



Parul Institute of Homoeopathy and Research

Vol II Issue I
JANUARY
2020

HOMOEOPATHY INSIGHT – WINTER IS HERE!

Quarterly Publishing Bulletin



At. Ishwarpura, Po. Limda, Ta. Waghodia, Dist.
Vadodara – 391760.
Ph: 02668-266431
E- mail: pihr@paruluniversity.ac.in
www.paruluniversity.ac.in

Managing Editor

Dr. B. P. Panda

(Hospital Superintendent)

Chief Editor

Dr. Lipika Chakraborty

(Deputy Superintendent)

Issue Editor

Dr. Karnav Thakkar

(R.M.O.)

Index

Page No	Details
2	Editorial Message
3-6	PIHR Activities
7-8	Common winter skin problems and homoeopathy
9-11	Reportorial insight for winter cases
12	Tips and Tricks

Editorial Message



Dr. Karnav R Thakkar
(Resident Medical Officer)
P.I.H.R.H.
PARUL UNIVERSITY

Dear all,
This is a time of New Year 2020 and let me greet you with words of **Oprah Winfrey**,

"Cheers to a new year and another chance for us to get it right."

It feels immense pleasure to publish this second issue of our bulletin after receiving a huge response and support from the readers; students, my dear colleagues, seniors and the management.

Here we are back, and I suppose this is going to help you being little more aware about winter problems and the system of homoeopathy.

After the preface, this issue starts with glimpses of activities done by teamPIHR after the publication of previous issue of our bulletin.

In second heading you will see the article on Common winter skin problems and Homoeopathy written by principal & superintendent of PIHR.

The third heading is not a single case but a useful summarised work which may help in dealing with each and every winter case with the help of homoeopathy. In my opinion, this is also helpful to understand minute differences in symptomatology of disease(s) and of medicine(s) which is crucial in homoeopathy. This is also necessary to differentiate homoeopathic practice from that of general practice, to know that homoeopathy cannot be blamed in the cases where one does not get desirable results but the homoeopath(s) and or the patient(s) who is having the unrealistic expectations or may be misinformation in regards to homoeopathy.

As, one of my most reliable teachers says and we all need to understand that

"Science is not a miracle but yes with the help of science we can definitely achieve miraculous results if that is applied in the most appropriate and judicious manner."

The fourth heading is as usual about Tips & Tricks in which handy tips are being given from the masters of homoeopathy.

Questions and Answers are yet to be added which is only possible after your active interactions.

All the suggestions to improve this work are solicited. You are most welcome to Share your feedbacks on karnav.thakkar@paruluniversity.ac.in

"Healthy people live with their world." - Anne Wilson Schaefer

PIHR Activities



Celebration of **Diabetes Week**
From 11th Nov to 16th Nov 2019



Health Check Up of 1st BHMS Students
On 15th Nov. 2019



Students Participation
In actress Tanisha Mukharjee's program
Under **PU talk** on 14th Nov. 2019



Camp at Baska Village on 19th Dec. 2019



Drama on 14th Nov. 2019
World Diabetes Day



Appreciation certificate for supporting & service by Lions Club of Baroda Sunshine
On 16th, November 2019.

"Your body hears everything your mind says." - Naomi Judd



Camp at Abhra Village on 26th Dec. 2019



Distribution of "Namo tablets"
On 3rd Dec. 2019



Blood Donation on 28th Nov. 2019.



Hand washing training
On 4th Dec. 2019



MOM 01 Training
On 6th Dec. 2019



HIV awareness Play performed in
Kamlapura village on 1st December 2019



Free Medical & Dibetic Check up
Camp at Asarma on 20th Dec. 2019

"It is healthy to be sick sometimes." - Henry David Thoreau



Rs 2490/- as a fund for the Martyrs and war veterans were donated by our stake holders
On **National Armed Flagged Day**
On 7th Dec 2019



Field visit to Anatomy museum
On 13th Dec. 2019



MOM 02 Training on 11th Dec. 2019



MOCK Parliament Competition
On 14th Dec. 2019



National Seminar on Homoeopathy'19
On 12th Dec. 2019



Camp at Central Industrial Security Force (CISF), Gujarat Refinery, Karadiya
On 14th Dec. 2019

"Investing in health will produce enormous benefits." - Gro Harlem Brundtland



Department of Organon of Medicine had organized the symposium of 2nd B.H.M.S. on 16th Dec. 2019



PRE 01 training on 18th Dec. 2019



Health check-up & Diabetic camp of the employees and other staff of Hotel Yuvraj Vadodara on 17th Dec. 2019



Paper Presented a Paper in MANLIBNET 2019 International Conference on "Sustainable Librarianship: Reimagining and Reengineering Libraries."

Patients Right hand photograph



Role of Constitutional Anti-Miasmatic Treatment in a case of rheumatoid arthritis
by Prof. Dr. Lipika Chakraborty ma'am
published on homeopathy360.com
<https://www.homeopathy360.com/2019/12/20/role-of-constitutional-antimiasmatic-treatment-in-a-case-of-rheumatoid-arthritis/>



Blood Bank of Parul Sevashram Hospital was visited by 1st BHMS students On 17th Dec. 2019

For more details follow us on FACEBOOK & INSTAGRAM

"Therefore in medicine we ought to know the causes of sickness and health." - Avicenna

Parul Institute of Homoeopathy and Research
At. Ishwarpura, Po. Limda, Ta. Waghodia, Dist. Vadodara - 3 91760.
Ph: 02668-266431 E- mail: pihr@paruluniversity.ac.in www.paruluniversity.ac.in

ARTICLE - COMMON WINTER SKIN PROBLEMS AND HOMOEOPATHY



Dr. B. P. Panda
(Principal & Superintendent)
P.I.H.R.
PARUL UNIVERSITY

Abstract:

In India winter occurs from December to February. Extremes of temperatures and humidity disrupt the surface of the skin and cause changes in the function of the external skin barrier. As cold weather and wind start resulted in dehydrated condition of the skin, it becomes dry which leads to produce diseases like Dermatitis, Rosacea, Urticaria, Psoriasis and other allergic reaction. For these complains Homoeopathic Medicines when administered on the basis of symptom similarity in potentised form along with non-medical moisturizing substance for soothing purpose helps to solve these problems.

Key words:

Dermatitis, Rosacea, Urticaria, Psoriasis, Allergic Reaction, Symptom Similarity & Potentised.

Introduction:

Skin is the largest organ of our body which Regulates body temperature, Prevents loss of essential body fluids and penetration of toxic Substances protect the body from harmful effects of the sun and radiation excretes toxic substances with sweat and mechanical support to the body apart from playing role to determine the Personality of the individual. In the beginning of winter season in transitional phase due to cold, dry Air and central heating can suck the water and oils from the skin. Other environmental factors, as well as

Lifestyle factors and certain medical conditions can also cause dry skin and rashes. It is the harvesting season, due to which the villagers get exposures to dust and pollens leads to allergic problems. Those problems can be treated by Homoeopathic Medicine rationally.

Pathophysiology:

Inflammation is a defense mechanism in the body. The immune system recognizes damaged cells, irritants, and pathogens, and it begins the healing process which produces skin conditions such as rosacea or dermatitis.

When an allergic reaction occurs, the body releases a protein called histamine. When Histamine is released, the tiny blood vessels known as capillaries leak fluid. The fluid Accumulates in the skin and causes a rash.

Treatment and Management:

In Homoeopathy the patient is treated as whole not the diseases. So for a particular disease by name separate homoeopathic medicines are required on the basis of totality of symptoms. Under general management re-moisturizing the skin and soothing any irritation non medicated Moisturizers, oils, or creams to nourish and rehydrate the skin like glycerin, coconut oil & white Vaseline may be used. Making simple lifestyle changes can also help.

The skin diseases which are trigger by winter season are

- **Dermatitis.** This refers to any inflammation of the skin.

“Change the way we all talk to each other about our mental health.” - Kate Middleton

Dermatitis causes dry, itchy patches to form. It may result from poor circulation or exposure to harsh chemicals, an allergen, or an infection.

- **Rosacea.** Rosacea is a bacterial infection that causes rashes and small, red bumps on the skin.
- **Cold urticaria.** This rare skin condition causes swollen, itchy bumps called hives to form after exposure to the cold. Some people develop the hives after swimming in cold water, while others are sensitive to cold air. The rash is temporary and lasts for 1–2 hours after exposure to the cold.
- **Psoriasis.** Cold, dry weather can trigger psoriasis flares. Other triggers include stress, smoking, and certain infections.

Homoeopathic Therapeutic:

- Eruption around toes in winter - **Psor**
- Eruptions in Joints in winter - **Merc, Phos, Psor, Rhus-t**
- Scaly Eruptions on Hand in winter - **Petr, Sep**
- Eruptions around finger nails in winter - **psor**
- Cracked hand - **Graph, maland, Merc, PETR, SEP, SULPH**
- CRACKED Fingers in winter - **Petr**
- CHILBLAINS on Hands in winter - Gaert
- Tubercles on skin in winter - **Kali-br**
- Eczema in winter - **Petr**
- CRACKS on skin in winter - **Calc-s, CARBN-S, Graph, merc, PETR, Psor, sanic, SEP.**
- FELON in every winter - **HEP,**
- ULCERS in winter - **Petr,**
- General < winter - **Alum, graph, petr, psor**
- ROUGH skin in winter - **Alumn**
- ITCHING of skin from exposure to sun of winter - **glycy-r-g**

- **SKIN - SEASONS - winter; in - agg. – alum, graph, petr, psor**

PLATINA is the medicine for those who follow penance in its strict way and take it as a passion in winter.

Conclusion:

Some diseases of skin appear due to the seasonal changes in winter season only due to the higher susceptibility of the person and sensitive skin. Those diseases need to be treated on the basis of symptom similarity form winter seasonal medicine irrespective of name of the disease. But those diseases are chronic in nature must be treated by Anti-Psoric medicines as all Psoric diseases appear in the organs of ectodermal origin. For acute exacerbation of chronic diseases acute exacerbation need to be treated by acute medicine from acute group Followed by Anti-Psoric medicine.

The potency & repetition is decided by the

susceptibility of the patient, nature of the medicine and intensity and nature of the disease with minimum dose.

Reference:

- 1) <https://www.britishhomeopathic.org/charity/how-we-can-help/articles/children-and-teens/spotlight-on-skin/>
- 2) www.similima.com
- 3) Diagnosis and treatment of common skin diseases
- 4) Synthesis Repertory by Frederik Schroyens

“Exuberant health is always, as such, sickness also.” - Theodor W. Adorno

REPERTORIAL APPROACH IN WINTER SYMPTOMS THROUGH SYNTHESIS



Dr. Mamta Tapas
(Reader, Homoeopathic M.M.)
P.I.H.R.
Parul University

Introduction:

As winter approaches there is pleasant and cool environment. It is to be said that the winter is healthy season. Yet some people may suffer from various ailments in this season and our Homoeopathy does well in this environment. So for such ailments reportorial work is mentioned here. The commonest symptoms related to winter are common cold, respiratory symptoms, joint pain and skin symptoms. Important Rubrics and remedies from Synthesis repertory for managing winter complaints with homoeopathy are given below.

Rubrics from Synthesis repertory: -

HEAD – ERUPTIONS – scales – winter agg.

- *bros-gau.mrc1, Sil.hr1,ka*

HEAD – PAIN – winter headaches

- *Aur-m-n.k, Bism.k, carb-v.bro1, meli.vml3, nux-v.bro1, sabad.bro1, Sil.k, SULPH.k,mrr1*

NOSE – CORYZA – seasons – winter; in

- *am-c.bg2, ars.bg2, Cist.bg2*

NOSE – WINTER agg.

- *am-c.k, ars.k, sulph.ptk1*

FACE – ERUPTIONS – urticaria – seasons – winter

- *Kali-i.k*

MOUTH – SEASONS – winter – agg.

- *mez.*

TEETH PAIN, winter

- *Acon.k, ARS.k, bell.k, bry.k, calc.k, carb-v.k, caust.k, cham.k, dulc.k, HEP.k, hyos.k, ign.k, MERC.k, Nux-m.k, NUX-V.k, Ph-ac.k, Phos.k, puls.k, RHUS-T.k, SIL.k, sulph.k*

THROAT – PAIN – winter agg.

- *mez.ptk1*

STOMACH – HICCOUGH – winter

- *nit-ac.st1*

RECTUM – DIARRHEA – winter

- *asc-t.hr1,k, nat-s.k, Nit-ac.k*

LARYNX AND TRACHEA – CATARRH – winter

- *kali-bi.k2*

LARYNX AND TRACHEA – DRYNESS – Larynx – winter, in

- *mez.k*

RESPIRATION – ASTHMATIC – winter attacks

- *Carb-v.k, Cassia-s.zzc1, Nux-v.k, parth.vml3, phel.k*

RESPIRATION – DIFFICULT – winter

- *Cassia-s.ccrh1,zzc1*

RESPIRATION – SEASONS – winter agg.

- *carb-v.bg2*

COUGH – SEASONS – winter; in – old people

- *am-c, ammc, ANT-T, Kreos, psor,*

COUGH – SEASONS – winter; in

“As long as I have health and strength, I will gladly work all my days.” - Frederic Chopin

- acon.bg2,k, am-c.bg2, ant-s-aur.bro1, ant-t.ptk1, ars.h2,k2,kl, cham.hr1,k,nh6, Coc-c.k, dulc.k, eupi.k, ichth.br1, kali-bi.k2, kali-c.bg2, kali-m.ptk1, Kreos.hr1,k, nat-m.ptk1, Nit-ac.k, nux-m.bg2, plan.k, Psor.bg2,k.mtf33.nh6, Rumx.k, sep.h2,hr1, Stann.bg2,k, staph.hr1,k, Syph.hr1

COUGH – SPASMODIC – winter

- ars.k, psor.k

CHEST – ANGINA pectoris – periodical – winter; every

- mez.bg2

CHEST – CATARRH – winter

- kali-bi.k2

CHEST – INFLAMMATION – Bronchial tubes – winter; in

- kali-s.mrr1, morg-p.fmm1.pte1, psor.jil2, sil.mrr1, SYC.fmm1,mtf11,pte1

CHEST – PAIN – winter, returning every

- Arg-met.k, Kalm.k

EXTREMITIES – CHILBLAINS – Hands – Winter; in

- gaert.fmm1,pte1

EXTREMITIES – COLDNESS – Leg – winter

- cassia-s.ccrh1

EXTREMITIES – CRACKED skin – Hands – winter, in

- alum.k, CALC.k,mtf33, calc-s.k2, Cist.k.mrr1, maland.jl2, Merc.k,mtf33, PETR.k, Psor.k, Sanic.k, SEP.k, SULPH.k,mtf33

EXTREMITIES – CRACKED skin – Fingers – winter; in

- Petr.tl1

EXTREMITIES – DISCOLORATION – Hand – blueness – winter, in

- cupr.k

EXTREMITIES – ERUPTIONS – Joints – winter

- Merc.k, Phos.k, Psor.jl2,k, Rhus-t.k

EXTREMITIES – ERUPTIONS – Hand – scales – winter agg.; in

- Petr.k, Sep.k

EXTREMITIES – ERUPTIONS – Fingers – Nails, about – winter

- psor.jl2

EXTREMITIES – ERUPTIONS – Toes – Nails; around – winter

- psor.jl2

EXTREMITIES – PAIN – Joints – winter

- calc-p.k, Kalm.k

EXTREMITIES – PAIN – Upper limbs – winter, in

- petr.k

EXTREMITIES – PAIN – Lower limbs – sciatica – winter, in

- ign.hr1,k

EXTREMITIES – PERSPIRATION – Foot – winter; agg. during

- arg-n.k, Med.al2

EXTREMITIES – SEASONS – winter – agg. – Lower limbs

- ign.

EXTREMITIES – SEASONS – winter – agg. – Upper limbs

- Petr, Rhus-t.

FEVER – WINTER

- calc.k, carb-v.k, chin.k, nux-m.k, puls.k, Rhus-t.k, sulph.k, verat.k

PERSPIRATION – PROFUSE – winter; during

- carc.fb

“Mental health is a continuum, and people may fall anywhere on the spectrum.” - Amy Morin

SKIN – CRACKS – winter; in

- alum._k, **CALC**_k, *Calc*-s._k, **CARBN-S**_k,
cist._a, *Graph*_{k,mtf33}, merc._a, **PETR**_{k,mrr1},
*Psor*_k, sanic._{a,mtf33}, **SEP**_k, **SULPH**_k,

**SKIN – ERUPTIONS – eczema – winter
agg.**

- petr._{tl1}

SKIN – ERUPTIONS – tubercles – winter

- Kali-br*_{hr1,k}

SKIN – ERUPTIONS – winter

- Aloe*_k, alum._k, ars._{ptk1}, *Calc*_k, *Dulc*_k,
*Hep*_k, *kali-br*_{hr1}, *kali-c*_k, *Mang*_k, *Merc*_k,
*Mez*_k, *Petr*_{k,mrr1}, *Psor*_{jl2,k}, **RHUS-T**_k,
*sabad*_{ptk1}, *Sep*_k, *Stront-c*_k, *sulph*_k,
*tub*_{ptk1}

**SKIN – ITCHING – sun exposure; from –
winter; even in**

- glycyr-g._{cte1}

SKIN – ROUGH – winter, in

- alumn._{kl}

SKIN – SEASONS – winter; in – agg.

- Alum, graph, petr, psor

SKIN – ULCERS – winter – agg.

- petr.

GENERALS – CHLOROSIS – winter, in

- Ferr*_k

**GENERALS – WEARINESS – periodical –
winter at spring; about end of**

- Brucel*_{sa3}

**GENERALS – SEASONS – winter; in –
agg.**

- ACON**, *Aesc*, *Agar*, *Alum*, *alumin-p*,
alumin-s, *alumin*, **AM-C**, *ammc*, *aral*,
Arg-met, **ARN**, *ars-i*, **ARS**, *aur-ar*, *aur-*
m, *aur-s*, **AUR**, *Bar-c*, *Bell*, *borx*, *bov*,
Brucel, **BRY**, *Calc-p*, *Calc-sil*, *Calc*. *S*,
CAMPH, *Caps*, *carb-an*, *Carb-v*,

carbn-s, *Caust*, *Cham*, *cic*, *cina*, *cist*,
Coc-c, *cocc*, *Colch*, *Con*, **DULC**, *ferr-*
ar, *ferr-sil*, *Ferr*, **FL-AC**, *graph*, **HELL**,
HEP, *Hyos*, *Ign*, *Ip*, *Kali-bi*. **KALI-C**,
Kali-p, *kali-sil*, *Kalm*, **LYC**, *mag-c*,
mag-sil, *mang-n*, *Mang-sil*, **MANG**,
Merc, *Mez*, **MOSCH**, *nat-ar*, *nat-c*, *nat-*
caust, *nat-m*, *nat-sil*, *nicc-me*, *nicc-met*
, **NUX-M**, **NUX-V**, **PETR**, *ph-ac*, *phel*,
Phos, *prot*, **PSOR**, **PULS**, *Rhod*,
RHUS-T, *ruta*, *Sabad*, *sangin-n*,
sars, *sec*, *Sep*, *sil-met*, *Sil*, *spig*,
spong, *stann*, **STRONT-C**, *stront-m*,
Stront-met, *Sulph*, *syph*, **VERAT**, *viol-t*

**GENERALS – SEASONS – winter; in –
ailments since**

- sangin-n*.

**GENERALS – SEASONS – winter; in –
amel.**

- Glom*, *ilx-a*, *ilx-c*, *sul-i*

**GENERALS – SEASONS – winter; in –
December**

- calc-sil*, *ferr-sil*, *kali-sil*, *mag-sil*, *nat-sil*,
sil-met, *sil*

**GENERALS – SEASONS – winter; in –
solstice; at**

- Aur*, *bry*, *calc-p*, *Calc*, *cic*, *Colch*, *Dulc*,
graph, *hep*, *ign*, *Kali-bi*, *merc*, *nat-m*,
nux-v, *Rhod*, **RHUS-T**, *Verat*

CONCLUSION:

Types, Locality & Accompanying symptoms along with the Chief Complain will help to decide proper medicine. For preventing winter aggravation we should concentrate on winter remedies with special affinity to skin and the associated symptoms. The focus should be on winter medicines and psoric miasm while treating skin disease of winter.

Winter is the time for observing miasm in Psoric prominent personalities.

“Every evil is a sickness of soul, but virtue offers the cause of its health.” - Saint

TIPS & TRICKS

1. Homoeopathy, by revealing the principle of cure, sheds a new light on all other methods of using drugs. The homeopath can avail himself of any of their uses which may seem to him to his patient's advantage. Only, he does not delude himself with the idea that palliating symptoms is equivalent to curing patients.

- Dr. J. H. CLARKE

2. Nothing conflicting with its established principles can be added to it, nothing taken away, if it is to stand in its integrity. Once it is determined what these essential elements and principles are, homoeopathy must stand or fall as a whole.

- S. CLOSE

3. If a proving of a remedies in combination had been made like that of Merc. Prot., Merc. Biniod. etc. (which, in a sense, are combination remedies), such prescribing would scientific.

- E. B. NASH

4. If you have a Pulsatilla cold, and in addition to it you have sneezing, give cyclamen.

- Dr Dewey

5. Belladonna is the best remedy for stiff neck of the rheumatic origin or from cold.

- Dr. E. A. Farrington

6. Tuberculinum cures the most violent and the most chronic periodical sick headaches, periodical nervous headaches. It breaks up the tendency to this chronic periodical headache when the symptoms agree.

- J. T. KENT

“Next Topic : Role of Homoeopaths in Future Health Care”

Submit your article on or before
31st March 2020

N.B. - All articles and cases are same as given and written by the writer themselves and none of the editorial board member are responsible for any grievance of the article.

“My health and my family are the core of my being.” - Jon Bon Jovi