

HOMOEOPATHIC EXCELLENCE



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EDITORIAL

Dr. Raxitkumar Ramavat, M.D. (Hom) | PhD Scholar,

Assistant Professor,

Department of Homoeopathic materia medica.



Dear readers,

I am honored & fortunate to have the opportunity of furnishing the 38th issue of Homoeo Excellence biannual bulletin of our college volume XXXVIII which enlighten us about the **“ROLE OF NUTRITION TO SUSTAIN HEALTH.”** Nutrition is very important part in sustaining our health. It is right to say that Don't focus on how much you eat, but Focus on what you eat. A healthy outside will always starts from inside. Nutrition is a critical part of health & development. Better nutrition is related to improved infant, child & maternal health, stronger immune systems, safer pregnancy & childbirth, lower risk of non-communicable diseases (such as diabetes & cardiovascular disease), & longevity. Malnutrition, in every form, presents significant threats to human health.

Today the world faces a double burden of malnutrition that includes both undernutrition & overweight, especially in low & middle income countries. There are multiple forms of malnutrition, including undernutrition (wasting or stunting), inadequate vitamins or minerals, overweight, obesity, & resulting diet related non-communicable diseases.

For this, POSHAN MAAH is celebrated in September month with the motto “SAHI POSHAN – DESH ROSHAN” under the mission “Rashtriya Poshan Abhiyan” launched by our Honorable Prime minister Shri Narendra Modi.

So, Let's build wellness rather than treating the diseases.

“You are what you eat - Anthelme Brillat Savarin.”



Dr. Rajesh Sanja, M.D. (Hom.),
Professor & HOD,

Department of Homoeopathic materia medica.

NUTRITIONAL SUPPLEMENTS FOR MENTAL & PHYSICAL HEALTH.

The body is in a state of constant renewal – millions of cells die each second, while others multiply to make good the loss. Food provides the raw materials for building and regenerating the body. Clinical experience and studies shows that dietary changes and nutritional supplements can restore and maintain health and well-being as helping to treat a wide range of day to day disease conditions. Nutrition can also be effective in preventing and treating serious condition such as coronary artery disease, stroke, cancer, diabetes.

DIETARY CARBOHYDRATES – sugar, starch and fiber are made of the elemental carbon, hydrogen and oxygen. Their main role is to provide a source of energy for the body. Foods containing intrinsic sugar tend to release energy more slowly into the bloodstream compared to foods rich in extrinsic sugar. Unrefined starches are richer in fiber and nutrients than their refund starches are therefore consider nutritional superior, it tend to give a slower more sustained release sugar into blood stream which may important for health. Fiber is in two main form soluble fiber dissolves in the gut to form a thick gel –like substances that shows a down the release of some nutrient, particularly sugar, to blood stream. It helps to control the level of cholesterol in the blood, which may help to reduce the risk of coronary artery disease. Insoluble fiber doesn't dissolve in digestive track; it is useful for preventing constipation and may reduce the risk of hemorrhoids, diverticular disease, cancers.

DIETARY PROTEINS are composed of amino acids and play a role in the manufacture of many structure and tissues such as bone, muscle, skin and hair. They are essential for growth and development of children, in adult protein provide raw materials for cell repair, cell use amino acids to make DNA and enzymes- molecules to maintaining healthy structure and function within the body. Out of 21 amino acids can be made in the body however 8 amino acids can't be made in body so it must be provided in diet, there are essential amino acids. Dairy products are good source of protein, vegetarians should eat a broad range of proteins containing foods like beans, pulses, nuts, seeds and grains to ensure amino acid intake.

DIETARY FATS –fat provides energy and components for some structures such as cell membranes ad certain hormones. The basic building blocks of dietary fats are fatty acids, which consist if chains of carbon atoms with hydrogen atom attached. There are three main natural forms of fatty acids, saturated fatty acids are so called because they have as many hydrogen atoms as they can hold, monosaturated fatty acids lack a pair of hydrogen atoms per molecules. polysaturated fatty acids lack four or more hydrogen atoms per molecules.

Saturated fatty acids are found in animal products such as s butter cheese, whole milk, ice cream, meat and some vegetable oils such as coconut and palm oils it can raised cholesterol in blood and make a major risk in coronary artery disease, it may be a factor in weight gain and obesity.

Monosaturated fatty acids include olive oil, avocado nuts and seeds. It can also raise blood levels of high density lipoprotein (HDL) cholesterol which are thought to protect against heart disease.

Polyaturated fatty acids two main groups- Omega -6 & Omega -3. Have an important role in many systems including brain nerves, immune system, cardiovascular system, eye and skin. Ecosanoids derived from omega - 6 fatty acids tend to encourage inflammation, blood vessels constriction and blood clotting. Therefore it increases their risk of coronary artery disease and stroke and inflammatory condition like arthritis. So it is harmful. Omega -3 fatty acids such as EPA are anti –inflammatory, they tend to reduce the risk of clotting and help to relax blood vessels so helping to reduce the risk of coronary artery disease. The roughly opposing action of omega -6 & omega -3 fatty acids mean that it is important to balance their intake, a ratio of 1:1 is believed to be ideal.

To reduce intake of omega -6 fatty acids and increase omega-3 fatty acids : Limit the intake of vegetable oils, such as sunflower oil, corn oil, rapeseed oil and maize oil which contain omega -6 fatty acids. Processed food labeled as containing 'vegetable oil' contain these acids.

Nutritional Supplements for...

- **Blood Sugar balance**- the trace minerals chromium is helping the action of insulin in the body; other nutrient is manganese, vanadium & vitamin B3.
- **Sluggish Thyroid gland** – Iodine, Selenium (which helps in the conversion of T4 to T3) Vitamin A and amino acid, L-tyrosine.
- **Restoring Adrenal health** – Rest is key restoring adrenal gland function, adequate amount of sleep are important, necessary to reduce work load or strenuous activity vitamin-C, vitamin B5, herbs like liquorices and ginseng.
- **Immune system health** –people who suffering for recurrent infection zinc is the best. Vitamin C stimulates the immune system by elevating the level of interferon and by enhancing the activity of certain immune system cells.

Nutrition's & Mood Problems such as...

- v Depression and anxiety can have an important link with diet.
- v Food sensitivities may give rise to poor concentration, low mood and depression (wheat is food for this respect)
- v Blood sugar balance may give rise low mood, anxiety and mood swings
- v Adrenal weakness contribute to anxiety & depression (esp. Meal are skipped)
- v Hypothyroidism is linked to low mood and depression.
- **Caffeine and Mood** –caffeine is a stimulant, can upset blood sugar level and stimulate adrenal glands to produce adrenaline; caffeine may also produce insomnia which can impact negative on mood. Reducing caffeine in diet may help to improve mood related disorders.
- **Essential Fatty acids** –fat plays a fundamental structural and functional role in the nervous system esp. Omega-3 fatty acids such as EPA and DHA. People with depression have reduced level of omega-3 fatty acids. Omega -3 fatty acids may help to treat ADHD. Manic depression and schizophrenia.
- **Iron deficiency Anemia and Mood**- Iron is important for Hb, the pigment in red blood cells that delivers oxygen to the tissues, it deficiency leads to low mood, mental lethargy, poor attention span and apathy. People with persistent fatigue and mood disturbances should be tested for anemia. The best test for iron measurement is serum ferritin; increasing iron intake can enhance the mood.

THE VITAL ROLE OF NUTRITION IN SUSTAINING HEALTH.

Nutrition plays a crucial role in maintaining overall health and wellbeing. A well-balanced diet provides the body with the necessary nutrients, vitamins, and minerals to function properly, supporting optimal physical and mental health. In this article we will explore the significance of nutrition in sustaining health and discuss the key components of a healthy diet.



Dr. Anupkumar Das, M.D. (Hom.),
Professor & HOD,
Department of Community medicine.

Why Nutrition matters?

1. **Energy Production:** Nutrients from food are converted into energy, enabling the body to perform daily functions.
2. **Growth and development:** Adequate nutrition supports growth, development, and maintenance of body tissues.
3. **Immune function:** A healthy diet supports maintain a strong immune system against infections and diseases.
4. **Chronic disease Prevention:** A balanced diet can reduce the risk of chronic diseases, such as heart disease, diabetes and certain cancer.
5. **Mental Health:** Nutrition influences mental health, with a healthy diet supporting cognitive function and mood regulation.

By prioritizing nutrition and adopting a balanced diet, individuals can significantly impact their overall health and wellbeing, reducing the risk of chronic diseases and maintaining optimal physical and mental function.

Key components of a Healthy Diet:

1. **Fruits and Vegetables:** Rich in vitamins, minerals and antioxidants.
2. **Whole Grains:** Provide fiber, vitamins, and minerals.
3. **Protein Sources:** Include lean meats, fish, eggs, dairy and plant-based options.
4. **Healthy Fats:** Nuts, seeds, avocados, and olive oil support hearts health.
5. **Calcium and Vitamin:** Crucial for bone health.
6. **Water:** Adequate hydration is essential for bodily functions.

Tips for Balanced Diet:

1. Eat a variety of whole foods.
2. Limit processed and sugary foods.
3. Stay hydrated.

“Disease is caused by the Insufficiency of inorganic salts in the tissues or cells of the body & that supply of these deficient salts cures diseases – Dr. Schussler.”



FOOD INTOLERANCE & HOMOEOPATHY.

Food intolerance reactions comprises of metabolic, pharmacologic, and gastrointestinal responses to foods or food compounds. It is a negative reaction, often delayed to a food, beverage, food additives or compounds present in the foods, which produce symptoms in one or more organs and systems. In most cases, food intolerance is not associated with the production of IgE antibodies whereas food allergy does. Therefore, food intolerance is generally not life-threatening. Prevalence of food intolerance varies widely from 2% to over 20% of the population.

Aetiology:

The various organic chemicals of animal and vegetable origin, food additives, colouring and flavouring agents, preservatives, (monosodium glutamate) and many food chemicals, salicylate (aspirin and NSAIDs.), tartrazine and benzoic acid nitrates and sulphites (in processed food).

Deficiency in digestive enzymes e.g. Lactose intolerance, carbohydrate intolerance.

It can also be psychological in origin if the symptoms are triggered by emotional responses to the food in question.

Clinical Features:

Symptoms usually begin within half an hour after consuming the food in question, but sometimes the symptoms may appear even after 48 hours.

Skin- Rashes, (hives), Angioedema, Dermatitis and Eczema.

Respiratory -Nasal congestion, sinusitis, pharyngeal irritation, asthma and an unproductive cough.

GIT -Mouth ulcers, abdominal cramp, nausea, gas, intermittent diarrhoea, constipation and irritable bowel syndrome.

Food intolerance and weight gain:

Foods with dairy can cause unhealthy bacteria's overgrowth and produce toxins that trigger inflammation and swelling of intestines, thus preventing normal digestion and causing weight gain.

Diagnosis and Management:

The easiest test is to remove the food from the diet and see if symptoms improve and disappear. If the symptoms appear on re-introduction of the food, presence of FI is confirmed.

Food intolerance can be managed simply by eliminating the causal food from the diet

Homoeopathy for food intolerance:

Intolerance to alcohol- Nux vomica

Intolerance to wine- Antimonium crudum

Intolerance to beer- Kali bichromicum

Intolerance to oysters- Lycopodium

Intolerance to fatty food- Pulsatilla

Intolerance to ice cream and cakes- Pulsatilla

Intolerance to onion and garlic- Lycopodium

Intolerance to fruits- Cinchona

Intolerance to milk- Magnesia Carbonica

Intolerance to fish- Sepia

Intolerance to chocolate- Lycopodium

Intolerance to eggs- Pulsatilla

Intolerance to potatoes- Alumina



IRON DEFICIENCY ANEMIA IN PREGNANCY.

Introduction:

Maternal iron deficiency potentially affects fetal, neonatal, and childhood brain growth and Development with adverse effects on myelination, neurotransmitters, and brain programming. Children born to iron-deficient mothers demonstrate lower cognitive function, memory, and motor development recognizable up to 19 years after iron repletion 2-4. Iron deficiency anemia (IDA) in pregnancy has been associated with increased risk of adverse perinatal outcomes, including preterm birth, low birth weight, and small-for-gestational age infants 5-7. Fetal Iron Status with Maternal Iron Deficiency, Reduction in fetal iron status when maternal ferritin is <15.

Causes:

- 1) Due to improper iron in the diet or iron losses due to excessive menstruation before pregnancy.
- 2) Because of high iron requirements during pregnancy result in iron deficiency anemia.
- 3) Other causes-
 - A) Failure to take oral iron tablets due to:- Nausea & vomiting.
Poor GI tolerance to oral iron Negligence to take oral iron tablets.
 - B) Bleeding (vaginal, rectal) piles, dysentery, etc.
 - C) Mal-absorption & helminthic infection. Poor dietary habits.
 - D) Deficiency of vitamins such as Vitamin B12, C, folic acid.

Signs and symptoms:

- A) Symptoms:
 - Fatigue and diminished capability to perform hard labour.
 - Leg cramps on climbing stairs. PICA especially for ice to suck or to chew.
 - Decreased immunity. Irritability, headache, palpitations, dizziness, breathlessness.
- B) Signs:
 - Pallor of the mucous membranes.
 - Koilonychia i.e. spoon shaped nails. Glossy tongue with atrophy of lingual papillae, angular stomatitis.

Splenomegaly.

MANAGEMENT

- Diet: A balanced and nutritious diet can go a long way in Reversing anemia. Jaggery, dates, resins, egg yolks, clams & liver, Spinach and other dark leafy vegetables. Dried beans, Parsley (herb) is one of the richest sources of iron among plants Nuts, seeds Dried fruits (apricots, peaches, raisins, and prunes) Fortified cereals, Fortified soy products Brewer's yeast, Cooking in iron pots and pans can also increase the amounts of iron consumed. Vitamin C can enhance iron absorption in the body. So, a diet rich in vitamin C consisting of fresh fruits and vegetables (Alma, guavas, limes, oranges, tomatoes, cabbages, etc.) should be maintained as well.
- Avoidance of frequent childbirths.
- Adequate treatments to eradicate illnesses likely to cause anemia.
- Early detection of falling haemoglobin level.

NUTRITIONAL DEFICIENCY IN PEDIATRIC AGE GROUP.



Kumkum Lakhmiyani,
1st Year BHMS.

The food which we consume in our daily routine have lots of nutrients like proteins, carbohydrates, vitamins, lipids. This nutrients are essential, because it's deficiency may lead to many chronic diseases like rickets, anemia, goiter, coronary heart diseases, cancer, etc. Because of poverty in many regions of India many children don't get enough nutrients by their food which causes nutritional deficiency.

SIGN & SYMPTOMS :

Stunted Growth, General Weakness, Trouble Breathing, Poor Wound Healing, Sleepiness, Dry Skin or Hair, Frequent Illness, Lack of Concentration.

Homeopathic Treatment :

Phosphorus : for Vit-A

Alfalfa Syrup : for Vit-B12

Acidum ascorbicum Dilution : for Vit-C

Many other drugs like Zincum metallicum, Arsenicum album, Gelsemium & Kali Phosphoricum, Hypericum, etc.

“Let food be thy medicine & medicine be thy food – Hippocrates.”



ROLE OF NUTRITION TO SUSTAIN HEALTH.

Rutvi Raval,
2nd Year BHMS.

A WELL-BALANCED AND NUTRITIOUS DIET IS FOUNDATIONAL FOR WELL-BEING, DISEASE PREVENTION, AND EFFECTIVE MANAGEMENT OF HEALTH CONDITIONS. NUTRITION IS ESSENTIAL FOR

HEALTH AND DEVELOPMENT. NUTRIENTS PROVIDE NOURISHMENT. THEY ARE THE COMPOUNDS IN FOOD THAT PROVIDE US WITH ENERGY THAT FACILITATES REPAIR AND GROWTH AND HELPS TO CARRY OUT DIFFERENT LIFE PROCESSES. NUTRIENTS INCLUDE : **PROTEINS, CARBOHYDRATES, FATS, WATER, VITAMINS, MINERALS.**

NUTRIENTS	DAILY INTAKE (Per Kg Of Body Weight)	DEFICIENCY	EXCESS
1. PROTEINS	0.8gm	KWASHIORKOR	AMYLOIDOSIS
2. CARBOHYDRATES	5-10gm	HYPOGLYCEMIA KETOSIS	TYPE 2 DIABETES ATHEROSCLEROSIS OBESITY
3. FATS	0.8-1.2gm	ESSENTIAL FATTY ACID (EFA) DEFICIENCY	OBESITY HEART DISEASES
4. VITAMINS		SCURVY BERIBERI NIGHT BLINDNESS OSTEOMALACIA	VITAMIN TOXICITY
5. MINERALS		ANEMIA OSTEOPOROSIS MOUTH ULCERS GOITRE	HYPERNATREMIA IRON TOXICITY

ESSENTIAL FOR HEALTH AND VITALITY". PROPER NUTRITION INCREASES THE EFFICACY OF HOMOEOPATHIC REMEDIES AS WELL AS OTHER THERAPIES. DEFICIENCY OF ANY ONE OF THE ESSENTIAL NUTRIENTS PREDISPOSES AN INDIVIDUAL TO MANY CHRONIC DISEASES.

HOMOEOPATHIC MANAGEMENT: ABROTANUM, ARGENTUM NITRICUM, BARYTA CARBONICUM, CALCAREA CARBONICUM, CALCAREA PHOSPHORICUM, CHAMOMILLA, IODUM, NATRUM MURIATICUM, SILICEA, SULPHUR, TUBERCULINUM ARE COMMON REMEDIES FOR IMPAIRED NUTRITION.

ROLE OF TISSUE SALTS IN MAINTENANCE OF NUTRITIONAL BALANCE : TISSUE SALTS MAINTAINS OPTIMUM HEALTH. THEY EMPOWER OUR CELLS TO UNLOCK VITALITY. ADMINISTRATION OF MINUTE DOSES OF THESE 12 INORGANIC NUTRIENTS HELPS TO CORRECT IMBALANCES AND PROMOTE HEALTHY FUNCTIONING OF CELLS AND TISSUES IN OUR BODY.

“NUTRIENT- RICH, LIFE-ENRICHED”



PELLAGRA AND BOVISTA : A HOMOEOPATHIC APPROACH TO THE FOUR D's DISEASE.

Falguni Kaliya,
3rd Year BHMS.

INTRODUCTION:

Pellagra is a rare disease caused by vitamin B3 (niacin) or tryptophan deficiency. It is historically prevalent in areas relying on corn-based diets.

The Principal causes of pellagra are: Nutritional niacin deficiency, chronic alcoholism, certain medications (isoniazid, Phenobarbital and chloramphenicol), Genetic disorders, etc.

It can be diagnosed on the basis of patient's history & the Symptoms such as

- Diarrhea
- Dermatitis
- Dementia and
- Death (if left untreated).

The dermatitis begins in the form of erythema. The eruptions are particularly seen on sun exposed areas of the body such as face, neck, arms, legs, hands and feet.

The gastro-intestinal disturbances such as nausea, anorexia, epigastric discomfort and diarrhoea is seen. As pellagra advances, patient becomes confused and delirious; stuporous and then finally die.

ROLE OF HOMOEOPATHIC BOVISTA IN THE CASES OF PELLAGRA:

Bovista, commonly known as puffball, is a homoeopathic remedy derived from a globular fungus. It is indicated remedy for Diarrhoea with loose or watery stool, during stool twisting in abdomen, tip of coccyx itches intolerably, has to scratch the parts raw and sore, stools followed by tenesmus and burning. Nausea in the morning, vomiting of a watery fluid, colicky pain in abdomen which is relieved by eating. Eczema moist; formation of thick crust with itching on getting warm. Absence of mind, and difficulty of fixing his attention.



HOMEOPATHY FOR PETS : A NATURAL APPROACH TO VETERINARY CARE.

Grisha Thar,
4th BHMS.

Homeopathy, a holistic approach to medicine, is gaining popularity in pet care. The method aims to stimulate the pet's natural healing processes, addressing both physical and emotional issues. Homeopathy is used for

various conditions, including chronic skin problems, digestive disturbances, arthritis, anxiety, and allergies. Homeopathy is increasingly used in veterinary medicine, especially in Europe and North America, reflecting a trend towards integrative and holistic pet care.

HOMEOPATHY AND COMMON PET TROUBLES :

Conditions	Symptoms shown	Remedy chosen With indications
Separation anxiety	Whining, destructive behaviour, excessive barking when left alone	Pulsatilla (<i>for clingy pets</i>) Gelsemium (<i>skittish, anxious</i>) Aconitum napellus (<i>terror state</i>). Ignatia amara (<i>for mourning pets</i>).
Fear of Thunderstorms or Loud Noise	Shaking, hiding, pacing, or panting	Phosphorus (<i>timid, spooky pets</i>). Borax (<i>phobic, sensitive, nervous pets</i>). Lycopodium (<i>For pets with deep insecurity</i>). Argentum nitricum (<i>for Pre-emptively anxious pets</i>).
Skin Allergies	Itching, redness, hair loss, dry patches, and scratching.	Sulphur (<i>for dry, itchy, inflamed skin with scratching</i>). Graphites (<i>For thickened, crusty, or oozing skin conditions</i>). Arsenicum album (<i>For allergic reactions with restlessness, especially with burning, dry, and scaly skin</i>). Rhus toxicodendron (<i>For red, itchy skin with hives, blisters, or irritation</i>).
Digestive Issues	Vomiting, diarrhoea, bloating, gas, and indigestion.	Arsenicum album (<i>For diarrhoea or vomiting, especially when accompanied by restlessness, anxiety, and thirst</i>). Nux vomica (<i>For digestive upset from overindulgence in food or changes in diet, with irritability</i>). China officinalis (<i>For bloating, gas, and weakness due to dehydration or after a long illness</i>). Ipecacuanha (<i>For persistent nausea and vomiting that doesn't relieve the pet's discomfort</i>).
Arthritis and Joint Pain	Stiffness, limping, difficulty moving, particularly in older pets.	Rhus toxicodendron (<i>For stiffness that >-movement, and <- after rest</i>). Bryonia (<i>For pets that are stiff and avoid movement because the pain</i> <- move). Causticum (<i>For chronic arthritis in old pets</i>). Ruta graveolens (<i>For injuries to tendons and ligaments, and joint pain that <- movement</i>).
Eye Infections	Red, swollen, or watery eyes with possible discharge.	Euphrasia (<i>for conjunctivitis</i>). Hepar sulphur (<i>eye infections with pus and sensitivity to touch</i>). Belladonna (<i>For sudden onset blepharitis, with red and dry eyes, and sensitivity to light</i>). Pulsatilla (<i>For mild conjunctivitis with yellowish-green discharge</i>).
General Weakness in Senior Pets	Fatigue, decreased vitality, and slow recovery from illness	Calcarea carbonica (<i>For older pets with debility and slow recovery</i>). Silicea (<i>For pets with slow healing, low energy levels, often after a long illness</i>). Phosphoric acid (<i>For pets that are mentally and physically exhausted, apathy</i>). Arnica montana (<i>muscle exhaustion, especially in aging pets</i>).

In veterinary homeopathy, we rely solely on subjective symptoms, and since pet owners understand their pet's behaviour best, their observations are essential for accurate treatment.

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure & prevent disease with nutrition - Thomas Edison.”

DEATH ANNIVERSARY OF HAHNEMANN. (2ND JULY, 2024).



COMPREHENSIVE ANALYSIS OF URTICARIA BY PG STUDENTS. (6TH JULY, 2024).



BEST DISSERTATION AWARD IN PG RESEARCH & EXCELLENCE AWARD CEREMONY DR. SHREYA JETHVA. (6TH JULY, 2024).



GLIMPSES OF REVERENCE TO DR. SAMUEL HAHNEMANN & NATIONAL LEVEL RESEARCH PROPOSAL PRESENTATION CONCLAVE. (30TH JULY, 2024).



AWARDS FOR LONG SERVICE & ARC. (5TH JULY, 2024).



RESEARCH EXCELLENCE AWARD PG SCHOLAR DR. NIRAV GANATRA. (6TH JULY, 2024).



INSTAGRAM LIVE SESSION BY DR. SAKSHI SHARMA ON TOPIC UNDERSTANDING IRRITABLE BOWEL SYNDROME IN HOMOEOPATHY. (11TH JULY, 2024).

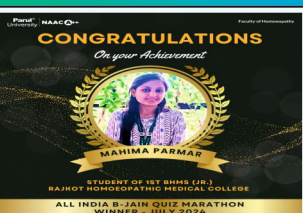
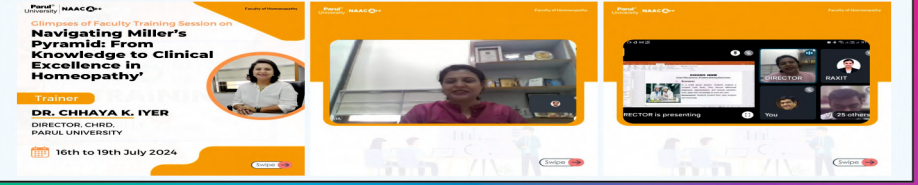
POSTER PRESENTATION IN POTENTIA BY HETVI GUNCHALA (1ST RANK) & KALIYA FALGUNI (3RD RANK). (11TH TO 13TH JULY, 2024).



HOPECON 2024. (13TH JULY, 2024).



FACULTY DEVELOPING PROGRAMME IN CBDC BY DR. CHHAYA IYER (DIRECTOR CHR D, PARUL UNIVERSITY). (16TH TO 19TH JULY).



ALL INDIA B-JAIN QUIZ MARATHON WINNER MAHIMA PARMAR. (JULY 2024).

“Those who think they have no time for healthy eating, will sooner or later have to find time for illness – Edward Stanley.”

COMMEMORATE 4TH DEATH ANNIVERSARY OF DR. J K PATEL SIR. (24TH AUGUST, 2024).





Sadbhavna Vruddhashram, Ratanpar, Rajkot, Gujarat, India
Sadbhavna Vruddhashram, Ratanpar, Gujarat 360003, India
Lat: 22.400944 N, Long: 70.796917 E
03/09/2024 11:09 AM GMT +05:30



Rajkot, Gujarat, India
Sadbhavna Vruddhashram, Ratanpar, Gujarat 360003, India
Lat: 22.421704 N, Long: 70.796917 E
04/08/2024 11:09 AM GMT +05:30



Sadbhavna Vruddhashram, Ratanpar, Rajkot, Gujarat, India
Sadbhavna Vruddhashram, Ratanpar, Gujarat 360003, India
Lat: 22.400944 N, Long: 70.796917 E
04/08/2024 09:58 AM GMT +05:30

PRIMARY TRAUMA CARE WORKSHOP - AYUSH CARES. (3RD, 4TH, 5TH SEPTEMBER 2024).





Rajkot, GJ, India
Gandhi Road, Gandhinagar, Rajkot, 360002, GJ, India
Lat: 22.279023 N, Long: 70.799781 E
03/09/2024 09:56 AM GMT +05:30
Note: Captured by GPS Map Camera



Rajkot, GJ, India
Gandhi Road, Gandhinagar, Rajkot, 360002, GJ, India
Lat: 22.278924 N, Long: 70.799782 E
03/09/2024 10:23 AM GMT +05:30
Note: Captured by GPS Map Camera









TEACHERS DAY CELEBRATION. (5TH SEPTEMBER 2024).



Glimpses of Teachers' Day Organized by Rajkot Homoeopathic Medical College 5th Sept 2024



TO THE TEACHER WHO HEALS FROM CARING HAPPY TEACHERS' DAY RAJKOT, GJ, INDIA





RISE WEBINAR BY CCRH. (25TH SEPTEMBER 2024).



RISE (Research Incentive Scheme) by CCRH
These collaborating homoeopathic colleges for students research interest & student environment enhancement and encouragement to submit research by CCRH
Lecture - 0
Topic: Develop a research proposal continued...
• Experimental study design with examples Date: 25 September 2024
• Combinatorial Chemistry: ITCs: flow and what to consider with examples. Time: 9:00am to 10:00am
Organized by: CCRH
Research Officer (Homoeopathy), Assistant III
Central Council for Research in Homoeopathy, New Delhi, Ministry of AYUSH, Govt. of India.
All user responsibilities please maximum by 1:00 pm.
Participation link available in all
www.ccrh@gmail.com

CELEBRATION OF POSHAN MAAH. (17TH SEPTEMBER 2024).



ON THE OCCASION OF BIRTH ANNIVERSARY OF OUR PRIME MINISTER SHREE NARENDRA MODI AND AN ACCORDANCE OF CELEBRATION OF POSHAN MAAH FREE MEGA MEDICAL CAMP & FREE HEMOGLOBIN LEVEL CHECK-UP CAMP Organized by SAINATH HOMOEOPATHIC HOSPITAL Attached with RAJKOT HOMOEOPATHIC MEDICAL COLLEGE Declared by MINISTRY OF AYUSH 17 SEPT. 2024 4 TO 7 PM



POSHAN MAAH 2024 MILLETS TINY GRAINS WITH BIG HEALTH BENEFITS! Packed with essential nutrients, millets support overall well-being and promote a balanced diet.



Rajkot, Gujarat, India
7044-7WC "Pati" Barmaharaj Rai School, Barmaharaj Society, Rajkot, Gujarat 360005, India
Lat: 22.720219° N, Long: 70.747077° E
23/09/2024 GMT +05:30

PLEDGE TAKING CEREMONY IN COLLEGE & AT SCHOOL NO 94 UNDER SWACHCHATA HI SEVA. (17TH SEPTEMBER 2024).



PLEDGE TAKING CEREMONY On SWACHCHATA HI SEVA CAMPAIGN Organized by Rajkot Homoeopathic Medical College



Rajkot, Gujarat, India
7044-7WC "Pati" Barmaharaj Rai School, Barmaharaj Society, Rajkot, Gujarat 360005, India
Lat: 22.720219° N, Long: 70.747077° E
17/09/2024 12:08 PM GMT +05:30

SEMINAR ON WORLD BRAIN DAY BY DR. JANKI BHANVADIA & DR. HIRAL TRIVEDI. (22ND JULY, 2024).



Congratulating FACULTIES OF RAJKOT HOMOEOPATHIC MEDICAL COLLEGE DR. JANKI R. BHANVADIA On Topic: THE BRAIN STRUCTURE AND BASIC PERSONALITY TRAITS DR. HIRAL K. TRIVEDI On Topic: PERSONALITY IN HOMOEOPATHY: INTEGRATED APPROACH WITH MATERIA MEDICA AND REPERTORY In Seminar on the Occasion of WORLD BRAIN DAY Organized by: MONARK HOMOEOPATHIC MEDICAL COLLEGE





TOPPERS OF END YEAR EXAMINATION. (SEPTEMBER 2024).



Congratulating TOPPERS OF 1ST BHMS END YEAR EXAMINATION - 2024
1. Krishna Patel
2. Divya Patel
3. Divya Patel
RAJKOT HOMOEOPATHIC MEDICAL COLLEGE PARUL UNIVERSITY

“Exercise is king. Nutrition is queen. Put them together & you've got a kingdom – Jack LaLanne”

ASSESSMENT OF QCI (28th & 29th JUNE, 2024) & NABH (27th & 28th AUGUST, 2024).



CAMP DETAILS

SR. NO.	DATE	PLACE	NO. OF PATIENTS
1	19/06/2024	AWARENESS CAMPAIGN AT LAL BAHADUR SOCIETY RAJKOT	39
2	19/06/2024	AWARENESS CAMPAIGN WITH PAMPHLETS DISTRIBUTION ABOUT HEAT STROKE AT LAL BAHADUR SOCIETY, RAJKOT	42
3	24/06/2024	MEGA MEDICAL HEALTHCHECK UP CAMP AT MODEL SCHOOL, RAIYA ROAD, RAJKOT.	75
4	08/07/2024	CAMPAIGN AT RAVI RESIDENCY, RAJKOT.	35
5	07/08/2024	MEGA MEDICAL CAMP AT ADITYA SCHOOL, RAJKOT.	103
6	14/08/2024	AWARENESS CAMPAIGN AT JAINCHAL SOCIETY, RAJKOT	38
7	24/08/2024	MEGAMEDICAL CAMP AT SADBHAVNA AASHARAM, RAJKOT	94
8	02/09/2024	AWARENESS CAMPAIGN AT LALBAHADUR SOCIETY, RAJKOT	35
9	23/09/2024	MEGA MEDICAL CAMP AT RAJA RAM MOHAN ROY SCHOOL NO .94, UNIVERSITY ROAD, RAJKOT.	124
10	25/09/2024	MEGA MEDICAL CAMP AT LALBAHADUR SHASHTRI KANYA VIDHYALAY, SADAR BAJAR , RAJKOT	180

Sender's Name & Address

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