

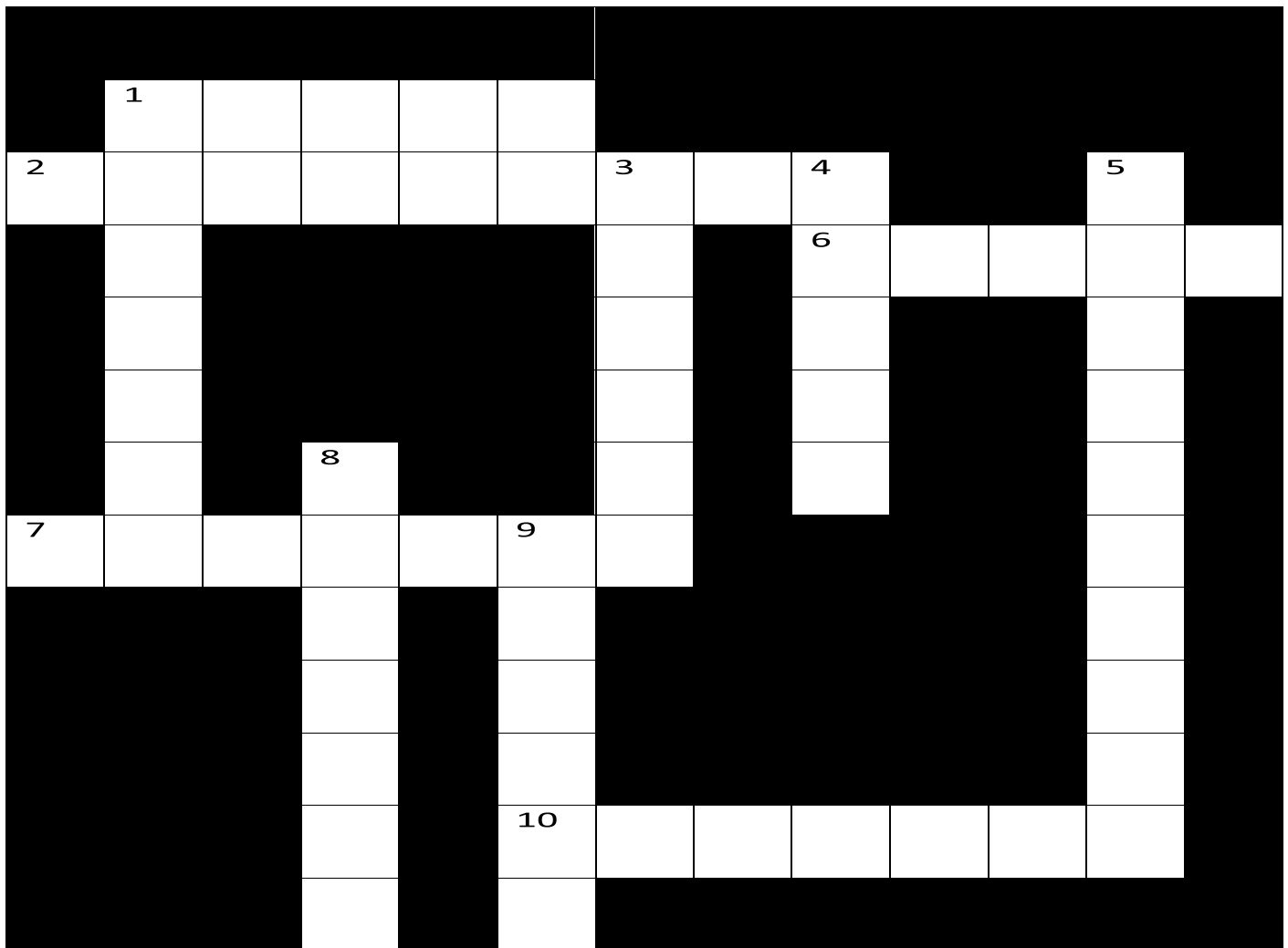
- (1) Homoeopathy for the family by '*Aida Mitchell*'
- (2) Healing with Homoeopathy by '*Dr Mukesh Batra*'
- (3) Find your remedy by '*Dr HS. Khaneja*'
- (4) Rapid Prescribing using peculiar symptoms by '*Dr Muhammed Rafeeqe*'



**GOVADA SURYA TEJA**  
3rd Year  
PIHR



# CROSSWORDS : SUMMER MALADIES



	ACROSS :
1	Granular conjunctivitis in summer (5)
2	Cold/coryza with diarrhea in summer (9)
6	Insect bites during summer (5)
7	Constipation in summer (7)
10	Sudden and violent fever along with fear of death (7)



**SANTOSHKUMAR  
JASHVANTBHAI  
PANDYA**  
2ND YEAR  
BHMS,  
PIHR

	DOWN :
1	Freckles < in summer (7)
3	Sore muscles (6)
4	Haemorrhoids like bunch of grapes (5)
5	Profuse acrid lachrymation with profuse and bland coryza (9)
9	Pimples in summer (7)
8	Continual nausea in summer (6)



**RICHA RAJESHBHAI  
BHATIYA**  
2ND YEAR  
BHMS,  
PIHR

# QUIZ OF THE ISSUE

## Identify the following-

1. Name the medicinal name of the plant in the figure (A)
2. Identify the clinical condition of figure (B)
3. Hot perspiration in whole body except lower limbs?  
A) Silicea              B) Rhododendron  
C) Gelsemium        D) Opium



Figure (A)

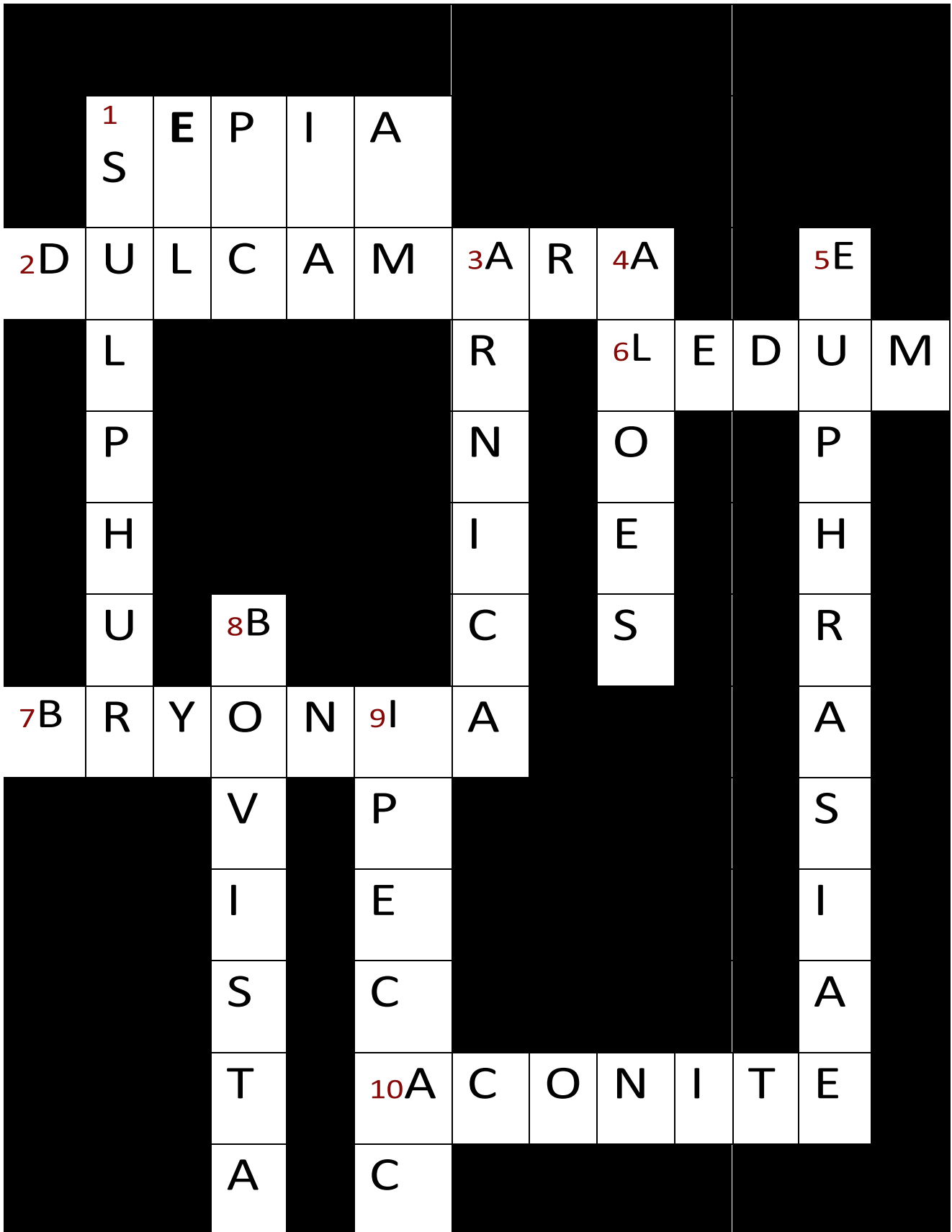


Figure (B)

Answer :

- 1) Arum triphyllum              2) Hammer toe              3) Opium

## ANSWERS CROSSWORD



# ACHIEVEMENT AWARDS



Felicitation to Winners of DHOOM and STSH with celebration of World Homoeopathy day  
12.04.2022



Dr Jayshree invited as judge at PIAR  
15.04.22



Appreciation for book published by Dr Vinita tapas  
4.6.2022



Dr Hasina Mahisale awarded Best research paper presentation by VMS Research foundation  
19,20.06.22



Dr Mamta Tapas awarded 2nd position for Oral presentation of Research paper by VMS Research foundation - 19,20.06.22



Appreciation to the PIHR rankers organised by HMAI  
10.07.2022



Appreciation to Dr Arpita chatterjee as faculty coordinator of the week  
13.07.2022



Feedback taken by Hetal mam (Assistant director) on CEP conducted by Dr Hasina Mahisale.  
24.07.22



Dr Preeti Jha invited as an expert lecture by DEV foundations  
27.07.22



## CO-CURRICULAR ACTIVITIES



Expert lecture by Dr Gaurav Sharma  
for second year students,  
organised by Department of HMM  
01.06.2022



Webinar organised  
by Department of Pharmacy  
16.06.2022



Expert lecture by Dr Srinath Rao  
for 3rd and 4th year organised  
by Department of HMM  
23.6.2022



Workshop by 2 yr  
conducted by Department of Pathology  
19.4.22



Workshop of 2 year conducted  
by Department of Organon  
7.7.22



Workshop by third year organised  
by Department of HMM  
15.07.2022



Symposium of 1st yr organised  
by Department of Pharmacy  
28.07.22

# HOSPITAL ACTIVITIES



Health Mela at Jarod  
20.04.22



International Yoga day celebration  
21.06.2022



Camp at Gotri on  
Occasion of Doctor's Day  
01.07.22



Hahnemannian Oath by PIHRH staff  
on Death anniversary of Master Hahnemann  
02.07.22



NABH training of MOM  
For PIHRH  
14.07.2022



NABH training of HIC  
12.7.2022



Managing Editor : **Dr. B. P. Panda** (Prof./Principal)

Issue Editor : **Dr Anit Singh Acharya**



**FACULTY OF HOMOEOPATHY**  
**PARUL UNIVERSITY**

At. Ishwarpura, Po. Limda, Ta. Waghodia, Dist. Vadodara – 391760. Ph: 02668-266431

E- mail: [pihr@paruluniversity.ac.in](mailto:pihr@paruluniversity.ac.in), Website: [www.paruluniversity.ac.in](http://www.paruluniversity.ac.in)