



Parul Institute of Homoeopathy and Research

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HOMOEOPATHY INSIGHT – ROLE OF HOMOEOPATHS IN FUTURE HEALTH CARE!

Quarterly Publishing Bulletin



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Editorial Message



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

Dear Readers,
Greetings from the Editorial Board of this bulletin,
On behalf of our Institute I hope that you are all
doing well in this crucial lockdown period of
covid19. As it has been said that,

*"After a darkest and coldest night the dawn comes."
We will rise in the same way against this pandemic
and will definitely fulfil all of our dreams.*

With regards
Dr. B. P. Panda
Managing Editor



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

Dear all,
William James an American philosopher and
psychologist, and the first educator to offer a
psychology course in the United States has once
said
that

"Keep your vitality. A life without health is like a river without water." Maxime Lagacé

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*"Act as if what you do makes a
difference. IT DOES."*

I feel that is 100% true. Just the problem with us
is that we don't do things well enough! Or Let me
say a Long enough! Or may be both!

Here in the third issue of our bulletin we have
talked about the Role of Homoeopaths in Future
Health Care!

In my opinion the only thing we need to do is to
believe in our own self! Instead of trying to
convince everyone else, let us convince our own
selves that we are capable! And those who need
us will find us! Let us be authentic in our own
ways and be truthful to our own selves and to
others about the scopes and limitations of our
system in terms of health!

Anyways, here after this preface, there are
glimpses of Activities done by teamPIHR during
this last couple of months.

After that there is an article on the topic of Role of
Homoeopaths in Future Health Care written by
our Medical Officer Dr. Ankita Chaudhary. The
best thing which I like in that article is baseline
reality and genuine expression of thoughts in
various dimensions which worth our attention!

In third heading there is a reason to be a
homoeopath! A very first reason from the book of
Master J. Compton Burnett "Fifty Reasons for
Being a Homoeopath" In fact that book itself is an
inspiration to examine and enjoy the manner in
which they (Reasons in terms of cases) were met
and overcome. All practitioners, all
Homoeopathists, will gain something valuable
from a careful perusal of this book as mentioned
in preface of the same.

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

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

PIHR Activities



Training of Facility Management & Safety 01 by Dr Bhavita Malvi on 03rd Jan 2020



Appreciation of Mr Parshwa Joshi 3rd BHMS Student for securing 2nd position in Quiz Competition organized by army wing of Parul University



"Annual Night Out for the Needy" event of World Healing Society Foundation done by the students of NSS unit of PIHR On 5th Jan 2020



Institutional level competition for selection of participants in Dhoom 2020



Training of Cardio Pulmonary Resuscitation done by Dr Jaivik Gopat on 8th Jan 2020



Distribution of free Homoeopathic Medicine, hygiene materials by teamPIHR in leadership of Dr Arpita Chatterjee

"Three things in life – your health, your mission, and the people you love. That's it." Naval Ravikant



As a part of curriculum Visit of **Forensic Science Laboratory**, Ahmadabad done by **2nd BHMS** students of PIHR



Corona Preventive Efforts by teamPIHRH at PU Circle in Campus of **Parul University**



Visit of **Homoeopathic Pharmacopoeia Laboratory**, Gajjabad done by **1st BHMS** Students of PIHR



First Victory of Girls Cricket team of PIHR



Vasant Panchmi poojan by teamPIHR



Participation and Support to the **5th Annual Love Mother Earth Rally** organised by **World Healing Society Foundation** in collaboration with **Child Friendly Vadodara**

A fit body, a calm mind, a house full of love. They can't be bought – they must be earned. Naval Ravikant



Camp at Maneja with support of Lions Club of Baroda Sunshine & NIIT Foundation



Materia Medica Workshop organized by the department of Materia Medica for the Students of 2nd BHMS, PIHR, PU



Celebration of various Days...



teamPIHR in Dhoom 2020

“Happiness is the highest form of health.” Dalai Lama



Women's Day celebration



Camp at Kambola village on 6th March 2020



Celebration of Holi

કોરોના વાઈરસને પગલે વલ્લ ડાહ્યાજી સાંસાથટી ફાઉન્ડેશન દ્વાનું વિતરણ કયું
મારેઠા અને મકરપુરાના ૩૦૦૦ લોકોને દવાનું વિતરણ

કોરોના વાઈરસ લોકોમાં ફેલાતા અડકે તે માટે ૨૨ માર્ચ ને સવારે સરકારના ડી ડાહ્યાજી સાંસાથટી ફાઉન્ડેશન દ્વારા કમ્યુનિટી હેલ્થ સેન્ટરમાં એક સમીક્ષા કરવામાં આવી હતી. આ સમીક્ષામાં લોકોને તેમની કચર ન મુકવાની વાસ્તવિકતા તરફ અપીલ કરાઈ હતી. આ અપીલને વીજીકલમાં લઈ લઈને સાંસાથટી ફાઉન્ડેશનના ૧૦ ડીલર અને સોલર ૨ કોલેજોએ આપેલે માર્ગદર્શિકામાં અનુસાર મારેઠા ગામ અને મકરપુરામાં ૩૦૦૦ લોકોની પ્રાથમિક તબક્કા હીને તેઓને સ્થળ પર જ વિતરણ દવા આપી હતી.

૨૧ માર્ચે આઈસી આમતાં ડી. ડાહ્યાજી સાંસાથટી ફાઉન્ડેશન દ્વારા કમ્યુનિટી હેલ્થ સેન્ટરમાં એક સમીક્ષા કરવામાં આવી હતી. આ સમીક્ષામાં લોકોને તેમની કચર ન મુકવાની વાસ્તવિકતા તરફ અપીલ કરાઈ હતી. આ અપીલને વીજીકલમાં લઈ લઈને સાંસાથટી ફાઉન્ડેશનના ૧૦ ડીલર અને સોલર ૨ કોલેજોએ આપેલે માર્ગદર્શિકામાં અનુસાર મારેઠા ગામ અને મકરપુરામાં ૩૦૦૦ લોકોની પ્રાથમિક તબક્કા હીને તેઓને સ્થળ પર જ વિતરણ દવા આપી હતી.

News Publication for Corona Preventive Efforts By teamPIHRH along with NGO - World Healing Society



Online Lectures during this Lockdown Powered by Digitally Empowered Parul University



teamPIHRH During Lockdown

“The human body is the best picture of the human soul.” Tony Robbins

ARTICLE – ROLE OF HOMOEOPATHS IN FUTURE HEALTHCARE



**Dr Ankita Chaudhary
(Medical Officer)
P.I.H.R.H.
PARUL UNIVERSITY**

Community of homoeopaths is the one which I suppose are working and associated in different kinds of work and though are UNDERESTIMATED majority of the time!

Anyways we are NOT talking here about the reasons for underestimation. Rather I am going to talk about the possibilities. Just imagine what can be done if all the homoeopaths unite together and provide their best in their own area of work!?

Let us see what the possibilities we hold at different levels!

- 1) Education
- 2) Practice
- 3) Marketing
- 4) Research
- 5) Awareness programs
- 6) Understanding and Answering critics &
- 7) Growing together!

1) Education: we all are well aware that education is the root of our system. Whatever kind of seeds we reap only that kind of fruits we will get! It is also a fact that we are NOT getting students who are actually dedicated and interested in the field of homoeopathy but it is also a fact that they are just following the trend! If we want better students we will have to deliver better education! Obviously it will take time but then there aren't any

alternatives!!

Actually we attract what we are and not what we want! That's why let me say that if we want great students, first of all, we will have to be great!!

2) Practice: as far as practice is concerned the only thing which required is openness! We are already getting wonderful results but we are also wasting our energies in comparing and criticising results of others!! Much more can be done if we focus in differentiating rather comparing, learning rather criticising!

Let me explain little more...

Half of our wonderful homoeopaths waste their time and energy in criticising allopath and allopathic medicines! Let me ask, can they really avoid use of allopathic medicines completely and treat all the diseases homoeopathically alone!? Can they replace allopathic medicines with that of homoeopathic ones? Why can't we learn to utilise each and everything in proper manner!?

Another point of conflict in homoeopathic practice is that of similimum! We all know that there can be only one similimum for a particular case at particular time! But practically what are the chances to reach to the similimum in each and every case at each and every time!? What difference it will make if we give partially similar medicine!? Why can't we give courtesy and time to the treating doctor and patient! If patient will be dissatisfied with treating doctor he / she will

leave

“Before healing others, heal yourself.” Gambian

the treatment and find someone else!
Someone better!

Isn't it simple!? What is the role of another doctor while dealing with patients without an invitation? Will it really improve the results or hamper the ongoing healing process!?

There are some more conflicts like single dose, single medicine, selection of potency and all.

Well, Let me ask, can't we put these all in process of experience!? We have books written by great authors!! Readers will read!! Those in need of guidance will ask!! What is the point of conflict!?

3) Marketing: Team of marketing is already doing great work! We are having amazing results and some homoeopaths are broadcasting them wonderfully! Though things could be better if we be more sensible and realistic while broadcasting our work! We can also add feedback mechanism and open discussions for continuous improvement.

4) Research: much is expected from the individuals associated with research work. I know they are already doing a lot but still somehow we are not being able to get desirable outcomes! What I feel is that we need proper direction, support and motivation to the capable and willing minds! Apart from ongoing research work we can also work on the topics like "how exactly homoeopathic medicines work!", "differentiating effects of different potencies and tinctures!", "efficacy of bio-chemic drugs as supplements!", "evaluation and clarification of side effects / proving symptoms!" etc.

5) Awareness programs: we are already doing a lot of awareness programs but what I feel is

that we need to be more realistic than being overwhelming! Trying to be more open In perspectives will help us to communicate in better way! We can't have fix ideas of our own and expect others to leave theirs! We can't expect from others that they understand our point of view if we can't understand their point of view! If we can't do that we deserve what we are already getting!

6) Understanding and answering critics: I personally believe that we can't simply close our eyes and ears to our critics and expect them to go away! Okay, I agreed that many of the times criticism comes from those who are threatened by your competence! But it also may come from those who feel criticized by you and are counter-attacking! It also may come from those genuine personalities who didn't experience what you are claiming! It also can come from those gentlemen who think they are genuinely helping you by giving you the benefit of their wisdom or experience! It also may come from those who have strong opinions on a subject and see other perspectives as less valid! It also may come from those who see themselves as an expert on the subject by virtue of education or experience and they want to share their knowledge with you and be admired! Real reasons can only be perceived after listening them carefully and can only be cope up by responding them well enough!

7) Growing together: the best thing we can do is to allow one and all to do their work and ourselves to do our own work in the best possible manner! After all we all are working for the betterment of the lives. Just imagine how far we can go with the help and support of one and all!?

"It is exercise alone that supports the spirits, and keeps the mind in vigor." Marcus Tullius

FIRST REASON TO BE A HOMOEOPATH!

From the BOOK

“Fifty Reasons for Being a Homoeopath” by Master J. Compton Burnett

A NUMBER of years ago, on a dull, dreary afternoon, which I had partly occupied at B—Hospital with writing death certificates, I suddenly rose and felt something come over me for the fiftieth time at that period. I hardly knew what, but it grew essentially out of my unsatisfactory clinical results. I had been an enthusiastic student of medicine originally, but an arrantly sceptic professor quite knocked the bottom out of all my faith in physic, while overmuch hospital work and responsibilities, grave beyond my age and experience, had squeezed a good deal of the enthusiasm out of me. After pacing up and down the surgery, I threw myself back into my chair and dreamily thought myself back to the green fields and the early bird's-nesting and fishing days of my childhood. Just then a corpse was carried by the surgery window, and I turned to the old dispenser and enquired in a petulant tone, "Tim, who's that dead now?" "Little Georgie, Sir."

Now little Georgie was a waif who belonged to nobody, and we had liked him and had kept him about in odd beds, as one might keep a pet animal. Everybody liked little Georgie; the most hardened old pauper would do him a good turn, and no one was ever more truly regretted than he.

It all came about in this way: One day I wanted a bed for an acute case, and I ordered little Georgie out of his bed in a warm, snug corner to another that was in front of a cold window; he went to it, caught cold, had pleurisy, and Tim's reply gives the result.

Said I to myself: If I could only have stopped the initial fever that followed the chill by the window, Georgie had probably lived. But three medical men besides myself had treated Georgie—all in unison—and all hospital men; still pleurisy followed the febricula, dropsy followed the pleurisy, and poor little Georgie died.

Old Tim was a hardened man and I never saw him show any feeling or sentiment of any kind, or regret anybody's death, but I verily believe he was very near dropping just one wee tear over Georgie's memory, for I noticed that his attention was needlessly and unwontedly fixed on the surface of the bottles he was washing. Be that as it may, Georgie was no more, and I FELT SURE THAT HE NEED NOT HAVE DIED, and this consciousness nearly pressed me down into the earth.

That evening a medical friend from the Royal Infirmary turned up to dinner with me, and I told him of my trouble and of my half determination to go to America and turn farmer: at least I should be able to lead a wholesome natural life.

He persuaded me to study Homoeopathy first, and refute it, or, if apparently true, to try it in the hospital.

After many doubts and fears—very much as if I were contemplating a crime—I procured Hughes's Pharmacodynamics and Therapeutics, which my friend said were a good introduction to Homoeopathy.

“Keeping yourself healthy is an expression of gratitude to the whole cosmos.” Thich Nhat Hanh

I mastered their main points in a week or two, and came from a consideration of these to the conclusion either that Homoeopathy was a very grand thing indeed, or this Dr. Hughes must be a very big . . . No, the word is unparliamentary. You don't like the word-?

Well, I do, it expresses my meaning to a T; on such an important subject there is for me no middle way. It must be either good clear God's truth, or black lying.

A fool the man could not possibly be, since it would be quite impossible for a fool to write the books. And as he seemed to speak so eloquently from a noble soul, it lifted me right out of the slough of despond-for a little while, but then came a reaction: had I not often tried vaunted specifics and plans of treatment, and been direfully disappointed? So my old scepticism took possession of me. "What," said I, "can such things be?" "No, impossible, I had been nurtured in the schools, and had there been taught by good men and true that Homoeopathy was therapeutic Nihilism. No, I could not be a homoeopath; I would try the thing at the bedside, prove it to be a lying sham, and expose it to an admiring profession!

I was full of febricula on account of Georgie's fate, so studied the say of the homoeopaths thereon, and found that they claimed to cut short simple fever with

Aconite. Ah, thought I, if that be true, Aconite would have saved little Georgie if given in time at the very onset.

Well, feverish colds and chills were common enough just then, and I had, moreover, a ward where children thus taken ill were put till their diseases had declared themselves, and

Then they were drafted off to the various wards, for that purpose provided, with pneumonia, pleurisy, rheumatism, gastritis, measles, as the case might be.

I had some of Fleming's Tincture of Aconite in my surgery ' and of this I put a few drops into a large bottle of water and gave it to the nurse of said children's ward, with instructions to administer of it to all the cases on the one side of the ward as soon as they were brought in. Those on the other side were not to have the Aconitic solution, but were to be treated in the authorized orthodox way, as was theretofore customary. At my next morning visit I found nearly all the youngsters on the Aconite side feverless, and mostly at play in their beds. But one had the measles, and had to be sent to the proper ward. I found Aconite did not cure measles.

The others remained a day or two, and were then returned whence they had originally come.

Those on the non-Aconite orthodox side were worse, or about the same and had to be sent into hospital-mostly with localized inflammations, or catarrhs, measles, etc.

And so it went on day after day, day after day: those that got Aconite were generally convalescent in twentyfour or forty-eight hours, except in the comparatively seldom cases where the seemingly simple chill was the prodromal stage of a specific Disease such as measles, scarlatina, rheumatic fever: these were barely influenced by the Aconite. But the great bulk of the cases were all genuine chills, and the Aconite cured the greater part right off, though the little folks were usually pale, and had perspired, as I subsequently learned, needlessly much.

"Life is like a tree and its root is consciousness. If we tend the root, the tree as a whole will be healthy." Deepak Chopra

I had told the nurse nothing about the contents of my big bottle, but she soon baptized it "Dr. Burnett's Fever Bottle."

For a little while I was simply dumbfounded, and I spent much of my nights studying Homoeopathy: I had no time during the day.

One day I was unable to go my usual rounds through the wards; in fact, I think I was absent two days-from Saturday till Tuesday-and on entering the said children's ward the next time in the early morning, the nurse seemed rather quiet, and informed me, with a certain forced dutifulness that all the cases might, she thought, be dismissed.

"Indeed," said I, "how's that?"

"Well, doctor, as you did not come round on Sunday and yesterday, I gave your fever medicine to them all; and indeed, I had not the heart to see you go on with your cruel experiments any longer: you are like all the young doctors that come here-you are only trying experiments! "

I merely said "Very well, nurse; give the medicine in future to all that come in." This was done till I left the place, and the result of this Aconite medication for chills and febricula was usually rapid defervescence, followed by convalescence. But when the stomach was much involved, I at times found the Aconite useless, unless vomiting occurred, and so in such cases I administered a mild emetic, whereupon defervescence at once set in, and, though a homoeopath now for a good many years, I still think a mild emetic the right treatment when the stomach is laden and cannot unburden itself by natural vomit.

But still this is only by the way: I enter into all

These preliminary, incidental and concomitant circumstances merely to put you on the same ground whereon I myself stand; they are not essential, for they only lead to this: Aconitum in febricula was, and is, my first reason for being a homoeopath.

Have you as good a reason for being a "regular "?

"Good humor is the health of the soul, sadness is its poison." Philip Stanhope

TIPS & TRICKS

1. In pneumonia with pleurisy, one dose of ACONITE followed by 1 dose of SULPHUR will frequently give relief.

- Dr. J. T. KENT

2. Remember ACONITE when the inflammation has started in strangulated bowel, with burning pain in the affected part. There are also vomiting of bile, great anxiety and cold sweat.

- Dr. Farrington, M.D.

3. Asthma markedly damp weather. No other remedy then Hepar sulphuris Calcareum has amelioration so strongly in damp weather.

- E. B. NASH

4. PHOSPHORUS is very useful for the bright red haemorrhage after the extraction of teeth.

- Dr. J. T. KENT

5. AESCULUS is useful after NUX VOMICA and SULPHUR have improved but failed to cure piles.

- Dr. H. C. Allen, M.D.

6. ARNICA is an excellent remedy to administer after parturition. Relieves soreness and lameness of the parts especially after instrumental delivery.

- Dr. Cowperthwaite, M.D.

“Next Topic : Homoeopathy in Acutes

Submit your article on or before
31st July 2020
at

karnav.thakkar@paruluniversity.ac.in

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.

“The more you understand yourself, the more silence there is, the healthier you are.” Maxime Lagacé